

The Zeta Interviews

# The Zeta Interviews

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The Zeta Interviews

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## **Acknowledgements**

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SEP]</sup>

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### Foreward

This book contains transcripts of conversations with the Zeta beings who spoke through the medium, Paul Hamden. Many people, including the coauthor William Treurniet, asked the Zetas questions during séances held in Australia and New Zealand, and the questions and answers were always recorded and transcribed.

William also communicated with the Zetas using electronic media. In several internet chat sessions, questions were typed and the Zeta answered in the same manner via the medium. Audio interviews occurred as well, but channel noise tended to interfere with the audio quality, perhaps generated by the anomalous Zeta energy.

Several communications with Zetas used texting while the medium was outdoors in a public place. The conversations began normally with the medium. When the Zeta came, the words and sentence structures changed perceptibly. The medium was able to easily identify afterwards when the Zeta took over the conversation.

The questions were all impromptu as far as the medium was concerned. He was never forewarned about what would be asked of the Zetas, yet the Zetas often answered verbosely and with great sophistication and consistency. Those who know the medium do not doubt that someone else was speaking.

During the transcriptions, occasional words could not be understood because of noise in the environment like the hum of an air conditioner. The muffled words were replaced in the transcript with a series of x's, such as xxxx, to avoid the need to guess. Also, comments enclosed in angle brackets were added where needed.

Analyses of the transcripts are in other books listed in the bibliography authored by Treurniet and Hamden. Another book by Hamden is also

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listed that documents the medium's earlier experiences with the Zetas. <sup>[P]</sup><sub>[SEP]</sub>

### July 11, 2012

**Interviewer: Is it true that the US government has identified 153 synthetic quantum environments or SQEs constructed by the Zetas in the near Earth environment ranging 400 miles from Earth, on the surface of the Earth, and beneath the surface of the Earth?**

Zeta: It is correct in understanding that singular entities exist as energetic existences, for the purpose of experience. These are dynamic entities and are used as a place of learning. The SQE is a term for an energetic existence that is separate to your own, something like a holographic existence. They believe they have identified the SQE by the remote viewing process, but they have only seen what they were shown.

**Interviewer: Is it true that the system of “synthetic quantum environments” had been built by you for purposes of conditioning and educating humanity to be able to sustain a future role among organized intelligent civilizations in space and in the interdimensional multi-verse?**

Zeta: That question sounds like many questions, what are the uses of the SQE? In the separation process of the physical entity from self, a being would understand that in its energetic presence, the consciousness of the being is able to understand the environment is malleable.

So depending on what you wish to create and preserve as an environment, would determine the level of quantum entanglement that is required by a being that is to synthesize the energetic entities, and to then propagate this as a sustainable existence in its quantum self. Many of the SQEs are in existence for the scientific beings who

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wish to experiment within a race. A snap shot is taken and using the SQE, transpose the environment, and using the SQE then instigate change. This is a mirror image process to see what is sustainable, and in that place no harm is created to a physical entity as it is an energetic environment.

**Interviewer: Is this world a holographic environment?**

Zeta: No, but certainly an environment of consciousness, nothing is as physical as you believe it to be.

**Interviewer: Humans talk about a jump room technology. Do they in fact have access to it?**

Zeta: Do humans have access to separation from this physical norm to the SQE, yes.

**Interviewer: Can they reach another planet the same way?**

Zeta: They can reach other SQEs. Some races are able to move through to a planet and create a physical form as they arrive.

**Interviewer: So when humans say they jumped to Mars, they have only gone to a copy of Mars in an SQE?**

Zeta: Humans travel as a single entity, this causes issues for them and their matter, yes.

**Interviewer: By single entity, do you mean a combined etheric and physical body?**

Zeta: Yes.

**Interviewer: What we need is a jump room so we can experiment, do you think the Zetas might have a spare one laying around?**

Zeta: You would need the technologies in the SQE to make the adjustments and the focus of thought to initiate the changes. As well, the SQE are also part of a neurological network so other SQEs are

## The Zeta Interviews

located in the vicinity, and communication between the operators are required, as not just one sample is taken. Many can be taken of the image and multiple SQEs can be in operation for the process.

## The Zeta Interviews

**Interviewer: Do the humans with the jump room always need Zeta assistance?**

Zeta: Yes.

**Interviewer: Do they know that?**

Zeta: No.

**Interviewer: Does a synthetic quantum environment include all of time as we know it?**

Zeta: No.

**Interviewer: Does the snap shot that is taken refer to a particular point in time? [This refers to the snap shot mentioned in a previous answer]** Zeta: Yes.

**Interviewer: What does it mean to "transpose the environment"? [This was asked to clarify the phrase used in a previous answer]**

Zeta: To transpose is to take an image to the molecular level and then using various technologies, manipulate the process. But also, remember that some SQEs are used as places of education, so they are firmly fixed as environments. Many are not used to manipulate anything.

**Interviewer: Are they just used as places to live?**

Zeta: They can be used as a place to live.

**Interviewer: Can the point in time for the snap shot be any time in the future as well as the past?**

Zeta: Yes.

**Interviewer: Is the experience of an energetic human body in a synthetic quantum environment identical to that of a physical human body in a physical environment? That is, does it feel the same?**

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Zeta: Yes.

**Interviewer: Is there some way that I could tell if I were in a synthetic quantum environment or the original physical environment? Is there some test that I could do?**

Zeta: If you've given me information too of the level of awareness for the test - you would need to clarify that you are in a separation.

*<The answer was actually given as "If you've given me information too of the level of awareness for the crisis, you would need to reshine that you are in a separation". The Zeta's choice of crisis and reshine would have been near more appropriate words in the medium's semantic network, given the context. The words were replaced by test and clarify, respectively, as shown in the answer. This instance is discussed in Treurniet and Hamden (2012), A model of communication.>*

**Interviewer: But if it feels the same to be in an energetic environment as in a physical environment, how could I tell which environment I was in?** Zeta: You would need to be told.<sup>[P]<sub>[SEP]</sub></sup>

## August 2, 2012

**Interviewer: Is the substance of the etheric body known to earth scientists, e.g., is it electromagnetic in nature?**

Zeta: Yes.

**Interviewer: What are the average frequencies of the human and Zeta etheric bodies in cycles/sec? Alternatively, what is the ratio of the Zeta frequency to the human frequency?**

Zeta: The base frequency for Zeta is 10 cycles at a level at a level where an entity is not requiring a separated level of consciousness, but, there are other levels of frequency, 16 would be where a being would be in separation from self for short time, 32 cycles is required to be in a permanent cycle of separation.

## The Zeta Interviews

We have seen that humans are between 7 and 8 cycles, some lower, some higher depending on the frequency a human holds.

**Interviewer: Is energy transferred from the human physical body to the etheric body, or from the etheric body to the physical body?**

Zeta: Both ways....if the human requires connection, a level of matter to energy is required to increase the frequency of the etheric body, but if an external being is to connect to a human then the energy will come from the external entity.

**Interviewer: What physical mechanism transfers energy between the physical and etheric bodies? Is hemoglobin involved and, if so, how?**

Zeta: Yes, hemoglobin is involved as a increase of oxygenated blood is cycled through a entity, in doing so the energy of the human form is assimilated to the etheric body. But, there is a continual exchange between the physical and etheric, not a state of separation.

**Interviewer: The Zeta oxygen-carrying molecule contains copper. Is this Zeta molecule like the hemocyanin molecule found in some earth species, for example, the crab?**

Zeta: Arthropods...yes...there is a consistent level of atomic structure that is one of the constants for this universe.

**Interviewer: For communication with spirits and ETs, what is the optimal shape of the energy structure built from the sitters' energies, for example, is it circular, like the sitters' typical seating arrangement.**

Zeta: Circular.

**Interview: Is this energy structure helical, like a 'slinky' toy?**

Zeta: No ... what is a slinky? it would depend on the exchange of energy between the external entity coming to the group and the physical make up of the group, but somewhat like a inverted conical structure, depending on the entity coming to the group.

## The Zeta Interviews

**Interviewer: Is the substance of this energy structure known to earth scientists, e.g., is it electromagnetic?**

Zeta: Some portions are, others are etheric, which is related to the level of consciousness a being would hold, and a mixture is combined.

**Interviewer: Can this energy structure be created without sitters using a technology?**

Zeta: Biological entities provide the best means of exchange of energies, but, natural energies relating to plants are able to create the process as well, such as trees and plants.

**Interviewer: Does a spirit have an independent existence outside of the seance where it can continue to create new experiences?** Zeta:

Yes...not the algorithm process which has been proposed. It would be nice if you were able to place every thing into neat boxes, some times you must think outside of your existence.

**Interviewer: The etheric body, is it in layers and are the layers for different purposes?**

Zeta: Does a body of water contain layers? No, one level may be more dense than the other, but it is one body. Does the water body have the ability to be in a state of separation in a container from its self?

Is it able to provide on some level, provide information to itself on some layer, on all levels? Humans have many different facets of information, now, is the body of water able to perceive emotion?

**Interviewer: No.**

Zeta: We are now speaking of a human etheric body, but much of a humans structure is made of water. What mass would a body have without water? Your etheric body is a resonating form of energy. It is able to on many frequencies understand emotions, energies, interchange of energy, and matter to energy.

## The Zeta Interviews

It holds a process of interaction of higher self.

**Interviewer: Can we access higher self via the etheric body?**

Zeta: When higher self is known to you, there is no doubt. Seek to understand energy related to your breathing.

### **August 4, 2012**

Zeta: There is the intent of races, which are here as well in human form. Their intent is very strong, they are not guided by human actions. Humans' development is not just determined by humans, it's the consciousness of a form which creates the intent. A physical shell does not define a being.

**Interviewer: So what defines 'human'?**

Zeta: Human is a word defining some beings and their form.

**Interviewer: So how do I distinguish a human from anything else.**

Zeta: Only the consciousness can.

**Interviewer: Whose?**

Zeta: Once again it comes back to point of origin, the being is defined by that, and so, the intent, manifesting from the being is adding to the collective consciousness of what is to take place.

There are many beings on this planet, but what is relevant is how humans perceive free will. If it is perceived that during a timeline a race will eventually arrive at a point, did every single human's intent create the process, or was there a tipping point for consciousness? So would a human perceive they had free will if they were carried to a place according to the will of the global consciousness process? This is why it was stated, there is an outcome for the human race, and the mixtures of the many beings of the collective human form will design

## The Zeta Interviews

the ultimate micro outcome. But the larger way that the race moves to that point will be determined by a smaller group.

We come to support many in their work, we come to support you in understanding what is to come. It has been seen that this one race will develop into a higher level of consciousness, it will define the new behaviour of the race and then, that will provide an entry point for other races to have physical contact to a larger degree with you as a race. You wanted contact?

*<The Zeta sensed the interviewer's confusion about when it had entered the typed conversation>*

**Interviewer: Yes, it may have helped to know the context.**

Zeta: Altered states of connection does not allow for us to define in the first instance who is speaking. There is a separation of two consciousness in one body. The physical entity must still operate and function to perform tasks, the most difficult one is the definition of your language and the structure of the words for sentences, and then there are also physical distractions so the physical form must still be operational so as to interact with other humans to some extent. So the physical consciousness is blended to allow the communication when typing is required, and so many mistakes are made which is not our way. **Interviewer: Errors in typing I can handle.**

Zeta: It is some thing we accept as well. This is not a normal process.

**Interviewer: What is normal for you?**

Zeta: Complete control of consciousness, and then to join to the so-called etheric body and act as the intermediary in discussion for many beings.

**Interviewer: Are you the spokesperson for a larger group?**

Zeta: In these matters I speak for a collective process.

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**Interviewer: Who belongs to this collective?**

Zeta: The beings of our race.

**Interviewer: Your race has trillions of members. Do you speak for them all?**

Zeta: If the collective will is for one to speak then, yes, that can be the determination, but one never speaks for a race, but normally for a section of a race. We will use your human words to describe. Each section of the race interacting with this planet are based into groups, these groups are utilized into working groups to form various functions in regards to working with individuals and groups, so I speak for the group. There are other bodies, which are seeking to coordinate the groups, and so it is so.

**Interviewer: Your function is teaching. Are there other functions performed by other groups?**

Zeta: Yes many, connection, clearing of entities, travel, collecting information, storage of information, dissection and understanding of that information, modifications of energies for connection, teaching, processes related to the younger beings in our race for the progression of our race as a group.

**Interviewer: Interesting, many of these are functions a single human must perform to survive. Will we become more focused in terms of what we do?**

Zeta: Individuals will become more structured.

Your preparation, the preparation for connection was established prior to this conversation by other beings.

**Interviewer: Did you come to me this morning when I felt the buzzing sensation?**

Zeta: We have answered.

## The Zeta Interviews

**August 10, 2012**

**Interviewer: How many consciousnesses are represented in the near-earth environment?**

Zeta: The individuals obviously are to be in separation from themselves at that point. Now, those beings that are living in a physical existence are able to separate their consciousness and be in a separate state of existence in another physical dimension, or another physical reality. So you could say that there is a being with a consciousness in one place, that being can also be in separation by its consciousness in a separate place as well, so it is a splitting of consciousness process. So when you ask about how many different types of beings there are, it's difficult to determine if you are talking about an energetic existence or a physical existence.

**Interviewer: Yes, but if they existed physically on their home planet and they existed here in their energetic version then could we not count only the ones that are in existence here in their energetic bodies?**

Zeta: So from me to you, energetically not an astral form process, the problem would be if you had a thousand beings that were currently moving through their process in an energetic form, some of them would be waking up and others would be going to sleep, others would be consciously moving here energetically, so it would be a constant process of change in regards to who would be here at any point.

**Interviewer: I see, yes, ok I can understand that. There was another track that we were starting to follow about the communication device that a Zeta was trying to alter. Was this device the recorder in the room?**

Zeta: Yes.

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**Interviewer: It was an attempt to use the recorder to communicate by affecting it directly.**

Zeta: Yes.

**Interviewer: Was there any significance to the particular communication that we received?**

Zeta: We thought that you might find it amusing.

**Interviewer: Ah, because it would remind us of other things, of the movie perhaps, the close encounters movie?**

Zeta: The one all the humans like, yes.

**Interviewer: Yes, so that was strictly for our amusement, there was no more significance to it than that.**

Zeta: No.

**Interviewer: All right, there's another question regarding the human spirit realm. Is it similar to the synthetic quantum environment?**

Zeta: Not of our making.

**Interviewer: Not of your making**

Zeta: The container as you call it has been created by the Anunnaki.

**Interviewer: Yes, but the process would have been different from the way that you make the environments?**

Zeta: Yes, that it is.

**Interviewer: Ok.**

Zeta: There is a device that is used to create the unfolding of the special process and then once the cavity, I believe would be the word, is created, it is then populated with the correct molecular image, I believe, that will then represent the environment that was to be used for exchange of energy and information.

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**Interviewer: This is the process that the Zetas use?**

Zeta: Yes, my friend, yes.

**Interviewer: yes, but the Anunnaki process is different?**

Zeta: How they create their own environment is up to them.

**Interviewer: Yes, but the process is different than the one that you use?**

Zeta: Yes, my friend.

**Interviewer: I have some other questions about the relationships among the races.** Zeta: Yes, continue on.

**Interviewer: Ok, one question was whether or not love and compassion are the prime motivators in all non-human race relations? Perhaps there is another way of saying this.**

Zeta: There is experience, my friend, and there is communication and there is relationship, too, and many of the humans are currently are in relationship with their original family members, and so to be purely thinking that the human race considers itself one type of entity is an untruth so. There is a much broader viewpoint in regards to the existence of many races living in this physical realm. But of course we have compassion, and we love our children too, and we never harm any being, my friend.

**Interviewer: So when you deal with other races then it would be true to say that you think you would want only the best for them.**

Zeta: In all things my friend as at no point would we ever harm each other or any other race and would not harm any other being unless we were forced or provoked to defend ourselves, my friend, which has happened before.

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**Interviewer: Yes. When non-human visitors, when they visit earth, have they ever been abused by human groups?**

Zeta: Yes, my friend, yes.

**Interviewer: It has happened, eh?**

Zeta: Yes, some have.

**Interviewer: Are there now non-human races in the earth environment that have selfish interests and wish to exploit the human race?**

Zeta: Yes, my friend, yes.

**Interviewer: Would they be members of the Zeta race?**

Zeta: No, my friend, no.

**Interviewer: Can you say who they are?**

Zeta: One race that we will say who they are is what's classed as the, by your earth tongue, as the Draconian and Reptilian type processes.

**Interviewer: Ok. There's a question about our own human race. Is there a group within the human race that is able to regularly visit physical destinations in space? Do they have the technology to do that?**

Zeta: Are they able to move from this physical reality to another part of the universe, is this your question?

**Interviewer: Yes, to another physical reality.**

Zeta: Not at this moment, my friend.

**Interviewer: Not at this moment?**

Zeta: No, my friend.

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**Interviewer: Ok, I have some difficulty understanding what energy is. I believe that there is an energetic body, and a physical container, but it's hard for me to understand what the energetic body is in terms of what I know. And, so I have some questions that perhaps will clarify that a little. Based on what you have said before, energy is defined by vibrational states. What property of energy determines when someone is vibrationally aligned with someone else?**

Zeta: Now the problem, my friend, is that we have no comparable words to discuss with you in this human tongue what is seen by us to be a rather simple process. But as the words do not exist to formulate the correct response, the only words that we are able to come up with are in regards to words that you would understand being frequency, energy, and resonation.

**Interviewer: Ok.**

Zeta: But suffice to say my friend, the physical entity is able to exist within and enter the environment and, in doing so, your higher self is connected directly to the etheric self. It is much a consciousness.

**Interviewer: The etheric self is much a consciousness?**

Zeta: Yes.

**Interviewer: It is difficult to compare the energetic body to anything in the physical world that I know.**

Zeta: Yes, my friend. What you see was you are able to understand this state of separation of self, then you are able to move pure consciousness or facets of the consciousness process away from the physical entity and live two existences and experience in all things.

So coming back to your initial question about how many beings are in existence in one point of your timeline would mean that there would need to be an understanding of what beings have moved their

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consciousness from their physical entity to a point on the timeline in a physical reality which would be quite difficult to do. Because consciousness is not there would you say. Physical construct, it is more malleable my friend and is able to change itself.

**Interviewer: Yes, it can move around a lot more easily than the physical.**

Zeta: The physical is like a brick, my friend, and the consciousness is like a pure air.

**Interviewer: So it's hard to localize where it might be at any given point in time.**

Zeta: How am I speaking through a medium like him if I am not here?

**Interviewer: Yes? So you are there.**

Zeta: I am here, my friend, but how am I here?

**Interviewer: You are here in your energetic body?**

Zeta: I am here in my thought processes, my friend, and so I move my consciousness to the consciousness of the being and am able to speak through him now. I have my mannerisms as well xxxx and am able to represent myself fully in discussion for many of the public sitting processes, and also have access to certain levels of information in regard to what is allowed to be discussed with you.

**Interviewer: There are limitations of what you are able or allowed to discuss with me?**

Zeta: The limitations are of your own mind my friend, and so when dealing with you, my friend, when you explain to a child there are specific things that they must learn. You need to always talk from the basic concepts xxx, and it is not relevant to a young person you are speaking to them of matters which are not able to be comprehended by their mind. It does not mean that we will not try to discuss if we

## The Zeta Interviews

perceive there are entities able to in some way understand what is being said. But each being is discussed with at the level that we perceive they are able to understand.

**Interviewer: Yes.**

Zeta: Or else what is the point of the discussion.

**Interviewer: Yes. I'm still a bit intrigued about the sounds that you were creating on the recorder. Was there a purpose for this, are you thinking of using that device to communicate?**

Zeta: We are looking at whether the functionality of the recording device can be use to pass a message external to the ...

**Interviewer: And how would this message be encoded. Would it be speech?**

Zeta: This is yet to be determined. This is the first time we have had the ability to work some xxx xxx you.

**Interviewer: I see.**

Zeta: This will take much time. Discussion will down the universexxx (throughout the collective?) as to how to proceed.

**Interviewer: You are still determining how you should proceed with that?**

Zeta: Yes, my friend.

**Interviewer: All right.**

Zeta: Would you not do the same?

**Interviewer: Yes.**

Zeta: Would you be cautious often in everything that you did.

**Interviewer: Uh-huh, but you've been doing it for a while, I assumed that you may have already come to that point.**

## The Zeta Interviews

Zeta: When you see what other beings, expressing themselves, my friend, in public forums, you may make connectionxxx. There is much information that is coming but what relevance is all of this?

**Interviewer: Sorry about jumping around, but it's difficult to know what to ask. Can we go back to something you said before when we talked about, I think we were talking about free will, you said "so would a human perceive they had free will if they were carried to a place according to the will of the global consciousness process. This is why it was stated there is an outcome for the human race and the mixture of the many beings of the collective human form will design the ultimate micro outcome, but the larger way that the race moves to that point will be determined by a smaller group". I wondered when I heard that, what is that smaller group that you were referring to?**

Zeta: Were you believing that the individual races has a decision making process you are able to be, then if you went there, entities in the human form as a politicalxxx entity, also we see as all the experiences as we recall them, the entities that we reformxxx the physical exist in xxx a wholxxx and non-physical existence into this one planet for the experience being in your human bodies. Obviously I do have a level of consciousness that of course, you will see that many beings xxx many races and many different partsxxx of entities and mexxx, and so all of these are working as a collective entityxxx, although you think there is no collective process, there actually is.

**Interviewer: Ok, still not clear on who that smaller group is that you were referring to.**

Zeta: If you are looking for a simple example, we will give you one. If 100 people lived on your planet and 50 of those people were from your spiritual process, and 50 were from other realms and planets, then the beings who know a level of consciousness that had not been

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xxx xxxx xxxx process, would have a higher level of connection back to their point of origin, and so to build a collective consciousness by the human race would often be determined by the 50 beings who were of the other race.

**Interviewer: Ah, I see.**

Zeta: So you in fact as a race are being supported into your collective consciousness process by many entities.

**Interviewer: ok, I understand. How do you define the human race since so many individuals have a different point of origin. Is it just the individuals who have a point of origin in the human spirit world that would define the human race?**

Zeta: The human race is a set of containers, my friend, and for any entity to exist in the new form, they must seek to be and seen to want to become human you see. If a male and female physical entity want to be humans, allow the process of the child to come to her to have a consciousness that exists from the entity outside the realm. In the spirit realm context, permission must first given by the entity and consciousness to move in conjunction with the male and female to exist in the physical realm. But to exist as humans my friend is just the physical form, nothing else.

**Interviewer: Yes, so when you talk about the human race, are you also including those that have a point of origin outside of the human spirit realm?**

Zeta: Yes, my friend.

**Interviewer: Ah, so you define it by the physical container.**

Zeta: Only by the container.

**Interviewer: I see, that clarifies that.**

Zeta: This is your intuitionxx workxx

## The Zeta Interviews

**Interviewer: Well, yes, its a matter of definition and it helps a lot.**

**There is supposedly a change in the global consciousness of the human race. A lot of people feel that it's happening. Is it due to some kind of external influence that we are moving through?**

Zeta: Yes, my friend, there are many entities that are supporting you it's a physical race into your roomxxx understanding yourself. The collective consciousness of this race is moving on a, I would not say predetermined process, but much of what is happening is already being seen. But, of course, yet we believe a future event will cause matter to become non-matter, my friend.

**Interviewer: Yes.**

Zeta: This is not studayxxx what will go take place is that many people on your planet who are able to understand the developing consciousness will be able to move into a process of understanding themselves. In this, this will xxx to be, new processes with the ability to communicate with each other and also with other races, and this is the point of the shift in consciousness.

**Interviewer: And is the shift being encouraged by some kind of external physical influence as well?**

Zeta: The encouragement of everything is internal.

**Interviewer: Ok, good.**

Zeta: The encouragement is supported by upbittensxxx, because you see once you are in axxx, is it for you to contain my xxxxxxx by the process of one consciousness of the human race. It allows you permission to join in with the collective consciousness of the human race and to also change it. And we will continue to do so.

(Pause) I see you ask us nothing more when we exist.

## The Zeta Interviews

**Interviewer: Yes, I have questions about your past if you would be willing to talk about that.**

Zeta: Yes.

**Interviewer: I understand that long ago you existed on a planet that was attacked by another race.**

Zeta: We still exist on that planet, my friend.

**Interviewer: Yes, that planet, though, has been changed drastically I understand.**

Zeta: Yes. And will never recover.

**Interviewer: Are you now at peace with that race that attacked you back then?**

Zeta: Peace, my friend, peace is a tenuous word, is it? Peace. Sometimes there is an unsteady truth between races, that if one comes to another, that all may be as friends. Yes, many races have attacked each other. But we have come to the understanding that it is no longer beneficial to be at war with each other. **Interviewer: So there are no more wars as of today?**

Zeta: As of today, no, not since our stand against the reptilian process.

**Interviewer: They were the ones who attacked you?**

Zeta: Yes.

**Interviewer: And they are also here in our earth environment at this time?**

Zeta: Some are, yes, but so are we too.

**Interviewer: But the reptilians were the ones you mentioned we should be wary of.**

## The Zeta Interviews

Zeta: As in all things, my friend, you must be aware that you could be visited by any being, you understand, yes, and so it would be wise for your people who are working with that race to be aware in the back of their minds, they may not be working at for the ultimate good of your race.

**Interviewer: Are all countries of our world, of the human race, are they all involved in making deals with this race?**

Zeta: No, some of your countries are working on deals, and some countries are not working with any beings.

**Interviewer: Do you know which country is working with the reptilian?**

Zeta: I will not be saying that.

**Interviewer: No? Ok. And why would you not be saying this?**

Zeta: Because you would be reporting it.

**Interviewer: Yes, I might.**

Zeta: You would, my friend.

**Interviewer: And this would not be good for the world to know?**

Zeta: It would not be good for you.

**Interviewer: It would not be good for us.**

Zeta: No, we will not tell you anything that would cause you harm.

**Interviewer: Ok, so this could cause us harm if we knew?**

Zeta: Yes, my friend.

**Interviewer: Ok, that's fair. There are stories that there are races from other places that are attempting to help us heal our planet. Is that going on?**

## The Zeta Interviews

Zeta: Yes, of course.

**Interviewer: Ok. This is done in collaboration with governments?**

Zeta: You see, your basic premise is that the human race is in xxxx of the planets, but you are not. You are, and have been placed here in a high container. Many races existed before you did come here, then those races are the ones that are governing the planet as you say.

**Interviewer: So we are not special in that regard, and so other races can come in and do things that are good for the planet even if we don't know that they are doing it?**

Zeta: Yes of course.

**Interviewer: I see.**

Zeta: The reason for the increase in consciousness is so that, being, changing consciousness for the human contact ultimately realize that there are more things outside of its own reality, and that others are able to assist, is it he interested is it he is in connection with another race, will be aware that being acts with xxxxx xxxx. If you have an understanding that much more is going on around you, then you will be xxx xxx. Use in a different capacity.

**Interviewer: If I had an understanding of what was going on, I would, sorry I...**

Zeta: If you were generally at a better understanding of what was going on around you, then you would be treating each other differently.

**Interviewer: Is this better understanding about to happen sooner rather than later? The involvement of the extraterrestrials for example?**

Zeta: There is a perceived time line of 30 years.

**Interviewer: 30 years?**

## The Zeta Interviews

Zeta: Yes, my friend.

**Interviewer: And what will happen in those 30 years?**

Zeta: Of course within 30 years the planet will be under siege from the ever increasing population. Much of your planet's natural processes will have to make way for providing sustenance for the race. And this is an unsustainable process, and so much of your technologies that are currently being hidden from you will need to be brought out. It will be placed into operation.

**Interviewer: Do you have some idea when these hidden technologies will be revealed?**

Zeta: Very soon, my friend, within the next ten years.

**Interviewer: Ten years, I see. I was hoping it would be sooner than that.**

**Where do you exist when you are not talking to us in this way?**

Zeta: I am at my planet.

**Interviewer: This is in your physical form?**

Zeta: Yes, physical form.

**Interviewer: And your energetic body is there as well?**

Zeta: Yes, of course.

**Interviewer: So you come here at the speed of thought, I guess.**

Zeta: Yes, of course. So if I am sitting currently on my planet place, and in connection with this human, what is the fastest form, thought flight. But if I wish to become a human there, I would simply be placed into a process of sit state, and then will move to a human contact to become a human.

**Interviewer: Have you done that?**

## The Zeta Interviews

Zeta: I have not done so. It will be my turn soon.

**Interviewer: So you plan to do it?**

Zeta: Yes, of course.

**Interviewer: I see, ok. Do you have children?**

Zeta: Yes.

**Interviewer: How many do you have?**

Zeta: We all have one child. Each child is made up of the genetic material of the parents of it, and that is the child.

**Interviewer: And then you do not have another one until that child becomes an adult?**

Zeta: There is no other child.

**Interviewer: You only ever have one child!**

Zeta: Yes my friend, that is so at the same time a double pair of our race will have a child and those two children will be mated for their lives, my friend.

**Interviewer: Ok, and how long is your life?**

Zeta: Each physical contact will be able to support a existence comparable to earth of 1500 years.

**Interviewer: And in all that time there is only one child produced from a pair.** Zeta: Yes, my friend.

**Interviewer: Is this a biological restriction or is this imposed by societal rules?**

Zeta: You have many children because your life span is very short, and you need to propagate the new physical container to accommodate the existence of humans. But if you were to live for one or two thousand years, you would not need to have many children.

## The Zeta Interviews

**Interviewer: Yes, that's true.**

Zeta: Now you see I wouldn't yetxxx believe it. It has been a interesting conversation.

**Interviewer: Yes, can we do this again?**

Zeta: Yes, of course, when the time is right.

**Interviewer: Yes, I'm pleased to have had this conversation with you.**

## The Zeta Interviews

**August 16, 2012**

**Interviewer: Indigo and crystal children, are they a real phenomenon, do you think?**

Zeta: They are just words.

**Interviewer: Words often mean something.**

Zeta: Many ET are here as humans.

**Interviewer: Well that has been suggested as being behind these kids.**

Zeta: Yes, but they make special what is normal.

**Interviewer: One could argue that humans are different depending on point of origin.**

Zeta: Yes, different, not special.

**Interviewer: That's semantics.**

Zeta: Special infers better than, different infers the ability to come to an understanding of who one may be.

**Interviewer: I see what you mean, special often means poorer than as well, as in mentally challenged.**

Zeta: Those human structured words can be taken as derogatory.

**Interviewer: Yes, we are always looking for politically correct wording.**

Zeta: Humans seek within their filtering systems, not understanding what is not part of that system.

**Interviewer: Very true, if someone is able to communicate telepathically, I would say they are different from most of the rest of us. Some might say they are special.**

Zeta: If a person doesn't know their true self, although they are

## The Zeta Interviews

able to be telepathic as they are not in understanding of who they are, they are the same, just not accessing who they are. So many human forms are not in connection with who they are, but they know and seek as they are in difference.

**Interviewer: If we were in connection with who we are, we would all be telepathic?**

Zeta: That would be one ability, yes, and some would say special as they don't see the separation.

**Interviewer: So is it possible that some points of origin would have an advantage with respect to connecting to who they are?**

Zeta: There is no advantage, all human containers are with consciousness.

**Interviewer: In that respect, the human spirit world is the same as, say, coming from the Zeta collective?**

Zeta: The collective are not in transition, that is the only difference.

**Interviewer: Was that always the only difference, or did the Zeta transition at one time?**

Zeta: All cultures have difference.

**Interviewer: But cultures change.**

Zeta: Zetas were never humans.

**Interviewer: Is it possible that spirits from the spirit world will eventually not need to transition, like the Zetas?**

Zeta: It is possible that human containers will one day not exist. The human spirit form is seen as a rudimentary form.

**Interviewer: How can that be if there is no difference other than the need to transition? How is it more rudimentary?**

## The Zeta Interviews

Zeta: Experience.

**Interviewer: Could spirits use the human container like they use the Zeta container without transitioning?**

Zeta: The experience of being, and of being in transition, the understanding of who self is, with no need to transition? No, as physicality needs to be in awareness of self for the being to move from one container to the other. And also a container has a need to be created.

**Interviewer: Is it not possible to be in awareness of self when in the human container?**

Zeta: Yes, and then transition.

**August 25, 2012**

**Interviewer: Is the consciousness held in the etheric body?**

Zeta: 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.

**Interviewer: So the etheric form ceases to be as well after transition?**

Zeta: It is absorbed, as it is no longer needed as an intermediary process. All energy transmutes.

**Interviewer: When does the energy body start growing after conception?**

Zeta: At the point of conception, as the genetic material from a human is transformed, so is its etheric form. Every thing holds an etheric state as every thing has consciousness.

**Interviewer: So at the beginning the etheric body has the shape and size of the fertilized egg, and continues to change as the fetus grows?**

Zeta: Yes, form is an illusion.

**Interviewer: So the etheric body does not control development of the container?**

Zeta: The genetic structure controls the development, but the originating consciousness then applies its consciousness construct to the etheric body, thus creating the container, for experience. And this is why humans can have deformities as it suits the higher self, for its lesson and awakening, and comparison of self to have varying containers comparison.

The other issue is the etheric form being influenced by external forces, other energies, as in if there was a physical disruption to the

## The Zeta Interviews

development of the fetus. So the development environment is not a perfect one.

**Interviewer: So you see consciousness as biasing the container's development, not controlling it.**

Zeta: Biasing, yes.

**Interviewer: The etheric body starts at conception, then dissipates some time after transition.**

Zeta: Transmutes.

**Interviewer: Ok. The container's health is determined by the etheric body's condition during life, so it does have a controlling influence?**

Zeta: Consciousness needs a form to interact with the container. Now, once formed the consciousness of a container can also create - what you focus on you create. So two forces related to the container are at work, the local consciousness - experiences, etheric form as an intermediary, with many layers - and the higher consciousness. As the etheric body is closely aligned with consciousnesses - both local and higher self - it is embedded with many layers of information.

**Interviewer: Can the intention of consciousness shape the etheric body, thus affecting the health of the physical body?**

Zeta: Yes, and so it is seen to hold many layers of separation in both directions, from as seen within and seen without of the container. This is how states of unwellness come to a container, and also how a container can be in a state of wellness by the act of conscious thought.

And now to discuss another topic?

**Interviewer: Ok.**

Zeta: Friends. Friendship is defined as a "respect for another being, as one would respect self, but never interfere in the learning of another".

## The Zeta Interviews

**Interviewer: Sounds good, my dictionary says "a state of mutual trust and support", not so different.**

Zeta: Trust is a learned response.

**Interviewer: Friendship must be earned.**

Zeta: And that is why it is a learned response.

**Interviewer: Yes, so why would the Zeta race prefer to be called friend sight unseen.**

Zeta: As it is an act of kindness towards another race, and a flag that determines what state a being may come to another in. The definition allows for non-interference in a state of learning.

**Interviewer: You could respect another being sight unseen, but you might not trust.**

Zeta: Initially when beings come together, a energy word is used to bind, and friend is a word many humans accept.

**Interviewer: Even though there are differing definitions.**

Zeta: Friend...

**Interviewer: Yes?**

Zeta: The word allows an amicable instruction to be given between two races.

**Interviewer: Are you saying I think too much when thinking about what it means?**

Zeta: The conversation yesterday, between you and this one (the medium), existed in why, "Why would not a friend come to another's aid, when asked"? But, as seen, interference in a journey is not a process adhered to in a circumstance, unless the higher self requests it.

## The Zeta Interviews

**Interviewer: And that is why you will only answer a question, not offer new information without a question?**

Zeta: Yes.

**Interviewer: Is the definition of friend that the medium gave suit you as well?**

Zeta: That is my definition.

**Interviewer: Ok I understand, it suits me as well.**

## September 4, 2012

Zeta: What is your questioning?

**Interviewer: We have seen a photo of a woman's arm with deep impressions of fingers on it. The woman says she and family members have been abducted by an ET. Can you confirm this?**

Zeta: They resemble the beings who are called the Alpha beings. They have visited this place once, and are of a hostile nature.

**Interviewer: What is the ET's purpose when they abduct the woman?**

Zeta: That is for that race to determine.

**Interviewer: Is the deep impression on the arm a sign of lack of respect for the woman?**

Zeta: It is a sign that they were manipulating her into a position. Respect for a form is a concept.

**Interviewer: How can the woman come to understand why this is necessary?**

Zeta: Some are seen as easy prey by some races. The intent of a race, the final carriage of what a race will imposition on another is what is seen to be their own agenda.

**Interviewer: What can this woman do to interfere with the abduction?**

Zeta: We will seek to interfere as you reference it, via another race.

We do not speak for other races, communication is always a preeminent process in our ability to integrate into the human form, we seek communication always with our own.

## The Zeta Interviews

### September 15, 2012

Medium: The Zetas have exceptional control, they have a faceted consciousness process and are able to compartmentalize a connection like a SQE in their etheric body. So if the connection becomes tainted or distorted as a source energy coming to them, they can just shut it down, whereas I would have to metabolize any connection through the physical body.

(A Zeta comes...)

Zeta: The body of matter is used to filter the different energies coming through the etheric body.

**Interviewer: This must mean that the body of matter can be a more or less effective filter depending on its state.**

Zeta: The level of wellness a body has would determine its physical response to any encounter.

**Interviewer: So there must be an optimal state for both the physical and etheric bodies so that they can affect each other in a positive way?**

Zeta: The etheric body is an intermediary process, it becomes a filter for all energies.

**Interviewer: It seems like everything is a filter, physical and etheric.**

Zeta: Yes, you filter food and water, energy, electromagnetic frequencies, emotions.

**Interviewer: Is this the nature of the energetic environment.. if anything changes it is because a filter of some kind is encountered by a process?**

Zeta: There is interaction in all processes.

**Interviewer: I have some questions stored. May we consider them?**

## The Zeta Interviews

Zeta: If you wish.

**Interviewer: I wonder about man-made nuclear explosions - fission and fusion - do they have unforeseen effects on higher dimensions, and what are these effects?**

Zeta: They are contained within their own spheres of influence.

**Interviewer: Do you mean each dimension? So a nuclear explosion would not have effects on etheric bodies, for example.**

Zeta: As an intermediary process, the etheric body would be unchanged, but from a physical process, the body would be reactive to the energy of the device.

**Interviewer: A while ago we talked about the development of a human fetus. I was left wondering - is a physical disruption to the development of a fetus like an abortion, a serious impediment to the growth of that entity, or is such an event always foreseen?**

Zeta: Why do you say physical disruption?

**Interviewer: When the fetus is removed before it can survive on its own, this would be a physical disruption.**

Zeta: Yes, that is a fact.

**Interviewer: Presumably, the spirit chose that fetus as a vehicle for experience.**

Zeta: Yes, spirit did or the race, to incarnate. There are external forces that are beyond a race or spirit being's control, that will not stop an abortive process during the process of development.

**Interviewer: If the mother were killed while pregnant, would the spirit be expecting that?**

Zeta: Not all things that happen are foreseen. There is a basic randomness to all effects.

## The Zeta Interviews

**Interviewer: So when someone plans a life before incarnating, it is not always certain that that life will complete as intended.**

Zeta: Correct, even with our abilities we are unable to guarantee an outcome. Even a thought can change a process.

**Interviewer: Your ability to see the future is not absolute then?**

Zeta: The future - as you may call it - on any time line, exists now and cannot be guaranteed of an outcome. You assume hot water comes out of your tap, but there is a dependance on many things to produce that heated process.

**Interviewer: You said once that it would be ten years before new technology is made available to help the world. This, too, would be your view at present and could also change?**

Zeta: It has been seen that in ten of your years, certain changes will be in influence for you as a race but, as stated, not all is seen or known.

**Interviewer: Ok, new topic. There is some talk on the internet about political federations or councils representing various races in the galaxy. Do these exist?**

Zeta: Ones we know of exist.

**Interviewer: What can you tell us about them?**

Zeta: There are many races who seek to support this planet and surrounding life forms. They seek to bring changes to life that may be beneficial to a race of beings.

**Interviewer: Do these races cooperate in their efforts?**

Zeta: Yes.

**Interviewer: Is there a structure to the body that organizes the cooperation?**

## The Zeta Interviews

Zeta: Yes, the Pleadians (humans' name) are the facilitating body, the Anunnaki are represented by other races as are we. There are interdimensional and matter races as well.

**Interviewer: Why does your race not represent itself?**

Zeta: We are technical and do not require voice.

**Interviewer: Do you carry out the wishes of the facilitating body?**

Zeta: Yes, and do all races. No race is not working in some way for the benefit of all races.

## The Zeta Interviews

### October 26, 2012

Zeta: There was a discussion in regards to memory screens.

**Interviewer: What was the issue? Has this to do with abductions?**

Zeta: Humans who visit craft, all memory is in a constant state of change as is consciousness, so a memory must overlay and portion of a living consciousness. So to meld the memory to the consciousness process, it must relate to the physical in some way to be a more successful melding process. But as you and others have seen, it's an easier process for some to remove the memory, and this then uncovers parts of a process. **Interviewer: How are our memories represented?**

Zeta: In flow, somewhat like an energetic stream, bound intrinsically to the consciousness of an entity.

**Interviewer: Are they like everything else part of the energy field?**

Zeta: Limiting words...but we will try. Yes, which field you are discussing your astral realm process.

**Interviewer: The same energy underlies all does it not?**

Zeta: Energy in this state of existence in this universe, in this physical state of existence, but not as energy in a interdimensional state of a state of consciousness in a non physical realm. Consciousness, in this universe, with these states of physicality, which is the underlying structure of what is, then accommodates consciousness. The form of consciousness is reliant on the level of frequency of the consciousness. The astral realms, as it has been called, is denser in the lower forms and less dense in energetic existence in the higher forms. It would be hoped that ultimately the realm would transition to a different state of existence, thus allowing other life forms to interact easily with the collective human consciousness. <sup>[P]</sup><sub>[SEP]</sub>

## October 27, 2012

**Interviewer: I'd like to start with a question about something you mentioned in the medium's book.**

**You mentioned a number of times the term 'spherical realm'. I'm wondering if this is actually what you meant, are the realms spherical?**

Zeta: No, they are a description of what exists in a mechanism of flow. But for the purposes of discussion, we have discussed and given the analogy of the spherical realm as what you can visualize the presence.

**Interviewer: The energetic environment I understand is multidimensional.**

Zeta: Which energetic environment?

**Interviewer: The one underlying all of reality.**

Zeta: There exists no formal shape or geometry for the basis of energetic consciousness. How can energy be in a construct my friend? How can it exist in some form of geometry, pattern or shape?

**Interviewer: All right, so when you say that there are such things as spherical realms, what did you mean?**

Zeta: It was an analogy for the purpose of discussion.

**Interviewer: Ok, it's just an analogy for a space.**

Zeta: Are you able to encapsulate energy?

**Interviewer: Well, say for example, the spirit realm, does it have a shape?**

Zeta: Its borders, my friend, are defined by its frequency.

**Interviewer: Ok, but do things have form in this energetic space?**

Zeta: No, my friend, they are very fluid.

## The Zeta Interviews

**Interviewer: Ok, so if there is no form then what defines an object?**

Zeta: Its frequency.

**Interviewer: Its frequencies. Yes, you described an object as a waveform, and this waveform then would consist of multiple frequencies?**

Zeta: Yes, of course, but between each boundary or realm as you would say, there are delineating frequencies that are conjoining.

**Interviewer: Right, so they are related in some way.**

Zeta: All things are related.

**Interviewer: But when you say conjoined, does that mean they are harmonics perhaps as we know them?**

Zeta: There is no imbalance in energy between realms.

**Interviewer: There is balance in energies. You mentioned at one point that the etheric body has a base frequency. For humans it's just 7 or 8 cycles/sec while the Zeta race has several, one of which is 16. What does it mean to have a base frequency?**

Zeta: That analogy is in relation to the level of resonance that a being would hold energetically.

**Interviewer: There is a level of resonance you said, is this resonance between a number of different frequencies?**

Zeta: Explain your question.

**Interviewer: Well if I have a base frequency of say, 8 cycles, and there is resonance, does that mean that the base frequency expands to multiple frequencies which resonate.**

Zeta: Only if the frequency is changed.

**Interviewer: The frequency is changed, the base frequency?**

## The Zeta Interviews

Zeta: Yes.

**Interviewer: So one frequency defines the etheric body - the base frequency, or are there multiple frequencies?**

Zeta: One frequency defines the state of the physical body which is encapsulated by the energetic body which you are calling the etheric body. The etheric body is in a constant state of change in regards to the level of frequencies that indeed is able to ...now defined by... now, many of the frequencies that are within the intermediary process of the etheric body are also in a state of change and flux. At any given point you may have what would be considered eddies, my friend, if you have the analogy of whirlpools in water.

**Interviewer: Whirlpools, ok.**

Zeta: Do you understand that the etheric body is not a static energetic existence?

**Interviewer: Well it's always changing to reflect what is happening to it.**

Zeta: It is in a constant state of change my friend, as the thought processes permeate the etheric body and change the frequency of what is, as does the higher self when it is to bring about change to the physical body, also through an act of thought changes what is the resonation of the energetic body to the physical.

**Interviewer: I guess I still don't understand what you mean by resonation then. I assumed that it meant there are multiple frequencies that were somehow related.**

Zeta: I thing we need to start with basic concepts.

**Interviewer: Yes, yes, you're right, and one basic concept is resonation.**

Zeta: Now, at some point, you are resonating, my friend.

## The Zeta Interviews

**Interviewer: What am I resonating with?**

Zeta: You are resonating my friend, you have a resonance too. Some would say that that is your frequency.

**Interviewer: They're not the same though, are they?**

Zeta: Only when frequencies are conjoined, my friend.

**Interviewer: What does a conjoined frequency mean?**

Zeta: It means to us that it is in resonance, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together.

**Interviewer: Ok, so it's not a frequency spectrum then, it's a single frequency that each entity is defined by.**

Zeta: For connection purposes, but you see, you need to open your mind and, as there are many energies that are in existence, then for them to come to being to exist for connection purposes, there must be some point of interconnection in regards to the process of frequency and resonance of frequency. Much as each of the races have a base frequency for connection, and then depending on the entities within that race would depend on the level of frequency that they hold.

**Interviewer: When you say that there is a base frequency, that implies that there are other frequencies as well.**

Zeta: For each race my friend, yes.

**Interviewer: Within the same entity?**

Zeta: I will give you an example, my friend. One facet of the Zeta race would hold the base cyclic frequency of 16 cycles. Now, the Anunnaki, my friend, they hold a different base frequency, and this is the

## The Zeta Interviews

signature whereby the race is defined. And within that race would be many different frequencies, much like your human earth species.

**Interviewer: So then, within us there are many different frequencies as well?**

Zeta: You have the ability to change your frequency.

**Interviewer: I have the ability to change my frequency**

Zeta: Of course, my friend

**Interviewer: But then it's still just one frequency then, is that correct? If I wanted to match your frequency, I would have to raise it from around 7 and 8 to 16, is that correct?**

Zeta: Yes, my friend.

**Interviewer: It's not enough for me just to raise it to 8 which is ah, well your frequency is twice 8, so would there be any connection or resonance between 8 and 16?**

Zeta: We are trying to think the way that you do my friend, and it is difficult for us, but there must be a meeting of frequency, and in doing so, one must reduce, the other must increase.

**Interviewer: Ok, until they are equal.**

Zeta: Yes, of course, when they are in harmony together.

**Interviewer: So, simply being an integer multiple is not sufficient.**

Zeta: No, my friend, you would be out of resonation if you were at 8 cycles and an entity was at 16.

**Interviewer: Ok.**

Zeta: You must match the frequency.

## The Zeta Interviews

**Interviewer: Yes. If there is a single frequency in my etheric body, how is all the information that belongs to me encoded in that etheric body?**

Zeta: We have stated that there are many frequencies in the etheric body.

**Interviewer: Ah, but I thought you also said that there was only one with the frequency of 8 cycles/sec?**

Zeta: In regards to connecting, my friend.

**Interviewer: Sorry.**

Zeta: We are discussing connection, my friend.

**Interviewer: Ok, so those are different things. If we don't talk about connection, but rather about information encoded in the etheric body...** Zeta: Yes.

**Interviewer: There are multiple frequencies to do that?**

Zeta: Yes, my friend.

**Interviewer: Am I correct?**

Zeta: Yes, because you see, can you speak to your higher self?

**Interviewer: I don't think so, at least not consciously.**

Zeta: Yes you can, my friend, yes you can speak to your higher self, but can you hear your higher self speaking?

**Interviewer: Perhaps.**

Zeta: Why do you believe that?

**Interviewer: Why do I believe that? I don't know, sometimes ideas and thoughts come for which I don't know the origin.**

Zeta: Is higher self of a different frequency to you?

## The Zeta Interviews

**Interviewer: I would expect... I don't know that. You see, I don't know that. It could be and it might not be.**

Zeta: Higher self is of a different frequency, my friend.

**Interviewer: The higher self is a different frequency?**

Zeta: But it is bound intrinsically to the etheric nature and body. They are bound to the physical. Now of course, if 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, that attachment is a active flow of energy and frequency between the physical and the higher self using the etheric as the intermediary process. We said to you before that the etheric body held many frequencies.

**Interviewer: Are those frequencies related in some way? Can they be anything, any value?**

Zeta: Those frequencies can be any value, my friend.

**Interviewer: So they don't have to be harmonics of a base frequency?**

Zeta: They are not in many cases harmonious at all.

**Interviewer: Oh.**

Zeta: I will give you an example that may suffice. Do you have skin on your body, my friend?

**Interviewer: Skin on my body. Yes I do.**

Zeta: Do you have pustules or sores on your body anywhere.

**Interviewer: Ah, not right now.**

Zeta: But have you had them before or seen them? Do humans get sores on their body, my friend?

**Interviewer: Yes they do.**

## The Zeta Interviews

Zeta: How is it possible that there is an injury to the skin that relates to a sore on the body. The injury or sore is obviously of a different nature to the normal state of the cellular process of the skin, is it not?

**Interviewer: Yes.**

Zeta: But it still exists, my friend.

**Interviewer: Yes, so it must be represented somehow in the etheric body as different.**

Zeta: It is represented, yes of course my friend, as it is represented in the physical as a different representation of cellular structure, it is also represented in the etheric body as a different state of energy and frequency.

**Interviewer: Ok, and can you describe that state of energy and frequency that makes it different?**

Zeta: It would be a... I will give you an analogy my friend. Have you seen the river? Have you seen the swirling whirlpools, my friend, in the river?

**Interviewer: Ok.**

Zeta: Much of the etheric body is in a state of constant change and movement, my friend.

**Interviewer: So, are the differences in the state of the body represented in the differences in the swirling of the etheric body?**

Zeta: What takes place in the physical is a direct representation of what is happening in the etheric body.

**Interviewer: Yes, there is a one-to-one correspondence, but they are different, so they are not exactly the same the way information is encoded. I'm trying to understand how the sore or the lack of a sore... how is that different in the etheric body?**

## The Zeta Interviews

Zeta: Because the point at which the interchange occurs for the etheric body and the physical body which is integrated completely xxxx set in the structure is moving a frequency that is of a different nature to the rest of the area.

**Interviewer: Can we talk about shape with reference to the etheric body?** Zeta: If you wish.

**Interviewer: It has spatial extent, so are you saying that different parts of the etheric body swirl differently than other parts when they change?**

Zeta: Yes, my friend.

**Interviewer: Ok, does this swirling have a frequency associated with it?**

Zeta: Depending on what the entity or thought process or external references to the etheric body will depend on the type of frequency it is.

**Interviewer: Are there many swirls in the etheric body or is there only one?**

Zeta: There can be unlimited swirls in the etheric body, my friend.

**Interviewer: Unlimited swirls, ok. So the etheric body consists of a very large number of smaller swirls.**

Zeta: Yes, I will give you an example my friend. If you are as they say, grounded, then you have spent much time possibly in the meditative state process. The state of mind that you hold will be much aligned with the etheric body, and the energy that you resonate at between yourself and the etheric body. Now if your mind is much in turmoil then you can expect that much of your etheric body will behave, reflection of your thought processes.

## The Zeta Interviews

**Interviewer: I see, so the turmoil is seen in very many more swirls in the etheric body. If you're in a proper meditative state, then there is only one swirl?**

Zeta: No my friend, for you to bring the etheric body into complete state of harmony requires for you to be completely out of your physical entity.

**Interviewer: I didn't follow.**

Zeta: Well you see, my friend, are you able to stop thinking?

**Interviewer: Sometimes.**

Zeta: Every thought has a conjoined process which links to the etheric body.

**Interviewer: Ok, we conceptualize things in the energetic environment as having shape and form, and you said I think a little while ago that there is no such thing as form, there is only energy?**

Zeta: Yes, my friend.

**Interviewer: So our concept of form is an artifact of our 3D existence, is that right?**

Zeta: In this one universe, yes my friend.

**Interviewer: Objects are represented by frequencies, so there are still different objects there, I assume, so they must be represented by different frequencies, is that correct?**

Zeta: In this physical reality, yes.

**Interviewer: But there are things that have form in the energetic environment too. The way you described the grid, for example, it is very well organized and there is a visual representation that you left with us, I think. Is that just an analogy?**

## The Zeta Interviews

Zeta: The grid is defined by the individual entities that it is, so if you had a cup my friend, the cup would have a grid that was associated with it. But for the grid to be in its true state, there is no form for the grid. We have brought to you and others discussions that related to concepts that only could be talked about through analogies.

When we discussed the grid with many of the humans, for them to somehow formulate a picture in their mind, we must somehow relate that to their filtering processes and the way that they think you see.

**Interviewer: So the visual representation you left us is for our convenience. It's not really the way it is?**

Zeta: That is correct, my friend.

**Interviewer: I see. But in a universe where there are only frequencies, how are objects distinguished?**

Zeta: As they are represented in matter for the things that are of matter and for things that are of a non-matter state, they are defined by their frequency.

**Interviewer: Oh yes, but there are a large number of objects in the universe, and if we want to distinguish between them, then there has to be an equivalent number of discrete frequencies, is that correct?**

Zeta: Yes, of course. This discussion you see is based around the concept that there are only two states of existence, in a matter or a non-matter. But there are many other types of existences.

**Interviewer: Would it be correct to think of the matter state as being a special case that belongs to the same family of objects as non-matter?**

Zeta: What do you mean by the special case?

**Interviewer: Well everything is composed of frequencies, every object. Could that be said to be true of the matter realm as well?**

## The Zeta Interviews

**That material objects depend for their existence on being a particular frequency?**

Zeta: I would say that that is a correct statement my friend, and would relate that to the way that you are in harmony with yourself. But you are only a temporary state of existence.

**Interviewer: You made a comment once that you were able to learn about someone else's frequencies, someone that you had never met by talking to a teacher, or communicating with a teacher. What does that mean? Does the teacher then simply pass you the information about this other entity?** Zeta: Where was that statement made, my friend?

**Interviewer: You said, "When we are in communion with energies who are of different waveform nature, we are taught different ways to interact with beings in realms that we have no access to yet. Just as you would go to a teacher and learn a new skill." I'm wondering what do you mean by that in terms of what we've been discussing about every entity having it's own frequency? What are you taught?**

Zeta: When we are to interact with another entity or race, we seek out entities that are able to be associated with it.

**Interviewer: In the etheric body, is there information represented by the relationship between different swirls as you call them, their relative positions or motions?**

Zeta: Before you existed my friend, you understood that you required many lessons. Much of the manifestation of the lessons that you bring to yourself from the higher self entity are represented in the etheric body by a different frequency process. As what is thought but consciousness.

**Interviewer: So information from the higher self is represented in the consciousness in the etheric body.**

## The Zeta Interviews

Zeta: Everything that you need to know you have brought with you, my friend.

**Interviewer: Everything I need to know I have already?**

Zeta: Yes, of course.

**Interviewer: I tried to work out how things work based on what you have already told us, and it seems that I was not quite correct, so everything I need to know I may not yet have.**

Zeta: You view all things within a formal structure or framework. You find great comfort in placing things within defined parameters.

**Interviewer: Would you feel free to change the subject?**

Zeta: Yes of course, my friend.

**Interviewer: I'm afraid we're not getting all that far with the current one. There are some things I've wondered about in the past that you might be able to help me with. Some of our eastern philosophies talk about something called kundalini energy. Are you familiar with that?**

Zeta: They are concepts my friend.

**Interviewer: Yes, and it is described as an energy that rises through the body.**

Zeta: Once again, these are mechanisms for filtering for the process of trying to understand what is form, and so for an entity to bring himself into flow. They may believe that they have somehow brought this process from within themselves. But let me ask you a question now. As the physical body is a temporary state of existence, where would the supposed energy exist within a physical framework?

**Interviewer: I'm not sure if it exists in the physical framework. I would have guessed it affected the etheric body more than the physical.**

## The Zeta Interviews

Zeta: Do you see that it is basically a belief structure?

**Interviewer: A belief structure? It may be, although the effect is apparently quite real to people who experience it.**

Zeta: Why do you believe that is?

**Interviewer: Because everything is an illusion?**

Zeta: Yes, my friend.

**Interviewer: Yes, I understand that.**

Zeta: You understand that, my friend.

**Interviewer: Yes, I've been thinking about that for sometime now. I understand it intellectually, but I don't know if I've actually lived it, yet.**

Zeta: You are living it now, my friend.

**Interviewer: I don't think that you are an illusion, I experience you as much as I experience anything else in this world, so you are as much an illusion as anything else, I guess I could say.**

Zeta: And then when you pass over, what will you think then?

**Interviewer: When I pass over?**

Zeta: Yes my friend, what will you think then?

**Interviewer: It will be a different existence, it would have its own reality or set of illusions, if you like. It would appear more like an illusion because there seems to be more subjective control, effect of the mind, on the environment than in the physical.**

Zeta: So you as a consciousness will have a different understanding of your state of existence.

**Interviewer: Shall I go on to a different subject?**

## The Zeta Interviews

Zeta: If you are finished with that one, yes.

**Interviewer: I hear stories from people who have been contacted in the past by extraterrestrials who have been taken on journeys to other planets, planets like venus for example, which we know does not support human life, and yet they say they have been there. Do planets like that have an energetic form that they might have visited instead of the physical?**

Zeta: All matter has a representation in the etheric, but much of the travels that are undertaken by humans are much of the mind and mainly based in the astral process, as in the consciousness of the human collective mind, they are able to simulate any environment.

**Interviewer: Ah, so they could have gone anywhere. There's a man in Switzerland called Billy Meier who claims to have had life-long contact with ETs. Are you familiar with his case?**

Zeta: We understand the Pleiadians, my friend.

**Interviewer: Yes, it was the Pleiadians that are visiting him. Billy Meier says that the Pleiadians that he has encountered are the only ones who have ever been to earth - only extraterrestrials. Would you agree with that?**

Zeta: He's very amusing, my friend.

**Interviewer: He's very amusing, ok, I understand. Switching topics again, do you recall that in a previous conversation we talked about the auditory clicks that you created in the sittings that you had over there? And you said that you were doing it as an experiment in communications. I was wondering if you had made any progress in that experiment.**

Zeta: We have not.

## The Zeta Interviews

**Interviewer: Would you like suggestions on how that experiment could proceed? Would that be of any value to you?**

Zeta: You may suggest, my friend.

**Interviewer: Ok, it occurred to me that with those clicks that you presented to us, you could time them so that they represent long or short intervals, and these could be used to generate binary data, and binary data could be used to encode visual images or could spell words, which we could then decode. So it would be another means of communication. Would this be of interest to you?**

Zeta: Wait, my friend .... (long interval)

This has been a difficult sitting, my friend. There have been many external influences, my friend. You have your female with you.

**Interviewer: Yes I do.**

Zeta: Can she speak, my friend?

**Interviewer: Yes she can.**

**The female: Hello.**

Zeta: Hello, my friend.

**Interviewer: I think she is unprepared.**

Zeta: Is your wife in good health?

**Interviewer: My wife, yes, she does have some problems. She is starting to be affected by osteoarthritis which affects the joints.**

Zeta: And has she had any gall-bladder problem?

**Interviewer: Not any more, she had her gall bladder removed last year.**

Zeta: Because there is an energy around that area.

## The Zeta Interviews

**Interviewer: What could that mean, do you think?**

Zeta: The loss of an organ, my friend.

**Interviewer: Yes, so you can see that.**

Zeta: It was perceived as an area that would have been in a different energetic state than the rest of the physical body. And of course there seems to be some issue with the neck, my friend.

**Interviewer: She was in an accident a number of years ago which might have affected the neck.**

Zeta: I see my friend, and you have never told me of this have you?

**Interviewer: No, and she has had another problem all of her life where one of her ears is not functioning.**

Zeta: Yes, you have told us my friend.

**Interviewer: I massage her neck fairly often and that makes it feel better.**

Zeta: You are a good man then.

**Interviewer: Ah, thank you, I try.**

Zeta: Does she have any problem with water retention?

**Interviewer: No, we don't think so.**

Zeta: It seems there are some issues in the lower part of the leg.

**Interviewer: Not that we've noticed, it hasn't been a problem for her up to now. She's had pains in her legs but they've typically assigned it to osteoarthritis. Is there anything that you could do about that, or would we have to prepare for that first?**

Zeta: It would be interesting to see if she develops some type of water retention issues in her lower leg area.

**Interviewer: Which leg?**

## The Zeta Interviews

Zeta: Left leg, my friend.

**Interviewer: In the shin area or the feet?**

Zeta: From the foot up to the knee, my friend.

**Interviewer: We'll have to see what develops because right now it looks ok.**

Zeta: Yes, my friend.

**Interviewer: Can you tell us anything about the state of the world. There seems to be a lot going on and we're wondering whether there is anything to worry about.**

Zeta: That is a very complicated question. Your world is always in turmoil, my friend.

**Interviewer: Do you foresee any major calamities happening, that would affect a lot of people?**

Zeta: We do not give predictions for the planet.

(There was a small but noticeable difference between the sizes of the lower legs in the direction indicated by the Zeta, and there has been an ongoing issue in the neck from the whiplash suffered in the accident.)

## November 17, 2012

Zeta: Each universes is its own container, outside of that exists nothing, then there is a barrier that separates all that is with all that is not.

**Interviewer: But our universe contains our matter realm as well as the energetic environment, right?**

Zeta: Energy and matter and consciousness, imagine eggs floating in a bucket of water, outside of the bucket is the void, the water in the bucket is the void, the eggs are universes.

**Interviewer: Does the material realm fill one universe?**

## The Zeta Interviews

Zeta: There are many universes, places of matter.

**Interviewer: I'm wondering if the material realm and the energetic realm are each in separate universes.**

Zeta: Some of them do not have the same laws of physical which this one universe has, many threads make up a cloth.

**Interviewer: A riddle?**

Zeta: Reality contains many threads which weaves into this illusion.

**Interviewer: Are the material realm and the energetic realm each in separate threads in the same universe?** Zeta: They were designed to be seen in separation.

**Interviewer: So when we are in separation, are we still in the same universe?**

Zeta: Do you mean when you are in transition from a physical form to a spiritual container?

**Interviewer: Yes.**

Zeta: You are part of a thread.

**Interviewer: The same thread when in the physical and in the spirit realm?**

Zeta: Different, but conjoined.

**Interviewer: And in the same universe?**

Zeta: Else there would be no connection between separation and matter.

**Interviewer: Yes, part of the same process.**

Zeta: Yes, all devices work harmoniously to produce an effect.

## The Zeta Interviews

**Interviewer: Interesting, but now I've forgotten what got us into this train of thought.**

Zeta: The discussion revolved around the grid and if it exists without matter.

**Interviewer: Yes, it seems it can be accessed from the physical as well as the energetic. Without physical forms, it is frequency without resonance, and frequency means vibrations of consciousness or its derivative.**

Zeta: There would be parts of the grid in resonance. It's not either/ or.

### **December 12, 2012**

**Interviewer: We need to get a handle on how energetic forms are manifested in the physical. A Zeta gave us a hint already, but the mechanism is unclear.**

Zeta: Are you speaking on how a being would manifest consciousness into a physical form once it has travelled across many boundaries? There are also many states of physicality, many states of matter. Each state of matter is like a thinner and thinner lining or sheet. The gross matter of this physical reality is where humans live. The other "linings" are not seen. They would be seen to be like a silk fabric, interwoven between the gross matter.

Once a consciousness has "thought" to a coordinate, it then intermingles with the finer physicality drawing to itself the molecules of the process. Accompanying this is the energy of the existence - the energy bound to the matter - and the combined process of matter and energy form a materialized form into the gross state of matter. This has been called by the spirit realm, "ectoplasm".

## The Zeta Interviews

**Interviewer: What is the matter in the finer physicality from which the molecules of the process are drawn? Where does that come from?**

Zeta: They have always existed as part of the fabric of this universe. Your ability to see the light spectrum is inhibited, but you have the ability to understand that the scale of range of light is significant.

**Interviewer: Yes.**

Zeta: Not all matter is in a combined state, as in existing as a solidified form. Much matter is in a non-combined state.

**Interviewer: Is an electron an example of matter in a noncombined state?**

Zeta: Yes.

**Interviewer: So matter elements like electrons, for example, exist with source energy?**

Zeta: All states of matter exist with energy and consciousness. The finer matter is the non-combined - non-formed matter utilized to create - to draw to a consciousness a framework of materialization or materiality.

**Interviewer: Is the non-combined matter a particular organization of source energy?**

Zeta: It has a non-organized state.

**Interviewer: We were told that all is energy, suggesting that fine matter is of the same substance as source energy. Is this so?**

Zeta: If you were to break down all of matter, it would be seen to be consciousness. Consciousness holding itself into conscious states creates matter. This is seen as certain elements, some of a finer framework, others of a gross process. As you breathe in oxygen, you

## The Zeta Interviews

bring this to yourself as an act of consciousness. As a consciousness would bring to itself finer matter, it creates a process of materialization.

**(Medium: I was able to see gossamer fabrics interwoven between the physical landscape of reality.)**

### **January 21, 2013**

**Interviewer: When we were in Sydney and we did table sittings with Kai Muegge, you are aware of the apport that came out of the middle of the air. The room was not dark at the time so we all saw where it came from. It just materialized from nothing. Can you tell me how that happened? What is the process involved for an apport to come to us on this side?**

Zeta: The spirit entity would have a form or shape that they wish to devise as a method of manifestation that would materialize. They would have a mirror image of the physical entity but have the etheric form of it, and so they bring to the etheric form that, once the etheric form is populated with finer matter, the apport materializes.

**Interviewer: So it's a mirror image of something that's in, for example, in the spirit realm?**

Zeta: No, my friend.

**Interviewer: It's not?**

Zeta: It may be an apport that exists from within the physical realm.

**Interviewer: So it's moved from one place to another?**

Zeta: No, it is a mirror image of something that already exists.

**Interviewer: Ok, so something already exists...**

Zeta: All physical matter has a etheric body. The etheric body is copied, which is an easy task for a spirit being.

## The Zeta Interviews

**Interviewer: So it's not something that's taken from one place to another, it's something that is produced...**

Zeta: It was created by man. The spirit brings within the... a copy of the etheric body of the item that is to be materialized.

**Interviewer: Can you tell me, is the copy exactly the same size, shape, colour?**

Zeta: Yes, it must be.

**Interviewer: So it's not something that's bigger, and then materialized as smaller, so it's exactly the same size, made of the same substance?**

Zeta: Yes, down to the finest particle.

**Interviewer: And is that only done through ectoplasm, or new energy?**

Zeta: These are just words. Do not limit what is possible by placing those words on...

**Interviewer: Explain to me if it can be done with different types of energy, explain to me what circumstances are needed for that to happen... what conditions have to be maintained for an apport to come?**

Zeta: The spirit entity would have strong contact with the medium. They would be able to manufacture much of the matter from the medium's body.

**Interviewer: From the medium's body, did you say?**

Zeta: As the etheric image of the apported entity that is populated full of fine matter, much of the substance of the apport is based on the medium's physiology. This is why apports are able to be manifested through a medium's physical being.

## The Zeta Interviews

**Interviewer: Are any other circumstances required, any other conditions?**

Zeta: Not all apports come through indoors.

**Interviewer: No, i've seen that. We didn't have ectoplasm being used a lot of the times.**

Zeta: But the medium, wasn't he?

**Interviewer: But he was using ectoplasm?**

Zeta: That medium would still be in some way used to manifest the apport, even if he doesn't believe that he is using ectoplasm.

**Interviewer: So are you saying that ectoplasm is used in most materializations of apports?**

Zeta: Yes.

## The Zeta Interviews

**January 29, 2013**

Zeta: Now, what is your questioning?

**Interviewer: Ok, there's a question about a human and traveling or abduction, or whatever the process may be. The question goes, when a person, a human is taken or travels, is it the consciousness that goes and has the experience and leaves the body behind, or is the body that goes as well during an abduction or a traveling experience?**

Zeta: If the entity is somewhat attached to the astral entities, it will be always the etheric body that exists.

**Interviewer: Ok, so the consciousness goes and the container stays behind.**

Zeta: Not consciousness, but the etheric body which is an intermediary process for the consciousness to interact with the physical.

**Interviewer: So years ago when there were abductions, it was the physical body that would go.**

Zeta: Yes.

**Interviewer: But does that still happen now?**

Zeta: Yes, you did not listen to the answer I gave.

**Interviewer: You said it was the etheric body.**

Zeta: If the etheric body is interacted with or tampered with when a human is in a sleep state, then it would be astral beings or other beings that are related to the process.

**Interviewer: Oh, ok.**

Zeta: But if it is a true extraterrestrial race that is on a craft, the physical being will be removed from the premises.

**Interviewer: Ok, thank you.**

## The Zeta Interviews

Zeta: But I would say to you that, for there to be an astral attachment, or connection to the astral, that a specific behaviour be related to the human to draw the astral being to him.

**Interviewer: When a person, a human, is taken, is it the consciousness that goes and has the experience and leaves the body behind, or is it the body that goes as well during an abduction or a travelling experience?**

Zeta: The entity is somewhat attached to the astral entities ...

**Interviewer: Ok, so the consciousness goes and the container stays behind?**

Zeta: Not consciousness but the etheric body.

**Interviewer: So years ago when there were abductions, it was the physical body that would go?**

Zeta: Yes.

**Interviewer: But that's not necessary now? the physical body doesn't need to go during an abduction? Years ago, the physical body used to go, does that still happen now?**

Zeta: Yes.

**Interviewer: If the etheric body is interacting with ... when a human body is in a sleep state, then it would be astral beings or other beings that are related to the process, but if it is an extraterrestrial race that is on a craft, the physical being will be removed from the premises.**

Zeta: But I must say to you that for there to be an astral attachment, or connection to the astral, a specific behaviour related to the human which will draw the astral beings to him.

**Interviewer: What are the processes of antimatter in another dimension?**

## The Zeta Interviews

Zeta: The existence of matter and anti-matter as you have called it, is related specifically to the physical dimension that you live in. The interdimensional aspects of existence do not hold the alternate existence as does this physical reality. And so the fabric of the nonphysical state of existence is not based on matter and anti-matter, but on unquantifiable information that has no bearing on the human race. An example is that the spirit realm is not based in matter but in consciousness.

**Interviewer: (question about matter and antimatter again)**

Zeta: A theoretical process on existence in anti-matter would be the same as looking at yourself in a mirror. **Interviewer: Would that existence have matter?**

Zeta: Its antimatter state would be considered as matter. This is based in quantum states of existence.

**Interviewer: If all matter is an illusion, is there a possibility of multiple illusions?**

Zeta: As all matter is, at a subatomic level, based on particles, which means that matter is in a constant state of resonance with other matter to form what is classed as gross matter. **Interviewer: What in that statement makes it an illusion?**

Zeta: The fact that all subatomic particles broken down to their finite level (pass the energy) as consciousness.

**Interviewer: What is the true reality - that would be the source?**

Zeta: Yes, of course.

**Interviewer: The source is the only true reality.**

Zeta: And that reality is not based on matter.

## The Zeta Interviews

### February 4, 2013

Zeta: Water, all mediums are drained of water in ectoplasm displays, and oxygen.

**Interviewer: I would like to pursue further what happens to the oxygen.**

Zeta: Breathing provides the catalyst to create energy, water provides the molecular structure for ectoplasm - no water, very little transmuted water is available for ectoplasm.

**Interviewer: But it has to change its atomic structure to make apports, and probably ectoplasm.**

Zeta: Yes, but I'm considering if a word even exists to accurately describe in a chemical sense what the ectoplasm is, as if the word does not even exist in the human language to determine its proper structure.

**Interviewer: Ok, then lets talk about apports. We know what it ends up as.**

Zeta: The chemists determine the proper molecular structure for the apport sequence. The Zeta race determines if the physical body of the medium can create the required elements for the apport.

**Interviewer: I doubt that, Kai Muegge would not have had enough copper in his body to make that brass apport.**

Zeta: As stated, transmuted molecules are used to provide basic templates, and then other fine matter is used to fill in the gaps. Its completely possible to use other matter apart from the medium, except the medium is the conduit for the apport, so some matter is required to support the conduit of the materialization of the apport through the medium.

## The Zeta Interviews

**Interviewer: We've been told that all the material comes from the medium's body.**

Zeta: Yes, but as in all things, there is flexibility. If one factor is not enough, others are then brought into play. The medium may not be able to produce the required chemical compounds, so an apport will still be constructed using other means.

**Interviewer: So some apports are made of material not from the medium?**

Zeta: Yes, but as stated before, some small amount of material is required to support the materialization process, so even a few molecules will be used to support the transition.

**Interviewer: You mean as a seed.**

Zeta: If the medium's capacity to provide material is sufficient then it is taken. Yes, a seed is comparable.

As ectoplasm is primarily water based, it is used by spirits to manifest through the life force, or to put it another way, as the water has been taken from the medium's structure, the etheric portions of the water structure are used to create the ectoplasmic structure combined with the matter from the medium.

**Interviewer: So why the emphasis on oxygen?**

Zeta: So it is seen that ectoplasm is primarily two substances energy and water. It's a primary function of oxygen to create the stimulated environment to allow much increased energy to be created ... this energy is then withdrawn from the body of the medium and combined with matter to form ectoplasm, and as stated, the chemists, as they are called, will aid in the formulation of the structure of matter.

**Interviewer: Combined with which matter?**

Zeta: Water.

## The Zeta Interviews

**Interviewer: That means ectoplasm is made from oxygen and hydrogen from the water, combined with energy from oxygen.**

Zeta: Yes, but there is a certain consciousness to the ectoplasm as well. Its not simply a matter of a construct based in matter. The consciousness is required to determine the proper usage of the ectoplasm so the consciousness of a "spirit" is utilized to allow the usage of the ectoplasm, else there would be no structures. So this is why and how materialization is produced in a sitting.

**Interviewer: The spirit makes something like an etheric body, this would be a kind of template?**

Zeta: yes, template.

## The Zeta Interviews

### March 9, 2013

Zeta: The point of origin is based on the last transitional process. Obviously, there are two paths. If a race has a transitional process, based on consciousness moving from the physical to the spirit realm or etheric realms, then the consciousness is based on the previous life lived. If the race and consciousness transfer consciousness via a process of conscious transfer, then the point of origin relates to the parental pairing or sharing of the initial consciousness, so a point of origin would be related to the beings initial birth process.

**Interviewer: I'm a little confused. A Zeta who has gone through the human birth process, is it's point of origin still the Zeta race?**

Zeta: Yes, because on transition the consciousness returns to the container of the Zeta.

**Interviewer: What process would change the Zeta's point of origin?**

Zeta: If a consciousness moved from one race to another, which then did not require the consciousness to be in a physical form.

**Interviewer: So the point of origin is only relevant to beings who have a physical form?**

Zeta: A consciousness may be non-physical, and then move to a physical form, although this would be considered a step backwards, but the point of origin in that instance would be able to move back to its original level/state of existence.

**Interviewer: Why would adopting a physical form be considered a step backward?**

Zeta: There are other forms of experience that are not related to being in a physical form. Many conscious senses exist outside of the physical form. Remember, there are also many forms of the physical which are not related to the earth form.

## The Zeta Interviews

**Interviewer: Yet beings choose to take on a physical form, so would it not be more accurate to say it is a different step rather than a backward step?**

Zeta: If you are in a physical form and understand that you would spend time outside of that form, which is a higher state of existence, then, if it were of more benefit to stay in the physical, apart from the experiences the physical can bring, the consciousness desires to be free from the physical.

## The Zeta Interviews

**April 22, 2013**

Zeta: We showed the medium how to block us from coming. Why do you think that was?

**Interviewer: So that he would still have free will.**

Zeta: Yes, to give him the chance to choose. Would not any guide teach you that?

**Interviewer: Yes. Do guides change?**

Zeta: I would say to you that your perception of your guide changed, and as you are able to accept and understand, then you perceive your guide in a different form. Of course, some guides do leave, but they are not the predominant guide. It is unusual for a guide who is the main entity to leave his person.

**Interviewer: And of course, the guide in all instances is separate and different from the higher self, is that right?**

Zeta: Higher self is able to be a multifaceted being, and in this process is able to externalize all the facets of self to make the entity believe that it is being guided by an external entity.

**Interviewer: So in some instances your higher self can also be one and the same as the guide?**

Zeta: Yes, of course, and other times the guide is part of the soul process.

**Interviewer: And some time the guide can be totally separate?**

Zeta: Yes, my friend, of course. I consider myself to be the medium's guide.

**Interviewer: So do you get to choose who you get to be a guide for? Do guides choose who they're going to go with?**

Zeta: Yes.

## The Zeta Interviews

**Interviewer: Is that because of some relationship somewhere?**

Zeta: Yes, of course.

**Interviewer: Is that the soul group you are talking about?**

Zeta: It may be a friendship that you have developed before you were in the physical.

**Interviewer: So while we have guides, does the same apply to other ET races, do they have guides too, or not?**

Zeta: There are beings that offer advice to races. We have stated many years ago that the inter-dimensional entities known as blue beings are often seen as a source of information.

**Interviewer: So as us humans have got our higher self as guides, and a lot of people have guides from the spirit realm, you as a Zeta know your higher self, but wouldn't class what you've got a guide?**

Zeta: I know my higher self as I am my consciousness.

**Interviewer: But you don't also have a guide?**

Zeta: The collective mind is the guide, but there are many other entities, and they are states which one would wish to move to. But to say that we would depend on a guide is not a function that we would accommodate, my friend.

**Interviewer: So as humans we have guides, is that because we're not that evolved and a long, long time from now, as we do evolve, we wouldn't need guides?**

Zeta: Do you need a guide? What function does it serve? It would depend on the work you are to do.

**Interviewer: Is the answer 'yes'?**

Zeta: Well, what work are you to do?

## The Zeta Interviews

**Interviewer: I'm talking as a race, if we were to evolve and become a non-corporeal being, we probably wouldn't need a guide at that stage.**

Zeta: But many of us do not know their guides anyway.

**Interviewer: But that's because we're not developed enough.**

Zeta: Then what are all the guides doing?

**Interviewer: Pulling their hair out [more guesses]**

Zeta: They are working in the macro-processes, seeking to advise you of what is the right decision process, but you are here for experience, and so no guide takes away your free will. The creation of one's own guide, as you stated before, is a function of the higher self entity, a powerful being indeed, if sought out correctly.

**Interviewer: Thank you.**

Zeta: What exists in illusion is manifested into the physical. You are not of your true selves as you are in the physical bodies. The higher self nature seeks to understand itself via many avenues, and so has also given itself guidance in many forms. Is someone's consciousness a singular entity?

**Interviewer: [energy seems to be changing - arrival of a different Zeta?]**

Zeta: Do you think a guide needs a guide?

**Interviewer: Does a guide have a higher self?**

Zeta: The guide has the facet of a consciousness, as there is no separation of any consciousness, only the illusion of separation.

**Interviewer: So therefore, they don't need a guide?**

## The Zeta Interviews

Zeta: If a guide is seeking guidance, they will seek information from within, they then will be in some circles, a many-faceted entity. If you have no corporeal form, then your consciousness has no boundaries except the ones defined by your frequency.

**Interviewer: Consciousness is like a certain frequency of energy? Where does consciousness exist?**

Zeta: Everywhere.

**Interviewer: Can you see it?**

Zeta: You cannot see consciousness. Consciousness can only understand itself in separation.

**Interviewer: When saying separation, are you saying that the facets of the consciousness are separating into the physical realm, to be separate from itself?**

Zeta: Choose to.

