

William's experiences with the Zetas

How our reality works at a deep level is not very clear to most people, and there is usually a wall between the sciences and spirituality. This is one of the issues addressed in conversations with extraterrestrial beings speaking through the medium, Paul Hamden. The conversations established a framework for existence that is described in books and articles co-authored with the medium.

The information in the books came from physical beings who are also able to exist in incorporeal form. The beings say they are from a dim binary star system 39.5 light years from earth. Humans call it Zeta Reticuli and so we say they are from the Zeta race. I was privileged to interview them a number of times beginning in 2012, and their information gave a much expanded view of our universe, our physical and spiritual existence, and the relationship between them.

Paul suggested I write down my anomalous personal experiences. Some events can be described as telepathic communication while others were anomalous physical phenomena. They occurred mainly while the project with the Zetas was ongoing. Some experiences were definitely given by the Zetas, some were not, and some had an unknown origin. According to a Zeta, my own point of origin is the spirit realm, so I cannot rule out being influenced by my higher self. The experiences are recounted here regardless of origin.

Background

After retirement from a career in scientific research, I was able to concentrate more fully on the study of UFO phenomena. I analyzed many photographs of UFOs taken by others using a modified form of the well-known image equalization technique. The method effectively increases image contrast and often revealed a toroidal visual artifact adjacent to the UFO. Some of the photographic evidence suggested that the torus was a distortion of space having very strong magnetic and gravitational fields (Treurniet, 2017). I speculated that the artifact was produced by the propulsion system of a craft. In a conversation with a Zeta much later, they confirmed that it was indeed part of the craft. They said, *"The shape is a distortion in the energetic fabric of the environment. Because it is multidimensional, it is able to make craft move in all directions."*

The summer of 2007 was the year I focussed on looking for phenomena that might be hiding in plain sight in the skies above us. Cloud material might be organized in particular ways by the presence of craft. This possibility was confirmed by a Zeta much later in 2014 when they said, *"The craft emits a frequency, the frequency excites the water molecules in the atmosphere, around the craft is created a mist. It envelopes the craft and looks like the cloud process."* Seeing clouds as recognizable objects is usually ascribed to pareidolia, so people typically refrain from assigning meaning to anomalous shapes in clouds. Nevertheless, I began to carry a camera and photographed any suggestive shapes that I happened to see. Image equalization was applied to these photographs as well to identify possible craft. Quite often, triangular or spherical shapes were found which were reminiscent of some UFOs that have been reported. A particularly detailed shot of a triangular craft partially hidden by cloud was taken

while vacationing in Hawaii. However, the presence of a US naval base nearby suggested the possibility that the mysterious craft was man-made. So although there were indications of craft camouflaged by clouds, they were not necessarily of extraterrestrial origin.

This was also the time when I saw my first UFO as balls of light in the sky. During a sunny midday, I glanced overhead and saw two relatively small white spheres above a large blue opening in the clouds. Both spheres moved rapidly toward each other and downward through the hole. They moved as if they were following opposite sides of a funnel shape. The spheres suddenly halted below the hole as if a transparent barrier had been encountered, and both instantaneously became wispy, horizontal tendrils of cloud material. The process lasted anywhere from 2 to 5 seconds. In my judgment, the spheres were too perfect and their speed was too great to be cloud material, and their relative motion in opposite directions was inconsistent with any possible scenario involving air currents.

Immediately after the sighting, I felt as if I had just been in a slightly altered state of consciousness. Although the sighting seemed objectively real, it is also possible that the entire event was a dream-like vision in my mind. And like after a dream, I felt the need to rehearse what I had just seen in order to hold onto the experience.

Years later, a Zeta was asked about the significance of orbs seen in the sky. They replied, *“Often they are projections of consciousness from us to a human. Rather than have a craft or a physical encounter with a human, there is a intermediary process, which is an “intention”. The intention is the act which is to be synchronized with the human, ... Often the representation, the intermediary process, is to prepare the local consciousness of the human for a function which is to be performed.”* Perhaps my sighting of the spheres was orchestrated by the Zeta presence to prepare me in some way for my interactions with them beginning five years later.

In the fall of 2011, a photograph of clouds in the sky had special meaning for me. The clouds depicted one humanoid figure in the act of shouting to another humanoid figure. These were likely not random patterns because there was also evidence that an extraterrestrial craft was nearby. The presence of the craft suggests the possibility that extraterrestrial beings created the artwork in the clouds.

