

Stimulation of human self-healing

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Summary *The Australian medium, Paul Hamden, channeled information from the extraterrestrial Zeta race that included their understanding of the human self-healing process. In order to heal a persistent human skin ailment known as actinic keratosis, they appeared to create the conditions for self-healing. A conversation with the Zeta healer revealed how it was done.*

1. Introduction

A case of *actinic keratosis* on the author's nose was healed by an extraterrestrial Zeta being via the Australian medium, Paul Hamden. Two adjacent lesions were likely caused by extended exposure to the sun's ultraviolet radiation. After an unsuccessful treatment by a dermatologist, the medium was asked to arrange a healing by a Zeta. The healing occurred during a following conversation and included the Zeta's explanation of how it was done. The explanation was compared to the Zeta's understanding of the human self-healing process they had described previously. The analysis suggested that the Zeta had stimulated the natural self-healing process.

During the healing of the skin ailment, the author (hereafter known as the recipient) was in Canada and the medium was in Australia. Communication was over an internet chat utility. The Zeta said that success should be evident in three days or the procedure would be repeated.

2. The transcript of the healing process

The following transcript shows the interactions that occurred before and after the healing process. The transcript is also discussed in Treurniet and Hamden (2019, Ch. 18) and Treurniet and Hamden (2021, Ch. 8). Quotes from the Zeta are in italics.

Zeta: *We are at a distance from the medium, at a distance from you. To affect physical matter at a distance can be a challenge.*

The Zeta calibrated their ability to influence the recipient's body by attempting to create a pressure sensation under the rib cage.

Zeta: *It is not striking, it is as though your clothing is touching your sides.*

The recipient agreed that a subtle pressure had been sensed in the upper stomach area just under the diaphragm.

Zeta: *You see, there is our understanding of how we are affecting you, how we affect your etheric body that relates to the physical. Then there is your understanding of how the effect is affecting you. So we must, to provide some type of healing process, gain an understanding of when we provide potential such as, for example, a current to a device, we are looking for the potential of that current. So when we provide the potential to your etheric body, we are seeking to find out how your physical body reacts to the potential applied to your etheric body.*

For 1 min 26 sec, no words were spoken. When the healing process was finished, the Zeta discussed what had occurred.

Zeta: *There has been an attempt to redefine the etheric energy around your facial area to see if any potential is applied to the abnormal cellular structure.*

The problem with cellular changes in the physical form are that the body is self-programmed to provide these potentials within the framework of its existence. It is a natural response to provide the abnormal cellular structure. The body perceives that it is doing its job.

Recipient: So it will try to counteract what you are doing?

Zeta: *Yes, of course, that is why we have instructed the consciousness of the etheric body in the facial area to reverse the cellular changes. But of course from the physical side, there will be potentials applied to the etheric changes. You, as consciousness, are in the middle and are also responsible for being of a receiving nature, to tell your body that it is appropriate to heal.*

Recipient: Is meditation appropriate for doing that?

Zeta: *Yes, of course. What was your cellular structure before the abnormal cellular structure?*

Recipient: Ok, I see, so I should perhaps visualize.

Zeta: *Yes.*

The healing process was successful. Photographs of the nose were taken both before and after the healing session. Figure 1 shows images of the nose eight hours before the healing, immediately after the healing session, 24 hours later, and seven days after healing. There seemed to be some improvement immediately after the healing session. The darker areas 24 hours later were caused by scabs that formed over the lesions, indicating that normal healing was in progress. Almost all traces of the abnormalities had disappeared seven days after the healing session.



Figure 1. Photos taken before and after the healing session.

3. The Zeta theory of self-healing

The Zeta theory of self-healing holds that a body of matter is defined by holographic-like configurations, or quanta, in the vibrational energy of consciousness (see also Gerber, 2001). The quanta are encoded in a limited range of vibrations known as the etheric realm. The idealist cosmology of the Zetas incorporates this idea and is described in detail in Treurniet (2019).