**Interviewer: They will be able to see the consciousness from a different... Zeta: Perspective.**

**Interviewer: And does consciousness choose how many facets it's going to have?**

Zeta: There are many facets to this question, and so consciousness of a source nature is existing in an unlimited process and, of course, many higher self entities are also existing in a faceted existence, all as consciousness. The collective mind of the race is the collective consciousness of the race, but even that existence has its boundaries, and the collective mind seeks experience.

**Interviewer: We've talked about the grid in the past, is that the collective consciousness of humanity?**

## The Zeta Interviews

Zeta: The grid process is much aligned with the nature of all things being connected. Your scientists are now understanding the relationship between the subatomic particles, and that the state is determined by its relationship to other particles, but they do not understand that it is the consciousness that creates the state, and it is consciousness that has created the illusion of matter.

**July 20, 2013**

**Interviewer: What about someone who chooses to do harm to themselves or others, is there such a thing as a karmic debt? Is there a cost to them further on their journey?**

Zeta: May I speak to you from many different ways? When my point of transition becomes available to me, I will be moving from one container to the next. I will self-terminate and move to my next container as we do not have your spirit realm process. Now, that is an act of consciousness that I am able to go from one state and one container to the next container.

A human being would choose to self-terminate and there is no karma associated with that. It may be that the human under some form of duress, may have self-terminated, but they would have understood once they were in their spirit realm process that the physical body was the illusion, and that the existence, the energetic existence and consciousness was the process.

Humans are good at providing guilt, they try to hold onto the physical reality of life, but the truth is that all of you will transition, and some will transition at their own hand. If you are to terminate then higher self in some respects would be part of the agreement process, and so what is seen by a human as being the act of selftermination is actually a point that the human has come to where they are in agreement with themselves that they will terminate, else higher self would not allow the local physical entity to terminate.

**Interviewer: Could it be an accident?**

Zeta: There are no accidents. This is the illusion that you believe. If you were to be struck by something, one of your vehicles, you would state that it was an accident, but you must have some form of transition process that disconnects the higher self from the physical entity. It is

## The Zeta Interviews

higher self who chooses what process is available. Would it be a malfunction of the physical body or an accident as you call it, higher self is never affected, only the physical body, and the entities left behind.

You see, my friend, higher self is in much control of its own timeline, its own existence, and so when these accidents occur, higher self is never caught unaware of what is to take place. I would say to you that some higher selves even take with them portions of their local consciousness, and remain attached to the physical entity and still experience much of what is available to you in the physical. Some have called them earthbound entities. Higher self is able to have infinite experience and does not fit the belief structure of the human race.

**Interviewer: Higher self applies to all races?**

Zeta: No physical entities that exist as life forms are their own higher self entity. The reason you see that you have a higher self is because you see yourself in separation via the physical container. Now I will venture another question.

**Interviewer: (tells a story about an abduction experience as a child - including flashes of a Zeta face)**

Zeta: Have you ever heard a short tone that lasts for around ten of your seconds, that is rather loud? Have you ever had any interaction with any entity as an adult?

**Interviewer: Where does your race originate from?**

Zeta: We are a race that has originated from many places.

**Interviewer: How many star systems does your group live in?**

Zeta: Many, my friend, I will give you an example. Where did the human race originate?

**Interviewer: I believe it was from other races.**

## The Zeta Interviews

Zeta: Absolutely, how many races have seeded the planet, that is not known, is it? How many species exist on the planet? Countless species. Were all species originating from a place on this planet, no. Are humans only existing on this planet, no. You ask a question that does not have a definite answer.

### **Interviewer: Your recorded history?**

Zeta: According to whom? Who created the history, who documented it? So, you would like me to speak about the collective?

### **Interviewer: Also your society, how it operates.**

Zeta: There are elders associated with many of the faceted race process. The elders do not, like the human race, have a hierarchical structure process, whereby they determine what is to take place to another. All entities have free will, and so, we are a rather large race and have many entities. Each one of us is part of a process and has a function to perform. We have children as well, and we operate as a society that cares and nurtures each other.

We have had these questions before, and quite often we ask the human to explain their society to us. They then start to understand how difficult to truly explain the human society to another. It would take you many months to do so, and the intricacies of the society. But sufficient to say that we have children that we create ourselves, we have elders which are able to provide the collective consciousness with information.

The human race itself has the collective consciousness of the human race. Every thought that is created by you is placed into the total consciousness of the race, and so with our own race, we have the same process. But, as you are unable to access much of the information that exists, that is coming from the human thought forms, we also limit the amount of information that comes through the

## The Zeta Interviews

collective mind to each one of us. I do not need to know about every single entity in the race. I need to know what function I am to perform, and that is my talent.

**Interviewer: (Statement about greed and power on the planet, difficult to do much about it.) Did this happen to your society in similar stages.**

Zeta: I would say yes, in every society there has been a history through development where there would have been struggle, my friend. No race ever moves to, and a basic premise is that all physical races require nutrients and sustenance, and so any race that is based in the physical will also require to have access to sustenance. If you are in the physical, it does not matter what race you are from, you are a developing race, you will struggle to survive. The human race is struggling to survive. It is utilizing the resources that it has. It is seeking to exist.

**Interviewer: Do you die in the physical?**

Zeta: When my parents created me as a child, I was created by genetic material from my parents. My wife, as you would say, was also created at the same time. When we were old enough, we became one in energy, my friend.

Now we do not have any sexual organs as you use in the reproductive process, and so, as our life span is about 1500 of your earth years, what we would do is to take genetic material and create a new container, as my time, as you say, is coming to an end. I would transfer my consciousness into the new container and continue on.

Each parents only have one child. We are not much different than the process that humans use, except for the fact that you do not have a pre-prepared container to move into, and so humans transition into

## The Zeta Interviews

your spirit realm process, and then you would determine whether you would reincarnate into a new physical form.

**Interviewer: Do you ever choose not to come back into the physical but to evolve to a more spiritual level?**

Zeta: The elders remain in the collective consciousness and only come back into the physical form when required, so it is a decision based on the need to have an elder present as to whether or not they need to be in the physical.

**Interviewer: What is your spirit realm like? Is it similar to ours?**

Zeta: Your spirit realm as you call it, was a container created by another race. As it was seen that the consciousness which had existed here, once it transitioned, needed a place to understand itself. We do not have the same process as the spirit realm because the collective consciousness of the race and the physical existence of being part of the race, are one.

I will give you an example. All of you have thoughts, all of your thoughts are becoming one. As they become one, you have created a collective consciousness entity. Now, you are all in the physical, what stops you from accessing each other's thoughts? The fact that you have filtering systems within your physical body and your consciousness which stop you from hearing the thoughts of another. But if you were to remove those processes, you would hear all of the voices and be able to access the collective consciousness of the human race.

No one is seeking to harm you. You may have had many experiences with races, but you are still sitting here and unharmed.

**Interviewer: Humans are a hybrid race, they are often cruel. Is this a consequence of the race developing or is it a consequence of the missions of hybrid beings?**

## The Zeta Interviews

Zeta: Initially, when the humans were created, there were other races that had created other bipedal forms, and some of them are called many different names according to your historical structures, and this is why you seem to have so many different generations of humans that have been developed on the planet. Other races came and created civilizations which gave you the rudimentary process to live and function, but no race will create clones of itself in their form, so if you are created as a human form, you are given the freewill to have self-determination, my friend. Now, each human being has its own freewill, and that freewill and consciousness allows it to create decisions based on its own thinking.

The local consciousness that was given to the human race from its creator, as you would say, did not have the intention that it would harm each other. But as the race that created the humans withdrew itself from the human race, humans exerted their own freewill against each other. And of course, this is how all races start. It is seen as a very functional process that a race would develop its own structures.

No race will come and take ownership of you and take responsibility for your actions, just as we will be held accountable for our actions as a race. All races are held accountable to consciousness. You cannot blame your parents for your behaviour.

**Interviewer: Do you experience sleep states as humans do where you can experience alternate realities?**

Zeta: If I were to sleep, I would sleep every seven of your cycles, every seven days. I do not require to cease functioning as a physical entity to move into the sleep state. I am able to partition my, or segment my consciousness and physical processes so that part of my mind is in a quietened state of existence. Sleep is seen as being not required.

## The Zeta Interviews

But my friend, you have asked about the other processes. If you were to leave your body and come on a journey with me, I could take you to many dimensions, many races, many realities, many places, because there are no boundaries, and consciousness is playing a game of illusion with itself.

You believe that you exist here as a physical entity, but at your most base level you are created of matter that between it has much space, and consciousness is existing in that form, believing itself to be in an existence as a human. Built within the container that you call the human body is a process of termination, you then continue to proceed on your journey and then become another entity, and so this is consciousness understanding its own existence through becoming many forms. So you are only limited by what you perceive yourself to be.

**Interviewer: How in your community do you choose to do different jobs? Do you choose yourself or is it chosen for you?**

Zeta: It is chosen for you. It is determined on your genetic functional structure. The best possible entity performs the task. Is it not the same within your own community? Are not the best trained people who perform the function? Do you perform surgery?

**Interviewer: No.**

Zeta: Why not?

**Interviewer: I don't wish to, I don't know how.**

Zeta: And why is that?

**Interviewer: Because I never studied.**

Zeta: You are not the best possible person to perform that process. You may be genetically predisposed to be a good surgeon, and so if you are pre-dispositioned to be naturally inclined to perform that function,

## The Zeta Interviews

that is how our race are chosen. You would be trained in that process and it would be a natural ability for you, such as the entities that create the craft. All craft are living entities, they need to be grown. They are living consciousness. **Interviewer: How did you find the medium?**

Zeta: I have known the medium before he was here. He has not been found, he was never lost.

**Interviewer: How do you choose who gets to communicate with ET entities?**

Zeta: I would say your point of origin entity has much information about who you are. The point of origin entity, the consciousness of the spirit entity if you are from the human container process, has much information about who you are as well. If human being believes they are in contact with another race, and they do not make the race verify who they are, then they are an illusion. If you are to delude yourself about what is taking place, then that is your freewill as a human.

Do you understand what I have said? If you are told that you are working with an extraterrestrial race, make them prove it to you. When the medium saw us in a craft many years ago, we showed ourselves to him, but did not speak to him, so that when I showed myself to the medium many years later, he knew who I was. It is easy to be in connection with any entity, but to suggest that you are from that race may be an untruth.

I believe from what I have seen and what others have seen, that humans will allow themselves to speak to any entity without asking for verification of who the entity is. Now we have spent many years working with this medium and proving ourselves as being the entities that we say we are, and performing functions within his life structure the matrix of consciousness which has proved to him that we are able

## The Zeta Interviews

to perform functions because we are also within the physical framework of this human.

Is it not better to examine the entity that works with you and ask them for the truth so you can understand who you really work with rather than believing and feeling on the xxx for yourself. We challenge all of you to do this so that you may find the truth about yourself as everything that you are is locked within you. Before you came here as a physical entity, you made a decision based on the consciousness that you have, to seek out that information about yourself is more important than any other process.

**Interviewer: When you make contact with people on earth, is it always based on previous contact?**

Zeta: Yes, my friend, so what does that tell you?

**Interviewer: Some have multiple contacts while others have none.**

Zeta: So what must you do? Seek out your past, do not fear what is to come to you, and to face yourself. A very unknown truth is that about 30 percent of humanity does not come from the spirit realm process. Sometimes humans are visited by their point of origin race and the interaction is seen as unkind and unwarranted, because if you are to believe that you are human, then of course another race is seen as unwelcome. A high percentage of contact between humans and the point of origin race, the human is never harmed but may be psychologically uncomfortable with what has taken place. But there are races that do harm humans. If you are ever fully harmed in an interaction, then you know that they are not your point of origin race.

**Interviewer: What sort of harm may races do, physical harm?**

Zeta: They will take genetic samples from a female and other information from the male of the species, seeking to understand what is your biological nature.

## The Zeta Interviews

If you were to come to this planet, and you have never been here before, and you had three heads, who would you speak to first?

Most of your planet is covered in water, would you speak to these creatures, or would you go to the humans. Would you go to many other species? How would you know, how would you learn, knowing that the species would not want to speak to you?

So many of the races that are able to reach this planet now seek information about who you are, and some may unfortunately harm some of the species that are here, seeking to understand how to communicate. But others also have an agenda where they seek to harm you, but this planet is protected by many races, and this is why you have not been harmed as a civilization. And as much as the conversation is that you are controlled and manipulated by other races through your government processes, you all have the freewill to sit here and speak to me. You have the freewill to speak to your higher self, the freewill to meditate.

**Interviewer: Are humans masquerading as ETs to further their own aims? Is some of the contact that has been blamed on other races been, in fact, been with our own?**

Zeta: This is actually a complicated question because many of the humans which perform that function are manipulating the humans to believe that they are being attacked by other races.

But you also have, as I have stated before, you have built a level of collective mind about this planet which is fed continually by every thought that you have. Many of the thoughts, much of the energy associated with your astral realm process also means that other entities would wish to exist within those thought areas, and so those entities can also create the illusion that they are friendly as well. And then you have the spirit entities which also pretend to be

## The Zeta Interviews

extraterrestrial entities, or higher level entities, or interdimensional beings who need not prove themselves to anyone.

**July 21, 2013**

**Interviewer: If I imagine something out there, am I creating it? If the latter, does it become real?**

Zeta: You are a creator. If it exists, it exists for you.

**Interviewer: So I can pull it into existence and with practice make it work?**

Zeta: In all things, yes. Did you hear what I said - in all things, yes.

**Interviewer: Have to be aware of what one creates - is it good or bad, or beneficial or not?**

Zeta: Good and bad is a construct, I like the fact that you said beneficial. Quite often the best lessons are the ones you did not like.

**Interviewer: (question about consensus realities)**

Zeta: Where you are to transition to is a blank process, and the moment that you enter the fabric of the consciousness, it becomes your reality, and so that reality is linked in to many other existences.

You may find that the container you have placed yourself in is able to be continually changing, much like the fact that you are a shape shifter as a human being, because emotionally you are changing from second to your second, and the reality that is created around you is based on your perception of the process that you are currently in.

And so I would say to you that, be the observer in your life and observe yourself and what you say. As you are speaking, watch the words that come out of your mouth and understand the reality that you are creating around you, because your words once spoken cannot be taken back.

## The Zeta Interviews

**Interviewer: How to find the key to unlock abilities, what is the process?**

Zeta: When you came into existence as a physical entity, you provided yourself many clues to who you are. Now, higher self is able to construct in the physical realm and create and materialize and produce many of the functions that are not seen to be possible within the physical realm.

Now, quite often the first, we will call them symbols, the first symbol that you have transported with your incarnation is one of communication, because you seek to open your communication process back to your point of origin entity, or to your guide. Once that process has been opened, the higher self then opens the next ability for you, and so much like that you can either partake of an ability and experience it, or you can move fully into the experience. It is a decision process that you choose, and so you are working your way back to your higher self through discovering the abilities that higher self has left for you to find.

**Interviewer: Are you understanding the words we are saying or the intent of the question?**

Zeta: I understand the energy of the question, and see that the answer that is often required is not the question that has been asked.

**Interviewer: (You seemed not to understand yesterday's answer to a question - paraphrased)**

Zeta: I wanted to give information that your higher self blocked you from receiving, and so you were only able to receive the information that your higher self would allow me to give to you, and so I have my hands tied, by you.

**Interviewer: Astrology to explain character traits, etc. Was this developed by humans or obtained from other beings.**

## The Zeta Interviews

Zeta: Sometimes the only way to communicate with you is through your imagination. If I was to put you on a craft and take you many light years away, you'd no longer see the same constellations as you are able to see now. Do they actually exist before a human had perceived them to be, or are they structures of the imagination?

As they are externalized processes, because they are above you out in the night sky, they are seen to hold much information as guided by others to them. The way to find your way out of the construct is to go inside, as inside is limitless. There is more infinity internally than there is externally. You are, as consciousness, expanded as the universe.

(asks for a ticking clock to be put on the table)

I will tell you why we use a clock - it is the only way that we can keep track of what is taking place in this room. Time is elastic, my friend, but moving to this space to speak to you is a malleable process, and so we use the construct of time to create a permanent connection telepathically to the medium back to ourselves, and so each interval of second is used as a pulse from this room to where we are, and that is why I have to tap.

**Interviewer: can you talk about timelines and the relationship with deja vu?**

Zeta: Let us start with the basic premise, because this is a complicated conversation, that all time lines are infinite, and that there are infinite "you"s on all time lines. Now, all of the "you"s that exist are non-sequence xxx, so from the point of your consciousness and the creational process, you exist instantaneously in all of the timelines, because you are born, my friend.

Now, each of the timelines is in a state of non-synchronous comparison or relationship, and so quite often as the timelines are moving at their own pace depending on the frequency and consciousness that you are

## The Zeta Interviews

able to achieve in each of those existences, you will quite often come into relationship with your self on another timeline. And that entity may have been a few seconds ahead of you, and so you have caught up to yourself, and suddenly feel that you have experienced something before.

**Interviewer: The consciousness is in everyone of those timelines?**

Zeta: Yes.

**Interviewer: Where am I where I am experiencing consciousness now? On another timeline, is there another I experiencing that same consciousness on that timeline?**

Zeta: There would be a dis?ty illusion of consciousness existing in the personality of you who is separate from you and also joined to you.

**Interviewer: So this personality exists here, but there is another personality elsewhere and sometimes they cross lines?**

Zeta: Yes, in many states, and the further away the timeline, the greater the difference.

**Interviewer: So when two lines meet, they unite?**

Zeta: No my friend, they come in two frequencies, and become harmony, and they become disharmonious after the events.

**Interviewer: (Says she can predict what's going to happen 2-5 minutes before the event)**

Zeta: Have you seen a boat on the ocean. What is the water doing in front of the boat as the boat is moving forward? As the boat is moving forward, is there not a separation of the water as it moves around the front of the boat. There is a wave in front of the boat. Now, imagine that you as a consciousness is surrounded by energy and experience, and as you move forward into your experience, you are creating the wave. Quite often, the frequency of consciousness is increased, and

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you are able to read the process from the future of the timeline. So you may sense that you are somehow always understanding what is to take place.

**Interviewer: Is she then reading the environment rather than experiencing deja vu?**

Zeta: She is reading the energy of the consciousness.

**Interviewer: Can human consciousness connect across all of the time frames to become one, or does it always remain differently located?**

Zeta: This is to do with the termination process. If you were to join to all entities and one was to terminate, you may terminate on both timelines. It may be an unconscious act that takes place because you no longer exist, and so you no longer exist anywhere. We have only worked out the probabilities of this process by creating a quantum image of the timeline, placing them into the synthetic quantum environment, and studying the timeline process.

**Interviewer: And are these experiences only to be seen on the earth plane, or can they take place in other dimensions at the same time?**

Zeta: Does consciousness exist in all realms - in all places my friend. This is a very small planet in a very distant place from nowhere, and so what the inhabitants of this planet believe and understand is based upon the process they have xxx existence

**Interviewer: What is the difference between mental illness and objective reality?**

Zeta: My comment has been to the medium that quite often an illness of mentality is based on the fact of uncontrolled

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mediumship. So the human being believes that they are experiencing something and cannot align it with their current existence, so they are seen to be, to have a disorder, my friend.

**Interviewer: On this timeline, this experience is most real to me, on another timeline the personality there would be saying the same thing?**

Zeta: No, it is non-synchronous, they may not be saying the same thing.

**Interviewer: They would feel the same thing?**

Zeta: There is a personality that is making statements that are associated with what you are saying, but in a non-synchronous timeline process, the probability is that the further away the timeline from this timeline, the less they will be saying in regards to it.

**Interviewer: Right, so the point I'm leading to is we talked about termination of all timelines. If I was to now make the decision to terminate this personality in this timeline, do I have the ability to terminate all the others.**

Zeta: No, you do not.

**Interviewer: So how does that process come about when they all terminate together?**

Zeta: They do not terminate together. I said there is a possibility that if you were able to link to all existences and one terminated, that the possibility exists that all terminate. I said that it was a probability that that would take place, because this is a theoretical discussion based on information gained from working with timelines in the quantum environment.

**Interviewer: I understand that your race has access to technologies that are different to ours. Is that right?**

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Zeta: Absolutely.

**Interviewer: Has your race given some of those technologies to some of our governments?**

Zeta: Your governments have some of our technologies, yes.

**Interviewer: It seems to be that those technologies are not being released for our benefit.**

Zeta: Are you surprised?

**Interviewer: No, so in relation to technologies called time, transport, health, energy, can we have those technologies independent of our government?**

Zeta: Did you hear how I answered your question? I said that your governments had some of our technologies. I never said that they were given them.

**Interviewer: So answer my question, can we have them?**

Zeta: No, my friend, because technology in the hands of someone who does not understand the ramifications of technology... **Interviewer: Ok, give us the understanding.**

Zeta: Give yourself the understanding by growing into developing your own technology. As it is now, you have technology to destroy each other, but continually other races are asked to stop you from killing each other by disabling your weaponry. How much more technology do you need?

There are some technologies that are being disseminated in consciousness to the correct people on your planet, and that consciousness and that technology is manifesting into the physical process under the correct guidelines, and not being just handed to

## The Zeta Interviews

you. You cannot demand consciousness, and you cannot demand experience. You must experience before you will understand.

There are many technologies that you are developing that are based around the natural abilities that you already own, and I will take telepathy as one of those processes. You are able to develop telepathic communications, but you are developing technology to aid the human race to have the ability. Why do you believe that this is so? The easy way out, but who is able to monitor your process if you are able to read each other's minds through technology? Any race, anyone who is in control.

**Interviewer: But they still don't want us to be fully in control of our own processes.**

Zeta: They want you to be free so they can manipulate you.

**Interviewer: Exactly, and hence my freewill and the continued suppression.**

Zeta: That is why I have stated that you have freewill up to a certain point, and then freewill no longer exists. Let me give you a situation to think about. Let us say that right now I handed you a device. Where would you put it if it was a physical device?

**Interviewer: I would keep it so safe.**

Zeta: And why is that?

**Interviewer: Because then I would know without a doubt that it was going to get to the places, go to the sources of where it is required.**

Zeta: Do you think that someone would try to take it from you?

**Interviewer: Yes.**

Zeta: And so a device has been handed to you, and the human becomes in fear of it being taken from them, because there are

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humans that would try. Now, if you are to understand your abilities are technology, and that if you are to develop your abilities, there is no need to hide because they cannot take them from you. This is why we continually say to humans, develop your abilities to heal, to understand, to connect and communicate, because those abilities can be shared freely, and no one can take them from you.

**Interviewer: Are the older skills such as yoga, etc still relevant or are there new energies coming through.**

Zeta: All the techniques revolve around the breath. If you find a new technique, you have only found out how to breathe better.

**Interviewer: Are there any breathing techniques you can share?**

Zeta: Ask your guide to teach you to breathe, but if you do not know how to listen to your guide or hear your guide speak, then sit and listen to your breath, and as you listen to your breath, play with it and understand the energy that is available through the breathing process. Set the intent of understanding your capacity to travel by your breathing process. Ask for the consciousness that exists universally to take you on many journeys and experiences. And they are your new technologies because they are your imagination.

**Interviewer: Is the use of vibration, sound, and breath appropriate, or focus just on breath?**

Zeta: What is breathing but frequency. What is breath but life?

**Interviewer: Can I ask a question on star gates and jump rooms? Are there any functioning in Australia?**

Zeta: Yes.

**Interviewer: Are they being used beneficially.**

## The Zeta Interviews

Zeta: They are used for experimental processes, but they are monitored by other races, but the humans do not know. I will only answer what you ask.

**Interviewer: I understand your race does not have sexual organs, is that right?**

Zeta: Some of the facets of the race do not have the genitals.

**Interviewer: In relation to those who don't, you still have male and female, is that correct?**

Zeta: What is male and what is female - only in the physical, my friend. Once you transition to your previous point of origin, you do not take your genitals with you.

**Interviewer: No, but I'm referring to your race. In the physical, do those who don't have genitals, are some of those still referred to as male and female?**

Zeta: Of course, my friend.

**Interviewer: Is that to do with the energy of each entity.**

Zeta: That is to do with the frequency, but we also are able to swap bodies, my friend, and so I may stay with my child, while my wife, using your human word, is doing her work process. But she may require a different physical structure to perform her function, so if she is careful, she is allowed to use my body.

**Interviewer: When you say it has to do with frequency, there is a different frequency for each body?**

Zeta: Yes, of course, my friend, because frequency determines consciousness.

**Interviewer: (more questions about how frequency and gender are related)**

## The Zeta Interviews

Zeta: What is mood but consciousness. A mood is a point of observation that you have of a situation.

**Interviewer: Underground ET bases in Australia, is this true?**

Zeta: Yes, they are here with the knowledge of some others.

**Interviewer: When we were placed here, did we have all our abilities, did we lose them?**

Zeta: You have lost nothing, my friend.

**Interviewer: No, not lost, forgotten?**

Zeta: If you were to incarnate with full understanding of higher self, it would be pointless to incarnate.

**Interviewer: Not that, more abilities like telepathy, were the abilities always latent, and did we agree to move backward, so to speak?**

Zeta: I now understand. You have more abilities when you have less technology, and that is the answer to the question.

**Interviewer: Are you able to tell us how the process of apportionment works?**

Zeta: I can my friend, but it is written in one of the books. It is available for free.

When a medium develops the ability to apportion or materialize processes, they are understanding that the spirit realm people are in relationship with other entities. Some would say they are called in. Now, the spirit people take an image of the energetic body of the process, and of course the image contains all of the physical structure for the basis of the apportionment process. The new apportionment, the etheric body of the apportionment, is brought to the physical location where the apportionment is to manifest, and it is populated in carbon. Now, of course, the apportionment is not carbon, my friend, but has its basis in many molecules, in many

## The Zeta Interviews

bases of molecular structure, and so the spirit people change the molecular structure to replicate exactly the etheric body process, so that it physically materializes as being a mirror image of the physical that has been copied. And there you have it.

**Interviewer: Does this take much energy on behalf of the people giving it?**

Zeta: Yes, my friend, there is an energy exchange in everything that you do, and mediums are required to book capacity so that they are able to perform.

**Interviewer: It sounds very complex, the restructuring of molecules on a grand scale.**

Zeta: How else would you materialize? It is the spirit team that created the apport.

**Interviewer: They use molecules from the body of the medium?**

Zeta: Some of the molecules are. Many physical molecules are not in association with any matter.

**Interviewer: So molecules that are missing come from energy?**

Zeta: Yes, but what is the basis of matter but energy, and underneath energy but consciousness, and consciousness created matter to exist as the multi-faceted experience of soul.

**Interviewer: Ectoplasm, how does it come from the body and what is it composed of?**

Zeta: I would say that many of the words required to discuss ectoplasm do not exist, but I will give you a general understanding based on the words we have available to us. As the medium breathes in, he is breathing in much energy because your breath contains life. Now, once consciousness and intent have been put in action, substances are

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drawn from the physical body which can be guided by consciousness, the consciousness of the spirit entity to perform a a function. That is all I can say in regards to that process.

### **October 4, 2013**

Zeta: Each entity has with it a signature and this determines its presence. In the breathing is harmonies and each of those are gateways to many places, as you learn to understand your breathing...provides you with the ultimate gateway mechanism...to travel, to allow your consciousness to move...from one state of existence to the next....breathing is the living entity of consciousness...embodied in a physical representation of matter.

what is breath but frequency... what is

breath ...but light....

**Interviewer: So do the right breathing for where you want to go, then wait passively?**

Zeta: You won't need to wait. If the breathing is correct you will be there.

**Interviewer: Ok, so one needs to experiment with different breathing rhythms?**

Zeta: The breathing process have embedded in them a harmonics. It's not a matter of breathing in and out. As the energy builds, the breath harmonics is like an undertone, a hidden sound. The sound creates a special wave that is built in to you intrinsically. You must try to find the proper harmonics of your breathing to gain an altered state - a thickness. Your guide can help you with this. Most mediums use breathing to attain the cycled process to gain the altered state.

When the breathing is taking place, so is the harmonics. It changes the resonant energy around the being. This provides connection to the

## The Zeta Interviews

spirit and guides and ET. There is the dualistic relationship between the beings and the medium. So often a human will sit and there is no contact with their guide. This is because there are mechanisms in place. The strongest form of mediumship is via comparison. You sit with others and you sense the energy comparison. By yourself, you feel nothing.

There is, of course, a stage past the breathing process called the "phase" process. Breathing is not required to move to altered states. All matter is vibrating, all humans are matter, thought is energy, thought in action manipulates matter, this changes all things from one phase waveform to the next.

**Interviewer: Do the breath harmonics depend on constricting the airways while breathing?**

Zeta: It can be a way to change the breathing, yes.

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(A different part of the same conversation on internet chat)

Zeta : Existence is a mechanism of consciousness. It is based on where your point of origin exists. A function of the spirit realm entity is to exist in many facets. This is only required until you realize it's no longer required. It is a function of consciousness of the spirit, and so all frequencies exist within the same state of existence of the universe, and so once you choose, you can choose what frequency you exist in and what form that will take.

For spirit realm consciousness, it is a rudimentary form. It is a basic level of consciousness that places itself across the spectrum of the frequency. It is the fastest way to bring oneself to experience. That you may choose not to exist on all timeline processes, and choose to exist xxxxxx.

## The Zeta Interviews

**Interviewer asks the medium afterward what the following means:**

*For spirit realm consciousness, it is a rudimentary form. It is a basic level of consciousness that places its self across the spectrum of the frequency.*

**Medium: A spirit by default is placed on all time lines and is experiencing in one form but on many existences. The Zeta is calling the timeline the “frequency”. Timelines are ordered in terms of frequency.**

## The Zeta Interviews

### October 11, 2013

Zeta: Once your level of consciousness reaches a certain point, there is no turning back, because I can only see the pressure for you to continue on, build so greatly that you are jettisoned or accelerated into the next level of consciousness where you struggle to find yourself. These are the perceived barriers that consciousness has placed for itself, else it would move from one level of experience to another without gaining the experience of the previous level of existence.

**Interviewer: There are a finite number of levels of consciousness?**

Zeta: There are no finite levels of consciousness. If there were, consciousness would create infinite levels from the finite reality, and so it does not xxx its capacity to understand and bring experience to itself.

**Interviewer: Could you please tell me in human terms about your race and where you're from, so we can have an understanding of where it's from.**

Zeta: I will give you a very short answer. We do not have the capacity at this point to speak to you as it takes many hours to discuss our race.

We are a race of around three trillion entities. We are a multifaceted race, we have partners and if we choose we have a child. We have one child. We create our children to provide a mechanism for experience, and we enjoy our children. We have one partner, and we always remain the same partner through all lifetime. When a child is created, a second child is created from another set of seeds, and the children will be genetically compatible, and ultimately become the couple, as you call it. There is never a time where Zetas are incompatible with each other.

We live around 1500 of your years and we are physical entities that exist in midform(?). We are able to transcend many of the physical

## The Zeta Interviews

limitations perceived by many races, and often there is much that takes place with a level of technology that is outside of the realm of matter and are based purely in consciousness. Because we are physical entities, we are able to visit your planet and other planets and communicate with humans face-to-face. But this is a very difficult task because our frequency is such that if we are within your scope of influence you are unable to hold your level of capacity for consciousness. Most humans would pass out or in some way feel that they were to be harmed because their level of fear due to the unknown would cause them to not understand what is taking place. Many humans also become disorientated and are physically burned by moving close to the frequency that we are. That also relates to the craft in which we travel.

And so we have found that telepathic communication is the best method but there are many pretenders. They present themselves as our race, and this has caused much problem for us, as we cannot stop a human who has freewill from interacting with any entity they wish. I would state to you that the greatest litmus test for any contact between races is based on your intuitive process. How do they make you feel? What are they offering you? If it is based in ego, it is not from our race. If it is based in giving only and asking for nothing, then there is a high level of confidence that one of the entities of our race has joined in the spirit realm people and decided to work with you as a person. Do you understand what I am saying?

**Interviewer: Yes, perfectly. And what is the premise of you coming here?**

Zeta: The reason why we work with you is because the civilization has the capacity for great destruction, but also for great love. And so, many other races have come here and incarnated into the human form to aid

## The Zeta Interviews

the collective human mind and to assist it to move through a very difficult time in the future.

When you have a child do you discipline the child?

**Interviewer: Of course.**

Zeta: Yes, of course. Would you let it harm another?

**Interviewer: No.**

Zeta: Not if you have the ability to teach the child respect. And so the human race is perceived to be like a child. The probability is that in the future the human race will have the capacity to harm many, and so we are seeking to, through the embodiment of the human physical form, provide thought processes into the collective mind of the human race to seek the higher being, to understand consciousness, to be compassionate and to love one another. This centre [at Wallacia] has become one of the points of contact between ourselves and humans, and spirit people are much in line with what our agenda, we would say, is. There was little understanding between spirit realm and other races but, before the spirits that are at the higher perceptual level, to understand that they are in much illusion. We are able to discuss with them, but not in face-to-face discussion or telepathic communication, but by influencing the fabric of consciousness around them so that they understand that they are not alone in their journey for the creational aspects of the human race. This is why we have come.

**Interviewer: Is there a name to the race?**

Z: Yes we are called the Zeta race. We are much like the greys as you call them, but there are many facets to a race, such as there are in the human race. And yes, some of the race are in separation of the main collective mind, the race which do many of the abductions, if they are the true race which is abducting them, but

## The Zeta Interviews

other races which use the screen technology so they are not seen for who they are. This is a whole other question, because many people that are abducted as they think, are given the capacity to believe the illusion but never are abducted. This takes place within the collective mind of the human race. And so as you have seen just from the limited discussion that we have had that we could speak for many hours on each of the individual topics.

**Interviewer: I thought it might be interesting to address a subject that you brought up before which brings home the fact that you are a physical race, and that is the idea that you have a financial system, an economy. You mentioned that you have a form of exchange called energy credits, and I wondered what these are and how they obtain their value and how they are exchanged. Could you address something like that?**

Zeta: Yes, that is one of the easier questions that we have dealt with. Once again, an analogy for you. Do you know what a TV screen is? Imagine it is filled with a white light, and that it can move from right to left as an indicator of a level process. As the energy capacity diminishes, the light on the TV screen moves to the left. Do you understand? Like a gauge, because the medium has one in his car for his propulsion process. There are resources available on your planet, and those resources also are finite. There is a point where the resources will no longer exist. Is that correct?

**Interviewer: So we are told, yes.**

Zeta: As long as you keep doing what you are doing.

We also have the capacity to use resources, but each of us is given a level of resource usage, and so you are given a energy credit which gives you a visual indication as to how much of the capacity of the planet you are using. The less you use, the more beneficial it is for the

## The Zeta Interviews

race. And so I will give you an example for your race. If you had a meter process where you could gauge how much of the resources that you actually use, the more resources you use, the visual indication would be that you are destroying the planet. So you would be consciously aware that you would actively try to use less resources to try to keep your meter process towards the right side of the screen. Do you understand?

**Interviewer: Yes, so you could give or exchange a position on this meter with someone else who required more energy.**

Zeta: No, you would not give your... the energy credits that have been mentioned are not based on myself giving you something as in the human technology called money which is transferred from one human to another. One human collects money and the other human gives it away. And so one has more and the other has less. These energy credits that we talk about are based on the conscious fact of how much usage you are using for the capacity of the planet to support a race.

**Interviewer: So if you use more than the amount allotted, you are no longer given access to ...**

Zeta: You would not use more than your allotted amount. That would be in error for you to do so. The capacity to diminish yourself would be unpalatable.

**Interviewer: So how would these credits be used for exchange, or are they?**

Zeta: I think the word exchange was possibly not the correct word that was used. It is more of a gauging mechanism. Of course the part of the civilization which monitors the resource usage provides the energetic information as to what resources are available. That was the exchange that we were talking about. It is pointless to give you something that you already have.

## The Zeta Interviews

**Interviewer: What is the purpose of this gauge that shows you how much you have used?**

Zeta: That is to tell the capacity of the planet to support this race. But you have no means by which to visually understand what damage you are doing to the planet. But if every time you ate or every time you drove your vehicle, or every action that you undertook, a visual indication was placed in front of you, your perception of your existence would change quite quickly if you were of a level of consciousness that you cared about the planet. But of course if you did not care, then the gauge would be useless.

**Interviewer: Suppose my gauge went down to zero, would the race say, “That’s your problem”?**

Zeta: The race would never allow... I would never allow my gauge to move past. I care about where I live. I understand that the less I use, the more is available for the children, the more is available for the race. This is why we have limited ourselves to having one child as well. Of course, we can move to many other planets as others have. There are many Zetas living in the different realms and different planets. But at some point in ten million years time, will we have left a trail of empty shells behind us, empty planets devoid of resources? No, of course not. It is not what you do today that matters. It is what you do today that affects what takes place in the future.

**Interviewer: Would you say that the human race is still incapable of operating with a system like that?**

Zeta: It is incapable of developing a system at this point, but you are coming close to understanding how to perceive the usage.

**Interviewer: It should require the technology to communicate to each individual their energy usage.**

## The Zeta Interviews

Zeta: I will give you an example. The medium was looking into your receptacle bin and noticed that there were plastic bottles in the wrong square container, and now his thought process was, they are in the wrong place but did nothing about it. Until the consciousness is that you must do something about it, then you do not understand what you need. Every action that you have now, affects one that takes place in the future, the smallest action, the smallest decision, the smallest process.

**Interviewer: One of the problems we have are the kinds of energy that we are consuming on the planet. They are themselves harmful, the coal and oil and things like that that interfere with normal life processes.**

Zeta: But your governments cannot be forced to release the technology they already have.

**Interviewer: Can you tell us the nature of that technology that they already have?**

Zeta: There are devices which emit energy that require no physical input.

**Interviewer: Ok, so that does exist.**

Zeta: Of course, my friend, you already know that.

**Interviewer: Yes, so I've heard, I have no proof.**

### **November 4, 2013**

**Interviewer1: I want to understand more about the collective.**

Zeta: I am an individual. The collective operates as a combined level of consciousness. How to explain the human consciousness? Are you seeking defined parameters for the collective mind?

## The Zeta Interviews

**Interviewer1: It was mentioned last night that they are trying to do that to the earth people as well, so I just want to know whether the decision takes into account everybody's feelings, everybody's point of view, or is it majority rules, or does everybody think the same because you're part of the collective?**

Zeta: We do not all think the same, but where the matters of a race's survival are of the utmost importance, the elders are the ones who be the ultimate decision-based process, but there is agreement on any collective scale for the survival of a race. Each performs their own function.

**Interviewer1: When they ask us to become a more powerful collective, how are they doing that?**

Zeta: You are not to become a Zeta collective. You are already part of a human collective mind, but the incarnation of many races into the human form and container is based around the premise that you are able to evolve into a higher operational consciousness as a race.

**Interviewer1: We're still going to have free will?**

Zeta: You believe you do not have free will, is that what you are saying?

**Interviewer1: I was worried that they were going to try to take away our free will?**

Zeta: Who is we and who is taking away your free will?

**Interviewer1: The government, I suppose.**

Zeta: Is your government creating the collective consciousness of the planet?

**Interviewer1: No.**

Zeta: Then why are you blaming them for?

## The Zeta Interviews

**Interviewer1: I thought they might be trying to take more control, to get us to do more what they want us to do.**

Zeta: But is that going to change the spirit realm process? What will it change?

**Interviewer1: You're saying that our collective is the spirit realm.**

Zeta: No, not at all, I am saying that the collective consciousness of the human race is creating the collective mind of the race, and now of course, there is interconnectivity between all things, but you are affected only by the thought processes that affects within the collective mind of the human form. When you transition from the existence of a human container, you are then free to move into your spirit realm process and next state. I want to say that the human collective mind is being shaped by all thoughts, but I also wanted to say to you that do not blame your government for the way that you think.

**Interviewer1: That's not what I was worried about.**

Zeta: Who are you worried about?

**Interviewer1: Didn't you say that the government wants control over us?**

Zeta: Your government controls through their normal government's processes, but the underlying manipulation is by a smaller group of human beings. Are you not manipulated by your religious processes? Are not your many structures based around what you fear?

**Interviewer2: In my study of what the Zetas have told us, I've tried to form a coherent model of what might be happening in the consciousness realm, and I think what I would like to do is have some kind of confirmation that my ideas are correct.**

Zeta: And what are your ideas?

## The Zeta Interviews

**Interviewer2:** You often talk about a spirit's state of existence, and that the state of existence is characterized by a highest possible frequency, and different people have different states of existence, therefore there is a variability in this frequency. This consciousness, when it creates something, it uses this highest possible frequency in order to do so. Now, let's say that I wanted to create an object using my thought processes, I would use the frequency available to me in my state of existence, and I would change that frequency according to the object that I want to create. Then the result of that would conjoin with the original highest possible frequency, and the resulting resonance would form a representation of the object in the grid. This becomes what I would consider a public representation, and if someone else comes along and is able to generate the same highest possible frequency, they can also experience the thought form that I have placed in the grid.

Zeta: That is correct, yes. I do agree with what you have said.

**Interviewer2:** Thank you very much.

Zeta: Let me add though that the consciousness of an entity is creating at it's highest possible frequency, and so, once the, we will say object, although the object could be many forms, then another entity operating at that frequency or higher would be able to access the object, but only beings at that frequency and above.

**Interviewer2:** Right, so this means that a being operating at a high frequency and creating objects using that frequency, uh, someone operating at a lower frequency would not be able to experience the same thing. Zeta: No, not at all.

**Interviewer2:** And is it true also that this scale of frequency that is used to create is also correlated with the ability to love? Higher frequency entities are more able to love?

## The Zeta Interviews

Zeta: I would agree.

**Interviewer2: So that means then that a being can avoid interacting with low frequency beings simply by increasing their state of love.**

Zeta: But the being that is in love would not avoid interacting with any entity under that frequency.

**Interviewer2: Right, because a high frequency being is capable of**

Zeta: It is the dominating process.

**Interviewer2: But people often talk about low frequency entities and being in fear of them, and according to my way of thinking, the best way to deal with a low frequency entity who may wish to harm is to project your love onto this entity.**

Zeta: If you are able to produce that frequency.

**Interviewer2: Yes, if you are able.**

Zeta: But you would be, if you were in fear of the entity, you would be at an operational level that would equal that frequency.

**Interviewer2: Exactly.**

Zeta: As you would be in fear, but if you were in a frequency that was higher than that of the other frequency, then you would not be in fear of it.

**Interviewer2: Right, so the best defence is to be able to love this entity that you fear, or that ...**

Zeta: That you do not fear.

**Interviewer2: So that you do not fear it anymore.**

Zeta: That is correct.

**Interviewer2: Good. In other discussions you have told us how humans when they incarnate are able to exist in many different time**

## The Zeta Interviews

**lines simultaneously, and I still have some questions about how that process works.**

Zeta: Continue.

**Interviewer2: When a spirit in the spirit world decides to have another physical incarnation, and is able to exist in a number of different time lines, it is still one entity, and I'm wondering how one entity can exist in multiple timelines. Is the consciousness of that entity duplicated and so can exist (yes) oh it can, so it's an exact duplicate?**

Zeta: I would say though that the similarity has two forms.

**Interviewer2: There are differences?**

Zeta: The similarity has differences.

**Interviewer2: So they're not precisely the same?**

Zeta: No, that is based upon the mistake that much of the discussion we are having is based on theoretical models that we have discussed with others amongst our race. There is no guarantee that what is said on this subject is known to be a truth.

**Interviewer2: Is this because the Zeta race does not participate in this process?**

Zeta: That is correct.

**Interviewer2: I see.**

Zeta: There are only probabilities in the xxxx.

**Interviewer2: Is one of the reasons a Zeta may wish to be incarnated in a human container the possibility that he can experience the existence of multiple timelines?**

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Zeta: That is a very complicated question because it has a multifaceted component to it. Let me explain. The collective consciousness of the race is based on multiple frequencies. Now, if you as a Zeta entity are in operation within one of those frequencies, if you were to incarnate, as you say, into a container, the timeline that you incarnate to, the real issue is, my friend, that the time lines are not what you believe them to be. They are not segmented by your time process. They are based on dimensional aspects and frequency. So when the discussion of a timeline is due, there is a deception that they are a segment related to each of the incarnations. But what is taking place is that you are in operation in frequency, and depending on frequency will depend on the type of interaction that you will have with your perceived reality.

**Interviewer2: Are the different timelines, were they created using different frequencies?** Zeta: They exist in frequency.

**Interviewer2: So one might differ from the other because their state of existence, the frequency that was used to create them ...** Zeta: Say that again?

**Interviewer2: If you had two time lines, would one have been created using a different frequency than the other?**

Zeta: Yes, but there is also the ability of many races to create a mirror image of a current timeline, and then place functions within the timeline to understand the perceived probability.

**Interviewer2: Now this being in the spirit world who wants to live another physical existence, I understand that the broad strokes of this persons physical existence will be predetermined before he is actually born? Would that be correct?**

Zeta: I will give you an example. That medium in front of the other medium was predetermined to exist within this timeline. Wouldn't

## The Zeta Interviews

this reality, the broad brush strokes, as you say... **Interviewer2: That was part of what was predetermined.**

Zeta: It was.

**Interviewer2: So each of us chooses a particular point in time that would fulfill the requirements for that life, I understand.**

Zeta: Much of the spirit realm is in chaos, but a lot of chaos that is there according to your ability, that it is a tumultuous process of development, whereas the Zeta race, the plan what is to do with the incarnation, they are precise insertions into the container.

**Interviewer2: But I understood that that is what a spirit entity does as well before the incarnation, the decision is made as to what the lesson is to be learned in this life. So that would involve also specifying to some extent what kind of life that person will lead.**

Zeta: Yes, my friend, but remember when you are having discussions with us that you may be speaking about the human existence, and the point of origin entity may be a spiritual entity as you say, we will also indicate to you that we are talking about our own race as well.

**Interviewer2: But in the context of the timelines, the use of the timelines are different depending on the point of origin.**

Zeta: When a spirit entity decides to incarnate into a physical form, it may be based on the personal experience that the entity wishes to receive, whereas when the collective consciousness entity from the Zeta race is placed within a human form, it is a planned process and not by the individual. It is based on the collective will of the race, whereas your spirit realm does not have that level of control in regards to what is to manifest. Else there would be no war, the operational frequency of all humans will be at a level of love, as you say.

## The Zeta Interviews

**Interviewer2:** There is one question that I couldn't resolve; that is, the timelines presumably are used by many different entities born at roughly the same time, and I'm wondering how the needs of so many beings can be satisfied simultaneously. They are not born simultaneously, the timeline is continuously being modified by the beings that already exist there, and yet a timeline is chosen as a vehicle for a new entity to experience something. It sounds to me like a huge optimization problem which I don't see how one would solve.

Zeta: Can you give me an example?

**Interviewer2:** If you have ten beings who are already living a physical existence, and there is a new entity wishing to be born with certain objectives in mind, and a copy of that individual's consciousness is placed into a particular timeline ... Zeta: Is it a spirit being?

**Interviewer2:** Yes, it is a spirit consciousness, and there are already ten other spirits existing on that timeline who came there, were placed there, before any knowledge of the new being wishing to experience that timeline is in place.

Zeta: Are they all the same entity?

**Interviewer2:** No, they're different entities.

Zeta: Continue on.

**Interviewer2:** By inserting the new entity, you are changing the timeline for the beings that already exist.

Zeta: Yes.

**Interviewer2:** So the beings that already exist had their own objectives for being there, and when they were born the new entity we are talking about was not yet thought of, and so by the new entity

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**being born, the conditions are changing on the timeline that is being experienced by the ten other beings.**

Zeta: That is correct.

**Interviewer2: So in effect, the new entity is interfering with the objectives of the existing entities.**

Zeta: That is correct.

**Interviewer2: Is that an issue that the spirit world is concerned with when they introduce a new entity?**

Zeta: I do not believe that the spirit realm has the capacity to understand that technical issue.

**Interviewer2: So when you're dealing with billions of people, the chances of the new entities objectives being realized are probably...**

Zeta: Minimal at best.

**Interviewer2: Yes.**

Zeta: That is why when a decision is made to insert a extraterrestrial, as you call it, into a container, that there is great thought placed into what will be the purpose, what is there to offer, how can there be change.

**Interviewer2: But if that problem can be dealt with by an extraterrestrial, then why not by spirits in the spirit realm? The problem is the same.**

Zeta: Because, as stated previously, when you were to incarnate into your form, there was not a collective decision made by the spirit realm as to what function you would perform.

**Interviewer2: So it is easier for the collective to solve that problem than for an individual, I think that would be your answer.**

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Zeta: There are many levels of thought that must take place before a decision is made as to what type of insertion there will be. There are many levels of thought that must take place for the spirit realm to move to other levels of existence. This is why many of the spirit teams, as they are called, are now aided by a distant race.

**Interviewer2: Are there some extraterrestrial races that have more expertise in guiding the planning of a new human physical existence?**

Zeta: Do not believe that you are the only race existing within the universe. There are many races that are supporting many civilizations.

**Interviewer2: Yes, but with particularly humans, it seems almost as if there is a Human Project that extraterrestrial races are helping to move forward.**

Zeta: Yes, of course.

**Interviewer2: Our containers apparently were, if not created, at least developed by the Anunnaki, there are stories about other races contributing to human culture and knowledge, and now you're saying that there are extraterrestrial races that actually guide the reincarnation process. So are these things all connected in some way?**

Zeta: There is connectivity in all things.

**Interviewer2: Yes, but in this particular case, were these three kinds of, we might say, intrusions into human development planned together to make things turn out a certain way?**

Zeta: If only there were such a level of cooperation.

**Interviewer2: It's more random than that, eh?**

Zeta: Unfortunately, yes. May I ask a question? Do the other sitters understand what is being said? **sitter: We're all listening intently.**

## The Zeta Interviews

Zeta: Are there any questions in regards to what has been said? Because this is a group discussion and we do not wish to make you feel unwelcome.

**sitters: (voiced satisfaction with the process)**

**Interviewer2: In relation to the time lines again, we agreed earlier that they differ in terms of their state of existence, they were created using different frequencies, and I was wondering if an entity or a being such as you or such as I, or a version of me living on one timeline, and I manage to develop to the point where I was able to project more love onto other entities in the timeline and the timeline itself. By doing so, I would exceed the frequency that was used to make ...**

Zeta: No, you may not change, you may not move outside of the... if you can imagine that everything is encapsulated within a tubular form, that you are a conduit. No matter how hard you try, you cannot influence the other conduits, else there would be chaos.

**Interviewer2: I thought this might be a way for all the timelines to eventually merge or converge to a high frequency state of existence, if it were possible for all entities to ...**

Zeta: There will always exist low frequencies.

**Interviewer2: There could never be more than one representative of a particular spirit on one timeline. All right.**

**Can we travel in time using the different timelines?**

Zeta: I want you to imagine this. Your mind from when you are born to when you transition is experienced by using a segmented fashion, and so it is divided into seconds, minutes, hours and days. You perceive that your life is a movement from one segment to the next. Do you understand? And now, if you are able to move your consciousness

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outside of that process, and understand that if you were to view your life from any point of view so that - I would need to speak in your language using your technology - if you were able to at the age of thirty to view your life when you were five, it would seem to be that you were viewing now. If you then moved to the segment of the fourteenth year of youth, you would be viewing the now.

There is no past, there is no future, there is now. But, consciousness is able to create an expansion around self, and thus what seems to be created in the future is actually an illusion of consciousness. So when you set the intent for something to take place in your tomorrow, you are changing the now, so that when you arrive at your now, the change has already taken place. But you would need to be a master of your consciousness and understand the ramifications of the changes.

**Interviewer2: (the Scoble experiment, it was closed down because someone from the future played with time - what happened there? - paraphrased)**

Zeta: I understand the concept that you are discussing with me, the now that was and then yields to the future. They tried to change the now which was supposedly in the past, but these are a concept of consciousness and do not exist as time is an illusion.

**Interviewer2: It's not possible for us to go back into our past now and change it, or would that create a different timeline that is a different existence altogether?**

Zeta: I believe that there are some entities that are not of human form that would be able to go into the past now and change the future now, but the question would be, without being the observer of your own timeline you would not understand that you had made the change, because the change would have occurred in the past now.

**Interviewer2: So if we did it, we wouldn't know we did it.**

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Zeta: That is correct.

## November 6, 2013

### **Interviewer: Who created the spirit realm?**

Zeta: The other races created the spirit realm. As you know and has been stated, prior to the existence of the human form, the spirit realm entities did not exist. Many of the animals existed, were here before the humans, and other races populated the earth. There were many other races who lived here well before the human race were. It depends on the race as to what spirit realm is required for them, what type of transitional process is required for them.

Some entities do not require a container to be helping them, and of course did not hold entities that do not require the holding states, as they are unable to self-terminate or to be terminated because they only move through frequencies.

### **Interviewer: So as soon as humans started occupying this planet, they started occupying a spirit realm, is that correct?**

Zeta: The spirit realm is a singular container for this one race, each race has its own spirit container, else if you spoke to a spiritual entity, they would have a complete understanding of all of the races, because they would interact with many of the races, but at a certain level within the construct of the spirit realm.

There is connectivity between all of the known in existence. That is how the information is transferred back to the source entity. There is hierarchical structure within the multiverse.

### **Interviewer: (asking about the vortex, need vortex to come through, here we have a natural vortex, how did that process happen?)**

Zeta: From a telepathic point of view, there is a level of harmony required, and so there is much harmony in this physical environment. We believe that many humans think that a vortex is a funnel-type

## The Zeta Interviews

device, but generally, it is a descriptive process that is utilized to give an understanding of a process. And now, it would be more accurate to state that what exists between frequencies is an intermediate layer of a connectivity between the two which allows a crossing over or a crossing between the formations.

And so let me explain or give you a valid xxxx xxxx. If this is a room, there is a room on the other side of that wall, if a door is placed in between the rooms, then we may enter through the door from one room to another, and so that would be the vortex process. This is all quite difficult to explain.

**Interviewer: Would it be like where the frequencies could come more together?**

Zeta: The frequency of this area compared to the frequency of where we are, these are different. The intermediate process is one which establishes a connection that allows transference between the areas of frequency, a stepping down from one frequency to another. I do not believe that the words exist to make the statements that are required.

And now I will answer your question in regards to frequency. Someone has asked the medium, how do we know what frequency is when we have no time, as it is a calculation based on a segment of this.

Frequency is defined by us by the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state. No numerical values are able to be given to what frequencies exist between us and your realm. Often we have noticed when the medium is playing with the recordings that are made between us and themselves that there is a frequency-based process where he is able to do different types of words that appear on the screen which show a level of volume I believe it to be, or have you said amplitude. Now, before us, one's consciousness defines the frequency, we have only ever used that

## The Zeta Interviews

word as a comparative process to try to give some meaning to the difference and to provide some comparison between your race and ours. Do you understand what I am saying?

**Interviewer: Yes, thank you, I have a question to follow-up though.**

Zeta: Yes, of course, I was being pressed by other Zetas to answer your question because they felt that it was important.

**Interviewer: Yes, I think it is fundamental and that is why I raised it. So when you talk about frequency, you are using the term as an analogy (yes) for another process, but it actually increases the confusion I think for humans who have a definite understanding of what frequency is (yes, of course), and you also increase that confusion by talking about resonation, because we would understand two different frequencies as resonating or being in harmony or not, and that reinforces our idea of what frequency is (yes)**

Zeta: Because you live in a frame-based thought process. If every time I spoke to you and I only spoke of consciousness, consciousness being in harmony, then you would not understand what I was speaking to you about, so we have come up with a very obviously impractical way of speaking to you in regards to the frequency process. We understand that your time segmentation process allows you to calculate accurately between frequencies. It is like comparing two incomparable processes, and so we have adopted your language to try to create some understanding between us.

**Interviewer: So that means that two different levels of consciousness can be more or less compatible with each other (yes) and that's what you mean by resonation?**

Zeta: Yes, of course, and now we will always speak to you in that level rather than using your understanding of frequency.

## The Zeta Interviews

**Interviewer: I guess we should keep that because you've used the term in a number of different places.**

Zeta: Would you like to keep the standard discussion process as it is used?

**Interviewer: Yes, I think so, now that I understand that...**

Zeta: Well then we will concur with that. I will explain to you that myself and another entity would be in consciousness, but a different consciousness, and so the frequency between us would be different, because the consciousness would either be of an expanded or contracted nature, But when I make that statement, that gives you no indication as to what is the mathematical basis of consciousness for the standard way of calculating the consciousness, whereas when we first met the human we were able to say that generally the cyclic rate of the etheric body was 8 cycles per second according to the ticking of the clock within the room, but this is a highly inaccurate process that we have allowed ourselves to become part of, but if we are to communicate with humans, we must adopt some of your thought pattern.

**Interviewer: Ok, this gives me permission to think about frequency as an analogy rather than ...**

Zeta: Yes, thank you, I think it is time for us to move past the very rudimentary understanding of what is.

**Interviewer: I'd like to change to a discussion of the astral realm which you have already told us much about, it is forming the human collective consciousness, and its contents are the thought forms that are created by humans on earth.**

Zeta: By the containers that are populated by consciousness that you call humans.

## The Zeta Interviews

**Interviewer: There are a couple of statements that were made about the astral realm that I don't really understand. They suggest some interesting things and I wondered if you could expand upon them. You have said in the past that the realm exists in a state of pure consciousness, and the constructs in the astral are bound in synchronous existence. I can guess what that all could mean, but I prefer that you explain it to me yourself.**

Zeta: You as a human civilization are mostly operating at the same level, and all of your thoughts as you know are entered into a collective mind. That collective mind, whether the thoughts are based in a... no matter what the thought process is, I was about to speak in terms of a lower type of thought or a higher type of thought, but it is irrelevant.

**Interviewer: Can I interpret this to mean that all the astral constructs are created using one frequency of consciousness or one state of consciousness?**

Zeta: I would say that that is an accurate statement, yes, and I would say that the reason that when you (how would I explain this), if you had a container of water and you were to place a colour into the water, one drop at a time, now initially as you are placing the drops of colour into the water, the change is indistinguishable depending on the volume of the water. At some point, if enough colour is placed into the water, then perceptible changes are eventually seen, do you understand?

Now with the astral, or the collective consciousness, or mind, it is that the thoughts that are placed into the collective mind are creating one entity that exists as a stand-alone entity, and no longer would require a supporting mechanism such as a neural container, because consciousness creates consciousness. And too, that as many more entities will be into the human container, that these processes and experiences are adding to the colour of the human collective

## The Zeta Interviews

consciousness, thus increasing the consciousness that comes into existence.

**Interviewer: So the colour is gradually changing?**

Zeta: Yes, my friend, and that is that once it has reached a certain colour, and we are only using an analogy, you will be accepted by other races.

**Interviewer: Ok, that leads into a... we were also told that it's possible for the astral collective consciousness to be restructured by a single thought or collective thought of one mind.**

Zeta: Yes.

**Interviewer: Can you explain what that would mean?**

Zeta: The collective mind is able to change itself once it becomes self-aware. Remember that consciousness... I will give you another analogy, unfortunately. When one of your children are born, they are in some way aware of their existence, and as they grow into a functioning power, their capacity to understand by comparison and experience then gives them a much better understanding of their own consciousness. The collective mind of the human race is developing the capacity to understand that it has the... it is becoming self-aware. It is not just a ... there are many words I would like to use but, I do not know what concatenation is.

**Interviewer: Concatenation?**

Zeta: Yes, it is not just a concatenation.

**Interviewer: the total is greater than the sum of the parts?**

Zeta: Yes.

**Interviewer: So this sentence that I quoted doesn't suggest that the astral collective consciousness can be changed, as it says**

## The Zeta Interviews

**"restructured by a single thought or collective thought". This suggests to me that there can be a sudden change in the, say the level of consciousness.**

Zeta: Yes my friend, because if the human population one day decided that it was to change, then the thought process, the combined collective thought of the human race, would, that one thought, would automatically create the capacity for the collective mind to be charged into action, to make a newly given mind.

**Interviewer: You're talking about a tipping point?**

Zeta: Yes, that is why many beings are here supporting your collective consciousness because it is at this point a rudimentary level of consciousness which is not yet self-aware.

**Interviewer: But at the tipping point, this one thought which causes the change... I'm trying to understand how this all relates to the individual human containers and the way they behave.**

Zeta: Your mind answers the question, I believe. Your mind is full of countless thoughts. What is your predominant level of ... if the predominant thought is one to harm, then one's actions are based in harm, but you are not designed that way. Your design, your predominant thought process is that you are to be compassionate and to do good for others. You have capacity within your construct to do harm, but do not, and so the collective consciousness has within it the capacity to do harm, but the predominant consciousness is that it is to be born of love.

**Interviewer: After this tipping occurs, or this sudden change in the collective consciousness occurs, does this feedback then to the behaviour of the physical containers?**

Zeta: Yes, of course.

## The Zeta Interviews

**Interviewer: So a lot of people will be dragged along with the change to become more compassionate?**

Zeta: Yes, but there will also be many humans who choose not to be influenced by it as well. That is like your mind which has the capacity to compartmentalize many of the individual functions. And so as your mind is able to provide automated functions that you are locally unaware of, so will be the capacity of the collective mind also allow to have automated functions which will allow others to not participate within the structure.

**Interviewer: But there will be a change in the predominant behaviour as you put it.**

Zeta: Yes, of course, and then, of course, the other races which view you on your daily basis, will actively interact with the collective mind of the human race.

**Interviewer: So that is what is stopping them from interacting with the human race?**

Zeta: Yes, the colour is wrong, my friend, to use the analogy. It is still much of a rudimentary form, and any entities which exist within the astral realm will be isolated. They just don't understand that they are to be isolated.

**Interviewer: So that is foreseen that they will lose the fight, so to speak.**

Zeta: Yes, they will lose the fight, but they don't understand that. They do not have the capacity to have the energy to understand and be self-aware.

**Interviewer: Are these the entities that are called the collectors?**

Zeta: Yes, my friend.

## The Zeta Interviews

**Interviewer: I guess what we have just been talking about is what a lot of humans call the ascension process - the sudden change in the predominant behaviour of the collective consciousness?**

Zeta: Yes, my friend, but their belief is based in the change according to the DNA structure of the physical body.

**Interviewer: Yes, I guess most do. Do you foresee that the time for this shift in frequency of collective consciousness is near? Do you think it will happen soon?**

Zeta: It is not as near as you prefer, or others are told it is so. As you add the colour into the water, it changes slowly and, depending on your life span will determine the viewpoint as to whether it was to take a quick time or a slow time.

**Interviewer: The shift can be either fast or slow because, even though we call it a tipping point, it does not mean it will happen quickly.**

Zeta: Yes, this is true, so there will be a tipping point, but of course then that is the catalyst for many things to happen. I will not be specific about this, because we are moving into the area of prediction, and we will not be drawn into that.

**Interviewer: Are lei line energies useable by other entities?**

Zeta: They are the doorways between the realms.

**Interviewer: Is there a hierarchy that is aware they are not just a spirit world as another illusion?**

Zeta: There are many consciousness that are aware of that. Unfortunately for us we have to continually use analogies because there is no other way to explain what is taking place. And so, you have a building which has many floors. The entities which are existing at the higher part of the building are able to see from a better vantage point. Now, the entities which exist in the bottom part of the building have a

## The Zeta Interviews

view, but it is a different view. The view that you now have as a human being, may change as you gain experience. If each of the floors in the building are various experiences, then as you move through your experiences you will gain a different viewpoint.

And so, for many of the pastings? within the spirit realm container that have a better view because of the experiences that they have had, understand that they have access to other consciousness, and other, and now resolve interchange, an interchange is where a physical entity would transition from one state to another.

**Interviewer: Is there a development itself for the people who are actually there? is that similar to what you are talking about?**

Zeta: If you choose, you have free will, and of course that is a different discussion. You have free will in all things, up to a certain point.

**Interviewer: Are there people there who are aware of the illusion, and there is more going on**

Zeta: Yes, because they are able to interact with other levels of consciousness that have come from other containers, and so at that point of exchange of interchange there is much information placed between the containers. But you must remember that this is a very limited discussion, and that much consciousness does not live within the spirit realm. Many entities have nothing to do with the spirit realm and the spirit realm concept.

**Interviewer: It's not as simple as putting people into one box.**

Zeta: Yes, I was trying to impress upon you that one box is a very limited viewpoint.

**Interviewer: Have extraterrestrials always helped our ancestors get to where they are?**

Zeta: Yes, you were created by extraterrestrials.

## The Zeta Interviews

**Interviewer: (where did apparent hi-tech come from thousands of years ago? - long question paraphrased)**

Zeta: There was much more interaction between the races and the external races that we have today. Much of your technology excludes races from interacting with them.

**Interviewer: Why did that die out?**

Zeta: It was seen that a child must learn to walk. But they have returned.

## **November 8, 2013**

**Interviewer: We were talking about apports. We were wondering if there was a limit on the size of the apport.**

Zeta: That is dependent upon the ability of the spirit team as to what control of energy is capable of.

**Interviewer: Would it help if several mediums sit together and combine the energy? That might help to get something big?**

Zeta: I did not mean the combined teams would be preventing the apport.

**Interviewer: But we never hear about it really big, not a quantity, more like a size, like a chair, of an apport, this don't happen.**

Zeta: And may I ask why you are not able to ask your spirit guide that question?

**Interviewer: I thought I'd save the question for you Zeta:**

Why.

**Interviewer: I don't know, I never thought of asking the spirit person, maybe I will, to see if they have the same view. They might have a different explanation. Also, I would like to ask is it possible to apport a living being like a cat or a dog, or smaller like a mouse or a fly? Or would it still exist?**

Zeta: I do not have a mouse to apport, but if you have the technology you are able to transfer it.

**Interviewer: Would it have a soul? The reason for the question is, an apport is something that is manifested and copied from something that already exists. Under those circumstances it would not be apported without a soul.**

## The Zeta Interviews

Zeta: Let me explain something. It's just that your question is amusing. When we wish to place ourselves into another physical environment, we are able to form our consciousness to that point, and then create a process of materialization, but that is consciousness moving against itself, and then populating that. And so then you ask that question, a question of ethics then becomes the real discussion. If you are to transport a living entity with consciousness, you will not be producing the consciousness of the entity. And so it will be a rejected entity. It would not have life. It would arrive dead.

**Interviewer: Thank you.**

Zeta: And not that we have done this.

**Interviewer: No, of course not.** Zeta:

Why don't you ask your spirit...

**Interviewer: I will.**

Zeta: ...to see if they have any understanding. We would be very interesting to see, I would appreciate the information.

**Interviewer: I will do that.**

Zeta: It would depend on who you ask. You would not be able to ask any medium in this room. It would have to be a medium who has not heard the answer to this question. The subconscious mind would simply replicate what it has heard.

**Interviewer: You have told us much about how apports are made. There is another phenomenon that is somewhat similar, which I don't understand how it works, and that is teleportation. In some physical mediumship sittings, an object will be moved from one location to another, where the second location is in a sealed enclosed space. Could you explain how an object can be moved from one location to another, the same object, not like an apport which is a copy. This**

## The Zeta Interviews

**would be the same object that disappears and reappears at a different location.**

Zeta: Give me an example of this story.

**Interviewer: This phenomenon occurred in the Scole experiment. They described how a tennis ball on the table reappeared inside a sealed aquarium, a glass container.**

Zeta: But do not your spirit friends dematerialize and then rematerialize.

**Interviewer: Perhaps they do, do you have a mechanism for how that is done?**

Zeta: Do you believe that all of the apports are copies of another entity?

**Interviewer: This is what you have told us, I believe.**

Zeta: There is no guarantee that the same process is followed by the spirit.

**Interviewer: An apport can be made using different processes?**

Zeta: An apport may be dematerialized and rematerialized. It does not necessarily need to be a copy. It would depend on the spirit's intention. And what about an apport that has never could have existed, but is created by a spirit entity, and then materialized.

**Interviewer: This is all additional information that you did not provide us.**

Zeta: I cannot provide you all of your information. You would like it all.

**Interviewer: I know there could be a second stage. You told us how they are made with copies.**

## The Zeta Interviews

Zeta: I told you that you have now reached a state of maturity, and now we can discuss other matters. So just when you thought that you had it all, we will increase that level of knowledge.

**Interviewer: Ok, can you explain then how that pingpong ball appeared inside that sealed container?**

Zeta: The etheric body was moved to the other physical location, and matter then followed (if that was the process).

**Interviewer: That means then that the matter did not pass through the intervening space. Where did the matter go as the etheric body moved from one location to the other? Is the matter still in our physical world somehow?**

Zeta: There would be two ways to accomplish this. One would be to repopulate the etheric body within its container and discard the previous matter, or to, in some form, to reconstitute the matter and allow it to pass through the container and then repopulate the etheric body.

**Interviewer: How would the matter... Zeta:**

Matter through matter?

**Interviewer: Yes.**

Zeta: Because what you see has some... can for a time become be considered mumble mumble. Had not there been stories of mediums who have passed through matter? Maybe you should read.... (about this)

**Interviewer: I'm not familiar with that particular case.**

Zeta: And maybe you should be.

**Interviewer: And maybe I should.**

**Please explain the energy system (etc)**

## The Zeta Interviews

Zeta: I am not any energy from any of the sitters, I do not require any energy. I require the medium to allow assimilation. I have my own energy. My local consciousness uses the human container as a vehicle for communication. The consciousness of the medium is overpowered by my consciousness. The local consciousness believes itself to be somewhere else, but it is asleep.

Some mediums believe that they are in such a deep state that they are away from themselves, but depending on the entity, depending on the training that they have been given, will determine how the local consciousness and the understanding that it has of its awakened state is then true to being so.

But then the protocol that your guide will teach you for induction so that you may have yourself placed in a state that is receptive to allowing your guide to come.

Why is that seen by any guide? And now, quite often a desire for us to feel energy so that it validates the experience is required. So the energy produced by consciousness of the new etheric body of the medium that is now populated by a different consciousness is expanded to, and thus there a energy difference. Other times, all that is required is a minimum of connectivity between the entity and their medium.

The medium may be somewhat aware of what is being said, but would not be interfering as they have been trained not to interfere in the stream of information. In doing so, the etheric body of the medium is not expanded into vicinity of the sitters. And so, a little energy is required, the more that they are consciousness, expands and xxx and the etheric body, the more draining it becomes for everybody. And this is where a spirit people will then start to draw energy from the sitters, because you have a frequency and have decided to participate in the

## The Zeta Interviews

sitting process. And so, if it is a purely spiritual encounter, your spirit friends may draw from your natural vitality to replenish the medium.

Basically, the less you exist, the more the guide can accomplish.

That is the fear of letting go, because the belief structure is that there must be some level of control, but the truth be known that a medium must work for many years with a guide before this trust is built, and the medium can properly let go.

Now, many times, a medium has buried within his consciousness, emotional turmoil, it has imagination, it has the trauma, damage, so the deeper you evoke the consciousness is driven to allow the guide to come and to control, the more aware the medium becomes of these internal turmoils hidden processes. And so mediums often wonder why the more they are entranced, the more issues seem to come to the surface. Do you understand?

**Interviewer: There is an issue that psychologists and philosophers have tried to deal with for a long time now, and that is when one perceives something like a colour, the colour that is perceived is correlated with the frequency of the electromagnetic radiation that hits the eye. They have never been able to explain where this particular experience of the colour comes from. Why do I see the colour red, for example, is there some mechanism deep within my consciousness that somehow gives me the experience of red?**

Zeta: If you were taught that red was blue all your life, you would name it blue.

**Interviewer: Yes, but again that is just a word that correlates with an experience. What I want to know is, where does redness come from when I perceive that particular colour of red.**

## The Zeta Interviews

Zeta: I don't have a proper understanding of your nuanced physiology, but it would be based on your genetic structure so that each of you is able to perceive certain frequencies, or what word would you use?

**Interviewer: The same question applies to taste. We taste something because of a kind of lock and key mechanism in the particular ...**

Zeta: ... to get a reaction.

**Interviewer: Yes, but why do we taste something sweet or taste something sour, where do these sensations come from? I'm not looking for correlations with physical variables. What I'd like to understand is where these sensations arise.**

Zeta: That is not something that I can answer.

**Interviewer: No? ok.**

Zeta: Have you not your medical doctors able to ...

**Interviewer: Some of it, but like I said, human science doesn't understand this.**

Zeta: And you do not understand yourself.

**Interviewer: Yes, that may well be, and that's why I'm looking for an answer.**

Zeta: But we do not dissect you.

**Interviewer: No, but the experience of the colour red is just in consciousness somehow.**

Zeta: Yes, of course, what if you asked a spirit person, what colour is their clothes. They may answer you and tell you that they are red.

**Interviewer: Right, why does their consciousness experience the colour red? Sure, they can tell me what it is, but I would like to know why they experience it. It must have something to do with the nature of consciousness.**

## The Zeta Interviews

Zeta: An interesting question, my friend, something I have not pondered before. But it will be a perception from my point of consciousness that 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, and so the hologram that you state, is correlated by in making this a bridge allows you to all experience the same thing. If I was to eat, which I do not, something which was, as you say, sweet, I'm sure that my consciousness would perceive it differently than your consciousness. It may taste bland.

**Interviewer: Yes, these sensations are very personal, so you are right, what you experience may not be the same as what I experience, to the same stimulus.** Zeta: Has not your science worked on this?

**Interviewer: Philosophers mostly have tried to deal with this question. Again, scientists correlate the sensation with physical parameters, but they don't understand where the actual experience comes from. It's left to philosophers to talk about.**

Zeta: And so when you die and you no longer exist in your physical body, would you know what red is?

**Interviewer: I think I would because people who have returned from death have talked about experiencing colours.**

Zeta: Does a spirit know that his boots are black?

**Interviewer: That's a good point, because he doesn't experience the same physical stimulus that we do, so he has created the colour. He starts with the sensation and ends with the perception.**

Zeta: It is consciousness at work then. There must be some structure with a well defined in the universe that gives understanding to what is within the structure.

## The Zeta Interviews

**Interviewer: That's probably as far as we can go to an understanding, would you say that was true? There is some mechanism within a structure...**

Zeta: I would say that I have viewed a portion of the information available and given you that answer.

**Interviewer: Yes, all right, that's the end of that. Should I continue with another question?**

Zeta: Continue on with the questioning.

**Interviewer: There is a question about your ability to visit us in physical form. The medium has said that you do not allow your craft to readily appear to humans because there is an issue of safety that concerns you. I'm wondering if safety is an issue. Is it our safety or the safety of the craft and crew that concerns you, is it ours or your safety?**

Zeta: Both. Of course I am concerned about what happens to the occupants of the craft. I am also concerned about the safety of the being which is the craft. I am also concerned with the environment in which the craft lives. I am also concerned with what may happen to a human if they were to approach a craft. Many humans would become instantly unwell, and then suffer the system disorders because the frequency would change their body's ability to understand how to repair itself.

**Interviewer: There would be a minimum distance then, I suppose, that humans should approach?**

Zeta: Yes, of course, you would never get, unless there was an accident, within 30 meters to 50 meters from the craft. So when we visit the medium, the craft is normally about 30 or more meters in diameter. The physical body is unable to cope with the changes.

## The Zeta Interviews

**Interviewer: hmmm**

Zeta: Let me make something quite clear. If you were an alien life form, and your family came to visit you, and you are in a different form, how are we to interact unless we change the environment that you exist in. And now of course your human consciousness would not understand this new environment, and so it is put to sleep until you are aboard.

Now, at that point, no entity is shielded from the frequency of the craft, and the higher self entity which is the one who is having the experience, is brought forth and is speaking to the occupants of the craft. That is the positive communication with self.

Then there is the other type of process where some are taken against their will, encased in the craft and have certain procedures performed on them. If I tell you that some of these people that are taken aboard a craft and have, what is the name of the experience, a hybrid form, would you then be able to separate between the hybrids and the non-hybrid humans. We are now entering in the phase of our discussion I think there is enough said. You may need to think deeply about what I have said.

**Interviewer: All right, thank you.**

Zeta: Put your paper away.

**Interviewer: But I have more questions.**

Zeta: You always have more questions.

**Interviewer: But the next one is an easy one for you.**

Zeta: What is your question?

**Interviewer: It's this business about the Anunnaki. They seem to be unable to communicate well with the medium because of their increasing distance from us, and it occurred to me that you do not**

## The Zeta Interviews

**have the same limitation. You are able to communicate from much farther away** Zeta: From anywhere.

**Interviewer: I was wondering if you could tell us the difference in the technology used by the Anunnaki to communicate with the medium and what you use.**

Zeta: The medium has been trained to receive us. The medium also has other attributes which relate to the race. The medium does not have attributes which relate to the Anunnaki. I'll not go into that in front of other people. That was not a simple question

**Interviewer: Well, I didn't know the answer so I guess I didn't really know.**

Zeta: Nah, ok that's it.

**Interviewer: Thank you**

Zeta: i have enjoyed speaking to each of you, as it could be.

**Interviewer: Thank you**

Zeta: But I perceive that it is time for you to ask your spirit friends to say a question and gauge the answers that you are given. You are given the task of increasing the collective consciousness of the human race, and you are in a situation where you are given access to different types of entities and information. If you are not active in seeking to support others in expanding their consciousness, then you are not a supportive being. A frequency change of the collective mind to be in evidence. Do you understand what I am saying? It is no point in talking to us if you are not talking to others and keeping it all to yourself.

It may be quite safe that you have a task to perform whether it be from spirit people, or for other races. But you are xxxx, that is not the discussion. One which would take up time has been to talk about the collective of the collective mind and what you are creating, who you

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are to become, why some of you have come from a distant planet, what some of you are from the spirit realm. Why would you be walking to get on this journey, it is an exciting prospect. Why it's of importance to this civilization.

## **November 14, 2013**

**Interviewer: I have a number of questions related to previous things that we have discussed.**

Zeta: Continue.

**Interviewer: One thing that I have wondered about is 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 we know 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.

**Interviewer: In a related thing, in the energetic realm where the creative process is more straightforward, to my way of thinking, how are conflicts resolved between two beings at the same level of**

## The Zeta Interviews

**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 function, ah... speaker has changed.

(A different Zeta has arrived...)

**Interviewer: I understand that in the energetic realms that experience is very similar to what we have here in terms of our sensory processes. We cannot really tell the difference. I wondered if the sense of touch was the same in the energetic realms as it is in the physical.**

Zeta: For spirit people, yes.

**Interviewer: Just for spirit people?**

Zeta: No, a clarification is for spirit people.

**Interviewer: All right.**

Zeta: What are you asking, for what race?

**Interviewer: So sensory experiences are different for different races is what you seem to be saying.**

Zeta: Of course it depends on the transitional process, not to have one common theme.

**Interviewer: Can I ask a different question now? Someone in another sitting asked if a human could touch a physical Zeta being, and they**

## The Zeta Interviews

**were told that the human would be burned. What precisely does that mean? There are several ways of being burned and I wonder if you could elaborate on that. Is it a chemical burn?**

Zeta: No, etheric body of Zeta, every entity has etheric template, frequency of etheric template to interact with human etheric template, increase in frequency for the human then translates to physical changes in the cellular structure, and cellular structure representation of burnt skin.

**Interviewer: I see, I understand that.**

Zeta: Good.

**Interviewer: There was another question related to the method of propulsion you described for your craft. There is what you call the cylinder method where 3-dimensional space is rolled up into a cylinder form, and the craft moves from one point to another, across what I interpreted as the seam of the cylinder, and then the movement would be through this higher dimensional space and the craft would then appear instantaneously at some distant location in three-dimensional space. Do I understand that correctly?**

Zeta: Yes, correct, the craft is to create a distortion, but continue on.

**Interviewer: Well I was wondering how three-dimensional space could be rolled up.**

Zeta: A craft is to create distortion.

**Interviewer: Yes, but that space may contain other objects which have an etheric body form.**

Zeta: Now, other objects exist yes, so can only jump. A craft to create a distortion to pull one into an infinitesimal point towards self. Of course other etheric fabric-like sheet, if you pick up you have point in fingers but of course sheet attached, not to occur near matter objects such as

## The Zeta Interviews

planets, in empty space. Irrelevant if other matter, fine matter is distortion. Also much more safe to travel.

**Interviewer: So the cylinder method of travel is only used in empty space?**

Zeta: Because as explained to you before, must travel before time to a point, create jump space, and then travel and continue on. Never to create a point of connection near a planet, too dangerous, yes.

**Interviewer: I see. I interpreted some features in photographs of the craft as a property of this method of travel, and I guess that must be incorrect then. I noticed near the craft a kind of toroidal shape in the atmosphere.**

Zeta: Etheric representation of physical capacity of propulsion system, yes.