Figure 1a contains a small version of the original photo, and Figure 1b shows the image enhanced by the equalization process. One figure is leaning over the other. The enhanced image clearly shows that the top figure has a mouth, nose, and eyes, and even has a part in the hair on its head. The head and body are reasonably proportioned, and it appears to be kneeling or crouching beside the bottom figure lying on its back. The hand appears to extend into the bottom figure’s wide open mouth. The hand of the bottom figure is on its chest and the eye, nose, and mouth are also clearly visible. It appears to be on a sled-like device or travois indicated by the tow rope attached next to its head, ready to be dragged somewhere.

The scene conveys rather intense emotional activity. The top figure appears to be vocalizing loudly while holding the other’s mouth open. The bottom figure appears to be incapacitated and lying on its back. The bright spot illuminating the top figure’s throat directs attention to the energy of the fifth, or



Figure 1a. The original scene in the clouds



Figure 1b. The scene with contrast enhanced using equalization

throat, chakra. The throat chakra is usually associated with creativity and honest communication. A person with a balanced throat chakra has the ability to clearly and openly express themselves. So the bright throat chakra would be consistent with the wide open mouth suggesting speech communication. The bottom figure is the receiver of the information. He is apparently in dire straits and may need the information offered in the communication.

In the yoga tradition, the chakras are associated with *seed sounds* that activate a particular energy when said aloud. The seed sound of the fifth chakra is “HAM”. This syllable has a direct connection with events that began about six months after the photograph was taken. It was then that the author met the medium, Paul Hamden. The connection between the *seed sound* and the medium’s name is obvious. Amazingly, the image in the sky appears to have foreseen my collaboration with Paul Hamden less than a year later in documenting the Zeta information. The information contains a worldview desperately needed by the human race mired in the trap of materialism.

Other elements in Figure 2 suggest who created the scene in the clouds. Above the humanoid figures are features noticed in many photographs of UFOs several years earlier (Treurniet, 2017) and acknowledged by a Zeta much later. That is, a toroidal pattern is often found next to a craft that is associated with the craft’s dematerialized propulsion system. When a craft materializes, it is positioned very near the torus. This arrangement is evident in the figure. We surmise that the artist who created the detailed imagery in the cloud was in the craft.

First exposure to physical mediumship

In February of 2012, I attended a séance with the medium, Kai Muegge, at the Nazarene Centre near Marbella in Spain. This would be our first exposure to physical mediumship. Soon after arriving, I participated in a table levitation session. There were two tables, and as many as eight people were seated around each one. Several times, the table hovered more than six inches above the floor for a few seconds, but only when the medium was seated near it. During the levitation, the room was occasionally lit with dim red light. All the participants' hands were on the table top, and it was clear that the table was level when it was elevated and that all four legs were off the floor. Some quite violent rocking of the table occurred which could perhaps have been attributed to cumulative unconscious ideomotor activity, but no one, especially the medium, appeared to be in a position to lift the table.

During the séance that followed, a number of bright blue-white lights about the size of ping-pong balls were seen flying simultaneously around the room in random patterns. There were loud raps at the sides of the room, some of the sitters felt touches to their bodies, and several people met family members who had passed on. The medium produced ectoplasm and a "spirit control" spoke through the medium who was in trance. The spirit control was said to be Hans Bender, a German parapsychologist who passed on in 1991.

Hans gave a message from Wilbert Smith, a Canadian government scientist who died in 1962. I knew Smith from his letters and experiences, some of which were documented on my website. The documentation included his personal research on antigravity which involved spinning a circular arrangement of magnets. Hans mentioned that Wilbert now believed that his experiments on gravitation would give better results if combined with elements of an antigravity experiment by a Russian scientist named Podkletnov. Presumably, this part of the conversation with the spirit control was directed at me.

I had been given the opportunity to examine the séance room before and after the main session, and someone else strip-searched the medium beforehand. I considered the possibility that an elaborate deception had been prepared by the medium, that he had learned of my interest in Smith by reading my website. Such extensive preparation by the medium seemed rather unlikely, especially since there was no mention of Podkletnov's name in any of the documentation on the website.

It was the movement of the blue balls of light everywhere in the room that convinced me that something like spirits were active during the séance. I could not see how the medium could have caused that to happen while sitting in or near the cabinet. This conclusion was a rather momentous turning point. It felt like a key turning in a lock. I accepted the possibility of spirit energy, but now there was a greater degree of certainty.

