

Why spirits choose the illusion of matter

In the conversations with the Zetas via the medium, Paul Hamden, the purpose of existence was occasionally addressed. They explained that we are all facets of a source consciousness, and that we exist to accumulate and compare experiences. [An earlier article](#) discussed how experiences in energetic realms are based on information in consciousness created by a being's intentions. Since the creations are instantiations of thoughts, they may be called illusions. [Another article](#) explained how matter is also an illusion based on definitions of things in consciousness.

When we compare the underlying mechanisms, we can see that there are significant differences in how the physical and energetic illusions are created. Creation of the physical illusion is more complex, yet spirits choose to experience it via the incarnation process. A Zeta suggested "*the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals*". But what are the obvious lessons that attract a spirit to experience the often stressful physical illusion?

A question of this nature was posed to a Zeta in the following interview fragment.

Interviewer: I sometimes wonder about the purpose of our physical existence here. It occurred to me that the creative process is not the same here as it is in the energetic realm, and I think that freewill is more easily obstructed in our physical existence than elsewhere. Is that the reason why people incarnate in physical form, so they can interfere with each other's desires?

Zeta: *Amusing question, to interfere you say, why?*

Interviewer: Well, we often do that, one person wants to do one thing, and another person thinks we should be doing something else, and we can't just wave a wand and each have our own way.

Zeta: *Much simpler for you, yes. For the spirit people that come into the human form, they desire experience. To leave the energetic realm and to move to physical is much excitement for them, to go on a journey.*

Interviewer: Is the excitement because they have to deal with other people's wishes and desires in conflict with theirs?

Zeta: *There is a dynamic environment within the physical, yes, and of course the spirit people do not have the potential to experience the physical within the spirit realm.*

According to the Zeta, spirit beings who desire experience anticipate the incarnation process with a sense of excitement. They cannot reproduce the dynamic physical experience where they are in the energetic realm. The exciting prospect of experiencing a physical incarnation may be understood by comparing illusions created in an energetic realm with the physical illusion.

Illusions in the energetic realm

How illusions are created in the energetic realm was discussed with a Zeta. He agreed that our physical process for creating a hologram with laser light is a good analogy for how thoughts can change the energetic environment. A being's intention allows its thought of a desired object to modulate its vibrational state in order to create a representation of the object. The representation is a pattern that is laid down in a substrate in consciousness. The pattern is then available to be perceived by the same being or other beings at the same or higher vibrational state.

A being may perceive the original thought by decoding the pattern and reconstructing the thought in its own consciousness. Since it was created from a thought, the perception could rightly be called a shared illusion. It is analogous to the virtual image seen when viewing information on a holographic film.

All sensations that can be experienced from a creation, such as smell, touch, taste, colour, and sound, are intrinsic qualities of consciousness. Much of experience depends on these “felt states” that are the end result of sensory processes. These irreducible properties of consciousness are described by a Zeta as potentials.

For example, a Zeta was asked, “What is light?”, and he replied, “*It is obviously potential.*” He added, “*Light is a frequency some would say, which is a truth that a light has potential to be consciousness.*” That is, light may be described as a certain frequency of electromagnetic radiation which reaches conscious awareness. But also, “*If light exists where no matter exists, then consciousness will accurately understand itself to be in a potential. ... Consciousness creates its own illumination.*” In the absence of electromagnetic radiation associated with matter, light may still be perceived in energetic realms as a certain potential of consciousness. So light and all other sensations reach awareness when a being’s consciousness has the corresponding potential.

The physical illusion

According to the Zetas, there is more to the physical universe than is generally recognized. It is built on a foundation of illusory creations in an energetic realm of consciousness known as the etheric realm. A Zeta explained that a sentient race of beings “*much older, wiser and advanced than yourselves and us*” created the universe with its multiple timelines. Further, “*These sentient beings are watchers over the whole process. The one of universal re-creation was their doing.*” Their creation would include the etheric templates of the elements needed to form the basic constituents of matter such as atoms.

The Zeta said, “*Matter is an intermediary process. It is a development of consciousness. Matter is a conjoined process of smaller levels of potentials. Potentials are used as the device mechanisms for experiential processes.*” The *smaller levels of potentials* that form the etheric templates of matter may refer to properties such as mass and electric charge. These properties would determine how the basic etheric elements can combine to form templates defining the macroscopic objects of our everyday experiences.

The etheric templates define the properties of the physical things that we experience. Objects are interpreted as physical when the etheric constructs are perceived by a consciousness such as ours. Because the physical objects do not really exist as such, they may also be regarded as illusions. How the illusion works was described in more detail in a [previous article](#) of this series.