**Interviewer: But I'm not correct in believing that this is a consequence of the cylinder method of travel then?**

Zeta: No, because too close to planet, yes

**Interviewer: Yes, can you explain what this shape is associated with?**

Zeta: 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.

**Interviewer: So its the etheric form of the craft?**

Zeta: Part of the craft, yes.

**Interviewer: I see, so it moves and the craft follows? Would that be how it works?**

Zeta: Both happening at the same time.

**Interviewer: Yes.**

## The Zeta Interviews

Zeta: No separation, not either or. To instruct craft via telepathic process, instantaneous, go there, yes, straight away.

**Interviewer: In the photographs it appears that this etheric form then is separated in space from the craft itself,** Zeta: There is no separation, it is imagery.

**Interviewer: Both exactly one and the same object.**

Zeta: Yes. Your physical body has etheric template, yes. They are the same, but in separation both occurring at the same time.

**Interviewer: But my etheric body can be spatially separated from my physical body at times.**

Zeta: Always connected, never to be completely disconnected

**Interviewer: So that's the same as with the craft.**

Zeta: All things, yes.

**Interviewer: All right, thank you, that's good.**

**You said at one point that the astral realm is an intermediary process in the transition to the spirit realm. Do you recall someone saying that? I wonder if you could explain how the astral realm is used for people to transition.**

Zeta: Because the physical body of a human contains consciousness which is thought. All thought is connected to the whole of the human mind. To transition, you must transition through the thought process of your own mind, instantaneous, but still you must include the process.

**Interviewer: So does the spirit disconnect from the astral realm on its way to the spirit realm?**

Zeta: Yes of course.

**Interviewer: Ok so that's why it has to go through the astral realm.**

## The Zeta Interviews

Zeta: Because you are in it, you must go through it.

**Interviewer: Yes we are in it now.**

Zeta: Correct function. One more question then I leave.

**Interviewer: There are what we call etheric symbols on the medium's arm, and I was wondering how they perform their function. Do they behave like conscious entities? How would you activate them? Or why would they perform a function?**

Zeta: Firstly, why do you ask?

**Interviewer: Because other people have suggested in other contexts that artifacts, supposedly extraterrestrial, have been discovered that are sort of like our computer code except that the code and the function are the same thing. Its hard to explain.**

Zeta: You know the human container also has a completed programming. You call it programming to arrange symbology to provide functionality to computers. I will talk at that level for you. We can interchange in discussion. The technology is functions, you understand functions.

**Interviewer: Yes, an action performed.**

Zeta: Yes. So in computer code, a function provides a response. Now a function, many functions, each function has according to its structure a symbol. Now, I can perform multiple functions within one category. Symbology related to race, our race, but not to be used by a human. It would cause chaos as seen by the removal of the pulse.

**Interviewer: So the invocation of the symbol on the medium's arm is the way the function is performed.**

Zeta: Yes, provides technology, activation of function, function produces outcome.

## The Zeta Interviews

**Interviewer: This reminded me of the creative process, and I wondered if the symbol itself is a conscious entity or conscious being executes a creation.**

Zeta: All levels have consciousness, nothing is void of consciousness.

**Interviewer: But would the symbol have an intent?**

Zeta: An intention, yes, to connect telepathically to... A symbology must illuminate symbols through consciousness.

**Interviewer: All right, that is the limit of my understanding so I think we should leave it there for now.**

Zeta: But still an interesting conversation to be able to talk to you about this. And now to take it one step further for you. Now, of course, multidimensional matrix like a, have you seen a honeycomb?

**Interviewer: Yes.**

Zeta: Same process, a function interact and bind together to perform functions of interdimensional nature, to close portals, yes. Portals are a difficult process, so must combine function because portals are a point of origin must be calculated, also point of entry into physical realm, then of course a potential amplitude of portal, a calculation function, yes, and then how to close must be calculated and then to present a portal with solution once calculated to place arm out and present portal with solution, and then portal close.

**Interviewer: So all these functions are performed sequentially?**

Zeta: Instantly together yes.

**Interviewer: They are combined into one function.**

Zeta: Yes, because has technology has capability to draw information from etheric realm in regards to many things so, but must have

## The Zeta Interviews

technology because to support humans and this container in function must have technology, yes. Finished now.

**Interviewer: Thank you very much.**

## The Zeta Interviews

### **November 16, 2013**

**Interviewer: what is the mechanism that causes levitation in physical mediumship seances?**

Zeta: A field is created around a device - let's say it's a table, and the consciousness of the entity that is in control creates a... imposes its thoughts on the field. And now, what is in the field? And then shifts the etheric body of the table, the physical matter follows the etheric body, but you will notice that your hands that are attached to the table are not in any way affected by the levitation process. There is space between all things, and although you are touching the surface, you are not touching a surface.

Then of course there is the other way of doing it. And there is no other way but to explain it and the consciousness of the medium is extracted and what is seen that a very fine matter propagates through consciousness, it then attaches itself to the table and the table is moved. The cord, as you call it, may or may not exist.

It may be said to you that there is also another way to look at the table levitating. A group consciousness, a group of entities may impose their will and their thought process upon the table, and the combined thought that the table will lift manifests a change in consciousness around the table, and then the table will shift.

And of course the last way is to poke it with your finger.

**Interviewer: The first two ways both depend on spirit moving the etheric form of the table, and then the physical components follow?**

Zeta: Yes. You should ask more questions related to your seance room process. Obviously you have much illusion as to what is taking place.

**Interviewer: Yes, I have an idea in my mind which may or may not be correct about what happens. The medium in a seance talks about a**

## The Zeta Interviews

**field existing between or among the sitters, and my understanding is that thought processes can modify what goes on in that field.**

Zeta: Yes, I will talk about that now. Who here who has sat in one of your sitting processes, has felt much pressure that they were going to black out, or to be dizzy, or to be unwell? That is the will of the medium, the consciousness of the medium colouring the field if the medium is not in the correct state of control, and the spirit people that are creating the mechanism for your show, as you call it, you will feel that the consciousness has a real effect from the medium.

**Interviewer: And this can happen even though the sitters are sitting outside of the field, or are the sitters in the field?**

Zeta: The sitters are in the field, but initially when the field is created, depending on the residual energy, the field will gain exponentially in regards to its capacity to move beyond the structures of your walls, as you have experienced.

**Interviewer: The field I sensed outside of the structure?**

Zeta: Yes.

**Interviewer: There is something that happened in that seance that I would like to ask you about that involved an apport that fell from the medium's hand into mine, and I believe that I saw the apport form just below his hand. Can you explain what went on there? The medium has some ideas of his own. He sensed some kind of circular energy flow around himself, through the earth, and back to himself. Is this consistent with what you know?**

Zeta: Is the medium necessary, that is the problem. And no.

**Interviewer: He is not necessary in that process?**

Zeta: But what is necessary is the consciousness of the medium, and so the perception is that when the medium's physical orifice, as you may

## The Zeta Interviews

say, is positioned within the capacity of the spirit entity's consciousness, it would be seen to be that the apport materializes. But it is a meeting point of the minds, basically, but the overall capacity of the apport production process is based around the spirit entity's ability to control the population of the etheric body.

**Interviewer: The etheric body is populated with what?**

Zeta: Whatever is required.

**Interviewer: Ok, he suggested that there is some kind of fine matter flow in a big circle going through the earth, then back up to the location where the apport was to form.**

Zeta: That may be a perception that he has, yes.

**Interviewer: It's not necessarily correct?**

Zeta: It is not necessarily incorrect, but it is a perception, because apports are created without a medium being present. It is the point of consciousness of the spirit entity that will manifest the apport.

**Interviewer: So the apport can be formed by a spirit acting on its own?**

Zeta: Of course, yes. Do not believe that all influence for a medium to succeed, also all entities that work with their mediums, work within the capacity of the medium. Much is dependent upon what is possible. There is no strict guideline.

**Interviewer: Does your race form apports?**

Zeta: No, why? Why build matter?

**Interviewer: It could be done to influence human behaviour.**

Zeta: Unless you are saying that, if I was to move my consciousness to another point, and then recreate myself, then I have teleported myself and created an apport. I am saying that a part of my consciousness

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would obviously be in its original position in the container, else what would exist in the extended state of existence but a shell of a container with no consciousness. And this is why no animated objects are apported.

**Interviewer: Let's see if I understand that. You can project your consciousness to another point (Zeta: Yes) and create a physical apport.**

Zeta: I will explain so that you are not feeling like you are struggling with that. I have projected or extended my consciousness and populated the medium's form. Do you understand?

**Interviewer: With your consciousness?**

Zeta: Yes, the humans have called that a trance process, but of course spirit people, and that is not an understood concept for spirit people, because it is a belief structure that humans have. The spirit people end up able to accurately project from a distance to move to a trance state so they populate the medium completely, with their essence, their consciousness. They do not understand how to place it till separation, and so of course, they have another way there. You would project yourself, I would say, if you have an out-of-body experience. Do you understand what I am saying?

**Interviewer: I understand what that is.**

Zeta: That is the concept. What if in that state of being and separation, that you were able to repopulate or reconstitute yourself. Would the matter available be that frequency?

**Interviewer: As another physical being?**

Zeta: Yes, you could be any shape that you require yourself to be, because the etheric body is known to you as a process of separation. I do not send my energetic self to another point, I send my

## The Zeta Interviews

consciousness to another point, and this is a difference because when the spirit people create forms, they are taking images of what exists, or there is nothing. What may exist in the consciousness of the universe, and create and populate that into a physical item, this is why as the medium's friend has stated, that sometimes there is a decay in the apport process because the frequency is unable to maintain its level of the combination of that. **Interviewer: And the apport would then disappear?**

Zeta: Yes, but to its old state which never existed in the beginning, as matter is a combination of varied substances to perform a function.

But I have not been being nice, how are you?

**sitter: I'm very well thank you**

Zeta: How are you? **sitter:**

**Pretty good.**

Zeta: Is that appropriate for the discussion? The other sitter was saying that it's nice to acknowledge the entity.

**Interviewer: Yes, that is an appropriate thing to say, yes.**

Zeta: Your protocols are very difficult to understand.

**Interviewer: Yes, sometimes we have trouble too.**

Zeta: Do you understand so far what I have discussed with you?

**Interviewer: At a certain level I think I do.**

**There are a series of questions that I would like to ask you at some point, it doesn't have to be today.**

Zeta: I have some homework for you.

**Interviewer: You have some homework for me?**

## The Zeta Interviews

Zeta: Yes, take five of your questions, and ask us for the answers, and then in the sitting, we will ask you for your answers to your questions.

**Interviewer: You will ask me for the answers to my questions, interesting. Does that mean you think I know the answers at some level?**

Zeta: No, not at all, but we would like to see how much influence we can place upon you, and so this is our experiment. **Interviewer: All right, that's an interesting experiment**

Zeta: Of course, we like our experiments like you do. We are a very technical race. Everything for us is experimentation. This gathering is an experiment.

**Interviewer: There is mutual benefit, I'm sure, because your information is useful to us too.**

Zeta: If that is important to you.

**Interviewer: Yes it is, is your experiment important to you?**

Zeta: It is based in what will ultimately become a combined race.

**Interviewer: I see, then it is important for us to learn much about what you know in order to facilitate that process, would it not.**

Zeta: No, this is all based on protocol. Others will discuss technical information. But if our race does not understand how to navigate your complicated social structure, then there will be disagreement and a misunderstanding.

**Interviewer: So the purpose of answering my questions is to learn how to communicate with us or talk to us, deal with our social protocol.**

Zeta: Yes, not to give you any information, that is just a byproduct of the communication. We are learning about the way that you think.

## The Zeta Interviews

**Interviewer: Ok, I understand that.**

Zeta: You see if I now speak to someone else, they will speak differently, so we need to understand through discussion how complicated you are, because you do not yet have the collective mind where you all think the same, but still hold your individual aspects. And then you believe that they are very important. And you do not understand that they are not. Unless you are producing a service for your civilization, you are not. Each entity provides a function. If you are not providing a function, then you are irrelevant.

**Interviewer: Well, my function here is to learn about the nature of reality as you perceive it.**

Zeta: We have found that many of your race are, without being derogatory or wanting to diminish what you may perceive as important, many of your race are in addiction and are not supporting the race through the proper process, and so they are to become irrelevant and will not have discussions with us because we have nothing to learn from them as they are obsessed with their own consciousness, betrayed by what they desire, what they see which is to hope they can bring back transition.

**Interviewer: You will bring back transition? Yet that will happen without any contribution from you, is that not correct?**

Zeta: That is correct, So, why would you come to a race and quite often to speak to a person with addiction. You should understand why many of the humans are experiencing addiction. Only seek entities of clarity such as yourself and others who are not in addiction, because a person in addiction is following the path that the chemical or the psychological process is guiding them on. And so you do not need to understand the human but the molecular structure of the addiction if it is based in matter. I don't believe that you understand what I am saying.

## The Zeta Interviews

**Interviewer: Well I understand that there are many people who are very ego-oriented, that they want to understand things to promote their own position in society or to gain wealth, and so on, and often some of this information that they discover remains hidden for...**

Zeta: That is the ego-based process, but I am talking about your beverages and your chemical substances which humans induce. It is seen by us that many of you are in addiction to these substances.

**Interviewer: Oh, you're talking about drugs and alcohol.**

Zeta: Yes, that is the name for it. And so if part of your population is addicted to something, then of course their behaviour is based on structure, the molecular structure of what they are ingesting. We have no need to discuss with them to understand the protocol, as they are not a desirable function for a race. This may seem rather harsh.

**Interviewer: Yes, it does, but the rest of us would understand that. Why would you want to talk to a person who has no interest except in where his next drug dosage is coming from?**

Zeta: Yes, you will see in the future that this will become a major issue for your human population.

**Interviewer: Yes?**

Zeta: And now I am to leave.

**Interviewer: Ok, thank you for your insights.**

## **November 18, 2013**

**Interviewer: I have several questions as you requested. There was one time when a Zeta communicated visual information telepathically to me. It happened unexpectedly when I was in a relaxed state. Is it possible for us, you and me, to have a 2-way conversation telepathically without my entering a deep altered state?**

## The Zeta Interviews

Zeta: This is not the process that has been discussed between us.

**Interviewer: My recollection was that I would ask five questions and I would answer.**

Zeta: So what is your answer? Do you understand what I have said?

**Interviewer: I did not come in with a prepared answer** Zeta:

Would you like to terminate the discussion?

**Interviewer: Did you want me to come with a prepared answer? That was not clear from our arrangement.**

Zeta: Are you able to with your capacity to think through to an answer now? Yes you are being tested.

**Interviewer: Well, it is obvious from past experience that you can communicate with me. The question is, can I do the same with you?**

Zeta: You have not trained yourself to accurately functional thought process, but in the future is you were to train your mind, and I would suggest to you that you use the remote viewing process to train your mind to do so. This is very close to the same mechanism as the connection process.

**Interviewer: Thank you, that's helpful.**

Zeta: That is helpful, yes. What is your second question that you will answer yourself?

**Interviewer: The question has to do with the conjoining of objects. They conjoin and resonate to form one object out of a number of objects, that's my understanding, for example, a being and its environment. So the question is, how does a conscious entity keep its identity as an individual when it conjoins with objects in the environment.**

## The Zeta Interviews

Zeta: You will need to explain your question more thoroughly (all right), you will need to provide an example.

**Interviewer: Yes, we are sitting here in this room, (Zeta: You are sitting in this room) and so are other beings and other objects like that table in front of us, and it is my understanding that at a fundamental level, where everything is represented by frequencies, that objects are not localized as we normally experience them, but they are distributed, and that means therefore that the representation of the table is conjoined with the representation of myself, for example. So now, if I were to move outside of the room and leave the table behind, that representation of both of those objects would have to be separated in some way so that I can leave the table behind and perhaps conjoin with other objects in the environment in the space outside the room.**

Zeta: Yes, so continue, now I will hear your answer, I nearly told you the answer then.

**Interviewer: I suspect that we as beings have a consciousness that belongs to a special class of consciousness that is self-aware, that is what we have been told, and my expectation is that this special class of consciousness has its own boundaries which allows it to unconjoin, the opposite of conjoining, to leave the resonations of other objects, the frequencies of other objects, allow them to separate from this special class of consciousness.**

Zeta: Wait for a moment... All matter has consciousness. Your table as you say cannot speak. Why is that? Does it have a mouth? (no) Does it have the organs to support a connection process? (it does not) So how would it communicate with you?

**Interviewer: I would conjoin with it.**

## The Zeta Interviews

Zeta: Yes, and so now, you believe that there are different levels of consciousness, but if you were, for example a stone, a crystal stone, are you able to communicate with this entity? You see, human beings believe that if you cannot speak or somehow indicate your intentions, then your level of consciousness is in some way different to them.

**Interviewer: I don't think that is quite the definition, to my mind, what distinguishes us from inanimate objects which was the nature of the consciousness that they contain.**

Zeta: No, I will say to you that these supposedly inanimate objects are conscious things, and that the difference is in the level that you communicate with them, as you are only a construct of matter as they are a construct of matter.

**Interviewer: Yes, at the level of matter, but at the level of consciousness there is supposedly a difference. We have been told that there is a special class of consciousness from which souls were derived, and this consciousness has self-awareness. It knows that it exists.**

Zeta: There is self-awareness, yes, but I think this is a little bit complicated, and we are using a very simple work. Your table is aware because it is made of matter, and matter at its basic level is consciousness. It can not communicate because it does not have the required physical components. I cannot in some way speak to the table, although I can sense the table as you can sense frequency from a stone. If I was to hold a stone in my hand, or a table or a chair or any other item, I would receive information from the energy of the item.

**Interviewer: But the question was, how does the representation of that item separate from the representation of one of us, for example? If all is represented at a fundamental level by frequency**

## The Zeta Interviews

**resonations (yes) then those frequency resonations have to shift when we rearrange those objects.**

Zeta: When you move, are you conjoined with the table?

**Interviewer: Yes.**

Zeta: How?

**Interviewer: By the resonations of the frequencies that represent the table and myself.**

Zeta: And what stops you from leaving that resonance?

**Interviewer: Nothing stops me, but I don't understand how things change in the frequency representation, that when we do change the arrangement of objects...**

Zeta: It is the rearrangement that is the issue, or the rules are different analogy.

**Interviewer: They are still unitary objects. The table is a table whether I stay or not, and I am me whether I leave or not. But at the fundamental level when I'm with the table here, I resonate with the table and everything is one in a sense ...**

Zeta: No, now I understand what you're saying. Do you believe that you are of the same frequency as the table?

**Interviewer: But the table also has a number of different frequencies in it.**

Zeta: Yes, of course, as do you. So you are a shape shifter, they call you. Matter is able to be in disassociation with other matter.

**Interviewer: Yes, the question is, how does that happen at the level of frequency? Why is one set of frequencies, why do they stay together in order to make that object, as opposed to half of the**

## The Zeta Interviews

**frequencies of the table and half of the frequencies of me splitting off and becoming an object?**

Zeta: That is an amusing question.

**Interviewer: An amusing question?**

Zeta: Yes.

**Interviewer: That's the crux of the problem.**

Zeta: It's no problem, because at the basic construct of matter, it is held together by consciousness. The source entity, if you wish to say, understands form.

**Interviewer: So it is my consciousness that decides, determines what components of the overall representation stays together in order for a table to remain a table.**

Zeta: I find these questions amusing, and not because of any reason, but the perception is that there are ... this is consciousness playing a game with itself, this is consciousness seeing itself in separation, this is the local consciousness having a level of thought believing itself to be in separation, filtering the other aspects of itself and hiding from itself. So it's rather amusing that the consciousness believes this to be so. Can you control who terminates?

**Interviewer: When I terminate?**

Zeta: Yes, without killing yourself, my friend. Step out of your body now and die. Can you do that?

**Interviewer: Apparently not, no.**

Zeta: No, but you can, that is the difference.

**Interviewer: I can step out of my body and die.**

Zeta: Yes, of course you can.

## The Zeta Interviews

**Interviewer: The body might die, but apparently my consciousness does not die, so what dies then?**

Zeta: Matter disassociates itself.

**Interviewer: Yes, I can understand that I might have been too focused on the physical.**

Zeta: But we like to talk to you.

**Interviewer: Thank you.**

Zeta: Is everybody able to understand what we are saying or is it of a nature that is impractical for the sitting process? Do you have any questions that the others may understand rather than us talking to each other?

**Interviewer2: On that subject, is the table of a different consciousness when it was a tree? It's changed through the life of the table.**

Zeta: that is a very good question. The tree, the matter, is reformed to take shape. And no, it does not change, but what does change frequency is a reconstitution, and so if the matter was somehow completely pulled to pieces and then mixed with other substances, then it would recombine as a different type of energy. But of course, its consciousness itself would remain like a fabric that cannot be changed. And so it is consciousness seeking to find itself in separation, and presenting itself on many layers of understanding.

**Interviewer3: May I ask when we hold a crystal or we sit with a tree, and we close our eyes and just blank out our mind and our thinking, and we can have some impression of some feeling come through, is that due to sitting with the crystal or the tree?**

Zeta: There is an interlinking between... there are two stages to this. Of course we always try to simplify the process. And so, if you were to

## The Zeta Interviews

stand by a tree, or a human, or whatever, the etheric body of the entity, as all matter has a secondary body, would interlink with your own, and would perceive information from the field of the entity. But of course now, what if you want to connect to your crystal. If your crystal is a long distance away and you wish to connect to it, of course you cannot move into its proximity because physically you are a distance from it, and so how can you access it?

### **Interviewer3: By a thought pattern?**

Zeta: Yes, because you move into the interconnected consciousness of all things, and so you can also gain information from that field, that body, that field which holds the information

... there seems to be a request coming through for you (the first Interviewer) ... There was discussion in regards to what was said to you about... the information that was given to you is not important, do you understand what was said?

### **Interviewer: That the information that you gave me was not important?**

Zeta: No, I was saying that was part of a conversation, but that was the stream that I have received. Was there not an issue between you and the medium in regards to what was said? The information that you have been given, you somehow perceived to be false.

### **Interviewer: I'm sorry, I don't quite understand what I perceived to be false.**

Zeta: You were talking about the human experiment, that you were able to place information into something to see if it worked even if it was inaccurate information. You still do not have the recollection of the conversation.

## The Zeta Interviews

**Interviewer: Were we talking about the experiment that you said you were doing?**

Zeta: Yes.

**Interviewer: I was concerned that since our objectives were different, you were primarily interested in studying social interactions between your race and ours (yes), and I was primarily interested in finding out new information about the nature of reality, I was concerned that the accuracy of the information that you gave me might suffer because our objectives were different. The question is, can I still depend on the accuracy of the information you give me.**

Zeta: The discussion is the conjoining frequency, if you wish, the discussion must be accurate because, if it is inaccurate then we will not get the correct results from you. **Interviewer: Ok, thank you, that clarifies that.**

Zeta: There seemed to be some energy in the fabric of the room that was a residual effect from that conversation which we had.

**Interviewer: Thank you, I understand now.**

Zeta: Have I ever demanded anything of you?

**Interviewer: No, what I've done has always been for reasons that I thought were beneficial to all.**

Zeta: For the others that have spoken with us, have we ever asked anything of you?

**sitters: No, no, never.**

Zeta: Have we only given?

**sitters: Yes, yes.**

Zeta: We have also stated that you must secure your own truth in regards to all things. Any entity that comes to you and states that you

## The Zeta Interviews

must believe what is said, then you are in error. Challenge all things and then use your intuitive abilities to find your truth.

**Interviewer: And that's possible because you've told us that all is illusion.**

Zeta: That is an interesting conversation.

You must understand that you are one race, or perceived to be one race. There are many other races which we interact with, and there are many other races that interact with you as humans. But whether your perception is, or whether you are able to understand that you are being interacted with is of a different level of consciousness.

I would say to you all that, as a basis for discussion, hold your frequency until you understand, when another comes to you and changes your emotional state, and they are, and you are, allowing your frequency to change. That would manifest itself as a level of happiness within a human form. When you allow others to change you, you are giving your will over to another entity. And now the other discussion is that, of course, all is illusion.

**sitter: I feel I'm struggling a bit and I need to understand why that is.**

Zeta: Wait for a moment. How are you struggling?

**sitter: Feeling nauseous again, just wondering because it never happened, I wish to know why.**

Zeta: Yes, I will explain to you why. There are many spirits that are trying to interfere with the sitting. We are fending them off, as you say. There have been many spiritual entities that have been brought into the house, and other spirit teams have been in this area which also have residual energy. Now, as we are able to speak to you, we are able to hold the passage of the energy at that frequency level so that you are unaffected by it. But each time we allow the level of conscious that

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changes in regards to the medium's body, the residual energy and the other entities are trying to influence the room. They wish to speak to their loved ones. They are not a harmful entity at all, but quite often they come to view what is taking place. Wait for a moment... Is that any better?

**sitter: Yes I think so, the beings left...** Zeta: Is

that any better?

**sitter: Yes ...**

Zeta: The other sitters are used to the very strong energies that come. If you were to sit with us continually, you would build capacity to withstand the entities that come around you. And so, I will give an explanation. As the other entities are trying to influence the frequency, to rebuild the amplitude of our connection to the medium, it then causes a physical response within your body because the frequency around you is changing. The spirit people do not mean any harm, but if they are able to influence the field that we are in, then...

I will give you an example so you will understand this. If TC, as he calls himself, enters the field, then you will suddenly feel much different because he has the capacity to move in and out of the energy of our race, and you may feel dizzy because he is a spirit process. But he is also much aligned with us, so he is able to move in and out but still, his level of energy will be magnified by moving to this level at this point.

I think the technical aspects of what actually takes place in this process is because they are not obvious in xxx most sitters, and it is only the medium that is in some way aware of what is to take place. So, the medium has consciousness, yes, and the medium's consciousness is in some way not with him, but any changes that are significant, the medium's local consciousness will step forward, and he will demand to know what is the problem. This is a safety mechanism that has been

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put in place. I must then respond to his questioning process, and so we will stop and start a sitting, which shows you that the medium has much control over what is taking place. The mediums that state that they are in some deep trance are actually influencing their own sittings because the capacity of the conscious minds influence the entity that is speaking through them. The entity becomes part of the subconscious mind, and so it is often seen that the medium is speaking from himself. But many would be unaware that they are speaking from their own mind because the subconsciousness has the capacity to bypass the local consciousness.

Do you expect your guides to have some control? (**sitter: I do**) Yes of course. Should they be able to help you? (**sitter: Yes**) What if they are not helping you? How many guides are able to perform the function that they wish to because they have not grown into that level of understanding, such as the JC <initials of a spirit guide> entity. I would not be able to withstand a imposition from other spirits.

There is also the process where extraterrestrials, as you call them, or other races try to break through to the sitting, so we must also fend them off as well. Sometimes it's not worth the sitting because there is too much consciousness focused on the process. A, and I do not like to use this word, a master guide should be able to control what is, and if your master guide is your higher self, then there should be finite control in your environment.

What have I just done? The sitter was in discomfort, the energy changed in the room, the door was opened, the framework of the sitting has changed, the spirit people have been ejected, and now the energy is returning to normal. Should a guide be able to do that?

**sitter: I would think so, yes.**

## The Zeta Interviews

Zeta: Yes, you must be able to feel safe with your guide, you must trust your guide, you must build a relationship with your guide. If you are under attack, as you say, then you must be able to speak to your guide, else you will be at the mercy of many entities. But you must also understand that you need to work with your level of consciousness in regards to the energy that you hold.

## The Zeta Interviews

### November 21, 2013

Zeta: And so, why are you producing the energy?

**Interviewer: I want to make contact with the spirits in the spirit realm and also where you come from.**

Zeta: But you can't produce the energy and not have any contact, and so it is the opposite effect, that it is when you are initially contacted by a being or entity that you feel a drawing sensation from him as if something has been activated, and so it is from there they are activating the connection between you and them.

**Interviewer: When I feel it, I am being acted upon by....**

Zeta: Yes, you are influenced. Now of course, the human has the capability of producing a vast amount of energy, and so one may find that the etheric body is moving to an increased size when they are building their own energy, that they are not in contact with another entity, and that is their training, and so they must learn to differentiate between what is of their own making and what is activated by an external entity, and this is quite simple to determine if you are not sitting and focusing but it is a random act, and you will certainly feel that you are being acted upon by an entity.

And now, interestingly, you were able to sense the energy and were able to walk away from the dome or the shield, whatever words the medium has made up for this process, that you were able to sense the energy of that, the increase in the size, you were being influenced by the shield that was being created near the sitting. And now, of course, the closer you came to it, the more your etheric body reacted to the shield, and the further you moved away from this device, the less you felt. But that is not the same as when you are being acted upon, because you are able to walk away from the shield, but with an entity you are not able to walk away from it.

## The Zeta Interviews

**Interviewer:** Later that evening, we did go back to the seance room and there was an entity there that acted upon me, and it followed me back to the house. The sensation was somewhat similar.

Zeta: Keep going with your story.

**Interviewer:** The sensation also came this morning when I was holding a small stone that I had a previous experience with. Was that acting upon me, or was I simply creating my own energy?

Zeta: You were acting upon it, but continue on with your entity story.

**Interviewer:** Me and another person, we went back together and she was reluctant to enter the room. I went in and immediately felt a warmth and pressure acting upon my body. We turned around and headed back to the house, and I could feel the same sensation accompany me back to the house. Before we entered, it went away. I don't know anything more about what was following me, what its intentions were or anything like that. Can you enlighten me on that?

Zeta: Let us go back to the beginning of your story. Who entered the room first?

**Interviewer:** I entered the room first.

Zeta: What did you sense?

**Interviewer:** I felt something kind of hit me, there was sort of a whole body feeling. I guess I would describe it as slightly warm Zeta: Were you in fear?

**Interviewer:** No I wasn't at that point. I don't think I was ever really in fear. If there was fear, it was generated by the emotions of the person with me.

Zeta: The other person, yes. So what did you determine from this? This will be difficult but what would you have determined if the other female was not with you?

## The Zeta Interviews

**Interviewer: I would have still felt the sensation.**

Zeta: But what would you have felt?

**Interviewer: A presence, I would have felt a presence without any emotion to speak of, I think.** Zeta: Would have you been fearful?

**Interviewer: I don't think so, there was no tendency, I was interested, I was surprised, and I wondered what it was, but there was no cause to fear as far as I could tell. I don't know what would have happened if I had stayed longer or if I had felt more happening. It's possible that it might have generated some fear, I don't know.**

Zeta: What did the medium do?

**Interviewer: We went back out to take another look, and when we went back to the room where this happened, neither of us could really feel much of anything. The entity, whatever it was, seemed to have departed**

Zeta: But what did the medium do then?

**Interviewer: I don't remember exactly.**

Zeta: Would you like me to tell you?

**Interviewer: Yes, please tell me.**

Zeta: You turned on the lights, he told you to turn them off, he then walked in the dark up to the cabinet and opened the curtains and stood there. Do you remember that? (no) That is what happened.

**Interviewer: Okay, and what did that accomplish?**

Zeta: It shows you that what you focus on you create. What you believe to be true, or do not believe to be true can affect you. We have told the medium that we will not allow him to be taken over by any entity, and so he does not hold the level of fear that another may. I believe that you were influenced by the other female.

## The Zeta Interviews

**Interviewer: By her fear?**

Zeta: Yes, of course

**Interviewer: And this created the entity?**

Zeta: Yes, of course.

**Interviewer: Oh, I see.**

Zeta: The energy obviously existed in the room, but the energy itself is just a neutral process. Quite often humans scare themselves, but that does not mean that an entity cannot come, but you must, if that takes place, stand your ground. It does not mean to rush in foolishly and get harmed.

This is a training from the intuitive spots xxxx. Quite often many of the entities that are believed to exist, do not exist at all, or exist only in the mind.

You need to look at that summation rather than conjecture, but with the energetic presence that has built up by us and others, and the energetic dome, the forms the functions xxxxx. And xxx xxx xxx the spirit people and other races... You may feel what you wish, but if you are not in any way physically affected then the entity comes from within, but if an external influence is placed upon you such as a migraine, as you call it, or you are unable to see, or there are many ways to determine this but the influence is then, apart from being generally xxx, then you are being impressed by the energy, impressed in an egotistical way. They are trying to impress upon you their presence, they are trying to influence you by their consciousness.

**Interviewer: What motivates them?**

Zeta: Because they are much aligned with the physical realm, and of course depending on who they are, they seek to control, and if they can control you through fear, they have you.

## The Zeta Interviews

**Interviewer: So the migraines and things like that are an attempt to engender fear?**

Zeta: What does it tell you that there is a lack of control, and so if the medium is suffering from a migraine, that you too a attack xxxxx, but then the medium has nothing to fear. Initially, he may have been many years ago. It is because he has waited too long to do something about it, but a person who is not trained would feel helpless that they were under attack and would call for their guides who somehow would come.

**Interviewer: What would be the purpose of the so-called attack? We eat because we are hungry, the entity would give a person a migraine for what reason?**

Zeta: They would not understand that they were giving you a migraine. They would understand that they were able to associate with what was once their physical form, the pleasure of being in the physical. But it manifests in the human being as a different type of xxx.

**Interviewer: can you describe to any degree how you moved an entity off?**

Zeta: Yes of course, I understand the question. I moved into the presence of the medium, the frequency that I hold is much different from spirit people. They are unable to maintain their level of consciousness when we are around so they must leave our environment.

**Interviewer: So there is an incompatibility between their state of existence and your own?**

Zeta: Yes.

**Interviewer: And yours is, because its a higher frequency (yes), overrides the other one?**

## The Zeta Interviews

Zeta: Yes, of course.

**Interviewer: So if we wanted to be able to do that ourselves, we would have to learn to raise our frequency, raise our level of consciousness.**

Zeta: Yes, or to be in tune with a guide entity that was already at that level, or a loved one that you knew could somehow raise your frequency. Or to, as you say, be with love.

**Interviewer: So we can call on any loving entity that we can think of, and that would be sufficient.**

Zeta: If you felt the... let me think of a way of explaining it. Do you love your wife **Interviewer: Yes, I do.**

Zeta: When you have emotional content for the love, and so within your chest parameter you feel a certain emotion, you feel that you love your wife, and so there are two different situations. One is where you are asked, do you love your wife, the other one is where you actually feel the emotion of love, that strong emotion. That strong emotion gives you the capacity to be in a different frequency, because the emotional body is resonating in conjunction with the etheric body, and that's the frequency that you are emanating is based, has it's core basis in the emotional of love.

But you do not need to be in love to defend yourself. It is a matter of acting upon your thought process, understanding who you are.

**Interviewer: How can understanding who I am fend off energy that I don't want to experience?**

Zeta: I will give you an example once again. Did the medium tell you he had a visitor that came into his dream state? It was a grey entity as you call it.

**Interviewer: Oh yes, yes.**

## The Zeta Interviews

Zeta: How did he defend himself?

**Interviewer: I don't recall the details if he did tell me, on how he defended himself.**

Zeta: He remembered who he was.

**Interviewer: He did say that much, but I didn't know what that meant.**

Zeta: That was enough to drive the entity away.

**Interviewer: And what does it mean to remember who you are?**

Zeta: It means to understand who you are outside of your physical entity, and not to be lead astray by the local consciousness. And so, if you spend much time in meditation and seek the inner part, as we say to many, you will find that you have much power over xxx too, and go on many journeys to exist in many states, because once you, if you ever are able to leave your physical body at will, you will need to know who you are, so that if you come upon other entities, you may stand in your energy.

There is no need for confrontation, but these things are a matter of xxx. There is no confrontation when you stand within yourself. If another entity that was a higher vibration frequency than you would come to you, then you would sense love from him. You would not be trying to defend yourself from a loving entity, but you would be allowing your frequency, your emotions to increase as you become one with the entity. But the opposite applies when the entity comes to you. It sees you in some respects as a higher level frequency entity and tries to join to you as you join to another loving entity. And so, if you are unable to withstand the joining process, because many times when we have encountered the spirit people that have not transitioned correctly, but we are able to withstand joining to them, so we can explain to them what is taking place.

## The Zeta Interviews

**Interviewer: So, in order to know who I am, I have to understand that I am a loving entity?**

Zeta: Yes, my friend, and act accordingly.

**Interviewer: So when I ask a very loving entity to help me and I resonate with it, how is that different from a lower level entity, a lower frequency entity, wanting to resonate with me.**

Zeta: Because the capacity of the consciousness of the, and we will use your human constructs, if you were to see an angel, and you felt the love from the angel, you would understand that you were increasing in frequency and emotional capacity. But the angel, or the entity that is appearing as the angel, would be sensing a lower form coming towards it, but the angel would not reject you because it understood that it has greater capacity to give you experience, and to even possibly change you.

But a human would struggle to allow a low frequency entity to come to it, to be xxx. They would perceive it as some sort of attack. But if you knew who you were, you may link to the entity.

Now I will tell you another story. The medium was faced with a spirit person in the house and did not want to link to the entity because he believed that the entity would somehow possess him.

After three days of fighting the entity, he decided to allow the linking process to take place, and he found it was a small child that was trying to communicate with him. But because the child was much close to the physical, the medium felt like he was being attacked. But once the medium understood what was taking place, his perception changed of the situation, and he started speaking to the entity, and of course straightaway a physical manifestation started to occur around the medium, the headaches, the blurred vision all stopped. But he had to be brought to a place where he understood what was happening.

## The Zeta Interviews

**Interviewer: But he linked to the entity before he knew what it was (Zeta: Yes). If it had not been a small girl, but rather a more powerful low-frequency entity, could he have broken the link at that point?**

Zeta: He would have had to use his guides to ... There was much preparation, we were standing in the background of what was taking place. He had alerted us of what he was to try to do.

**Interviewer: So it's not an approach that could be used by everyone.**

Zeta: Well if you inadvertently had moved to places where these frequencies are, then they will attach themselves to you, and you may not understand why or how to get rid of them.

**Interviewer: So you would need to have the help of your guides or whoever else was willing to help.**

Zeta: When a child is to build something, they are shown by an adult how to construct it properly. If the child built it by himself, it would not look like what it xxx xxx.

**Interviewer: So proper guidance is useful, as you say.**

Zeta: Yes, of course, but as in any situation a guide will always allow their friends to get into trouble, as you say, or the perception of trouble

**Interviewer: Hmm, and not stand in the way of their learning.**

Zeta: That is correct, yes.

Zeta: Why have we had this conversation tonight?

**Interviewer: When you want to go somewhere, it's always useful to have a roadmap and understand where you're going.**

Zeta: Yes... we are now finished with our discussion. We have given you the understanding of the basis for connection. That is much better than any answer to a question that you could have thought of. You

## The Zeta Interviews

now know the difference between your own energy and other's? You have been give an experience of different kinds of energy, some which existed, others which did not. You have been able to sense energy. The rest is now up to you.

**Interviewer: Thank you.**

### **December 30, 2013**

(A messaging conversation on internet chat) **Interviewer:**

**What is the clicking used for?**

Zeta: Firstly, the clicking is guarantee that we are speaking, and so when this is heard on the recording device there will be a clicking associated with our words.

Now, the energy of the clicking, the conscious state of the clicking allows the communication process to move in to a more firm environment, and so the medium is able to utilize the clicking as it is based in consciousness. It provides states of connection.

**Interviewer: Is this clicking a connection between the race, like telepathic communication?**

Zeta: I can hear discussion and clicking but you cannot. With my race there is much being said. Now, I will give you an example. When you speak in english, if your friend [sitter's name] is to speak to you, it is because of the language you are speaking. Because you are speaking in english, she is able to assimilate into the conversation as she knows the language. But what if you were speaking in a different language? Could she assimilate...no, as she must know the language. We use our own language as he moves in to the language field.

It provides us with the impetus to move into connection and speak, because the medium is then removed and we speak, a state of conversation is created, and we then come.

## February 10, 2014

Zeta: I am trying to explain your spirit realm. Of course, the spirit realm is a multidimensional creation. Within it there are threads of consciousness and the threads of consciousness are individuals who have existed in the physical form. The threads are informational fields which combine to create the whole soul process, and so each of them are taking many turns to again perceive the existence of matter of a human entity, or any entity that belongs to this planet. Quite often the threads of consciousness are joined together and become husband and wife and then return back to the informational field once they have finished their journey together. If you wish you can perceive yourself to be of a human construct, the opposite but also, if you do not wish to live in that construct, then you do not.

The container that is the spirit realm is a entity of consciousness. The informal fields, the informal structures within the consciousness are seen to be a separate entity. The formal structure of the informational field allows a construct to exist, and the belief structure is then that there is a spirit realm.

Many of the entities in the informal field which are the individual threads may not be able to perceive that they are actually not human, and so this is where the discussion starts about the spirit realm. The spirit realm is then within its own confines, has the belief structure that individuals exist.

Many of the entities in the informational field that is known as spirit realm believe that they are singular entities. Many do live with their partners as consciousness, believing themselves to be the form, and so you see that the informational field has the ability to create any construct, any belief system, any existence that a human soul requires.

## The Zeta Interviews

And now, how do other races create hybrid souls, because they integrate the consciousness they have with threads from the informal field, and once the informal field is birthed through the natural process, a race may enter into the physical reality of being a human container.

This is very technical information, and it is believed that you will not fully understand what has been said.

It takes you some way in understanding the differences between the human mind's construct of the spirit realm and what actually exists. But if you are inside the spirit realm construct, you will not be able to tell the difference. Just as the humans are unable to understand the construct (the clicking has started) of spirit realm.

This is why so many of the phenomena that are seen such as orbs and lights and other forms of matter, exist only for a short time, because the informal threads of consciousness move in and out of the frequency, the fabric of the human existence, and this is why your friends can come and speak to you, because they move between the frequencies to come and speak to you.

What is the human makeup, what is the construct of humanity? You are but energy, and the energy creates molecular structures, the molecular structures come together as cellular matter, the cellular matter creates a human construct, and so you at your finite level of energy and consciousness. The physical matter of the chair the medium is sitting in does not exist, but what exists is the energy and the consciousness of the shape of the matter to create the chair. And so, if you remember this, then you will understand that the spirit people are able to see what is not.

You only see what is, you see the physical representation, whereas spirit people see the energetic representation, and so when they cross

## The Zeta Interviews

over the threshold and change their frequency, they often see within your physical parameters and by your ocular systems.

And so when you transition, you will move back to the informal field where the thread that you are, the consciousness, becomes intertwined with the formal field. The formal field is of course the oversoul process. All the many threads of consciousness perceive themselves to be singular entities, and now you may become entwined with another thread. The thread may be your partner, and so you can never be separated because the experience that you have had with the partner becomes integral in your existence, the fabric of who you are.

You may want to forget that you have been with that partner, but you cannot. They were part of your journey, they were your teaching. But remember for the consciousness living within the spirit realm container, the perception is that they are not threads.

The perception is that they are entities living within structure. But do you understand that consciousness itself is believing itself to be of the same construct as this room.

JC [a spirit helper] believes that he is living in a construct that is based in a physicality, and so JC will have his cup of tea, and he will shine his boots, and dust his house, but none of it exists.

And so when JC was allowed to move through his frequency to the state of existence that he now holds, he would often transition into the non-structure of spirit realm.

There are many places where the construct of what seems to be three-dimensional does not exist, the light area, and so quite often it is perceived as light by spirit people.

And we do speak to them as spirit entities even though we know that they are informal fields of consciousness, as you have informal fields of consciousness, but part of a formal field of consciousness.

## The Zeta Interviews

**Sitter: (Suggests that the light is the same as the Anorians, a nonphysical race of beings seen as light)**

Zeta: All consciousness comes from what is and always will be, but to believe that a race will exist in spirit realm is not possible.

**Interviewer: I was referring to the pure consciousness above the spirit realm.**

Zeta: Ah no, these are the formal fields which no longer require the formality, and so they no longer hold the desire to exist in a singular entity structure, and so they are seen as light

**Interviewer: when the spirit body is no longer a spirit body, but becomes the light, what is their purpose then?**

Zeta: to be, to exist in that state of oneness, and to not be confined to a reality based in consciousness, but to be free of that construct, to no longer see that they require the interactions between matter and the non-matter states

**Interviewer: so will they then become more creative more powerful in their creation?**

Zeta: there is no more, there is no requirement that to create, they no longer hold the desire to create

**Interviewer: at that stage, do they desire to reincarnate**

Zeta: no, they have moved past that. The informal threads within the formal structure are the only ones that continually incarnate. But much of consciousness does not require itself to be incarnated. And once it has achieved a certain level of awareness, but then the construct of interaction with matter no longer exists.

**Interviewer: the number of times one might reincarnate, is that determined by what the higher self wishes to experience?**

## The Zeta Interviews

Zeta: the higher self is the thread, the oversoul is the collective consciousness of the multiple lives of entities. They are also singular in nature and existing infinitely as oversouls. And so to simplify this process, this group of human entities could easily belong to one oversoul. Each thread becomes a formal field. But you will not see this structure when you transition. You will be in unawareness of this state.

(When you transition) you will move to a different state of existence and what you have learned in matter may fade away. You will be taken over by the oversoul consciousness process, by the formal field.

But your individuality as a thread will always exist as long as you choose for it to, and when it no longer serves your purpose, then you will (transition?).

And this is a similarity between the collective consciousness of the Zeta race, that the collective consciousness - I have been asked not to speak about this. The discussion is that there is no point in talking about the collective consciousness of a race when we have to speak in simple terms. How do you describe consciousness? How do you describe the workings of the human mind? It is something best experienced.

### **February 25, 2014**

**Interviewer: Does the Zeta home planet exist in our 3D physical universe, or is it more like the Anunnaki world which is not a physical planet as we understand it?**

Zeta: It is a physical planet in the universe much of the same physical matter as this planet.

**Interviewer: Is it in our physical universe?**

Zeta: Yes. You have many planets and systems, some are gaseous and others are physical, others are semi-material, semi-physical.

## The Zeta Interviews

**Interviewer: What is the difference between your planet and the Anunnaki planet?**

Zeta: The Anunnaki planet is partially dematerialized, a physicality, so the molecular structure of the planet is not as closely bound together as your physical planet.

**Interviewer: So it's not solid, is this planet something you can touch?**

Zeta: It has matter, its construct is of matter, but there is matter that you cannot touch around, and so their planet is much aligned with the - I'm trying to think of an analogy - your water comes in many states, but it is still the same element is it not? And so the physical planet for the Anunnaki is a substance between a physical element such as water and the gaseous substance such as steam. And so there are many in-between states between the physical and the non-physical.

**Interviewer: Does that mean that the Anunnaki themselves are the same?**

Zeta: When they are existing on their own planet, they are of the same nature as the planet, and so when they move from their existence to a new planet, they take on some of the physical manifestation of the planet they are visiting.

**Interviewer: That is why when they came to earth, they were solid**

Zeta: They were seen as solid, yes. Now, I will give you an example. I may come here and be seen as a solid individual, but I have populated my consciousness with fine matter. I have brought to myself that, and so I am seen to be solid. **Interviewer: If we touch you, you would...**

Zeta: No, you could not, but if I came in a craft, then of course you could touch me. There are many states of existence. The problem that

## The Zeta Interviews

humans have is that they believe that everyone is much the same as themselves.

**Sitter: So if you populated your consciousness and appeared to be solid, would you then appear to be a hologram?** Zeta: That is a good analogy, yes, a holographic entity.

**Interviewer: So it would appear normal until you go to touch it, and your hand would go straight through you.**

Zeta: But it would look very real.

**Interviewer: The Zetas say they do not have access to the multiple timelines like spirits do. Is the reason because they do not have the same physical existence that we do?**

Zeta: No. The theoretical model of existence states that a human would be a level of consciousness that is partially based in the oversoul process, and so it could exist in infinite realities in the same time, because the oversoul has separated itself into many forms, and thus existing in many physical manifestations you understand, and these are called timelines. But for us, our consciousness is not seen as the oversoul process, so there is no theoretical model required for placing ourselves into the separate timelines I explained.

**Interviewer: If you do have the same physical existence that we do...(Zeta: and we do not), do you choose a particular timeline when you incarnate on earth?**

Zeta: The problem with the question is that it intimates that time is a relevant function, but as has been stated by us many times, the function of time or timelines is that it exists only for the observer, and so the observer, no matter where they are observing from, sees that point as the now. And so to believe that they are multiple humans on any timeline, that does not accurately describe how humans view themselves in a timeline process.

## The Zeta Interviews

**Interviewer: Every Zeta coming here for experience, do you choose what time and place and circumstances you come to?**

Zeta: Yes of course.

**Interviewer: So you do choose a particular timeline for a reason?**

Zeta: No, we choose a particular time which is now, and so if I wish to incarnate as a human in a thousand years time, that is now.

**Interviewer: Why is one particular timeline chosen over all the others?**

Zeta: That presupposes that the theoretical model is in operation and that the spirit densities of the human population are existing in infinite manners. We have chosen this timeline, this experience, this existence because it is the one that we are in.

**Interviewer: There has to be a purpose or a reason why you chose this planet...**

Zeta: ...because we exist in this timeline.

**Interviewer: Ok, so the next incarnation that a Zeta were doing, and you would pick a point...** Zeta: ...only on this timeline.

**Interviewer: This time line is now.**

Zeta: This timeline exists because of this physical universe. If I was to exist in a theoretical different timeline, I would exist in another universe, but the collective mind of the race exists now.

**Interviewer: What is behind the decision for the choice of a different universe or the now over the timeline for a Zeta to come here?**

Zeta: There is never a choice to move to another universe, another existence. That would mean a disassociation of the collective mind.

## The Zeta Interviews

**Interviewer: When it's time for you to have your experience, is it just for the experience or will you be coming here in a particular timeframe for a reason.**

Zeta: There is always a reason, but I will not be disclosing that.

**Interviewer: So there is a reason for choosing a particular timeline...**

Zeta: ...a particular point on the timeline. Do not confuse the different existences.

**Interviewer: So you would choose this particular point, but you would have a reason for choosing that point.**

Zeta: Yes.

### **March 1, 2014**

**Interviewer: The Monroe Institute is developing a program to explore the spirit realm through extended awareness. Will they experience a SQE or an environment outside of the spirit environment?**

Zeta: When you are in a remote capacity where your consciousness is an extension of the physical mind, you are using the altered states process to align yourself with the container of the spirit realm. The synthetic spacial folding environment has nothing to do with the humans and cannot be accessed by the human consciousness unless it is provided with an aide into the environment.

If they are using local consciousness to enter into the spirit realm container, then much of the mechanisms of the filtering will move with them to provide them an ability to perceive the environment they are in. Else the consciousness of the human mind would not understand the existence of what is NOT, when the physical body does no longer exist. [ P ]  
[ SEP ]

## The Zeta Interviews

### March 10, 2014

Zeta: The more difficult it is for the medium, the better it is. Adversity is a good teacher.

**Interviewer: Many people state they are spoken to in dreams by your race, can you speak to this?**

Zeta: In the first instance, the ones who state they are in contact with us maybe there is another scenario where they wish contact, so in their sleep state they gain access to those images. But there are others who are of our race who will be spoken to by us when they are in the sleep state. Their filtering negates contact, they are only accessible when asleep.

**Interviewer: Is it just the people who's point of origin is the Zeta race who get contacted by Zetas?**

Zeta: Yes, there is no point to speaking to a person who is from spirit realm.

**Interviewer: Why are people who are mentally unbalanced drawn to information about your races in the informational field?**

Zeta: They are able to populate their fantasy because they are in a imbalanced state. Many of the entities are controlled by other beings. For them it is a matter of them believing they are working for a specific race but they aren't. Their consciousness requires them to believe they have been abducted or are special and unlike all other humans.

**Interviewer: Why aren't more people able to get the contact the medium has?**

Zeta: They are able to, but they do not understand how to do this. The process must be learned. Many who make the journey do not do so in isolation, they rely on others for advice and do themselves a disservice as the guides do not teach them. You cannot develop unless your

## The Zeta Interviews

origin is of that race. That would be understood as they went through the development.

## March 20, 2014

**Interviewer: Will your people work toward disclosure of your presence even if mankind continues to behave poorly?**

Zeta: Mankind has always behaved poorly, we continue to work towards supporting humanity.

**Interviewer: Are you concerned that our behaviour could lead to our extinction?**

Zeta: Yes.

**Interviewer: If so, are you doing anything to change this? What?**

Zeta: There is work within and without, humans who are incarnated and races who support the collective consciousness of the humanity. They seek to stabilize the undulating mass of the race, whereas the humans collective mind is an unstable entity, a challenge.

**Interviewer: What can be done to calm the fears of terrified people who are being taken by insectoid types?**

Zeta: There is a underlying thread to the questioning that is based in fear. They are the predominant energies brought to a person. If they are to work with people who believe they are abducted, then the fear will spread, those people are providing the fear mechanism. Is this based in factual information? These things are much of the confabulation of the mind...yes, some are taken, others are taken under permission, others desire contact. Always ask what is happening to a person. For years there have been many years of interaction for well over 60 years, but primarily indigenous cultures were contacted. But with the global structures of the internet, it has permeated through the informational fields, they have become formal threads. How many of you in this room have been abducted? (none in this room) How long have you been speaking to me? Have you been

## The Zeta Interviews

harmed or threats made? (none) Still you are here. Let us ponder this, none here are taken, none are hurt, what does that tell you? Why do some state they are abducted? Some have facts others have fantasy, and some do not understand the contact experience. They have no one to talk to, their fears guide them.

**Interviewer: Does any group from the Zeta race work with the insectoid types?**

Zeta: (another Zeta comes and states they know the insectoids, but that humans wouldn't understand why they are interacting with humans, but generally they seem to be ok).

Insectoids are a race (The medium is not sure they are known by that name to the Zetas). There are races which will do harm. Are you a creator? What you focus on you create. One is to enter into the informational field and then perceive an abduction. There is potential for contact, but contact with whom? Do not believe naively that because beings do not live on this planet, they do not intend harm. This has become complicated, If you are in fear and believe you have been abducted, you emit a frequency, you send out information that you have been abducted when you haven't, others notice you, you become noticed....

**Interviewer: Can we inherit fear?**

Zeta: With each conception there is consciousness and energy, so as the child grows it is much like its parent, a system of consciousness. What is your genetic makeup, how do you perceive yourself, what is your underlying thoughts? You then have a child, they then mimic you, how has this taken place? The genetics of the child is determined by the parent. This provides the chemical, emotional, energetics response for local consciousness.

**Interviewer: Can you tell me anything about the insectoid beings?**

## The Zeta Interviews

Zeta: I do not have personal information regarding these beings, and the ones I have met, have not harmed any one.

**Interviewer: More and more people feel they are being visited by highly evolved beings. It sounds angelic. Do you know if this is real? Is this the type of being mentioned in the Bible?**

Zeta: This is a frequency-based encounter. There are many races supporting your race.

**Interviewer: Do you exist in a 3-D realm? Are you interdimensional? Of a different density?**

Zeta: We are physical entities which are able to be beings of consciousness, such as yourself. Density is a system of duality constructed by humans. Between matter is space. We are physical.

**Interviewer: Do you use technology to gain invisibility? If so, what?**

Zeta: If technology is perception, then yes.

**Interviewer: How many other planets are you visiting?**

Zeta : Many.

## March 24, 2014

Zeta (an elder who came to speak): So, we are not of this world. We are existing in between states. I am not in my more physical form with my cognitive abilities and physical status and of course, I am not fully of the human nature, between worlds. That is why my consciousness is withdrawn from the local consciousness. But the local mind can access the frequency, and for a time, gain an understanding of what a different frequency is, what potential is. I could have come but I was not meant to. Only the Zeta guide was meant to come and speak, but it became obvious that once you step into the in-between states of frequency, you are then noticed by others, and in doing so, you cannot be left to your own devices, else you will be at a disadvantage. You will be taken over by others who do not have good intent. The human container would rid itself of the residual process, but would you place yourself in that predicament...speaking of human practises? All of your "tricks" based in fear...whereas, to bring through who you really are means you then come into where none of the tricks are required as they are not based in fear. You see yourself as you are, not in human form.

Frequency provides power, power to control, power to close portals and use energy, and of course how you are to use these processes is dependant on your intent as an entity, how to change energy of another container, how to heal, how to be present, how to change what seems not to be changeable, to work in layers of consciousness. They are normal abilities of an elder, I have displayed myself as truth. The child, the many other...the operation...these are things of frequency, states of matter. All elders are the collective mind of the race, many elders. How you exist is by what function you provide. This function can be based in consciousness. It seems a long way to come through the birthing process, to exist as a human, to provide experience, but the others must be shown the possibilities of the

## The Zeta Interviews

process. Normally, elders do not come through. This was the discussion of how many of the humans are spoken to via a dream state as they are not of the capacity to sustain a conversation telepathically. They would resist through fear. They do not know themselves.

We are in separation from source consciousness. We are filtering ourselves through your understanding. When a being states they are working with a guide, they are nowhere near understanding of that consciousness. They base it on their emotional capacity, whereas to associate oneself with the full consciousness would be to know madness. Because the human being comparison would be in comparison, comparing between what is and what is not. In that state you would no longer know who you were. We have seen from a distance, this mind, this mind of consciousness. None are able to enter, none are able to understand, because to exist is to be in matter. If you were no longer to exist as an individual, you would become one, and in doing so, you would no longer exist.

The collective mind is in disarray. Much of the anger, many of the violent tendencies, are the collective mind of the race, it is not with love. This undulating mass of thought must be controlled, it is not to be allowed to filter out and touch other races. Any races who are observing the mass in their mind, in focus area, do so knowing that it is for the benefit of a race. It is not a task easily undertaken to project love towards anger, to control what will not be controlled, to hold in your hand a potential of a race. That is why there is work from within and without. Beings who come to this form can only change while they are in this form - underlying laws of a race. Externally, a race may only be held in focus.

**April 13, 2014**

**Interviewer: Can you describe your race?**

## The Zeta Interviews

Zeta: We seek harmony with all beings, we are not unlike ourselves many generations ago, but we were never obviously a genetic pool of the human race. Previously the production of a child was based on the sexual act of the copulation process, but now it is purely a mechanical process. The child is created in what is called the maturation chamber in your tongue, but through the combination of genetic material.

**Interviewer: Has that to do with the fact that your people don't feel emotion - like extremes of anger and happiness?**

Zeta: There was a time when we felt the extremes of emotions, yes, but a generatruly, those things were changed. It was a choice of the race to be more productive. Also it was based on what a planet could provide, what physically could the planet provide. This is something that your planet may come across with the use of the natural resources, and so genetic modification processes were put in place and certain functionality was removed, each couple, each entity couple have one child, and only one child.

**Interviewer: So if each couple has only one child, the population would decrease.**

Zeta: The population decreases due to a limited lifespan. If a human was to live 1500 years, and had one child, then when the child was 80 years old, and the child was paired with another entity, and they then performed the function of joining, would there be a decrease?

**Interviewer: When you have two parents and they have only one child then you are replacing only one of the parents.**

Zeta: That is correct, but if you lived for 1500 years, how many children will you have?

**Interviewer: But every couple just has one child.**

## The Zeta Interviews

Zeta: Yes, those child have children. The question is a functional question - if the lifespan is determined in a numerical value of 70 of your years, what is the greatest possible amount of a generational line that can exist? Four generations are possible. If your lifespan is 1500 years, and you recreate at the process of 80 years, what is the maximum amount of a generational line?

**Interviewer: About 23-24?**

Zeta: There is the answer to your question. But of course we do not use a spirit realm process.

**Interviewer: You move into a different container, and the container only lasts for 1500 years.** Zeta: As you do, if you choose to of course.

Once you have had one child, after the 1500 year process you would then move into a new container and retain your place in the generational structure. You are not born again, yes there is accidental death, there is potential for catastrophic failure of the container, and so a consciousness would move to the collective mind of the race and stay in a symbiotic relationship with the mind of the race until a new container was prepared from the pool of genetic material, and then simply the consciousness reenters the animated state and exists once again in its former role. So, when you transition you will, decision, you will determine, you will consciously enact a level of progression for yourself, whether that exists in your spirit realm entity, whether that exists as a function of the global consciousness of the race, whether you transition to another race, or whether you move back to the physical container of a human entity will be a decision that is made by you and your freewill process. But in regards to a catastrophic failure of a child,

## The Zeta Interviews

if a child was to be harmed in an accident or some process, there is a technology to assist in the extraction of the consciousness from the child, or to capture the consciousness. The child does not have the potential to move into the mind of the race. The consciousness is encapsulated until a functioning container is created for the child.

**Interviewer: How is the consciousness preserved then?**

Zeta: The consciousness exists around your physical entity, your brain processes perform functions on many levels. I do not have the human words to explain the full potential of keeping the conscious state but to say that a biological entity is utilized in allowing the thought processes to exist where a environment is created for the child, it believes it to be in a state of existence.

**Interviewer: Do you know of any race that has no children, they are who they are, and they live endlessly?**

Zeta: Yes, there are non-physical states of existence, we have had interaction with them. They exist in what are called states in between states of consciousness. Many levels of civilization do not take the physical form, even the spirit realm container has within it potential for infinite levels of conscious existence.

**Interviewer: Explain how your race were given the choice to preserve the race and move to the less emotional state?**

Zeta: I will explain. You are all consciousness existing in the form of matter, yes? You are denying yourself access to certain levels of your functional ability of consciousness. This is a act that you perform for yourself. Some of you are able to perform what seem to be extraordinary acts such as telepathic communication, levitation, physical mediumship and all of the other associated processes such as levitation, dematerialization, but our race also was at the same state over the many generations. A global realization took place, and this is

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something that you as a race are coming towards. The technology enabled all of us to connect to each other. We were able to be in agreement as a race. At one point the decision was made that, to move forward in separation from what had held us back as a race, being physically trapped within a container was made, and so an associated level of consciousness was created that was comparable with the physical construct of existence. We were then able to, as a global entity, able to interact with each other by placing our attention toward the collective mind of the race.

Now you as a group of humans living on a planet are moving towards this as we speak. Your collective mind, in its undulating state, is being prepared for the transition to a telepathic process. You will become more in tune with your innate abilities based on consciousness, and in doing so, you will be able to communicate yourselves much easier.

Firstly, you will be offered this on a technological basis. Much of your technology now is aimed at or based on communication with each other, and as this technology is offered to you, and ultimately you can move into connection with each other, the amplified state of thought that you will exist in, will allow you to bypass the technological states, and so will begin the normalization of the collective consciousness of the human mind.

And so, we basically turn our thoughts to the created process of the consciousness of the race, and make those decisions based on what is the overriding factor for the race. For the ones who chose not to enter into the collective mind, they were given freewill to leave, and so generationally, others have left and continue to procreate using the human method.

**Interviewer: Members of your race that chose not to make this change, are they still able to exist on your planet or did they get kicked off?**

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Zeta: There is no kicking off, though that is a very interesting concept. There are many facets to the race. The only facet of the race that is excluded from the collective mind are the abductor race. They are entities that have decided that they will journey on their own path, that they will take upon themselves a new construct, that they do not wish to be part of the collective.

**Interviewer: It sounds like your race is a much more advanced race than ours, would you say it aspires to develop further? Do you have spiritual practices that you conduct?**

Zeta: All races seek to exist, all races seek to improve themselves, all races seek guidance of higher minds. Is there a religious process, a construct, no. The collective mind has become the ultimate goal of the race, to exist purely in thought, and to not be moving from container to container. We seek to be like our brothers in consciousness. But we are also a part of the physical, we are able to travel within the physical, but as well travel energetically, so there are multiple ways to be in existence.

**Interviewer: You said earlier that you are assisting us, are there other groups that you are assisting as well, and are they similar groups to us?**

Zeta: You have heard of a council, have you not?

**Interviewer: I don't know much about it.**

Zeta: There is a loosely coordinated group that live within the areas of this solar system. They seek to as a collective of races, manage what is taking place. Are there other races, yes. Are they more difficult than humans, yes. You are going quite well, other races, not so.

**Interviewer: So there is nothing like us exactly or close to?**

## The Zeta Interviews

Zeta: There are beings which may be similar but they may be taller, larger, live in different states of existence, not purely within your construct of civilization.

**Interviewer: And dealing with some of the problems that we have created?**

Zeta: All races have similar problems because any race which abides in matter will seek to utilize all of the resources available on the planet they live on, and so there is commonality between all of the races which are of a physical nature.

**Interviewer: I'm having a problem with the use of the word race. Normally a race is within a species, like the human species has different races within the same species, and things like orangutangs are a different species from humans, so when you say a race, are we all part of the same species, are humans the same species as your people?**

Zeta: No. We are using the words that we have developed using the medium. If we are in error you must point that out to us.

**Interviewer: Does your species work with any other species on our planet, like maybe the whales or monkeys or other animals?**

Zeta: There are entities within the race that are of a scientific nature that would seek to understand many of the different species that exist on your planet.

**Interviewer: Do we as a race perform the same service to other entities in other dimensions?**

Zeta: Could you hold the same form in this other place?

Let me explain our understanding of consciousness within a certain level. The spirit realm container that relates to the physical existence of humans is connected in frequency to all of the races, but why is it

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that when you speak to one of your spirit friends that they are not able to enunciate the information of the other races. It is because the construct that they have created allows them to view entities within the spirit realm as a higher organism. There is connection in all things, but the level of connection, the point of access of connection requires a certain level of consciousness. This does not mean that that consciousness is any better than any other consciousness. It means that there is an understanding. It may be that one of your animals chooses to incarnate as a human. It may be that one of your humans choose to incarnate into another race. There must be a way for this function to be performed, and so there is.

### **Interviewer: How long before we could become a collective?**

Zeta: The beginning of the collective mind has already begun, but you are to be assisted by a technology. It is seen the - let me explain - it is possible to take a copy of frequency and to map it into a environment which has been termed the synthetic quantum environment. Within this environment, there can be determined probabilities through observation. The observation has been that within 28 of your years, your technology will assimilate you, will support you, will guide you. You choose whether you accept what is to be offered to you.

### **Interviewer: Your race has conquered illness and pain and suffering, right? Is that part of the reason why they are here - opted for a different way of procreation?**

Zeta: All illness is consciousness, all unwellness is energy. For us, we have shown the medium many times, he may have an unwellness, when we come the unwellness dissipates, the unwellness is based in frequency and consciousness. Once you have understood this fully, the unwellness will drop within your civilization.

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**Interviewer: The change in procreation, has it improved the health of your race?**

Zeta: You are able to modify if appropriate, but that would be a generational goal. You were able to modify genetic reconstruction, and, I hesitate to use the words, get rid of, but to negate any genetic issues.

**Interviewer: So the race has become stronger and live longer.**

Zeta: Yes, as you will as well. You know this to be true that your technology is seeking to make you stronger, fitter, and healthier. Much work is now taking place in regards to this.

We have stated that you are able to defeat, if you say, unwellness through consciousness, but many will choose to take the technological route in regards to all of the evidence. Even the medium would admit that if he is not well that he will take a tablet to make himself feel better, whereas the level of understanding of what causes the unwellness would be a better option.

**Interviewer: Does that mean you have no need of healers?**

Zeta: That is correct, yes.

**Interviewer: Does that mean that emotional shock has no effect, or you don't have emotional shock?**

Zeta: I will give you a scenario. I understand the human mind. I come here in a craft, yes, and fall over and injure myself. My leg is now broken. I will move back into my craft and use technology to recreate the structure. The rest is under my control. Now a decision will be made if the physical container is too damaged as to whether I will eject myself from my container or whether I will stay with it, just as you would make the decision for yourself, but you believe that the decision is made for you.

## The Zeta Interviews

**Interviewer: If you eject yourself from the container, where will you go? Will you go back to the collective consciousness?**

Zeta: Yes, of course.

**Interviewer: How much focus does your race tend to put on keeping the container healthy and mobile and such?**

Zeta: We spend much time in walking and although many people think that we must float around a craft, there is technology to exist, assist a movement but it is common to see many of our race walking. That is a way to move from one place to another.

**Interviewer: And what does walking do for your container?**

Zeta: It keeps the muscular structure in good condition.

**Interviewer: Do you have members of your race that choose not to walk and don't keep the container muscular ...**

Zeta: No, because there is a simple underlying fact to the race, that what I do affects you, and so I will do what I can to support you, and if you do what you can to support me, then we require no other assistance because we do everything for each other.

**Interviewer: When you look at the human race and how we don't look after our containers, do you have an opinion?**

Zeta: You are interesting, as a race. I have an observation that, only for the medium, I observe that the medium could drink more water. I observe that the medium could spend more time in meditation. I observe that the medium could eat healthy. I do not force these opinions on the medium. They are his construct, if he chooses to live his live the way he wants to, then he can. But where we do have an opinion is in regards to the collective mind of the race, and many of us are supporting you.

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**Interviewer: How does that affect you, with the other part of your race that abducts people?**

Zeta: That is a difficult situation for us and, in all of our sitting processes and discussion, we have faced that question, that we do have a portion of the race that are disassociated from us because they refuse to abide by the non-interference policy, just as you cannot stop a human from performing a function because all entities have freewill. All we can do is exclude them from the collective mind of the race, and then continually seek to undo the damage that has been done. And so, if a human or any being from any race is taken for any purpose, we would then seek to determine how to undo what has been done.

**Interviewer: They must have the capacity to create their own conscious collective then.**

Zeta: They do, yes, because they are not part of ours.

**Interviewer: Who is in the majority?**

Zeta: We are the majority, we are...

**Interviewer: What sort of food do you eat?**

Zeta: We do not eat, we ingest paste through our structure.

**Interviewer: A bit like putting lotion on yourself.**

Zeta: Yes, that is a commonly asked question.

**Interviewer: Do you have celebrations, dancing, music or ...**

Zeta: No, there are ceremonies, there are times of acknowledgement, but not dancing.

**Interviewer: Are there times of great joy where you are very joyous and ...**

## The Zeta Interviews

Zeta: Yes, there is joy, there is love, yes, but there is not anger, there is not greed. Those emotions do not serve us.

**Interviewer: What fuel do you use?**

Zeta: The paste as it is commonly known by the medium. It is applied to the epidermis of the physical container.

**Interviewer: What fuel do you use with your technology?**

Zeta: That has been discussed in the other writings. It is called a state of matter propulsion system.

**Interviewer: Do you need oxygen, or do you need another gas?**

Zeta: We need a certain amount of oxygen, yes

**Interviewer: And that's carried on your craft with you?**

Zeta: The entity is able to create its own life supporting system.

**Interviewer: Out of the paste? To create the oxygen, you would need to get it from the paste, or...**

Zeta: May I clarify? Are you talking about an entity on a craft or ...

**Interviewer: On a craft when you are traveling.**

Zeta: So containers traveling within a craft function, and they are provided with the atmospheric conditions by the craft, yes.

**Interviewer: My friend, could you explain to the people what your craft is made of?**

Zeta: The craft are non-metallic structures, they are biological entities.

**Interviewer: Biological, you mean living organisms.**

Zeta: Yes, sentient with consciousness of course.

**Interviewer: Do you have gravity in this ...**

Zeta: There is gravity, yes

## The Zeta Interviews

**Interviewer: And is it similar to gravity on earth?**

Zeta: Yours is heavier than ours.

**Interviewer: Are you assisting our spirit world as well?**

Zeta: We are not to enter into the spirit realm, because that is to then redefine the parameters of the spirit realm container. But we are to incarnate as human beings and then to project a stabilizing force into the collective mind of the human race. And so because we have manifested through the birthing process, we are allowed to, as we have our own physical human container, we are allowed to support the internal workings of the race. You see how difficult this is.

**Interviewer: Are you saying you incarnate as humans who become leaders to guide us as a race?**

Zeta: That is a possibility, yes, but what you see as a leader and what we see as a leader are two different things. A leader as defined by us is someone who is able to hold consciousness because the main task of existence as a human function is to provide stability to the human collective mind.

**Interviewer: Who is the leader of the collective mind of your race? It must have a direction which must come from somewhere.**

Zeta: Yes, of course, a consciousness is defined by elders within the community. The elders do not determine the outcome, the elders put forward prospect and information to all entities within the collective.

If we were attacked as a race, as we have a underlying process of to not harm any entity, we would require that the whole collective would decide to defend itself using technology, meaning that we would need to come to an agreement in regards to if we would take another life.

**Interviewer: What you call a life is a spirit?**

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Zeta: I am talking about if another race attacked our race we would - this is for a comparative process - and so if a race decided to attack our race, we would need to have full collective permission to use technology against another race. A life taken is never taken lightly, it must be a collective decision.

**Interviewer: If you are attacked straightaway, you are going to lose lives.**

Zeta: That is so, yes, so we just transfer to another container.

**Interviewer: Ah, I understand that then, in other words, you never die.**

Zeta: But you never die either. If you knew that you could transition from your physical container at will, would you be concerned if your body died?

**Interviewer: I'll have to learn that skill.**

Zeta: You will, my friend.

**Interviewer: Do your physical containers look different** Zeta:

No.

**Interviewer: They're all the same** Zeta:

Yes.

**Interviewer: Is there a difference between male and female?**

Zeta: No, if we as a species have multiple facets of races, then obviously there are different structures to the races. And so, the abductor race as we call them has a facial structure which is different to ours.

**Interviewer: If the all look the same, how do they know each other as individuals?**

## The Zeta Interviews

Zeta: That is easy, my friend, they emit frequencies which is their personality.

**Interviewer: They do have personality?**

Zeta: Ah, yes, haven't you worked that out?

**Interviewer: I just have difficulty thinking of everyone having the same container being different.**

Zeta: Is not consciousness its own personality?

**Interviewer: Do you wear clothing?**

Zeta: No, there is no clothing, but there is ceremonial robes that can be worn. There are ceremonies such as when a child is born as a human, and so we come and name the child.

**Interviewer: How big is the child container? Do they start out little and get bigger?**

Zeta: The child is about 3 feet high, from maturation process, yes.

**Interviewer: Have you got a son?**

Zeta: Yes, there are two. (he thought the question was "have you got a sun")

**Interviewer: Does the individual child automatically pick up the heritage of the past?**

Zeta: Yes, it automatically takes on the mantle of the role of the parent.

**Interviewer: And they have already picked up the ones before that?**

Zeta: When a child is formed, it is given a basic consciousness, it must continue on and go through the teaching process. This is why technology is required for the child if they are injured to be supported

## The Zeta Interviews

outside of the collective mind. A child may not enter into the collective mind of the race.

**Interviewer: You said you had 2 sons, but all couples have only one child. Would that mean that you have more than one wife?**

(confusion about 'son' vs 'sun')

Zeta: I have one son.

**Interviewer: And two suns.**

**Any moons?**

Zeta: No.

**Sitter: My friend, could you describe your planet to us?**

Zeta: Unfortunately, yes, the planet's surface is devoid of life. The planet's surface was destroyed in a war. The surface is dark. The atmosphere, which supported the growth of life on the surface, is corrupted. We live internally to our planet. Many of the beings of our race have moved to different planets. When we view your planet, we see the way that our planet used to be. This is why I believe that so much consciousness is directed towards you as a race, as a species, because if what was to happen to us happened to you, the loss will be a catastrophe in the universe.

**Interviewer: Having two suns, I thought that would have given light to your planet.**

Zeta: Yes I understand, the rotational aspect of the planet is based on where you are positioned on the planet. Where I view the sky is on a very narrow band of the rotation, and so others who were on other places on the planet of course, would see more of the light from the sun, but myself, I see a dim glow. **Interviewer: Do you have plants and animals?**

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Zeta: We have collected many, yes of course, we have to replenish the loss of biosphere. We have created an environment. But there are other races of ours which have moved to habitable planets.

**Interviewer: The loss of life must have been almost impossible to live with. Is that another reason why the emotions are controlled now?**

Zeta: No, that was not the reason, but certainly when talking about it, I have great sadness and great loss in regards to the planet. But we are talking about something which supports an entire species.

It could happen... wait for a moment.

I'm not sure if you are aware that this sitting never was not going to take place.

**Interviewer: In comparison to our earth, what would the size of your planet be?**

Zeta: A small planet, but we do not measure in the way that you do.

**Interviewer: That's why the gravity is a little less.**

**So have some of your animals or creatures actually been saved by putting them on earth or other planets?**

Zeta: Yes of course. You are the test tube of the universe. Many races have placed here for safekeeping.

**Interviewer: Has the concept of your civilization ever been planted onto this consciousness by stories or movies, for example there was a book about a civilization that lived beneath the surface of the earth. Sometimes it's hard to know whether those stories have a basis in reality based on, say, your own planet.**

Zeta: I cannot answer that, I must know this.

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**Interviewer: Do you have much communication with the abductors, to the point that you would know what their thinking is, what their rational is.**

Zeta: We can undo what has been done.

**Interviewer: But not to understand their motivation.**

Zeta: We know their motivation.

### **May 15, 2014**

**Interviewer: People report balls of light...some times they become craft...**

Zeta: 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, sometimes the human's perception is that an entity has stepped out of a ball of light or the craft has appeared out of light, but often the representation, the intermediary process, is to prepare the local consciousness of the human for a function which is to be performed.

**Interviewer: How is the light produced?**

Zeta: If the light is seen by many humans then it is a formation of electrons from the earth's atmosphere. If it is seen by a singular human it can be an act of local consciousness, holographic representation... a thought.

**Interviewer: You wouldn't do that if there were more than one human?**

Zeta: It would depend on the purpose behind the intermediary process.

**Interviewer: Where do the craft come from?**

## The Zeta Interviews

Zeta: They are as varied as the races. Not all beings and races use the same process.

**Interviewer: Which races create and use these balls of light** Zeta: Of course, our race uses this process.

**Interviewer: Do you know of any others?**

Zeta: There are not human names to name the race.

**Interviewer: Are there many?**

Zeta: Most races, yes... it is a safe process to create this.

**Interviewer: What is the purpose?**

Zeta: Interaction, performance of a function... to connect to a consciousness.

**Interviewer: Contact with your own?**

Zeta: There may be, not that we would interfere with a local time line. There may be an action which is to be performed, so there must be a thought instigated to make this happen.

**Interviewer: Do the balls of light which go across the sky have a relation to orbs photographed inside?**

Zeta: There are many lights, there are many instances of lights, there are many types of light processes, some being the intermediary process as discussed, others being the craft themselves emitting light, others being the electrical interference in the atmospheric conditions. There are many types of phenomena. Even the spirit people are able to create a non-threatening process.

**Interviewer: Humans readily accept this. Some of the smaller orbs seem to have faces in them, do these represent beings?**

## The Zeta Interviews

Zeta: Often yes, they are also a intermediary process, a projection of an entity that is wishing to communicate.

**Interviewer: Are these orbs portals, used by a being to observe us?**

Zeta: That is what I have said.

**Interviewer: How are the orbs placed there?**

Zeta: Simple function, you have your model air craft - they have remote controls. It is the same process. They are technologies.

### **May19, 2014**

**Interviewer: How far is too far when you want your life to be a certain way. Can you infringe on another person's free will?**

Zeta: Free will is not to be changed, and so there are always specific instances where the timeline may be shifted but, think about this, intention creates change. Do you agree?

**Interviewer: Yes.**

Zeta: And now, what is the difference between intention and absolute change? Intention is to place a belief structure in thought that something will change, but to make a change without intention, to actually make the change means there has been no external parameters to provide input. So the intention may be that you wish to perform a certain function such as be healthy or make your money. But of course your guide will manage your intention for you to suit their purposes.

Now, once you have the ability to make change to your specific thread of time, or once you understand how to make the change, then you have complete responsibility as to the ramifications of the change process. You would need to be able to understand the probabilities that xxx in the change. It is not an emotional process, it is one of a clinical nature. What provides the most probability? There must be an

## The Zeta Interviews

analogy for this. And so, your intention is to drive your car but you never leave your seat, but to then get in and drive your car requires certain skill, so the difference between intention and action is one of skill. What is the difference between knowing and trying?

**Interviewer: Knowing means you already have the skill.**

Zeta: That is correct, so you may try and fail, and you will fail because your guide may not allow you to have the potential to change timelines. Certain ramifications exist, probabilities.

**Interviewer: Is that the same as saying that your higher consciousness decides you cannot change something?**

Zeta: That is correct, but the higher self entity in conjunction with the oversoul process may decide that a change is required. Now, understand that once a change is made, you would not know that a change had been made, because to know that you had made a change would require you to have a consciousness that was external to your physical entity, because the physical entity would be part of the change.

**Interviewer: Would it be possible if you develop enough where your higher self is closer to ....**

Zeta: That is correct, but then higher self would rarely truly come through and negate its experience through the local consciousness. It is a filtering system, as higher self has diminished its capacity to experience. Higher self would generally withdraw and only come when required.