At the retreat in Spain, a trance workshop was held by the organizer of the event. The participants were guided to visualize their spirit guides and prompted to describe their experiences. I saw a deer in my mind's eye, looking back at me from a distance. This reminded one member of the group of some reports of contact with extraterrestrial beings. It is thought that visions of some animals like owls and deer might be screen memories to cover up the actual appearance of the beings. I was encouraged to contact Paul Hamden in Australia, since Paul was familiar with extraterrestrials. This suggestion was very significant as we will see.

After the meeting at the retreat, I spent a few days in the nearby city of Malaga. I experienced a continuous mild stomach ache on the first day. During the night, I had an unusual waking dream in which a violet vortex formed high above me. Many white specks that I knew represented life energy spun with the vortex. I understood that the tip of the funnel shape was aimed at my stomach. Shortly thereafter, I realized that the ache was gone. I awoke feeling weak but much better. I felt sure that the ache had disappeared because of the presence of the vortex. I suspect that this experience was stimulated by the experience at the retreat. In a later conversation with a Zeta, we learned that a vortex symbolizes a portal between realms that differ in vibrational state. This implies that a healing energy came to me from another higher realm.

Experiences with spirit energy

After the visit in Spain, I contacted Paul Hamden in an email. We entered a long discussion about his experiences with spirits and extraterrestrial races, and how his mediumship had developed. He suggested we write a book together. After adjusting to the idea, I agreed that we could try.

I soon became involved with the Zetas in July, 2012, after I indicated to Paul that I would like to communicate with them. We arranged for my initial interview with a Zeta to be via Skype, an internet messaging facility. The conversation would be in text rather than audio, and so a time-stamped record would remain after the interview was over. In the early morning hours of the night before the interview, I was awakened by a strong, whole body buzzing sensation that lasted one or two seconds. During the interview the following evening, I asked if they had anything to do with that. Interestingly, they

answered the question before it was transmitted, suggesting the possibility of telepathic awareness of the question while I was typing it. The response came that the buzzing sensation resulted from preparing me for connection.

The morning after the interview, I entered the kitchen and found the metal stopper from the sink on the floor about two meters from the sink. This had never happened before or since, and may have had something to do with a Zeta presence during the night. Poltergeist activity is apparently not unusual around people who are contactees, and so the stopper may have spontaneously leapt from the sink to the floor.

The buzzing effect on my body happened several more times in the following months. In September of 2012, the full body buzz was felt while I was resting in the afternoon. A conversation with a Zeta ensued about five hours later that day. Early in January of 2013 after midnight, I was half awake and felt a trembling in my upper body several times, separated by quiet intervals. Zeta involvement was suspected when a vortex shape appeared in my mind's eye, quite near and covering the visual field. The vortex came twice, less strongly the second time. On February 4, 2013, at about 3:30 AM, a surge of energy occurred throughout the body that built up quickly and gradually ebbed away to nothing. This was repeated three or four times.

Also on February 4, there seemed to be objective physical evidence of the Zetas' presence. In the evening, a friend came to tell us that he had tried to call the two mobile phones in the house without success that day. I confirmed that the two phones could not receive each other's calls. However, at a sufficient distance from the house, the phones were able to connect. After returning to the house, the connection failed again. It seemed that there was an influence covering an area around the house that prevented mobile phone reception for a day or so.

On the following day, February 5, the feeling of the Zeta presence was especially strong. On that day, workmen came to replace the furnace in the house. As they carried in the new furnace, I felt very strongly a knot develop in my diaphragm and stomach area, and felt heightened energy throughout the rest of my body. The distraction was so great that I sat down until the feeling subsided after about 15 minutes. Later that day, the phones stopped working again for a while near the house.

Over time, my sensitivity to a change in spirit energy improved. For example, in November, 2013, at the end of a visit to Australia, I visited the waterfront shops in Sydney. I came upon an aboriginal man selling a recording of his music. I purchased the recording and while walking away, I felt a definite spirit presence accompanying me for several blocks. Although it felt benign, I told it in my mind that it did not belong with me, that it should go back. Soon after, the feeling of the spirit's presence went away.

On a day in late January, 2014, I felt a rather pleasant energy for several hours while sitting at my computer. Finally, I verbally acknowledged its presence, and several minutes later the feeling of presence subsided and did not return. In mid February, 2014, I felt energy for several hours while

studying the Zeta's monologue concerning informational fields. The sensation of energy increased at particular times when my thoughts moved in certain directions as if to encourage that way of thinking.