The quanta of an etheric human body contain information that corresponds to the form and function of the physical body. The etheric body is experienced as a body of matter when it is transformed by the perceptual process. Changes to the physical body are mirrored by the information in the quanta. As the Zeta said, *“Matter is an intermediary process. It is a development of consciousness.”* It has no physical existence independent of a perceiver’s consciousness.

A local consciousness, usually known as a spirit, is an essential element of being human. A spirit is a facet of what is known as the higher self in the spirit realm. Because of the disparity in vibration between the etheric and spirit realms, a human in the etheric realm is usually not perceptually aware of the spirit realm and what it holds.

A Zeta described the relationships among the physical and etheric bodies and the higher-self consciousness, *“Initially the three states are in separation. Higher self moves to integrate with a physical container; the etheric body is the field which allows the blending, and once the body terminates, the etheric form is absorbed by the originating consciousness.”* Further, *“You have one frequency in the physical, multiple frequencies in the etheric body, and then the highest possible frequency that you are able to be determined by.”* This indicates that frequency, or vibration, is multidimensional. The *highest possible frequency* is a property of the spirit or local consciousness, and the *one frequency in the physical* is a constant etheric vibration that identifies the individual. The multiple frequencies of the etheric body encode the various components of the body, the container of the local consciousness.

A ‘blueprint’ of the body is encoded in the local consciousness as consciousness potentials. The blueprint is derived from the generic template for the body of a human, modified according to the intended characteristics of the particular individual. The quanta of the etheric body are based on the blueprint information.

A body perceived to be healthy and uninjured conforms to the blueprint or etheric body in consciousness. The Zeta said, *“The etheric body understands its potential. It seeks to continually keep the physical body to that potential.”* When there is an injury, *“the cellular reconstruction is aided by the potential of the etheric body’s blueprint that would denote the original form.”* A homeostatic process works to keep the etheric body in the state specified by the blueprint information. This process maintains the expected function and appearance of the experienced physical body.

The site of an injury to the body is demarcated by swirls of etheric energy (Treurniet and Hamden, 2019, Ch. 8.3.5.4). The swirls identify the physical injury on a dimension of vibration which is different from the dimension holding the uninjured etheric body information (Treurniet and Hamden, 2021, Ch. 8.3.1). The body and its injury can be perceived, so the dimensions are overlaid within the bandwidth of the perceptual process. The self-healing process is initiated when the *one frequency in the physical* is distorted and the swirls appear on the swirl dimension. When healing is complete, the swirls disappear and the physical potential returns to the constant level signifying health.

A state of wellness is evaluated by heterodyning (Treurniet and Hamden, 2019, Ch. 26) the *one frequency in the physical* with the blueprint potentials to produce a sequence of heterodyning difference potentials. In the well state, the *one frequency in the physical* is constant and so the difference potentials parallel the blueprint potentials. The local consciousness understands that the body is healthy. However, when the body is injured, the *one frequency in the physical* is distorted at the location of the injury and the difference potentials do not parallel the blueprint potentials. The consciousness recognizes the need for healing.

The Zeta was asked how the physical cells of the body are informed of the etheric body information. They responded, “*Underneath the energy is consciousness. It is the quanta information of the cellular structure of a human body. That consciousness indicates what is the action of the re-creation of the cellular process, and of course, all other potentials then exist. The energy then is actively working towards healing the physical cellular disruption.*” That is, a second heterodyning process determines the difference between the vibrational states defining the injured cellular structures and the body blueprint potentials. The difference indicates the nature of the healing that is required. In the quote, ‘*all other potentials then exist*’ refers to these heterodyning difference potentials. They indicate the kinds of corrections that consciousness should apply to heal the cells of the body.

In summary, the *one frequency in the physical*, also known as the *physical potential*, is constant when the body is healthy and undamaged, and so the heterodyning difference potentials follow the varying consciousness potentials of the blueprint. However, the physical potential is distorted at the site of an injury, and the distortion causes the heterodyning difference potentials to deviate from the blueprint potentials. The deviation of the difference potentials signals a need for healing at the location where it occurred. A second heterodyning process compares the nature of the injury to the blueprint information in order to determine what changes need to be applied by the local consciousness. When the body is healed, the physical potentials at the site of the injury are restored to the normal level, and the difference potentials are brought back into line with the blueprint information.