**Interviewer: We believe that when we have learned enough we go back to the source, do all entities come from that one source?**

Zeta: You are many higher selves removed from source consciousness, and so, if all human existences returned to the creator, there would be

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no spirit people speaking. Their frequencies would be too different from the physical entity. There is an analogy that we have which is that you are an informal thread, the formal thread is the oversoul process, there are many informal threads that are part of your oversoul, that oversoul can be many entities, that oversoul is the informal thread of the oversoul above it, there are many informal threads of oversouls to the oversoul above it, infinitely moving back to source consciousness.

**Interviewer: That is what we would refer to as different aspects of ourself**

Zeta: Ah, the oversoul only, which is the first formal thread.

**Interviewer: It is also the informal thread to the next formal thread.**

Zeta: Yes, of course.

**Interviewer: Are there different levels in spirit world and as you evolve, you go to higher levels?**

Zeta: As you went forward you may move into a different level within the formal thread process. Remembering that the spirit realm entity does not really have formal parameters, or physical parameters, these constructs that we give you are ways for the human mind to understand what exists in consciousness.

**Interviewer: So is the source still part of the spirit world?**

Zeta: There is no separation, all is one.

**Interviewer: So your race and our race come from the same source?**

Zeta: Yes of course, but we are a formal thread of different frequency, and so your race, your spirit realm could be seen to be a formal thread at its highest level. Our race could be seen to be a formal thread at its highest level. Each race is a formal thread. Each non-physical entity race is a formal thread. Each dimensional entity race is a formal thread.

## The Zeta Interviews

underneath that being possibly infinite formal threads which are also processes.

**Interviewer: So we could say then that our spirit world is our oversoul.**

Zeta: One facet of the spirit realm is your oversoul, they are like rooms with many entities in each room, each of the rooms creates a dwelling. Your house has many rooms, your house is the spirit realm, each of the rooms has potential to be many entities.

**Interviewer: Do you mean the rooms like consensus created realities?**

Zeta: Yes they are.

**Interviewer: Different states of frequency, or both?**

Zeta: Both, how is it possible to have two creators, two source of consciousness, unless they are one consciousness seeing itself in separation?

**Interviewer: If our race met your race in physical form, would we be able to have physical contact or would there be a problem with different energies or diseases?**

Zeta: Diseases are not transferable, the genetic structure of the race - you have many of your animals sick, many of them do not have the same human illnesses, why is that? Because of the structure of the illnesses at the physical level. Of course, these illness are consciousness.

You cannot touch us, you would be burnt, as you moved closer your skin would become burnt because of frequency. To look into the eyes of the race, you may lose your mind, your construct would disintegrate, and so when we come, we come in many altered states of physicality. But you can be trained to be with us, there are many pretenders as well.

## The Zeta Interviews

**Interviewer: You said when we look into your eyes, we would lose our mind so to speak, so when you take people onto your craft, is there no problem because they are of your race?**

Zeta: Those people are in a state of altered consciousness, they are not fully cogniscent of the journey process, they are not fully awake in their normal state of mind. Many humans are contacted in the sleep state because their filtering mechanisms are removed, the dream state allows a multifaceted level of contact. When you are awake, your local consciousness filters what comes to you. It has a construct which supports your ego. When you are asleep, little of the ego exists, you are in a different frame of xxxx, one where you can fly, where you can walk through walls, where you have no limitations. So contact is much easier when you are asleep.

**Interviewer: You speak about illusion, where everything is vibration, but you live on a planet underground** Zeta: One facet of the race, yes.

**Interviewer: So are they aware that it is an illusion?**

Zeta: Of course, because we are able to be in the physical form and also to be in separation at the same time. And so it would be the same as you journeying from your body and being in two states of consciousness, whereas they are not two states but one. So if you were in your body and out of your body at the same time, that is one state of mind.

**Interviewer: When I was sitting with the Anorians and they showed me that everything just disappeared and was just energy, was I then in two states of mind at the same time? But I didn't feel any different.**

Zeta: I was not cogniscent of your journey.

## The Zeta Interviews

**Interviewer: Well the Anorian showed me that the cabinet disappeared, the medium disappeared, the walls disappeared, everything was just really champagne looking colour, just bubbles, and it was oscillating, and I felt I was in the state of mind I am now, I was rubbing my eyes, I was pinching myself, so how could I have seen that if I was in this state?**

Zeta: Where does your consciousness reside? Do not be selflimiting. Duality provides limitations. To seek either/or is limitation.

**Interviewer: Visualizing anything is duality.**

Zeta: Yes of course, but this is why you are now speaking to us.

**Interviewer: Can the dream state be achieved through meditation by stripping away some of the limitations that we normally put on ourselves.**

Zeta: The construct exists in frequency, or when you move from your sleep state to your awakened state, you are then partaking of your normal state of consciousness. If you were to remain in your sleep state while you were awake, you would not understand your reality. You would be in a mind-altered state not with the ability could you fly, could you be harmed, you would not know. That is why there is separation between the asleep and the awake state.

**Interviewer: Can there be separation in the meditation state?**

Zeta: All things are possible, but why would you seek this?

**Interviewer: Do all diseases come from a blockage of energy flow in the etheric body or do they come from food, or the physical way?**

Zeta: What is food?

**Interviewer: Energy.**

Zeta: What is energy?

## The Zeta Interviews

### **Interviewer: Vibration, frequency.**

Zeta: And what is that? Consciousness. Where is your consciousness? What you are conscious of you bring to yourself. A belief structure is that you can be harmed, and so you can be. I will give you an example. Your common cold, you meet someone with this consciousness, you have a short time to either accept or reject the thought. If you accept the thought, the etheric body complies and vibrates the physical body to create the illness. If you choose to disregard the thought, you do not become in xxxx.

### **Interviewer: But how is that with young children?**

Zeta: You do not gauge consciousness on the size of the human entity. What is the consciousness of a child? Who were they before? You believe that, as do most humans, that there is a consciousness, a contract prior to incarnation, and so you then move into a form which is of a baby child. Does the consciousness become the baby child?

### **Interviewer: Well it enters the form.**

Zeta: Yes, the higher self entity, through experience, learns, is that not so?

### **Interviewer: Yes.**

Zeta: You cannot bring something to yourself that you do not want. There are many mechanisms, many levels of thought.

There are many levels of consciousness, not one level. This is a complicated subject but you may desire to bring to you an unwellness because it serves a purpose. You are not in control. You are the end result of, you are experiences that come to you. **Interviewer: so then the xxxx freewill is not really happening?**

## The Zeta Interviews

Zeta: That is an illusion. You have freewill to a certain point. You are a physical mechanism embodied by consciousness, and you will physically transition, and what is left? The consciousness entity is left.

**Interviewer: If the thoughts create, if we were to become more aware of our thoughts, we could influence it.**

Zeta: You have the capacity to allow your consciousness to remove the physical processes.

**Interviewer: If we we create with our thoughts, I create the thought that I can eat as much chocolate as I like and not put on weight, does that work?**

Zeta: It would depend on the level of creation, if it was a higher self instruction then that would be a truth, but the local consciousness rarely has the control to metabolize a chocolate as you say.

**Interviewer: So what would then be our level of freewill?**

Zeta: Does your car care where you drive it?

**Interviewer: No.**

Zeta: It has a certain level of consciousness. It understands its capacity to move. The speed that it is travelling at through the electronic circuitry of the vehicle, but it does not have emotional capacity to make a set of decisions like the driver does. The driver is in control.

**Interviewer: I still don't understand freewill. How far are we just an experience for the chosen self, and how far can we influence it by our thoughts.**

Zeta: Your problem is that you seek to define what is not definable. You believe you have freewill **Interviewer: I was hoping I had some.**

Zeta: Yes, now die.

**Interviewer: Not now.**

## The Zeta Interviews

Zeta: But you have freewill. If you have freewill, come back. So do you see, there is your freewill?

**Interviewer: Are you saying we cannot create anything, it was already here, we just went along with it?**

Zeta: That is simplistic, this discussion is based on the higher self entity, and what level of freewill does the local consciousness have. We will give an example. The medium has children, they believe that they have freewill. Now you have children, some have more freewill than others. Why is that?

**Interviewer: Because they are older?**

Zeta: That is correct.

**Interviewer: But I'm pretty old...**

Zeta: But you are determining the level of freewill to your children as the higher self does to xxxx.

**Interviewer: But when my children get to a certain age, I would not influence them anymore.**

Zeta: But you have influenced them by creating them. Just because they are not in your vicinity... you are influencing them.

**Interviewer: So the experience they had from when they were little...**

Zeta: Yes, you underestimate your influence. You have freewill up to the point that you don't. Much of all exists continually in what is called the informational field. There is nothing new, only your experience, your capacity to experience.

**Interviewer: So going back to miracles like when someone is miraculously healed, where they always going to be healed, or is it a matter of deep belief that they would be healed?**

## The Zeta Interviews

Zeta: It can be a matter of influence, it may be that for experience the physical entity is healed. The consciousness cannot be in unwellness, do you understand? Because the consciousness cannot be in unwellness, it cannot be harmed. If there is a miracle as you say, then there has been influence placed on it, the physical entity, under the permission of the higher self. It may be the oversoul which has provided the change. You see, there is not only your experience, but the experience of the others around you, you are not living in isolation, you are affecting all that is around you.

**Interviewer: So looking down the timeline, you are already knowing what is going on...**

Zeta: No, there is a probability of what may take place, what is the strongest possibility is based on the personality of the local consciousness. What is the decision making process, will you turn left or right

**Interviewer: So if a psychic makes a prediction, and you choose to do something else...**

Zeta: They are reading probabilities only.

**Interviewer: And it's your choice at the end whether you go...** Zeta:  
Your limited freewill.

**Interviewer: Suppose I want to do certain things, but higher self has other ideas.**

Zeta: You have capacity to increase the collective consciousness of the human race. Your intentions will ultimately work towards that process, but to manifest abilities that you do not have, unless the higher self gives them to you, will not happen.

**Interviewer: So you always have to go with the flow and see what higher self will allow you to do or not to do.**

## The Zeta Interviews

Zeta: You are able to make this energy, you are not completely without influence

**Interviewer: So in general, subconsciously we have an idea why we came, what the purpose is to be.**

Zeta: The local consciousness does not have access to this information unless it is divulged by the true self.

**Interviewer: So where do all our explorations come from, if it is not something coming with the local consciousness?**

Zeta: What is natural, what gives you flow, you are given guidance by what flow, what is natural to you?

**Interviewer: So that is part of the local consciousness...** Zeta:

Being in sync with the higher self.

**Interviewer: So this is like not forcing something to happen...** Zeta:

You cannot force.

**Interviewer: Someone is born to total poverty say, and has such a drive and belief in their ability that nobody can stop them and they become very successful, so that always was going to be that way?**

Zeta: If that is the wish of the higher self, then yes. You are placed in flow, you are a new group, yes?

**Interviewer: If you have an obsession, are drawn to do things, is that because of the connection to higher self influencing you?**

Zeta: Yes, what can manifest naturally is the fruit of your intention.

**Interviewer: Intuition, is that the higher self speaking?**

Zeta: Yes.

**Interviewer: And how do guides come in then, they are part of us?**

## The Zeta Interviews

Zeta: You have many teachers, the teachers are in conjunction with the higher self entity. It may be that a facet of the self is the guide, but is only accepted as a guide if seen as to be external to the form of consciousness.

**Interviewer: But it's only because the human wants to see it that way.**

Zeta: You are only able to see what you can accept.

**Interviewer: We talk about the subconscious where all our experiences are stored, yes? Sometimes we react to something and we don't understand why we act like that. It seems that the subconscious recognizes the situation and it acted in the way it acted before. Is the subconscious connected to the higher self?**

Zeta: It is the intermediary function between the local consciousness and the higher self entity. The unstructured connection process, local consciousness being the structured manufactured existence of a human, subconscious being the unfiltered non-ego driven process.

**Interviewer: Does the intuition come through the subconscious mind, through the unfiltered process, or is that a separate process?**

Zeta: I will say yes to your question, but no to your question, because consciousness does not reside in containers, and that is why both answers are correct.

**Interviewer: In the meditation process, is it possible to ask questions of higher self and receive answers?**

Zeta: You can ask and then wait for your period of time. The answer will be disclosed to you in a varied form, given to you in your capacity to understand.

## The Zeta Interviews

**Interviewer: If I were very sick, and I would meditate, and say this was the plan for me but I would like to have a longer experience, is that possible?**

Zeta: The container demanding of the consciousness, no.

**Interviewer: Yes, the local consciousness, it would be not possible? So what is praying then? When people ask a higher frequencies for changes and changes happen, the changes would have happened anyway?**

Zeta: Yes, of course. When you speak to source consciousness, it is able to influence the oversoul process, but that is another subject.

## The Zeta Interviews

### June 1, 2014

**Interviewer:** I am concerned in regards to some of the energies that have been noted here on the property, and I really would like to know if this is going to get worse, or is it going to be dealt with, or if we have to do something.

Zeta: Tell me your story.

**Interviewer:** Since some weeks now, I have felt sometimes coming into the séance room or sitting, felt quite sick, and yesterday when I came into the room for the development group I felt sick and I had very strong energy behind me and it took John to come and say, you just have to demand that they leave which they did straight away, then John came. I'm wondering is it something we need to change or clear the space everyday, or is it just learning for me. And the medium I'm concerned about is there something we need to do about that, or will it all sort itself out, I'm just a bit confused.

Zeta: You cannot keep providing unlimited energy to entities which seek out that process.

**Interviewer:** Does that mean the energy comes from the people?

Zeta: Yes. The entities are seeking to create a manifestation based on the physical energies.

**Interviewer:** What do they hope to gain from it?

Zeta: Control, manipulation, dominance. But a very interesting experience for you all.

**Interviewer:** It is interesting, but it doesn't feel that good. I'm a bit concerned about the people involved, the energies involved, and I'm wondering if we should talk to them or leave it and let it sort itself out?

Zeta: What is an experience?

## The Zeta Interviews

**Interviewer: Anything is an experience.**

Zeta: That is correct, what does experience provide?

**Interviewer: Learning.**

Zeta: What happens if we take away your experience?

**Interviewer: We'd miss the learning, but should we interfere, would it damage one of them more than we would like?**

Zeta: What opportunity does this provide you?

**Interviewer: To learn.**

Zeta: And you miss the experience, but what would you like to do? If you had the ability, what would you like to do?

**Interviewer: If I had the ability to actually see what's going on, I probably would just say it and see what happens, but since I don't, I feel a bit like your medium.**

Zeta: How is that relevant?

**Interviewer: It comes down to knowing are people safe?**

Zeta: You cannot be harmed, you may feel disoriented but you cannot be harmed.

**Interviewer: It's starting to become a bit too much, because it feels we are not dealing with just one entity.**

Zeta: No, you are not, there are a few that are causing a problem

**Interviewer: At the moment it is coming from all different angles.**

Zeta: Why not simply not sit this week?

**Interviewer: Because it is a routine to sit.**

Zeta: But you are now asking for control. That cannot be given.

## The Zeta Interviews

**Interviewer: We're not asking for control, we're asking advice from you as to which way we should go. We do wish to learn from the experience, we are concerned it will escalate.**

Zeta: It will escalate, of course.

**Interviewer: Is it possible to know who the entity is?**

Zeta: They are the astral entities, yes, the collector beings brought here by others.

**Interviewer: By other people who come here?**

Zeta: But easily dealt with, they are weak, they are opportunistic, they seek to work with the weak mind.

**Interviewer: Did you say they are easy to deal with?**

Zeta: Yes, simply do not sit, do not provide the energy.

**Interviewer: So by setting the intention to sit but not be affected by the energies, that's all that is required?**

Zeta: They do not abide by your will, they are not interested in your free will, they are interested in energy and what they can gain.

**Interviewer: So they are interested in minds that are not as aware of the situation?**

Zeta: For the humans that openly offer themselves to them without understanding who they are offering themselves to. It would not be long before the concentrated energy of the property, yes, would come under the attention of other entities. Your spirit people will not do much to fix your problem. They are unable to discern the entities. They are only able to come, their frequency then negates the being's presence.

**Interviewer: We would like to get to a happy place.**

## The Zeta Interviews

Zeta: You would like a happy place?

**Interviewer: Yes, we would like the energy to settle down.**

Zeta: What is the energy like in this room?

**Interviewer: The energy is lovely in this room.**

Zeta: Where are the entities in this room? They do not exist in this room. They are not able to exist in this space.

**Interviewer: But I was thinking they were not able to exist in the other space either.**

Zeta: Why not?

**Interviewer: I thought the energy was high enough and strong enough to not give them the opportunity to hang around that long.**

Zeta: What energy is being created in the other room?

**Interviewer: Physical energy.**

Zeta: Yes, of course, exactly what they require.

**Interviewer: Physical energy?**

Zeta: Yes, connection to the physical realm.

**Interviewer: So it is because the spirit teams are so inexperienced?**

Zeta: Yes, my friend, but of course this will ultimately settle down.

**Interviewer: So you see it settle down for the better?**

Zeta: It will, we will control it for you.

**Interviewer: So you're afraid to help with the situation?**

Zeta: For the medium is living here, of course, the other entities must not be allowed to take away your free will, but we were giving your spirit friends the opportunity to experience the issue.

## The Zeta Interviews

**Interviewer: Can they experience enough to understand what's going on?**

Zeta: But we cannot take away their free will, we cannot take away their experience, do you understand? It is their potential that they must see within themselves, just as the human, the physical container will experience within itself.

**Interviewer: That's fair enough when they are on their own ground or home, but they are coming here where there are families and children, and they are starting to affect people, that's why it is becoming very uncomfortable, and that's not what the place is about.**

Zeta: There are two physical entities that instigate the problem, yes. Ask them not to come this week, the rest may continue on.

**Interviewer: Is it the spirit team as a group, or is it a personal spirit team that is not experienced.**

Zeta: If the spirits were experienced, this situation would not develop, but it is a fairly innocuous situation. No one is being harmed. We will not allow harm. That is why an entity has already been removed

**Interviewer: She can always call on her guide to help the situation for herself?**

Zeta: Yes, all mediums can call on their guides. Whether their guides are able to control the situation is up to the guide. Let me explain the situation. Of course we can come and fix your situation, but what would that do? Others would perceive that we had taken over. We cannot be seen to be in that situation. We must wait for your spirit people to experience the difference between the energies. We cannot contact your spirit guides, we are not allowed to influence them. They are in their own frequency. We are not to influence other spirits.

## The Zeta Interviews

**Interviewer: Is that because of their own learning too?**

Zeta: They have free will. When you set the intention, you will bring your guide forward quickly. Once your guide is with you in your sitting process, the other energies are disadvantaged, yes, they cannot... When you unleash potential, you must expect the unexpected, so if you are, you must understand that you are releasing energy into portals. Other energies are able to come. Humans who are based in ego also provide the impetus for the energies to come.

**Interviewer: They want things to happen so much that it creates that portal?**

Zeta: Yes, of course, they also have freewill.

Who's in control with the medium in your cabinet process?

**Interviewer: Who's in control? Their guides, I would say, or do you mean sitting outside?**

Zeta: If the medium is sitting in the cabinet process, who is in control?

**Interviewer: The medium, I guess.**

Zeta: So the guide is seeking to use the conduit, now if the intention of the medium is based in ego, then the guide potential also comes in ego. Now, other entities would be seeking to influence the medium in the cabinet to then take control from the guides. This is why when you isolate yourself you are no longer within the potential of the sitting process.

**Interviewer: What we are trying to do now is get a strong connection to their guide, us being able to speak to the guides, is it beneficial to not let that happen?**

Zeta: Yesterday in the development process, the entity was in the room. The frequency was changed and the entity was disassociated from the frequency of the sitters. Who is in control of the room? We

## The Zeta Interviews

are. If you wish to sit with a medium in a cabinet, you must trust the intentions of the medium. To allow any human to develop who's intentions are incorrect will bring to you other entities.

**Interviewer: It's an ego thing.**

Zeta: Where is the ego based? In self, within the physical range of frequency, within anger, envy. These things, the potentials of the entity.

**Interviewer: And they are going forward, the energies are in feedback.**

Zeta: Yes, you know this to be a truth, so by supporting those concepts, those intentions, you provide a fertile ground for the beings, yes. Should not the many benefit rather than the few. It will be sorted out.

**Interviewer: I believe that if things like that happen to somebody, that they need to be honestly made aware of what is happening and why it happened. Yes, they have freewill, but then if it continues...**

Zeta: If they are controlled they cannot be reasoned with. They do not have capacity to understand.

**Interviewer: Because then the energy would create thoughts or ideas to...**

Zeta: Negate...

**Interviewer: Yes, to negate my argument.**

Zeta: Of course, a very interesting situation. As you can see, you are experiencing a situation that is outside of your normal parameters, but we are watching to see how your reactions take place.

**Interviewer: About a month ago I was told not to sit here.**

Zeta: Why would an entity tell you not to sit here? Do you not have freewill?

## The Zeta Interviews

**Interviewer: I have freewill, it just didn't feel right at the time.**

Zeta: What is a controlling factor for a guide to ask you not to sit somewhere?

**Interviewer: Not beneficial or ...**

Zeta: Or beneficial for the guide for you not to be somewhere.

**Interviewer: Not to try and do too much...**

Zeta: When you are in isolation, you are in error. Listen to me, when you are in isolation, you are in error. Expose your energies to others, experience, guides must be made to be accountable, they are not to withdraw the humans, they will not withdraw their humans from experience. A guide would not tell a human to withdraw from experience, a guide would seek to provide experience for the container in a protected environment. Think about what I have said to you.

**Interviewer: Is there a reason why the medium chose Australia to live? There's not a lot of mediums that do what he does.**

Zeta: What is Australia?

**Interviewer: The country we live in, the part of the planet.**

Zeta: Isolation, isolation before understanding. Before your guide comes forward, you are in much uncontrolled experience. Once the guide comes forward, in communication with the guide there is capacity for much controlled experience. This environment is much based in experience.

There are many containers whose higher self is not related to the spirit realm entity. We seek them out for the purpose of settling them, providing them with support mechanisms, providing companion entities. They have entered into the suppression process, understanding who they were prior to incarnation, but once moving into the physical existence of this planet, not understanding who they

## The Zeta Interviews

are. [xxx a conduit wide] where they have an understanding of the difference between the self and others. But many do not have clarity, and so create a reality that reflects where they have come from, accepting entities that are not truly who they say they are in the hope that they will experience a familiarity with who they were.

It takes much work to bring the container to fruition, to provide potential so that one may understand self. This is a basic premise that even the human container that has the higher self entity which is spirit must understand, the difference between what was, what is, and what will be. Are we communicating satisfactorily with you?

**Interviewer: Yes, thank you.**

Zeta: I have come to support you and protect you.

**Interviewer: Thank you very much.**

Zeta: You will not be harmed. Would you like to know about the elders of the Zeta race?

**Interviewer: That would be lovely.**

Zeta: In the timeframe of a human, a hundred thousand generations, we existed undeveloped and no potential to understand what we were to become, a many-transition process, the same as your spirit realm entity, but we as you will, moved past the transitional process, built capacity to exist outside of the unit container and formulated a collective mind of the race, as the humans are currently doing, but you are doing it under guidance from other races. Many of the controlling factors of the collective mind are based in consciousness.

The elder Zetas do not require a physical container to exist as do all other of the race, so often I will stay in a consciousness for many thousands of your years, and only move to a physical form when I desire. Why have I come? Because others are coming, and we seek to

## The Zeta Interviews

support them in their transition. As you move past your current level of consciousness, other elders are here. My task that I have set myself in conjunction with others are the same, is to bring and to find the other elders which are not in full consciousness. They do not yet understand capacity.

The elders do not give direction as a command structure to the Zetas race. It is the collective mind of the race which provides direction, but the elders are the coalescence of the consciousness which provides a dualistic path of communication between the collective mind and the container that the elder exists in. Are you still with me?

**Interviewer: Yes.**

Zeta: Are there any questions?

**Interviewer: There is a belief here that there is cell memory, that memories of this consciousness is in the cells.**

Zeta: Then why do you dispense with your container?

**Interviewer: Because it is not usable anymore.**

Zeta: Where does your cellular memory go?

**Interviewer: With the consciousness, maybe, or maybe its not true, we just believe that.**

Zeta: What are cells? At its base level, it is consciousness. The physical entity, the matter which makes up the holding ground for the consciousness diminishes its capacity to hold the consciousness because of the entropy, the transition, the built-in consciousness, the matter must transition, it must transmute. All matter is based in consciousness. Consciousness is changing, the physical container must transmute, it cannot be held in one place.

## The Zeta Interviews

The consciousness transitions from the physical container that is currently in use to the new container. There is no transitional realm as with the human container.

**Interviewer: You said the Zeta container is recycled, do they recondition it?**

Zeta: That is amusing. In the genetic structure there is a bank of material related to each of the Zetas. If you require a new container, one can be grown for you.

**Interviewer: They use the material from the old container.**

Zeta: There is no waste, yes.

**Interviewer: So what happens if a craft has an accident here, and the consciousness leaves the containers here, where does that consciousness go?**

Zeta: To the collective mind of the race. The maturation process creates the physical container.

**Interviewer: In the case where it is not accidental, why would there not be a container already prepared for that experience which is going to happen?**

Zeta: There is a probability that the experience may take place. But I do not believe that all Zetas have access to the threads of time. Only a certain function within the synthetic quantum environment allows us to view the probabilities of the human race. For our own race, the line of probability is an accurate guess. But there is no need for a backup container because much time is spent either outside of the physical form or in a dualistic process of being in and out of the physical entity. There are many states of consciousness, not just in or out. <sup>[P]</sup><sub>[SEP]</sub>

## The Zeta Interviews

### June 14, 2014

<The context is how a developing medium is dealing with her spirit team>

Zeta: You must learn how to negotiate the energies, you must ask the entities to come in correctly and to leave correctly. You must not be part of the process, do you understand? It is not the same process as your spirit friends. Do not become involved in the process, then there will be no residual issues, initially, of course.

**Medium: It will get better?**

Zeta: It will get worse, my friend, until you let go. Because they are learning, they are also guided by other races, as are any entities that come to you to speak are also in training. This is why they are in many ways unable to answer much of the questioning process.

**Medium: Will that get better?**

Zeta: As their knowledge develops, yes, and as they take control of the meeting, but you negate their progress in speaking correctly because your consciousness process is much at the forefront of what they are saying, they struggle to speak.

**Medium: How do I get past that?**

Zeta: You allow them to come.

**Medium: How do you choose which medium to work with?**

Zeta: There are many entities that are of the human container, but they are unaware of their higher self nature. They are generally spoken to while they are in the sleep state. How any human container is chosen is based on the generational line of a family, and so it is often that you will see that the history of a human family contains much contact. Remember that there is the requirement for permission to be asked.

## The Zeta Interviews

I asked permission of the parents of the medium prior to the physical incarnation of the container. If it was to be a spirit entity that was to exist within the option of the container, then the existence will be one of spirit realm, and so many higher self entities from spirit realm allow other experience because they understand that to exist does not necessarily mean to exist only in one form. You are surrounded by many different entities, much of your planet has many species, all having consciousness.

**Medium: I as a medium work with what I think are spirits. Is there a possibility that I am working with beings from another planet without realizing it?**

Zeta: As your guide, you mean?

**Medium: Yes.**

Zeta: There is potential, yes my friend, because many guides are hesitant to show their true form, and so they present through your filtering process as being part of the spirit realm. It is a simple matter of what is allowed by a local consciousness such as yourself. You would find that if you were to open your mind that you would see that there are other entities that are supporting you.

They are able to validate their processes as well, the same as a spirit person can. You may ask of them specific questions and they should be able to answer them. But of course, many entities exist in the background and do not come forward.

**Medium: You mean as observers?**

Zeta: Yes, but also as advisors. Now remember that without matter, consciousness has no reflection, and so all consciousness exists from one source entity, but exists in matter as multiple races. Are spirit realm people much different than other races, each having its own transitional realm? So to say that you have a spiritual guidance, and

## The Zeta Interviews

guides that are spirit would be a common theme across many races, but those races exist within their own spirit realm entity. Of course then you have the races which do not use the transitional realm as there is no need for that option.

**Medium: How would I know if I am working with a higher source?**

Zeta: You would require your guides to step up, you would require them to perceive the intention that you hold to experience a greater variety or range of experience, but in doing so, of course, you may create an invitation for yourself, because much of your work is perceived in a frequency of much of the spirit realm entities. And as you move through the frequencies experiencing the other entities, there is the possibility that you may become somewhat disconnected from your current set of abilities, but that you also may move into a very strong healing process.

**Medium: If I were to move past the spirit world where I normally work and help people who are still in the physical world to understand the continuity of life, would I become isolated in my work?**

Zeta: No, not necessarily, this is a matter for your guidance team to understand the ramifications of what is to take place if other guides are to come forward. They are to carefully manage your process. Normally it is the inability of a medium to correctly analyze what is taking place from the guidance they are receiving from the guidance team. If you are able to remain within the frequencies that you currently hold, if you spend the time that is required...

**Medium: Just curious to know what happens if I go one step higher...**

Zeta: If you go one step higher, you leave the previous perquality(?), but you are able to return at will. But the human party, the consciousness of the human framework, is unable to accurately

## The Zeta Interviews

remember how to get back there. There is memory who can be of varied quality, and so when your intention is set to connect, the activation process allows you to connect. Now, as you move from that frequency to a new state of existence, the memory of how to connect fades away.

**Medium: If we move past the frequency of the spirit world where I live, to what advantage is it for me to move forward? How can I continue to help people and spirits in the physical world?**

Zeta: Because you are able to transition between the frequencies, if you are guided carefully. That is why I have stated not to move past your frequency, but to move backwards and forwards. But the real benefit is, my friend, that on your transition, your level of knowledge with other guidance may allow you to transition to different places within your spirit realm, because you have provided for yourself the mechanism to increase your frequency while you were in the physical human container.

**Medium: It's all about the change, isn't it?**

Zeta: Yes of course, intention

**Medium: The beauty is there is no detriment, repercussions.**

Zeta: Repercussions are experience, experience is designed. If you understand that what comes to you is to bring you comparison, then you will welcome all experience.

**Medium: Would I be able to go to the next level, past the spirit world, in my sleep, and in my waking hours continue to work with the spirit world?**

Zeta: With your permission, yes, it is your freewill.

**Medium: Any suggestions to improve healing abilities?**

## The Zeta Interviews

Zeta: Remove your filter systems... To fully experience what is to come to you, then you must meditate and focus on your current belief structure, you must connect correctly to your guide, you must seek to be clear in energy and frequency, you must set intention for clarity of thought, you must wait in silence for the guides to come and not be taken by the amusements of the physical realm.

**Medium: [longer comment about an experience early on that shows where one could end up]**

Zeta: I would make a statement to you that what you have been comfortable with, you may move out of your comfort zone and have experiential learning with other guidance through here. Humans like to stay safe.

All extraterrestrial races provide healing, but healing of consciousness, healing for races, healing for harmony.

If you could sit and focus about yourself and just be and realize that you are greater than your container then you will be part of the process.

The human race has been difficult to manage.

There are many craft, there are many races, but craft do not actively show themselves to the planet although many are captured by various techniques, and so it is because we do not wish to engage ourselves, we do not wish to be shot down, but there is technology that has been developed.

**Interviewer: Sorry for the ignorance of the human race...**

Zeta: There is no need to be sorry for your development process, we are very much aware of your level of consciousness. **Interviewer: Why are so many children born now with dis-ease.**

## The Zeta Interviews

Zeta: Much of the frequencies now that permeate the planet are based in technologies. Previously the planet was not encompassed in much of your frequencies, much of the pulses that come from the technologies that you use are permeating the physical entity and now at the cellular level, the cells exist in energy, they are resonating at certain frequencies which combine to form a physical human container, and now much of the frequencies cause a disassociation of harmony within the body, and of course then sometimes the physical entity has the capacity to become dysfunctional.

**Interviewer: Why is it that some people in the spirit world do not have contact with you?**

Zeta: There are many entities that are not to come to us. We are not to enter into the spirit realm. The container process which is a transitional entity for the human race is not to be changed, so no race may enter and show full form within the spirit realm. It would create too much of a change in consciousness, and so for the changes to be made to the human consciousness, races incarnate into the human form, which then allows them permission to create thought and the thought permeates the collective consciousness of the human race. Then when the entities transition into spirit realm, many spirits then have consciousness for recall of extraterrestrial activity.

**Interviewer: Do you think we have the potential as a race to raise consciousness enough to peace.**

Zeta: There is a suppression network in place. The physical frequency negates you from understanding who you really are, and so generally humans do not remember where they have come from, their local consciousness is in operation continually. They then act upon the eco-process, all of this information is coalescing for them but causing wars and damage. Does the race have the potential within itself to increase its frequency, yes of course, but quite often it is seen that the human

## The Zeta Interviews

race lacks the ability to understand how it utilizes its resources, and so the planet we will not allow it to be damaged. There will come a time when much of the resources will not be available, that experience will cause change. You will be forced to use your technology.

**Interviewer: In the past, obviously you have had some influence with some humans.** Zeta: What do you mean?

**Interviewer: People like you have come through directly with information, it is a fact.**

Zeta: Yes of course, I will explain. You are a race that lives within darkness and without darkness, which is light. When you are asleep, you need darkness, you are in separation from your physical entity. And now, because you are in separation, you are able to exist in different levels of consciousness, and this is where the interaction is allowed, you see, because you are not transitioning into spirit realm. You are allowed to be spoken to because you are still within your physical container, and that is why the consciousness of the human race is increasing. The physical frequency defines what you can remember.

**Interviewer: I find you are such a gentle energy.**

Zeta: But we can be forceful if required. We are only forceful when our freewill is... when another race forces their intention upon us, and then we will amplify our frequency to negate the process

**Interviewer: Would that be from other planets, not necessarily a physical world?**

Zeta: Not humans, never humans, other planets, other races, other entities. There are often attacks upon our discussion processes by other entities, but we simply amplify our frequency to negate the process. We intend no harm to them. Their intention is to be intrusive but we will only put up with their intrusion for so long, and then of

## The Zeta Interviews

course, we will ask them to leave. They underestimate, you see, they do not understand what is potential, they act in error, of course.

**Interviewer: We have to leave this planet after a limited time, is it the same for you?**

Zeta: The discussion is that the physical container that exists on the planet is generally in existence for 1500 of your years, and at the end of the container's usage, another container is created and the transition process takes place, and so you continue on. I am in my first cycle now, but there are others who have recycled many thousands of times. Would you like to speak to one?

**Interviewer: Yes!**

Zeta2: You would speak to me?

**Interviewer: Hello...**

Zeta2: We seek to support the many races.

**Interviewer: How many cycles have you had?**

Zeta2: That is not known yet, but I can give you a history of the race. The race has existed for many thousands of your generations.

**Interviewer: How did it come into existence?**

Zeta2: All races are created, some races are created by the source entity, other races are formed by races.

**Interviewer: How did your race come to exist, by another race or by source energy?**

Zeta2: By another race, a race of inter-dimensional entities of no physical nature.

**Interviewer: Have you ever met them?**

## The Zeta Interviews

Zeta2: I have, yes, they are the guidance to the Zeta race, you would say they are guides. They are frequency which we seek to attain. Much time is spent out of the container.

**Interviewer: How much time can you stay out of your physical container?**

Zeta2: All Zetas are trained to stay away from the physical entity for at least seven of your days. The physical entity remains in stasis while consciousness abides in the collective mind of the race. The mind of the race resembles your spirit realm entity, but there is no barrier between moving from the collective mind of the race to the physical.

**Interviewer: How many of your 3 trillion citizens would be in stasis at one time?**

Zeta2: They are in stasis for comparison, they are in stasis for incarnation the purpose of transition that you may be out of your physical container and still continue on with your task. Where does your consciousness reside? Can you not go full function when you are not fully cognizant of your container.

**Interviewer: How did you live on this planet?**

Zeta2: In a body.

**Interviewer: What country were you from?**

Zeta2: I was a poor human, I had no of your money, a wonderful experience. There are three incarnations.

**Interviewer: One of them is still going.**

Zeta2: We do not function the way a human functions. We have capacity to have emotional responses, but we do not seek emotional fulfillment. We seek harmony to the race. No entity works for itself.

**Interviewer: I wish it would be like that on this earth.**

## The Zeta Interviews

Zeta2: It will be. It will be forced to come to this.

**Interviewer: Will it be in our lifetime?**

Zeta2: How old are you?

**Interviewer: 51.**

Zeta2: No.

**Interviewer: In my children's lifetime?**

Zeta2: Yes, but not of a pure state of harmony. Humans compare, you see, I understand the human mind, humans compare, they believe that happiness is based in much of the physical, but stillness provides clarity.

And now, I will be leaving.

### **August 3, 2014**

Zeta: You have a container in your house.

**Interviewer: A fridge.**

Zeta: What is the purpose?

**Interviewer: It keeps the food cold and fresh so that it doesn't spoil.**

Zeta: Why?

**Interviewer: Because some food won't last long if it is kept outside of the refrigerator.**

Zeta: Then why do you heat up your food?

**Interviewer: Because most foods taste better when heated or cooked, the food that goes into the fridge is usually in its natural state, and then we prepare it in different ways.**

Zeta: It is a logistical process for you, yes, of keeping a certain amount of nourishment come into your physical contact.

## The Zeta Interviews

**Interviewer: Otherwise we would have to purchase our nourishment on a daily basis, our fridge lets us buy more than we can eat in one day.**

Zeta: Why do you not create an extract from your substances and drink it.

**Interviewer: Some people do.**

Zeta: That would negate the need for a square box, yes?

**Interviewer: We don't need a fridge here as much as in warmer places.**

Zeta: What is the other journey of the food here before it comes to you?

**Interviewer: Most of the food is harvested, taken to a warehouse, then it is distributed by truck.**

Zeta: What is a warehouse?

**Interviewer: A big storage facility.**

Zeta: Where is it harvested from?

**Interviewer: From farms.**

Zeta: What is a farm?

**Interviewer: Where they grow things in the ground.**

Zeta: Why do not grow in water?

**Interviewer: Hydroponics? Some food is grown in water but not as much can be grown in water as on land.**

Zeta: What is the sustainability of the food production process from the land?

## The Zeta Interviews

**Interviewer: Not very good at the moment, the sprays they spray on the plants actually depletes the land.**

Zeta: What is spray?

**Interviewer: Chemicals they use to keep bugs from eating.**

Zeta: What are bugs?

**Interviewer: Insects.**

Zeta: Insects, what are they?

**Interviewer: Little animals.**

Zeta: Why do animals eat your food?

**Interviewer: Because they like it, it's the natural thing that they do.**

Zeta: Why do you give them access to your food?

**Interviewer: They take it.**

Zeta: Why do you grow it in the ground?

**Interviewer: That's the most suitable place to grow it.**

Zeta: So you grow your food in the ground and the bugs take your food, you are fighting with your bugs.

**Interviewer: Big companies control the seeds in the world and they create the fertilizer for the ground.**

Zeta: What is fertilizer?

**Interviewer: Fertilizers are natural substances that we used to use like cow manure.**

Zeta: You place cow excretions on your food?

**Interviewer: Yes they used to, now it's produced synthetically.**

Zeta: That holds many microbotics.

## The Zeta Interviews

**Interviewer: The cow manure isn't put on the food, it is put into the ground to give the earth nourishment to produce the food.**

Zeta: How can you feed a planet using this process?

**Interviewer: Sustainably, you can't.**

Zeta: All the nutrients in your soil will diminish, the capacity for your planet to provide food to the human population will diminish.

**Interviewer: Yes, but the greater powers that be, from my understanding, is that they would like to see the population diminish to a more sustainable level.**

**Are you saying that growing our food in water is a better alternative?**

Zeta: Yes.

**Interviewer: Most of the earth is actually dry.**

Zeta: You have ocean process.

**Interviewer: Yes, but that is salt water.**

Zeta: But you can desalinate

**Interviewer: Yes, but what do we do with all that salt?**

Zeta: Transmutation of the chemical structure into other forms of chemical supplements.

**Interviewer: What other supplements could that create, what could it be used for?**

Zeta: It could be used for propulsion processes for your craft.

**Interviewer: Unless the large companies can make lots of money out of it, they're not interested.**

## The Zeta Interviews

Zeta: You are currently using the petroleum process to power your vehicles, but of course the hydrogen process will also allow your vehicles to be propelled in any direction.

**Interviewer: But again it comes down to the power of the big oil companies and the power of the governments, do you have a solution to that?**

**(perhaps they do not deal with issues involving the power structure)**

Zeta: Are you worried about emotional capacity?

**Interviewer: When we see a tree or a flower, we feel upliftment, what do you feel?**

Zeta: I see the form, the energy structure, a myriad of colours as well.

**Interviewer: And do you see that as a form of beauty?**

Zeta: I consider it as a form of oneness.

**Interviewer: So you have emotional responses?**

Zeta: That is correct process.

**Interviewer: So you experience joy?**

Zeta: What is joy?

**Interviewer: Upliftment.**

Zeta: That is a different word.

**Interviewer: It is a state of wellbeing.**

Zeta: A state of oneness.

**Interviewer: Yes.**

Zeta: But you wish to place a symbolic word to it, the state of oneness is a process.

## The Zeta Interviews

**Interviewer: Do you have any states that are experienced as not a state of oneness?**

Zeta: I am in separation, I am not in oneness at the moment.

**Interviewer: And does separation have an emotional feeling that comes with it?**

Zeta: No, why must there be an emotional response to every situation?

**Interviewer: It allows us to experience...**

Zeta: Look at the floor, is there an emotional response? Look at the floor, there is no emotional response.

**Interviewer: There could be though, if someone's grandmother had carpet exactly the same as you, it might bring someone a feeling of happiness.**

Zeta: It only means something to you as a race, you see, you have placed a value on your emotional responses that provides you with a mechanism for comparison, but if you do not have that process because you do not need it, then everything just is, you are in acceptance.

**Interviewer: That's what makes us human, our emotions.**

Zeta: That is correct process, yes. Do you expect other races to be like you?

**Interviewer: No, but in order to understand other races, we tend to compare.**

Zeta: The real question is, why do you perceive the necessity for us to interact at the same emotional scale as you do?

**Interviewer: It's not a necessity, it's a curiosity. We are all we have to compare with anybody else, and we don't know how everybody else works.**

## The Zeta Interviews

Zeta: We will not tell you that there is comparison when there is none. We are a different race, we are our own, we do not try to be another race, but we understand that you have emotional capacity that places a value system on all that you do.

**Interviewer: Did your race have an emotional capacity and then transcend it.**

Zeta: Yes.

**Interviewer: Was that a positive?**

Zeta: Yes.

**Interviewer: Can you explain the shift please?**

Zeta: Yes, the collective consciousness of the race that necessitated the shift to changing the genetic structure saw the emotional capacity was in a diminished state, because to move to a collective consciousness, to step into the process of understanding oneself in comparison to a race means that you must minimize the destructive behaviours of a race of an individual, and so many of the lower frequency emotional processes have been removed from the race.

**Interviewer: And the higher frequency emotional processes, did they remain?**

Zeta: Of course, there is compassion, there is oneness, but these are constructs that you understand. There are other emotions you do not know.

**Interviewer: Such as colours that we do not know, yes?**

Zeta: Beyond that. When you are in complete harmony with other beings, you are in a symbiotic level of consciousness with the entity, and there is no words to state and no emotional capacity to understand the silence, the peace. We come from a place of quiet, the collective consciousness of the race is quiet, and there is stillness.

## The Zeta Interviews

**Interviewer: Do you have forms of music and that sort of thing?**

Zeta: ... But there is harmony. There is no need to create external noise.

**Interviewer: Do you use frequency for healing and that sort of thing?**

Zeta: Everything is frequency, but yes, I understand your process. Just to let you know, I am the elder Zeta, I am not the guide entity. I understand the human construct.

**Interviewer: Does the guide entity not understand?**

Zeta: He has not had the human transformation process, it is his turn next. He is looking forward to it, yes.

**Interviewer: Do you have senses of humour amongst you?**

Zeta: Senses of humour, what is that?

**Interviewer: A sense of something that makes one laugh, it's uplifting.**

Zeta: I understand the process of humour, but I do not instigate it.

**Interviewer: Is there a reason for not instigating it?**

Zeta: There is no function that it provides, when you are in stillness, there is no requirement for it. Do you meditate and move toward a stillness process?

**Interviewer: Yes.**

Zeta: And then start laughing?

**Interviewer: No, but there are times...**

Zeta: When you need it, it provides you with a balance as a chemical entity. You need to find the difference between the states, but if the state is one of harmony and stillness, there is no requirement to bring in these other emotional frequencies. This is the point that you are

## The Zeta Interviews

missing, that you are understanding our race from the perception of a human entity, but the perception of the race is that when you are in stillness there is no requirement for any other emotive state process

**Interviewer: What if there was a situation where a loved one was lost, a child?**

Zeta: There is no losing our loved ones, that is a non-functional process. If a child is to transition, it is taken through a technology and placed in a stasis process. The consciousness is held away from the collective mind of the race, the physical container is recreated and the child is reinstated in its place. You do not lose a loved one.

**Interviewer: How, if you have reached a place of stillness, can you continue to develop and expand?**

Zeta: Because in stillness you experience knowledge, you bring a clarity to yourself as the observer, you are able to view a situation and experience from many points to gain the most valuable experience possible, knowledge that it brings.

**Interviewer: Are we as humans able to reach that?**

Zeta: Yes, of course.

**Interviewer: Through meditation?**

Zeta: Yes, if you are able to bring your mind to stillness process, then you are able to observe the function of the observer **Interviewer: The observer observing the observer?**

Zeta: They are words upon words upon words... You do not observe yourself in stillness, you are the stillness.

**Interviewer: If you are observing yourself in the stillness, you are actually not still.** Zeta: That is correct.

**Interviewer: With regard to implants, I feel a procedure has been carried out on my foot, can you explain?**

## The Zeta Interviews

Zeta: It was not our race, if the function of your procedure process was performed. I would only say that there are other races that are aware of what you are doing with us. You are not sitting speaking to a human in dreaming, we exist as a race. Others will see that you are in this room within the sphere of influence of a race, of the Zeta race. They will understand that they are under scrutiny by us. You are protected, my friend. Why would your race place a device, what is the purpose, why would they seek this functionality? You will find that any human that comes here which has technology embedded in them will normally have it removed by the race once they become aware of the sphere of influence of the Zeta race process.

**Interviewer: Could you explain the implant process?**

Zeta: The question is about implantation of energetic processes. Each of the individual containers that you are hold frequency. Each of the frequencies that you are has within it the substructures of other frequencies. Those frequencies are determined by the emotional structure of the body. They are also determined by the level of consciousness that you hold. And now, another entity may interfere with your frequency and place within that a discordant frequency process. The discordant frequency process will then become a beacon for interaction between yourself as a human entity and another race, and of course then the frequency then becomes one where you can be tracked.

**Interviewer: Only tracked or...**

Zeta: You can be manipulated, but do you want to know the truth or do you want to know what you want to know?

**Interviewer: The truth, always.**

## The Zeta Interviews

Zeta: Humans do not like to know the truth, they like their own physical constructs because that provides them with a level of safety, you are in comfort within your illusion.

**Interviewer: How do we change the world, etc**

Zeta: Let me explain something to you. When a human becomes angry, they are allowing another entity to place a frequency within their etheric body process. You then become emotionally upset, a destabilized process. That is an implant process. When you are shown love, the frequency you are provided stimulates the etheric body process, you are given an implant of love. Any time you allow another to change you, you are given an energetic implant process, but many of these are in the frequency capacity of the human race. Of course, other races have seen that there is a strong possibility to influence a human permanently, and so the technology exists that they can control easily the human container.

**Interviewer: So what is the best way to help us identify the implants in other people..**

Zeta: To be in the stillness within yourselves. Do not worry about others if you cannot help yourself.

**Interviewer: Is there a way we can help others to not receive an anger implant?**

Zeta: From humans? You cannot stop yourself from receiving this, how can you help others? Others, you have no control over them, they have freewill process, you would negate their freewill process. You seek to save others when you cannot control yourselves. Be in control of yourself. You cannot help anyone unless you are in a stillness process.

**Interviewer: The way to help in a whirlwind situation is to stay still and settle down the emotions in others, would you agree that that is possible?**

## The Zeta Interviews

Zeta: Yes, when you are in stillness, but that is your own process.

**Interviewer: Could you tell us about energetic implants that have been put into individuals with their higher consciousness consent?**

Zeta: That is a communication process and so the race that they are from would have changed the energetic barriers around the framework of consciousness. This has allowed the connection process to take place, and so they are able to connect back to their race process.

<Segué to explain some et/spirit/human relationships>

Let me explain the structure before I leave. The control is JC <spirit helper> process, the physical attachment to the table. He is the stepping stone from the physical mind of the medium to spirit realm. The secondary process is the TC <spirit guide> entity which is able to bring through the healing processes that we will also implement if required. That is then the second stage. The third stage then is the Zeta guide entity which is a frequency based in another race, and then I <the Zeta elder> am a cross to transverse all of those frequencies. I can instigate change within the physical if I wish, I can manipulate the time process, I can heal others of course.

**Interviewer: What do you mean by manipulating the time process?**

Zeta: And so when a human container whose higher self is functioning as an entity, has capacity and knowledge of its existence, and you are able to perform functions from a distance, so an example would be that your oversoul process wishing to implement a physical change to you as a human container, or to another, would through you implement change by a frequency processes. And then of course I manage the gateway process which then allows other races to come. There must be structure else it will fail. There are many entities, but they are not at the speaking process. Now I will be terminating.

## The Zeta Interviews

### August 17, 2014

**Interviewer:** <a lengthy description about dealing with an astral entity>

Zeta: Where is it now, is it with you?

**Interviewer: No.**

Zeta: I do not believe it is, it cannot exist in this frequency, it must stay outside.

**Interviewer: Can you tell it to leave me alone please?**

Zeta: In regards to your friend, your astral entity, how can the entity exist with a human unless some permission is given, as some weakness is found by xxxx, some niche to enter your energy process? Hold your space, keep clear, do not worry about your portal process. How did it open?

**Interviewer: No idea.**

Zeta: Why do you believe there is a portal?

**Interviewer: Because it's come back?**

Zeta: What has come back?

**Interviewer: The astral entity.**

Zeta: Why does an astral entity need a portal?

**Interviewer: I'm not sure.**

Zeta: They do not, they exist within the framework of the human collective mind. They do not need portals to transition from existence to existence, they ride on the thoughts of the humans. Close off your thought process to it. What is it saying to you?

**Interviewer: I've told it to leave me alone, and it doesn't disconnect from my energy.**

## The Zeta Interviews

Zeta: Because by talking to it you are feeding it. So let me explain. The entity is one of frequency and so are you. Increase your frequency, clear your mind, energy, be in the stillness. When it comes to you and asks for attention, increase your frequency so it may no longer connect to your thought processes. Does it manifest under certain circumstances?

**Interviewer: Not sure, I can't practice channeling with that entity around me because it gives me massive headaches, I'm not my normal self.**

Zeta: That is a good experience for you. Let me give a few... I will give you a clue if you wish. You have only a short time when the entity first comes to you to recognize the difference between your own energy and the energy of the entity. Once you partake of interaction with the entity, you must then allow it to resolve itself through your energy process.

If you do not know how to recognize your energy in comparison to the entity, then you may confuse what is around you and sink into it. As you sink into it you give it purchase, and then of course it may take three of your days to resolve itself as you try to fight your way out of it. But if, of course, in the beginning within the first of your few minutes you are able to correctly identify the entity was not of your own energy process, you could increase your frequency and negate the connection process.

**Interviewer: How does the frequency of the moon affect humans' body frequency? And has that influence been put there deliberately?**

Zeta: All planets hold their own frequency. Some humans are affected by the frequency of the planet. As the moon moves closer to this physical planet, it is not a frequency that is regulated by others to determine frequency for the human race.

## The Zeta Interviews

**Interviewer: Where did the moon originally come from?**

Zeta: It is made of matter.

**Interviewer: How did it come to be in its orbit?**

Zeta: By the gravitational process of all moons around planets, a conglomerate of matter, of different forms of geological structures and substructures coming together held within the speed of the orbiting moon for the planet, that the planet earth, as you say, rotates around the sun process, the same process applies for matter and substructure of geological structure.

**Interviewer: Is the moon hollow and are there other races that live within the moon?**

Zeta: No planet is hollow, many planets have within them hollow structures. If a race chooses to live within the hollow structure, that is a decision for them.

**Interviewer: You haven't answered the question, though, is there at the present...**

Zeta: Yes, many races.

**Interviewer: Many races are existing within the moon.**

Zeta: Come and go, yes, a very close stopping point to this planet, easily to be within the distance of this planet's process.

**Interviewer: Are these races that use the moon benevolent?**

Zeta: Have you been harmed?

**Interviewer: Not personally, but that doesn't answer the question either.**

Zeta: Have any of you been harmed?

**Interviewer1: I have.**

## The Zeta Interviews

Zeta: You have, by whom?

**Interviewer1: Reptilian beings.**

Zeta: They do not exist within our space, they do not exist within the cavity process of your moon, they come and go.

**Interviewer1: I have had them attack me in the past few years on and off.**

Zeta: Have they been with you when you have been with us?

**Interviewer1: No.**

Zeta: Why

**Interviewer1: I feel very safe and protected here.**

Zeta: Yes, but why? Do you understand why you are safe?

**Interviewer1: Because you protect the space we're in?**

Zeta: That is correct function, yes, but your increasing frequency will negate their attempts to come to you, as you move up through the ranges process, you will become out of their reach. They thrive on fear, you are not in fear.

**Interviewer1: No.**

Zeta: But still, they are not part of the many races that use the moon process as a stopping mechanism.

**Interviewer: So is it beneficial then for those people who worship the energy of the moon as a goddess, is it then beneficial on a full moon for a crystal to be cleansed, worship the full moon that some people think is good, a good thing to do?**

Zeta: Many spirit people and many humans believe that the brightness of the moon, the function of the moon, the frequency of the moon, provide a clearing process for the crystal entities that (lie for?), they

## The Zeta Interviews

also believe that to stand in the light of the reflection process of the moon will aid a human in healing. Some of this is true.

**Interviewer: Which part?**

Zeta: To stand in the light of the frequency, because when you stand in your daylight process, many of the radiation process is harmful to the human body, so to stand in the reflective process of the moon allows the physical container to store light, the human body to store light and convert it to energy process. Your cellular structure contains light.

**Interviewer: Why do hospitals have an increased...**

Zeta: Mental capacity function? Because of frequency increases and cause fractures within the stability processes of the connected processes of the mental structure of a human entity. This then causes them to hallucinate

**Interviewer2: Is that partly what happened to me recently?**

Zeta: What happened to you?

**Interviewer2: I thought I had an hallucination this week actually.**

Zeta: No function, your problem is not of that.

**Interviewer: A lot of people are affected by the moon.**

Zeta: The medium is also affected by the moon.

**Interviewer: Why are some people more affected than others?**

Zeta: What is point of origin of the entity that is affected?

**Interviewer: That would make a difference?**

Zeta: That is correct.

**Interviewer: If the point of origin is extraterrestrial and not of the spirit realm, are they affected more?**

## The Zeta Interviews

Zeta: Correct.

**Interviewer: Why?**

Zeta: Because integration of consciousness from a point of origin entity into the human container requires a certain level of frequency interaction and symbiotic relationship. When the frequencies that are around your planet are affected by many different processes such as the moon or more of your electronic devices, then you are affected more greatly, only that one would know within oneself.

**Interviewer: Does that mean our children are more affected by it because they have so much to do with today's technology?**

Zeta: They are affected, yes, but also for the newer races that are coming, they are affected more greatly.

**Interviewer: Is this a good or bad thing?**

Zeta: It is experience process.

**Interviewer: Does any of this have anything to do with the ozone layer?**

Zeta: There are many layers to the shielding effect of the planet, the biosphere is affected greatly, there are many levels of effect.

**Interviewer: Give examples?**

Zeta: What is from without coming to within, much of the solar radiation process coming to the planet, much of your technology which traverses your substructures in space to rotate around the planet, they are providing much interference to the cellular structure of the humans, so that cause the individual technology that you seem to have, which interacts with this technology is also creating influence.

**Interviewer: Would you call that an osmotic effect?**

## The Zeta Interviews

Zeta: You are affected by osmosis, yes. Because you exist, thus you are affected.

**Interviewer: So the satellites are creating interference with human processes.**

Zeta: There are many interferences, not just one, you are what you are eating, yes, the chemicals which are on your food process, the electronic emissions of your technology, the chemicals that are in your atmospheric condition from your propulsion systems, the external influences, the mind of the human race is also pollution.

**Interviewer: Are reptilians incarnated into the human race, like other races**

Zeta: Continue... state that they are.

**Interviewer: Some people have the same outstanding traits, and some mediums say that there are reptilians with them. Is that connected?**

Zeta: Let me explain now why I said continue. They do not have the same functioning integration process to the human race. They do not come through incarnation, they come through integration. One may be influenced by them. They influence others to think according to their process. To incarnate means you must have permission. You cannot enter into spirit realm process, so how would reptilians get permission? They cannot. They must influence after birth process.

**Interviewer: How would they be able to influence humans**

Zeta: By feeding into the consciousness of the human entity information which would control and provide fear processes.

**Interviewer: Does higher self allow this to happen?**

Zeta: The higher self entity would see it as irrelevant because it

## The Zeta Interviews

only affects a local consciousness of the human.

**Interviewer: The higher entity is seeing it as experience?**

Zeta: That is true, yes.

**Interviewer: Are there certain behaviours that can be connected to people who have that?**

Zeta: Yes, also there may be an influencing entity with them, so at times they are more influenced than others. **Interviewer: Would spirit people recognize that?**

Zeta: No, else when the spirit people are speaking through different mediums, they would be speaking of attachment entities of the reptilian race process, but only from spirit realm point of view. They are not able to enter into the consciousness of the spirit realm entity.

**Interviewer: They only influence the local... Zeta:**

Within the physical environment.

**Interviewer: Because no higher self would allow that to happen?**

Zeta: Because the laws that created the spirit realm function negate any race from moving into the spirit realm consciousness, because the underlying factor would be that, if an extraterrestrial, as you call us, was to move consciousness in full form entity as physical body into the spirit realm, it would change the frequency and negate the ability of the humans to traverse between the realms, and so spirit realm would become unusable.

**Interviewer: If the reptilians are interfering with the humans after they have been born, does it only happen with ones that have got spirit realm as their source?**

Zeta: They are able to interfere with any entity which allows them to, but they are generally not affecting that many humans.

## The Zeta Interviews

**Interviewer: I read they are affecting the English royal family?**

Zeta: Are they humans, yes, then they can be affected.

**Interviewer: But are they affected?**

Zeta: How would I know? Humans must understand that you are not monitored all of the time. You must also understand that you are affected by what you allow. If you are based in ego or fear then the entities perceive chance to come. This is why the mediumship process is much dangerous because once you open yourself to the process, if you allow your mind, your ego to take over the emotional journey, you can be influenced by many entities.

**Interviewer: Would they prefer a simple mind or a mind of ego to use as their prey?**

Zeta: What does that mean?

**Interviewer: Would they choose someone who thought simply or someone who thought they knew everything?**

Zeta: A simple person may be in love.

**Interviewer: And love is a higher frequency.**

Zeta: Correct.

**Interviewer: So it has to do with frequency.**

**Interviewer1: Would they be more likely to attack someone with a point of origin that does not get on with their race?**

Zeta: Let me explain something to you. Before you understand who you are, you are in chaos, you allow many fears to come to you, many have no basis in fact, and so much of what is created around you is made up from your mind.

## The Zeta Interviews

**Interviewer1: I've been attacked while in a sleep state, and I feel they put you into some sort of sleep paralysis while they attack you. Why do they do it when you are asleep rather when you are awake.**

Zeta: You had been affected while you have been awake?

**Interviewer1: I've felt their energy around me but I've been aware of it, so nothing has happened, and I feel that when you're asleep maybe you let your guard down or something.**

Zeta: You have many entities that exist within the astral realm process, the collective mind of the human race, who present themselves as beings which they are not. You may find that your adversaries are not who they say they are. They may present themselves as something greater than they are in hope that you fear that you have no control. True reptilian entities do not control as many humans as believed. More humans are controlled by the collector race.

**Interviewer: Who are the collector race?**

Zeta: They are a parasitic race, feed off fear and energy of humans and other races, but you need not fear these entities process.

**Interviewer: It's more curiosity.**

Zeta: If you are curious then we will discuss. When the collective mind of the human race was at birth process, because the humans were created and placed on planet, a transitional realm was created by Anunnaki, so once the combined thought process created the collective consciousness of the race, other entities saw the opportunity to move into the intermediary process. Imagine the physical entities the humans living on the planet moving backwards and forwards from spirit realm to this place, but the intermediary process is all of the thoughts that are ever created. To use your words, all of your good thoughts, all of your bad thoughts, every thought combined to create

## The Zeta Interviews

one mind of consciousness for a race, and now within that race is potential, within that

intermediary function is also potential, so other races, and one we call the collector process, utilize the astral realm process to interact with you.

**Interviewer: Why are they called the collectors?**

Zeta: This is a name that they have been given, that is known by other humans.

**Interviewer: Do they have a form?**

Zeta: Yes, an energetic form.

**Interviewer: Can this energetic form be any form that the human mind wants it to be?**

Zeta: These energetic forms, they extend themselves into the dream state of the human, and present themselves as reptilian entities, as shadow people, as spirits, as mythical creatures, as demonic entities, as angels, seeking to gain control over the human's mind.

**Interviewer: If we project love in our dream state, if we are able to be conscious...**

Zeta: They would not come to you, no. Let me explain how this works so you do not be in fear. They do not stand by you waiting for you to be in fear. They do not wait for you to go to sleep in hope that they may somehow interact with you. They watch your behaviours. If your behaviours allow them to influence you over many of your months, slowly, slowly, they will come. And so, we have noticed with your humans that take your drinking and your drug process, your sexual process, those behavioural processes allow the entities to move into and attach control, they provide stimulation to the humans, and as a response they receive energy, and they have no way to create energy

## The Zeta Interviews

on their own. They have no real technology to support them, so they are harmless unless you have behaviours which support them.

**Interviewer: That's quite sad really, if there's no other way for them to support themselves.**

Zeta: You have compassion for them, yes.

**Interviewer: Well, it's like a homeless dog that has no food.**

Zeta: They do not need to be... they are like parasitic entities.

**Interviewer: So they could go elsewhere and survive?**

Zeta: Yes.

**Interviewer: Oh, very good.**

Zeta: The reason that they are not stopped by other races or our own race is because you have freewill, you have behavioural freewill, you may think what you wish. But when you are with us they may not enter or come near us.

**Interviewer: Is that because you protect us at that time?**

Zeta: That is correct.

**Interviewer: Thank you.**

Zeta: This property where you are now, you'll notice there is a pulse process. It emits frequencies which keeps all other entities away.

**Interviewer: I feel it's getting stronger, is that the case?**

Zeta: Yes.

**Interviewer: May I please ask what is the direction that we as humans are taking to make you think that our potential is growing?**

Zeta: You are responsive to what is taking place, you perceive your capacity to give, to be compassionate, to abide by the ever increasing

## The Zeta Interviews

frequency of the collective consciousness of your race, to see your own abilities come from within. These are fruitful, and we monitor this planet.

**Interviewer: Has your race had anything to do with genetically modifying certain humans in ancient Egyptian times?**

Zeta: Anunnaki genetics created the human race. I am not Anunnaki.

**Interviewer: In regards to free energy, have you observed where that is going in humanity? Are we moving toward the people in power allowing it to be used, or no?**

Zeta: They wish to control you, they will give you a token of free energy. The perception is that there are infinite resources and very little to them, but they are finite. It is up to individual humans to implement free energy into their own lives.

**Interviewer: How would I obtain them?**

Zeta: Obtain from where? All energy is free.

**Interviewer: Is there a way around the problems?**

Zeta: You wish to help. Keep your mind clear, because the greatest function that you can provide is clarity of thought.

**Interviewer: <sitters talking, Zeta stopping for energy, maybe changing to a different Zeta?>**

Zeta: When you are in sleep state, alert control, make yourself present in the dream, you will scare the entities. They do not realize that you understand that they are providing illusions. Can you do that?

**Interviewer: Can try, good advice, thank you.**

Zeta: Good advice, yes. You have all, as humans, much control, but you are yet to learn how to control. You fear you are victims to your

## The Zeta Interviews

circumstances, but you are creator entities, creating what is coming to you.

**Interviewer: That brings me back to freewill. You say we are creators, but then everything is determined what we are to experience. I don't understand.**

Zeta: Your higher self entity wishes to experience something, it provides the seed. The local consciousness then, using its freewill process will choose from infinite examples to provide the experience to the higher self. That is why you are a creator

**Interviewer: So to learn something, I would choose an easy experience then choose ones that are harder and harder.**

Zeta: Yes, why do you believe that you have freewill?

**Interviewer: I just like the idea.**

Zeta: Listen to my voice. You are a container, a vehicle for experience for your higher self entity, you place much importance on your existence, but you will transition. What will then be your reality?

**Interviewer: But this is now my reality and I would like to make it as good as I can.**

Zeta: But I said to you before, clarity of thought, to understand why you perform certain functions. ... What is your time function? ... Hold your mind in stillness, then you can interact with your eyes on ...

We are going.

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Zeta: Spirits that are allowed to come here, the ones that we know of, they come, they bring their energy to provide themselves with the fertile ground to come, but they must take their energy away, and they do.

## The Zeta Interviews

**Interviewer1: I don't want to cause upset here, there is no need for it, there is plenty of space.**

Zeta: There is no upset, because we are able to now speak clearly and to continue to build energy if we wish. But let me explain also, I did expect that if your potential is presented to you that you will move into it. So if there is a potential process to do with many entities such as you are working with your spirit friends and your other energy, that you will move into that process. The expectation of us for this video(?) is that regardless of the discomfort of moving outside of the known barriers that it will continue to happen.

**Interviewer1: I was more concerned that it would negatively affect your space...**

Zeta: Not possible. It takes longer for a spirit people to establish a baseline energy in their own to present a physical residual energy, but for us, we are to encapsulate the medium to speak. The reason we ask you about what is your energy, that is a standard greeting process for a race. "How are you" is a human term, is "what is your energy", your energy contains all of your consciousness. Your energy contains your perception, your energy contains your vitality. So we ask every time over the many years, what is your energy. And what do you say?

**Interviewer1: Sometimes good, sometimes bad.**

Zeta: and we believe that the sitters have generally misunderstood what the question is.

**Interviewer1: Yes.**

Zeta: And so if we hear that you have no pulling in your solar plexus, that means nothing to us. It means nothing to us if you say you have pulling in your solar plexus. It means nothing to us if you say I have

## The Zeta Interviews

pressure around my head. Initially, we moved into the thought process where we said, maybe it was beneficial for the sitters to understand.

**Interviewer1: Yes it is.**

Zeta: That is correct then. Bet we then, amusingly yes, allowed the sitters to continue on with their discussion, I have pressure, I feel this or that

**Interviewer1: What is the standard answer that you would give to another Zeta if you were asked “how is your energy”?**

Zeta: “I am in energy”, that is what I say. But if you are not, then you are not.

**Interviewer1: But are you always in energy?**

Zeta: No, you are not, not energy that you can define, because when I would say, “I am in energy”, I would present the energy for the other entity to feel. But I still think that it is beneficial for us to understand where you are feeling, and what you are feeling.

**Interviewer1: I mentioned interdimensionals, and I realized I don’t really know what that means.**

Zeta: Yes, a frequency process.

**Interviewer1: Why is it different from, I would say, extraterrestrials? Why do we use these two words?**

Zeta: I will explain this function to you. Extraterrestrials are human words for the human tongue, denote all other races that are not humanoid from this planet but are physical. So, if you say extraterrestrial, then you understand that the race holds a physical form and exists in the frequency of matter. Now, interdimensional entities such as the blue beings and others exist within frequency in a state of non-matter but of consciousness. Their interdimensional aspect is that they exist within the frequency process between matter.

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### **Interviewer2: Is that the void?**

Zeta: No, not the void, the void is without all. We understand your radio frequency process, so between each of your radio frequencies is difference, the difference is interdimensional.

### **Interviewer1: Like the noise in between the stations?**

Zeta: Yes, you could say it that way for a very rudimentary explanation. Think about a non-physical entity presenting themselves by using your filtering systems to present themselves in form of matter. If they do not provide a form, if they do not come in a form, your cognitive processes will not understand, so they present themselves as formulated matter.

### **Interviewer1: Is that the reason that people say they can see the energy I called you on as a person?**

Zeta: That is correct function.

### **Interviewer2: Why is this timeline the best timeline to raise the collective consciousness of the human race?**

Zeta: Because our race does not exist in any other timeline. Think about that. But continue.... So, I will ask a question, but expect no answer. Why is it that the human has the capacity to be on many timelines? Why does the human thought function provide the birth of a new timeline?

### **Interviewer1: Because there are many aspects to it?**

Zeta: A correct function.

### **Interviewer2: Is that to get as much experience as possible?**

Zeta: Because the human consciousness when created was made up of infinite facets of consciousness, whereas the Zeta race hold

## The Zeta Interviews

consciousness within the collective mind. We are not fractured entities, we exist on one timeline.

**Interviewer2: Is the way you exist not an illusion compared to the human race? Is your race in a situation where they know it is not an illusion?**

Zeta: Yes, that is correct, but when the human says “it is illusion”, something holds all matter into form. What provides the form of a table? What provides the form of a human body? Why do not your molecules scatter? What holds them together? What holds the illusion together?

**Interviewer2: The consciousness of the individual?**

Zeta: No, you do not hold your form by your consciousness. What holds a tree function together? Why is it determined to be in that form of matter? There is consciousness outside that is interwoven into all things; that is, source consciousness has within it definitive barriers and boundaries for what may exist. There is nothing that can be created that is outside of it, all forms, all shapes, all existence is determined by this process. All matter would disintegrate without this. There would be no planets, there would be no universe, it is held together by consciousness. The very existence of your consciousness is determined by another. You call it “god”, we call it “the great creator”.

**Interviewer1: So you say that all our matter was thought of by this source consciousness.**

Zeta: That is correct.

**Interviewer1: And how can it be that if we change our focus on something, everything is just transparent, is that a frequency change? How can it that happen I saw a whole room disappear, this energy, this bubbling energy?**

## The Zeta Interviews

Zeta: Because you shift from the current frequency to another. That frequency... How will I explain this subject? Can you read? Can you read words on paper? How far away can you read the words on the paper? So when it is at the correct distance, it is within clarity. As the paper is moved away, the words become less easier for you to see. Now, we will move that analogy to the viewing of existence. As you move away in frequency, the tangible existence of the matter becomes less distinguishable, and so it no longer holds its form.

**Interviewer1: I hear more and more that people have sightings of different craft. Is it because they are shifting, or is it that your craft don't cloak and now be visible for everyone? Is there suddenly many more there? What has changed?**

Zeta: We understand your technology. There are times to not be seen and times to be seen. That is the answer.

**Interviewer1: It is not true then that suddenly many more craft are visible?**

Zeta: Of course the craft have, as they have developed, more craft are seen. As the craft have developed, these technologies are allowing the humans to see more without danger to the occupants. If you have the capability to see craft that have not materialized, then you are shifted into the frequency of the craft.

**Interviewer2: So can an individual tune a frequency to see a craft that other people wouldn't see?**

Zeta: That is correct, yes. But we know your story. There is also potential to be shown something that does not hold frequency.

**Interviewer2: Only there for the observer.**

Zeta: The illusion.

## The Zeta Interviews

**Interviewer1: What do we have to do then, to shift our focus? Would that be possible?**

Zeta: You just did. You changed your mind, you asked a question, you shifted your focus from one question to the next. As your mind is creating questions, you are shifting. You are in a state of change continually.

**Interviewer2: How would one know what is real?**

Zeta: Because others can see it. That is why when we come we make sure there are other humans with the medium, else making statements that you have seen something, a entity yes, in a room, or a craft with no other humans present, holds no value.

**Interviewer2: Especially when you have seen it clairvoyantly and no one else has seen it.**

Zeta: If you see it clairvoyantly, as you say, that provides you with potential for error, because there is no way to determine if what you have seen was created for you to see. You would need to be in telepathic communication with the other humans to all see the same thing - a great feat for any race.

**Interviewer3: I have a question about your collective consciousness compared to ours. When you have a thought, does the collective consciousness of the Zeta race have that same thought?**

Zeta: Let us compare the human mind with the race. The human mind has the capacity to have infinite random thoughts within one of your day processes. I can hold my mind still and have no thought. I can be in stillness for many of your hours, just existing as I am now. So the difference is that the collective mind of the race is in stillness. There is, to use another word, compartmentalized processes where there is activity, where information is exchanged so that all beings of the race may know what is taking place if they want to ask. But

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with the human collective consciousness, it is in a birth process. It is growing exponentially, but it is being held in focus of the races. As the human mind develops, it must develop capacity to understand infinite consciousness, to be in that space of consciousness, to understand stillness... a peaceful existence.

**Interviewer3: Is that compartmentalization you mentioned so that the complete consciousness will not know everything?**

Zeta: No, you have functions within your mind, your consciousness, that your local consciousness will never know about. What makes your heart beat? Why do you breathe? All of these things take place naturally. They are locked away from your mind. The functions within the collective mind of our race, there is no need for them to be present. What if you were able to stop your heart? How could you start it again? Many of your functions that are your bodily functions are automated. Much of the consciousness of our race is automated.

**Interviewer1: And the main decision makers are the elders for your race, is that true?**

Zeta: The decisions are made by the race. The elders have access to the past history of the race.

**Interviewer1: So not everybody has access to how your ways became the way it is now?**

Zeta: You have history, yes? Do all of you in this room know every part of the history of your planet **Interviewer1: No.**

Zeta: Why is that? You do not have the capacity to remember all of the history of the planet. By the time you have studied just one country, your life would finish. So only if you have lived a continual existence would you be able to have the capacity to remember continual information. And so a Zeta would not burden their own stillness with many pieces of information. There is no point.

## The Zeta Interviews

**Interviewer1: You say the race makes the decisions, so if you have three trillion beings, will they all be asked about any decision, what are the decisions the race makes**

Zeta: What is a decision? A good question. Should we go to war? There is information placed within the collective mind, all of the race which are part of the collective will be alerted to the fact that a decision needs to be made, and of course because the underlying process is that we care for others more than ourselves, the collective mind creates the decision process.

**Interviewer1: So its not like everybody would vote either yes or no?**

Zeta: No, why are you here in this room? You have children to come, individuals have chosen to come into this room. The collective mind alerts that there is a potential to come into the room, a decision is required. All understand that what is of benefit for others, not for self, is to protect the race. The decision is made.

**Interviewer3: Does the collective mind, even though it is attached to all, does it become a separate identity as well**

Zeta: Yes, it is separate but part of, yes, I understand how you need to understand. So the collective mind, let me think about that. Do you see your mind as separate to you?

**Interviewer1: No.**

Zeta: The functions that are hidden from you, do you see them as separate from you?

**Interviewer3: No, because I'm not aware of them.**

Zeta: There you go. And so, you may not be in a state of awareness of what is within the collective mind of the race, because you have no function that is related to that. But on a human term, day to day basis, the decision making process is the individual. What will they create

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today? What is of benefit for the race? What function are they providing the race? Those are not decisions that require the collective mind.

**Interviewer1: So it's like the local mind.**

Zeta: Yes, the local mind.

**Interviewer3: So there is freewill.**

Zeta: Yes, there is freewill, until there isn't.

**Interviewer1: So if the collective mind made the decision to go to war to protect the race, there would not be any that would say, we are not going?**

Zeta: There would never be one that would say that they would not abide by the collective will, because you care about others more than yourself, and so of course you would agree. **Interviewer1: Bit of a foreign concept to us, isn't it.**

**Interviewer3: The Zetas that are disconnected from the collective consciousness, so they can't hear the collective consciousness?**

Zeta: That is correct.

**Interviewer3: Do they have their own collective?**

Zeta: They do, yes, and the information that they input into the collective mind exists, but they choose not to because they have freewill to not be part of the rules of the race, and so they are in disassociation from the collective mind.

**Interviewer3: The Zetas who broke away, what is their truth that they believe they are doing the right thing?**

Zeta: They are in service to self. They are seeking to change the genetic structure that they hold.

**Interviewer3: Into what?**

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Zeta: That is up to them, but we undo what they do.

**Interviewer3: Why would they want to change their genetic structure?**

Zeta: They believe that they are diminished in some form, and not all entities like to serve others.

**Interviewer3: And how do they feel they are diminished?**

Zeta: Because they feel that they have the right to create decisions based on what is good for them and not for others.

**Interviewer3: That sounds very much like... Zeta:**

The human race.

**Interviewer3: Did that separation happen when your race formed the collective consciousness?**

Zeta: No, if we were to give time frame, it is difficult because when does a decision actually start? But still, many generations ago when this process took place.

**Interviewer3: Did they take material from the humans for their own...**

Zeta: Yes, of course.

**Interviewer3: Genetic material?**

Zeta: For experimentation purposes, they are part of the abduction process.

**Interviewer3: Let's talk about something happy?**

Zeta: But that is happy, because there is no unhappiness in discussion. There is only observation, experimentation, and information.

**Interviewer3: But we as human beings react with emotion.**

Zeta: A correct function.

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**Interviewer3: Have the collective consciousness questioned going to war with the separators**

Zeta: To go to war, is that your question?

**Interviewer3: Yes.**

Zeta: What would that provide?

**Interviewer3: Nothing.**

**Interviewer2: If they attacked you then you would have to defend yourself.**

Zeta: They would not, they know not to. If they were to come near us, they would be reintegrated into the collective mind. They would not be able to assert themselves.

**Interviewer3: Could we speak about Israel and Palestine and the middle east where there is great conflict? They say there is a huge portal there as well, that's where a lot of the interdimensional, extraterrestrial visitations and manipulations first began thousands of years ago.**

Zeta: There are many portals, there are infinite gateways. There is no reason why a location on the planet would be more disruptive than any other place. The capacity of humans to argue among each other is well known amongst all races. It does not matter where

you land, you could be in trouble. Just because two countries are fighting with each other, we believe that it is to do with the birthing process of your collective consciousness. There is much turmoil within the mind of the race. It is the mind of the race that must be brought into stillness. Once this takes place, humans that incarnate into this physical reality will be in stillness.

**Interviewer3: How do we bring the collective consciousness of the human race into stillness?**

## The Zeta Interviews

Zeta: By being in stillness.

**Interviewer3: So one by one; in meditation?**

Zeta: No, that would be nice, but I'm not sure you have that much time. Other races such as our own are holding the collective mind in focus to bring it into a quieter state of existence, and many thousands of beings are focusing with intention to create quiet. In your meditation process, hold your mind still, let the stillness permeate the collective mind of the human race.

**Interviewer3: Is that achieved through intention?**

Zeta: It is achieved through silence.

**Interviewer3: And by being silent, does that naturally affect...**

Zeta: Yes, how much silence do you produce? What does silence do? Silence brings harmony. Silence changes frequency, of course in the right circumstances, but silence brings peace.

**Interviewer3: Can I ask if you are in stillness right now?**

Zeta: Yes, correct function, how am I thinking?

**Interviewer3: Yes.**

Zeta: Because I am able to hold my state of stillness but also speak through the medium.

**Interviewer3: That is hard to comprehend.**

Zeta: Correct function, yes.

**Interviewer1: Yes because one would think that you need to think to answer a question.**

Zeta: No, between speaking to you, there is nothing but silence.

**Interviewer3: Where does the information come from?**

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Zeta: From the collective mind of the race. The question is heard by the medium's body, it is transferred to my consciousness, it automatically assimilates with the collective mind of the race, the answer comes back and out of the medium's mouth.

**Interviewer1: So you are a medium between the collective mind and the medium?**

Zeta: That is correct function, yes, a mediator.

**Interviewer1: You see that's the same as when you have a mental medium that can't be engaged, thinking, they have to listen to...**

Zeta: That is correct, that is why the medium was taught mental mediumship for two of your earth years, to learn to hold the mind still, a state of connection but not to enter into the stillness, because the potential of the human mind is to change what is said. The human now has no thoughts, there is darkness, there is stillness, there is no thoughts in the human's mind, it is stillness. But I exist within the consciousness of the human, so only my thoughts exist.