Sometime in 2015, I was given what seemed like a sensation of spirit energy while on my morning walk. It was a pleasant day with sunshine and minimal wind. I met a jogger running toward me on the sidewalk. As he came abreast of my position, I felt a pulse of pressure on my face. I continued on and met another jogger about 10 seconds later. When he passed beside me, I felt a similar pulse. I continued on at an even pace and felt additional, evenly spaced pulses, although I encountered no more joggers. In retrospect, there were about three more pulses, each separated by about three or four steps, and the aftermath was a warm, fuzzy feeling.

Near the end of September, 2015, while walking past a local retirement home, I felt a strong spirit energy, a high enervation throughout the body. My first thought was that someone who lived there must have passed on. I continued on to a coffee shop and the presumed spirit stayed with me until I entered the shop. The feeling resumed when I stepped outside again a half hour later and persisted while I retraced my path past the retirement home. I suggested that he recognize that he had died and was no longer in physical form, that he should go to the light and look for love. The feeling left me as I continued on.

Control of a collector being

The Zetas mentioned the existence of beings in the astral realm that have a low vibrational state. They chose to call them "collectors". They are organizations of the energy of consciousness that are more like objects than souls. They seem to be analogous to robots, and their objective is to gather or "collect" the low-vibrational energy they need wherever they can get it. One source is humans who are in a similar state of consciousness. People who are attracted to addictions and other egoistic pleasures of the flesh could be encouraged by collectors to increase these activities which produce the desired energies.

But collectors might also try to instigate such activities in people who are not prisoners of their desires. I believe that I was accompanied by one such entity on a morning walk. I noticed that I felt upset but could see no good reason for the feeling. It occurred to me that a collector wanted to use the anger I felt to produce low vibration behaviour.

A Zeta gave a prescription for ridding ourselves of low vibration entities. He said, you must "*know who you are*", and you should "*stand in your energy*". It took a while for the meaning of this prescription to sink in, but I believe I understand it now. To "know who you are" is to have certainty that we are more than physical beings, that we are facets of a loving spiritual whole that includes our higher selves. It is a recognition that we are beings who can choose to love. To "stand in your energy" means to recognize the difference between our own energy and the energy of others. It is necessary to be able to tell the difference between oneself and a collector, for example, in order to maintain the difference.

So, when I thought I was accompanied by the energy of a collector, I did not panic. Rather, I sent it love like I would to a pet. As I maintained this energy, a vision appeared in my mind of a tan coloured,

sausage-shaped object moving away from me at an upward angle until it disappeared. I instantly felt a sense of calmness in contrast to the upset feeling I had. So I believe the Zeta's prescription works.

Telepathic communications

I mentioned earlier what seemed like telepathic communication of information to a Zeta. They answered a question while I was still composing it in text mode on Skype. In another instance, an information download was received from the Zetas while I was awake and aware. The download clearly felt like a message and could be interpreted as such.

On a day in late August, 2012, I had just finished my morning shower in my home in Canada. As I stepped out of the shower, there was a change in perception. The actual surroundings were replaced in my mind with a vision of meeting Paul in Australia. I was walking up to him while reaching out to touch him. The scene suddenly shifted to a Zeta gathering as depicted in Figure 2. I was still facing Paul, but we were both in Zeta bodies. Paul's face and head were mottled and had soft diagonal stripes.