4. Stimulation of self-healing by a Zeta

The Zeta’s description of healing actinic keratosis would be better understood in the context of their theory of self-healing. The potential applied by the Zeta was likely in the form of swirls. Normally, swirls would signal the existence of a new injury by distorting the physical vibration. A heterodyning process would detect the distortion and identify the location of the injury. A second heterodyning process would retrieve information from the body blueprint on how consciousness could change the cellular structure.

At the start of the healing, a calibration interval was followed by what appeared to be a diagnostic procedure combined with the start of the healing process. They said, “*There has been an attempt to redefine the etheric energy around your facial area to see if any potential is applied to the abnormal cellular structure.*” That is, energy was added to the lesions to ascertain if a potential already existed there. The externally applied potential should have had a polarity opposite to an existing potential so that both would be nullified. Alternatively, if an existing potential were not found, the Zeta’s applied potential would initiate a new healing process.

The Zeta warned that certain conditions may cause resistance to detection of an injury. For example, the physical potential may have failed to change from the original constant level due to the slow growth of an ultraviolet radiation injury. The Zeta said, “*The problem with cellular changes in the physical form are that the body is self-programmed to provide these potentials within the framework of its existence.*” The

long-term persistence of the abnormality which became actinic keratosis implies that a physical potential did not exist, that the body had accepted the location of the abnormality, and there was no need to heal. So the energy applied by the Zeta would have created a new signal to the body to heal itself.

Resistance to the process could also have been encountered in the next phase. The heterodyning process would retrieve information from the blueprint regarding the cellular changes required. The Zeta said, “... *we have instructed the consciousness of the etheric body in the facial area to reverse the cellular changes. But of course from the physical side, there will be potentials applied to the etheric changes.*” The slow adaptation to the ultraviolet radiation could have made the experience of the injury acceptable, and consciousness would not have been motivated to apply the changes.

To counter such resistance, the Zeta instructed the local consciousness to make the required changes. They further advised that meditation would inform the consciousness that healing was indeed the proper thing to do. They said, “*You, as consciousness, are in the middle and are also responsible for being of a receiving nature, to tell your body that it is appropriate to heal.*”

The analysis of the process described by the Zeta shows how and why the healing occurred. The process was consistent with their theory of human self-healing. Etheric energy, likely in the form of swirls, was applied to the body where healing was required. The energy initiated a process culminating in the healing by the local consciousness.

5. Discussion

The Zetas gave a novel understanding of how a human body recovers from an illness or an injury. The specific process that healed the lesions was consistent with the theory of self-healing they had previously described. An applied energy simulated the appearance of a new injury which was detected by a heterodyning process (Treurniet, 2019). The state of the *one frequency in the physical* was heterodyned with the blueprint information to localize where healing was required. Another heterodyning process transferred the blueprint information to where healing was needed.

The human etheric body mediates the bidirectional communication between the local consciousness and the form and function of the physical body. The Zeta took advantage of these mutual relationships in the healing process. Healing of the injury was resisted by the physical/etheric body which was just “*doing its job*”. The local consciousness was made aware that the abnormal cellular structure should no longer be ignored, and “*that it is appropriate to heal.*” The Zeta suggested that meditation and visualization would help to support the message.

A photograph showed evidence of healing immediately after the healing session. The abnormal skin cells had already responded to the energy applied by the Zeta. As shown in subsequent images, the lesions took several days to move through the normal process of healing.

The appearance of the physical body arises from the perceptual transformation of the etheric body, so when the structure of a physical body part is seen to change, the corresponding quanta are also changed. However, certain conditions may cause an injury to appear normal. For example, the slow accumulation of damage to the skin from the sun’s ultraviolet radiation may cause abnormal physical changes to be accepted as normal. When the Zeta redefined the etheric energy in the facial area of the nose, the injury was acknowledged and the deviation from the blueprint information was finally confirmed. The Zeta created conditions that normally initiate self-healing.

6. Bibliography

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