**Interviewer3: Speaking of stillness, there is never actual silence, why is that?**

Zeta: You are to remove yourself from what is called the influence of... We will take your clock process, it is ticking, but it is only ticking when I observe the clock. I cannot hear it ticking when I do not observe it. Does it exist when you are not observing it, no. Observation brings something into reality, your reality.

**Interviewer3: So how many rooms are we sitting in at the moment then. There are five of us apart from the medium and yourself in this room.**

Zeta: What makes you think you are in a room?

**Interviewer3: Exactly.**

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Zeta: That is why I said, “what room”. You are within our frequency. You are in a space defined by consciousness, and that determines that you are within physical parameters of a room. I am here speaking to you, but I am not within your room. And that is how we connect to the medium because his consciousness is not in a room as well. There is no... what is word function? ... there is no defined parameters that tell us to be within this room. There is no reason to exist within this room. You exist as consciousness, but you prefer to observe from within this point within the universe.

**Interviewer3: Is this point in the universe the same point in the universe for the others in the room? Is it a separate room they are in?**

Zeta: There is no room.

**Interviewer3: There is no room?**

Zeta: The room does not exist. You are points of consciousness that have come to observe another consciousness speak to you. Let me see if I can help you. Close your eyes. Do not open your eyes. Let me say that your body no longer exists. It is calm, you have no body. You just exist in stillness as an observer. And now, considering you have no body, do you need to be in a room?

**Interviewer3: No.**

Zeta: There you go. There you are, and there you go.

**Interviewer3: So are there six different creations of the illusion of a room that doesn't exist?**

Zeta: There is perception that the local consciousness has created to believe that you are all within a room. You agree you have a consensus reality.

**Interviewer3: How do we decide on a consensus?**

## The Zeta Interviews

Zeta: Let me explain. I do not agree with your concept of reality, so I do not see the room. I agree with your observation, I agree with your discussion, I agree with your frequency, I agree to communicate, but nothing else. I do not hold your illusion.

**Interviewer3: You are aware of it, though**

Zeta: I am not aware of where you are. I am aware of your voices speaking to me. I am aware that behind that voice is consciousness only, but if I change my frequency, if I choose to change my frequency I can move into your consensus reality, and experience your physical room.

**Interviewer3: Is that what happens when you bring craft in?**

Zeta: Yes.

**Interviewer1: So when we have craft to be seen and not to be seen, it's not depending on us here, it's depending on you changing the frequency, and then it's out of our frequency to be seen. Is that so?**

Zeta: The capacity of the human to see many different frequencies in the light spectrum is limited. We change the frequency of the light.

**Interviewer1: So there is not a cloaking device, not some technology.**

Zeta: That is technology, yes.

**Interviewer3: How do you change the frequency of light?**

Zeta: By changing its frequency. Other craft have communicative function, the craft has perception of self. The craft is a biological entity, sentient. It is able to change its frequency. You have animals on your planet with many tentacles. It changes its skin colour to blend in with its environment. Have you seen it? **Interviewer3: I have, but I don't know how it changes.**

## The Zeta Interviews

Zeta: So we are able to camouflage, yes, by allowing the craft to change the way that it thinks about itself, and in doing so, it changes the patterns of light that are emitted from the craft, to be seen or not seen by the human eye. **Interviewer3: Are the craft organic?**

Zeta: Yes, my friend, they are grown, genetically created within a skeletal framework.

**Interviewer3: Are the craft part of the collective consciousness?**

Zeta: A correct function, yes, of course they have freewill.

**Interviewer3: The craft have freewill?**

Zeta: Correct, yes.

Now I will be leaving, interesting conversation. You are limited by your capacity to think outside of your reality. I have given you many things to think about so you can take the next step, to observe, to understand that you are an observer process, a point within the universe.

## September 21, 2014

**Interviewer: Is it possible to travel between one timeline and another?**

Zeta: Yes, of course, it is. The current timeline is one of frequency, the other timelines are also the same.

**Interviewer: Did the other timeline effect the current timeline of someone's time?**

Zeta: Point of entry is the determining factor.

**Interviewer: Could you explain the point of entry?**

Zeta: Yes. For you, as you said, you are travelling along a thread, and so the other threads, the other existences that you hold are also travelling in parallel. Now, for you to leave this timeline and to move to another timeline, the point of entry is relevant because when you leave this

## The Zeta Interviews

timeline, you no longer exist. You would only have existed up to the point that you left. So to enter into another timeline, you must enter into what is seen to be a point which would not interfere with the other parallel you.

**Interviewer: Is that why people have deja vu**

Zeta: Because the frequency of the parallel existences become similar for a short period.

**Interviewer: Is it possible to see into the other timeline?**

Zeta: Yes, of course. Amusing questions ... through consciousness, of course, through controlling the process to understanding the mechanics of existence.

**Interviewer: Can you see the other frequency, the other person or yourself.**

Zeta: I only exist on one timeline, the race only exists on one timeline.

**Interviewer: Is that because you are not multi-dimensionally faceted as human beings.**

Zeta: We discussed this in the last sitting where the humans are facets of consciousness made up of infinite shards or threads. Each can be seen to be individual, whereas we do not incarnate as you do. We are not faceted the way that you are. Looking at the consciousness of a human is like looking at a faceted process, many faces, yes.

We are held in stillness, you are held in chaos. Stillness provides observation, stillness provides capacity to view from all perspectives, not limited by a singular thought process.

Let me explain. This reality is an illusion. The consciousness of the spirit people is able to exist in many rooms, all believing that they are existing within the same environment. I believe that this is now too complicated to explain... **Sitters: No no continue.**

## The Zeta Interviews

Zeta: ... so as with the deja vu explanation, as you change frequency you move closer to the other parallel timeline, the existence that you as a faceted person have possibly experienced before, and that way you sense reality that you have never encountered before, but it is familiar to you. So that is simplified. Now for us, we exist on one thread, one infinite thread as you do. This does not mean that we cannot study the other threads. We have our own technological processes such as the quantum environments where we are able to take imagery of each of the chosen timelines, and then we can study the probabilities. But we only view probabilities, that is true, yes. I have finished.

**Interviewer: Do you ever have the feeling of deja vu?**

Zeta: No, you would need to hold a faceted existence on other timelines. You cannot experience a self, mirrored, if it doesn't exist. Unless of course, through the human form you understand what it is like to experience a deja vu.

**Interviewer: Can the oversoul have multiple existences in one race and another race, as a human and as a different race?**

Zeta: Wait, a determinate function. Yes, that is possible, explanation required?

**Interviewer: Yes.**

Zeta: The spirit entity's existence based in the spirit realm process, a faceted existence, many threads. So, moving outside of that spirit realm process, a faceted existence, one thread, to spirit realm seen to be a human nest, because cannot enter into spirit realm in form. So, hierarchical structure, a thread to spirit realm, thread to race, a thread to race, a thread to race, a combination of oversoul and then is a part of four races.

## The Zeta Interviews

**Interviewer: An oversoul then can be part of other than just a spirit being, it can actually have different races.**

Zeta: Yes, of course, because an informal thread is the formal thread for the spirit realm, so the formal thread would be seen to be the oversoul process, which then becomes the informal thread to the hierarchical structure of the oversoul which is the new formal thread. The medium I will give information to and he can pencil it for you.

**Interviewer: Does this happen often with oversouls?**

Zeta: Does it happen often? A spirit realm entity and not normally, no, because frequency is based in different nature, but if a race wishes to move into the human existence, then the thread becomes informal, and so that is taking place, yes.

**Interviewer: So it's more likely to occur that way then the other way.**

Zeta: Correct, yes.

**Interviewer: Does the oversoul develop to a point where it goes out into other races?**

Zeta: Until [xxx] the oversoul process chooses frequencies. Not understood by you?

**Interviewer: No.**

Zeta: A consciousness in undulating form, always growing, chooses frequencies which determine a new experience level.

**Interviewer: Were the Zetas once a multifaceted race?**

Zeta: Not function, no.

**Interviewer: Never?**

Zeta: Else function would continue on all timelines.

## The Zeta Interviews

**Interviewer: Have you talked about how the Zeta race came into being before?**

Zeta: A facet of one race existing on many other forms of existence not related to timelines, produce a race to exist on one timeline function.

**Interviewer: Could you explain a bit further?**

Zeta: And so, interdimensional races are creating matter, creating consciousness to exist in matter on one timeline for the purpose of experience. Information from the race to move back to the interdimensional race called the blue beings, the creators of the race.

**Interviewer: Why just one timeline?**

Zeta: Wait, that is a gateway question.

**Interviewer: What is a gateway question?**

Zeta: What was your question?

**Interviewer: Why did the blue beings decide to create you on only one timeline**

Zeta: The blue beings must answer that for themselves, that is a gateway question.

**Interviewer2: The gateway when it is open allows other races to come through.**

Zeta: .... We tried to initiate the gateway but were unsuccessful, not the correct energy in the room.

**Interviewer: If this timeline was not the best timeline, would you be able to change to another?**

Zeta: No, it has been determined by the creator races that this is the best possible timeline. It is the intermediate frequency, the middle frequency. The middle frequency provides the most experience,

## The Zeta Interviews

because from the middle, other frequencies are more widely spaced. I will give you the image through the medium. He may draw for you.

**Interviewer: Are you meant to reconnect to the blue beings Zeta:**

They are guides.

**Interviewer: I would like to ask if you can share with us some of your own experiences from where you come.**

Zeta: Not understood.

**Interviewer2: Can you discuss a personal experience?**

Zeta: Yes, so, do you know what an elephant is?

**Interviewer: Yes.**

Zeta: Can you see an elephant?

**Interviewer: I can imagine one, yes. Zeta:**

No, can you see one on your planet

**Interviewer: Yes.**

Zeta: What is the elephant thinking?

**Interviewer: I am very happy being the biggest animal in the world.**

Zeta: Really, I do not think so. You see the problem. Your perception, your belief of what the elephant is experiencing and what it is experiencing are two different things. I can say that I have viewed my planet's surface, but what that... **Interviewer2: Can you describe how that looks?**

Zeta: Yes I can describe how that looks. It is dark but there are colours of blue that are melted into the substructure of planet surface. They are called mountains, yes.

What has the medium been eating?

## The Zeta Interviews

### **Interviewer2: Garlic.**

Zeta: To metabolize food is difficult, not impossible but difficult. I meant a memory. I have a memory for you. I am in stasis. I am asleep. That is my memory.

### **Interviewer: Do you dream while you sleep?**

Zeta: No.

### **Interviewer: Are you just in stillness?**

Zeta: I am not in the physical container.

### **Interviewer2: We all may not know what stasis means?**

Zeta: I will explain. My container is in stasis in the hibernation chamber, yes, with many millions of containers. Do you understand?

### **Interviewer: That's one big number.**

Zeta: Correct function.

### **Interviewer: What are in the millions of containers?**

Zeta: They are humans.

### **Interviewer: all xxx humans at the moment.**

Zeta: Correct function.

**Interviewer: So do you go into hibernation when you come and talk through the medium or are you actually in a human... Zeta: I am in human form.**

### **Interviewer: You are in human form at the moment.**

Zeta: Correct, I am the medium's higher self. To live one race life, 1500 years of earth time, possibility of many lives lived in many different races before termination of container. So average lifespan for human is 80 years, but to say maybe 100, yes. Fifteen lives of a container per

## The Zeta Interviews

Zeta person, so that function would not be appropriate, not to move to many lives during one container period, so most of the Zeta beings would experience two or three different forms of life within the life process for 1500 years.

**Interviewer: All in the same container?**

Zeta: 1500 years in the same container. So, I am in stasis, the physical container is in stasis, I am existing as a human here, withdrawing to allow the local consciousness to have a personality as a human.

**Interviewer: So all the bodies in stasis, they have carers and the bodies are looked after?**

Zeta: Ah, automated functioning process.

**Interviewer: So you are the medium's higher self and you are the aspect of the medium that is the Zeta part.**

Zeta: I will return to my container when the physical body transitions. No return to spirit realm.

**Interviewer: Because the Zeta talks to us here now, then the medium's local consciousness personality, I thought that was of the Zeta origin as well.**

Zeta: A local consciousness is determined by experience. A personality, emotional capacity and function is determined by physiology, emotional capacity and psychological profile that is created for the human, that is based in genetics. Also, the parentage of this human container has a local consciousness based in DNA structure of parents. That provides local consciousness structure.

**Interviewer: (trying to compare this process with the human spirit realm process... - paraphrased)**

Zeta: So let's explain the human existence transference process. For the human container, that have higher self that is spirit, yes. A same

## The Zeta Interviews

process, higher self is spirit person, container has emotional capacity, psychological structure based in genetic structure from parent

**Interviewer: What happens to the local consciousness when the containers depart?**

Zeta: The higher self functioning maintains all of the facets of the local consciousness that it requires, and rejects the rest. To take experience, yes. Now, do you need anger in spirit realm? Do you need jealousy and envy? These are functions of local consciousness, so these are stripped away by higher self process **Interviewer: Your personality?**

Zeta: Your personality is an interesting process, yes. You have many personalities existing in one container. You are able to shape-shift. So, to shape-shift, you have not one personality. The higher self will determine which of the processes of the personality it will keep.

**Interviewer: So I have a male and a female personality.**

Zeta: Ah, you are human. Only reason why you are, have male and female is because you have a frequency that is related to both.

**Interviewer: So why would that be?**

Zeta: Because higher self chose that. A different process, a discussion for my existence is ... a container is in stasis, yes, a difference being that you do not have containers to go back to, but you have spirit realm to go back to. That is your container. The spirit realm is a transition point, but there are many transition points between races. So there are for the human spirit realm, there is transitional point in frequency between many realms.

**Interviewer2: When the medium is finished his time here and transitions, your higher self will then go back to the container that is in stasis?**

Zeta: Correct.

## The Zeta Interviews

**Interviewer: And will then continue on with his wife...** Zeta: But I am elder so that is different process.

**Interviewer: Do you work in conjunction with the medium's higher self?**

Zeta: I am the medium's higher self.

**Interviewer: I was under the impression that your higher self was your spirit.**

Zeta: The higher self is consciousness. Explain to me what is difference between consciousness and spirit.

Interviewer: From my perspective, consciousness is what is inside your mind.

Zeta: No, consciousness is existence without matter. I will use your terminology. I am spirit, but from other race. So, you have no way to know if your higher self is truly from spirit realm or from another race.

Many beings as humans do not know that they are from another race. There is suppression.

The frequency of the human race is based in a lower frequency and because consciousness exists in different forms and states of frequency, to access memories from a different frequency field, the human is negated from accessing that information.

**Interviewer: Is there any way to find out?**

Zeta: There are always ways to find out.

**Interviewer2: Is it possible for humans to find out if it's been negated**

Zeta: Yes, correct function.

**Interviewer2: Ok, how would you suggest that happens?**

Zeta: That is point of origin sitting.

## The Zeta Interviews

**Interviewer: Do many people not find out their point of origin?**

Zeta: How does higher self stay in matter, the matter of the container?

**Interviewer: By choice, the frequency...**

Zeta: Can you see spirit realm now?

**Interviewer: No.**

Zeta: But you are from spirit realm.

**Interviewer: Yes.**

Zeta: How is spirit holding form in matter now, in a container? The higher self is in control of all functions. Sometimes the higher self is able to hold a frequency in a physical form. In doing so, if it is able to hold frequency with a physical form, the local consciousness will never understand that its nature is not from spirit realm - I'm talking about extraterrestrials - but for some, the capacity of the higher self such as myself, to hold frequency with a body of matter was not a perfect match.

**Interviewer: What problems did that cause?**

Zeta: That many memories of another life came into the local consciousness. The local consciousness had perception of a different lineage, a generational perspective process, the other life. That process can happen for the human container, so it can be that... Let me say that human clothing feels very strange, we do not wear clothing, it is very uncomfortable. There is capacity within the existence of a human to remember past lives, especially if the frequency of the consciousness does not resonate correctly with the physical body. The same problems occur.

**Interviewer: And then it's seen as a problem.**

Zeta: Why did you come here?

## The Zeta Interviews

**Interviewer: I don't know.**

Zeta: The higher self incarnates for experience, and to use the local consciousness as the filtering process. It removes itself from the process, so it can fully experience the capacity of being in a human container. Same for us, so to not be successful where the local consciousness recognizes it is not functioning well, means that the experience is not a true experience.

**Interviewer: Is that because a part of the self is revealed earlier than wanted to be revealed?**

Zeta: Not to be revealed, but has been, yes.

**Interviewer: And you would prefer it hadn't happened.**

Zeta: Oh well it's ... a choice of termination or to continue on. But in this case, the termination wasn't an option, because I have been here before, twice.

**Interviewer: So you were familiar enough to be able to maintain that frequency?**

Zeta: Through discussion with the local consciousness, agreement exists, yes. And now I will be going.

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## September 28, 2014

**Interviewer2: I can feel energy in my solar plexus and my heart.**

Zeta: Yes, in your heart.

**Interviewer2: Really, oddly in my heart.**

Zeta: That is correct function, yes.

**Interviewer2: Why is that?**

Zeta: Because we come in love.

## The Zeta Interviews

**Interviewer2: It's a lovely feeling.**

Zeta: There are many stories about our race, much fear, some founded, mostly not. There are many different beings, same as the humans, but can you trust all? No. What is the saying? Are you in respect, yes.

**[Discussion with sitter who had a Zeta companion for a while to thwart lower frequency entities. He thought he had an implant. It is explained that the implant is only imagined, the Zeta companion had adjusted the sitter's frequency by entering his etheric body, and this action was perceived as an implant]**

Zeta: There is no implant, there is no requirement for an implant, and if you believe there is one, it is in your mind and nowhere else. We do not use that technology unless required. And also, now because we know humans better, we would ask for permission. That is correct function, yes. In the past, there was implanted technology into the human form for purpose of communication and experimentation, but there is no longer the requirement for this function. Let me explain now, because the perception is that you believe that you do have an implant, yes?

**Interviewer2: Maybe not at the moment, but in the last couple of weeks, in my left knee, and my head was the most prominent.**

Zeta: Let me explain. The medium has much technology, the medium has many implants as you say, the implants serve as a functioning technology to support the work of the race. He is fully cogniscent of the technology that exists within the etheric framework of the form of the human body. Permission was asked by us to the medium to allow to place the technology in, yes, of course. The medium has been awake when the technology was placed, and has suffered in some respects for the level of pain that was required to implant, but never was concerned about it.

## The Zeta Interviews

So some humans, some containers, are quite comfortable with the technology process, and see it as a necessary function. Also, some humans are comforted by the technology, much as your phone technology gives off signals so that it connects properly to your ... what do you call that? - your carrier ... so the technology within the framework provides access to the race, so some humans are very comfortable with this process.

Other humans have created their own technology. They create thought forms, and insert them as a working technology into their own etheric body. So, if you believe that you have an implant, this is an example. If you believe you have an implant, then you will have one because you create it. So as with a phobia that a human can suffer, the phobia is based in a belief system that the human has attained, that they have fear based on an object such as your animals or insects. The potential is that you do not understand your potential, that you create much of the things around you.

We have been monitoring you, yes, through the companion and not through any technology, we are able to speak to the companion, the ex-companion, of course, as to what took place around you. We believe that you will go through some unsettling times, but that you will be able to learn from that. But it is important for you to understand that at this point you have no technology within your physical framework from any race. Do not be convinced by any entity that you do. There are no thought forms associated with you. All of the energies, the embedded thought processes that you had with you have been removed by the companion.

But of course, what takes place is doubt, so even the medium went through that process. Can you trust an entity being so close? If they are monitoring you, what are they doing, and so, that is a truth, yes. If a being is modifying your energy, how do you know you can trust them?

## The Zeta Interviews

And that is a truth. You cannot pretend that does not exist. So, why does the medium trust us? Because over many years he has never been harmed. We have only ever come to serve. If a human has been in trouble, and he has asked, we have helped them and asked nothing in return. We have provided a service to you, and now you are on your own.

**Interviewer2: I had my heart pulling as well.**

Zeta: Your heart is pulling?

**Interviewer2: Not now, but earlier when you were coming through, you already explained that was the love...**

Zeta: That is correct because we sense that some would require to have a sensation of what is possible. Is it possible for a lower frequency energy to produce love? No, not at all, no. So we come in love. That is an energy that we bring with us if we choose to. We present the energy that best suits the conversation processes.

**Interviewer2: It's very nice, thank you.**

Zeta: The spirit people are developing the physical energies that are required for their manifestation within the sitting process. That is and has been difficult for the medium to manoeuvre.

**Interviewer2: Do antidepressants lower your frequency?**

Zeta: Yes, of course. They are chemical constructs, they alter the ability of the human to function from a temporary process. They may be required to help you normalize, but to modify your function long-term is not a function you should perform. You have innate abilities, all humans do, to control their thought processes, their emotional stability through silence and meditation. Let me explain, when you meditate, you open your mind in stillness. In that space you may bring

## The Zeta Interviews

up to yourself things that concern you. You then observe the problem in a new stream of frequency and consciousness.

Meditation is not designed to place you into a space where you are not functioning, but it is designed to give you a clear space to analyze your internal workings. It is a space for healing. And now, sitting is to bring energy and guides through you and others, your ability to become a container is directly managed by the entities. They are two different processes. One is for healing, the other is not.

### **Interviewer2: The sitting has no...**

Zeta: There is no beneficial... it is the opposite, that the sitting process does damage to the physical body. If you are to withdraw certain substances, then it diminishes the capacity for the physical body to remain healthy. So if you are performing physical mediumship, it would diminish the capacity of the internal organs to sustain that process. Spirit people must use many energies to perform their function.

### **Interviewer2: How are your energies?**

Zeta: I am in wellness, yes.

### **Interviewer2: You were discussing the detrimental effects on a physical medium's organs. Is there a way to overcome this by taking certain minerals or ...**

Zeta: No, to eat fruit, yes, and your vegetables, and to drink much of your water, to be the hydrated process, to make sure you have had your sleep, to give your body the opportunity to recuperate.

### **Interviewer2: And that will overcome the detrimental effects?**

Zeta: Yes, because they are temporary, but if you compound the temporary damage with poor eating habits, lack of sleep, no water, the body is in a diminished state, a diminished capacity.

## The Zeta Interviews

**Interviewer2: Thank you, that makes sense. Can your craft cloak themselves to look like clouds?**

Zeta: Oh yes, they can, but not every cloud is a craft **Interviewer2: Of course.**

Zeta: Would you like to know how this function is performed?

**Interviewer2: Yes, please.**

Zeta: 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.

**Interviewer1: [mentions the movie, Close Encounters of the Third Kind]**

Zeta: What is the tonal frequency that is supplied within your movie process? What is the sound?

**[Sitters hum the CE3 tonal sequence]**

Zeta: The tonal frequency is an amusement, yes.

**Interviewer2: Did it have meaning?**

Zeta: A correct function, yes.

**Interviewer2: What was the meaning?**

Zeta: It was given to the human as a means of understanding that there can be a frequency which emanates as tones which could be used as a communication process between races.

**Interviewer2: The movie got that process down pat.**

Zeta: It was given to them.

**Interviewer2: They put hand gestures to the music too each time.**

Zeta: We have provided this tonal influence to the medium.

## The Zeta Interviews

**Interviewer1: During a sitting?**

Zeta: Yes.

**Interviewer2: Do the tones have any significance to your race? Is it just something you know of because he watched the movie?**

Zeta: No, they existed prior to the medium seeing the movie.

**Interviewer2: The tones existed.**

Zeta: Correct.

**Interviewer1: What was the purpose of you sending the tones through another caller(?)**

Zeta: To provide a close encounter.

**Interviewer1: It had no significance of another sort.**

Zeta: No, because it is a comparison between what was placed within the human collective mind and what the medium would recognize.

**Interviewer2: Do you use tones for healing purposes?**

Zeta: We use many functions for the healing process. Much of that is symbols, yes. Symbols hold frequency. A frequency is then determined, let me explain. A pyramid function, you do not have in the room, ah but you have the crystal in the middle of the table. That crystal provides functioning connection. There are no other crystals like it, all crystals are individuals. What if you could take that crystal and make it into an etheric symbol, and place the symbol into the etheric body? You would have a working representation of the crystal within your own body.

**Interviewer2: So how do you make the physical crystal into an etheric symbol, intention, like creation?**

Zeta: That is a simplistic answer, but...

## The Zeta Interviews

### **Interviewer2: Can we have the non-simplistic answer?**

Zeta: The crystal is emanating a set of frequencies. The crystal is used to communicate. It has a comparative frequency within the Zeta frequency. It allows for connection process. Now, if the crystal, if its function was to you a perform hearing, then we would provide the frequency as a symbology, a multidimensional symbol process, the symbol would replicate the frequency of the crystal, and the symbol would then be placed into the etheric body to resonate. Because it is a frequency and the etheric body is frequency, it would then modify the frequency of the etheric body.

### **Interviewer2: How did you create the etheric frequency to start with?**

Zeta: The frequency exists.

### **Interviewer2: It just exists.**

Zeta: It exists already for the physical crystal on the table. So, you take ... let me think.

Zeta2: I am to speak now, yes, you can hear my words, is that correct?

### **Interviewer2: Yes.**

Zeta2: Where do the words originate?

### **Interviewer1: Thought.**

Zeta2: They are thought, they are then sent through a vocal chamber, they vibrate the molecules within the atmosphere, your eardrums then vibrate, your brain then picks up the signal as a vibration and then converts the sound into words that you understand. So such a process of communication provides that the crystal is able to be converted into frequency. The intermediary, which is the atmospheric conditions in regards to vocal pattern, is a changed pattern.

### **Interviewer2: Do you mean sound?**

## The Zeta Interviews

Zeta2: A sound, yes.

### **Interviewer2: Through the crystal?**

Zeta2: No, the frequency is not a sound, no, I am using analogies to explain. So would the thoughts of the process via the vocal process, the intermediary between you and me, is the atmospheric conditions. If there was no atmosphere, you would hear no words coming from me because the eardrum of the human would not vibrate. Also, you would be terminated because there would be nothing to breathe. So, with the crystal I hold, frequency, the intermediary function, is the symbol that is created, that then vibrates a frequency. So, can you see your radio frequencies? No, but they provide a function because they are picked up by a physical device, your radio. So, the crystal provides the function of frequency. The frequency is then given a symbol pattern, and the symbol pattern is the intermediary function which is then determined by the etheric body which is the physical device.

### **Interviewer2: Does it matter what the symbol pattern actually is, or is...**

Zeta2: The symbol pattern is determined by the frequency.

### **Interviewer2: How do we determine the symbol pattern of the frequency?**

Zeta2: That is for us to know.

### **Interviewer2: Is there any point, apart from curiosity, having these conversations then. Is there any way we could apply that information into ...**

Zeta2: Yes, of course, my friend, you can do that. Here is an example for you. If you held the crystal in your hand but do not turn it a crystal, you could tune your thoughts to the crystal. You could then say to the crystal that you are creating a mirror image of it. You are holding it as

## The Zeta Interviews

consciousness within the framework of your etheric body. You have taken an image of the etheric body of the crystal. You do not understand?

**Interviewer2: No, I do.**

Zeta2: You do understand, good.

**Interviewer2: And then?**

Zeta2: It is finished.

**Interviewer2: Is it just a place in your own body or can you use it to place in someone else's body? If you place it someone else, how do you know that what you are doing is correct?**

Zeta2: Because if you have to ask that question, you do not know. Let me explain, because the human mind has little capacity. So if I was to view this physical body, that it required technology, we would determine the frequency that would bring about harmony between the physical body, the etheric body, the communication processes, and ourselves. So let me give you an example. How does the medium allow us to speak through him? There is a conjoining of frequencies which is a harmonized state, and a harmonized state allows us to modify this frequency of the etheric body and we then move and speak through him. So how are we to determine if you are in a state of unwellness, because we look at what is classed as the etheric swirls within the physical body which holds the etheric structure, and of course when we can see that there is disharmony, because we are able to see the swirling effect in the etheric body, we then place a frequency within that area to re-assimilate the energy swirl back to the normal frequency of the etheric body. This provides the function then of physical wellness.

**Interviewer2: For quite some time now, I have placed a crystal within someone's chakra. Is it possible to get that wrong?**

## The Zeta Interviews

Zeta2: Yes, of course, because you do not fully understand what you are doing. You could create unwellness.

**Interviewer2: What I normally have done, when someone feels particularly low, I picture a rose quartz crystal for the heart because it has the energy of love. I would place an image of the rose quartz crystal in the etheric body to help.**

Zeta2: That is a correct function.

**Interviewer2: And similarly with the other chakras, if you keep the colour coding correct with the crystals, is that a good thing to do**

Zeta2: Of what colour is your heart chakra?

**Interviewer2: Green.**

Zeta2: What colour is the rose quartz?

**Interviewer2: Pink.**

Zeta2: They are not the same.

**Interviewer1: Wouldn't logic tell you to put a green with a green?**

**Interviewer2: Well pink is love.**

Zeta2: That is amusing, because we do not believe that your etheric body holds chakras, but your etheric body has the capacity to have infinite energy swirls.

**Interviewer2: Is it a good thing to do this, or not?**

Zeta2: Is it not your guides doing the healing? Is your guide creating the crystalline process, the chakras?

**Interviewer2: That's a good question.**

Zeta2: The human mind would not have the capacity to understand what to create, but of course the intention may be that, if you send the

## The Zeta Interviews

highest frequency which is love, then of course you cannot cause harm.

**Interviewer2: Excellent.**

Zeta2: Do you understand what I am saying? I am saying that you could, as a healer, without any guidance from a guide, create a situation where you have not asked permission to place energy within the body of another. But still...

**Interviewer2: Are they not giving permission when they come to you for healing?**

Zeta2: You should tell them if you are to place a ... **Interviewer2: I generally do.**

Zeta2: What did you call the word before? An implant! You are an alien who are implanting technology?

Some symbols have a predetermined function. When designing a craft, some symbols are related to the functions to be performed. Have you seen how sounds can change formations, that is the same. So, other symbol is determined by the frequency of the crystal net. Do you understand?

**Interviewer2: When you ask us to wait, do you require us to intake more energy for you?**

Zeta2: No, we are creating connection. There is nothing that you could do. The energy of the sitting is created at the beginning of the sitting, and then struggles, yes, for the determination of the sitting for the length of the sitting.

## The Zeta Interviews

### October 22, 2014

Zeta: For discussion there are 10 timeline processes, and they are all not in the same frequency because then there would be no separation. The furthest life which is the 10th life is a different frequency which is further away from the original. There is perception of xxx this timeline xxxx.

**Interviewer: Are you saying that the timeline we are sitting in presently is more productive than other timelines?**

Zeta: The other entities that are you do not have us to speak to.

**Interviewer: So the other entity that is me who is also in 2014...** Zeta: Has a different medium.

**Interviewer: It isn't a Zeta.**

Zeta: Correct.

**Interviewer: Because a Zeta is staying in this other probable timeline. Different lifetimes or different periods, you call them... different lives that a human has are different periods, say 2000 BC, 500 BC, 600 AD...**

Zeta: They are threads, they are informal thread processes.

**Interviewer: Is there this human sitting on another timeline, that is a medium sitting in that chair...**

Zeta: A different human, they are talking to spirit, and not to know what is taking place, they are not in discussion about what is taking place on this timeline.

**Interviewer: And so the medium himself only exists on this timeline.** Zeta: Correct.

**Interviewer: So how does the medium's wife then have her probable existences.**

## The Zeta Interviews

Zeta: Because the medium's wife has her own identity.

**Interviewer: So she doesn't have the probable realities either?**

Zeta: Yes she does, because time identities are xxxx. The medium's wife has infinite capacity on timelines through the spirit process, but of course, the extraterrestrial process consciousness is related to this timeline.

**Wife: So I just can't have a relationship with the medium on other timelines.**

Zeta: That is correct. It is not known on other timelines what takes place on this timeline.

**Interviewer: There's no bleed-over...**

Zeta: No, not between this and others.

**Interviewer: But there normally is...**

Zeta: Correct, there will be bleed-over, yes, for the...

**Interviewer: I know that the spirit energy doesn't coincide with the Zeta energy, but people's higher self, can they exist in frequency of the Zeta energy?**

Zeta: No, if the higher-self entity is spirit, then no.

**Interviewer: Can they learn how to do this?**

Zeta: No.

**Interviewer: When I came to the medium for healing, I was put on the bed, the Zeta guide said to put me on the bed, and the medium said he saw my higher self above me at one point with my guide... So how was my higher self there? The Zeta energy wasn't present at the time?**

## The Zeta Interviews

Zeta: Because you were encapsulated, that is an easy process. We are able to have multiple frequencies in a room, to place you in one corner and have your spirit people come and speak to us while we sit here, in separation of the frequencies.

**Interviewer: So how do they communicate with you being a different frequency?**

Zeta: Because the medium is human, a human body and its frequency is within the realms of matter. You are realizing that there is much more going on in the healing processes and for communication.

**Interviewer: What is the connection between the Anunnaki and the Egyptians during the time when the pyramids were created, because a lot of people thought the original pharaohs were gods, and there are images of the pharaohs that had the big heads.**

Zeta: Some of the worshipped entities such as Ra were Anunnaki.

**Interviewer: What was the connection with Atlantis?**

Zeta: the Atlantis process was a highly experimental place where many races came together, but the humans were mistreated, then the city, the facility was destroyed.

**Interviewer: Atlantis was mainly created by extraterrestrials?**

Zeta: Yes, of course, and of course now all of the energies are never to be put in the same place again... too dangerous.

**Interviewer: The Lemurians, were they human?**

Zeta: They were extraterrestrial as well.

**Interviewer: And was Mu a spacecraft?**

Zeta: No.

**Interviewer: Could I ask what you were doing with the medium's hand?**

## The Zeta Interviews

Zeta: Looking at the technology. Why?

**Interviewer: Because it looked like you were doing something interesting.**

Zeta: Would you like to know?

**Interviewer: Yes, please.**

Zeta: First person to ever ask, others do not notice. The technology is up to elbow process, yes. It is symbolic in nature, matrix of symbols able to control environment, this environment, other entities, yes. Activation of symbology, yes, to create frequency, removal of entities.

**Interviewer: You were doing that through the medium, or the medium does that?**

Zeta: We do that through the medium and the technology of the medium. So yes, there was possession on the last weekend, yes. We removed an entity with that technology. The sitter was aware, yes, was possessed for many years. **Interviewer: Was that a spirit possession?**

Zeta: No, was through the usage of drugs that provide the portal process, allowing other entities to come into the human form. Once the potency of the energy of the potential of the drug had ceased to exist, the entity became trapped in the human form.

**Interviewer: So the entity was trapped!**

Zeta: Yes, not able to return up to the portal.

**Interviewer: And through the technology on the medium, which are symbols, you use the symbols...**

Zeta: To point at the entity to release by frequency, to create portal by pointing, yes, release function, then to place back in a xxx

**Interviewer: So how does pointing a finger ...**

## The Zeta Interviews

Zeta: Conjestness, activation ... telepathic, symbols to combine, to create frequency through xxx, come from technology to release.

**Interviewer: But the medium is not actually activating, you are.**

Zeta: Correct, the medium understands the limited capacity of technology, and knows how to activate it only, not how to use it, else too dangerous. But knows the technology is there over time, can touch and not feel technology xxx. There is other technology on the medium as well, on the head

**Interviewer: Were there warnings to containers with this technology?**

Zeta: No, of course not, must move into an understanding who it is, then ask permission by others which is accepted, once accepted then technology is given.

**Interviewer: You can use this technology to open portals.**

Zeta: Open and close portals to release entities, to heal people, to place symbology into etheric body of humans, to make better.

**Interviewer: We have the Reiki that is based on symbology. Would this have been passed down from an extraterrestrial origin?**

Zeta: Ah, from races yes.

**Interviewer: Need to learn more about symbology.**

Zeta: Yes.

**Interviewer: That would help us to heal...**

Zeta: Understanding why, yes, and how, but the human consciousness does not have capacity to control technology. I must hold my xxx and not to provide any other focus to technology,

must control the mind. So the medium is controlled, yes. Not all process, I look at the technology, activate the symbols, create

## The Zeta Interviews

multidimensional process xxx, to project, if required of course. But always check the technology xxx

**Interviewer: We have noticed you check the xxx before.**

Zeta: We always check technology when we are here. Public sitting process, we'll check technology in case they didn't come and not activate technology for protection of the meeting.

**Interviewer: Is the medium always between you ...**

Zeta: I am alive, I have my own body, my body is in stasis.

**Interviewer: Can you do healing without the technology on the medium.**

Zeta: Yes I can - act of consciousness. You are powerful entities, you do not understand your abilities, so you walk around in limited capacity of consciousness.

**Interviewer: One thing theorizing, another thing actually knowing**

Zeta: To do. If you know to do, then it is a function.

**Interviewer: But it's the how, things come back to ...**

Zeta: Experience, yes

**Interviewer: Not stillness?**

Zeta: All of those things, yes.

**Interviewer: Is there a pressure point on the human body that will enable one to remain alert? As in not fall asleep driving home.**

Zeta: We will try to help you. We will come and look at your etheric body and see if we can energize it.

## November 6, 2014

Zeta: A communication yes, start the communication now.

## The Zeta Interviews

**Interviewer:** Well, I have a number of things I would like to address with you. One thing I would like to follow up on is an aspect of the creation algorithm that we discussed before. The idea then was that a being uses its highest possible frequency in order to create, and I wondered since then whether or not a being could also use lower states of consciousness to create. For example, could an angelic figure be able to create something that a human could experience? It would have to create at a lower level of consciousness.

Zeta: A potential yes, to do this, of course.

**Interviewer:** So creation does not require that a being use its highest ...

Zeta: No. You create as humans at any level of potential of consciousness. Creation is intrinsic to you and all entities, woven in the fabric of your existence. Creation at any level is possible.

**Interviewer:** I see, thank you.

Zeta: How have you been?

**Interviewer:** I have been fine. Was that question directed at any particular aspect?

Zeta: To understand you personally, yes, not to only view you as a human behind the questioning processes, to seek a personal energy, a signature of consciousness.

**Interviewer:** I've, as you know, tried to understand much of what you have told us, and wrote it so that other people could see it as well. In the last little while we seemed to have reached a kind of a... well, it's unclear where we are going from here, whether I should do more of the same or if there is a change in direction. That's one thing that I've been wondering about, and it would be helpful perhaps if you could give some insight on what would be useful to do.

## The Zeta Interviews

Zeta: You are one of many.

**Interviewer: That are doing what?**

Zeta: Connection to races.

**Interviewer: Oh.**

Zeta: Your personal development requires effort. Humans are difficult, they are lazy and not controlled. They do not control their development process. We'll be giving you information while you are in this place.

**Interviewer: Good.**

Zeta: Are there other questions? Other sitters? (no response)

**Interviewer: Something else that seemed to me to be the case is that you make little distinction between whether someone who has information in the spirit realm or whether someone is information. It is a fine distinction but I suspect that when the information disappears, the being disappears in the spirit realm. Would that be correct? Or does a being exist independent of the information about it?**

Zeta: Yes, independent. Nothing is ever nullified.

**Interviewer: Just the information about it can be nullified.**

Zeta: No, everything you have said exists, always will exist.

**Interviewer: Everything is encoded in consciousness.**

Zeta: Consciousness, yes, will not... this is good question, yes. Consciousness will maintain all forms of all races, for all entities until consciousness no longer requires experience.

**Interviewer: So at one point consciousness did not have this information, and the information was added to consciousness by itself, by its own actions.**

## The Zeta Interviews

Zeta: Consciousness has all information, but how consciousness reveals it to itself is different process, nothing is created.

**Interviewer: Ok, I was thinking in terms of time... Zeta:**

Time does not exist.

**Interviewer: Are you saying that information and the being exist independently.**

Zeta: Yes that is correct, if I understand what your flow of information is, yes. Must give good background information, else the answer is incomplete.

**Interviewer: Right. One point that I think I misunderstood from what you said before, you said a soul is a class of energy of consciousness. I took that to mean that it was a class different from other classes, and I think I may have misunderstood that. There is only one class of consciousness, is that correct? We are all organized hierarchically.**

Zeta: That is illusion, yes, so consciousness is everything.

**Interviewer: So the soul is part of the illusion.**

Zeta: Everything is the illusion

**Interviewer: Except consciousness itself? It is not an illusion, is it?**

Zeta: An interesting question, because it is both, it is and it is not.

**Interviewer: Another question I have is where did the illusion start?**

Zeta: There is no start.

**Interviewer: Well, when we create using our intentions, I can easily see that that would be the illusion because it was created by a being. But there are things in existence before the creation possibility. Are these still illusion? For example, there is supposedly a grid which is a substrate of all creation. Is the grid also an illusion?**

## The Zeta Interviews

Zeta: Well of course now we see that consciousness is creating and manifesting. It is activating certain areas of consciousness, like the human mind has the ability to show highlighted energetic patterns under certain circumstances. Consciousness provides the same ability, so...

**Interviewer: So all possible creations are already in existence in the grid. We just activate whatever we wish.**

Zeta: Yes, the correct function, yes. As you understand that you are able to create and interact with the consciousness level.

I have not been here for some of your time. I must implement my construct properly if we are to provide the healing process that have communication, as some of the human form are susceptible to energy change. But cannot modify a medium's structure too much because the development process is expensive, so the medium is expanding in energy from one frequency to the next while working with many entities.

**Interviewer: The medium is finding that easier now I think.**

Zeta: Correct, yes. A medium prefers to have contact with races, but for that to take place, would need no spirit contact.

**Interviewer: Contact with spirit interferes?**

Zeta: Yes, it is a frequency that is too different.

**Interviewer: Would it be preferable for the medium to not have contact with spirit?**

Zeta: A medium always prefers all contact. A medium frequency is human process, so much healing takes place.

**Interviewer: A middle frequency.**

Zeta: The medium frequency, yes.

## The Zeta Interviews

**Interviewer: Which is where in terms of beings?**

Zeta: A balance before medium between spirit realm and races. Also many constructs have taken place on this property. The mediums have caused much conversation, and did not give the capacity to place for them the fabric of the pulse, have diminished capacity for connection, so...

**Interviewer: The pulse that you have put in place interferes with connection with your race?**

Zeta: No, what it took xxx is humans, all of your chaos.

**Interviewer: So it reduces the chaos by preventing humans from bringing entities?**

Zeta: No, it is a process, and the humans, if they increase their level of chaos, energetic chaos, can diminish the capacity of the pulse.

**Interviewer: The capacity of the pulse to do what?**

Zeta: To protect the humans from other entities

**Interviewer: So humans tend to interfere with their own protection.**

Zeta: Yes, correct function of course, but for us to come, we reinstate a spherical protective mechanism.

**Interviewer: Is this the dome?**

Zeta: Yes.

**Interviewer: Is that device in place this year as well?**

Zeta: In this room only, that's why when come in, yes, felt energy shifting.

**Interviewer: Yes.**

Zeta: When you leave here, you go into the other room and see what takes place, do comparison.

## The Zeta Interviews

**Interviewer: Ok.**

Zeta: Teach yourself difference.

**Interviewer: The energy I felt when I came into the room was your energy.**

Zeta: That is correct, yes.

**Interviewer: A question I had about newly incarnated humans - a child has a certain level of consciousness and this changes throughout its life, either higher or lower, I understand? I'm just wondering what its level is that it starts with.**

Zeta: You have transitioned and are in spirit realm, yes?

**Interviewer: Yes.**

Zeta: And wish to incarnate into the physical.

**Interviewer: Yes.**

Zeta: You are generally a clear consciousness that comes through. There should be, yes most of the cases, nothing that comes through, but of course as consciousness increases, the consciousness that you transition into in the physical realm, the consciousness that surrounds the physical human form, that intermediary process is failing.

**Interviewer: Failing?**

Zeta: So many humans now are able to easily transition between information from before transition into physical and physical existence.

**Interviewer: That ability is increasing?**

Zeta: Yes, correct of course. That is the purpose.

**Interviewer: Would that be part of the ascension process that you have...**

Zeta: Correct function, yes

## The Zeta Interviews

**Interviewer: So the child does not really start at a particular level then.**

Zeta: Depending on the path of the child, yes. To make statement that all is the same is inaccurate.

**<Discussion on hearing pulses>**

**Interviewer: I already looked at what we recorded before and it appeared to me that the pulses were actually two trains of pulses, one slightly offset from the other, and one could say then that these pulses had a frequency in the terms that we understand frequency. I wondered at the time, if races such as yours are able to generate those pulses, and they don't use our concept of time as we use it, how can they generate a constant frequency?**

Zeta: Hold information.

**Interviewer: What holds information?**

Zeta: The pulse, of course. A frequency is dependent on cycle, yes, the cycle is dependent on time structure, time structure for humans exists here. We utilize that process.

**Interviewer: You utilize the time process?**

Zeta: Yes.

**Interviewer: Oh, so you do.**

Zeta: Must, yes, for the clock process, or utilize your construct, not in operation where we are.

**Interviewer: Here we have a construct defined by time which is used to interfere with spirit processes or astral processes which presumably does not use time. My understanding is correct?**

Zeta: Speak again?

## The Zeta Interviews

**Interviewer: Well, the entities that the pulses are supposed to interfere with, presumably are not based on a time process.**

Zeta: A correct function, but for checking, is the word yes, to check what has taken place within the implementation of one pulse to the next, there must be some way to determine a difference. Now that is the first thing. So yes of course, utilization of this pulse process, if not available, if time function does not exist, how can use entities a rhythm of this form, a bodily function process.

**Interviewer: And a rhythm is defined by a sequence of what follows what.**

Zeta: Yes, so to match up physical frequency of this device with the function of the human container to provide then a capacity to emanate amplitude of frequency, so frequency is also defined by the presence of this human on this property. This human, also, presents opportunity to amplify pulse on property, to reject other entities from within the same frequency capacity, so as the entities come, the human container activates consciousness of Zeta process, which is compartmentalized, and a frequency which has come to the property is nullified.

**Interviewer: This human would be the medium?**

Zeta: Yes, is correct function. So a little bit complicated, yes, but it works.

**Interviewer: It does clarify for me how you might use the frequency process, thank you.**

Zeta: Let me continue, not finished. So how do I access this human form? There must be a cyclic activity, so a consciousness... how to explain this function? Ah yes, for you to access information from a spirit, you must change your consciousness. Your consciousness is undulating and continually moving. It must move into other undulating processes to xxx frequency.

## The Zeta Interviews

**Interviewer: Is that related to physical processes in the brain?**

Zeta: They are, yes, the brain, a human function. It has the ability through electrical impulses to stimulate cellular activity. Consciousness knows how to interface to the physical mind.

**Interviewer: So that is why trance states are correlated with brain activity?**

Zeta: Ah yes, correct function, mind is a reduced capacity of physically apart consciousness increases.

**Interviewer: So the fewer undulations in consciousness, the more focussed consciousness can be?**

Zeta: Yes, if I understand what you believe to be true.

**Interviewer: There was one time last year in a discussion where we... I think there might have been a misunderstanding on my part about the class of energies that makes up the soul. I think I may have mentioned this a little earlier, but if there is only one class, you might say, of consciousness, that means that the things like what I call inanimate objects like rocks and tables and things like that, are they all part of the same class of consciousness that we are, just different levels?**

Zeta: Now of course, yes, interesting, so matter determines capacity of consciousness to produce intelligence. A construct, a physical construct determines what consciousness will manifest within matter. So it could be said that there are classes of consciousness, that classes are designated by the matter form.

**Interviewer: But when the body dies, then the matter form is gone, and what are the implications for consciousness then, for that consciousness?**

Zeta: No implications, was always.

## The Zeta Interviews

**Interviewer: Ok, so that consciousness is merely reflected in matter...**

Zeta: By the potential of the matter.

**Interviewer: In the question I just finished, I was wondering how inanimate objects... if they are of the same class of energy as we are, would you say that was true? The class of energy is the same, just at a different level.**

Zeta: Consciousness exists in all things, yes.

**Interviewer: Does this apply to the entities like the collectors in the astral realm?**

Zeta: Yes.

**Interviewer: Are these beings on their own path of ...** Zeta: Of destruction.

**Interviewer: So they are not like other beings that try to improve themselves, raise their level of consciousness? They are not part of the collective...**

Zeta: They are, interesting. They are existing in an isolated environment which will disappear.

**Interviewer: And they will disappear with it?**

Zeta: Yes.

**Interviewer: So they only exist there?**

Zeta: Yes.

**Interviewer: So you could say that they are not really the same class of consciousness that we are, or as you were saying, everything is consciousness.**

Zeta: Everything is consciousness process.

## The Zeta Interviews

**Interviewer: But the ...**

Zeta: Intention, but will they exist? What will be left is the information when they no longer exist.

**Interviewer: Because they are not true entities?**

Zeta: Correct, yes. Even energies of consciousness transmute.

**Interviewer: So a being could transmute so that it is no longer recognizable.**

Zeta: Correct, yes of course, malleable to change.

**Interviewer: So it would not have its information anymore either?**

Zeta: It would not require its own information, but information would exist within consciousness.

**Interviewer: So it would have information, but not the same kind of information.** Zeta: Not required.

**Interviewer: I guess it's hard for me to understand how something can exist without information**

Zeta: Would have other information, would change to other form.

**Interviewer: So it would lose one kind of information** Zeta:

But gain another.

**Interviewer: And it would have no recollection of what it used to be.**

Zeta: Not once it is complete.

**Interviewer: Is this what happened to a race like the Anorians? Were they at one time a different form of consciousness?**

Zeta: Interesting entities, yes, a field or plane of consciousness, isolated and of intelligence. But much of what I say to you is very difficult to describe within the human construct. Imagine a thin field, a

## The Zeta Interviews

band, and the band contains the consciousness of the race, does not permeate all things.

**Interviewer: Whereas our consciousness does?**

Zeta: The human form, interestingly, is all-pervasive, yes. This is why there is much work from races. Let me try to give you imagery, yes? Other races are isolated within spheres, yes. What takes place within those constructs does not permeate into other levels of consciousness, but the humans have their sphere, spherical process is not created yet, so at its infancy. Its consciousness is pervasive. You will need to think on this process.

**Interviewer: The intent is to change that, is that correct?**

Zeta: Yes, must be within a spherical existence, because all things exist within consciousness, cannot affect other races, must not affect other races.

**Interviewer: Can one sphere of consciousness interact with another sphere of consciousness? Two different races?**

Zeta: A different question now. Human consciousness is not within spherical unit, so is pervasive. Our race is inside container, is contained as are other races. Not all races are in spheres. So to interact with another race, must gain permission from the other race to come, whereas the humans, your field is open. That is why we are hoping the undulating form in consciousness to stop the pervasive actions of the consciousness of the race.

**Interviewer: So it is possible at this point for the human consciousness to interfere with something like the Zeta consciousness?**

Zeta: Yes, that is correct, and other races.

## The Zeta Interviews

Interviewer: You said there are other races that are not contained like the human race.

Zeta: Correct, yes

Interviewer: So they are all going through the same process.

Zeta: All races, yes, formal process of change. I will be leaving now.

Interviewer: Thank you.

## The Zeta Interviews

### November 29, 2014

<Paul uses an internet chat utility to communicate to William a download received earlier>

Zeta: Gravity pertains to matter - depending on the mass will determine the gravity body. The frequency of matter also determines the possibility of attraction, change of frequency negates matter, frequency determines pull, cyclical action of frequency of matter causes other matter to be attracted to it as all matter is in pulse, all matter attracts.

**Paul: I see many masses all in resignation. The universe is like water drops in glass all sliding towards each other.**

Zeta: Speed determines distance that frequency can be held from other matter. The influence of gravity is diminished by distance. Gravity is frequency...

**Paul: That's my very early morning download. The imagery was much more powerful than the words. You know when music is in harmony it blends. When it is not in harmony it is levitation, or not in attraction. Music is like frequency of matter, discordance is the key.**

William: Matter in harmony attracts? **Paul:**

**Yes.**

<The Zeta joins the conversation...>

Zeta: Frequency is determined by the basic fundamentals of matter's structure. So mass of matter structure determines gravity density and frequency.

Basic frequency is coalescence of harmony of combined matter frequencies. Mass x frequency x structure determines attraction, mass being basic combination of atomic structure of matter.

## The Zeta Interviews

Because distance between molecular structure determines attractions, frequency of mass is constant, determined by all combined matter to form body of matter.

Dematerialised craft move through substrate of universe by ignoring body of matter rules - not ignoring, being different - not in harmonious environment but by being harmonious in different harmony to basic universe of matter. Original matter's ethereal body determines structure, so materialised state compared to dematerialised state is consciousness structure.

Re-materialisation is performed and supported by energy body capacity to hold basic quanta pattern, matter then re-establishes form. Propulsion system of state of matter drive of craft not affected due to etheric body in same state as craft. Occupants also in temporary stasis of motion, stimulate etheric body to reacquaint matter to form. Pulse determines organisation of matter to be reinstated by etheric body, so etheric body holds matter in disassociated state.

To re-assimilate matter, pulse is used to tell frequency to realign. Pulse is from external source, as cannot be inside etheric all body of matter whilst jump process taking place. Technology in place to reanimate craft.

**William: Is there a code in etheric template that instructs to assimilate matter?**

Zeta: The etheric template holds code, yes.

**William: And pulse activates this code?**

Zeta: Yes, to assimilate matter, code is information field. Etheric body holds all information, Larger field holds all information. Information within field is informal field to formal field. Formal field collection of all structures of matter within this universe. Field permeates everything.

## January 7, 2015

Zeta: And now what is the question process

**Interviewer: What are some of the methods to access higher self? Is meditation the only way?**

Zeta: Yes the higher self can disclose its presence to you fully and continually if it chose's to. All of the methods that are available to you require the higher self to disclose itself so simply ask and wait because you cannot force yourself to disclose to yourself, do you understand

**Interviewer: Yes. I have heard of a couple of people who speak of their experience, is there any one way that maybe better than others to have higher self come forward.**

Zeta: I understand your question but each of those individuals would have been lead to that experience xxxxx and so they then state so then the mortality that they tried or the experience that they had and then expose their higher self to them but in fact the higher self chose that method to expose itself. It's not as though you can catch yourself unaware.

**Interviewer: So my friend if the higher self has no intentions of exposing itself to you...**

Zeta: Then it never will. So you can use many different types of stimulants by your beta process the journey xxxx psychedelic drugs, many of the different types of processes to peel away the local consciousness but if the higher self is not willing to expose itself to you then nothing can work. You cannot force yourself.

**Interviewer: So if we make it very clear through our consciousness that we want that to happen, that's the only way the higher self would know that we would want that to happen, that doesn't guarantee that it will happen?**

## The Zeta Interviews

Zeta: No. The higher self uses local consciousness as a means of filtering. The local consciousness is the frontal experience for the higher self. It is the filtering mechanism. If local consciousness reverses or turns around its focus inwardly seeking to know to understand its origins. It is up to the original entity, the higher self process as to whether it will disclose itself. This is simple, it is not a trick. Simply if the higher self chose to show itself to you the local consciousness now it would do so.

**Interviewer: So do you think we, as humans in a general sense know that we access higher self would we be aware about being conscious of it, does that make sense.**

Zeta: Yes, so let me give you an analogy. Imagine a beacon of water that is one meter high and in the base of it you inject bubbles, and then imagine the bubbles coming from the bottom to the top. Some are going faster than others, some smaller than others, some bigger than others. The bottom is the consciousness; the top is the higher self. All the information filtering through this physical existence is bubbling up to the higher self entities but of course the local consciousness can perceive that it is transmitting information and so in doing so it has a cognitive awareness of another state of existence yes.

**Interviewer: One more question on that topic. So you explained about the water and that's a good way of looking at it but what are some of the things we could look for in our local consciousness as to whether we might have had a peek or look at or experienced higher self.**

Zeta: Higher intuition is your intermediary pulsates. It is the voice of the body. It is the voice of the higher self as the intermediary pulsate. It is a part of the triangular existence, local consciousness, intuition and higher self creating perfect harmony at xxxxx. Seek to understand your intuitive process and you will understand parts of the higher self.

## The Zeta Interviews

**Interviewer: I've been listening to the things that you have been saying, the way you work and the differences between your species and ours. I understand there are a lot of your species on the earth plane. My understanding is that a lot of them do know who they are because they are here to teach. I heard you talking last week how you have your container, how it is implanted into the embryo?**

Zeta: No, the container is the embryo.

**Interviewer: So when the humans have this in them they resonate both with the human and the extraterrestrial energies?**

Zeta: No. The container is the embryonic conception that has taken process between the sexual act of a male and female. At that point of conception the symbiotic relationship between a extraterrestrial consciousnesses and a spirit person and then exists if the person is a hybrid entity. And if the person is to become a full construct, a full extraterrestrial consciousnesses in the human container no spirit is required.

**Interviewer: Ok, so that means you can communicate with that human totally without the spirit.**

Zeta: Correct function yes.

**Interviewer: OK. I was just wondering then if you can communicate with our medium comfortably, does that make our medium a part of who you are.**

Zeta: Of course.

**Interviewer: So would you say he is full or is he hybrid.**

Zeta: Is full.

Extraterrestrial races will contact the parentage the generational

## The Zeta Interviews

line when the humans are asleep and speak to the higher self entities. They will in agreement allow the child that is to be conceived to enter into relationship with the race. Now of course if it has been pre-determined that child is to be from spirit realm then a symbiotic relationship will exist. The parentage allows the process. But if it has not been determined yet that there is a constructed cellular existence and extraterrestrial entity may exist in full form but I will possibly now to wait to defer to the elder Zeta.

Wait....

Zeta2: What is your questioning process?

**Interviewer: At the moment the questioning has been about the Zeta consciousness coming into a human form. We've been talking about hybrids and higher self.**

Zeta2: But to continue on now. There are not many full incarnations yes. Generally most entities are the hybrid energy

**Interviewer: So what percentage of full incarnate would there be compared to the hybrids.**

Zeta2: Let me give you more information yes. The race that I belong to. Can you do your math. 63 facets by 12.

**Sitters are now working it out and came to 756.**

Zeta2: That is the general amount of elders that exist to semi govern a population of trillions. Trillions is our population. Now each of the elders belongs to a group and the group is to work with the facets of the race and now many xxx of the elders are not in physical form but exist in the collective mind of the race. Only a few visit upon a planet, possibly 3.

**Interviewer: Only 3 on this earth plane.**

Zeta2: On this planet yes. And there are many races.

## The Zeta Interviews

**Interviewer: What about races. The part of the race that is not elders, would there be more of those?**

Zeta2: Yes millions. Millions of consciousness incarnate in the hybrid process.

**Interviewer: So not as full.**

**And that's where the 30% of your race comes from, my friend?**

Zeta2: No. There are other races. 30% includes other races.

**Interviewer: Can I just clarify something before we continue.**

**As we have heard already, of the human race 30% are from extraterrestrial sources. The consciousness are blended as a hybrid. Of the Zeta race at this particular point of time there are only 3 elders that are currently here with full consciousness with the experience of the human existence. And we have one here and there are two others.**

Zeta2: And I know the other two. But you see what is difficult is for the local consciousness to not enact its higher self process.

**Interviewer: I have a couple of questions leading around the elders. Can you share your role as an elder? How does one become an elder of the Zeta race? Is it an age thing, experience, a ritual, what defines an elder?**

Zeta2: The past.

**Interviewer: Could you elaborate on that my friend.**

Zeta2: In the past many thousands of generations ago before the race moved into the state of singularity before it became the collective consciousness there were a few entities that transitioned. I think the easiest way to explain it is to speak in your terms yes.

## The Zeta Interviews

Some of you on this planet will take the first steps to leave your body and move into a space which is not in spirit realm. You will be the nucleolus for the singularity for the collective consciousness of the race and those entities become the elders of a race.

**Interviewer: What determines xxxx of that nucleolus?**

Zeta2: It is determined by the higher self entity. The frequency of the potency of the collection between the higher self and the local consciousness, the potential of the cellular structure of the container and the will of the human or the entity.

**Interviewer: So does it come down to what experience they have had or what knowledge they've learnt?**

Zeta2: What they are prepared to undergo to become separated while they are alive.

**Interviewer: Could you elaborate on that a little bit more.**

Zeta2: Your transitional processes require that the body is in termination before you move to a state of energy consciousness but to move to the singularity requires that you do so before the body terminates much like a permanent projection.

**Interviewer: So the body would appear unconscious, lifeless.**

Zeta2: Yes lifeless but still be there.

**Interviewer: So it's the higher self or the local consciousness that leaves.**

Zeta2: The higher self takes with it what it requires and leaves and creates a consensus reality is a term that has been used before. This is required because for a race to move beyond its boundaries there must be made a space for others to transition into. Now do you understand?

## The Zeta Interviews

So in the inception of the singularity for our race, 700 or so were able to make the transition to the collective mind. Those 700 held in a space of consciousness so others could attract themselves to that yes.

**Interviewer: Did that happen over a period of time?**

Zeta2: It happened yes but what would be time?

**Interviewer: Not really time but the 700 or so elders didn't in the same moment transition.**

Zeta2: Quickly yes because to transition slowly you would fail. Once you are away from your physical container, if you are away from your normal transitional process and you are, let me give you an example. As a spirit person you will transition to the spirit realm. But what if you were to transition and hold your consciousness away from spirit realm what would sustain you. Do you understand?

**Interviewer: I think so.**

Zeta2: Your consciousness could be consumed by the vastness of the source mind.

**Interviewer: So what would sustain you?** Zeta2:

Others of the race, others of like mind

**Interviewer: So was it pre-planned.**

Zeta2: It was a natural process as it is to be in this xxxx.

**Interviewer: So my friend there is something I need to understand. So the 700 odd of these that did this, you actually have a physical container.**

Zeta2: Correct function.

**Interviewer: Do all 700 have ...**

## The Zeta Interviews

Zeta2: They all have genetic material that enables them to move to a physical state but you see if this group of people in this room were able to easily speak to each other any time with no physical container, then the only time they require physical or physicality would be when they were interacting with other races that were physical.

**Interviewer: Why would you need a physical container if you weren't bringing a physical container for that experience.**

Zeta2: Because how would I interact with you.

**Interviewer: It's the consciousness that is interacting with us, not the physical container of the Zeta.**

Zeta2: But I am utilizing the human form to interact with you as a group.

**Interviewer: What I am say is the 700 odd Zeta's, the elders, you actually have a container that when you are finished with this existence here will go back to continue on with, how many of those 700 odd have got the same.**

Zeta2: No need.

**Interviewer: So are you the only one?**

Zeta2: No, there are others but only those that require physical existence do so.

**Interviewer: A physical existence as a Zeta Zeta2:**

Yes.

**Interviewer: Is your wife then an elder as well.**

Zeta2: No, but a clone

**Interviewer: So how did you meet?**

Zeta2: A pre-arranged process as with all relationships.

## The Zeta Interviews

**Interviewer: I think there are only two people here who would know that story, my friend.**

Zeta2: So to create two individuals to be in relationship the genetic structure of the parentage, the generational line in a data base yes is linked, the parents create a child each and the children are linked together to become mates yes. When they are adults yes and they chose to have a child then of course genetic predisposition then requires that the child will have a mate that is genetically similar yes so two more parents are required to produce a genetic manipulation and have the child in symmetry and harmony.

**Interviewer: So the children are conceived at the same time.**

Zeta2: That is correct.

**Interviewer: Does your race interact with the Anunnaki?**

Zeta2: We know them as a race, we know many races. I know of many races yes.

**Interviewer: Do you interact with the Anunnaki?**

Zeta2: Only when required for discussion, yes. They are very different as are this race. There is not much similarity in regards to social structure between our race and theirs.

**Interviewer: Is there a similarity between their race and our race in social structure.**

Zeta2: Yes of course, they created you.

**Interviewer: I have a question slightly off the hybrid thing. Is it possible for a snake to incarnate as a human?**

Zeta2: No. The only way we have been able to describe this process is to use and make up words yes. So that is my way of explaining it so there are classes of consciousness. All matter has consciousness. The

## The Zeta Interviews

food you eat has consciousness and the animals have consciousness but they do not hold the ability to understand themselves at a level that you do. So when you say a snake or a dog yes or a bird they all have emotions, they all sense and understand their reality but their perception is different. They do not have the physical structures to animate themselves the way that a human body can. It does not mean that the humans are the top of the chain of consciousness.

**Interviewer: But if we are all consciousness including the animals you used as an example, the dog, snake, bird. If they are a consciousness, they are not able to move into another form whether it be another race, human, Zeta or whatever.**

Zeta2: Those consciousness, now think of this, all energy transmutes. All consciousness continually moves through states of change. The source mind has infinite facets of existence for experiential purposes, not just this planet. Infinite shards of consciousness experiencing their own reality.

**Interviewer: Is it correct that humans were put here on this earth as an experiment.**

Zeta2: Let us say it is no mistake that you are here. There was decisions made by other races as to what races should exist on this planet. The physical structure of the human body has been carefully designed to exist in this biosphere yes.

**Interviewer: There was a minister from Canada that was known to be saying that he knew there was at least three extraterrestrial races that were watching the earth, so I am wondering if you could elaborate on that.**

Zeta2: There are more than three. There are six races which are actively working on this planet and that are incarnating as you are moving.

## The Zeta Interviews

**Interviewer: William has been waiting a long time for this. This question has to do with the near earth method of travel. There is in photos a donut shaped pattern usually touching the physical craft. You said the donut shape is part of the craft existing in the etheric realm, that the shape is a distortion in the energetic fabric of the environment. What is the shape of the etheric form of the craft? Is it a four-dimensional cylinder? This would be seen as a donut shape when projected into our 3 dimensional space.**

Zeta2: Not understood. Say it again.

**Interviewer: Ok, William would like to know that even though he has the photographs with this donut shape attached, he would like to know what the real shape of the etheric form of the craft is.**

Zeta2: It is a mirror image of the physical craft. The xxxx process that he describes is the xxxx process that he is providing, classed as a wake before or after the craft.

**Interviewer: But it happens simultaneously?**

Zeta2: But let me state that to move from this current discussion to this level is a difficult process. There is no imagery associated with the normal process but we will try.

**Interviewer: There is only one more question. He goes back to stuff we would all find interesting as well.**

Zeta2: I must also say I do not have continual stream of information. Continue...

**Interviewer: Alright, he asks why does the physical part of the craft often have the disc or saucer shape. That's it.**

Zeta2: Is the question, why is the craft of the shape and nature that it is.

**Interviewer: Yes, why is it that shape?**

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Zeta2: But let me ask, which craft because there are many shapes.

**Interviewer: I think he is thinking of the photographs he has seen of the craft.**

Zeta2: But I don't have those.

**Interviewer: Most of the images that humans receive or have seen are like a saucer or a bowl.**

Zeta2: When we visited the medium on other occasions the craft is like a bowl yes.

**Interviewer: So he is asking why the shape is the same as a saucer as a bowl. Most of them appear to be like that.**

Zeta2: Yes. Should we lay down to travel. It is a matter of we like to walk around.

**Interviewer: So that cigar shape that forms the shape is for good reason.**

Zeta2: You will never see a flat craft.

**Interviewer: So we don't see a square craft.**

Zeta2: Well you see, it must be able to negotiate the atmospheric conditions. Once it comes into xxxxx we do not design the craft the same as the human airplanes. You use the, what are they called, wings to provide the lift yes. Our craft are in disharmony with the physical frequency of matter which that the gravity does no longer affect us, but of course we must be able to move on the etheric rail and so the living entity which is the craft is able to negotiate the rails by consciousness.

**Interviewer: Travelling in our atmosphere is a different process to the process you described where you walk safe in a cylindrical form and**

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**therefore you are able to jump from one point to another on the grid system.**

Zeta2: That is the difference between walking and falling. Walking is slow; falling from a height is fast.

**Interviewer: So when you have the safe place outside this atmosphere, then it's ok to fall?**

Zeta2: Yes, but you must be aware there are in your atmospheric conditions are many obstacles such as disturbances. There are storms, there are birds flying. We must try to not harm another entity.

**Interviewer: And you do that by using consciousness to move the craft?**

Zeta2: And there are also many of your own craft flying in the skies yes. But we have the technology to map what is around us. The smaller the biological entity that is in existence, the more difficult it is.

**Interviewer: So insects?**

Zeta2: Very difficult, yes.

**Interviewer: And you still avoid them?**

Zeta2: Yes must avoid it, cannot come into contact with any matter.

**Interviewer: That's near impossible.**

Zeta2: No it is possible but we are in a state of disassociation from matter and that's why we travel in dematerialized state, or semi dematerialized state. But must avoid everything, else you would take a life. If matter comes into contact with deconstructed matter the matter is destroyed.

**Interviewer: William is also stating that most of the shapes are saucer which relates to being totally round, my friend.**

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Zeta2: That is not a fact. We have craft as do others that are, hesitate to say the shape because you then indicate. There are flatter craft that are triangular but they are not the craft you think they are. You see the ones with the lights underneath, they are the human craft. They are not our craft.

**Interviewer: Could I move onto the simpler questions?**

Zeta2: If you wish.

**Interviewer: We know the borders of the spirit realm are defined by its frequency. Can there be another realm having exactly the same frequency as the spirit realm?**

Zeta2: Yes.

**Interviewer: Yes, how would that be?**

Zeta2: Because the spirit realm is local to its physical container, so the transitory positions between the physical planet and the spirit realm is a local relationship.

**Interviewer: But isn't everything to do with frequency or vibration, so if something happened in the exact same frequency or vibration wouldn't they be the same thing?**

Zeta2: No because there may be a planet in this universe that has a frequency and a planet in another part of the universe that has much distance that also has frequency of the same nature.

**Interviewer: And they would remain apart.**

Zeta2: Yes.

**Interviewer: And they would interact?**

Zeta2: No.

**Interviewer: No molecules transferring jumping about from one place to another?**

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Zeta2: Interesting construct, no molecules.

**Interviewer: The next question, is the frequency of the inside if the spirit realm different from the frequency of the border.**

Zeta2: Of course.

**Interviewer: Why?**

Zeta2: Because inside the spirit realm entity is consciousness creating its own construct.

**Interviewer: Is the border of the astral realm defined by its frequency? How does that frequency differ from the spirit realm frequency?**

Zeta2: You are surrounded by radio waves but you cannot see any of them, but each one of them holds its own channel yes. Do they bump into each other?

**Interviewer: Do they?**

Zeta2: Sometimes. I would say a matter of technology but generally the frequencies are in separation because of the type of wave that they are, so something can exist inside other things but be in separation.

**Interviewer: Ok, I have a couple of questions. Does the Zeta race suffer health problems and if so, what types of problems and how do you get well. Are you able to provide examples?**

Zeta2: Yes of course, example, so we come and visit your planet and one of us falls out of the craft and breaks our leg. We have a choice, we can try and use technology to re-create the limb and make it whole, or we can terminate the entity.

**Interviewer: What happens when you terminate the entity?**

Zeta2: They just move back to the consciousness.

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**Interviewer: So the consciousness would leave the container and go into another container.**

Zeta2: No, so what would take place is this. As we are away from the collective consciousness we cannot interfere with the spirit realm. We have technology that can encapsulate the consciousness. The entity, the Zeta being, would leave its container and move to the technology. We would then take the container, the body, back with us and recycle it. We will then from the data base of genetic information re-create a container for the consciousness and then using the machination process would reintegrate the consciousness back into the body.

But of course that is a extreme form of healing, is it not? You do not die because you break your leg and generally your doctors do not ask you to give up your life because your transitional processes are too difficult. So the technologies we have using different types of sound waves and light are able to recreate at a cellular structure the damage, but if the damage is too great then we are unable to repair it. Now that is one extreme. We are unable to become unwell for the simple fact that on our planet, any unwellness is a biological entity that is consumed by a living biological entity that moves through the planet's atmospheric condition. It continually cleans the environment.

Wait I am accessing the information. So when we come here, your germs' biological structures are unable to affect us. The biological structures do not understand our genetic code and also, let me state that many of the unwellnesses that you suffer from as a race are psychological and they are based in consciousness and they manifest into the physical because of inadequate understanding of who you are.

**Interviewer: We talked earlier about there being trillions of Zetas; from a planet perspective does that overwhelm the planet.**

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Zeta2: No, because we do not all live on one planet. But of course there is technology. I will explain. You have technology which maps the sub structures of the earth's crust. You are able to enter what type of liquid is under the surface of the planet and then you use it as a catalyst to create accelerant for your vehicle and that is called oil yes. So you have technology that is able to determine how much oil there is on the planet, do you understand. We have technology which is a little more than that, that can tell us xxx planet what it can sustain in numbers what I would use as a singular entity per day. By allotment of energy I have a visual indicator as to how much I am allowed to use in one day according to your planet structure.

**Interviewer: The other question I have is, are other races guides like you are for this medium. Are there guides that are seen or unseen.**

Zeta2: Of course. No one is alone.

**Interviewer: So your guides, are they also Zeta.**

Zeta2: No. Do you have insects in this room?

**Interviewer: Yes, I think there are a few that got in earlier.**

Zeta2: What are they? **Interviewer:**

**Flies and moths** Zeta2: Are they dangerous.

**Interviewer: Not at all my friend.**

Zeta2: Then we will continue.

**Interviewer: So are you able to elaborate on your guide maybe.**

Zeta2: Ah so this is where we differ. A guide can be a guide to a consciousness. I think that I have been here for an extended amount of time.

## The Zeta Interviews

**Interviewer: I am watching the time. This is the last question except for one small one.**

Zeta2: The maximum is 2 hours.

**Interviewer: My friend I have been watching the time.**

Zeta2: You know God yes. God is your guide, yes. We have the similar process and understand your God but not in the terms that you do. Interdimensional entities of non-physical state that exist in higher frequencies and much closer to source consciousness of course. We aim to emulate that state of existence.

**Interviewer: Ok, I promise this is the last one. If you could help to explain how us as humans can be affected by energies and how humans themselves can clear unwanted energies, have them detached. I have in the past have come across people that are unaware. Other people can see it or sense it. Well they say they can and each person has a different way of clearing their energy. How do we as an individual tell? I know we have talked about sitting in stillness but sometimes it's difficult in our environment to be able to pick that up so are you able to suggest a couple of different ways that we are able to pick up.**

Zeta2: Yes, now having existed as a human in my earthly incarnation, I know that what manifests usually manifests from within and has some sociological and emotional capacity but when you are not yourself, when your health is affected, if you have not partaken in an activity which would quiz your strength which would then cause the physical body to move to a state of lower frequency, then you will see the difference.

The human mind is able to convince itself of anything and now I will believe the medium has given you a simple exercise in some of the classes where you are sitting in a aspheric process yes. If you

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understand that when you view that you are actually giving yourself permission to view your framework, your consciousness, then you can hear yourself. You hear this because you only exist in consciousness inhabiting a physical form. It is when you forget the simple fact that you believe that you can have an attachment. So if you have forgotten that you are consciousness living in a physical form, there is possibility for energy and consciousness attachment as one frequency interlinked with another one. But you would see the difference when you view yourself and your spherical process.

The medium has often had to correctly diagnose energetic issues with himself. Does he have an attachment? Has he picked up something from someone else doing a healing? Does the feelings that he has, are they his own or are they either a interference from another or are they a new form of understanding oneself. Use your intuitive process to understand the truth of yourself but here is a very quick way to determine if you do have an influence that is not your own. If all of a sudden your mind changes and you feel you are being influenced use your breath and take five breaths and think of a loved one. Think of one of your spirit friends or a guide. If the influence stops, then you are forcing away something that is trying to influence you but if it remains it is internal.

And now I must leave.

### **January 21, 2015**

Zeta: Let us continue with the questions.

**Interviewer: Last week you were telling us about your heart chambers, how you have 3 heart chambers, how the three organs, the spleen, kidneys and the liver are all one organ. I would like to know what your brain function is. Do you have the same function as ours or is it different?**

## The Zeta Interviews

Zeta: Does my brain function, yes. Explain your brain function.

**Interviewer: Well it consists of over billions of nerves, which run throughout the body triggering responses in the body. It has 4 sections, there's cognitive, motor skills, each part of the brain controls a different part of our body. Is that how yours is?**

Zeta: It is a device. Our brain is a functional device. It does not contain the self or the higher self. It is a storage unit for information but it is discarded in the container.

**Interviewer: In regards to joining the spirit world, we have been told that we create our own reality through our belief structure, so the other day the question came up in regards to the terrorist attack. Now if a terrorist would believe that he would meet 48 virgins because he killed some western people, is that what he creates or the vibrational state would not allow that. I just wondered how far they really do create what they believe because he obviously believes it.**

Zeta: They would create what they believe. xxxxxx there should be some penalty for a human that takes some life.

**Interviewer: Is it if they believe they kill, they should be rewarded because it is their belief structure or is it different.**

Zeta: That is their reality. Remember they do believe that they are right.

**Interviewer: And also we hear a lot about disclosure, a lot of stories coming out about politicians declaring they had contact with other races or they have seen craft, they are supporting the movement of contact with other races. Is there in the near future a change coming in regards to this disclosure or is it just all stories?**

Zeta: There has been some complications yes. 60 to 70 earth years of physical contact of governmental structures. The realm of

## The Zeta Interviews

consciousness did not assist the races to interact with the humans. The level of consciousness that humans have did not support contact. And years gone by, the consciousness increases. There is a much greater chance of disclosure of other races but not our own because other races look human. If I was to sit next to you xxxxx you cannot get on with your own so why would you assist another.

**Interviewer: So you are saying there would be more chance of disclosure if other races looked more human?**

Zeta: If you look human, you can be trusted yes? If a craft lands and a humanoid looking entity walks out, the level of fear is low. If I would walk out of a craft, the level of fear would be high. Also, your consciousness would fracture because we operate within an etheric boundary that is much larger than the human so when we come, the human consciousness, the structure that is held by frequency which is the physical entity your container would dissipate yes.

**Interviewer: So the other races that are humanoid, will they be adjusting their frequency?**

Zeta: Yes, they also abide by the singular spirit realm process.

**Interviewer: xxxxxx less than the hybrids.**

Zeta: Yes. they are transitional process but are not part of the human spirit realm.

**Interviewer: And which races are actually friendly?**

Zeta: Do you have discernment? Let me say in regards to disclosure, we will disclose on our terms. May I make a statement without offending you?

**Sitters: Yes.**

Zeta: You are a simple race. We do not wish to put you in fear so we must disclose simply.

## The Zeta Interviews

**Interviewer: So do you feel if you look down our timeline then it will still be in our lifetime?**

Zeta: Whose lifetime?

**Interviewer: Mine.**

Zeta: No. You might be in a new container by then.

**Interviewer: I'm not sure if you are aware but we do have several individuals across the globe using harm randomly, but I think it is orchestrated by terrorists. Would that be of human kind or is that races that we don't know that are here that are not good for our highest group or is it simply that they are just here to create change and that's their role in life?**

Zeta: A complicated mixture of energies. Humans do not need other races to cause destruction.

**Sitters: No that is true; we do that, ourselves very well.**

Zeta: You have entities which presume to disregard your freedom. They are based in the astral realm.

**Interviewer: You have said that there will ultimately be a combined race in our distant future. Is there a plan for the collective consciousness of the Zeta race to merge with the collective consciousness of the human race when it is ready?**

Zeta: No. as described previously once the human race moves to a singular consciousness it will be held in its spherical process which does not bleed into the universe.

**Interviewer: So will we then be interacting with the other galactic federation?**

Zeta: The proactive move.

**Interviewer: The hierarchy core, the structures.**

## The Zeta Interviews

Zeta: We do not know those things. So far as to say that there are councils yes, of races and so. Now are you sick? The human container is a temporary process. You are a more permanent within the spirit realm structure. If you as humans no longer exist there would be capacity for you to exist in the spirit realm, so it is not necessarily important that your physical form exists.

**Interviewer: So there can be communication between consciousnesses. So once the human species has gained the collective singular consciousness that is in a spherical form within the universe, will the collective consciousness of the human race then be able to communicate and interact with other races**

Zeta: You will be accepted as a individual entity but you will never be allowed to integrate your consciousness with another race.

**Interviewer: Why is that?**

Zeta: You do not have capacity to move carefully through another race's consciousness.

**Interviewer: Will we at some point in time develop the capacity to be able to do that or would they then xxxx?**

Zeta: You would need to then transition to a new level of consciousness. You cannot continue to use your current transitional process from spirit realm to this physical container.

**Interviewer: So would it then be possible if consciousness would decide to reach a vibration which would be compatible maybe with another race and then join that race to learn there and base their vibrations xxxx?**

Zeta: There is a possibility that individuals are allowed to have relationships with other races but the collective consciousness of another race will never be similar with another race.