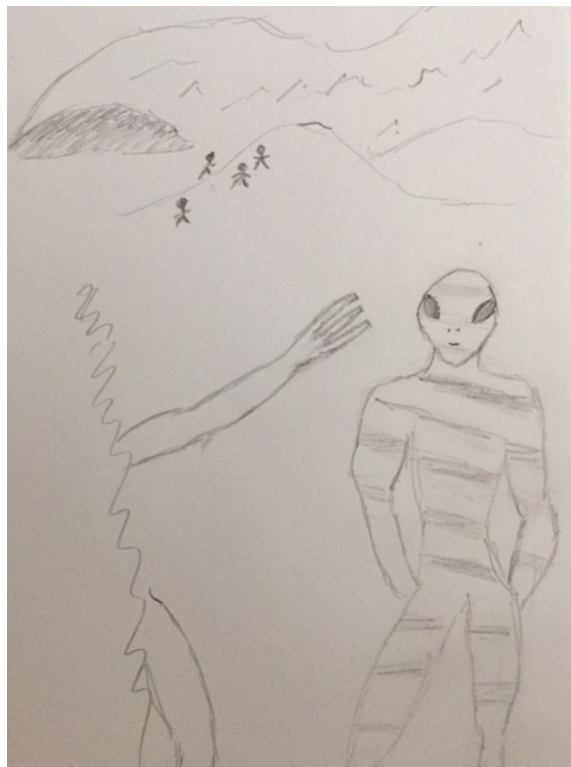


Figure 2. Vision through a Zeta's eyes

His body seemed to be a grey/white colour. His face was long and oval-shaped and his body was hairless. I looked at my leg, and it appeared a bit dark, not quite black. The leg had long, smoothly curved calf muscles. My fingers were long and thin. It was not very clear but there seemed to be three fingers and no thumb. I was reaching out to touch his face, and I had a feeling of joyful reunion. The

feeling lingered for what felt like half a minute but was actually much shorter. The environment had no colours other than shades of brown. There was a group of about a dozen other zetas sitting and standing on bare, natural terrain. They were looking on from a distance, and my feeling was that they were happy and amused.

This vision happened when I questioned in my mind a comment that the Zetas' lost the ability to express emotions after replacing biological childbirth with cloning technology. They apparently felt sad about having lost this ability. My question was, "How could the Zetas experience sadness when they had lost touch with their emotions?" In the vision, I felt amusement and joy very strongly while in a Zeta body. The experience suggested that the Zetas have not lost touch with their emotions.

A Zeta was asked much later if this specific experience was a telepathic message from them. They agreed that it was. The Zeta said, *"William was interacted with and given what he states is the vision of joy. At that time there was influence, yes, but of course given in a way where he could not change the information."* The Zetas appear to believe that communication in the form of a vision is not subject to misinterpretation or misunderstanding.

It is true that the visual details were unambiguous, but my interpretation did change over a short time afterward. For a brief interval, I took the vision literally. I thought that I was personally connected to the Zeta race in some way, that I knew the other Zeta, that its face was an actual representation of a real Zeta face, that Zetas have three-fingered hands, and that the space we were in was an actual location somewhere. A short time later, however, I understood that the vision was a story designed to answer the question. The critical features in the vision were my Zeta embodiment and the joy I felt as that being. The other details were merely padding. The vision appeared to say that Zetas do feel strong emotion. I concluded that the comment in the book by the Zeta teacher meant that the Zetas lost only the joy of the "act of integration" when reproduction became impersonal.

But even this interpretation was not quite accurate. When the Zeta was asked, "Do Zetas feel joy?", they responded, *"There is a sense of wonder. Let me state that trying to equate our feelings with human feelings can be quite difficult. ... We do not have emotional constructs as humans do whereby all decisions are based on how you feel about something. That does not exist for us. But we are able to implant or impart information to humans by the emotional body, so that they are able to understand within their emotional capacity what that means to us in consciousness."* That is, humans do not have the ability to feel what Zetas feel. The best a Zeta can do is create an emotion in a human that approximates what they feel. Instead of joy, they meant to implant the sense of wonder that once followed the process of creating a new child.

Although the Zeta used a time of reunion to communicate their ability to have a positive emotion, it was actually an inappropriate scenario for feeling joy. My Zeta form was ecstatic about seeing Paul's Zeta form again after an absence, but the Zeta said, *"There would be no joy because none is required. The other being would have been performing a function."* As an unintended side-effect, this episode makes clear that cross-species communication of emotions by telepathy may be problematic.

Another insightful telepathic download occurred a month or so later in September, 2012. It was received while walking across a field at midday. I suddenly “heard” a question internally, and immediately received an answer. I thought about all the people in the world and asked how they should relate to each other. The question was answered by a brief vision shown schematically in Figure 3.

There were many parallel rays of violet/white light descending to the earth. Each ray represented a life force being born as a human. A thought accompanied the vision that each incarnated human is met by other humans, and each learns to relate to the others on a one-to-one basis. It is not useful to worry about getting along with people who one would never meet.

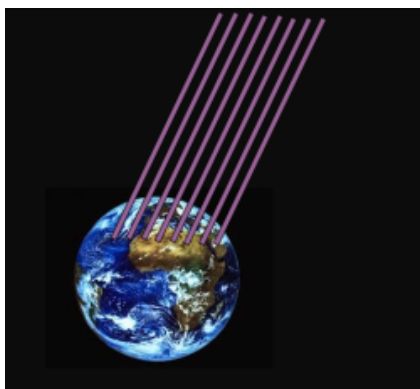


Figure 3. Schematic of a vision.