Of particular importance for experiencing the illusion are the etheric templates that define our bodies. The sensory mechanisms they include are special components of the process that generates the illusion of matter. For example, visual perception of a physical object begins when a being’s consciousness samples the object’s etheric form. The sampled information is perceived by the being’s consciousness and appears to be a discrete physical object. However, since the object exists only as a definition or a template in the etheric realm of consciousness, the physical appearance is an illusion.

As in the energetic illusion, perception of sensations form the physical illusion. A Zeta explained, “*There is a standardized process within consciousness for a trace that allows you to have a perception of what is bound to your physical reality.*” He added, “*So the hologram (that you state) is correlated by in making*

this a bridge, allows you to all experience the same thing.” That is, the etheric template was generated by the energetic process of creation described by the hologram analogy. When the template is sampled by several observers, all perceive similar sensations and share a common understanding of the defined object. Multiple etheric templates often reorganize in a lawful manner to yield dynamic illusory physical experiences.

The perceptions of the observers are similar but not necessarily the same. The Zeta cautions, *“Matter defines experience of consciousness, in as it limits potential.”* The matter illusion depends on the quality of the trace that is created in consciousness. This may vary depending on the template defining a being’s sensory system. For example, certain colours cannot be experienced by a colour-blind human because the etheric template defining that particular visual system does not support it.

The appearance of physical matter takes place within a particular range of vibrational states. A Zeta said, *“Matter needs to exist in certain frequencies. For it to bind, it needs this frequency.”* This constraint refers to the existing vibrational states of the etheric forms. So a being wishing to experience the physical illusion must be able to experience the vibrational states of the etheric templates. The incarnation process allows spirit beings to lower their highest possible vibrational state to match the physical vibrational state. But, as a Zeta commented, *“The physical frequency defines what you can remember”*. The change in vibrational state interferes with the ability of incarnated beings to remember their previous higher vibration existence.

The physical illusion is stable because the supporting infrastructure makes it so. The etheric templates permit all possible illusory physical experiences, and a being’s special sensory mechanisms convert the sampled etheric forms to a representation that can be perceived by the being’s awareness. Humans may have some creative potential independent of the existing etheric templates, but usually it appears to be hampered by the presence of the powerful physical illusion.

An important difference

There is an important difference between the two kinds of illusions. In the energetic illusion, unwanted situations appear to be automatically resolved in a way that is not possible in the physical illusion. A Zeta was asked if conflicts occurred in the spirit realm and how they were settled. The following interview fragment suggests that resolution of such conflict is easy.

Interviewer: In the energetic realm where the creative process seems more straightforward, how are conflicts resolved between two beings at the same level of consciousness? If one wishes to have an environment one way and the other wishes to have the environment a different way.

Zeta: *Then they split off and both environments exist.*

Interviewer: So then those two beings will not be associated with each other any longer?

Zeta: *If it is a spirit realm entity, yes. Then what is to take place is the imagery of the two beings integrated into each other’s reality.*

Interviewer: So multiple versions of each ...

Zeta: *Correct.*

In an energetic realm, beings are able to experience what they wish. When two beings disagree, each one seamlessly creates a new environment containing a simulacrum of the other. The simulacra are imagined

versions of the actual beings. They appear to have no desires of their own and exist to satisfy the creator being.

Clearly, such creativity is impossible for beings in the physical state of vibration. People attempt either to dominate or to compromise to find a solution to an impasse. Their ability to pursue either path is restricted by the physical tools at their disposal. Options are limited by the etheric constructs that are available and by our inability to create within the illusion.

Why choose the physical experience?

We began by questioning why spirit realm beings would want to experience a relatively low vibration existence in the physical illusion. According to the Zeta, they are happy to do it for the experience. But it is clearly more than that. A Zeta also said, “*Now we see the real reason as to why beings incarnate. There are the obvious lessons that increase the vibrational frequency of the group and individuals.*” As well, “*people seek insight and expanded consciousness.*” According to these comments, the spirit being desires to raise its vibrational state by expanding its consciousness to higher levels. A higher vibrational state corresponds to a greater ability to love.

It should be easy to love in the spirit realm where there is always a perceived lack of conflict, but it is harder in the lower vibrational states of the physical illusion where there are often significant differences of opinion. A Zeta observed, “*Where is the ego based? In self, within the physical range of frequency, within anger, envy.*” In the physical vibration, people see themselves in separation from each other. Consequently, the perceived personal cost of not loving another person or group is easy to ignore. The spirit’s good intentions prior to incarnating are usually forgotten. On the other hand, it is possible for people in the physical vibrational state to behave in a loving manner toward all people, even when the love is not returned. Such unconditional love is needed to move toward higher states of consciousness.

So spirits are excited to incarnate to the physical vibrational states, not just for anticipated pleasures, but to experience the expected difficulties in relating to one another. Resolving these difficulties creates great opportunities to grow in ability to love. This is the primary objective for each incarnating spirit and why the physical illusion exists.

Bibliography

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