## The Zeta Interviews

**Interviewer: So even though the collective consciousness of the human race will be accepted as a singular identity, within that singular identity will still be the individual consciousness of the makeup of the collective consciousness.**

Zeta: Yes of course, your structures fault patterns xxxx do not mesh with other races. The human race is much in service to self.

**Interviewer: Is the work of the races incarnating as humans part of this plan to merge the collective consciousness of races?**

Zeta: Let me state the reason that you have incarnated in this race is to obtain a state of balance.

**Interviewer: Why would your race require a race to obtain a state of balance?**

Zeta: Because in the future you will move from this planet and travel great distances and it will not want to encounter your technologies. Humans are dangerous and also for all of the races there is a self preservation. Each moment the collective consciousness of the human race is expansive and moving ever outwards into consciousness. It has touched other races. It has been said that what has touched that race was not beneficial.

**Interviewer: So now other races will, before your race, may work with disclosure. Do you know or do you discuss with other races in why the world stayed on the xxxxx in regards to the human race in how they intermesh with the human race or how they xxx the human race?**

Zeta: We are not a race to talk to in regards to race.

**Interviewer: Who is the race?**

Zeta: You would need a humanoid race like the Anunnaki. We are a distance service to others.

## The Zeta Interviews

**Interviewer:** I read an article this week and it touched on the idea of, they don't know what they are talking about half the time but they called it the grays, they created in service as a race of ... Zeta: Automatons.

**Interviewer:** Automatons, no free will?

Zeta: Yes.

**Interviewer:** And they do the will of the higher race that created them?

Zeta: They do.

**Interviewer:** Is that relevant in the discussion?

Zeta: No.

**Interviewer:** Do you have music like the spirit realm does?

Zeta: We have no spirit realm

**Interviewer:** Do you have beautiful music or you don't have music?

Zeta: There is some is based on what provides balance and not the human form of music.

**Interviewer:** Like a vibration.

Zeta: It is a flow.

**Zeta:** You do not know about our, within arrangements xxxxx which of the entities of the race live within a chamber. The chamber holds a frequency. Do you have a room which you like to go to?

**Interviewer:** Yes.

Zeta: Why is that?

**Interviewer:** You feel cozy in it and it's a part of you.

## The Zeta Interviews

Zeta: Yes, so the same process but there is no sound because it is frequency, a consciousness and quite often a xxx occurs then the higher self entity xxx. You sit in energy in here, yes? Can you hear the energy? **Interviewer: No.**

Zeta: That is my point. You walk into consciousness which provides you with balance

**Interviewer: So no sound?**

Zeta: There are sounds but not the structure that you make.

**Interviewer: Is it too much for us to xxx?**

Zeta: I have experienced and xxx what our sounds are.

**Interviewer: Frequency?**

Zeta: If you could hear what has taken place in this room then you would say that you were sitting in sound.

**Interviewer: So the sounds, frequency is too high for us to actually hear your sounds.**

Zeta: Correct.

**Interviewer: Could I go back to my question about creating your own reality? If it is the case that we create our own reality, everybody creates, so basically all the conflicts we have here are also in the spirit world?**

Zeta: No, you are living together yes, in close proximity. What if all of the entities in this room except you are a figment of the consciousness.

**Interviewer: Ok, so the belief structures might carry on but because there is no physical form there's a different spate.**

Zeta: Yes, it is a different existence. You would be isolated from those spirit realm friends if you wished to harm them, but you would not

## The Zeta Interviews

know that you were in separation from them because you would have created your own reality.

**Interviewer: So all of the others that believe the same would be in the same space anyway.**

Zeta: No, they would be in their own space, they have no physical form, and they are of consciousness. They live their own story.

**Interviewer: And so the people they bring into their story...**

Zeta: Do not exist. Are like the human mind, creates injury but the story isn't heard, your imagination. So the real spirit people might mean no harm are allowed through a frequency of love to connect to each other **Interviewer: Ok.**

Zeta: And you would not be allowed to harm consciousness as consciousness are not real, also from what we have seen and learnt about the spirit realm, the core frequency xxx not allow the entities consciousness to become part of xxx belief structure....we used many descriptive words there.

**Interviewer: A spirit person told us once that he felt how important it is for raising vibration on this planet due to the fact that it affects those in the spirit world. He said it is not just the damage you do in your world you also affect the spirit world.**

Zeta: I do not abide by that statement. By what your thought processes are, relates directly to the collective mind of the race. They are held within a undulated mass of consciousness which is classed as the astral process all of which is based in the physical frequencies. These frequencies do not exist in the spirit realm.

**Interviewer: Ok, now I understand it better, thank you.**

Zeta: But let me say this. Spirit realm people can affect the physical but you cannot affect the spirit realm.

## The Zeta Interviews

**Interviewer: Ok so ...**

Zeta: Else there would be no mediums.

**Interviewer: I just have a question; I think we have sort of touched on it in the past but not sure if it was fully answered.**

Zeta: One question and I will leave.

**Interviewer: The question is that as a race you share the work and you all have your jobs to do.**

Zeta: Jobs yes, amusing.

**Interviewer: Is there ever a case where people refuse to share the workload.**

Zeta: No, because we are genetically predisposed from your prior parentage process to continue your role to support the race. What you do as a individual is extremely important to the race and no individual no matter what role or function they provide deems themselves to be unimportant.

**Interviewer: Have you told us before what your role is.**

Zeta: Yes, I am a teacher. Would you like to know what I teach?

**Interviewer: Yes.**

Zeta: So the medium has been to where I teach. It is a large spherical room. There are, you call them seats yes, but they are not seats, continually around xxx. All of the children come and spend their days until their lesson is finished. A lesson may take 3 days.

**Interviewer: And what is it that you teach?**

Zeta: I teach portal re-creation and manipulation. I teach how to move from matter.

**Interviewer: Does it take long for you to teach these children?**

## The Zeta Interviews

Zeta: Yes of course.

**Interviewer: So how long, roughly?**

Zeta: That is up to the genetic makeup of the child as to the ability to functionally understand what they are being shown. They must also grasp how to manipulate the energetic structures by using their minds.

**Interviewer: And at what age do they start to come to you as a teacher?**

Zeta: From when they are born.

**Interviewer: From when they are born, so probably their skin is...**

Zeta: Is very hard yes. A child that is created through the tuition is fed to within 3 to 5 days through paste, and then within a very short time, possibly days, they are to start their lesson.

**Interviewer: And did the medium, are you talking about the medium sitting in the chair?**

Zeta: The medium in the chair. The local consciousness was taken to the landing center and allowed to display its human form to the chamber yes. Twice.

**Interviewer: And how many students would you have?**

Zeta: Thousands.

**Interviewer: Thousands? And is there just one of you in this spherical room?**

Zeta: There is no need to have more than one adult, and you control the class by controlling the minds of the children. They exist in my thoughts when I am teaching the osmotic process.

**Interviewer: So everyone goes through this process?**

## The Zeta Interviews

Zeta: No, just the children that require cosmology. And now I must be going.

**Interviewer: Thank you for coming.**

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**April 1, 2015**

**Interviewer: Does the type of Zeta being that forms a person's higher self determine the potential ability of the person should they develop correctly?**

Zeta: Yes of course.

**Interviewer: So the type of Zeta they normally were affects the hybrid being when they are on the earth plane?**

Zeta: The hybrid consciousness, once integrated in the human container, performs the function that it is designed to do. It is not based on the work that the consciousness would do in its own form.

The way that we understood the question was, would the higher self working through the local consciousness, if a local consciousness was properly developed, would the higher self then perform tasks through the local consciousness. Yes, the ones that are allocated to that entity's work process within this physical construct, not within the race.

**Interviewer: The different types of Zetas, does that have an effect?**

Zeta: Yes, of course, the type and function that manifests.

**Interviewer: Does being predominantly Zeta in origin rather than being less predominantly Zeta in origin have any bearing on a hybrid's potential to develop?**

Zeta: There are some hybrid entities in human form whose consciousness is predominantly from the race, but it is not quantifiable. It is not purposeful to give a statistical number. How do you measure consciousness, it is in the amplitude of the consciousness as to what influence it has over the container.

**Interviewer: If the individual's consciousness is amplified in the portion that is the Zeta part, if the Zeta part is to the fore, does that actually affect the development of the individual?**

## The Zeta Interviews

Zeta: If the local consciousness is able to understand what the higher self entity requires, then the stepping away of the local consciousness to allow the higher self entity to come, will then allow a greater manifestation of the higher self in the container. This does not happen very often.

**Interviewer: Is there anything else to add?**

Zeta: Symbiotic relationships are fluid. The moment that you state you are of a Zeta consciousness, you probably are not.

**Interviewer: Could you have more than one type of being in the higher consciousness?**

Zeta: Multiple races?

**Interviewer: Yes.**

Zeta: Yes, of course.

**Interviewer: Does that happen often?**

Zeta: There may be agreement between certain beings as to what is to be a incarnation.

**Interviewer: Could you have three consciousnesses together in the higher self coming through the local consciousness?**

Zeta: There is possibility that many beings could form a collective mind for you.

**Interviewer: Do you know of that occurring?**

Zeta: Yes, the being Jesus.

**Interviewer: Could you expand on that please?**

Zeta: The being of Buddha...

**Interviewer: How many different multiple...**

## The Zeta Interviews

Zeta: They are many beings to provide the energetic space, the consciousness, the expansion to allow the entity, the container, to display a supernatural power.

**Interviewer: Ok, so that was the local consciousness. What about, say Jesus, all our low vibrations talk about that the Christ energy came through the local consciousness of Jesus, and that the Buddha energy, another type of energy, came through the man who became the historical figure of the Buddha.**

Zeta: But they have in common compassion, kindness and love.

**Interviewer: So what was the energy of all the race beings who were forming the higher consciousness to manifest all these powers and feats and miracles? Were they holding the space for the other type of energy that we call Christ consciousness to come through, or... what is the Christ consciousness?**

Zeta: Let me say, the humans have denoted a certain frequency as a Christ consciousness. They have built around that the religious process. It is a frequency of energy.

**Interviewer: And where does this frequency of energy originate?**

Zeta: From source.

**Interviewer: From God?**

Zeta: No, when you say God you diminish the source consciousness, because it is tainted with the human concept of a higher entity. Humans are good at placing experience into containers, into boxes.

**Interviewer: It's how we make sense of things.**

Zeta: But the Christ consciousness is a frequency, that frequency to another race, and may be simply just another frequency with no religious connotation.

## The Zeta Interviews

**Interviewer: What was the purpose of that frequency?**

Zeta: What manifested?

**Interviewer: Healings, love.**

Zeta: Yes, healings pointed the population to a higher path, to a higher consciousness.

**Interviewer: So it was to try and raise people's vibration?**

Zeta: Of course, yes

**Interviewer: And so now other races have come in to raise the human consciousness yet again.**

Zeta: Why do you believe that the Christ came into the human container? Could not the Christ have come as its original form? What perception would have then taken place, from the humans that interacted with this consciousness in a human form? They were able to perceive that they themselves may be able to obtain this level of consciousness. But if the Christ consciousness had not been in a human form, it would have been an etheric understanding of the consciousness, one that the human container believed would never be attainable.

**Interviewer: And then they changed it to still be unattainable.**

Zeta: That is a religious process.

**Interviewer: But it is obtainable.**

Zeta: Yes, for the race.

**Interviewer: How do we attain, is it through sitting in the silence to obtain the same level of consciousness?**

Zeta: In all your actions and deeds, to only seek the highest possible level.

## The Zeta Interviews

**Interviewer: Does the spirit consciousness have more emotion than the Zeta consciousness?**

Zeta: You are an emotional container. Your human form makes decisions based on emotional capacity. Often when you are impressed by different energies, different consciousness, even your own, the only way for the human body, the physical container, to understand the consciousness is to present it as an emotion.

**Interviewer: So that's just part of our human existence.**

Zeta: Yes, of course, how else is the consciousness to express itself. These things are clearing processes.

**Interviewer: Does development increase the emotional content?**

Zeta: Yes, of course, the more development you do, the more emotionally unstable you become, until you are no longer unstable, until you have cleared all of your residual characteristics.

**Interviewer: So it's a good thing, all the emotions coming out?**

Zeta: It is a good thing, yes, a releasing mechanism.

**Interviewer: Can you tell us again why the Zetas come to have a human experience?**

Zeta: Because the human race is emanating thought forms into the universal structure of consciousness. The perception is that the human consciousness will affect greatly the fabric of consciousness for other races if no attempt is made to influence internally this race. We have no one to blame but ourselves. Is that clear enough for you? All of consciousness that come into this frequency, sacrifice themselves, even spirit people.

## The Zeta Interviews

### **May 27, 2015**

Zeta: When the spirit people are with the medium, the expansive state, the state of expansion, the spirit person sits within that expansive state. It is as though the medium no longer exists in this room, but is able to see through the spirit peoples' eyes as to what they are seeing. Each of the spirit people sits within their spheres as spheres of influence, trying to draw the medium closer to their sphere of influence. But we do not operate in that way. We operate within blackness to provide as little stimulation to the centers in the mind of the medium. The spirit people offer a rich environment of colour, many things for the medium to see. They work differently.

Different functions are performed within different frequencies of energy. To perform that function we needed to be in a different state of consciousness. You would have noticed that my personality was much different, to diminish the physical influence on my consciousness, to present a greater strength of frequency and energy, so that we could try to accomplish the separation of the energetic bodies.

**Interviewer: Talking about hybrids, could the spirit part have had other lives in extraterrestrial realms?**

Zeta: The spiritual aspect of the consciousness always resides within the capacity of the spirit realm. Spirit consciousness does not transition from one race to another. The makeup of the consciousness is unable to make the transitional process correctly.

**Interviewer: So if we feel like we have had lives on other planets, we are just imagining it?**

Zeta: No, I did not say that. There are many races which are linked to symbiotic relationships with spirit realm people. So the possibility of the Zeta aspect not being the same as other races is of course possible.

## The Zeta Interviews

The other race would join to the consciousness and exist for experience.

**Interviewer: Still confused - separate aspect altogether or part of the Zeta consciousness?**

Zeta: Imagine that you are spirit person and Zeta which is the hybrid process. Imagine that in another life the spiritual component to the life is a symbiotic relationship with a different race.

**Interviewer: It says in the book, what makes a being human is the human container. When a human transitions, what distinguishes a spirit that was human from the spirit from another race?**

Zeta: The consciousness from the other race would return to its own container, its own realms of existence. When a spirit person moves back to the spirit realm process, the residual effects of the existence as a human creates the reality of the human, the spirit human. Once that is transitioned, then the consciousness moves to different states of understanding of itself.

**Interviewer: So why could it not join with another race?**

Zeta: It can if it goes to the connected points, the transitional realms between the spheres of consciousness. But of course the consciousness would need to be in a state where it was able to move into the transitional process

**Interviewer: Why must a spirit that came from the spirit world return to the spirit world?**

Zeta: Like a returned process, there must be the equal and opposite reaction, to come and to go.

**Interviewer: Is it different in the vibrational state?**

Zeta: That question requires a greater, an expanded question.

## The Zeta Interviews

### **Interviewer: Is it accumulated experience?**

Zeta: The thread of the questioning has been lost because of the compacted questioning process.

### **Interviewer: Why are all spirits not equal?**

Zeta: That is a self-deception. Spirit are consciousness, but what a consciousness understands of itself determines the state of consciousness.

### **Interviewer: Why could a non-hybrid human spirit not go to the Zeta collective after it transitioned, for example?**

Zeta: It is not impossible, we understand what he is asking. It is possible in some circumstances. But there would be a realignment of consciousness required, a spirit person would need to understand that their makeup would need to change. That is an important question for him.

### **Interviewer: Could the collective not treat it like a Zeta child who has lost its physical body and create a physical body for it. Would they choose not to do that?**

Zeta: No, because the consciousness is taken from this spirit realm reality and placed into a container which was of not a human form. Two things would happen. The consciousness would not be able to acclimate itself to the physical form that it had been placed in and 2) it would try to bring forth its prior understanding of existence. Now when the child in some circumstances has been removed from its container due to damage, it is replaced back in to the same container of genetic makeup. You could not put a Zeta child's consciousness into a human form, not within the race, the Zeta race. Ah, but that is a good question, yes.

## The Zeta Interviews

**Interviewer: You could not put a Zeta child's consciousness into a human container, is that correct? (Zeta: Yes) So is it just the adult...**

Zeta: Yes, a Zeta consciousness must be trained to partially exist or fully exist in a different state and with a physical form. If I was to take your consciousness and to place it in a different physical container that did not resemble the human form, you would be in separation from yourself, your consciousness would fragment quite quickly.

## **June 2, 2015**

**Interviewer: You said that it is possible under some circumstances for a human spirit consciousness to go to the Zeta collective instead of spirit realm after transition. But, you also said there would need to be a realignment of consciousness, and the makeup of the spirit's consciousness would change.**

**Does the realignment of consciousness and introduction to the Zeta collective happen automatically when certain conditions are met?**

Zeta: No.

**Interviewer: What circumstances make the realignment of consciousness possible?**

Zeta: There must be agreement between the race and the consciousness.

**Interviewer: How would the realignment change the consciousness?**

Zeta: The human construct, the consciousness of the human would no longer remember their past, would no longer be connected to any of their previous oversoul processes. There would need to be a complete disassociation from the spirit realm process

**Interviewer: Is that not the same process as when we come from the spirit realm into the human container, because we don't come with any memories either.**

Zeta: Not that you are aware of, but it is not the same process.

**Interviewer: Would the realigned individual Zeta consciousness still be aware of all its previous experiences as a human?**

Zeta: No.

## The Zeta Interviews

**Interviewer: Does a realignment of consciousness also happen when moving to another spirit realm race, or only when moving to a collective like the Zeta?**

Zeta: Realignment to the other race, yes, because the consciousness cannot exist in its normalized form within the race's structure of consciousness if it is to be seen to be based in the spirit construct.

**Interviewer: A different subject - The astral realm is where our thoughts and memories are formed as part of the human collective consciousness. Do thoughts and memories exist in the collective consciousness that belong to people who are no longer alive on earth?**

Zeta: Yes, all thoughts that have ever been, exist.

**Interviewer: When a human transitions and passes through the intermediary (astral) realms on the way to spirit realm, does he or she take their memories with them to spirit realm, or just a copy?**

Zeta: You have your memories, yes, those memories have been constructed by you within your environment. That environment holds your experiences, as well as your consciousness holds the same xxx experiences, so there is no separation although there is seen to be separation. Always seeking duality, finite differences within structures does not work. It is not always this or that, it can be all.

**Interviewer: So not a copy?**

Zeta: No, not a copy in your understanding of a copy. It exists because it exists.

**Interviewer: When the non-human part of a hybrid human transitions to its own race, it takes its memories of earth back with it. Are these copies of the memories, so that the memories remain part of the human collective consciousness?**

## The Zeta Interviews

Zeta: In this circumstance, yes. We cannot interfere, so when we withdraw we do not remain connected. There is a disassociation of the consciousness from the collective mind of the human race.

**Interviewer: I want to get this clear. So when a hybrid passes or transitions, the memories of what has taken place go to the spirit realm, but also memories go to the race.** Zeta: They are separate consciousness, yes.

**Interviewer: So actually there would be a copy, there would be two identical memories, not a memory split in half and shared.**

Zeta: You may use those words but they are not accurate. There is no way to make it simpler for you.

**Interviewer: Are the memories of the extraterrestrial part of a hybrid human exactly the same as the memories of the spirit part that returns to the spirit realm?**

Zeta: No, the memories of the spirit person are disassociated with the understanding of the relationship that it has been in, so a highly complicated subject. Quite often the hybrid mind is not fullforward in the capacity of the local consciousness. The spirit person, the higher self spirit person, controls the physical form through the local consciousness. The extraterrestrial mind is more of an observer in the process, seeking to observe the experiences that the spirit person's higher self has through the local consciousness.

So on termination the spirit person transitions back to their point of origin, the spirit realm, with little understanding of what has taken place. But when the mind of the race entity returns to its former origins, it has observed carefully what has taken place.

**Interviewer: Does the context of its past life and its agenda affect what it remembers of its experiences?**

## The Zeta Interviews

Zeta: There is no singular agenda for the hybrid mind. For the mind, once it is in separation from the spirit person, then that information is one that is provided to the collective mind of the race in clarity.

**June 3, 2015**

**Interviewer: After the realignment needed to join the Zeta collective, you said the human construct “would no longer be connected to any of their previous oversoul processes.” Well, the higher self connects to an oversoul process...**

**So is it the higher self that would join the Zeta collective, or just a single spirit or facet of the higher self?**

Zeta: The facet, which is the individual consciousness which is known to be the form of consciousness in the physical plane.

**Interviewer: The spirit realm consciousness would lose all memories of previous experiences. What could the consciousness gain from joining the Zeta collective that would compensate for this loss?**

Zeta: If you ask for compensation, there is no comparison. You are either experiencing a different race, as a permanent process or not. If you move from the spirit realm to another race, you will never be able to reintegrate back into the spirit realm process because the oversoul would not recognize you. You would have lost the ability to resonate with the oversoul. You would not be able to enter the spirit realm because you would then be deemed to be extraterrestrial or interdimensional, and thus you would have lost your ability to move into the spirit realm because you are not meant to be in there. If you were to return to the spirit realm in your newly incarnated form, then of course the laws that are stated in regards to not entering the spirit realm would have to be broken.

**Interviewer: Would the oversoul know those conditions before it decided to move into a Zeta consciousness?**

Zeta: The oversoul does not move into the Zeta consciousness, it is the facet.

## The Zeta Interviews

**Interviewer: Would the facet of the consciousness know?**

Zeta: If there had been an agreement with the race that the facet was to move to the race.

**Interviewer: So it would have knowledge that it could not come back.**

Zeta: Remembering that we are giving words to processes for which no words exist.

**Interviewer: Would the consciousness be aware of those conditions?**

Zeta: Yes, it would be made aware. Let us be succinct in the answer. Normally, the container contains the hybrid process and upon termination of the symbiotic relationship, the two entities released from each other, spirit goes back to the spirit realm and the consciousness of the race moves back to the race. For a situation to occur where a spirit entity, who remained controlled if not related to the consciousness of the race, and returned with that consciousness to the race, would not necessitate a correct return. There must be a separation and then there must be a singular entry into the race of the consciousness, the facet.

**Interviewer: So a facet of the consciousness, with the understanding that it could never return, transitioned into the Zeta collective for the experience and would go into a container. My understanding is that the Zeta consciousness never transitions, the container would transition every 1500 yrs, but that consciousness would always remain alive because the entity would have an existence, therefore would not need to come back to spirit realm. Is that correct?**

Zeta: There would be no returning to the spirit realm, it is a oneway journey.

**Interviewer: Earlier, it was asked if our astral memories are copied when humans transition to spirit realm. You said “that environment**

## The Zeta Interviews

**holds our experiences, and our consciousness holds the same experiences, so there is no separation although there is seen to be separation.”**

**Would it be correct to say that our memories are represented once in source consciousness, and that parts of it are exposed, not copied, where they are needed, such as in the astral realm?**

Zeta: The question requires clarification - what is source? Is he intimating the source is the source of the consciousness of the entity?

<Questioner was not physically present, so could not followup>

**Interviewer: Are the dimensions of consciousness that store memories, what many people on earth call the Akasha or Akashic Records? [Definition: The Akasha is the library of all events and responses concerning consciousness in all realities.]**

Zeta: Spirit realm people have the ability to access information within their own realm. There are the informational fields that exist within the multiverse process that contains information. They are seen to be separate, but are not known by those names.

**Interviewer: Will William be able to communicate with the medium after they both transition?**

Zeta: The William would need to move to the transitional processes such as JC <the medium’s spirit control>

**Interviewer: Is that one transitioning and the medium still existing here?**

Zeta: No, if that was the process and William became spirit and then of course that could be discussed, to be spoken to.

**Interviewer: The question asked if they could communicate after they both transitioned.**

## The Zeta Interviews

Zeta: Only if the William moved to the processes such as the JC [spirit helper]. The guides to the medium that are spirit-based are able to move out of spirit realm and partially come into the physical processes so that they can speak to him, yes. They are not sitting in the spirit realm process while they are communicating with him. This means that we are able to communicate with them because they have moved their frequency out of alignment with the spirit realm process, remembering that we are not to enter into spirit realm.

**Interviewer: If the medium had transitioned back to form, and William had transitioned and he is spirit, he has to come as JC <spirit helper> does, but JC comes through a medium.**

Zeta: Ah but JC also exists within the physical framework and is often seen around the medium before he accesses the medium, so at that point the spirit person is able to be spoken to.

**Interviewer: Would they have to be doing this with a different medium?**

Zeta: Why would there be a medium? Let us clarify. This consciousness transitions back to its physical form. For some reason William requires that there is discussion between myself and himself. If he was practiced at moving into different frequencies outside of the spirit realm process, then there could be discussions.

**Interviewer: Is there anything William and the medium could do now to make such communication easier later?**

Zeta: William could work fastidiously towards changing his frequency, to understanding his energy, to work with his companion. There are no shortcuts, no easy way for the changes to be made. The changes must be made within this physical framework.

**Interviewer: Is communication among races common, and how is this done?**

## The Zeta Interviews

Zeta: The communication processes, there are ambassadors, entities, where races will speak to each other at an introductory process once discussions have taken place, whether that be physically by speaking the language or through telepathic means. Then of course if it is seen that there is to be relationship between races, then of course other parts of the race will discuss with the other beings, and that is where relationships start. But generally, many of the races keep to themselves. Such is the work that is taking place.

**Interviewer: Are all races aware of each other?**

Zeta: Of course not, no. There are races which are not as advanced as, and there are races that are more advanced than the humans. On some level, all consciousness understand itself to not be alone. You understand that you are not the only one that exists, even if you have no proof.

**Interviewer: William thinks that knowing more about his point of origin could help with the questioning process. Is he a spirit realm being, or is he from another race?**

Zeta: You must understand that when discussing an entity's point of origin that generally only the final facet of the entity's consciousness is given disclosure in regards to where it has progressed from. Understand that when we say that an entity comes from the spirit realm process, that of course no entity exists in isolation. Of course the higher self are linked back to the oversoul process. Those oversouls compared to the higher self are the formal threads, once of course we have discussed this, the higher self being the informal thread to the formal thread, understanding that all threads lead back to source consciousness. That is where no race exists. That is where there is no delineating factor that would define an entity. Once again, we hold the conversation in a limited form.

## The Zeta Interviews

Yes, the William is from the spirit realm process, but of course what is behind that is unknown at this point. The reason it took so long was we had to change the energy to read his consciousness, to read his energy signature.

**Interviewer: The next question is irrelevant.**

Zeta: What is the question?

**Interviewer: If his point of origin is another race, 1) is it known to us, 2) is it physical or interdimensional, 3) what is the general appearance of the beings?**

Zeta: I would say that is a relevant question. I would say that from what we have seen, one of the facets of the William is an interdimensional consciousness. That is why we were 'taking our time' in discovering his processes. Many of the interdimensional consciousnesses do not hold names and are unknown by many races, but are only identified as a thread of consciousness.

**Interviewer: Is it known to you?**

Zeta: It is known that that thread is an interdimensional race, but not known the name, and not known any other information unless we were to progress past the consciousness of the William and move back through the oversoul process. But for us to do so would require an extraordinary effort to do so. Now of course the question is, how can an interdimensional consciousness exist within the spirit realm process, considering that races are not to enter into spirit realm? This is because only a non-physical consciousness, non-physical incarnated races may become threads to oversouls within spirit realm. This is information we have not given before. You will never see a race that is a physical race which moves into spirit realm. This is where we believe that much of the higher frequencies exist within the spirit realms. If you look behind what the spirit realm actually is, it is infinite threads of

## The Zeta Interviews

consciousness weaving its way back through to source. Each end of the thread is a perception that the existence is of many facets of consciousness, each of those entities then describe themselves as individuated consciousness or higher self entities. But you do not understand...

**Interviewer: Actually I understand that more than some other things. [Zeta: well done] An interdimensional, non-physical form you're saying can come into the spirit realm.**

Zeta: They exist behind the spirit realm, feeding into, and from.

**Interviewer: Do beings in the spirit realm or beings from other races collaborate with you in your experiments? If so, can you give an example?**

Zeta: No, what experiments? Often, if there is to be experimentation that is to take place, the spirit people will step aside because they are not able to exist within the frequency.

**Interviewer: What type of experiments are you mentioning at the moment?**

Zeta: No, I will not be drawn into that conversation. An example is the development of the consciousness, the training. Everything is an experiment. Why do something unless you are learning

**Interviewer: The medium mentioned you would be giving information about addresses for stargates? I was wondering if there was any concern that someone could get through and do damage?**

Zeta: No, because for a human to access those addresses you must be in the level of consciousness that allows you to enter into them. You would never be able to activate the process if your consciousness was incorrect.

## The Zeta Interviews

**Interviewer: If we are thinking evil thoughts, not going to be in the right...**

Zeta: If you use that as an example, yes. It would be the opposite, it would come back on you.

**June 10, 2015**

**Interviewer: Can we recognize other hybrids?**

Zeta: How is your consciousness different from another individual?

**Interviewer: I thought that would be the answer.**

Zeta: But there is generally a connectivity process.

The medium is generally unable to determine who is spirit and who is of another race, unless there is an indication from us as to what level of manifestation has taken place in regards to the human container that is in existence.

**Interviewer: So many of us feel we don't belong, is that a normal human thing, or do you think that if you were a Zeta you would have more of that?**

Zeta: This function of reality is a place where you do not exist comfortably. Many have varying degrees as to what is sensed of their belonging.

**Interviewer: That wouldn't matter for individuals from the spirit realm or Zeta beings, that would be the same**

Zeta: There are varying levels of interactions between the environment and the container. Some distinguish themselves at a difference that is more noticeable.

For your record, yes, that is a saying, we have intervened with [anonymous], so think about that process. He is one of us, as you are, and you are one of us, because your perception is that you are not one of us, that you are human, you work within that structure. You should project yourselves to assess your abilities. What am I saying? To test yourself, to firstly place your mind into the framework that you are of a different race. When you are in that stage, to then simply provide

## The Zeta Interviews

yourself with a manifestation function. The level of success of the manifestation will depend on your focus within the mindset.

**Interviewer: If we thought of ourselves as more Zeta would that not make it more difficult to live as a human?**

Zeta: You would not be able to maintain that, you would consider that you should bring them together. You little use your natural abilities.

**Interviewer: Sometimes I might create something I can't control.**

Zeta: That is certainly a possibility as the medium often finds out.

**Interviewer: Earlier, you were asked if our astral memories are copied when humans transition to spirit realm. You said "that environment holds our experiences, and our consciousness holds the same experiences, so there is no separation although there is seen to be separation."**

**Would it be correct to say that there is only one construct in consciousness holding our memories, and that memories are read from this one construct from other constructs where they are needed, such as in the astral and spirit realms? Would the Zeta collective have its memories in this same construct?**

Zeta: There are other words being used, those other words are trying to describe consciousness, to place into a category. There is definition, the defining characteristics all present themselves and thus determine where the information is then displayed. To describe consciousness as being in separation from itself so that it is unable to understand its opposite process is not a normality so. Infinite consciousness categorizes itself so to experientialize itself. How these experiences are understood by another consciousness is determined by the belief structure of the consciousness. Generally all information comes from one place. But what access a consciousness would have to that is

## The Zeta Interviews

determined by the level of frequency and the level of access to that information.

**Interviewer: It was stated earlier that “William could work fastidiously towards changing his frequency, to understanding his energy, to work with his companion. The changes must be made within this physical framework.” Why could a person not learn to make such changes while in spirit realm?**

Zeta: Of course there is a level of learning within the spirit realm.

**Interviewer: Going back to the other part of the question of changing his frequency and understanding his energy, are they things that can be learned in spirit realm?**

Zeta: How aware are you of your frequency? How aware are you of your consciousness? Only when you observe yourself in clarity can you then through that understanding determine where you are. While you are inside looking out, you are not the observer. When you are outside looking in, you are able to observe.

**Interviewer: Understanding of the frequency and the energy will come back to us when we transition?**

Zeta: It is a matter of focus. You perceive the world around you internally. If you are able to externalize your consciousness and view your life as another would view you, you would have a different understanding of yourself. Those understandings transition with you into the spirit realm. The perceptions that you hold about yourself remain with you as they are born of experience. That information is only available to you when you return to the faceted whole. While you are understanding yourself to be you, that is the only information you will have.

**Interviewer: so when I transition over, do I still only believe myself to be me?**

## The Zeta Interviews

Zeta: Yes

**Interviewer: For how long?**

Zeta: Until there is no one left that remembers you.

**Interviewer: So we don't naturally go back to where we came from.**

Zeta: There is a perception that you will obtain, we will discuss the JC <spirit guide>. Why is it that JC still understands himself to be who he was? Because there are others on the planet that remember him. While they remember him, they are sending thoughts about him to him. When those humans no longer exist, the spirit person is free to reintegrate to the higher levels of understanding of themselves.

**Interviewer: That could be over a hundred years.**

Zeta: Ah, three hundred generally, because the potential for you to be disassociated from your oversoul process within that three hundred year time frame exists because generationally your other attachments exist.

**Interviewer: What of famous people, people in history who remain in other people's thoughts?**

Zeta: They are a presentation from the oversoul that the original spirit facet has reintegrated itself. It is a presentation only from the oversoul to this structure, the physical structure, else the person would become trapped in the linkages of consciousness.

**Interviewer: So any spirits that come through mediums at the moment throughout the world would have to be less than 300 years old?**

Zeta: Yes, unless they are a presentation.

**Interviewer: So that's why most people don't get spirits coming through them that tell us they are 1000 years old.**

## The Zeta Interviews

Zeta: That is correct, unless they are a presentation of information.

**Interviewer: Can you tell me about presentation of information, just explain that a little bit clearer.**

Zeta: A facet of consciousness incarnates into the human form and experiences all of the processes related to the existence. Of course they return from where they have come, but if you say that person is famous, there is a potential that the facet would need to remain within its enclosure for many thousands of years. That is detrimental to the level of frequency to the oversoul, so it will present that information as a portal from itself.

**Interviewer: Detrimental to the frequency, what would happen if it didn't go back?**

Zeta: Ah no damage, but it would be similar to an incarceration process.

**Interviewer: So in order to not cause damage it goes back within 300 years.**

Zeta: You cannot damage consciousness but there is a natural progression to this.

**Interviewer: Zetas say that JC [spirit helper] comes to a physical process to interact with the medium. The physical process should be detectable with physical instruments. Could we make an instrument to detect the existence of this physical process? If it can't be done, why not?**

Zeta: Is he suggesting that humans create a device to detect spirit people?

**Interviewer: I think so, yes.**

Zeta: And what of his plausible deniability? That is our answer.

## The Zeta Interviews

**Interviewer: Can you explain in terms of vibrational states why interdimensional beings do not disrupt spirit realm processes?**

Zeta: Because they do not contain the frequencies that relate to being of matter.

**Interviewer: Do interdimensional beings exist at both low and high vibrational states?**

Zeta: Generally, they are of a higher nature.

**Interviewer: But do they exist at both low and high?**

Zeta: Yes.

**Interviewer: Does an interdimensional being have a “highest possible frequency” that changes with experience**

Zeta: It is determined generally by where the interdimensional entity exists, much as if you are cold because you are in a cold climate

**Interviewer: Does an interdimensional being create with intent as we do, using its highest possible frequency?**

Zeta: It has no other avenue but to create.

**Interviewer: With intent.**

Zeta: Everything is intention, yes.

**Interviewer: Can beings like humans and Zetas perceive the creations that interdimensional beings make?**

Zeta: Only if you are moved beyond the physical.

## July 1, 2015

**Interviewer: Does an interdimensional being create with intent like we do using its highest possible frequency?**

Zeta: Yes.

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**Interviewer: Can beings like humans and Zetas perceive the creations that interdimensional beings make?**

Zeta: Only if the entity, the matter that it is, is in a position to see or understand what has been created.

**Interviewer: Did an interdimensional being create the etheric templates supporting the matter in our physical universe? If not them, then who?**

Zeta: It could be said that source consciousness is an interdimensional entity.

**Interviewer: So the answer is source consciousness?**

Zeta: The answer is yes.

**Interviewer: Is there a range of vibrational states dedicated to each race process?**

Zeta: Yes.

**Interviewer: As a hypothetical example using the frequency analogy, the human process could be centered at 8 Hz with a range from 7-9 Hz, and the Zeta process could be centered on 16 Hz with a range from 14 to 18. Would the frequencies between these ranges, 10 to 13, be available for interdimensional beings to use?**

Zeta: Hypothetically, yes.

**Interviewer: Do interdimensional beings participate in forming hybrid humans, and do they use the same process as the Zetas?**

Zeta: Yes and no.

**Interviewer: If they don't use the same process that you do, do you know what process they use?**

Zeta: I would require to seek them out... wait.

## The Zeta Interviews

Whereas we, when we are in agreement with a human, a parent and parentage in regards to incarnation of consciousness, multidimensional or interdimensional entities would be in agreement on levels that are related to the frequencies of the oversoul process in the spirit realm. This means that of course those consciousness are able to, with agreement, move to some semblance of a human form.

**Interviewer: In an previous sitting, you were asked how to create a physical device to detect spirit people. The answer was “what of his plausible deniability?” This refers to William’s hypothesis on managed plausible deniability that concerns energetic phenomena like materializations of craft, apports and ectoplasm.**

**The hypothesis proposes that beings from extraterrestrial races and spirit realm manage human reactions to such phenomena. The purpose is to control the general perception of proof regarding such phenomena so that there is a desired level of uncertainty in the population. The degree of plausible deniability is managed by encouraging alternative explanations by debunkers of evidence.**

**The objective of Managed Plausible Deniability is to create conditions that help raise the state of the human collective consciousness. 1) Deniability impedes the buildup of fear which must be avoided. 2) Uncertainty about the evidence encourages each individual human to work out for themselves the nature of reality suggested by the mysterious events. Under these conditions, humans are more likely to recognize the dimension of love as the foundation of existence.**

**Interviewer: Is it true that the Zeta beings, other races, and spirit realm beings, all work to manage the collective human belief in the non-physical realms for the reason proposed?**

Zeta: Yes

## The Zeta Interviews

**Interviewer: Most earth governments refuse to acknowledge the existence of extraterrestrial races. Was this official position of governments arranged by Zetas and other races in order to allow plausible deniability in the population?**

Zeta: There is agreement.

**Interviewer: Can you elaborate?**

Zeta: Because many of the changes that are being made are made slowly. Once the level of understanding has reached a level where participation in those levels of consciousness is sought by humans, then of course plausible deniability will no longer need to exist. But prior to that, the only way to move through the various stages of levels of filtering of consciousness that is a perception of the human mind, is to continually question what is currently presented to the human race.

And so yes, there is agreement between the races and some levels of the government in regards to what should be presented, because if the governments were to make a statement that the races exist, there would be an automated jump for the consciousness of the human race, but in which direction? Would that be one of fear? Would the human mind entertain the thought of fear?

It is healthy to question, healthy for the human psyche to question, to perceive, and to question again, as slowly coming to maturity and understanding, because what is to be presented to a race may not be what has been considered before, but may be something that is completely different.

**Interviewer: Will this management strategy lead to more proof of the existence of energetic realms as the state of the human collective consciousness continues to rise? That is, will greater contact with craft and more conclusive evidence for physical mediumship phenomena be indications that people are becoming more loving?**

## The Zeta Interviews

Zeta: Before loving, is understanding. There are levels to be achieved in consciousness. All of the signs that are given through various aspects of consciousness are guideposts.

**Interviewer: On the other hand, if the hypothesis of Managed Plausible Deniability is false, may we ask again how to create a physical device to detect spirit people?**

Zeta: That question has been answered, (yes) but the device exists in the mind.

**Interviewer: So it would be different for different people?**

Zeta: Yes.

**Interviewer: What can be done to get people to understand other people, given all the bombings, etc going on?**

Zeta: You have but a small observational viewpoint in regards to the development of this race. Your time here is very limited as a human being, but if you were to view the development of the race over many generations, you would see that the function that is being provided by the tumultuous consciousness that exists is to make uncomfortable what humans would seek to be comfortable in. What takes place questions your reality.

Many do not sit well with change. They seek to implement their own belief systems onto others. Expectation from us is that this agitation will only increase. As consciousness increases, many will become uncomfortable in this physical environment, and rather than seeking love and understanding, they will seek destruction and fear.

**Interviewer: I find it difficult to not buy in to that energy.**

Zeta: Remembering that anything of matter is temporary, consciousness manipulating matter in forms of hominoid species to present experience to itself so that it may understand itself better. The

## The Zeta Interviews

racess, the physical races, are but an endpoint for that experience, a incubation of mind and thought to be reproduced into consciousness when the physical body ceases to exist. And so, when the race terminates, another race takes its place, so the consciousness process continues on.

**Interviewer: When the other races take the place of this existing race, maybe then this planet will see a more harmonious, peaceful existence, because there seems to have been wars right from the start.**

Zeta: No, the history of your race... but the prior races lived in more chaotic consciousness. You are but a stepping stone as a race. The race is a transitory process.

**Interviewer: Can beings like humans and Zetas perceive the creations of interdimensional beings if the creations were made at a low enough frequency? That is, is the act of perception the same for all of us?**

Zeta: Interdimensional entities do not create underneath their existing frequencies, but the separation of consciousness through the oversoul process is given to incarnation to the form in the physical body, to provide comparison only.

**Interviewer: Physical races like humans and Zetas are composed of individuals. We have separate physical bodies and we are distinguishable by slight variations in frequency. Is one interdimensional being distinguishable from another interdimensional being also by unique variations in its waveform?**

Zeta: Yes of course, like a brain wave pattern.

**Interviewer: Zetas say that interdimensional beings do not disrupt the spirit realm because "they do not contain the frequencies that relate to being of matter". How does a Zeta's frequency differ from**

## The Zeta Interviews

**an interdimensional being's frequency so that one disrupts the spirit realm and the other does not? Both are different from spirit realm frequencies.**

Zeta: As has been explained previously, interdimensional consciousness enter into the spirit realm process at a oversoul level. The oversoul consciousness perceives the interdimensional entity, which is a non-physical entity, as being akin to a telepathic communication. There is no tainting of the information that is produced when a being takes a physical form.

**Interviewer: How does Zeta colour vision differ from human colour vision?**

Zeta: We know that the human sitting in this chair sees colours. We have seen those colours through the physical makeup of the body. When we view any object in the light spectrum, the closest that we can approximate the imagery would be in the infrared spectrum, so that the presentation of imagery is seen as different types of heat.

**Interviewer: Ok, I understand, so you don't actually see colour?**

Zeta: No.

**Interviewer: You see objects as heat. Do you see the same shapes that we would see, or depending on the source of heat?**

Zeta: Where you would see a sharp corner, we do not, but we understand through other senses that it is a sharp corner.

**Interviewer: What other senses?**

Zeta: Touch.

**Interviewer: Unless you touched it, you wouldn't know that it was a sharp corner?**

Zeta: Yes, you would know. How do you know what is a sharp corner

## The Zeta Interviews

**Interviewer: We can see it.**

Zeta: But if you were a child, you may see it but you would not understand. **Interviewer: Correct.**

Zeta: It is only because you have comparison that you are able to gauge if it is a sharp corner. Once touched, we have comparison.

## July 5, 2015

**Interviewer: What is the best way to come to know your guide?**

Zeta: The guide is to expose themselves to you. It will take place if your work requires it, then your guide comes forward into your reality, they will do so. You through meditation and focused intention can clear the pathway for the guide, but you cannot force a guide to come through no matter how much you desire the process. If a guide is not to manifest into your life, it will not.

**Interviewer: Can that process take sometimes years?**

Zeta: Yes, of course.

**Interviewer: A guide can also give an energy signature so we can be aware of that portion of its vibration.**

Zeta: That is if a guide is wanting to expose themselves to you. If they do not, no amount of force will bring a guide through. So there is really nothing that you can do apart to provide the intention, and the clarity and the stillness, the opportunity for the guide to come. They would have come anyway, but the potential that you provide the guide is greatly enhanced when you meditate and offer clear energies, clear mind.

There is no way to force a guide to come through. You will understand that all humans have intuition. A guide will speak to the intuition within your etheric body and provide you with a form of guidance. You will sense what is required, do you what is right or wrong, what is right for you or wrong for you. Some have guides that come through, but of course the journey that is undertaken is often because the guides themselves wish to provide experience to themselves and do that through the medium. It is a matter of only giving permission for the guide to come and then offering the correct environment for the guide to operate in.

## The Zeta Interviews

### **Interviewer: Can meditation be being mindful of what is happening during the day?**

Zeta: To be mindful is to be aware, it is to provide opportunity in the now, to be present. The potential of mindfulness is that you will understand the comparison. If you are aware of your energy and you are mindful of your energy, then you will understand the difference when the guide's energy appears because you have a level of observation. But meditation can consist of many things, meditation can consist of the mindfulness of the breath, changing the brain wave patterns from one state to the next, clearing and filtering the distortions that are emanating from the mind. When this process is cleared, the guide has much more potential to come and speak to you because you are in a state of resonance with the guide. You are not forcing your focus.

Let me give you an example. To view a flower, you are mindful of the flower, you are observing the flower, you are experiencing oneness with the situation. Your mind is absorbed in that now component. Where is the guide? If a guide wishes to influence to show you beauty of the flower, or to provide a lesson, the potential is there in the moment. But how often do you succeed in being mindful of every single nuance of your daily existence. This is where your breath work will aid you in providing the stillness to the energetic patterns that exist within your framework, will provide a still mind for a guide to come and speak to you, and through you if they wish to.

But it is not only guides that wish to speak, there are often other beings that wish to come such as the spirit entities and other races. So you can bypass working with your guide and work with another entity if you wish to do so. But of course, as with all things you must validate what they wish to do, and it may be that the guide on some level has supported you to work with another entity anyway.

## The Zeta Interviews

**Interviewer: Is it the guide who determines if the other entity speaks to you or not?**

Zeta: No, you determine, you have free will. This is why you must understand that humans get themselves in trouble. Often humans say, you cannot get in trouble because your guide will not allow it, but this is not true. The guide will allow you to have any experience that you wish to have unless you are in a communicative relationship with them and can hear from them and ask them, "Should I do this?" and often the response will be, "What do you want to do?"

If you were a guide, knowing that the reality that your physical human existed in was but an illusion, would you really be providing them solid advice in regards to what should take place, knowing that it was an illusion of existence? You may be a driving force for experience for your human, but for a guide to make decisions for you would be based in the work that the medium were to do.

If you were to be exposed to a situation that could possibly be dangerous in the illusion, and you completely rely on your guide, your guide would need to advise you as to what was correct or incorrect, because you have been asked to work in that area [speaking to a sitter/medium]

**Interviewer: Would a love feeling help the healing?**

Zeta: Yes of course, at the beginning of every sitting with the medium, at a certain point in the music the medium experiences much love. That is the point where the spirit people may enter the room. When you provide an atmosphere of love, you are protecting yourself and your sitters, are providing a proper environment for your spirit friends and other energies to come. This love is a protection mechanism, it negates others from coming who are less than on the love frequency. There is no need to fear anything if your intention is one of the highest.

**July 8, 2015**

**Interviewer: How does Zeta colour vision differ from human colour vision?**

Zeta: A perceptual process based in the neurological firings of the processes of the eyes. Perception is gained from different types of acknowledgement of colour process so, a human's perception based in quanta in regards to colour processes is generally able to determine the same standard colour processes for each individual item. We abide by that quanta process but of course the structure of the eye that exists within the cavity of the cranial structure means that the way that the perceptive processes that exist for us are standardized for our race. To ask us what is the difference between your red colour, yes, and what we would see, there is no standardized process.

**Interviewer: When a Zeta being is in separation, can it see different, perhaps more impressive colours than when it is in its physical body using its physical eyes? This seems to happen for humans.**

Zeta: You are self-limited by the process of the physical structure of the body. No matter what physical structure you exist within, you are limited by the performing factors of the cellular structure of the body. So, the perception of consciousness is that they are infinite colours, infinite ranges of colours. Consciousness is not determined when separate from the physical body.

**Interviewer: We were told that when a human looks into the eyes of a physical Zeta, the container of the human's local consciousness may disintegrate and the person may lose their mind.**

**Is this effect caused by looking into the eyes, or is the nearness to the Zeta body sufficient to cause this?**

Zeta: The nearness to the body because of the frequency that encompasses the physical container. Also, the consciousness which

## The Zeta Interviews

permeates from all living organisms is a different state of existence. We are describing many things that are not able to be accurately given over by the words that the human has. To accurately describe these processes requires a level of consciousness, telepathic communication.

**Interviewer: Is there a way to physically block this effect and protect the human container?**

Zeta: We do not allow the humans to look into our eyes. You may see an imagery of us, it is a projection.

**Interviewer: A Zeta described the spirit realm and its inhabitants as a hierarchy of information threads. He chose to use the words “informal threads” to refer to the bottom layer of any subhierarchy of information threads, and “formal threads” to refer to all layers above that.**

**Why were the words “informal” and “formal” chosen. Can you explain why the Zeta thought the meaning of these words were suitable?**

Zeta: Because they are seen to be a subservient structure, not subservient to be in submission, but to be in understanding and right relationship with the next level. The previous levels then become the informal thread with the next possible level being the formal thread.

**Interviewer: A Zeta said when discussing termination of the physical body, “Some higher selves even take with them portions of their local consciousness, and remain attached to the physical entity and still experience much of what is available to you in the physical. Some have called them earthbound entities.” Is an earthbound entity always a spirit combined with its higher self, or can it be without its higher self?**

## The Zeta Interviews

Zeta: It is its higher self in separation from its oversoul process, but quite often the oversoul process is still connected in many ways to the separated entity. There is no separation.

**Interviewer: Some earthbound spirits are not very loving. Does this reflect the state of the higher self?**

Zeta: That is a reflection of an inability to, one, understand the new existence, secondly, to not have released much of the experiential processes that have existed in the physical structure of the body, they are much related to the existence of the human concerns.

**Interviewer: Does spirit realm contain all possible states of consciousness, including higher selves with very little love?**

Zeta: Spirit realm is infinite in regards to its possibilities. These levels of consciousness that exist are illusory processes so, just because you are within the physical confines of a physical body does not mean that you are not in some way connected to your point of origin.

These parameters, these finite identifications that are requested always seek to place within the structure boundaries, that there may be some way to differentiate between this stage or that stage, but obviously, all is one. If consciousness is experiencing itself, there is a reason for that process. The illusion is the physical life, but others seek to define the physical life as being the real reality, which it is not.

**Interviewer: Is an incarnated spirit always at the same state of consciousness as its higher self, or is it lower?**

Zeta: For the conversational purposes once again, it is impossible to not be who it is - always seeking definition where it does not exist.

**Interviewer: Is an incarnated spirit always at a higher state of consciousness than its physical container?**

## The Zeta Interviews

Zeta: A consciousness exists in a different state than what the perception of a cellular existence is. Matter continually transmutes, changes form and recreates itself within this illusory process. Consciousness abides by the rules of that process, enabling itself to perceive itself to be incarnated into a form where it may experience a different aspect of itself.

**Interviewer: A Zeta said recently that our thought processes “are held within a undulated mass of consciousness which is classed as the astral realm process all of which is based in the physical frequencies. These frequencies do not exist in the spirit realm.”**

**What is meant by “physical frequencies”? Are they etheric realm frequencies higher than the frequencies of matter?**

Zeta: Yes, a simplification, but yes.

**Interviewer: How does the human physical frequency compare to the spirit realm frequencies?**

Zeta: But the physical body is driven by the emotional processes, biological and chemical. These catalysts within the physical form drive the decision making process within this environment. This does not exist outside of the physical container.

**Interviewer: How does the Zeta physical frequency compare to the human spirit realm frequencies?**

Zeta: I will have an amusing retort, how can you compare a car to a craft? That is not amusing? Each one is a vehicle, each one has a purpose, each one is able to transport individuals and others to destinations. So on some level there is comparative process. What speeds do your vehicles reach, and even your technologies that fly can move quite fast. What is faster than that, a projectile from your militarized processes. Still quite slow. Difficult to provide comparison for that question, but based in observation, observational processes.

## The Zeta Interviews

**Interviewer: Is it the difference in frequency, or some other property of consciousness, why a Zeta in separation would disrupt the spirit realm?**

Zeta: What does that mean? What is a Zeta in separation, and how is there disruption to the spirit realm. Can he give us information where the Zeta race has disrupted the spirit realm. That is against our laws.

**Interviewer: Can interdimensional beings exist within the physical frequencies? Can they enter the astral realm, for example? Can they affect our perceptions while in the astral realm?**

Zeta: They may do what they wish according to the structures that they abide by. How they would enter into a lower frequency form is to shield themselves within a cocoon process of consciousness, to present themselves as being of the same level of consciousness and frequency as the surrounding entity.

### **July 20, 2015**

**Interviewer: The astral realm accumulates all human thought processes as a developing collective consciousness. Does each timeline have its own astral realm?**

Zeta: Do you know what an onion is? Many layers. If the spirit realm is the onion, the timeline processes are the individual layers.

**Interviewer: Each time line is separate but inside of the spirit realm, so it would be one spirit realm for all the timelines.**

Zeta: Once again the question seeks to provide a difference, but of course we are talking of consciousness, and consciousness does not have barriers that are defined by structures of matter. The definition defining a point is the frequency separation.

**Interviewer: Does each timeline have its own version of the human collective consciousness?**

## The Zeta Interviews

Zeta: A similarity, yes.

**Interviewer: Do these many versions of the collective consciousness ultimately merge into one?**

Zeta: It is not a synchronous process. When ultimately an entity is to terminate across all timelines, experiential processes will then realign themselves back with the oversoul process.

**Interviewer: So on the death of one of the entities on a timeline, all other entities will have...**

Zeta: No, that is a non-synchronous process. Do all layers of the onion exist? (**Interviewer: Yes**) If you take one layer off the onion, do the others exist? (**Interviewer: Yes**) Simply, they are creating a whole, a wholeness, but they are individuals creating the one onion, each one with its own definition.

**Interviewer: On which timeline would the results of the merging exist?**

Zeta: Let me give you an analogy. The universe as you know it is a big place. What is your solar system called?

**Interviewer: The milky way?**

Zeta: Yes, what defines your galaxy? Your solar system. Where does it start? Out there in space. There is no ending, but where does your galaxy start, and where does it finish? There are no defined beginning and end points, but you presume that you are within your galaxy. To say where does the terminating or finality of the astral realm, which part of a timeline, is to try to define where a galaxy will start and terminate. Where does your consciousness start?

**Interviewer: There is no starting point.**

Zeta: Where does it finish?

## The Zeta Interviews

**Interviewer: It doesn't.**

Zeta: Then if that is so on a singular human consciousness level, why is the continual definition to define consciousness. Do you see the conundrum? Do you understand what I'm saying (yes). For the other sitters, where does their consciousness begin and end? And the question once again, please?

**Interviewer: On which timeline would the results of the merging exist?**

Zeta: Afore I start, the timeline process is a perceptual process, a perceptual being that there is individuality, but to transition from one timeline to the next is but a leap of consciousness, and even that leap is the same leap over and over. Like a thread, at any point on the thread you have moved away from the last point.

**Interviewer: Who does the merging, and how is it done?**

Zeta: Consciousness **Interviewer:**

**How?**

Zeta: How are you held in your physical state?

**Interviewer: By a container.**

Zeta: Do you exist in or without? Where does your consciousness start

**Interviewer: There is no starting point.**

Zeta: There is a natural order to consciousness. All consciousness seeks to return to its point of origin.

**Interviewer: Can the progress toward self-awareness of the collective consciousness on our timeline be influenced by the progress of the collective consciousness on other timelines?** Zeta: There is always influence because all of them are connected.

## The Zeta Interviews

**Interviewer: Does a new incarnation of a spirit start off in roughly the same physical circumstances in all timelines; that is, same parents/genetics, same socioeconomic status, same country, same language, etc?**

Zeta: No, because each of the parents that exist already exist in their own circumstances. When a child entity is created into that frequency, that timeline process, they are very much associated with their current structure.

**Interviewer: Can a spirit consciousness in one timeline influence the consciousness of its counterpart in another timeline?**

Zeta: Of course, yes.

**Interviewer: Is this possible only if the other timeline has a lower frequency and not a higher frequency?**

Zeta: This is one time where the determining frequency is not based in lower or higher.

**Interviewer: Do spirit facets in different timelines live independent lives or do they live through similar events? Does it depend on how similar the timeline frequencies are?**

Zeta: It depends on the similarity of the frequencies

**Interviewer: Does the effect of a consciousness in one timeline on a consciousness in another timeline become weaker as the timeline frequencies grow farther apart?**

Zeta: Yes, of course.

**Interviewer: Is influencing a consciousness in another timeline the only way to affect what happens physically in that timeline?**

Zeta: Yes, it is the same expect(?) as the other physical entity having the etheric body, the etheric body moves, the physical body moves,

## The Zeta Interviews

but remember, one conscience affecting another will find that it is trying to affect itself, so imagine you are looking into a mirror, you touch your face and see that the image also touches its face. But are they touching your face or are you touching theirs?

**Interviewer: It's an image...**

Zeta: Ah, is it? Is it possible if the image was another timeline that was close to your timeline, that you are the image of them.

**Interviewer: Do similar events happen to spirit facets in different timelines, perhaps at different times in their lives? For example, if I buy a car in one timeline, would I also buy that same car, perhaps years later, in another timeline?**

Zeta: There is possibility that the non-synchronous consciousness may purchase the same type of vehicle, yes.

**Interviewer: But it would be the timeline that you were closest to, would be more likely to purchase that car?**

Zeta: Yes, because each timeline is affected by the immediate frequencies around them.

**Interviewer: So it would be more likely that timeline beside you would purchase that car rather than the car that was possibly three lanes farther away.**

Zeta: Yes, of course.

## August 4, 2015

<Discussion on the making of crop formations - the circle leader describes someone else's description on YouTube of how it is done>

### **Interviewer: Is this your knowledge of how it's done?**

Zeta: All of physical matter contains electrons, as you know that, yes. To create a image within certain structures requires a change in the state of the electron process that then diminishes the capacity of the matter to hold its form. So if an image is to be implemented, then to program the image to provide the state of change to the electrons, once implemented the image is then created.

### **Interviewer: Is there also a change to the gravitational pull of the earth when this is done, in that one area?**

Zeta: That is not a process that we would utilize. Many races have their own methods for creating different technologies and phenomena.

There are many races that are contacting many humans, predominantly the humans that are contacted by our race from the point of origin. We have noticed that it is difficult for humans to move to a point of contact. They have many preconceptions and ideas. Others are concerned about what the others of your race may do. Often many of the humans contacted are in a state where they do not understand their true nature, and so they have a diminished capacity to understand what they are to do. Much of the frequency of your planet is of a lower nature. It would be beneficial if the planet had a higher level of consciousness.

Consciousness does not exist in the brain. Consciousness exists within the framework of matter that is considered to be the human form. But how the consciousness is changed or used within these constructs is related to the framework that is embedded within the etheric framework of the human body. The changes that are made are

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predominantly based in the ability to be able to receive cognitive thought processes, telepathic conversations, the ability to be able to hear within the capacity of what would be called clairaudient ability for a human, to be able to understand the correct channel, the correct frequency channel that is available for the communication. This is based in the auditory function of clicking.

It is the capacity of the human to receive support and teaching through external processes which may aid in the development of the human. Many humans do not successfully navigate the process. Often the shift that is required for contact brings about a decay of the mental framework, the consciousness of the human. But much work is required by the human once the shift has taken place. They must spend many years in the meditative processes allowing us to create the capacity for them to integrate the new experiences into their normal reality.

This state that the medium is currently in is an abnormal state for the human consciousness. We have created the capacity for this consciousness to move in and out of our consciousness. In doing so, we also have the capacity to be able to provide healing techniques to other humans. We are able to affect matter, we are able to, in some circumstances, physically affect the electronic devices at a physical distance. These manipulations of physical matter grow toward building relations with humans. They are minor in comparison to the technologies that currently exist. But to bring about a heightened state of technology within a human construct, a consciousness would bring about a disassociation from the capacity of the local consciousness to correctly integrate itself with the existence that it currently holds. <sup>[P]</sup><sub>[SEP]</sub>

**August 12, 2015**

Zeta: What was your question in regards to frequencies?

## The Zeta Interviews

**Interviewer: To go up and down the frequencies, how does one do that?**

Zeta: You do not do that. What takes place is, other guides and beings that work with you implement their own frequency within your scope of abilities. Generally, most humans will maintain a certain scope of frequencies that will allow the beings that work with them to move in and out of their influence over you. To move through the various ranges of frequency means that each of the beings will implement into the structure of the human, the scope, so they are able to move in and out, to communicate and to work with you.

**Interviewer: And is it better for the human to try and keep their energy as clear as possible?**

Zeta: If you are centred, of course, if that is what you mean by clear.

**Interviewer: Yes, I do mean that.**

Zeta: If you are tired, your capacity to move beyond a certain level is diminished. If you are refreshed, then of course, you would move quickly to that level of connection and then move beyond it under the guidance or the influence of the entity that works with you. But of course, if you are tired and diminished in your capacity, then you cannot be properly managed to move through the ranges of the frequencies. So tonight the medium, although he has slept, was unable to move through the frequencies until a certain period of time had passed. So that is a good indicator that the medium is not in control. Because if every time a voice spoke within exactly the same timeframe, you may ask yourself is it the medium's mind speaking. But as there is always a different time span, and this also includes the pre-sitting energy that builds, so often there will be a component of the sitting that is generated prior to you coming into the room. Often yourself and others have felt the energy building around you prior to the sitting

## The Zeta Interviews

process. The sitting does not start when you sit in your chair. The sitting starts much time before the sitting where the energies are gathered and held where they are then coalesced into energies of connection. A discussion is taken place as to what will be beneficial.

Much of the work that is created is not seen by you. All you see as a group is the healing potential, the discussion potential. You do not see what is required to keep the medium in a clear state of mind when no thoughts are taking place. You do not see what is required to move the medium from the conscious process, you do not see what the spirit people do to bring their loved ones through. You must understand that you are also part of the process. If you, two hours prior to the sitting, are engaged in activities that are not beneficial to the energies of the circle, then you are diminishing the potential of the circle. And, of course, you seek to have the best possible experience while you are here.

If your intention as a group is to be clear, as you say, to provide clear energies, to provide a clear mind, to provide a rested body, then of course the potential of the group is incrementally increased because of the good actions of the sitters and the medium. But if all of you are busy or if you overeat, or any other actions which will diminish the capacity to separate the body from the normal physical activities that it has, then of course the sitting will be diminished. And now of course you would all hope that we were able to produce the correct energy for the sitting, to be able to hold the medium so that we may speak. This only takes place in a effort by the group. Of course, the energy is a little diminished because we spoke last night to the medium's wife. That will always affect

the sitting. That was known to us. If we are to speak up to 48 of the hours prior to this sitting, then of course we diminish the capacity of the energy to sustain the sitting.

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**Interviewer: The scientific community is making another major effort to detect the presence of other races in the galaxy. They are looking for EM signatures to identify other races, whereas my feeling is that these races don't use that type of EM energy they are looking for.**

Zeta: Yes of course, so human technology bleeds into the atmospheric conditions, leaves the planet and populates the energies around the planet. How much of the electrical noise from the planet permeates out from the planet. If we were looking for humans, they would be easy to find, but of course, it's because we have understood correctly the wavelengths that your technology distributes itself.

Now, of course, much of the races' technology does not use the basic form of energy that is created on this planet. You use a rudimentary form of energy based on using fossil fuels which then create electrical currents using electromagnetic processes. This then generates and creates strings of electrons which are used to populate and create our actions, such as giving you light, or moving your fan. All of these things create a waveform, the waveform then populates your atmospheric conditions. But of course other races do not use these gross forms of current, these gross forms of discharge.

There are energy potentials that exist around you, the very essence of matter before energy is consciousness, after consciousness is energy. Underneath the matter is the energy. So you may say that your requirements for power for your planet exist all around you. There is no need to use the fuel process to create your electrical discharge. Simply, as an example, when your planet has a storm, that is a movement between the atmospheric conditions, between the hot and cold process which accurately discharges electrons to create lightning.

Now of course, none of those processes use the fossil fuel process, or the nuclear process. They are natural acts, and much of the lightning that is created has the potential to be harnessed and utilized. But still,

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the point is that there are other ways to create the electricity that your planet requires. But your question, yes, was about a signature, and they are seeking to find the noise that is created by our technology. But they are also seeking to find a response to a signal, not understanding that the distance that the signal must travel is across many lightyears.

**Interviewer: Is it true that the Zetas, or extraterrestrials, choose certain individuals, or particularly some people who are in positions of leadership or influence, as eyes on the ground so that they understand what our social fabric is like?**

Zeta: There are many humans that are used in this function. There are no individuals that are any more important than another.

**Interviewer: For some extraterrestrials, is the human race like a staging area for them to work on certain issues and challenges that they have set for themselves?**

Zeta: Yes, of course, that is an anthropomorphic viewpoint, as I have stated previously, that a human would believe that a race would require the support of the humans to somehow solve their own problems.

**Interviewer: Do we sometimes have encounters with Zetas or extraterrestrials in our dreams?**

Zeta: Yes, this is a potential.

**Interviewer: Do all missing time occurrences involve arranged abductions?**

Zeta: No, not at all.

**Interviewer: Can they involve missions or other agreed-upon adventures?** Zeta: Of course.

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**Interviewer: There is still confusion about physical frequencies, compared to non-physical frequencies. You say that our astral frequencies are physical, and the Zeta frequencies are physical. The frequency of an incarnated spirit must be physical since it exists in a physical container.**

**The question is, within spirit realm there are threads of consciousness of individuals who have existed in physical form. Does this mean that there are at least some physical frequencies in spirit realm, with the rest being non-physical frequencies?**

Zeta: Delineating a process that defines what is physical and nonphysical - once again, the analogy of the ocean. There is water in the bottom of the ocean, there is water at the top of the ocean, and there is water all of the way in between. What defines the water from the body, what defines what is water at the top and water down below. Why is not the water all of the same level. The point is that there are no clear delineating features between the ocean, they are one body, but water exists all the way through from the bottom to the top, but it is not the same water. It is a body.

What determines generally the difference between the frequencies is the type of frequency. So for a spirit person to be in the physical form requires a binding of the life force of the consciousness into the physical framework, into the etheric body. But of course, what is the body? The body, if placed under the correct level of scrutiny, actually is space. What is a consciousness that exists with my form? My form also is space. What is the astral realm but a compilation, a

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collection of all thoughts created by a race. To always seek to define consciousness in separation, to divide, to place into categories, is a concept of illusion. Where does your consciousness reside? Where does my consciousness reside? Or where does the consciousness of a race reside? Often the descriptive terminology that is used in the describing process for the purposes of discussion means that terminology is developed to provide a meaningful conversation, ways to describe. But of course, a consciousness seeks this experience in all of its facets to understand itself.

**Interviewer: It's been said that an interdimensional entity may enter spirit realm because it is not tainted with the information that is produced when a being takes a physical form. So it must be this tainting of the Zeta information that makes the Zeta incompatible with spirit realm.**

**The question is, what is the nature of this tainting from taking physical form, in terms of the underlying waveform?**

Zeta: If a being is to enter into a environment, and the environment specifically is created for the consciousness, and the consciousness holds an understanding of itself as a human form, then of course any other consciousness from another race which moves into that space would have the perception by the original consciousness of being different. So since the other consciousness, the interdimensional consciousness has not existed in a physical form, it brings with it no potential to be understood as a physical form.

**Interviewer: Is the tainting a particular complexity added to the waveform, or is it a shift of the waveform to another frequency?**

Zeta: There are laws which forbid a consciousness to enter in to other... it is forbidden to become observed, it is forbidden to change, to bring about change unless you are part of the physical system, the human

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physical system, else the collective consciousness of the human race could be bypassed and the races just enter into the spirit realm.

Therefore when the spirit people incarnate into the human form, they would have full knowledge of the races that exist. But where is your freewill? It would have been taken from you.

**Interviewer: It's been said, "Some of you on this planet will take the first steps to leave your body and move into a space which is not in spirit realm. You will be the nucleus for the singularity for the collective consciousness of the race and those entities become the elders of a race." Then you said, "to move to the singularity requires that you do so before the body terminates much like a permanent projection."**

**The question is, would the physical body need to remain in the comatose state indefinitely for the new singularity to continue? If so, why?**

Zeta: No, because once the consciousness is projected, it terminates the link to the physical existence, the consciousness, once it is able to formulate its own space to hold its own cognisance, to understand its separation. A consciousness seeks to seek other consciousness, consciousness does not seek to provide isolation from itself. So a singularity must be populated by consciousness which is able to withstand the desire to link to consciousness which does not relate to the singularity. It is like simply holding your own mind and not allowing another to influence you, and from that nucleus of thought it then creates a living entity of consciousness. They are describing words, as consciousness is the true living entity.

**Interviewer: We have a concept of speed which is the distance covered per unit of time, like kilometres per second. We use speed to coordinate our activities in space. Zetas do not use a linear time scale like seconds. This means you would not calculate speed.**

## The Zeta Interviews

**Suppose your craft is moving in space somewhere, and another craft is also moving at some other location in space. Would your craft ever want to intercept the other craft in order to meet physically?**

Zeta: If the potential existed that there was a requirement for a physical interaction, but generally this is not required because the connection can be achieved through consciousness.

**Interviewer: What actions would your craft take to meet the other craft?**

Zeta: The individuals on the craft would communicate effectively with each other to determine if the craft would come together.

**Interviewer: If the craft makes calculations to do this, what would they be?**

Zeta: No, that is a human concept. If we say that magnets or magnetism is consciousness, magnets are drawn to each other. Whether or not they are, or have the desire to be drawn to each other is irrelevant. Their nature is to come together if two magnets are in proximity to each other.

Think of consciousness of a race being of the same type of process. The common consciousness is what is the guiding process, the catalyst, for bringing the craft together if required, to turn one's thought to the other.

I will say once again, we are trying to provide understanding to humans, but what and how we exist is often poorly understood because of our inability to accurately describe in your processes, to bring an understanding to you, like describing to a child a concept which is beyond its ability to understand. You may use many forms that the child may somehow understand. How you go about using the imagery to provide that understanding is different for each being. If it were not so, there would be full disclosure now. There would be

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relationship with humans and other races, because we would have comparative understanding of each other.

### **August 18, 2015**

Zeta: But what has the medium done today? The medium has changed the lighting in the room. The medium has placed the device on the table [a plasma ball]. The device emits streams of electrons into the atmospheric conditions of the room. This is able to dissolve, to reacquaint, to change, to recompile, to recreate the energy in the room. This then neutralizes to some degree the spirit energy that has existed in the room.

Of course, the intention of the medium is also supported by the different mechanisms of contact, which are the lighting process and the device. If you present the consciousness with the same lighted and energetic conditions, such as the red light, the same music that is used for spirit contact and contact for us, then of course the potential is the contact can go in any direction. And so, we believe it is a good idea to set the room up this way before contact with us. It is a different environment. Also you will notice that the medium had different music playing as well prior to the sitting. These things set themselves up as potentials for contact.

If the medium chooses to work with spirit people then he goes to the red lighted conditions and removes the device from the room. This then indicates to the consciousness of the medium that the connection processes that are required are to be towards the spirit people. To provide two definitive potentials for contact, whereas another medium which is working only with spirit would require the same environment continually. We wish to build, and if the medium wishes to build, potentials that are aimed at our race, then of course the different potential is required in the room. The beginning of the sitting is also important, that the correct staging procedure is in place, the residual energies are removed from the room for the spirit contact.

## The Zeta Interviews

**Interviewer: The device in the middle of the room and the blue light, where did the idea about setting a different environment come from? Did the medium think of this himself?**

Zeta: No.

**Interviewer: Did you discuss this with him?**

Zeta: No, we gave the medium the thought that it would be interesting if he experimented with the room's conditions, and often in the past the medium would be influenced by us and by spirit people without realizing that the thoughts were not his own.

**Interviewer: Why wasn't something like this put in place earlier?**

Zeta: Because we have been seeking a blended potentials which would indicate to us what are the scope of abilities of the medium in regards to the energies that are available to work with. There may be times that we would indicate connection is required at this end of the frequency scale. That may be where there is strong spirit energy as we have observed and discussed with the medium. Our potential for working in these energies is available, but we work with many different forms of frequency.

**Interviewer: Ok, thank you. This device is powered by electricity, and until now we've always limited the amount of electricity that is being used during the sitting. Why is this device different?**

Zeta: From the moment the device is turned on, it emits a stream of electrons from the spherical device. The electrons stimulate the environment, the electrons stimulate the physical body, the etheric body. They provide a stimulated environment for telepathic communication. We do not work like the spirit people. Spirit people work with levels of brainwave frequencies, with consciousness, with energies that exude from the physical body and the consciousness of the mind of the medium. Those potentials allow connection into the

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physical realm by those spirit peoples' consciousness. But for us, we abide by a different level of connectivity. This is the entry point for connection, the potential, a breathing potential is activated within the mediumistic processes. Then of course the gateway mechanism by consciousness is then to proceed to another level of connectivity.

**Interviewer: I want to have a discussion with you about the concept of time. As humans we measure things by time. Things happened in the past, things are happening in this moment. We know things had existed and we know things have happened because of time. You don't use the concept of time.**

Zeta: Let me explain. The human entity lives within the physical construct on the linear process of time, which means that for you, your perception is that you exist on a line of time. But imagine as in this sphere in front of you [plasma ball], each one of the threads were consciousness, that rather than the consciousness being one beam of light but was many. Then of course you can move into any area of consciousness because you can move the threads of consciousness. What denotes the point of origin for the threads, if you see the device, is the central point of the device. If the being is the central point of the device, then of course all of the threads would emanate from the being's consciousness. Let it be known... Let me ask you a question. What if all humans ceased to exist, instantly? What would happen to all of the thoughts of the race?

**Interviewer: I believe they would go back to their origins.**

Zeta: No, not the entities'. Your time, your concept of existence is based on your potential to understand that you are, at this point, living in a physical existence.

**Interviewer: So time really only comes with the physical?**

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Zeta: Of course, consciousness does not envelop the understanding of the time principle. Time is used as a mechanism for humans, and other races, to determine functionality. What function will they provide now? What will they do tomorrow?

**Interviewer: So in saying that, your race is also a physical race.**

Zeta: Yes

**Interviewer: But you don't use time.**

Zeta: No.

**Interviewer: So how do you function? Is that because your distance is never-ending?**

Zeta: Simply, there is no requirement for time if you know that your time is limitless. Why would you watch your time if time was irrelevant to you? If you lived forever, would you care? If you existed forever as a race, knowing that if any of you terminated, that you were to come back to the same place, you would understand that the facilities that are offered to you on this planet, the resources would be cherished by the race, knowing that you are being nurtured to some extent by the planet and its resources. But because there is a finite amount of time that you believe that you exist, your capacity as a race to use resources is great.

**Interviewer: If you don't use time, how do you have a reference back to something that happened when you were younger?**

Zeta: Let me use your mind to show you the answer. Imagine if your life existed as a dream, that all of your experiences existed in the dream state, that there was no capacity for you to wake up, that you had no understanding of your physical body, much like when you are asleep. You move from one visualization to the other. There is no time

## The Zeta Interviews

construct within the dream state. That is the closest estimation that we can give you in regards to how we perceive our memories.

**Interviewer: We perceive our memories like a dream state as well.**

Zeta: Ah but you measure the memory according to your length of years. You mistake that, when you were young, this potential took place, this process took place.

**Interviewer: Yes, do you not do that?**

Zeta: No.

**Interviewer: Even though those things took place.**

Zeta: Ah because, they still exist.

**Interviewer: So you are able to go back to that time?**

Zeta: Yes, you can go back to that time if you understand that you are not limited to the experiences and consciousness you have had because of your physical body.

**Interviewer: I'm able to go back to a time in my mind, but I know that it actually happened along the timeline at a particular point. You are saying that doesn't happen with you. But that would have happened at a particular point in your life as well.**

Zeta: Yes but, let me try to clarify what is taking place. Let me bring an example forward. We have existed in other forms, so a Zeta consciousness will exist in another human container along the linear time process. But that potential exists within the physical environment. If we wish, we could also use time as a method of measuring our existence. But when you do not have your physical body, all of your experiences here will be part of your existence away from the physical reality.

## The Zeta Interviews

**Interviewer: Yes I understand that, as memories and experiences are held in consciousness.**

Zeta: Your questioning may indicate that you seek to believe that you can move back through your consciousness and change a physical outcome.

**Interviewer: Oh, no I was not going there. I actually don't believe that could happen.**

Zeta: The spirit people do not have the concept of time. They have no need for the concept of time. Now, if you were able to separate from your body consciously, your consciousness was to disassociate itself from the physical container, it would recognize within itself it does not have the potential to need time. **Interviewer: Are you talking about human astral travelling?**

Zeta: Yes

**Interviewer: So when your astral travel you don't need time?**

Zeta: Yes

**Interviewer: When you astral travel, can that take you back to a different point of your life?**

Zeta: Let me use this sphere, I believe it will be used many times. The sphere in the room, you are the central entity. The threads are your experiences. You move in consciousness, not in a linear fashion, but in a spherical fashion. Understand that you do not exist on a line.

**Interviewer: Yes, and all of these are different experiences.**

Zeta: Yes, and so the consciousness which is you has the potential to move to any of the threads any "time" it wishes.

**Interviewer: So that's just the consciousness that can do that?**

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Zeta: That consciousness is all that is. The physical which you hold in great importance is irrelevant. When the physical terminates, you will be the sphere. You already are, but cannot see because of the physical container that you are in and around.

**Interviewer: Even though you yourself are in a physical container...**

Zeta: But we are often in separation from the container.

**Interviewer: Ok, because that's part of your normal everyday life, isn't it.**

Zeta: Yes, and that is why the facility of time is irrelevant. The physical body for yourself is a mechanism that you step into in the morning to complete physical functions. At night you step out of your physical body, you do not use the time concept at all while you are asleep

**Interviewer: As a Zeta you would have functions that you would be required to perform, teaching for example.**

Zeta: Yes of course.

**Interviewer: That's not regulated by time?**

Zeta: No, it is regulated by consciousness. Let me give you an indication, to the best of our ability. There is to be a class, we require the students to attend at the appropriate moment. There is many levels of information. One of the levels of information is indicated to the younger entities. Example, do you really understand what your two children are doing now at school? At this point you do not know what they are doing. That is because the level of information is aimed at the potential that the two exist within their current environment. Of course you trust that they are safe.

So there is layers of information. The layers of information are aimed at providing the information required to younger people that are required to go to the school process. You do not access that level. It is

## The Zeta Interviews

irrelevant in some respects to you, but the children know that they must move in that layer to be within the education process. So, our children are the same. There is a level that they move in. Their understanding is one based in consciousness. They understand that... difficult to say without using the word time... there is a process that they will be alerted they are required to attend a lesson. The strength of the connection will determine how close the lesson is for them to attend. The amplitude of the lesson indicates when the lesson will be held.

**Interviewer: What denotes when that is going to happen?**

Zeta: The teacher will determine when that will take place.

**Interviewer: So when the teacher is ready, it just happens**

Zeta: Yes, of course, and then the lesson may go for a length of time that is required.

**Interviewer: Another reason you don't need time is because of the telepathy between your race, which is the communication.**

Zeta: You could say that the amplitude of the telepathy removes the need for time. So quickly to indicate this, the medium must go to an appointment today, yes? While the appointment is many of your hours away, there is no imperative for the medium to go to the appointment. As the appointment becomes closer, the imperative builds according to your time function, that he has limited time to be at the appointment. Change that to a telepathic process. The information is given that you must be somewhere. It is given as a point of reference. It is weak. As the telepathic signal builds its amplitude, when it reaches a certain level, then the students know that they must be at that place. This is how the spirit people operate as well as they do not use time. The potential builds around the situation or medium, and the spirit people are summoned by the amplitude of the experience.

## The Zeta Interviews

**Interviewer: The starting point is then the teacher. I asked how does the teacher know what time to do this, and you said whenever they are ready. But there are other factor...** Zeta: Yes, of course, so I have other functions to perform, as do others in the race. That is why I said there are levels of telepathic communication. Of course the lower levels of communication do not take precedence over the higher levels of communication. That is how it is determined what is of importance. Your time mechanism prioritizes, gives you priority, as to what is important to do.