When they were asked much later, a Zeta informed us that this vision was not from them but was given to me by my higher self entity. They added, *“It does not matter who sent the information, but how it is received and acted upon.”* Normally, it matters to us who sent information, since possible deception might be inferred by considering the source. But we were told by a Zeta that telepathy has a built-in deception detector. A Zeta said, *“Telepathic communication inherently has within it the potential to hold a certain frequency. If you are able to perform the function of a thought, a transfer, to try to infer an untruth in that range of thought processes would also betray the communication, as if inbuilt into the telepathic process is a means whereby a entity is much more exposed to being read or being exposed. Their thoughts are exposed, the quality of their thoughts are exposed, the makeup of the thoughts are exposed, they are not words, they are potentials. The potentials hold within the fabric, the makeup of the fabric.”* So the quality of “how it is received” would be indicated by the potentials associated with the communication. The Zeta’s comment suggests it should have been possible to know the validity of the information in the vision without knowing the source.

Interestingly, the concept expressed in the vision is consistent with the reason why spirits choose to incarnate in the physical illusion, as I learned four years later. That is, they look forward to resolving difficulties in their relations with other humans, since these are opportunities to grow in ability to love.

Dreamlike communications

Some communications were visions received during sleep. They could be called dreams, but the impacts were unusually strong, and the information they contained was clearly related to my ongoing development. The lessons implied by the visions seemed related to the Zeta presence.

In an early morning in December, 2012, I lay less than half awake in bed, eyes closed, thinking about what was important to add to the book. Then I saw at least two white, ephemeral Zeta faces suspended in the room beside me in my mind's eye. I welcomed them, then found myself somewhat immobilized while someone was doing something to my left arm. I could not see what was being done. Then I felt the familiar buzzing sensation in my whole body. My etheric body turned, sat up, and seemed to float up to the ceiling. I felt a flash of exhilaration and went through the ceiling to the outside. However, there was nothing there to see, and the vision ended.

In the dream vision, my left etheric arm was the entry point for the manipulation. It produced the full body buzz that I had already experienced, followed by simulation of an out-of-body experience. Later, we learned that the Zetas with whom we communicated were “*not aware of that situation*” and so the nature of the entities is unknown. Since the knowledge of the collective is not known to individual members unless needed, it is still possible that the white Zetas I experienced were from the collective.

The scene then switched to the sidewalk in front of a house. I saw a little boy there dressed in a green parka with the hood up. He was about knee-high, so I crouched down to speak to him. He was very loveable and told me matter-of-factly that someone close to him had just died. I got the strong impression that he was talking about his Zeta family. I wanted to ask who had died, but had trouble forming the question. I thanked him for the experience and he turned and walked away. He seemed to be accompanied by someone tall, dark and indistinct.

This vision could have been an answer to my question about what was important to add to the book. The notion of dying came from the boy who emanated a feeling of love. The identity of the deceased was clearly irrelevant so only the concept of death was intended. Judging from his tone of voice, the death was not a big concern and it did not leave him alone. Perhaps the “tall, dark and indistinct” figure that accompanied him symbolized the consciousness of the deceased.

The two visions taken together seemed to say that I had a non-physical form which did not depend on the persistence of the physical body. The end of the physical body is not a disaster, since the consciousness that it contains carries on.

A similar theme was expressed in a particularly powerful dream vision in April of 2015 depicted by the drawing in Figure 4. In the vision, I am out-of-body looking down from a corner near the ceiling of what looks like an operating room. A physical human body that I know is mine is lying on a metal gurney such that the head is furthest away from my vantage point. Only the back of the torso is in focus. A woman is standing beside the gurney. She is recognized as an acquaintance who earlier had claimed to be an extraterrestrial walk-in, a human possessed by the consciousness of a being of the

Pleaidian race. The woman is carving a rectangular pattern with a utility knife around the perimeter of my back, leaving a trail of blood. She carves particularly slowly and carefully when the knife is closest to my position near the ceiling. However, my body on the gurney does not respond to the cuts.



Figure 4. Vision of operating room scenario.

In this vision, my consciousness was separated from my unresponsive physical body. The woman with the knife cut a rectangular pattern on the body. She cut slowly and carefully when the cuts were nearest to me in order to emphasize what she was doing. She said nothing, but it was as if she were saying “See, I am doing this to your body and you are over there, aware, and not feeling a thing.” The symbolism of the scene suggested that consciousness has primacy over the physical body. Identification with the physical body is a matter of perception. We continue to exist without it.

The Zeta was asked later if they had had anything to do with the operating room scenario, and they responded, “*Let me say that that is of a concern. That is not an image that we would represent to you. ... We will need to examine this information as it leads to other areas of influence.*” It seems this experience was not given by beings from the Zeta collective, and this was of some concern to them.

An alternate timeline

The Zetas explained that multiple timelines exist which which allow a spirit to have maximal experiences. The timelines differ in terms of vibrational state as do multiple “threads” of the incarnating spirit. A thread of the spirit at a particular vibrational state finds itself on a corresponding timeline. The timelines are asynchronous and so the physical events that take place on the various timelines are independent. However, this is not true of the associated consciousness which existed before timelines were created. A Zeta explained, “*consciousness is able to be spread across many existences*”, so occasionally we may be aware of events happening on another timeline.

In October 2012 before dawn, I had another significant dream which seemed to be concerned with the concept of timelines. In this dream, I felt half awake and I was very much aware that I was looking through the eyes of another me. I was in a visual sequence from that first-person point of view, and I was having a conversation with my wife. She and I have a very good relationship in the life that I know, but in the dream she said things to me that were not at all consistent with that relationship. She said she had been with someone else “who was able to give her what I never would”. There was also an unspoken understanding that I had just returned from a country in Africa where I had been for about a year. In the life that I know, I have never been to Africa.

In the dream, I seemed to be superimposed on myself in another timeline, since I was aware of both my usual self and my having been in Africa until recently. I was aware of my wife asleep beside me as well as the other version which had quite different feelings about me. The other version had the platinum blonde mop hairdo of 30-40 years ago that I remember, as well as the teeth she had then before they were straightened. These differences suggest that the timeline into which I had intruded lagged the one I knew by 30-40 years.

Because of my role in documenting the lessons from the Zetas, there is a possible explanation that applies only to me. The Zetas use simulations themselves to understand concepts they are unable to experience directly, and so the dream could have been implanted telepathically as a simulation to teach me about multiple timelines.

Wallacia 2013

The first trip to Australia came in November of 2013. The main event was a physical mediumship demonstration by Kai Muegge at Inge Crosson’s Wallacia Development Centre. This was the second séance with Kai for me, and it was similar to what I had experienced in Spain. We participated in a table levitation where the table rose about a foot into the air and came down hard after hovering about two seconds. There were also occasional light flashes during the levitation session.

Kai also held a development workshop to strengthen psychic abilities. During one of the mental exercises, I found myself in a subterranean room or cave where I encountered a dwarf-like entity who was very frustrated with me. While pacing angrily to and fro, he berated me for leaving him imprisoned underground. This little fellow even now seems very real to me, and I can easily imagine the encounter. I suspect he probably symbolizes my subconscious fear of letting go of the physical illusion.

Several days later, I was present at a healing received from TC, an American Indian spirit who works through Paul Hamden. After the healing, TC appeared to me clearly in my mind’s eye. I saw an image of his back moving away from me on a path beside a river. He had black hair and was wearing a bluish/mauve animal skin jacket. There were trees on the far shore, and grasslands along the side of the river. It was as if he were saying to me, “I’m leaving now, going back to my realm.”

Months later I had another vision involving TC. During a meditation, I unexpectedly met him beside the river where he was last seen. Strangely, I felt compelled to ask his permission to enter the realm. He

hesitated, looked me up and down, and finally nodded after letting it be known that I was not to change anything. So I entered and saw more of the land beside the river, including vegetation and footpaths leading to some small hills away from the river.

Wallacia 2014

I returned to Australia again the following year where I joined Paul Hamden's trance group soon after arrival. During the session, I experienced an icy touch on my left foot which moved up my lower leg. These sensations happened twice. We were told months later by a Zeta that the cold sensation would have resulted from a disturbance of the etheric body and not from a lowering of the air temperature near the body.

Paul was also able to take some time to initiate a healing of a person's hearing. One ear had been deaf as long as she can remember due to nerve damage that is considered permanent. An etheric ear was created for her that connected directly to the auditory mechanisms in her etheric brain. I subsequently made some measurements with an audiometer and confirmed that some hearing had returned to that side of her head. Hearing did not returned to normal, but it is remarkable that any has returned at all.