**Interviewer: So as a teacher, you prioritize, things happen, what if there are so many priorities and the teaching just gets put off and put off, even though you know you have to perform certain amount of functions?**

Zeta: Ah no, because one of the indicating factors, is that for consciousness to operate synchronously, is that all things are in harmony.

Your fingers are able to operate on your hand at different aspects, they are able to move in directions they wish to as though they are individual entities. But of course, they are connected to the base of the hand. Why does not the hand do whatever it wishes, as it has the potential to do that, because it is part of a whole system. The whole system works together to perform various functions. The body is able to perform millions of functions within one second of your timeframe. Neurons are firing to support thought, the electrical systems pumping the blood around your body, the various organs performing different functions to keep the physical body at a cellular level in the re-creation process. Does the body understand time? The body has within it the mechanism to have within its own capacity, its understanding of what is a time, but it has cellular time.

## The Zeta Interviews

**Interviewer: My question to you is, my physical container has a certain amount of priorities throughout the day that have to happen. If I have no concept of time, for example, yourself, you are teaching, and if the teaching is supposed to take this amount of time, but took twice that amount of time, was longer than it was supposed to, that means that something else in the day either has to be adjusted or not happen in order for all those functions to ...**

Zeta: You see, you are saying in a day, but if the day does not exist, then you do not have the confines of working within the construct of a day. If you did not sleep and your lighting never changed, there would never be a day. **Interviewer: But you do sleep.**

Zeta: Yes, we have physiological processes which require that, within the estimated timeframe of humans, seven of your days, that we are required to move to stasis.

**Interviewer: And your body is an indicator of when that has to happen.**

Zeta: Yes, it is based on cellular information and, of course, nutritional processes.

**Interviewer: If, for example, you were teaching and you just got carried away and it took longer and longer and longer. Something else has to change.**

Zeta: If there is something that holds importance, education will continue to the end. The other importance, as you say, will be an indication of another that would be communicated to the other telepathically. I am busy at the moment.

**Interviewer: With us here?**

Zeta: No, with our own race.

**Interviewer: What are you doing at the moment?**

## The Zeta Interviews

Zeta: Just sitting in my environment.

**Interviewer: But you said you're busy at the moment with your wife. Oh, your wife knows you're busy with us, is that what you mean?**

**[Interviewer assumed the Zeta was speaking to the medium's wife above when he said, "I am busy at the moment." He may have meant that to be an example of a communication with the other, hence "that is interesting" below would refer to the miscommunication]**

Zeta: Ah, that is interesting, if I choose to stop what I'm doing and remain in a position where I can speak through the medium to you, that is my choice. I have freewill. Do you talk to your family while you perform other functions?

**Interviewer: Yes**

Zeta: That is the same.

**Interviewer: This is obviously taking a lot of concentration for you.**

Zeta: I am seated, yes.

**Interviewer: But are you performing another function while talking to us.**

Zeta: Not now.

**Interviewer: You don't do any leisure activity, but do you have any down time, or is that the time when your consciousness leaves your body about every seven days? And if everything else in your life is not measured by time, is the down time adjusted?**

Zeta: You suppose that there is a requirement to be away from one's self - down time. Your animals, you have a cat and a dog, do they have down time?

**Interviewer: They play.**

## The Zeta Interviews

Zeta: No, they are actions. Do they have the capacity as humans do, to seek separation from their duties? No, because your animals do not understand time. They also do not understand that they are finite creatures. They have no understanding of their length of existence. They sleep when they wish, they do no function that creates, as the whole planet is the same. The humans are the only ones on the planet that use the time function.

**Interviewer: So the others only exist and their main purpose is to feed themselves, and have emotions, and to sleep, and exist?**

Zeta: They do not know they exist. Your birds and animals, their actions do not have a mirroring effect. They do not see themselves, as a human would, as being temporary. They live in the process of the now.

**Interviewer: We probably are not aware and do not have the capacity to understand whether they know they exist.**

Zeta: No, you do not know that.

**Interviewer: You're saying they don't have that awareness.**

Zeta: They do not have the awareness to understand that they have a temporary lifespan of a physical nature such as yourself.

**Interviewer: Is that because we have evolved?**

Zeta: You have a different evolutionary process, a different genetic structure, and a different level of consciousness.

**Interviewer: When an animal is dying, surely they would be aware of what was happening. Are you saying that they don't?**

Zeta: They do not.

**Interviewer: So they would only have the awareness of the pain.**

Zeta: Yes, of course, they do not understand, or have the capacity to understand, that they are transitioning. Now, the medium has seen

## The Zeta Interviews

your past pet. That is because the pet does not know that it has transitioned, it did not see... **Interviewer: But that's the spirit...**

Zeta: No, the spirit people know they have passed over, but the animals see no difference between being in the physical and being out of the physical.

A long conversation, we will now terminate.

## The Zeta Interviews

### August 19, 2015

<The Zeta takes the sitters on an unusual journey> Zeta:

You are in a sphere.

(wait 5 min)

Zeta: I am in a biological entity chamber. The descriptive processes are a living organism, that you use your distance measurement, it equates to 4 of your meters across. The actual physical dimensions of the environment is, the roof is approximately 2 meters from my head.

**Sitter: Correct.**

Zeta: No, I am not describing this room. I am describing where I am sitting outside of this room. The biological entity resembles a skeletal sphere surrounded or encompassed by biological matter. The colouring would be consistent with pale yellow and some of your darker greens. There is a membrane which is to my front and right which indicates a entry and exit, which opens and closes with its permission to come and go. Its permission exists in conjunction with the function that is provided by the organism to provide connection and amplification process of the telepathic abilities of myself.

Not that a chair such as this one exists in the entity, but more of a seat without arms and back. In the middle, so I'm sitting in the centre of the entity, and it is amplifying my voice, by amplifying my thought processes in conjunction with the medium. Now this process, if you were to allow your imaginations to be accessed, is replicated many times, so there are many beings within these environments as far as you can see. They are generally in contact with other beings of the race, our race, this race, which is the race, and of course with other races, and with the human race. And now, to put it simply, this is the same as how you all have your phones. So you are in connection with other humans, but of course you use a physical electrical network to

## The Zeta Interviews

access each other. But of course, your phones cannot access other races. Your phones do not have the ability to provide telepathic communication and entry points to other beings' consciousness. So for your communication processes to adequately perform this function, they will need to move from the current system to a biological entity. Why, and that is because the biological entity will support access to your telepathic abilities whereby you can then amplify your thought processes, and the environment will then connect to who you wish to connect and speak to. And no, they do not require that the receiving entity is in the same type of chamber.

In regards to darkness, it is a dim environment which consists of an illuminating gel which is secreted from the entity. They are grown.

**Interviewer: The gel, is that to give light, or does it have a different purpose?**

Zeta: It is to give light, that is the function as I understand it.

**Interviewer: Is the entity hollow to allow you to be in there?**

Zeta: Yes of course, like this room is hollow, and there are many rooms in this house, and there are many rooms in the entity **Interviewer:**

**These entities, is that their role?**

Zeta: That is their role, they are created to perform this function.

**Interviewer: And do you create them?**

Zeta: Yes.

**Interviewer: Is that a biological stasis chamber as you call it?**

Zeta: No, a biological entity telepathic device.

**Interviewer: Is there a reason why you are in this device at the moment?**

## The Zeta Interviews

Zeta: Because we are experimenting with this device in the room as to what can be achieved in conjunction with the spirit realm people. This device has allowed for us to bring together the spirit realm consciousness into the room at the same time as we are accessing the medium.

**Interviewer: Is this the first time you have actually used this chamber?**

Zeta: No, this is the first time that we have been able to allow the medium to see where we are sitting when we are communicating to you through the medium.

**Interviewer: Ok, so when we have our sittings on Wednesday night, you are in this chamber.**

Zeta: Generally, yes.

**Interviewer: When we had the discussion yesterday?**

Zeta: No.

**Interviewer: You were sitting in a chair yesterday.**

Zeta: Yes, the reason because there are other sitters in the room now. We are seeking to create a different environment.

**Interviewer: Just wondering if it was because yesterday was not scheduled.**

Zeta: No, when others access the room, they bring with themselves their potentials. Their potentials change what is available in the room. We are seeking to create a environment using this device to create a sphere inside the room that you are now sitting in.

**Interviewer: The energy tonight has been very different. ... I was having trouble staying alert.**

## The Zeta Interviews

Zeta: Because we have shown the medium through our eyes what we see. The medium could see the biological entity itself. To do this required a action which was a third shell, the third shell being the outer sphere of the room, the sphere on the table being the secondary process, and the internal mechanism being the first sphere.

**Interviewer: Did you also require more energy from us tonight?**

Zeta: No, you are inside our environment. You have been... You believe you are still in the room. You are not in the room. You are in a quantum environment in this room. It allows us to interface, to conjoin, many realities, so you are now in our reality. Of course, this can be terminated at any time.

**Interviewer: It took a lot of effort for me to become alert again.**

Zeta: A good description that you are able to give to the recording device

**Interviewer: If I close my eyes, I could go right out again.**

Zeta: Are other sitters feeling the same or different?

**Sitter1: I had tightness to the face which was not experienced before, it stayed for a while and slowly faded ... other things different from anything experienced before.**

Zeta: Well said, yes, good that you were able to determine the difference.

**Sitter2: Yes, tonight it felt like my hip wanted to go to sleep, and that is certainly the first time... (other new sensations ... incl. tighter skin on the face, all three sitters feeling the same)**

Zeta: We have been preparing this (experiment) since the beginning of the yesterday process. The medium saw us outside of the room. You'll notice that the sitting started differently. The medium was aware to wait.

## The Zeta Interviews

**Interviewer: I have a feeling that we are being observed, I have a feeling there are many Zetas with us at the moment.**

Zeta: of course, under the constant attention of other beings. They are observing your behaviour and monitoring your thought process. The entity itself is monitoring you. You are the first humans to be in a quantum environment and to be aware that you are in it. And no, a copy has not been taken.

**Interviewer: You feel similar to how you felt many years ago...**

Zeta: When I was using the technology which was different. The reason why must be discussed now as to why we have instigated this process. We wish to bring in other races. We have determined that the safest way to do this is to bring their quantum environments into this room. Rather than creating once again a multidimensional gateway process, we will monitor create and blend an environment where others may come and speak to you.

**Interviewer: Is that the sole purpose, I believe there was another purpose as well**

Zeta: What do you believe?

**Interviewer: I'm not sure. ... some of my other senses are heightened, my sense of smell, there's an odour.**

Zeta: What is the odour? sweet or acrid?

**Interviewer: No.**

**Sitter2: I think its' got that ozone smell.**

Zeta: Ah yes, of course, we are utilizing some of the medium's life force to create the spherical process.

**Interviewer: il that a good thing to do?**

Zeta: It is safe, not too much has been used.

## The Zeta Interviews

Let us try an experiment...

(wait)

Zeta: Close your eyes, what can you see?

**Interviewer: I see a large area with a bullet-shaped container entity.**

Zeta: What is above your heads? Look out from your mind. What is above your head? Can you see a large canopy or light? Can you see a space? There must be a descriptive process. We require that you explain. What is the potential. What do you see in your mind? In the upper part of your mind? If you were looking into the top portion of your head? Do not look with your eyes.... What do you feel?

**Sitter2: From here it looks like a canopy over the top, it's not solid black, there's lots of grey colour.**

Zeta: Are the other sitters able to in any way give an indication

**Sitter2: I keep seeing a rise overlooking a valley, not dark. Above me it's just darkness. There's a faint glow around the place.**

Zeta: Do not try, just look above you in the darkness with your eyes closed. Can you see anything?

(wait)

Are you warm or are you cold?

(some discussion - nothing major happening)

The medium says, please keep your arms and legs inside the ride.

**Sitters: haha**

Zeta: we do not know what other potentials this environment will provide for you, but the first experiment has been to try to gain, try to improve your telepathic ability. Of course, all that is while you are

## The Zeta Interviews

inside this process, but we will, of course, now remove this process from you. You are not to be in the environment too long.

## **August 23, 2015**

**Interviewer: It was said, “An injury or a sore on the body is obviously of a different nature to the normal state of the cellular process of the skin. It is represented in the physical as a different representation of cellular structure, it is also represented in the etheric body as a different state of energy and frequency.”**

**When the physical body receives a cut on the skin, is the etheric body template changed, or is it just the current expression of the template that is changed**

Zeta: When a physical injury is permitted to take place to the physical body, the etheric body which is the template of the physical entity quickly repairs the injury to the body. Of course, depending on how severe the injury is, will also determine what potential there is for the injury to be healed. Of course, with the human body, because the physical body has no potential to grow back organs or another limb generally, then the etheric body will terminate a limb if it is amputated, but what will exist will be all the neurological functions of the arm. Also the sensory, the receptive processes will believe that the limb physically exists because the etheric body has not been injured, but holds its original information.

**Interviewer: Does the change to the etheric body happen at the moment when the cut is received, or later?**

Zeta: A cut ensues on the arm, yes, there is no opening in the etheric body, but there is what is perceived to be a vortex under the surface of the etheric body which is connected to the injury. Straightaway, the physical body knows that it has the capacity to provide a cellular reconstruction. The cellular reconstruction is aided by the potential of the etheric body's blueprint that would denote the original form.

## The Zeta Interviews

**Interviewer: If the etheric template or its expression is changed, what then guides the healing of the cut?**

Zeta: I have answered that question.

**Interviewer: Does the etheric body still have access to the information on undamaged skin?**

Zeta: Yes, of course.

**Interviewer: We understand that (1) there is an etheric template in the etheric body that represents the state of the physical body, and (2) the etheric body energy is in the form of an unlimited number of eddies or swirls of different frequencies.**

**Does the etheric template have the possibility to represent all possible states of the physical body?**

Zeta: No, it is the opposite that the etheric body understands its potential. It seeks to continually keep the physical body to that potential

**Interviewer: Does the spatial pattern of swirls determine which parts of the template are being used to represent the current state of the body?**

Zeta: No, they are depending on the cellular degradation of injury that has taken place. The size will determine how large the interference is with the etheric body. Swirls, yes, has been one way to aid in the discussion.

**Interviewer: Is it the pattern of swirl energies that is modified by consciousness and/or by damage to the physical body?**

Zeta: The swirls are a representation of cellular disruption.

**Interviewer: How is the energy of the etheric swirls transmuted to physical electrical energy in the cells?**

## The Zeta Interviews

Zeta: Underneath the energy is consciousness. It is the quanta information of the cellular structure of a human body. That consciousness indicates from beneath at the lowest levels, or the highest levels, of what is the action of the recreation of the cellular process, and of course, all other potentials then exist. The energy then is actively working towards healing the physical cellular disruption.

**Interviewer: How does a change in the state of a physical cell cause the pattern of the corresponding etheric swirls to change? Can you describe the mechanism?**

Zeta: I believe that that question may not be the proper question that we have indicated in other answers the potential of that question.

**Interviewer: How is the template information represented in the etheric body?**

Zeta: Once again, there is a predetermined basis to the genetic structure of the human, all of a animal, all of a tree, yes. So, each these living organisms have within them, around them, the potential for the etheric body to understand what is the physical potential of the energetic potential of the consciousness potential.

**Interviewer: How are the red blood cells involved in sending the energy to the etheric body?**

Zeta: Why is the questioning about the physical body sending information to the etheric body?

It is more likely that the consciousness of the etheric body actively controls what takes place on the physical body. Now of course, if there are external influences, such as radiation, that will imply to the physical body, cellular degradation or disruption. The etheric body may choose to either try to repair the information, or will actively ignore what is taking place, understanding that at some point, under instruction from the higher self, the etheric body should terminate its

## The Zeta Interviews

ability to continually make the physical body in a state of wellness. The physical body must terminate its potential, else the etheric body will hold the physical body in a constant state of wellness, and there is a potential that the physical human body could live a lot longer.

**Interviewer: Our scientists agree that ultraviolet radiation is often responsible for cancer of the skin. Do the physical changes have to persist for a while before the etheric body reflects the change?**

Zeta: I have just answered that question

**Interviewer: Can ultraviolet radiation change the etheric body directly rather than through changes to the physical body?**

Zeta: No.

**Interviewer: What is light?**

Zeta: It is obviously potential. It is the ... We do not have the words to describe the phenomenon... Not now.

### **August 24, 2015**

Zeta: Now the spheres, there is a active program in place where many of our race have come together and sit within circular processes, inside clear spheres. There would be roughly 8 to 10 of us sitting together. Each of the spheres has within it a representation of your planet. We focus together as a group and hold a planet's consciousness within our thought process. Replicate this across many hundreds of spheres. This combined thought process, this combined telepathic joining, preserves the undulating effect of the collective mind of the human race around this planet. We are holding, as a group, the consciousness of the race in its current state to aid in the process for the transitional environment that the human mind is moving through. We do not wish that undulating chaos to move out into other races' potential.

(wait)

## The Zeta Interviews

Other sphere processes are used for holding and supporting the race, the human race.

**Interviewer: How often does this process take place?**

Zeta: Continually.

**Interviewer: Ok, so it's different people in the spheres at different times?**

Zeta: Different beings of the race that are confined within the spherical process, much likened to... the spheres are a mechanism that are created by us. They are not illusory, they are not of the same components as the mirrored environments. They are a technology. Now you may access the sphere, the spherical form by being in the physical container and aiding in the combined telepathic journey to support the race, the human race. Others may exert influence telepathically on the component internal to the sphere, but be external to the process. This combined effort is based on what is best for the human race.

**Interviewer: So it's an ongoing process?**

Zeta: It is not a suppression, it is a managed potential.

**Interviewer: These beings that man the spheres, is it their job, is that what they do?**

Zeta: It is not a job, it is a desire to want to be of service, to move into a state of consciousness. There are certain rewards that are attained when sitting with others, personal levels of satisfaction, knowing that the support that is given to beings such as yourselves, is of a worthwhile nature. There are many humans, that are seeking to support the collective consciousness of the human race to a greater potential. Each of these individual humans numbering the millions

## The Zeta Interviews

across the planet are the nodes, are the entry points for this consciousness, for this collective effort in aiding the planet.

The planet is taken as a whole entity, the collective consciousness of the humans is taken as a whole entity. We seek all who will work towards supporting the framework of this environment.

**Interviewer: So it's the humans themselves who are choosing to support, or are they chosen by the Zetas?**

Zeta: If you make choice to walk in a higher level of consciousness, that is a choice made by you in freewill. That will be a beacon to the race.

**Interviewer: These spheres, how far off your planet are they?**

Zeta: They are near your planet, as close as the moon.

**Interviewer: I was led to believe they were near your planet. You were saying that the physical could go into these spheres, as well it can be done with telepathy. How does a physical container go into one of these spheres?**

Zeta: How did you come into this room?

**Interviewer: Yes, there is obviously doorways.**

Zeta: There are potentials yes, to enter and leave and to join in telepathically, a means to refocus one's mind as one would in the meditative state.

**Interviewer: So if a physical container is going there, obviously a craft has to travel to the spheres, and the entities would have to go into the spheres?**

Zeta: The spheres are a creation of a craft, the craft creates a technological base of spheres, do you not understand?

**Interviewer: When the craft leaves?**

## The Zeta Interviews

Zeta: The spheres will leave, but this is a permanent process. This craft is designed to externalize the spheres. It is a rather large craft. They are not used in the synthetic quantum environment as an intermediary process, they are used by our race.

**Interviewer: You said that the spheres are made from technology, so they're not a biological entity?**

Zeta: Well, we class the biological matter as technologies.

**Interviewer: So are these made of biological matter as well?**

Zeta: Of some form, yes.

**Interviewer: When the craft goes, the spheres go as well. Does the sphere become nothing, does it...**

Zeta: The spheres are reconstituted, they are simply a device to hold members of the race, so they may sit in a circular room, circular fashion, and focus their intention on an image of your planet.

**Interviewer: Now you said there are hundreds of these at any one time. There must be a lot of craft going backwards and forwards.**

Zeta: One craft produces the structure of spheres. Let me explain. Do you love bubbles? If you place a straw device in a bowl of liquid, as the air pressure is placed into the surface, it creates many of your bubbles, yes? It is the same process. The bubbles replicate themselves under pressure.

**Interviewer: So once that craft has done what it's come to do, another craft will come, produce the bubbles and then the first craft will go back.**

Zeta: Why does the craft leave? We have said that it stays. The craft has been created to produce the spheres, the spheres are there continually, the craft is there continually. This process has been in operation for many years.

## The Zeta Interviews

Are you clear?

**Interviewer: I am now. Another question, how many beings would be on this one craft?**

Zeta: Not all of the beings that are in the spheres will remain of course, on that craft. Many will come and go, else many of the race would be required to stay within the spherical process. That is not the purpose

**Interviewer: So beings come and go from the craft, what is it they use?**

Zeta: Let me try to answer another question so that the local consciousness stops interfering with this process. The medium has stated that William requires to understand what is light.

Of course, a light is potential, a light is a, depending on who you are, what race, will then define what potential it will provide. For the humans, they are able to see a certain energy within a framework and the perception is light. Now of course, some of your animals see different forms of potentials, different types of light. These potentials are also used in many different forms. So you see that a light can be a mechanism to provide illumination in darkness, that light can also be a communication. Light is a frequency some would say, which is a truth that a light has potential to be consciousness.

Now of course, how a being sees this light is up to the way that they exist. If they exist within the physical then they will use their physical eyes to view the light. Light is also used as a mechanism for life stimulation, to excite the potential of a cellular structure. Without light, many would perish. The physical body is able to convert light to the necessary components required to survive.

Light also provides a balancing mechanism for consciousness. Your physical body is designed to require light. On some level the etheric body of a human, or of any entity, is designed to accept light as a

## The Zeta Interviews

mechanism to provide stimulation, or to power it. You have developed technologies to convert light to energy, your solar power process. That is a biological function that has been moved to a physical technological process.

All beings of consciousness will see a form of light. If light exists where no matter exists, then consciousness will accurately understand itself to be in a potential. It is up to the consciousness as to whether they choose to perceive themselves as to being in the darkness, or semi-darkness, or a bright level of consciousness. So, it could be said that consciousness will determine its own existence, how it views itself and its surroundings by what provides it with the most comforting environment. Some consciousness may choose to live in what is perceived to be a darkness, whereas others will choose to live in a lighted consciousness. Consciousness creates its own illumination. I believe I have answered the question satisfactorily.

These things, they are not available to other beings. Itoquoii(?) is a multifaceted observational technique which allows my consciousness to span across many existences, to walk amongst the frameworks of consciousness, the expansive states. May we continue on with the prior conversation?

Would you like to ask any questions about the spheres?

**Interviewer: I thought the spheres were near your planet.**

Zeta: They may be anywhere we wish. You do not have the technologies yet to interfere with what is taking place.

**Interviewer: Has the medium seen the spheres.**

Zeta: No, but we have reanimated the prior imagery that the medium is seeing. The medium has his own question about bases on the moon. We have said of them that planetary bodies are utilized as stop-overs, intermediary points, for observational aspects. The medium has been

## The Zeta Interviews

watching videos which talks about galactic councils. Of course, these councils do exist, but how, and who are used, is of course up to the races. We do not participate actively in political structures of these councils because we find that they are intrusive to our race, to the fabric of our race. We have representatives that will actively interact with the other races.

**Interviewer: Getting back to the medium's question about bases on the moon, is your race represented on the base on the moon?**

Zeta: If a craft requires to take samples of the moon's structure, which would not necessarily be so, most craft understandably are able to tavel, travel vast differen, distances vast difference distances, they are the last words, but are able to perform their functions without landing.

**Interviewer: I was thinking that bases would be used for long stays...**

Zeta: Interestingly, in regards to the other discussion about the light and darkness, I prefer to be in a darkened state, I find it illusitory as it holds no distractive potential. Often you will find it a more relaxing environment to reduce the light. Light provides a stimulation which takes away from the inner potentials of consciousness.

We are purposely holding the medium here. That is why we had the situation where the words were incorrect. We are undulating between increasing and decreasing the level of control over the medium. As we are releasing control, the incorrect words are being spoken.

**Interviewer: Is there a reason why...**

Zeta: Yes, because the medium must be brought back to his normal state. He requires this and we require this.

**Interviewer: By normal state, feeling...**

Zeta: ...connected to us. The medium becomes unbalanced when he moves away from his true potential, and considering you have now sat

## The Zeta Interviews

for three sittings within your 24 hr process, this is very beneficial to us and the control mechanism that are required. Of course, there are diminishing points of energy if you sit too much. Unfortunately, the only that way you can expand yourself is to move to a level of energetic fatigue. That is where the medium is now. That is why the structures of the sentences are starting to dissolve.

There must be a residual component to what is taking place, for the medium's consciousness to understand that. The potential exists of course, to move to correct states of connection, not to believe that it is diminishing.

Please proceed with your question.

**Interviewer: TC (spirit guide) hasn't been around lately, the medium thinks it is a problem.**

Zeta: I believe that some guides come when required. If the medium is not doing healings, then of course the guide will not come. If the medium requires the TC being to be his intermediary entity, then of course he will come. But these guides, they are not owned by humans, they come when the potential is required.

**Interviewer: Should the medium sit in the other room just to feel the healing energy for himself?**

Zeta: If the medium requires contact with other beings, then he must perform the same function for connection to them.

## September 2, 2015

**Interviewer1: The astral plane is the beginning of the human collective consciousness. Everything we have thought, done, etc are stored in this location. There are also energies there that might be perceived as against me, and there would be others that are supportive. Is that correct?**

Zeta: Correct, yes.

**Interviewer1: If I developed an anti-gravity machine here on earth, and I didn't want other humans to have it and misuse it, so I destroyed it, the plans and would be stored in the astral plane? Zeta: Yes, correct.**

**Interviewer1: Diverging slightly, there was a human who died in 1946, who had the ability to place himself into a trance, and when asked about a person and their address, was able to access their information, he was known as Edgar Cayce. Would he be accessing the astral plane or would he be going somewhere else to get that information?**

Zeta: There are two potentials - the potential exists within the collective mind of the human race which is the astral realm. The other potential exists that the spirit people were helping. Many of the humans have access to what they say are psychic abilities, they are reading the energetic imprint of information that exists in and around a human. That information is based in the same level of consciousness as the astral realm.

**Interviewer1: I understand that it can be dangerous for a human to access the astral plane. Is that correct?**

Zeta: A perception of danger, yes? The perception is that you can be harmed, but of course, consciousness cannot be harmed, but when you return to the physical entity, your body, you can bring with you the

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impression the consciousness, the intelligence, back with you. This then manifests as a potential around you in the physical. You would then say that, as humans, that you have been in danger because you have brought back with you an entity.

**Interviewer1: Other entities that are guiding our planet, of which your people are one, restrict the amount of advanced technology that's allowed for us to access because we're still rather innocent, I suppose. But on the other hand, some people have invented things and destroyed them. Is it possible to go to the collective consciousness and access their information?**

Zeta: Yes.

**Interviewer1: You raised the question a couple of weeks ago when you said that we should be able to harness the energy from lightening between the upper atmosphere and earth. That would give us, if I can use the word, free energy. Tesla invented something along that line, but he destroyed the information. So it would be possible for someone to go to the collective consciousness and recover it, or would that be not permitted?**

Zeta: That is permitted, obviously, and we believe that this has occurred anyway. Let me also state, when an idea is created, it is created on many levels, and not just one human has the idea. The potential exists many humans will have the same idea. So with the electrical devices that ... Let me start again ... the sphere in the room [plasma ball], the medium was holding the globe, you saw the potential of the globe become activated, did you not? (yes) This potential exists everywhere. You do not necessarily need the prime potential which is the sphere, to stimulate the electrons if you have the capacity and the technology to amplify what already exists. Then of course, you can harness the potential. Now many humans understand this and there are already many devices which are able to harness the

## The Zeta Interviews

potential using the devices. So the information exists and, of course, is available to those who are able to move to those levels of information.

**Interviewer1: So it's not being suppressed?**

Zeta: The only suppression is from within your own race.

**Interviewer1: That's what I meant, not from the outside. He destroyed all the records and nobody knows how he tapped the energy.**

Zeta: No, that information exists. It is held by your government departments. They have moved past that, have used that as a basis for other technologies.

**Interviewer1: You said there was no perceived danger to go to the astral plane?**

Zeta: Many people can travel there, yes.

**Interviewer1: Is there any particular technique needed to gain access?**

Zeta: For separation of consciousness?

**Interviewer1: Yes.**

Zeta: Surely the medium can explain this to you as he is able to perform that function. But simply, as an act of will, you will drive the physical processes to a point where they do not exist. At that point, the consciousness will release itself from the physical body, and using the etheric template of the body, present itself within the astral realm. That is the reason why the information in the astral realm is able to be filtered back through the etheric body and remembered back by the physical mind.

**Interviewer1: Can you give me some more information about the etheric body, please?**

## The Zeta Interviews

Zeta: The etheric body has a representation and intermediary process of the physical body. It holds within it the potential of all cellular functions within the physical body. It is manipulated by the higher self to perform actions onto the physical body. Of course the local consciousness inside this process has its own potential to believe certain things about itself. The statements before were that all people were getting sick, yes? The medium straightaway said no, that is not true. Because if you believe that that is what is happening, the local consciousness will create that for you. What is the very basis of unwellness? It is consciousness. So the etheric body becomes intermediary process between the many layers, but the ones that are the most present are the local consciousness and the physical body. The etheric body, which would resemble a template which holds within it all the potentials of the physical body, which then link to the higher self.

**Interviewer2: Something we wanted more information on is the use of the plasma ball. Since it has been used, the sitters have found a big difference, my personal experience is losing the ability to concentrate as much, not being able to focus until we adjust. Powerful sittings have been happening with great success. What is it doing, and where is it going?**

Zeta: Your question is rudimentary. The sphere provides a potential, the electrical current stimulates the pre-existing condition of the room. It is creating a pulse within the room. Normally without the device the etheric body of the medium is required to present the appropriate environment for the communication. So there is, without the device, communication from us presented as telepathic information. Of course if the medium is in a weakened state then the potential in the room is minimized. But the device adds to the potential of the etheric body of the medium, creating a conjoined resonance which reduces the strain

## The Zeta Interviews

on the medium and on his physical body and also amplifies what we are able to perform within this environment. But any movement outside of this room can interfere on a level of consciousness what is to be performed within the room. Temperature is also another potential which affects the room.

**Interviewer2: Why is it having such a great effect on the sitters?**

Zeta: What effect is it having?

**Interviewer2: I've had to learn to control the way it is making my head not concentrate, and stay focussed, I was wondering how.**

Zeta: Because, as stated before, the potential of the etheric body of the medium is used for communication. So, you can imagine that within a meter of your measurement system of the medium is a sphere, with the medium being in the middle. Now without the sphere, the potential is greater with the medium in the middle, but with the sphere, the potential is obviously amplified with the medium, but also moves within the vicinity of the medium to the sitters. This will affect your ability to be able to focus. This will alter your consciousness, alter your brainwave function. That provides us with the potential to give you experience.

**Interviewer3: I saw a TV show where a man was walking with apparent ET people in flying suits. Are some ET people safer for humans to be near than others?**

Zeta: Yes, if the beings were not from this planet, then of course, there are many races. Many would not affect in any way the physical human body, but their technology may. Now there is also the potential that it was not what was being portrayed, but we will say that if it was genuine contact, on some level there would have been a preparation of the human to allow them to be within the energetic construct of the other race. We have found that if we are in the physical form, which

## The Zeta Interviews

means to be within your physical environment, if we are to look within your gaze, psychologically you are damaged. If you come near the technology while you are in your normal state of consciousness, then you will be affected.

This affected process is because the consciousness provides a mechanism for defence. The defence creates an energetic barrier around the physical body which provides a potential for the human to present the skin, or the epidermis, as being burned. This is quite a technical discussion but it shows that with the proper training of consciousness that a human can decrease the level of consciousness of the etheric body, thus not producing any of the adverse effects to the immune system, to the skin, so that there is not a phenomenon of presenting being burned. Also, more importantly, it is that the construct of the mind of the human is not damaged.

Once again, in contact situations, it is the presentation of consciousness when the human is in its own state that provides the damage. So often the human's consciousness is altered so that there is no perception of damage, damage being an altering of the structure of the cognitive processes of the human. And also, what you would class as the matrices process which is the combined thoughts that the human would hold that would create the consciousness of the human as a presentation, as a personality. This finally tuned matrices process, because it exists in a state of consciousness that is in balance, would become imbalanced, would become disharmonious. That is why, for contact situations, there must be either the human in a sleep state, or the human in a pre-prepared state.

Now many humans of other cultures are able to interact with many beings because their life has revolved around inclusive, or being included, the thought that these other beings exist. The stronger your

## The Zeta Interviews

resistance to contact situations, the more potential there is for you to be harmed.

**Interviewer3: What initiates this change in consciousness? Is it the humans themselves?**

Zeta: It is, on one point, the human. If you choose to have contact then of course your consciousness, your construct, will allow the process. And also, the entity may instigate this. Of course for us to speak through the medium reduces the strong potential to be in control, so there must be a breath that is enacted between the conversations so as to rebuild the potential. As the oxygen within the physical body creates a stimulated environment for the bodies electrical processes to be able to provide potential to the etheric body, which then, of course, allows a stronger connection to take place. These potentials diminish when we are speaking. These potentials diminish as the physical entity becomes reduced in their capacity to provide energy to the process.

**Interviewer2: The contact you were speaking about that people can work toward, is that only for certain people, maybe government people or people like the medium who are actually working with your race, or can any person generally work toward contact for the sake of contact, for friendship.**

Zeta: All people are capable of levels of contact, but do you have work, do you have a job? (yes) Why is it important for you to focus on your job?

**Interviewer2: To get the best outcome.**

Zeta: What if other humans came to you who had nothing to do with your job, while you were working? What if your technology interfered with your process of your work? **Interviewer2: Yes, that would be the phone.**

## The Zeta Interviews

Zeta: You have a function to perform while you are working. To be influenced by many others while you are trying to perform your function would diminish your capacity to provide a correct level of functionality within your job. It is the same for contact. The spirit people are more likely to provide you with the potential of contact as they are much closer to humans. **Interviewer2: Do you want to continue?**

Zeta: Let me seek out the potential .... We will terminate, because the medium has not eaten, and we wish not to damage the medium.

## September 23, 2015

**Interviewer1: What is it you want explained when you ask “What is your energy?”**

Zeta: What you cannot give. So you are giving a descriptive process of what you feel in the room, but of course you are not able to present your energy the way that we do. So to ask what we require is beyond you.

**Interviewer1: Are you happy with the answers that we do give you? Is it of any benefit to let you know what the energy is doing to our bodies?**

Zeta: If you learn from what you say when you say it, then you are teaching yourself. If you are learning about the difference between the energies that you hold prior to being in the room, compared to what you are while you are in the room, then you are learning. But if you are learning nothing about yourselves...

**Interviewer1: Are we also learning how to cope with the different energies?**

Zeta: Yes, of course.

**Interviewer1: So that’s a good thing.**

Zeta: As long as you understand the difference, to examine what it is that you feel when you sense the different energies, and how does it affect you, how are you affected.

**Interviewer2: There are energies sensed in the room and energies affecting our bodies, do you want a description of both of those, or is one more beneficial than the other?**

Zeta: Your descriptive processes are designed to indicate to us what changes you have felt in the room. Normally, when you are asked, “What is your energy?”, you would present your energy, but you are

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unable to do this. I have presented my energy to you. That is who I am. Now, of course if you were able to complete that function, then I would be able to correctly understand who you are. It is only a social interaction to present oneself. A human will use a greeting process, but that hides the true feelings. When you ask a human, "How are you?", the human does not tell the truth, generally. Humans shield others from their own thought processes. They present a outer shell of information, a facade for others to see. Of course, you feel that that is necessary sometimes, but not worthwhile in this room. Often, we are able to see exactly how you are when you do not understand that yourself.

**Interviewer3: It's like getting a hug as part of a greeting, but the hug feels empty, there's no feeling behind it.**

**Interviewer2: Presenting our energy, is this something we can learn?**

Zeta: To present your energy is the first step in understanding how to interact with others. It is the beginning of learning how to heal without the presence, without the input, without the assertion of another being. Because in doing so, when you present your energy, you must be in full cognitive control of how the energy is presented, what ramifications are there of presenting energy, and how are you to bring the energy back to yourselves once you have presented the energy.

**Interviewer2: Can I ask if we can experience this as an experiment?**

Zeta: The others have, as you do, freewill. You may ask that another proceed with this process, but they must be asked for permission.

**Interviewer2: May we have the chance to present the energy to you, we would like to try that?**

Zeta: Of course you may try. Let me explain how you may attempt to do this. You will allow your consciousness to expand itself out into the room, and in doing so, you will present your energy, but of course, you

## The Zeta Interviews

will only have a few seconds of your time to do this. You may at least try.

**(Interviewer3 tries)**

Zeta: That is satisfactory. It was of course a minor attempt but interesting, yes. What was your sensation, if any?

**Interviewer3: I didn't know what to expect.**

Zeta: Ah, have no expectations. You are, to give a comparison, expecting that a child in preschool would present a function of a higher university. But continue for the next one.

**Interviewer2: All right. (Interviewer2 tries)**

Zeta: Ah yes, predominantly a kinetic type energy that you are presenting.

**Interviewer2: Kinetic, in what way?**

Zeta: You are exerting a physical force, physical as in expanding the physical energies of the body.

**Interviewer2: Is that all we are meant to do?**

Zeta: You will not know the difference because you cannot sustain that process for long. Now would the other one continue?

**Interviewer1: Yes, could you just explain how to extend my consciousness?**

Zeta: I have explained to the others, there is nothing else I can explain.

**Interviewer1: Ok, I will attempt it. (Interviewer1 tries) Zeta:**

What was your experience?

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**Interviewer1: I had kinking around my head, maybe that's from trying so hard. I also feel calm and loving.** Zeta: Rather than presenting, you were receiving.

**Interviewer1: Ah, thank you**

Zeta: Not the intended result.

**Interviewer1: I was really trying to put it out there, it's hard.**

Zeta: You have had your example. If you wish to practice with each other outside of the sitting process... Understand what you are presenting, think about what you are carrying with you in your energy.

**Interviewer1: Thank you so much for the experience.**

**(Wait while another Zeta comes)**

Zeta: You must present in stillness if you wish to present your energy, to present from a space of consciousness that is still. Humans are often presenting each other with chaotic energies, what is seen to be at the very lowest level of communication. Calmness and stillness presented, shows balance. In your meditative processes, seek out these states. I will answer some of the questioning process.

**Interviewer2: (Asking about possibility of healing KM's son again)**

Zeta: When we are in your company, we are two different societies, two different races. We understand your requests and often will seek to fulfil your requests. But we have also seen that it is a requirement for humans who seek contact with our race, to perform the function, to perform the effort that is required to connect to us. It is seen to be that it must be an easy process to contact other races, but of course it is not, as it is not an easy process for us to come and speak to you. You yourselves would have seen different times and different aspects of energies that have been presented in this room where we have had the capacity to speak to you more clearly on some occasions, and on

## The Zeta Interviews

other occasions to not have the same process. We are presented with difficulty in coming and speaking to you as a group because it is dependent on the mediumistic energies that are held in the room, and also of the energies that you bring. If you wish to speak to another race, then you must also abide by that race, their frequency, their abilities, their potential. You may present yourselves at the lowest possible entry point in frequency, but for a human to accomplish this, they must fully extend themselves. And this is why when we are asked to heal others, that we seek for them to understand their own capacity to reach out to us as a race. I have fulfilled the potential of that question

**Interviewer2: In an earlier discussion, the session recorder failed to operate. The medium was able to recall some of the discussion, and we would like to recover some more of that information and expand on it if possible.**

**We recall you saying that a location near the pancreas is an interchange point, or nexus, between the physical and etheric bodies.**

**Is this interchange point the location of what you called the “conduit of materialization” in our previous discussions of apports and ectoplasm?**

Zeta: It is a potential, it is determined by who is working with the medium.

**Interviewer2: Is ectoplasm formed at the interchange point?**

Zeta: Yes.

**Interviewer2: Is it at the interchange point that new matter is created as carbon, and transmuted to other elements as needed?**

Zeta: The life force, and now whether the word is correct, the transmogrification of the material.

## The Zeta Interviews

**Interviewer2: After a piece of ectoplasm is formed at the interchange point, is it carried by the blood to a body opening such as the mouth?**

Zeta: No, it travels within the physical confines of the physical entity that is being used as the conduit.

**Interviewer2: Is it these pieces of ectoplasm in the blood that stimulate the medium's immune system response?**

Zeta: I will bypass that question, as I believe it is too incorrect.

**Interviewer2: Is there energy given up to the etheric body from the hemoglobin in the lungs, which is then returned to the physical body as ectoplasm at the interchange point? That is, could these be considered as one process?**

Zeta: There are chemical exchanges within the physical body that produce electrical impulses. Those impulses provide properly formed mechanisms which interchange with the etheric body.

**Interviewer2: What is the physical mechanism for the transfer of etheric energy to form ectoplasm?**

Zeta: As I have just answered.

**Interviewer2: Are there particular biomolecules involved, analogous to the hemoglobin process?**

Zeta: The physical body of all races has capacity to perform many functions of interchange. To say that the physical body is able to produce ectoplasmic substances without the aid of an external catalyst such as a spiritual entity, would not be a proper statement. The physical body is a potential. The way that its potential is perceived and used is directly a response from the entity working with the physical body.

**Interviewer2: We recall you saying that the medium may feel cold because of the activity at the interchange point near the pancreas. Is**

## The Zeta Interviews

**this because heat energy in the body is transmuted somehow to etheric energy for making ectoplasm?**

Zeta: I would say that the etheric body presents itself at a reduced temperature to the physical body, but the physical body has a perception that the temperature has changed, but it has not.

**Interviewer2: What is the physical mechanism for transferring heat energy to the etheric body? Which molecules from which organs are involved, for example?**

Zeta: These questions would be better answered by a spirit person. Can those questions be sent to another medium that works with spirit people that create ectoplasm, to see what their response is?

**Interviewer2: This set of questions is about how electrical energy, generated by the respiratory process, is used.**

**A Zeta once said, “We need a certain energy to produce the contact. This is why the breathing became a ‘larger issue’ (there was yawning of the sitters). This expels the energy needed for contact - this process works by stimulating the oxygen in the blood, thus increasing the electrical discharge you provide us.**

**William has since discovered a mechanism in the body that seems to do what you described. Electrical energy is accumulated in hemoglobin after oxygen atoms are released. This electrical energy is discharged when oxygen is taken up again by the hemoglobin as it passes through the lungs. He thinks the energy is discharged from the hemoglobin as a radio wave.**

**Do you agree that this electrical energy accumulates in the hemoglobin and then is discharged in the form of a radio wave?**

Zeta: Yes, I do.

## The Zeta Interviews

**Interviewer2: Is this energy discharged in the location of the lungs where oxygen is taken up by the hemoglobin?**

Zeta: The lungs are used as a mechanism for creating the charge, but the whole body and the breathing apparatus of the medium is used to deliver the energy to the etheric body.

**Interviewer2: When we asked you if hemoglobin was involved in transferring energy between the physical and etheric bodies, we were told, “Yes, hemoglobin is involved as an increase of oxygenated blood is cycled through an entity. In doing so, the energy of the human form is assimilated to the etheric body.”**

**How is this discharged energy assimilated to the etheric body, and is it assimilated at any particular place in the body?**

Zeta: I have just answered that question.

**Interviewer2: How is the transmuted electrical energy used in the etheric body?**

Zeta: It is used to, depending on the process, combine with consciousness, which may be a spiritual entity, then of course the etheric templates are used, depending on what matter is to be created.

**Interviewer2: The medium has occasionally seen a vortex near him, and to him it means that the Zetas are nearby. Is such a vortex a construct in the etheric realm?**

Zeta: There are multidimensional fabrics of energies presented as frequency. Those frequencies make up your physical environment, your perception of your environment. When we wish to present ourselves into the physical environment at a distance, we create a distortion in that fabric. So the room, or a portion of the room, would seem to bend.

## The Zeta Interviews

### **Interviewer2: What is its purpose?**

Zeta: To present ourselves to the medium.

### **Interviewer2: You have said that you use the electrical discharge from the sitters to create a vortex in order to communicate with the sitters. How do you transmute the sitters' physical electrical energy to etheric energy in order to use it?**

Zeta: Predominantly, the sitters energy is not used as much as is believed. Without the potential of the medium's energy, it is irrelevant how much energy a sitter would have. The medium must have the proper amount of required energy to make the connection to allow himself to be given over to the process. Once that has been achieved, we are able to sustain ourselves. But we monitor the physical body of the medium to not diminish the psychological structure of the medium. Often it may be required by others, particularly spirits, to utilize the energies of the physical body. These pullings in the solar plexus area are interchange points generally between the physical energy of the human body and the etheric body. The etheric body of the human is joined with other energies in the room to create a potential for the spirit people to create a phenomenon, or for other purposes. But we have seen that often what is presented, is not presented by spirit people.

### **Interviewer2: When you communicate with the sitters using a vortex, where is the vortex with respect to the sitters, what information is sent through the vortex, where does the information go, and how is it used?**

Zeta: When we are - did you hear the many clicks before, to the right of the medium, before I spoke. The vortex process for, to use that terminology, was created within half of your meter from the right side of the medium.

## The Zeta Interviews

**Interviewer2: You have also said there are vortexes in the human etheric body that transmute the body's blueprint information to a physical potential. You said it was "the quanta information of the cellular structure of a human body" that transmutes the energy of the etheric vortexes to the cells.**

**Is this quantum process the same as the quantum entanglement process used to make a synthetic quantum environment or SQE.**

Zeta: We will now discontinue the questioning, only because that question will require others to be present in the room.

## The Zeta Interviews

### October 14, 2015

<In a private session, the Zeta had placed audible clicks on the session recording>

**Interviewer: You placed a pair of clicks on the recording device. We noticed that the exact same clicks were also near the beginning of the recording. Did you place both pairs of clicks on the recording device?**

Zeta: The other clicks would have been a manifestation of the energies of connection. I can only say that the intention to place the information onto the recording device was done when I said it would be, as an act of intention.

**Interviewer: Was the second pair of clicks that you drew our attention to, an apport of the pair near the beginning?**

Zeta: No.

**Interviewer: A person you healed was found sleepwalking a week or so after the healing. He was walking and talking in the middle of the night but remembered nothing about it in the morning. This is very unusual for him. Was this unusual behaviour related to the successful healing?**

Zeta: No.

**Interviewer: Could you explain the reason why anyone sleepwalks?**

Zeta: We do not sleepwalk.

**Interviewer: You know the duration of your planet's year in earth years ...**

Zeta: As an estimation.

**Interviewer: ... and you know how long your lifespan is in earth years.**

Zeta: As an estimation.

## The Zeta Interviews

**Interviewer: ... so you appear to understand what we mean by counting. Do the Zetas teach their children to count, or did you learn how to count from the medium?**

Zeta: When we first encountered other humans through the medium, we did not understand the counting process. The counting function has been added to our understanding through discussion with you as a group. It has been difficult to understand because the concepts are not our concepts. They are foreign to us.

**Interviewer: We know it is possible for a physical being's local consciousness to be aware and to function in separation from the container. Does it become easier for a consciousness to be in separation as the state of consciousness rises?**

Zeta: It becomes easier when you practice separation. The more you practice, the more likely it is that you will be successful in the separation process. To increase one's consciousness does not negate the fact that one would require the consciousness as an act of intention to move from the current position within the physical container and around the physical container, to a perceived distance to another perception, perception being reality.

**Interviewer: Does the spirit realm have a wide range of vibrational states?**

Zeta: There are many intimate consciousness within the spirit realm, yes. They exist in many different states of consciousness.

**Interviewer: Does the vibrational state associated with the physical planet resonate with the spirit realm's vibrational states?**

Zeta: There is a perception in the question that the matter is in separation from consciousness, but understanding that all things exist due to their relationship with each other, means that all things are in a

## The Zeta Interviews

synchronous relationship. Some may seem different, but it is only the state they present that indicates difference.

**Interviewer: Hypothetically, would the Zeta vibrational state be able to resonate with the spirit realm vibrational states?**

Zeta: That is, yes, hypothetical because we are not allowed to enter into the spirit realm. But of course within our own journeys, within this process you call your sitting process, you will see that rarely are spirit people able to exist within our range of consciousness. The only way that it is possible is to create our mirrored environment which we created the last time when the JC <initials of a spirit visitor> was able to somewhat exist within the framework of the space of consciousness that you existed in. Do you remember that time?

**Interviewer: Yes, was that the time he was...**

Zeta: ... in the sphere where you were in the room. These processes require many energies, much consciousness, the ability to take over the mind of a human, and for the human mind to recede into its subconscious state. We will be seeking to experiment more the further the medium moves away from the spirit processes. You saw that as the medium moved further into the consciousness, the reality, of the spirit realm process, that it became quite strong. Other spirits were able to work through the medium. But of course it negated us, diminished the ability for us to affect the medium as he was too much towards the other frequencies, being the spirit realm entities.

**Interviewer: Hypothetically, if a Zeta were to enter the spirit realm, would its vibrational state cause the spirit realm vibrational states to change so they would resonate with the Zeta frequency?**

Zeta: You see, this is not possible. I understand the theoretical questioning. I will say that it is a possibility that it would change the spirit realm. It would again influence all that in the realm of

## The Zeta Interviews

consciousness would have some effect on them. There would be an increase in the level of consciousness because the spirit realm would then have the ability to understand a race of beings that exist outside of the humankind. But this will never happen.

**Interviewer: Is this potential effect on the spirit realm's vibrational states the reason why Zetas choose not to enter the spirit realm?**

Zeta: No, the words used would indicate that they should be stated as "the law states, the laws of the race". Your freewill is of utmost importance to us. Your ability to receive information must be at this level while you are in the physical container. We are not to enter into your perception of a resting place. But of course there are within all realms the potential for an interchange of information, but the levels at which those exchanges take place, the nexus of information, is based in frequencies that would be well beyond the existence and understanding of the spirit realm beings. As a bubble is created when a child is playing - you know a child can blow a bubble, yes? - the bubble seems to be in isolation of the oxygen of the breathable atmosphere inside the encapsulation. But the bubble is also surrounded by the atmosphere. The separation is an illusion.

**Interviewer: We learned that a spirit's memories would be wiped clean if the spirit were allowed to become part of the Zeta collective. Is this because the spirit is unable to resonate with the frequency of the Zeta collective?**

Zeta: The consciousness of a spirit entity incarnating is predominantly suited to the physical container of a human. To allocate a spirit consciousness to a Zeta container would require a different level of consciousness.

**Interviewer: Would an interdimensional being be able to join the Zeta collective without losing all its memories?**

## The Zeta Interviews

Zeta: There is a possibility, yes.

## October 25, 2015

**Interviewer: The following sets of questions are concerned with the laws that are said to constrain the behaviour of beings in the energetic realm.**

**A Zeta once said that beings from an extraterrestrial race can actively help the human race to change and advance, but only while they are incarnated as part of the human race. This was said to be due to the “underlying laws of the race”.**

**A Zeta also said that "the laws that created the spirit realm" forbid the consciousness of non-terrestrial beings from entering spirit realm.**

**Are these natural laws properties of the energetic realms, analogous to our law of gravity, or are they a code of behaviour agreed to by races?**

**Zeta: A race will determine what it will and will not do. The spirit realm has been created for this developing race.**

**Interviewer: My question to you was, the human race has been created by the Anunnaki, so...**

**Zeta: No, many races have been involved in the creation of many species. One race is not responsible for this race.**

**Interviewer: So would the many races that were involved have set the agreement for the spirit realm?**

**Zeta: To teach a child is to explain to them, to educate them you give them information. Their ability to process that information is dependent on the level of their cognitive ability and thinking process, their level of maturity. To instigate change for a race when they are not having the ability to function at a different level is destructive. Often**

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information, education, is a destructive force because the information is given to an entity that cannot fully comprehend the outcome.

We, as races, have rules in regards to contact, in regards to what is possible, and what we will allow, just as human parents have rules about what their child may do. It is a structure, one for safety, one for a proper construct to be developed. The human race is developing, it is creating its own social structures and rules. It is functioning at a level where its consciousness dictates to it what level of growth, what level of perception. It is a tural(?) mechanism to the race.

No race should or will interfere directly with a consciousness once it has a level of physical form, meaning your level of transition. Your existence in a spirit realm environment is the journey that you have chosen. As we have discussed, the only changes that are allowed is through the physical portal of existence. I have answered that question.

**Interviewer: For those laws that are a code of behaviour, what is an example, and who ensures that those agreed-upon laws are obeyed?**

Zeta: I have answered.

**Interviewer: Are “the laws that created the spirit realm function” examples of natural laws, and could you explain in more detail what they are?**

Zeta: The questioner makes the statement, are they a function of natural laws and then asks for clarification. But natural laws are a developed process related to the level of consciousness of a race. A self-answering question.

**Interviewer: When we discussed the possibility of a spirit being joining the Zeta collective, you said, “If you move from the spirit realm to another race, you will never be able to reintegrate back into the spirit realm process because the oversoul would not recognize**

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**you. You would have lost the ability to resonate with the oversoul. ... If you were to return to the spirit realm in your newly incarnated form, then the laws that are stated in regards to not entering the spirit realm would have to be broken.”**

**These laws that forbid a non-human entity to enter the spirit realm seem to be based on the being’s inability to resonate with spirit realm**

**Is there a natural law that prohibits the conjoining of vibrational states that define spirit realms and collective consciousness of races? Can you explain this law in more detail?**

Zeta: When the questioner continually discusses the laws, it is about freewill. When the portion of the oversoul which has left, through discussion and prior permission to enter into a different relationship with a race, that consciousness would be operational at a different level of understanding. It would understand that by reentering its previous host, its previous state, that it would be affecting the freewill of that entity by introducing into it the higher level of consciousness. The original oversoul would not understand what potential it was being integrated with.

I will try to think of an example. Imagine I changed a sitter’s etheric body so she had a greater understanding and capacity in consciousness, and now is able to operate at a different capacity and level. If this was performed, firstly without her permission, then of course it is an act against her freewill. If, secondly, it was an act of integration whereby she was given information and it assimilated into her consciousness, although freewill has actively participated in the change, she may not wish to accommodate the change, she may now experience something which is an anachronism to her normal state of mind. Now of course she has changed and being changed, but what

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was the most important thing for her, she should have reached that level of consciousness in her own time, with all

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of the subtle nuances that are required to develop a level of experiences that she has had, that would guide her in how to understand and use this new level of the mind. I have answered the question.

**Interviewer: What discourages a being from breaking a law forbidding entry to a realm? For example, what would happen to you if you did enter the spirit realm?**

Zeta: We have continually discussed this question in many sittings, that this will not happen. But to continually suggest that we may perform a function when we say we will not. It is a question that cannot be answered.

**Sitter: I believe that he was referring to the person that was a human from the spirit realm...**

Zeta: If a portion of the oversoul moved in consciousness, then they would be adhering to their new state of consciousness. There would be no comparison in regards to who they were and who they had become. They would not be able to, considering they would now have an expanded state of existence, be able to use the old level of consciousness to make those decisions. You do not use your child's mind that you once had, to make decisions for you. You make your developed consciousness as you have matured, to make decisions for you. You do not have capacity to turn off your current level of consciousness and think the way that you did as a child.

**Interviewer: A Zeta once commented on the hazards of being with source consciousness from the perspective of a physical being. He said, "To associate oneself with the full source consciousness would be to know madness. In that state you would no longer know who you were. We have seen from a distance, this mind, this mind of consciousness. None are able to enter, none are able to understand,**

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**because to exist is to be in matter. If you were no longer to exist as an individual, you would become one, and in doing so, you would no longer exist.”**

**What about an interdimensional being? Would it also go mad if it were to associate itself with the full consciousness? Or does an interdimensional being normally not experience individuality like physical beings do?**

Zeta: An interdimensional entity has a construct of consciousness. To move simply to a point of origin, source mind, means that its construct of existence would dissipate. The madness, as it has been termed, would only exist while the transition process took place. Once the construct has dissipated, either of matter or of consciousness, the return of consciousness to its normal state of existence would mean that there would be no comparison. It would no longer withstand its capacity to be within a different framework.

**Interviewer: A Zeta told a group of sitters he has been an ambassador to other races.**

**Do these races have names that we might recognize? Zeta:**

No.

**Interviewer: Are these races all physical, or are some interdimensional?**

Zeta: There are many types of existence. Many are known to the human mind.

**Interviewer: What was his function as ambassador?**

Zeta: To provide a friendly relationship.

**Interviewer: Did he live with these other races to learn about them?**

Zeta: No.

## The Zeta Interviews

**Interviewer: What was the nature of the relationship with these other races? For example, economic or trade, sharing of knowledge, defensive alliance?**

Zeta: Ah, a very human construct, yes. It is much of a sharing consciousness, understanding the different facets of existence. We require no trade, no physical response.

**Interviewer: Humans have a technology that passes two input frequencies into a non-linear device. That is, the inputs are combined so that the output frequency is the difference between the two input frequencies.**

Zeta: I understand.

**Interviewer: Does some of your technology combine a low frequency of consciousness with a higher frequency of consciousness, to produce a frequency that is the difference between the two?**

Zeta: No.

**Interviewer: It is possible that humans could use this technique to raise their vibrational state. As a hypothetical example, suppose a human with a state of 8 cycle/sec, communed in love with another being who has a state of 32 cycles/sec. Does a difference frequency of 24 cycle/sec temporarily take the place of the human's 8 cycle/sec frequency so that the human feels the love from the higher difference frequency?**

Zeta: Yes it does, and then of course once the other being of the higher vibratory nature removes itself from the reality of the lower waveform, the lower waveform reinstates itself because its natural environment reimplements its normal state of frequency.

**Interviewer: So the human would feel the love of the higher frequency.**

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Zeta: Yes, of course.

**Interviewer: You have said there are vortexes in the human etheric body that transmute the body's blueprint information to a physical potential. You said it was "the quanta information of the cellular structure of a human body" that transmutes the energy of the etheric vortexes to the cells**

**Is this quantum process the same as the quantum entanglement process used to make a synthetic quantum environment or SQE.**

Zeta: They are different processes.

**Interviewer: If it is not entanglement, can you describe the nature of the quantum process that communicates the information?**

Zeta: That question will require much more background information because the comparison between quanta and entanglement and synthetic quantum environment has relationship but also is difference, not different, a difference.

### **November 9, 2015**

**Interviewer: I was curious about how you educated your young people, your children.**

Zeta: The primary function of a child is to understand the social aspects of the race. They would, from within one week of being integrated with their form, be in a educational environment. We would say that the first educational response would be much higher than your university process. That would be our very lowest process.

**Interviewer: A child when they are born, would know what path they are going to lead?**

Zeta: They have no choice. They are created to perform the function based on the generational line of the family. They are best suited, they

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are acclimated to the chosen profession of the generational line. There are basic concepts that are given to all.

**Interviewer: So all are happy with their chosen lineage?**

Zeta: You, as humans, deem yourselves to be lucky if you are happy with the function you perform. You may experience various roles to finally come to a place where you are comfortable with the role you perform. That is your choice. But if you knew that your happiness would be based in a decision process of your genetic response, then of course, you would at the first instance, perform that function.

**Interviewer: So you've never ever questioned what a Zeta did before?**

Zeta: Why would they?

**Interviewer: Through personal choice?**

Zeta: But you as a race choose to be unhappy because you do not, and are not given, the functions to perform that would suit you best, unless you navigate your way to a position where you find happiness.

**Interviewer: Because we've got so much choice, it's our emotions that come into it.**

Zeta: And that is your choice.

**Interviewer1: I like the Zeta's process.**

Zeta: We do as well.

If we were to say to your parents before you were born, genetically you have a predisposition for numbers, or for communication, they could prepare you to perform that function which would then in turn provide a biological response for you, which would make you happy. But of course that is the emotional response of a human form. For us, we do not seek happiness. We do not seek that emotion.

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**Interviewer: Because you already have it?**

Zeta: Because the function that we are performing is exactly the function that provides us with the necessary stimulation that we require.

**Interviewer: So would a child who has a particular predisposition, would they learn something different, be in a different class to those who have a different... ?**

Zeta: Yes of course, but many will understand basic functions of travel. There are things that a human must know, how to navigate your transport, how to feed yourselves, how to act within your society.

**Interviewer: Yes, but that's still a personal choice. There are people that act different than others. There are people who choose to drive or not to drive. There are people that eat differently.**

Zeta: That is because you have structure, but your freewill determines whether you will or will not perform that function, not understanding that to perform the function may aid in your level of happiness. We will be keeping that word because it is one that is most likely to be understood by you in regards to satisfaction when performing a function.

**Interviewer: So you could look at the genetics and say that this child would do well in communications.**

Zeta: There is no random assignment of tasks within our race.

**Interviewer: But by reading the genetics you could know that this is the task they are supposed to work in.**

Zeta: Yes of course.

**Interviewer: Are humans getting close to doing that?**

Zeta: You have that potential, yes.

## The Zeta Interviews

**Interviewer: How do you cover telepathy, people can hear or are blocked...**

Zeta: There is a process where being young plays into a chamber where they are horizontal. The technology allows them to gain control over their level of abilities telepathically.

**Interviewer: So this is done at a very young age?**

Zeta: From when they are born, in your words.

**Interviewer: After they have been through the process, they can control their thoughts, I suppose.**

Zeta: Yes, because they must move to a group environment and be taught without speaking, although some speech does take place.

**Interviewer: But it's mainly telepathy?**

Zeta: Yes.

**Interviewer: We recently discussed with you a process for obtaining a difference frequency in the energetic realms. When a low frequency entity intends to commune with the higher frequency of another cooperating entity, it moves to a frequency that is the difference between the two frequencies. You confirmed that this process works. The human technical word for this process is 'heterodyning'. Two frequencies are input to the process, and the output is the difference between them.**

Zeta: But the higher frequencies, the higher consciousness, only donates a portion of their consciousness to exist in the lower form. The lower form increases its totality to then create the intermediary process. The higher form, the higher level of consciousness, only commits a smaller portion that is required, because the levels of consciousness that are held by different entities are of different levels of magnitude.

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**Interviewer: You were asked in a recent sitting if the transfer of “the quanta information of the cellular structure of a human body” during healing was a process similar to that used to create an SQE. You replied, “the comparison between quanta and entanglement and synthetic quantum environment has relationship but also is difference, not different, a difference.”**

**Your use of the word ‘difference’ suggests that you were hinting at the heterodyning process. I would like to answer my own question about the similarity of the healing and SQE creation processes, and I would like you to say if I understand correctly.**

**In the healing situation, the local consciousness potential is a higher frequency and the physical potential is a constant lower frequency. The local consciousness has the intention to combine**

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**its frequency with the physical frequency. The difference frequency is imposed temporarily on the physical potential. Since the difference frequency follows the frequency of the consciousness potential, it is able to guide the healing process.**

Zeta: Yes, of course.

**Interviewer: In the SQE creation situation, a constant high frequency input is provided by a Zeta being. The low frequency input is from the physical environment to be copied. The intention to produce the difference frequency is provided by the Zeta. The output of the process is the difference frequency. It follows the variations in the physical input frequency, since the Zeta frequency is constant. This difference frequency then becomes the intention to the creation process that creates the SQE in the grid.**

Zeta: The SQE is the potential, the lower frequency is the matrix of reality, the form that is to exist within the environment. The Zeta, as you say, create the potential for the other possible lower potential to create the form. The form performs a function. For us it is irrelevant whether the form is seen as high or low potential. What must be created is the form. An example is that the timeline of a human may be created. What offers the most stable potential for us to view that framework that has been created, will be offered to the technologies of the SQE. It is the form that takes priority.

**Interviewer: So as you said, the two situations have a relationship, but are not the same. They operate in opposite directions. The healing process uses heterodyning to transfer information from the energetic to the physical. The SQE creation process uses heterodyning to transfer information from the physical to the energetic. The two processes also use very different levels of the higher frequency input.**

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Zeta: They use what potential is required. Of course for a human to self-heal via local consciousness is not on the same standard that is required for a response in a technical sense to the creation of an environment that is supportive of a new framework based on a different or lower frequency.

**Interviewer: When explaining the making of an SQE some time ago, the Zeta mentioned a “level of quantum entanglement that is required by a being that is to synthesize the energetic entities.” I did not understand it then, but I suggest now that the level of quantum entanglement relates to the level of consciousness provided by the Zeta being to the heterodyning process. This would determine at what difference frequency or level of consciousness the SQE is created. Is this understanding correct?**

Zeta: The SQE always holds a form. It always exists within a framework of technology. What is input into it, determines what is created within it. It is not a fully act of consciousness, but a mixture of technology and consciousness. It is a framework that allows itself to be given input which then creates the internal form.

**Interviewer: Would you have a better word than heterodyning to name this process?**

Zeta: I would say, “the difference”.

**Interviewer: The medium has a job where he looks after people who are not able to cope in a normal environment. Some of these people have a mental handicap called autism. The medium thinks you may have seen such people when you visited him at his work. In general, they are intelligent but cannot communicate physically using an intelligible language. They often show repetitive, obsessive behaviours, they may be under- or over-sensitive to sensory stimulation, they may have difficulty organizing sensory input, and**

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**they may eat things that are not food. Have you seen the people at the medium's work who are intelligent but cannot communicate physically using an intelligible language?**

Zeta: I have been with the medium, yes.

**Interviewer: The medium would like to know if you understand anything about autism. Do you know if there is a root cause, or is there more than one cause?**

Zeta: The cause is a misalignment of the core intelligence or consciousness, not properly resonating with the frequency of the physical form. So, what is highly intelligent manifests as unintelligible information because the physical body or form does not have the appropriate response mechanisms for the intelligence. The physical body will react when given certain external stimulation. Because it does not fully understand how to filter the information, we said that there is a misalignment of the consciousness potential with the physical form.

**Interviewer: Can autism be healed?**

Zeta: We believe it can, yes.

**Interviewer: Can autism be healed with only human medical knowledge?**

Zeta: No, your levels of technology are not sufficient. The new form of healings that are based in consciousness will be much more successful in regards to providing these exceptional people with an attitude for voice.

**Interviewer: Can an autistic person communicate telepathically with a Zeta?**

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Zeta: We can communicate with all beings that are able to be understood, but the distinction is not one of the physical body but of the consciousness.

**Interviewer: We have been told by a Zeta, “You cannot touch us, you would be burnt. As you moved closer, your skin would become burnt because of frequency.” Some people do indeed suffer burn-like injuries after close contact, but others say they do not. Are the vibrational states of some races, such as the Zeta “abductor” race, closer to the human vibrational state and, therefore, less likely to cause burns?**

Zeta: There is obviously potentials for different beings that interact with humans. It would also suggest that the humans may be being interacted with on a level that negates that being of a mind of being conscious. It is the consciousness that causes the physical form to become burned. This is why most contact is a form where the human is asleep, because the consciousness does not operate in its normal parameters.

**Interviewer: This question has to do with the concept of truth in the energetic realm. Would a telepathic being always know when someone is attempting to communicate an untruth? Why would it know?**

Zeta: 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.

## The Zeta Interviews

**Interviewer: Has your race always had the ability to separate consciousness from your container?**

Zeta: No.

**Interviewer: It's obviously a learned process, then. When do your young ones learn that process?**

Zeta: No, they do not learn that process. A race, once they achieve a level of difference, once they achieve a level of understanding of potential, all other that come after no longer require the previous response to consciousness.

**Interviewer: Is it born with that knowledge?**

Zeta: Your babies seek out the female anatomy to feed. It is a natural response. It has become a natural response.

**Interviewer: Some babies have to be taught to feed, yet it is a natural response. So, some need to learn more than others. Is that the case with your children as well?**

Zeta: Consciousness comes from the parents, as an act of integration

**Interviewer: Does every container have the same level of ability and knowledge when it comes to separation?**

Zeta: It is a natural occurrence.

**Interviewer: But even a natural occurrence can come at different levels**

Zeta: It is a base response. That is why the separation processes, as with the telepathic processes, are managed within a very short time through technologies, as indicated before.

## November 28, 2015

**Interviewer: In an earlier sitting, a Zeta said that the root cause of the illness we call autism is a misalignment of consciousness with the**

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**frequency of the physical form. Is there a physical cause for this misalignment? For example, some humans think it is caused by a metal such as mercury entering the body at an early age.**

Zeta: Capacity for misalignment is not predominantly based in your chemicals. It is a misalignment of consciousness. All cells contain consciousness. There needs to be a symbiotic melding to bring together the perception of one mind.

**Interviewer: There is another human malady called narcolepsy that causes the person to fall asleep at inconvenient times during the day. Is narcolepsy also caused by a misalignment of consciousness with the frequency of the physical form?**

Zeta: A simplified viewpoint, yes of course, but there are also other probabilities in regards to neurological functions of a mind.

**Interviewer: When the medium wants to connect with you in a sitting, he usually begins by connecting with his spirit friend. Does the medium heterodyne, or “difference”, his frequency with the higher frequency of the spirit in order to experience a difference frequency close to, or the same as, a Zeta frequency?**

Zeta: No, there is a potential created that we move into. There is no capacity to create the consciousness of the race, but we require a space to move into.

**Interviewer: When the medium resonates with that difference frequency, does he then hand over control of his breathwork to you for the sitting to continue?**

Zeta: That is quite complicated. There would be multifaceted answers to that question. The breathing processes are often left with the local consciousness which understands its ability to increase or decrease the levels of energy required. But once an entity takes over, it then utilizes its capacity, inside the framework of consciousness that it now exists

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in, to permeate the current existence. Quite often, no breath work is required once there is the possession of that space.

**Interviewer: Do you use the differencing process to gradually return the medium to his normal state of consciousness at the end of the sitting?** Zeta: No, I withdraw.

**Interviewer: Is it possible to place an SQE in a physical environment? For example, if I in my physical body were in an empty physical room, could the room be populated with synthetic forms that I could see? Could I take photographs of the forms with my physical camera?**

Zeta: You may expand on that question. That would be the same as trying to take pictures of a spirit people. But of course, part of the process of being in the environment is not knowing that there is difference.

**Interviewer: If your SQE technology cannot do that, does another technology exist that can?**

Zeta: There are many technologies. We do not need to extend technology to create a craft. If you are inside a craft, then of course you could take as many of your pictures as you would like. But your device would not function correctly. The electrical frequencies of the device would be diminished. Its capacity to render correct imagery would be deficient.

## January 26, 2016

**Interviewer: A Zeta once said, "It could be said that source consciousness is an interdimensional entity." You also said that interdimensional beings do not contain the frequencies that relate to being of matter. This must mean that source consciousness does not contain the frequencies that relate to being of matter. How can this be if source consciousness is the origin of all frequencies?**

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Zeta: 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. An interdimensional entity would choose not to abide in a state of matter. But that does not mean that they do not integrate into a physical form for experience. That original question related to the form of each dimensional being or race. The statement was not meant to describe the complete state of the universe.

**Interviewer: A Zeta once said, “It became obvious that once you step into the in-between states of frequency, you are then noticed by others ...**

Zeta: That is correct.

**Interviewer: ... and in doing so, you cannot be left to your own devices, else you will be at a disadvantage. You will be taken over by others who do not have good intent.” These others who occupy the in-between states of frequency and do not have good intent, are they what you have called interdimensional beings?**

Zeta: They are in-between frequencies. They are potentials that exist in consciousness. The reason that we make that statement was that once a human has moved past the imperceptible boundaries of consciousness of the human collective mind, that they would then be open to the many potentials of frequency at that point. As they have been guided, provided tuition to move to that process, the entities with them would also provide them levels of comfort, guidance, and protection. But of course, humans often take with them the residual effects that they hold from their existence within this realm.

The humans take with them their potentials. Other beings see these potentials and then either experience those potentials or influence them. Whether there is a desire to create a permanent change to the

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human is unknown to us, but we do not generally believe that those beings would harness... no that is not a word... would not harbour a mal intent toward the human that is journeying. All entities seek experience, yes.

**Interviewer: We understand that humans from spirit realm are born into multiple timelines where each timeline has a certain vibrational state. Each timeline is conceived as a tube so that there is no physical movement possible across timelines. But the awareness of the human can move across timelines because the human exists physically on all timelines.**

**From what you have said, there would seem to be the following effect of a human's intention. Hypothetically, suppose a man has the intention that he lives in a world where there is no war. His intention succeeds and he finds himself living in such a world. Has the physical world in that timeline changed, or has the focus of his awareness changed to a different timeline where that state of "no war" already exists?**

Zeta: You can perceive a timeline as using your imagination process. We will say that if you start from a very small or low frequency, that is the outer edge of the timeline. As the frequency increases and the amplitude increases to its significant point, that is where you exist on your linear timeframe. And of course, then as the frequency or the amplitude decreases to the outer edge, it goes back to its original state much like a wave.

Now, each of the timelines have imperceptible connectivity of frequency between each one. But for a human to move to a state of a non-war and peaceful environment would require that the human traverse each of those individual timelines seeking the other existence. Now generally, you may move to the closest proximity of consciousness within the timeline process. To travel from this timeline

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to another, to another, to infinite or non-infinite timelines, would ultimately require you to have abilities that within your physical environment you do not perceive that you have.

This timeline holds within its capacity to keep your consciousness, your mental state, in a state of normality. As you move out of this construct, you will find that you will become disorientated, not just from the point of a local consciousness, but from that point of being integrated as a form living on this timeline. Once that takes place, you would be seen to become unstable. And so yes, many of the humans that are now incarcerated may have at one stage moved beyond the boundaries of this linear timeline.

**Interviewer: If it is the focus of awareness that changes to a different timeline, could there be unimportant side effects of the man's intention? That is, might he recall some things differently in the new timeline than in the old one? For example, suppose in the previous timeline, he was aware that an unimportant celebrity had transitioned, but with the focus on the new timeline, the man discovers that the celebrity is still living. Could such a small discrepancy happen?**

Zeta: Of course, because all of existence is non-synchronous.

**Interviewer: Could an intention be useful for self-healing by shifting awareness to a different timeline where the self is well?**

## The Zeta Interviews

Zeta: There is no need to provide intention to another consciousness of the same ilk to provide healing to oneself. The act of providing the intention for healing is sufficient to create the correct environment for the healing processes to occur. If one is able to move to a separate timeline via intention, they will have the capacity already to self-heal. It seems a rather drastic measure to place oneself in the problematic process of moving to another timeline for healing. And of course there are the unintended consequences that exist if you move to a timeline where you no longer exist. Then what is the potential. Do you now no longer exist on the original timeline because you have experienced transition? There are many concerns, many questions about consciousness traversing timelines. You may be educated in something that was unknown, and now you must fully metabolize that information.

**Interviewer: Would it be possible to populate the energetic forms in an SQE with fine matter to make them appear solid?**

Zeta: Yes, if that was required. But of course consciousness has the internal mechanism of understanding that its perception is that it is solid anyway. So to provide consciousness in a conscious environment with a fine matter process when it already had perception of being solid is counter-productive.

**Interviewer: Would the energetic forms filled with fine matter reflect light and be detected by a physical camera?**

Zeta: If technology was to be permitted to move into the SQE, then of course, if it was able to operate correctly, then of course it would. The light moving from the matter would allow it to capture a level of distorted imagery. But I wonder if the question relates to the jump room technology that the human, Basiago, I believe, is discussing.

## The Zeta Interviews

**Interviewer: You have said there is a nexus frequency where Zetas in the collective and humans in spirit realm would be able to communicate.**

Zeta: Yes, of course.

**Interviewer: You say that humans may not be able to reach that frequency. Can Zetas reach the nexus frequency?**

Zeta: Of course, yes. As I have previously discussed with you today, there is an activity which relates to providing communication between the two realms.

**Interviewer: The Blue Beings created the Zeta species so that they procreated sexually like humans do. At the beginning, did they also reincarnate using a transitional realm?**

Zeta: There was a process, but it was not related specifically to the spirit realm. The spirit realm has the capacity to hold all of the transitional information. These types of transitional processes which are related to our race was held in the original creator's mind - its ability to extend itself to hold the transitional performance from a physical container to a consciousness state and then back. Of course there was the desire of the creator entity for the race, the Zeta race, to move to its own ability and capacity to perform a level of interaction between the physical and the non-physical.

**Interviewer: The abductor race of Zetas who chose not to join the collective are said to procreate sexually now. Do they use a transitional realm to reincarnate, or do they use technology like you do to create a new physical body and transfer the consciousness from the old body to the new body.**

Zeta: They do not use a spirit realm. They use a... Let me give you a simple example. When you are having a memory, you realize you are having a memory only when you come back from the memory. You

## The Zeta Interviews

don't realize you are having a memory while you are remembering it. It's only afterwards that you say, "Ah, I remember that." While you are in the memory, there is no understanding that you are in the memory. What I am talking about in regards to the abductors, as we have called them, are able to extensualize their existence to then move themselves back to a physical form via another entity.

## The Zeta Interviews

### March 3, 2016

Zeta: Humans have a tendency to want things explained in multiple ways, and once they say they understand a subject, they are no longer interested in it...generally, but they do not enact what they have been taught... very curious behaviour.

**Interviewer: I like multiple explanations to different people because I can assess consistency, which is important.**

Zeta: Yes, but then for those humans to not then enact that information, or for them to not engage in levels of consciousness which can enable them, shows that in some regards educating humans seems to be fruitless.

**Interviewer: It's hard for us to tell how people are responding to the book.**

Zeta: That is, there is little fruit.... not that fruit is required, as trees produce fruit, but fruitfulness of the mind. **Interviewer: Yes I know what you're saying.**

Zeta: The books, they are difficult to ascertain how they are being received. Many read them, but once again, how they perceive them is based on their duration all parameters.

Duration equals education, education being understandability, levels of consciousness.

And as for why the race doesn't physically manifest to every human who desires this, it's because there are dimensions of responsibility one must enact within this environment.

**Interviewer: Yes, it is probably more complicated than we know.**

Zeta: Humans listen in the singular. We hear in the singular, duality. So ear position is an available source of input. Each position, all

## The Zeta Interviews

channels...seeking to be understood within the frameworks of difference.

**Interviewer: You hear in stereo then?**

Zeta: Yes, that is a possible combination of words. Each signal is given a separate channel.

**Interviewer: Yes, and both are used to identify location of a sound.**

Zeta: Not location.....information of sound. The sound determines its intention. The intention of the sound then creates the reality.

**Interviewer: But also physical location of the source.**

Zeta: That location is illusion, as in the truest sense nothing exists except intention.

**Interviewer: Yes, understood.**

**Intention creates the illusion. Intention also selects possibilities projected by etheric objects to create the physical illusion?**

Zeta: smile emoticon.

That is a statement of agreement.

**Interviewer: Ah good.**

Zeta: Although these pictorials...are unintentionally able to misdirect.

**Interviewer: Yes, the one you used is good for projecting pleasure.**

Zeta: Yes, sensible, pleasure is desired.

**Interviewer: Yes, but agreement is pleasurable, so good choice.**

## March 18, 2016

**Interviewer: As humans we require oxygen and water to survive. I was interested to know if there are basic elements you need to survive, or do you adapt?**

## The Zeta Interviews

Zeta: A physical entity requires nourishment.

**Interviewer: You take your nourishment every 3-4 days. Are you able to sustain long periods of time without that nourishment?** Zeta: The physical body would become weak without sustenance.

**Interviewer: What would happen if you were without nourishment for two weeks? Would you still be able to survive?**

Zeta: Our levels of consciousness require a heightened level of internal cellular activity. This protein that is required by us aids in the stabilization of the container. Without the protein, the liquid process that is applied to the body, then of course, there would be ramifications for the container.

**Interviewer: We have water on our planet, some places in abundance, some places not.**

Zeta: Water is a synthesized molecular structure. It can be created.

**Interviewer: Do you have water on your planet?**

Zeta: Yes, of course.

**Interviewer: Do you synthesize and make that yourself?**

Zeta: I do not make it, of course, others do.

**Interviewer: So it's not a natural resource?**

Zeta: No, not a natural resource. But we also have the potential to gather water as well.

**Interviewer: From the planet?**

Zeta: No, from other planets.

**Interviewer: So is water a major part of survival?**

## The Zeta Interviews

Zeta: No. It is used to create the matter for the protein-based substance. But there are other avenues that are available to us for these synthesized processes.

**Interviewer: Does your planet have an abundance of natural resources of other kinds?**

Zeta: Initially, the planet surface had different types of life forms, vegetation. But of course, most of this is now in a creational process within the cavity of the planet.