On the last day of the stay at Wallacia, what appeared to be spirit beings appeared to me. Just before leaving for the airport, I spontaneously slipped into a séance room and sat in the medium's chair. Perhaps because of residual energy in the room, I became aware in my mind's eye of a group of people standing off to the side. A young man broke away from the group and moved to crouch down before my chair. His face and paisley shirt were clearly visible, and he looked expectantly at me as if I had just come into view. Regrettably, and for no discernible reason, I arose from the chair and rejoined the group waiting for me outside the séance room. I could not satisfactorily explain my sudden departure before attempting a conversation with him.

In retrospect, there is reason to suspect that this experience was a simulation like previous telepathic experiences that may have been provided by the Zetas. The séance room itself had been used primarily by Paul Hamden to connect with the Zetas, so any residual energy in the room should have been higher vibration Zeta energy rather than spirit energy. Further, the distinctive paisley shirt worn by the young man was like others I had seen before, and the man's face was similar to the face of a spirit being I had drawn several days earlier during a spirit drawing workshop. In the workshop, we attempted to draw spirit people near us as seen in the mind's eye. A Zeta might have identified various existing elements in my memory, arranged them in the proper sequence, and created the experience for me. The result would have been a simulated meeting with the spirit person I had perceived and drawn earlier. The prompt to leave the room would have come to prevent further interaction with the simulation. This would explain the mystery of my sudden departure when the interaction had only just begun.

A hypnogogic message

I chatted with a Zeta on Messenger about self-healing and the heterodyning process one day in March, 2016, while Paul was out in public at the local market. The Zeta proposed an experiment where my *“understanding will be tested.”* I said, “Ok”. They reminded me that the *“process should work for all aspects of connection, not just wellness. Stillness aids all processes.”*

About midnight, I had a novel hypnogogic experience. I tried to heterodyne with the Zeta’s higher vibrational state while aiming for stillness as the Zeta advised. An impression of an unusual three-dimensional void arose in my mind’s eye. This was followed by a progression of extraterrestrial faces that seemed to change at the rate of my pulse or heartbeat. It started with a quick glimpse of a Zeta face superimposed on a sphere in space, partially hidden by a ragged, opaque white cover. This was succeeded by an image of a lion’s face. It was a friendly face with glistening yellow/black eyes and a lovely, ornate mane. Several humanoid faces followed, ranging from human to not so human, and one that was quite hirsute. There were about half a dozen frames in the sequence, so it did not last long. I then lost the feeling of voidness but regained it again after a short interval. Then the sequence repeated exactly as if it were programmed.

On waking the next morning, I initially thought I had been introduced to several extraterrestrial races. But then it occurred to me that most of the faces in the sequence were somewhat familiar. Perhaps they were images in my memory, selected to show that different forms of extraterrestrial races exist. This seems to be the modus operandi for sending me telepathic messages. The sequence was repeated exactly, and this further supports the idea that it was a programmed “slide show” of information selected from my memories.

The unusual void, the steady rate of change of the images, and the exact repetition of the sequence suggests that the experience may have been created by a Zeta and was not self-generated. A Zeta had previously mentioned a precedent for using human physiological processes to control the rate of events. On one occasion, a series of audio pulses were recorded in the séance room. The Zeta informed us that the pulses were synchronized with *“a bodily function process”* like the medium’s heart beat or breathing. So the Zeta could have synchronized the image changes to the beating of my heart.

The arrival of the hypnogogic message seems too innocuous to be the test promised by the Zeta. It is unclear if there was a relationship between such a test and the hypnogogic experience.

What happens next?

Many people are hoping that humanity will be rescued from undesirable political and environmental circumstances by the arrival of extraterrestrial races and new physical energies. But the Zetas have a different view. They say individual humans have to raise their vibrational states, and this will eventually allow the human collective consciousness to become coherent and self-aware. The telepathic message I was given by my higher-self was consistent with the view that the actions of individuals will determine

the fate of the collective. The vision showed violet rays of life force coming to earth representing individual spirits being born as physical beings. The relationship among individuals is important for raising the vibrational state of the human collective consciousness. Extraterrestrial races, who operate in a different range of vibrational states, cannot change our illusion for us. Humanity needs to change the shape of the illusion from within.

Reference

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