**Interviewer: Does your planet have natural resources as minerals in the earth that you utilize?**

Zeta: Do we utilize the molecular structure of the planet to create? Let me explain. It is possible to create from the fine matter that surrounds the race. There is in some circumstances no requirement to change the coarse matter which exists. Humans currently utilize the coarse matter to create all of the fundamental aspects of their ability to survive.

**Interviewer: Is the core of your planet similar to ours?**

Zeta: All planets are of their own nature.

**Interviewer: Your planet's makeup is different to ours?**

Zeta: Much of the makeup of this planet is based upon a chemical reaction. Also it is a body which brings to itself or is encapsulated within a heat process from your star. And of course, that heats up the surface of the planet. The energy interchange then is used in the creational aspects. It's also used in warming the planet, as well as keeping the core of the planet stable.

**Interviewer: As Zetas, do you inhabit most of the inside of your planet, or one side, or many different areas?**

Zeta: Most of the inside of the planet.

## The Zeta Interviews

**Interviewer: And that did not destroy the planet at all?**

Zeta: The planet has already been destroyed. It is a cavernous existence.

**Interviewer: How does the structure of the planet stay together?**

Zeta: It is not hollow.

**Interviewer: Is the internal structure of your planet the same all the way through?**

Zeta: It is dependent on the engineering processes that are created by a race. As to the potential benefits of existing within a planet structure, if you are to excavate too much, if you are to create too much weakening within a planet, then of course the gravitational processes, the rotational processes, the specific forces that act on a planet, will break the planet up. But if you are understanding how these processes react with each other and act upon each other, then it is possible to live within a cavernous existence.

**Interviewer: As a race, are you expanding? I know your numbers would be increasing, but inside your planet, your civilization, is that the way that it is and will always be, or is it always expanding to allow for the extra population?**

Zeta: The estimation is within 3 trillion of the earth numbering system.

**Interviewer: Is that the current population?**

Zeta: Yes, but not on one planet, spread across many other civilizations.

**Interviewer: The planet that you are on at the moment, will it only sustain and accept as a society, a certain amount?**

Zeta: There is a certain amount that is non-transitory. Certain potentials are created within the planet's structure. Much of the craft

## The Zeta Interviews

are created within this physical sphere of existence. Once a race has navigated their basic needs and has created the potentials for technologies to travel beyond their boundaries, then they become a race which seeks out to interact with other races, to understand their technologies and environments, to exist within those potentials as well.

**Interviewer: Part of your race is obviously on other planets. Are they living on the surface of those planets?**

Zeta: Yes of course, some do, yes.

**Interviewer: As well as under the surface as you do?**

Zeta: It is purely whether the planet supports, in a protected environment, from the forces that enact upon their planet.

**Interviewer: Do you yourself have the opportunity at times to go to other planets?**

Zeta: I have traveled here, yes.

**Interviewer: I am talking about planets where your race exists. Is there a need for you to go to other planets?**

Zeta: I have not been to the other colonies as you would call them.

### **March 25, 2016**

**Interviewer: How far in the solar system have the Zetas actually traveled?**

Zeta: There is much darkness between light. Light is only reflected from matter. If there is no matter to reflect light, then there is darkness. So when you are of the traveling, much space is without light. Much space is distance between matter. Now, to imagine the universe is shaped as if it were an umbrella shape, outside of the universe is a void, which there is no potential for light. This is consciousness.

## The Zeta Interviews

**Interviewer: There are many solar systems, have the Zetas been at these solar systems on the way in?**

Zeta: If you leave the known universe, you must travel in consciousness. There is no ability to move in any type of craft outside of the universal process, because matter does not exist. You cannot leave this universe, unless to do so is by consciousness.

**Interviewer: So there are many solar systems?**

Zeta: Do you understand the structure of the universe?

**Interviewer: I believe so.**

Zeta: Explain it to me.

**Interviewer: We are in our solar system, it has a sun, it has planets and many moons...**

Zeta: What is outside of that?

**Interviewer: I believe there are other solar systems.**

Zeta: And what do many solar systems make?

**Interviewer: The universe...**

Zeta: No. It is obvious by your questioning, unfortunately, that you have a limited capacity. Many solar systems make up your galaxy process. Millions of these suns exist within the galaxies. These galaxies are replicated through the known universe - countless galaxies.

**Interviewer: I am aware of that, yes.**

Zeta: But your questioning kept focusing on solar systems. You are much better off to speak of galaxies. Solar systems are small functional units, galaxies are feats of distance.

**Interviewer: You currently exist in this solar system or this galaxy?**

Zeta: Galaxy.

## The Zeta Interviews

**Interviewer: You're not in our solar system, you're in our galaxy. Has your race been to other galaxies?**

Zeta: Yes, of course.

**Interviewer: What's the furthest ever traveled?**

Zeta: You are not listening to me. I have said you cannot travel outside of the universe, as matter does not exist. What does that tell you?

**Interviewer: That your race has traveled to all existing galaxies.**

Zeta: No. How would we know what exists outside of the universe?

**Interviewer: Because you've been to the edge of the universe?**

Zeta: It is beyond your comprehension.

**Interviewer: No, no...**

Zeta: Imagine that the universe is a sphere. You can travel within that sphere by physical processes that are related to that sphere. But to travel outside of that sphere, you must not use your normal process. So when you ask, how far have you traveled, we have traveled outside of the universe, as I have said to you. The real journeys are not ones of distance, but ones of consciousness.

**Interviewer: What do you experience when you have these journeys of consciousness?**

Zeta: What is your experience of life?

**Interviewer: It changes from day to day.**

Zeta: Humans are a very simple race.

**Interviewer: We tend to get stuck on the physical aspect.**

Zeta: There seems to be no expansive states of consciousness. When you are existing, your existence is based on your moment-to-moment

## The Zeta Interviews

emotional states. No one can describe journeys of consciousness, you cannot, and we do not have the words to describe it.

**Interviewer: Your race isn't as emotional as the human race is.**

Zeta: Explain your consciousness now without any emotional words.

**Interviewer: Beingness.**

Zeta: Do you know what that means?

**Interviewer: To be, to exist.**

Zeta: These are points of observation.

**Interviewer: Ok.**

Zeta: A difficult conversation, yes, but when you ask a question of our journeys of consciousness, understand that we would need to use a describing framework that does not exist for us. If I was to use pictorial imagery, it is to be in a ever expanding state of existence, viewing the universe as being but a glimmer of light within a vast void of darkness.

**Interviewer: Consciousness is all around us, amongst the universe. Is there a distinct start and finish to the universe, and where does it start. Or is it a gradual process where matter just becomes less and less and then all of a sudden go into the void?**

Zeta: There is a.. you may understand this... a sack. As your eggs have shells, prior to them being hard, yes, they are in a malleable state. The universe exists within this state.

**Interviewer: So there is a distinct finish to the universe.**

Zeta: But we are talking only of matter, not frequency. Within frequency exists many versions of matter, many versions of consciousness. But outside of the known universe is only pure consciousness.

## The Zeta Interviews

**Interviewer: What would be the purpose for a state of consciousness to go to that place?**

Zeta: Ah we are travelers, yes, we like to experience. We are continually seeking out the expansive states.

**Interviewer: As Zetas, because you have the ability to move in consciousness, it would be instantaneous travel?**

Zeta: Consciousness holds no physical boundaries, so it is an instantaneous process. But often for perspective, there is a gradual reentry into specific points. This perspective is required to understand how you have moved to a point and where you have come from. As they say, it is often the journey that brings perspective, not to arrive.

**Interviewer: What is the difference between the consciousness of the void and the consciousness that surrounds us in the universe?** Zeta: It is one and the same, but the universe where all life exists are as far as we have been able to determine.

The crystal with the medium, if each of these faces held a universe, the nucleus which is the crystal held multiple universes, this crystal, infinite amount of this crystal, as in a cellular body, each one identified against the other face of each of the crystal, of the universes, to create the body of the mind. Many of these, many faces, many in opposite to your known existence.

**Interviewer: If consciousness of the void is much the same as the consciousness that surrounds us in the universe, how would a Zeta truly know that they had traveled to a consciousness of the void and not somewhere in the consciousness of the universe?**

Zeta: Because to move to the edges of the sack process, you cannot move into that process. Any matter which comes in contact with that perception does not exist.

## The Zeta Interviews

**Interviewer: But you would travel as consciousness, how can you be sure that your consciousness actually went into the void and did not stay in the consciousness of the universe?**

Zeta: Because once you have assisted consciousness to observe the delineating point between the universe and the consciousness where no matter exists, you are able to link in to the information that is required which tells us that matter cannot move past that boundary.

**Interviewer: Is the universe expanding, growing, or is that sack, as you call it, what it is? Or is consciousness expanding and growing?**

Zeta: Imagine you fill a container with your water substance and then rock it backwards and forwards, the undulating form, nothing is fixed, expansion and contraction.

**Interviewer: It still remains the same volume?**

Zeta: That is a decision of consciousness. Do you, or I, stay the same? No, we continually change. We are a very small representation of what exists around us. If we exist in this stage as a template, then of course what is around us is also to abide by the same process.

**Interviewer: Is it consciousness that creates the illusion that we live on this planet?**

Zeta: It is a consciousness, yes, whether it is your consciousness. Ah, but you say that it is your consciousness because you exist in a body that is vibrating matter that creates a form. But once the form no longer exists, the consciousness understands its nature in a different state.

**Interviewer: What consciousness resides on the other side of the sack?**

Zeta: When you move from the state of matter into your spirit realm process, those journeys of frequency exist within your universal

## The Zeta Interviews

structure, crafted neatly by consciousness that exists which has created this structure. Just as your body, or my body, is a representation of a mechanical process which aids in the supported life of consciousness. This small offering of matter is replicated across many levels of consciousness across all bodies of matter within the known universe. Can you imagine that this universe with all of its galaxies is but one cell of your body?

**Interviewer: All of us have consciousness, our physical bodies have a consciousness that is ours while we are existing. When our body no longer exists, our consciousness goes back and joins the greater consciousness in our spirit realm, or goes back to being consciousness somewhere else. Can you accept that?**

Zeta: Let me change that. You enter into the physical form and you become integrated with consciousness. That physical form identifies the personality of consciousness, the reflection of consciousness. The physical form defines itself within the features of the cellular structure when the physical form no longer exists. Taken away from consciousness is the ability to define itself as that personality.

Now when the spirit people, as you and us will call them for conversational processes, come and speak to you or any other human, they are once again defined by their personality, because they are able to move into the physical state via a medium. Without a medium, a portal, the spirit no longer sense themselves as being of that individual emotional makeup. It is only as they enter into this physical framework that their residual emotional understanding of their existence moves into a different state of awareness. Of course this is why our race has grown into the ability of not transitioning away from the physical form.

As you are able to move at will from the physical form to those states of non... to not be bound to your physical body, you then are existing in a state of consciousness that is no longer related to your physical

## The Zeta Interviews

form. But since you have capacity, since you have knowledge, since you have developed the ability to move from consciousness without your personality back to your physical form where you are once again integrated into your cellular structure of matter, then of course you have gained one of the most important abilities, one where you can exist and not be defined by whether your body exists in matter or not.

If you are providing a host for the originating consciousness to transition from one form to the next in matter, then of course your work as a race continues on. But if using the human process where the body of matter is destroyed, then the only way for the human race to develop is to then move back into a physical form from a form of consciousness, relearn all of the physical requirements to exist, and then of course continue on with your journey. You would call that your reincarnation process, but a waste of resources, a poor attempt at moving through states of consciousness, something that you may attain as you move forward, especially with the help of other races. To define yourself by your physical makeup is detrimental to your journey of consciousness. To understand why you are, who you are, and when you are, that is important, it provides you perspective.

**Interviewer: When you come through consciousness to talk to us, we through different frequencies can tell who you are, and it's distinctly different from where another Zeta will come through, their personality, their consciousness, different frequency, and I can tell the difference. Therefore you have a unique signature to your consciousness. Is that because your consciousness is still connected to a physical form and it shows that uniqueness?**

Zeta: We provide you with a key to understanding. We provide you with a signature so that you can be assured that who is speaking to you is who they say they are.

## The Zeta Interviews

**Interviewer: If we were on your planet and amongst you, you wouldn't have that signature?**

Zeta: We are one, yes. Uniqueness is based in consciousness. Physically to look at the race, we are unable to determine by the physical characteristics what a being is.

**Interviewer: You are all one, you are all exactly the same, no difference in characteristics whatsoever?**

Zeta: No physical changes, no.

**Interviewer: Any physical changes between female and male?**

Zeta: No, not generally.

**Interviewer: So you all look the same?**

Zeta: Yes of course.

**Interviewer: How does one Zeta distinguish who the other Zeta is?**

Zeta: I cannot see you, but I can hear your personality. I do not need to be able to see you.

**Interviewer: But you're saying that all Zetas are the same.**

Zeta: That is true, physically, yes.

**Interviewer: So if all Zetas are the same, would they speak the same?**

Zeta: Yes, it is your personality, your consciousness that defines you.

I am giving you examples that you will understand. There are levels of consciousness, of frequency. Just as your radio stations are able to determine what to come through. They also determine, as with us, who is what entity. Those frequencies make up a band, that band of frequencies creates the race.

**Interviewer: That's why you have your greeting...**

## The Zeta Interviews

Zeta: What is your energy. You present your frequency, your consciousness, and that then defines each individual entity, not that that is required. You do not need to ask, but as a matter of protocol, that is required. You would not ask your partner that question, not every time you speak to him. Let me give you an example. When you wake up you ask your partner, how are you? You then walk out of the room and see your partner, you do not ask them, how are you? That is not appropriate to ask that over and over.

**Interviewer: Your physical bodies are all the same, the consciousness is all one, it's your frequency that distinguishes you.**

Zeta: It is your entry point into consciousness, it is your ability to navigate consciousness. Consciousness is... the consciousness that we are not, which is what you would say, a creator, provides inflection so it may understand itself by the many facets of inflection. That inflection then determines your ability to navigate the consciousness, whether that be of a race or of the creator.

**Interviewer: If everything is the same, what defines the difference between the frequencies? Is it your experiences?**

Zeta: Yes, we will say that it is the experiences.

**Interviewer: That defines the frequency?**

Zeta: Yes, but also, what defines experience is how, what you are required to do. So if you are required to perform a function, you will be embedded with those experiences, just as a human would educate themselves.

**Interviewer: So frequency is what defines you as you, correct? At the time of conception, you are given consciousness.**

Zeta: Are you talking our race or yours?

**Interviewer: The Zetas have conception?**

## The Zeta Interviews

Zeta: They do, yes, the initial process of conception.

**Interviewer: Ok, can we talk of your race? So you have the same makeup as in physical attributes, you have the same consciousness, it's as one. Upon conception, when the consciousness and the physical body are joined, there would be no difference at that stage. It's the frequency that defines the difference.**

Zeta: It is the consciousness of the parental structure that has created the child, that then determines the function.

**Interviewer: At that stage, that physical container of consciousness hasn't experienced itself yet, so therefore it really wouldn't have much of a frequency determining it from anybody else.**

Zeta: The prior frequency of the parents provides the basis for frequency.

**Interviewer: Ok, so that's where the uniqueness would come for that frequency until it starts getting experience of its own?**

Zeta: Yes of course. All children start at the beginning, yes, but only once for our race. They only start once, you start over and over.

**Interviewer: As a race, you have one child. Do any Zetas have more than one?**

Zeta: That is not a function that we would perform.

**Interviewer: Has anybody gone outside or ...**

Zeta: They may have, but that is not a function that we would perform.

**Interviewer: So the consciousness of the mother and father come together, and they have the child, so therefore it is unique, the frequency would be its own. If they were to have a second child, those two children would have the same frequency.**

Zeta: That is not a function...

## The Zeta Interviews

**Interviewer: No, I know. So the uniqueness comes from the frequency at conception, and as experience happens, your frequency is your own.**

**And when it is time to transition to another body, none of that memory is lost, whereas we come back time after time after time, we don't know why we are here.**

Zeta: It is not that you do not know why you're here, it is because the consciousness when reacquainted with matter, is not able to project itself, because the matter is defined as a baby child. The child is then brought up in a different environment, and that environment then determines the experiences.

**Interviewer: You say it is a waste because we reincarnate and come back time after time...**

Zeta: It is a rudimentary process, yes.

**Interviewer: We have to do this in order to evolve and to become eventually a new race.**

Zeta: Remember what I said. These words are being transcribed into books, yes, and people then read those books. That information goes into the collective consciousness of the human race. That then determines the reintegration process as it builds capacity to change consciousness.

**Interviewer: If we didn't expand our knowledge, we wouldn't evolve.**

Zeta: That is true, yes, you will not evolve correctly.

**Interviewer: So with the help of your race and others, giving us even that little minute piece of knowledge is like planting a seed.**

Zeta: These are words that will support your race.

## The Zeta Interviews

### **March 26, 2016**

<Unexpected conversation via texting. The medium was sitting outside in the market area downtown> Zeta: You like your frameworks, all humans do.

**Interviewer: I guess I do, without a framework there is no understanding. The Zetas have a framework too.**

Zeta: Yes. It depends on the limited scope of the framework as to how a beings works within it.

**Interviewer: A framework is always subject to change.**

Zeta: Yes...no comfort in about framework.

**Interviewer: Understanding how heterodyning is applied was a welcome adjustment to what I thought I knew. It broadened the framework.**

Zeta: One process, there are many.

**Interviewer: One at a time, lol. I will look for more clues.**

Zeta: Always clues.

**Interviewer: Yes, that seems to be the way it works.**

Zeta: Searching for yourself.

**Interviewer: For the part that already knows.**

Zeta: Seeking yourself.

**Interviewer: Why do I do that, is the question. If I wait long enough, all should become clear, correct?**

Zeta: One aspect of clarity...yes.

**Interviewer: Ok, I may not be able to learn from other races after transition.**

## The Zeta Interviews

Zeta: That will depend on where you are deposited.

**Interviewer: Well, spirit realm seems to be my point of origin. I will need to find the nexus point.**

Zeta: Yes. Search for it.

**Interviewer: Ok, I at least now know it exists, thanks to the Zetas.**

Zeta: smile emoticon

**Interviewer: Are you there? I felt the buzz, I think.**

Zeta: I'm here all at one point, no separation.

**Interviewer: Ok, understood, sort of.**

Zeta: Consciousness only is in separation as required. Often the full consciousness moves to the local mind when a being is asleep, but if carefully orchestrated and designed, the minds can exist in the state of conscious existence. So being trained aids in this process.

**Interviewer: Is the human as aware of your existence now?**

Zeta: Yes, all is one, and natural, but elevated.

**Interviewer: Will he remember?**

Zeta: Yes, not what is said, but experienced.

**Interviewer: Ok**

Zeta: There are many distractions here. Each one is a sound of experience.

**Interviewer: Is that why you came, to experience?**

Zeta: I always experience. Existence is experience.

**Interviewer: Yes, but there are particular experiences here.**

Zeta: Yes. Very native. Base, guttural... primordial... primitive.

## The Zeta Interviews

**Interviewer: But interesting, nevertheless?**

Zeta: Only to a point. The input is the low energy form of the physical nature.

**Interviewer: But spirit people look forward to coming here, we were told.**

Zeta: That is their experience, one of matter.

**Interviewer: But they have a choice to stay in non-matter. What attracts them to incarnate in matter?**

Zeta: Experience.

**Interviewer: Yes, ok, no matter if it is of low vibration.**

<The Zeta misinterpreted 'matter' to mean an object>

Zeta: Matter need to exist in certain frequencies. For it to bind, it needs this frequency.

**Interviewer: Yes, our perceptions only work at that frequency? I understand that matter is an illusion created by our perceptions of possibilities.**

Zeta: Yes. Many consciousness are based in the physical form they need to exist at.

**Interviewer: Does matter interact with matter even when there are no individual consciousnesses there to perceive it?**

Zeta: There is perception at all levels, even if the prime focus is not in existence.

**Interviewer: Is there a primary consciousness that perceives when no individual consciousness is present?**

Zeta: All consciousness exist when matter does not. Matter defines experience of consciousness.

## The Zeta Interviews

**Interviewer: Ok.**

Zeta: In as it limits potential.

**Interviewer: So at some level, all possibilities are being selected, or perceived by consciousness, and so all matter persists and interacts.**

Zeta: Yes.

## May 8, 2016

**Interviewer: We asked once if man-made nuclear explosions would affect higher dimensions. You said they are contained within their own sphere of influence. The etheric body would be unchanged but the physical body would be reactive to the energy of the device.**

**But if a physical body were destroyed by a nuclear explosion, the corresponding etheric body should also change to reflect the change in the physical body. Wouldn't the etheric realm immediately show the same kind of destruction as the physical realm? Would there be a delay?**

Zeta: There would be a disintegration of the etheric body but whether that is then replicated into other spaces of consciousness, would not take place.

**Interviewer: We understand that the surface of your home planet was destroyed by such a weapon of mass destruction, and so it remains today. Since you have the ability to create in the etheric realm, why have you not recreated the etheric templates and restored the physical surface of the planet to what it was?**

Zeta: We are comfortable, we do not require a regeneration to occur.

**Interviewer: We talked before about the control system that manages the uncertainty that people have about the reality of the non-physical realms. You agreed that the Zeta race was a party to the control system, but the medium finds this hard to accept. Can you confirm that members of the Zeta collective participate in the control system?**

Zeta: There is a release of information. There is a process. We do not see this as a control system. Yes, it is a method of control, but it is not a formal structure that is utilized. It is malleable, it flows, it is able to change. It serves a purpose.

## The Zeta Interviews

**Interviewer: Does the so-called Zeta abductor race participate in the control system as well?**

Zeta: They do not.

**Interviewer: Are there any races that do not concern themselves with the control system?**

Zeta: There are many races which do not concern themselves with the activities of humans at all.

**Interviewer: If there are races that ignore the control system and do whatever they want to do, is the control system able to compensate?**

Zeta: That is why the control system, at this stage, is malleable. It is not able to completely manage processes. There are points of exchange, points of chaotic exchange.

We seek only to support a race to a different experience. Once that experience is realized, there is no need for this control structure as you call it, but a less informal structure will be in place. As many humans will not be able to partake of the structure that is to come, their minds will not be able to exist in those states.

**Interviewer: We discussed before how heterodyning or differencing is used in self-healing so that the local consciousness can influence physical cellular processes. Does heterodyning also transfer information in the other direction? For example, does the local consciousness use heterodyning to allow the body's physical senses to activate an etheric potential and a consciousness potential, in order to create awareness of the sensation?**

Zeta: There is capacity for the local consciousness to participate in this process, but the more greater process is the higher-self heterodyning, as you call it, back to the local consciousness and beyond.

## The Zeta Interviews

**Interviewer: When a Zeta wishes to become part of a hybrid human form, permission is sought from the prospective mother of the child. You said, “A human spirit form may be contacted, while they are on the physical planet, by a race of extraterrestrials, or, they may be contacted by a race once they are in the transitional realms.”**

**We know the Zeta beings do not enter the spirit realm. What is the usual procedure for a Zeta to contact and negotiate with the prospective human mother of the child? Do they meet in the astral realm?**

Zeta: They meet in consciousness.

Now I will be gone.

## The Zeta Interviews

### **November 11, 2016**

**<Interviewer asked if rearranging the room had an effect on them coming through>**

Zeta: There are certain formations that are created within the room structure which allow for certain functions to be performed. Many of the structures are known to the medium.

**Interviewer: Most everything is still in the room, just in a different position.**

Zeta: Yes of course, this is a positional potential, much like a geometric shape which changes form. And to change form changes the frequency.

**Interviewer: Do all sentient beings have an etheric body?**

Zeta: All existence is sentient. Within all existence, only the ones who choose to be in the physical form are required to hold an etheric body.

**Interviewer: And the purpose of that is?**

Zeta: To maintain the physical structure that is required to hold the matter together to create the form.

**Interviewer: And all these beings have the eddies that we call the chakra system?**

Zeta: Who are these beings?

**Interviewer: The sentient beings who choose to be in physical form.**

Zeta: Your human formation of, understanding of the chakra system, is inaccurate.

**Interviewer: Yes, we have been advised of that before, so my question should be that the beings who do have the etheric body, all etheric bodies would have the eddies, you have advised us that in the etheric body there are multiple movements.**

## The Zeta Interviews

Zeta: There is no position that energy may take where it is of a sedentary nature. All energy is in transition. There is no potential for energy to stay associated with your physical body when the energy is shifting.

**Interviewer: How does the energy stay with the physical body?**

Zeta: Because the physical body moving through the various physical perceptions of reality, moving to the finite potential of etherial structure, moving to the substructures, is a pure energy of consciousness. Your makeup is much aligned with what exists around you. You are a compilation, a concatenation of many forms of matter which, of course, dissipate once the higher nature moves to the transitory state.

**Interviewer: So to hold all that matter together, wouldn't the energy need to form something around us, and flow and...?**

Zeta: Yes of course, it does, but it is not separate from the physical body. It is around and through. It is not even in separation from the other energies. There is connectedness of all things. The illusion is that the physical body it is separate entity.

**Interviewer: If we could see it with our physical eyes, what would it look like?**

Zeta: You would see an undulating space.

**Interviewer: I don't understand 'undulating space'.**

Zeta: You would see molecular structure with an infinite potential in between as undulating space.

**Interviewer: Would there be some a bit more undulating than others?**

Zeta: Depending on the consciousness, the perception of the physical entity, depending on its understanding of its own nature.

## The Zeta Interviews

**Interviewer: Can we use that to help pick up on other presences around that aren't physical?**

Zeta: Yes of course you can.

**Interviewer: And is it safe for us to do that?**

Zeta: You cannot be harmed.

**Interviewer: Could you help me understand how to use the energy field that is me to be able to pick up what's around me a bit better?**

Zeta: Yes of course, to understand what is the perception of around you, there is a requirement that you understand your own nature. Once you understand your own energy and frequency, then you understand what is around you. It is simple, but the mind makes it as difficult as you require it to be.

**Interviewer: Just before you visited, we were able to sense spirit in the room and we were asked to say what we picked up, so another form but not physical. Some people say they can see them with their physical eyes. Are you able to help me understand how they can see with their physical eyes so that I might be able to see better?**

Zeta: Because when they say they can see with their physical eyes, they are viewing with their full potential, their higher nature. Their etheric potential is able to see the other consciousness, the other etheric potential.

**Interviewer: How may we work toward understanding our etheric better so that we can see other etheric beings?**

Zeta: You need to find the space, you need to find the stillness in the expanded nature, the inner mind, the inner stillness.

To sit in a darkened room, with a null potential of light, how do you feel if there is no light? Turn off your lights.

## The Zeta Interviews

[Lights turned off]

Now, you are closing your eyes, sitting in the potential. You [knew the vagueness] in the physical form. What you experience, what you see, is all that is around you. The distance is infinite, there is no singular “I”, no singular form. Consciousness holds no singular nature, to understand many potentials, many frequencies. Turn your light back on... [Lights turned on]

That is how I see in all things when I speak to you, I come from that nature.

**Interviewer: When we did that exercise, I felt a little nervous and scared that if I went any further I would not be able to return to my physical body.**

Zeta: The exercise that you just performed.

**Interviewer: Yes**

Zeta: That is because I have aided you in understanding who you really are, outside of your singular perception of a physical entity. But, one must be comfortable with their own nature.

**Sitter: I found the exercise quite peaceful, actually.**

Zeta: Each human will find it a very different nature.

**Interviewer: You talked about the layout of the room and how things are laid out for specific reasons. Could you give a little more information about that so I might understand a little better, please?**

Zeta: Yes, but it will need to be placed into terminology that you will understand, a simplistic understanding. Imagine that this room is a geometric shape. Imagine that within the room the geometric shape is changing. As the geometric shape changes, the energetic structure that is built within the room is able to be moved and changed. This allows the energy to shift which brings the potential of connection. Those

## The Zeta Interviews

potentials of connection mean that we can commence. The spirit energy no longer exists in the room.

**Interviewer: ...ley lines, grid lines?**

Zeta: Yes, very much associated with the underpinning of these structures, a similarity only.

**Interviewer: Is there energy in numbers as such?**

Zeta: Each number is a thought, there is energy in a thought.

**Interviewer: If we can associate the letters of our name with a certain number...**

Zeta: But you believe that the potential of the number has meaning, and so it does. You are creating your reality. You may speak the number to me, it would have no effect, because that is not how a belief system is. That is why when a human would fear, we do not fear. Your belief structures affect you greatly.

**Interviewer: A friend on the internet talked about a net around the planet that keeps out all fear. Do you know what he was talking about?**

Zeta: That is an understanding that we will explain, but not used for that process. That is a fear-based process. Now, the vibration has a particular frequency. The humans have said it is known as the Schumann frequency. This frequency is known by other races as the suppression net. This means that to hold the physical construct that is required for humans to exist, that they must exist within the frequency of the range of the Schumann frequencies. If you go too far one way or the other within the frequency spectrum, you are either grounded or ungrounded. It has nothing to do with the higher self entity.

Higher self is not bound to the physical planet. Higher self is bound to the singular physical body that exists as a life form. Once the anchor

## The Zeta Interviews

has dissipated, no longer is the higher self required to participate in the manifestation of the physical body. There is a energetic net around the planet, but it is to do with the way the human physically is, and all other structures that exist on the planet.

**Interviewer: This is the only planet that has such a net?**

Zeta: No, all planets have the requirement that there is a potential that provides the individual quanta that is the determining factor for what is able to exist within the physical structure of that planet.

**Interviewer: So with all destruction of the trees, killing all the animals, are we actually changing the frequency of the planet?**

Zeta: No.

**Interviewer: So life can continue to exist but in a different way...**

Zeta: Spirit people have moved to this planet for many hundreds of thousands of years, nothing has changed. Have you noticed that the planet is really moving to a new state of existence because the level of... let me explain... to go from the spirit realm to the physical reality means that there must be some commonality of frequency between physical existence and the spiritual side. For the planet to shift to a point where spirit people would no longer require a physical existence, means they would no longer require to move to this planet. And this is why for many, many generations the spirit people come and go. So this is why there is such a short lifespan for the human.

This planet is very much aligned with spirit realm consciousness. If the planet's frequency was to change so dramatically, then the spirit realm would no longer be able to incarnate into this physical reality. But of course, beyond the furthest realms of spiritualism is much distance away from this lower frequency.

## The Zeta Interviews

### **November 30, 2016**

Zeta: To sit in harmony... harmony, the correct energy process for connection.

**Interviewer: What is the best way to have continual energies that support connection to the race?**

Zeta: You would require to be in separation from the spirit people. The influences of the spirit people undermine, to a certain extent, the development of the energies required for the type of connections you require.

**Interviewer: Often when the energy is correct, it does seem to take much to change it to a more human-type energy. Is there any way to stop that?**

Zeta: It would depend on the underlying premise of what is the purpose for the progression of the sitting. That means that there must be a determination by the group as for the reasons for sitting. It would be suggested that, considering the medium has moved to the full extent of the experience with the spirit people, that you decide what it is you wish to do.

**Interviewer: As a group?**

Zeta: Yes.

**Interviewer: I'm pretty sure what the consensus would be.**

Zeta: What is your consensus?

**Interviewer: That we continue with the involvement and communication with the Zeta race, but that is something that we will discuss with the medium. We need to support him. I for one have felt that the connection that we have with you and the communication is more beneficial, and the knowledge that we gain and share is to me the best outcome for the sittings.**

## The Zeta Interviews

Zeta: There are certain practicalities for connection with spirit people. The spirit people are generally able to be seen by the medium within your cycle of hours, yes? There is little communication, if any, from us, between us and the medium during the cycle of hours.

**Interviewer: If we go back to the majority of sittings being with extraterrestrials, does that mean the connection to the spirit realm would go back to being dormant again?**

Zeta: Yes, so from a relationship viewpoint, the medium likes to be able to see and talk to the spirit people, friends, yes?

**Interviewer: Yes, I understand.**

Zeta: But as you have seen, if you require the presence of us, that this morning process is the much better way of creating the energy. So you can keep the sitting process separate.

**Interviewer: There have been other occasions when we have sat in the morning and weren't able to get a connection to you. So it would also come down to the environment and making sure that everything...**

Zeta: Yes, and there is prior preparation that must be instigated by the medium. Let me say that with spirit people there should be no expectation or intention, but with us there must be intention and expectation.

**Interviewer: Intention to have connection with you?**

Zeta: So, if I am a human and come to visit another human, there is intention to go to view the human and discuss with them. There is an expectation that they will be there when I arrive. We are not as spirit people.

**Interviewer: So as a group, should the sitters have that intention and expectation as well?**

## The Zeta Interviews

Zeta: Yes of course.

**Interviewer: Because we have been told not to expect anything.**

Zeta: That is with spirit people.

**Sitter: So we discussed this last night and its all happening this morning, how was that relayed to you that we would be sitting this morning with you?**

Zeta: Because the medium has methods and potentials that are not discussed with humans. So, they are utilized to create the correct response in energy.

**Interviewer: Like a phone line...** Zeta:

What is a phone line?

**Interviewer: We use a telephone for communications so I thought with a special phone line we could have communication with you.**

Zeta: But he does not use that phone line.

**Interviewer: Is he able to?**

Zeta: There is no phone line.

**Interviewer: It's just a saying.**

Zeta: Why would you use a line?

**Interviewer: It's just terminology suggesting that there is a special connection.**

Zeta: That would be special. They are your earth anachronisms.

**Interviewer: A decision was made last night to have connection this morning with you. That's enough time, obviously, for preparation and expecting to have communication?**

Zeta: Yes.

## The Zeta Interviews

**Interviewer: What would be the shortest time needed for the preparation?**

Zeta: The medium has been trained for a five second process, but he will not utilize it unless he is in a situation where there is danger. So when your daughter was bleeding internally, he is able to change matter within the five second process. But of course these things are not beneficial to the medium and require specialized processes. They also require specialized energy and consciousness processes.

**Interviewer: Considering that everything is an illusion, what actually keeps the human mind within its current construct?**

Zeta: The construct of consciousness, the human's ability to only see inside the defined process of existence that very much holds the physical processes within the boundaries of this reality.

**Interviewer: Is spirit realm just another construct, meaning just as the physical world is bound together by consciousness, is the spirit realm the same?**

Zeta: There is a defined frequency that supports the mechanism of a consciousness within that space, just as there is a defined frequency to support the mechanism of consciousness within this space.

**Interviewer: Does these in which spirit exists, how are they held in place? Consciously, is it an external influence which does this or is it the individual thought of the spirit creating that realm?**

Zeta: They are a conglomerate of like-mindedness. This is why a non-like-minded person or entity would disrupt the binding mechanism of consciousness within the spherical realm. That is why no other race may enter into that process of consciousness.

**Interviewer: How is the gateway currently?**

## The Zeta Interviews

Zeta: The gateway always exists, but there is no benefit to the gateway, of the operation of the gateway. Let me explain. For you to be a place in energies that are referencing the nature of other races, for it to be beneficial for you, for it to be non-harmful for you, for your psychological processes, then you must be continually in the same energetic process. You are not trained to move from one form of energy such as this one, to another energy such as the spirit realm, or to another realm such as the gateway. You would become unbalanced. That is why you must be held within the potential of one particular energy.

**Interviewer: Do you know the spatial position of the Anunnaki?**

<There is a sequence of Zeta clicks, and the medium grunts loudly as he is shown the Anunnaki planet> Zeta: They are far away.

**Interviewer: Is it possible to contact them?**

Zeta: Would you like me to try?

**Interviewer: That would be wonderful but I'm not sure... yeah, that would be good.**

Zeta: Why?

**Interviewer: Well, contact with a long-lost friend?**

Zeta: No, that will be a future endeavour. You saw the reaction of the medium's physical body to the journey to view the Anunnaki.

**Interviewer: Ok, so that was what that was. But that contact would be possible?**

Zeta: Yes, of course. Within our realms, of course. We do not venture into the multidimensional frameworks while with the medium unless the gateway process is used.

## The Zeta Interviews

**Interviewer: The new craft that feeds from the sun, how is its development going?**

Zeta: Ah, an amusing question.

**Interviewer: [wait...] There is no discussion about that?**

Zeta: I am showing the medium ... move to your next question.

**Interviewer: When will we be subjected to another energy journey?**

Zeta: Subjected means to be done without permission. If you are subjected to something, does that mean your permission is required? That is an incorrect word within the sentence structure.

**Interviewer: Can I ask, when will we as a group experience an energetic situation.**

Zeta: There are two functions that are currently taking place. When other sitters come here that have never sat before, there is a new defined energy, and they experience much that is to do with the level of nervous tension and energy that they project from themselves. Whereas the sitters who are well used to, to some extent, the energy in the room, do not present their energy. Now, you must decide what you will be doing in the sitting process.

**Interviewer: In the past, the AT(?) energy brought more phenomena. Should we turn back to this energy?**

Zeta: That is the current discussion, because the energy that we bring, we bring from our own nature, whereas with the spirit people there is a defined physical energy that is related to discussion processes with them, each one presenting their own personality utilizing the life force of the medium. Maybe it is time but...

**Interviewer: How are the breath processes weakened in the medium and what can strengthen them?**

## The Zeta Interviews

Zeta: Rest, yes. Many of the processes also provide the opportunity of the correct intention for the building of the residual energies for the sitting process.

**Sitter: I have some questions, can we proceed with those?**

Zeta: Yes.

**Sitter: Why do we as a human race have to deal with or resolve issues from past life experiences or from generational...**

Zeta: Yes, because to exist in a generational line in a human form means that the mind of the human, the energy of the human, the residual effects of the past generational issues of that family line, means that you must abide in residual effects of the thread. Now you may come in as a external entity into human form but then be affected by what has happened previously within the thread of that family. It may generally be that a human spirit would not have the potential to negate or properly assimilate the residual past generational issues. But when a different type of consciousness comes into the physical form, then they may be able to correctly adjust the residual thread processes to then determine what is the correct action for the now process regarding what has taken place in the past.

**Sitter: And that would explain why even someone from his point of origin were extraterrestrial, they would go through the same process.**

Zeta: Yes of course, because once you integrate into the family line then you are under the potential of all of the previous energies of all of the participants of that genetic thread. Now interestingly, the medium has never been able to answer that question for himself. He has tried many times within the capacity of his own mind to resolve that question. That question has been resolved today to prove to the medium that it is not him that is speaking - the local consciousness is not speaking. We often let the local consciousness struggle to prove to

## The Zeta Interviews

it that it cannot create and answer to a question. If the local consciousness could create all answers to all questions, there would never be any evidential processes that we could provide the medium.

**Sitter: With regards to our incarnations and our reincarnations, is it the same soul energy that reincarnates each time or is it a different fragment of soul energy that reincarnates?**

Zeta: You as humans, you like to place everything in definition. You believe it is either one or the other, but it is generally all. But you are not comfortable as a race with the potential that all things exist at the same time, and so you will often ascribe to one theory or another because it brings you comfort within the framework of the illusion.

**Sitter: Could I be my own ancestor then?**

Zeta: Of course, and of course not. You see, you seek to seek separation when no separation exists. You seek to see boundaries and definitions where in consciousness they do not exist. You cannot fathom...

**Interviewer: Well yes, we can. We just have to be given the knowledge that is correct...**

Zeta: No, you would be given the knowledge but not have experience of it. You would have a "mind" understanding of the process which would then generate more questions. Understanding that all things come from all, that consciousness, only for the benefit of experience, externalizes itself into separation. You are well down the hierarchical tree or structure of experience. The further you are away from the original point, the more experience can be gained, because the perception is that you are not who you think you are.

**Sitter: If there were no humans in the physical on the planet, would the spirit realm continue to exist?** Zeta: Something that exists cannot be undone.

## The Zeta Interviews

**Interviewer: Would it just exist differently? It would have to change, wouldn't it?**

Zeta: It would find potential to experience.

**Interviewer: Does that mean it would possibly move on to somewhere else?**

Zeta: No, it may seek to separate itself from itself and then transition inside itself to a perception of being separated from itself

**Interviewer: So that would be like an artificial... for which this is as well...**

Zeta: A dream within a dream. But that is what this is.

**Interviewer: If it was a dream within a dream, would there be substance to the body...**

Zeta: Yes, of course, that is what spirit people's perception is within their own reality

**Interviewer: How do we not know if this is truly already that?**

Zeta: You do not. This may already be your transition.

**Sitter: [makes point about transitioning into a similar timeframe as we are in now]**

Zeta: What is an egg? The medium is talking about an egg.

**Interviewer: Oh, he must be hungry. He will be having breakfast, is that what he is referring to?**

Zeta: That is the function, yes.

**Interviewer: An egg, something that has a lot of protein substance in it. No animals are harmed in producing an egg.**

**Sitter: It's a byproduct of a chicken, part of the reproductive function.**

## The Zeta Interviews

Zeta: We do not abide by those functions, they are human functions.

**Interviewer: Yes, he will get his egg very soon.**

Zeta: A local consciousness is very much a immature consciousness. You all present the same level of consciousness.

**Interviewer: Why do you say that?**

Zeta: It is a embryonic process used by consciousness to allow you to exist within this formal function of physicality. It cannot be more than what it is.

**Interviewer: Why is your existence so much more mature than ours?**

Zeta: You kill each other.

**Interviewer: That's not something we condone or want to be a part of.**

Zeta: You kill other beings to survive, you eat them.

**Interviewer: Why would you say that that was more embryonic and less mature than the way you are?**

Zeta: Because we do not live the way that you do, we do not harm other levels of consciousness that are combined to form matter of a material substance that they have incarnated into physical forms. They must not lose their life to provide sustenance.

**Interviewer: Would you say the same about plant life?**

Zeta: Plant life is designed to grow and to... Let me explain.

Vegetation, if cut grows more healthy. It's consciousness is

designed to perform the function of growing from the beneficial processes of ... there is a terminology, there is no human word... the growth of the plant requires it to be diminished. But if you cut pieces of your meat off a live being, you are providing diminution. You are reducing the potential for that life to exist. To remove a leg or an arm,

## The Zeta Interviews

it will not grow back, where all plant matter is designed to continue to grow.

**Interviewer: For an example, the egg from a chicken, that is designed that the chicken still lives isn't harmed in any way, and if we consume that egg, what is your thoughts on that?**

Zeta: That is an abhorrent process, because there was to be life from the egg.

**Interviewer: There would only be life from the egg if it was fertilized from the male. The egg would still exist if it wasn't fertilized.**

Zeta: This is a theoretical discussion based on your reality. We choose not to eat of anything that has a physical form that consciousness has moved into, that can interact with other things from a point of matter.

**Interviewer: So then let's go on to milk. Milk is produced from a number of different animals, goats and cows, and we humans ingest the milk for nourishment as well. That milk was never meant to be another life. What are your thoughts on that? And cheese is made from...**

Zeta: Let me say, to clarify, for humans, if a known life is harmed, then it is beneficial.

**Interviewer: But that doesn't have the same ground rules for the egg, for example, is that right?**

Zeta: But we are now talking through humans. For us, the separation of loaves, food substances, are well kept away from what we produce as nourishment for us. There is no potential for us to want to partake of those processes.

**Interviewer: So if we as humans made the conscious decision to give up all products like meat, chicken, all of those that harm the animals and continue that would need a substance for sustenance, in order to**

## The Zeta Interviews

**live as a life as you would, we would become a sort of vegan that don't have any products from animals whatsoever, so no milk and no eggs.** Zeta: Do they survive?

**Interviewer: They do, it's very hard to find other things and...**

Zeta: But you would as a race, develop potentials that do not currently exist.

**Interviewer: So to live a life as a vegan... I know a few that are quite healthy but it does take a lot of effort.**

Zeta: Ah but that is because they are a minority within the physical ground of the human experience.

**Interviewer: Yes they are.**

Zeta: But if all humans were to move to that process, they would develop much substance, supporting mechanisms to develop and eat in those processes. We are philosophically opposed to ingesting other animals, but that is our choice as a race, because we believe that a consciousness affects consciousness. But you must also understand that we have discussed with you how our protein is delivered to each of the beings of the race and how it is measured, and none of those substances that are used by humans would be able to be carried by our systems to each of the members of our race.

**Interviewer: We have always had the knowledge that we were what is called meat-eaters, we always have been, apparently that is how our body ...**

Zeta: That is because the race that originally created you are of the same nature. You have choice.

**Interviewer: If the whole race decided to become what we would label a vegan, would that change our DNA, would that change our**

## The Zeta Interviews

**structure over time, would we evolve to be different from what we are now?**

Zeta: Yes of course, what would also be aligned with that would be a peaceful nature, would be one where no longer would all animals be bred to eat. A different construct or mind-set would be required to exist as a planet. The underlying benefit of that would be the potential for the planet to exude a different level of consciousness. And in doing so, since you no longer harm another to eat, you would no longer harm another for the actions that you would have performed previously. Generally humans' perception of self is lack, and as they perceive lack, they believe that actions then will bring them abundance.

**Interviewer: So as a race, we have the knowledge there and we could choose to be different, but there are many other races on this planet that do eat even creatures themselves. Fish will eat other fish, lions will eat, so is it not that there are thousands of species on this planet that do the same as what humans do.**

Zeta: Yes, because the embryonic consciousness is the same.

**Interviewer: If we changed as a race, how would the other species change too?**

Zeta: They would not, because they have incarnated into forms that require for them to act in a specific way.

**Sitter: They do kill their prey, but they don't do it ruthlessly, and only when they need to be fed.**

**Interviewer: There are certain species that kill their own, even their young.**

Zeta: The conversation is that it is a level of consciousness that performs the function. Do people in the spirit realm kill each other? No, of course not. Do they require to eat? Only if they choose to. This

## The Zeta Interviews

physical reality with its embryonic consciousness performs certain functions. But you may choose not to perform those functions. We are not judging you, this is a discussion.

**Interviewer: Would we not become the hunted if we chose to live life in harmony, and there was no killing and everyone in peace?**

Zeta: How could you be hunted in peace?

**Interviewer: We would have to protect ourselves from certain other species on the earth that do hunt.**

Zeta: Where are they now?

**Interviewer: We keep them locked in cages. They do kill humans at the moment, but if we were to live in peace and harmony...** Zeta: You have technologies to keep them separate from you.

**Interviewer: But is that harmonious, to keep them locked up?**

Zeta: If they wish to harm you because of the embryonic consciousness they hold, then you have the potential to separate yourselves. But these are theoretical discussions. The human race is, at best, nowhere near this existence. Now, even now, they hunt and kill each other.

**Interviewer: There are a few of us are vegans, a very small minority, a few of us that don't condone that.**

Zeta: You live within your environment, that is your choice. Yes it is. We should terminate your sitting, yes?

## October 9, 2016

**Interviewer: You have said that many races have transitional realms that have the same frequencies as the human spirit realm. So the physical frequency of these races must also be the same as the physical frequency of the human race. These races can then all live**

## The Zeta Interviews

**together in the same physical universe. But the physical frequency of the Zeta collective is higher.**

**How can the higher-frequency physical Zeta beings live in the lower-frequency universe of the humans?**

Zeta: Matter takes on many forms. The frequency of the molecular structure of matter is not just one frequency. Matter does not contain one frequency. Many frequencies combine to create this universal structure. There is no comparative difference for us to exist in the physical form.

**Interviewer: You have said that the technology for supporting telepathy in humans will be based on a biological entity. Can you suggest a suitable biological entity on our planet that could be used for this purpose, and how should we use it?**

Zeta: Such a biological entity will be created by humans. It would be integrated to the brainwave patterns of the human mind. But no such device exists.

**Sitter: We already have capacity for telepathy. It is not very accurate. Would it be a development of our own biological self that you are referring to?**

Zeta: It is an amplification process, one that will be combined to form a focus to amplify what already exists.

**Sitter: There will be a separate biological entity created that we will combine with our own mind, is that what you are saying?**

Zeta: Initially it will not be a biological entity. It will be technology.

But once the human mind gains the capacity to understand how to assimilate with a future technology that are being developed by the human race, it will be a slight variance to move to a telepathic communications. But you must build capacity, your capacity is lacking.

## The Zeta Interviews

**Interviewer: The Zetas focus love on the earth from spheres located near the earth. Is focusing love on humanity the same as loving humanity. If not, how is it different?**

Zeta: Love is containment, love is protection. It is not an emotional requirement, because humans would state that to love means to accept all behaviour, because love according to humans means that all behaviour is possible. But there is a difference.

**Interviewer: How is it different?**

Zeta: Love can be commitment to a race. It can be, as a human parent would protect a child. Sometimes that responsibility towards the child involves... Do humans provide a strict environment for a child if they wish for a child to learn?

**Interviewer: Yes.**

Zeta: The environment is provided for the human race.

**Interviewer: We understand that a physical object is an illusion created when a being's perceptual system transforms the object's etheric template. But you have also said that the coarse matter needed for an apport is created from fine matter. If all matter is illusion, then fine matter must also be an illusion.**

**Could a particle of fine matter be understood as a simple etheric template, and that these are concatenated to form a more complex template? For example, is a carbon atom formed from the joining of many fine matter etheric templates?**

Zeta: Yes.

Interviewer: You gave values for the Zeta vibrational states using the analogy of frequency. The physical vibrational state was 10 Hz, the state of temporary separation from the physical was 16 Hz, and the more permanent state of separation was 32 Hz. You gave the human

## The Zeta Interviews

frequency as 7.5 Hz. Using the same proportions as for the Zeta collective, we estimated the human astral realm to be 12 Hz, and the spirit realm to start at 24 Hz. Are the frequency estimates for the human astral and spirit realms correct?

Zeta: No.

**Interviewer: Can you elaborate?**

Zeta: Not at this point. They are not correct.

**Interviewer: Can you give us the correct numbers?**

Zeta: There would need to be a process of analogy to give a more accurate estimation.

**Interviewer: The medium once encountered an Anorian being. For three days after this contact, the medium perceived everything in the physical as transparent. Can you explain the mechanism for how this happened?**

Zeta: The local consciousness was moved to the proper state of understanding that does not exist when combined with the physical body. The local mind was in separation from the physical container. But that is why there is capacity for the local mind, who wants to be reintegrated with the physical body, to be located in its proper perspective, that it is then able to remember its encounter.

**Interviewer: In the energetic realm, we understand that a being creates with its highest possible frequency. The object that is created can be perceived using the same or higher frequency. However, it does not seem to work that way in the physical illusion. We cannot easily create with our intentions to change the physical environment.**

**We think that the frequency we use for creation may be different from the frequency we use for perception. That is, when we have the intention to create an object, we use the frequency of the astral**

## The Zeta Interviews

**realm, and the created object appears there. When we perceive, we use the lower frequency of the etheric realm, and physically experience the objects represented there.**

**Do you agree that the creation and perception frequencies differ like this in the physical experience?**

Zeta: These processes of perception and creation are understood to be by us to be more complex than you would understand. Our perception is as it is. Perception is the way that you perceive something to be, but to create via intention requires the consciousness to be in a clear space of expansion, understanding what is the end result of the creation, but not understanding often what is being created.

**Interviewer: Are there human groups possessing craft that carry humans to other planets in the solar system?**

Zeta: Humans journey outside their oxygenated environment, but do not travel far.

**Interviewer: Are humans currently visiting other planets?**

Zeta: As individuals, no, not using their own technology.

**Interviewer: Are humans using extraterrestrial technology visiting other planets?**

Zeta: Yes.

**Interviewer: That is with the help of extraterrestrials.**

Zeta: Correct.

**Interviewer: Are these groups of humans or are they individuals?**

Zeta: They are chosen humans.

**Interviewer: Are there other humans who are aware of this?**

Zeta: Yes.

## The Zeta Interviews

**Interviewer: Which planets are they currently visiting?**

Zeta: We will not be discussing that.

**Interviewer: Are there human groups who think they are visiting other planets in their craft, but are actually moving inside an SQE created by the Zetas?**

Zeta: There is potential for that process to occur.

**Interviewer: What do the Zeta scientists hope to discover with such an experiment?**

Zeta: Not all of the synthetic quantum environments are ours, remember there are many races.

**Interviewer: What is the purpose of humans, with the help of extraterrestrials, travelling to other planets?**

Zeta: For exploration, for socialization, to be productive, to understand that if this race comes to an end, that there will always be value.

**Interviewer: A human scientist has found strong evidence that two nuclear weapons exploded above the surface of the planet Mars many millions of years ago. Mars is the fourth planet from the sun in our solar system. The explosions may have caused the loss of the planet's atmosphere and oceans. Can you confirm that the nuclear explosions occurred, and explain how and why this happened?**

Zeta: I will only confirm that there have been many incursions into the solar system by other races. Even our own race was subjected to attack.

**Interviewer: The human powers-that-be on earth seem to be headed for war using nuclear weapons. ET races have experimented in the recent past with disabling these weapons. If it comes to an actual war between human adversaries, can we expect any ET races to interfere with the use of nuclear weapons?**

## The Zeta Interviews

Zeta: Many will not function.

Interviewer: The nuclear weapons?

Zeta: Yes.

**Interviewer: Is that of their own accord or from interference from extraterrestrial races?**

Zeta: With proactive interference, but not all will malfunction.

**Interviewer: Why would the ET races prevent the nuclear explosions?**

Zeta: Because your planet requires that it be kept for other races to exist.

**Interviewer: Would the Zeta race take on this responsibility?**

<wait to connect to Zeta+, an entity like an oversoul>

<The medium was shown two huge craft-like objects on either side of a planet located outside our galaxy>

Zeta+: Re-ask your question.

**Interviewer: Would the Zeta race take on the responsibility to prevent the nuclear explosions?**

Zeta+: Why do you wake me?

**Interviewer: We never called you, my friend, did the Zetas bring you here for a reason?**

Zeta+: There is a difference between our being of a higher nature and of being fully present. Why do you wake me?

**Interviewer: We were discussing the use of nuclear weapons on this earth, and if the extraterrestrial races would interfere with those.**

## The Zeta Interviews

**The question was, would the Zeta race take on that responsibility? I'm not sure if that's what brought you here or if you're here for another purpose.**

Zeta+: There are many planets, many races, many collective minds which exist as a conglomerate of consciousness. For the perception of what is to come, will decide in what capacity the human race will be assisted. Even I have various levels of consciousness.

**Interviewer: Is that something that would be decided at the time, the assistance needed?**

Zeta+: I have enacted my role as a human within a lower capacity of consciousness, that you have awoken me.

**Interviewer: What does that mean, we've awoken you?**

Zeta+: Awoken... enabled, enacted, completed.

**Interviewer: For what purpose?**

Zeta+: You have asked a question which requires contact with the ... human words do not suffice... Within the conglomerate of consciousness which exists, this one planet is but one concern, there are many concerns. There is a council process.

**Interviewer: Are you able to put forward to the council the knowledge that there are many humans who are concerned about what is happening, many humans are worried of what is to come, what is about to happen, and that this is not what we want. I would speak for many others if they knew we had contact with you. The use of nuclear weapons could destroy so much, and the planet does not deserve that either. For the minority of people that make these decisions of war and they benefit from the war, this is truly not what humans are about. It is a small minority, and I agree that there are some really horrible humans amongst us, but the majority of us are**

## The Zeta Interviews

**good. We don't want war, we don't want the end of the human race, but we are powerless against the people that have got the power and use it for their own gain. If that could be just made knowledge, we would be grateful.**

Zeta+: You would intercede for your race?

**Interviewer: I would speak for my race? Yes I would, I would speak for the majority of the people on this planet, and I believe that the use of nuclear weapons would destroy many other species, and that is something that should not happen.**

Zeta+: You are but one race.

**Interviewer: We are but one race, yes.**

Zeta+: There are many species. But there has been a sampling taken.

**Interviewer: I understand that you have those on your planet. Zeta+:**

Your lives are but a short time. Your effect is not xxx.

**Interviewer: Why do you say that we have awoken you? What difference is there to us having woken you today, and you coming through at the sittings and speaking to us as you do? Is it that you represent the whole conglomerate?**

Zeta+: Yes. I am an elder. I do not frequent the omnipresent capacity of the conglomerate.

**Interviewer: You access that tonight during the sitting.**

Zeta+: Yes, they are listening.

**Interviewer: So they can hear what we say, feel what we feel.**

Zeta+: You are a part of the spirits. When I say you have awoken me, it is the same as a spirit entity moving into the human form, the human existing at a predetermined functional level, and then transitioning

## The Zeta Interviews

back to its original nature. The spirit person is no more when they are near the physical form. The human will not function with its memories.

<wait to reconnect with the original Zeta being>

I have reverted to my lower state of consciousness. The human mind cannot exist at that level, only for a short time. To be given the perspective of what is real outside of this reality could only be achieved for a short time. That is how we operate, to use one of your colloquialisms.

**Interviewer: I'm grateful to have the opportunity to be a part of that.**

Zeta: I do not have the ability within this current framework to assist the human race on that scale. That is why the other entity awoke... the real nature. I am but a facet of my own consciousness.

<opened for other questions>

**Sitter: I was wondering about the young of other races, with your race and your longevity, you procreate from time to time, I was wondering if procreation is carried out among all other races as well.**

Zeta: Other races have functions that default to create, although the physical and intimate capacity is defined by the race

**Interviewer: Do other races have the longevity that your race has?**

Zeta: Many have longer.

**Interviewer: With your race and your longevity, what determines when you decide to have young ones?**

Zeta: The one child. The determining factor is when there is a blending of consciousness available for the integration of the child.

**Interviewer: Is that in a certain phase in your life?**

Zeta: Yes.

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**Interviewer: What phase is that?**

Zeta: When a level of consciousness and maturity has been achieved.

**Interviewer: Maturity for a child is 80 years?**

Zeta: For the child to be considered that they have reached a point of a mature adult. Three months for the gestation process, a maturation.

**Interviewer: At what stage does a couple choose to have that one offspring?**

Zeta: When there is a nexus of consciousness that occurs for each couple. It is based in biological symmetry. **Interviewer: Can you clarify in human terms?**

Zeta: For a human, the female will develop the egg process. The male will enact a process of creation.

**Interviewer: For a human that can be any time, for a female as young as 10 or 11.**

Zeta: We are using your primitive process as a means to explain to you. There comes a point of perception when that joining of consciousness, other than the collective consciousness, will take place. When that point of consciousness has arrived, the child is created in consciousness before the genetic material moves into the maturation process. The child exists before the physical form exists. That is because the child must correctly understand the collective mind of the race.

**Interviewer: Is that point of time different for all Zetas?**

Zeta: Yes of course, it is a natural function.

**Interviewer: So nobody knows when that is going to happen.**

Zeta: No.

**Interviewer: Is it around about the same stage in all Zetas' lives?**

## The Zeta Interviews

Zeta: It depends on the genetic makeup, the consciousness structure of the couple. But to speak again of the child process, the child must fully understand the collective mind of the race before conception.

**Interviewer: Does that take time?**

Zeta: It takes as long as it takes. You cannot lose contact with the collective mind once you are assimilated with the physical form.

### **October 16, 2016**

**Interviewer: William pointed out recently that the Zeta and human physical frequencies are different. He asked how both races can then live in the same physical universe. You answered that “The frequency of the molecular structure of matter is not just one frequency. Many frequencies combine to create this universal structure.” This suggests that there are a range of physical frequencies for a race.**

**But, you have also said that the physical frequency has a single value that does not change. For example, you said, “One frequency defines the state of the physical body which is encapsulated by the energetic body”, and you said, “The physical frequency negates you from understanding who you really are”, and you also said, “The physical frequency defines what you can remember”. And you gave single values of 10 and 7-8 Hz for the Zeta and human physical frequencies, respectively.**

**How can the physical frequency have many values as well as a single value? Were you using physical frequency to refer to different things?**

Zeta: There is a potential for beings of races to exist in the different forms of physical frequencies. It does not mean that the physical form is disassociated permanently from its nominal state. It means that we have capacity to exist in a different level of physical capacity. If we choose to exist in a finer level of physical frequency, then we would be not seen in the normal spectrum of a human. Some would utilize

## The Zeta Interviews

technologies to increase the frequency of the molecular bond of the physical structure to not be seen by a human eye. When we gave those number values, those integer values, that was a representation, an analogy, for understanding the different potentials of existence.

**Interviewer: William recently proposed frequencies for the astral realm and the spirit realm that were proportional to the frequencies of the Zeta collective (10, 16 and 32 Hz) that you gave us. You said his proposed values were incorrect and that you would need another analogy to give more accurate estimates.**

**Could you now provide the analogy that will say what the astral and spirit realm frequencies are relative to the human physical frequency of 7-8 Hz?**

Zeta: I think there is some confusion because drawing comparative information between races is not necessarily an accurate process to perform. We only speak... Let me give you an example. A human in a physical form may be of a certain vibrational nature, but they still hold a physical form. Another human who is of the same physical form may have relationship with a higher self or other entities. Those entities may accurately deconstruct the physical capacity of the human's molecular structure so that the human selves are seen to dematerialize. It would be more accurate to say that under the appropriate heterodyning process that all matter can be changed. But to give these integer values, this numbering system, is only meant as a way to provide some comparative information.

**[Interviewer asks for more information about the council that she had addressed in the previous sitting]**

Zeta: These indications, these representations, they are conglomerate consciousness. To believe that a council would represent itself as

## The Zeta Interviews

singular entities is not so. Where there is welcome, where there is intention, then there is a singular mind.

**Interviewer: To have the council listening was very important, to let them know how we feel.**

Zeta: Many humans are seen as friends to other races, but the council may not understand when the minority is weighed against the majority of damage that this planet is suffering. To say that there is a good person amongst ten who are not, still advocates for action. They have potential when understood from a point of consciousness. These decisions are not taken lightly. They carry much weight. But of course the human race is coming to an intersection, a point of no return. Even you in this room must see that the planet is struggling with the current level of humans that populate it, and this is only to grow.

## November 5, 2016

**Interviewer: The medium states that in the sitting where the Zeta was awakened, that two conversations took place. One was recorded and the other one wasn't. In the unrecorded audio, it was said that there would be a strategic intervention, or a targeted intervention with the human race if nuclear war was started. In the audio it said nothing like that. Which is the correct statement, or are both statements right or wrong? The ultimate question is, will you, the Zeta race, intervene if nuclear war started amongst humans?**

Zeta: Do you choose to perish?

**Interviewer: No, I don't.**

Zeta: No race chooses to perish, but there would be methods, there would be analysis, there would be systems, there would be potentials, there would be discussions to gauge the ramifications of the planet irradiating itself via the human hosts. There are methods for dealing with this technology. I will now be speaking plainly to you, yes? It is preferred that this not take place, as you are also not wanting that to take place. But if it does take place, there are methods of dealing with a radiated planet. A unfortunate effect, a side effect, would be the decimation of all life, of course.

**Interviewer: It is possible that the human race could be destroyed, either by a natural disaster like a solar flare or by weapons of mass destruction. How would the destruction of the human race on this particular timeline affect the spirit realm?**

Zeta: There would be a diminished potential. The consciousness that broadcasts itself from the human host would cease to exist. That consciousness would then move to the non-physical form. There would be a lessening of potential if humans did not exist from this specific location.

## The Zeta Interviews

**Interviewer: Would the effect on the spirit realm be minimized because incarnated spirits exist on multiple timelines?**

Zeta: I have answered that, but to say the way that a consciousness exists in a physical form in another existence is not the same as existing within this potential. This potential is, to use human words, the middle of frequency. This potential is where all other potentials exist from. But may I say, just as a human may exist on many timelines, the non-synchronous event ultimately, through termination, cascades across all timelines. There would be potential that if this timeline saw the cessation of this planet's ability to sustain life, there would be effects across many other timelines.

**Interviewer: Under what conditions would the Zeta race assist the human race if it were threatened by destruction?**

Zeta: Those conditions are reliant on what decisions the humans make.

**Interviewer: How could the Zeta race best assist the human race in such a situation?**

Zeta: A sampling has been taken.

**Interviewer: Would you just use that sampling on another planet, or would you use it after the race was destroyed to start a new race?**

Zeta: There is potential that humans will exist even if there is a catastrophic event. There is the potential to re-seed a race. But of course, it is the environment, it is the biological entity that is your planet that is more a concern for a race. So there would be selective intervention.

**Interviewer: You have said that there are millions of human beings across the planet who seek to support the collective consciousness of the human race to a greater potential. This level of development presumable took many generations to achieve. Are these people at**

## The Zeta Interviews

**their level of development a valuable resource that Zetas would wish to save in the face of disaster**

Zeta: As with our own race when we moved to a core consciousness, there is potential for those consciousness to be gathered, and to be made into a valued consciousness, whereby the existence of spirit realm would no longer be required.

**Interviewer: You have said that you represent the conglomerate of consciousness that exists. However, you said that you “do not frequent the omnipresent capacity of the conglomerate.” So you represent the conglomerate, but you are not everywhere present. Yet the conglomerate could hear the sitter's intercession for the human race. Could you clarify the relations amongst yourself, the conglomerate, the medium, and the sitter?**

Zeta: When that discussion took place, the voices in the room were able to be heard by others - a gesture by us to allow you to allow your voice, your thoughts and concerns as individuals to be projected to other consciousness that are also controlling mechanisms for their own races - not control as a human would control, simply to put it in perspective, would be the same as you speaking to your spirit friends. But this conversation was heard, was listened to by others who have potential to intervene in matters on this planet. Humans generally are allowed to go about their lives. What they do to each other is within the capacity of this human existence. When other races interact with humans, the interaction takes place outside of the local consciousness of the human. There is a layer of consciousness that the humans are interacting with, so mostly it does not affect humans when they are living their lives. This interaction takes place for many reasons, but primarily it is to interact with our own and with other races who have their own here as well.

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**Interviewer: The medium experienced being in a higher state of consciousness while he was with you in your expanded state. He said afterwards, "I was fully myself like never before." Could you describe the nature of his state of consciousness during that time, compared to his normal trance state?**

Zeta: They are simplistic analogies, to state that there is comparison. There are not grades of consciousness, but there is a point of spatial awareness. Those points of awareness bring with them potentials to access other levels of communication.

**Interviewer: So why was that one state so different? Why did he feel more himself?**

Zeta: Because that is who the medium is. Not all portions of consciousness are in separation from the container, and to be woken up means to exist in full potential within and without physical form.

**Interviewer: The medium remembers that words were spoken by the expanded Zeta being while he was in that higher state. He does not remember those words, and they were not recorded on the recording device. Can you say the words to us now?**

Zeta: I have addressed that potential to you in this room.

**Interviewer: During the higher state of consciousness, the medium was shown two disk-shaped, planet-size craft. Can you describe the purpose of such craft, the interior of the craft, who occupies them, and by how many beings?**

Zeta: It is unknown how many beings, they are transitory processes that hold much technology. They are methods of transportation from one point of existence to another within the physical universe. They are used as means of bringing together all beings that are required to a point. They are not generally classed as craft. They are methods of transportation for many different races.

## The Zeta Interviews

**Interviewer: <asked long question about why there are people who live to gain things and power without concern of consequences - questioned the role of emotions in coming to a possibility of destruction>**

Zeta: Who has stated that the planet is to terminate?

**Interviewer: No, no one has stated that the planet is to terminate. I wish people could look at the greater picture and see the planet for what it is, and laugh and be grateful and live in peace. Is this one of the reasons why races such as yours got rid of emotions?**

Zeta: Yes. There is a potential when you are in operation and you no longer make judgements of others as many humans do, when you are no longer guided by the emotional trend, but guided by the ever-present need or understanding of supporting others. Once they, once you, are in support of another, then of course, there is no potential to exist without. It also means that the desires to accumulate do not exist.

**Interviewer: Is that the simple answer to evolving, to take in control your emotions or to eradicate the emotions in order to live as one?**

Zeta: I do not desire the things of the physical, yes, but to use it as a mechanism to exist.

**Interviewer: That's the first time I've had such clarity, a light bulb as been put on. It's simple.**

Zeta: There is great peace in the expanded awareness of existence. To be in stillness and silence, to interact with others of like frame, like mind, like energy. This is why your planet suffers, because there is a constant need to provide. But what is provided is generally not required to exist. We have understood that humans create, and in doing so in that creative process, they provide with the creation its possibility of termination. This is to stimulate your belief that your

## The Zeta Interviews

economic processes must exist due to the constant exchange of physical items. But if you have nothing and require nothing except sustenance and stillness, then you take little from your planet. Much of the mechanisms that are required to support technology are also able to be elements that are transmuted, to harvest those elements from outside the planetary structure. It is not a sustainable future for humans.

**Sitter: What is your best advice for us, the planet and the people. You have answered that, but is there anything you would like to add?**

Zeta: To live simply. That is the only answer required.

## The Zeta Interviews

**May 25, 2017**

**Medium: If I remember correctly, Scole was fairly successful until the end.**

**Interviewer: Even the end was useful, information-wise. We learned about the hazards of portals etc.**

**Medium: It alerted me to a possible issue, one which I took on seriously.**

(The Zeta entered the conversation here)

Zeta: Once confronted by it, it was simply a matter of diminishing it.

The way humans perceive portals is not the same as another race or being would do so.

They are perceptions, processes of continuance, intertwining various energies into manifestations like a thread.... from one point to another.

The issue with manifesting a portal from within matter is that the substructures of the matter are a influence. That influence is then a distortion to the portal.

This is why humans are used in some case to manage the portal, their physical circumference is required in the creation method.

They are a fluid body. This enables a type of encrypted process to manage the substructure of the end points, and the tube mechanism as well. It individualizes the creative prospects of the manifestation of the portal.

This mechanism then allows no others to intervene in the transfer of matter or knowledge - a manufactured environment affecting the medium's abilities as well.

## The Zeta Interviews

**Interviewer: The Zetas use the medium's physical body to prevent interference by others when creating a portal?**

Zeta: Yes we do.

**Interviewer: How is the etheric template different from creations in energetic realms, if they have a different effect on portal creation?**

Zeta: What is the etheric template referring to? There is no clarity.

**Interviewer: I think you referred to the substructures underlying matter having a different effect on the portal.**

Zeta: That being the difference between the consciousness of a physical human being compared to a varied consciousness of a solid state of matter pertaining to a mirrored portal.

**Interviewer: Oh I see.**

Zeta: You are held in high esteem due to your writings.

**Interviewer: There are some positive comments, I appreciate that.**

Zeta: Clarification: by your race. It is a good work.

**Interviewer: Yes, understood. I would like it to be recognized by the scientific community, but am not expecting it since the source of the information is questionable to them.**

Zeta: Many who transition to the spirit realm recognize the work done.

**Interviewer: Ah, do they?**

(The Zeta left)

## June 11, 2017

**Interviewer: William experienced a number of anomalous events during the last five years. He assumed that the Zeta collective was responsible since the medium was far away, but he is not sure now if**

## The Zeta Interviews

**this assumption is correct. He would like you to confirm or deny whether beings of the Zeta collective were involved in each event.**

**A Zeta once said that the race had lost touch with their emotions when the reproductive process no longer included "an act of integration", and that "there is some sadness in this for us". We wondered how the Zetas are able to experience sadness after they had lost touch with their emotions. Sadness is an emotion.**

**William unexpectedly received an answer to this question telepathically in the form of a vision. In the vision, he was in the body of a Zeta, standing on the surface of a barren planet. The medium was also there in a Zeta body. The feeling was of great joy as if they were reuniting again after a long time. William interpreted the vision as a message meaning that Zetas can indeed experience the emotion of joy. A vision is a rare event for William and he would like to know the origin of this vision. Was this vision given to him by a Zeta of the collective?**

Zeta: 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.

**Interviewer: William interpreted the vision to mean that Zetas only lost the the ability to experience the joy related to reproduction. They can still feel joy in other contexts. Is this interpretation correct? Do Zetas feel joy?**

Zeta: There is a sense of wonder. Let me state that trying to equate our feelings with human feelings can be quite difficult. If we have said that, it is because at that time that we had also activated sadness in the medium to give a representation of a consciousness. 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

## The Zeta Interviews

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.

**Interviewer: As a zeta, if you were to come in contact with another zeta that you hadn't seen or experienced for quite some time, would you have any feelings of joy or understand that emotion?**

Zeta: No, there would be no joy because none is required. The other being would have been performing a function. When the medium returns, there will be no joy, there will be service.

**Interviewer: And a continuation of the species.**

Zeta: Yes, of course. How you feel about it is not an appropriate way for us to decide or make decisions.

**Interviewer: About 5 years ago, William was walking across a field chatting with his wife, when he unexpectedly received another vision. This one included both a question and an answer. The question asked how all the people in the world should relate to each other. It was followed by a vision of many violet/white rays descending to an image of the earth. Each ray represented an incarnating spirit. This was accompanied by the telepathic statement that people must learn to relate to others on a one-to-one basis. It is not useful to worry about getting along with people who one would never meet.**

The vision came while William was already involved in a conversation with his wife. Therefore, the vision was likely not self-generated.

**Was this vision given to him by a Zeta of the collective? If not, can you say who sent the telepathic question and answer.**

## The Zeta Interviews

Zeta: William's higher self sent it to the local consciousness. William has a higher self entity. But it does not matter who sent the information, but how it is received and acted upon.

**Interviewer: Does William know the origin of his higher self?**

Zeta: I believe he does, yes.

**Interviewer: About 4 years ago, William was half awake in bed one morning and saw the faces of two white Zeta beings in his mind's eye. He welcomed them and was immobilized while they did something to his arms near the elbows. He then felt the familiar full-body buzz and had a simulated out-of-body experience.**

**Were these Zeta beings from the collective, and what was their purpose in manipulating the arm.** Zeta: I am not aware of that situation.

**Interviewer: About 2 years ago, William had another half-awake/half-asleep experience where his body was lying face down on a metal operating room table. However, he watched from a spot near the ceiling. A woman stood beside the body and cut a bloody rectangle in the skin of the back using a knife. He felt no pain. The experience was interpreted as a lesson that the physical body is of minor importance.**

**Was this experience a lesson from the Zeta collective or from another race, or was it self-generated?**

Zeta: Let me say that that is of a concern. That is not an image that we would represent to you.

**Interviewer: Also about 2 years ago, William and Jeanne discovered that calls could not be made to their mobile phones as long as they were in their house. The phones worked fine some distance away from the house. This phenomenon lasted about one day. Around the**

## The Zeta Interviews

same time, William experienced a clenched stomach or diaphragm muscle for an extended period during a time when he was distracted by another event.

**Were these physical effects caused by the presence of technology from the Zeta collective or some other race?**

Zeta: I do not have that information.

**Interviewer: About a year ago, William chatted with a Zeta by typing while the medium was at the market. They talked about the heterodyning process. The Zeta proposed an experiment where William's "understanding will be tested." William agreed and was reminded that the "process should work for all aspects of connection, not just wellness. Stillness aids all processes." That night William had a novel hypnogogic experience while heterodyning with the higher vibration Zeta. It started with a void in his mind's eye, followed by 4 or 5 extraterrestrial faces that appeared in sequence at about the rate of his heartbeat. The experience was repeated when the heterodyning process was restarted.**

**Was this experience given by the Zeta?**

Zeta: We have concern, yes. To return to the image where William was on a table and having flesh removed, that is interesting. We will need to examine this information as it leads to other areas of influence.

## **December 10, 2017**

**Interviewer: We live in a 3rd dimension, from my understanding, and there are many other dimensions out there. I'm curious about the Zeta race, what dimension they live in.**

Zeta: We exist within the framework of the third dimensional aspect of a physical entity. But of course, the dimension of consciousness is not a construct that is measurable under any circumstance.

## The Zeta Interviews

**Interviewer: If a being introduces itself as a multidimensional being, what does that mean?**

Zeta: What does it mean to the entity?

**Interviewer: Yes.**

Zeta: That they are unable to determine or understand what dimension you exist in, and so they use terminology that is understood by the human mind.

**Interviewer: Are you familiar with the terminology when I talk about dimensions?**

Zeta: yes, of course.

**Interviewer: I was reading the other day about a being living in the 6th dimension. I never thought of a multidimensional being living in just one dimension. I thought they would go across all the dimensions, or most of them depending on where they reside. Are you able to help me understand that in my terminology?**

Zeta: That is one aspect of existence, yes. Do you live in the water?

**Interviewer: No, I don't live in the water.**

Zeta: Why not?

**Interviewer: Because I can't breathe in the water.**

Zeta: Ah yes, but the aquatic entities live in the water. They live in the physical dimension that is understood by the consciousness of that entity and the physical parameters of their body which allows them to exist. If you should bring many of them into this existence, they would perish.

**Interviewer: So if a multidimensional being has come to assist someone in this dimension, how would they go about it if they can't exist?**

## The Zeta Interviews

Zeta: Ah, as stated before, consciousness is not confined to aspects of dimensional existence.

**Interviewer: So they would not have a physical representation as we are used to, a physical form, it could be anything else as well, couldn't it?**

Zeta: They may exist within their own framework. The perception they have of themselves and their society may be very much akin to the reality that you understand. But of course, the physical existence that they understand pertains to their level of consciousness. It is not a perception of matter.

**Interviewer: So with that dimension being within our spirit realm where we function, and the zeta race is apart from that, so different. So would a multidimensional being be a part of our spirit realm?**

Zeta: This question is multifaceted. There is potential that an entity from the oversoul is presenting itself as a non-corporeal entity for guidance purposes. That would then be part of the spirit realm process due to the nature of consciousness not knowing the aspects of dimensions.

Other beings live outside of this universe. They observe the universe, they experience via this universe, as the universe for them is a universe of matter, one of comparison and experience.

When you view a grain of sand on one of your beaches, the grain of sand may view the observation as a multidimensional aspect of consciousness, seeking to guide it. Consider yourself as the grain of sand, as the light from your star shines upon the beach as it warms the sand, that is also considered to be guidance from a multidimensional entity.

It is how you consider what is your frame of reference which will determine the understanding process which you will inhabit that will

## The Zeta Interviews

allow you to experience yourself. That is your truth, and the only truth that you can allow yourself to experience.

**Interviewer1: I have a question about the multidimensional beings. How does one validate any information that comes through from an entity that claims to be a multidimensional being? To me there is no way of validating it.**

Zeta: That is correct.

**Interviewer1: So where would this information be coming from? Would it be coming from the higher self or would it be from an actual multidimensional being?**

Zeta: Does the light of the sun warm all matter?

**Interviewer1: Yes, it does**

Zeta: Does it distinguish between the matter?

**Interviewer1: No.**

Zeta: Does it care about the different races of the species?

**Interviewer1: No, not at all.**

Zeta: How do you know that you are being warmed by the star?

**Interviewer1: I can feel it.**

Zeta: Yes, of course.

**Interviewer1: So if I read these messages, I trust how I feel about it and let them become my truth, I suppose.**

Zeta: If that is the truth that you require.

**Interviewer: Back to your analogy using the sun, you say you feel warm and makes you feel good, I can say with the sun, yes I feel warm, but it has also caused me harm. It has caused cancer. Going deeper in my first question, how can we trust? How can we know?**

## The Zeta Interviews

Zeta: It is not for me to determine for you what you perceive as the truth. You have come here into this existence. You seek to understand yourself via this existence. All things that are brought to you by yourself are instruments of teaching.

**Interviewer1: That's interesting, as it relates to the channelled entity.**

Zeta: Imagine that you are on a journey you call a holiday. Why do you go on a holiday? To experience what you would not normally experience. And so the entities often come and speak, because for them it is a method of experiencing what they are unable to experience. You become the reflection within a multidimensional aspect within another dimension for them. They then understand themselves differently, as you understand yourselves differently when you have listened or read their information.

Back to the beach analogy, the entity is one grain of sand. At the other end of the beach is the receiving entity believing itself to be different.

**Interviewer: So they are not really different?**

Zeta: Ah, humans always seek to understand within a limited framework, to provide mechanisms that are frameworks so they can accurately consider, not understanding that they have created the framework for the understanding.

**Interviewer: From your perspective, we are here to develop ourselves and learn more about ourselves and be that brighter light so that we aren't one sand at one end of the beach but the whole beach.**

Zeta: The grain of sand can only be what it is. That is based on the way that it has formed its organic body in matter. Each angular aspect of the grain of sand allows it to have perception based on the way it has formed itself. And you are the same. You cannot have perception as this one has perception. You are trapped, you are locked into what you have created for yourself. Can you change your personality?

## The Zeta Interviews

**Interviewer: Not permanently.**

Zeta: Why is that?

**Interviewer: Because of our DNA and our genetics and also how we are raised.**

Zeta: So, you are what you have become. That is the only perception that is available to you. You have grown within yourselves. It does not give the ability to understand from another perspective of another human.

Humans believe that they must save one another, but there is nothing to save.

**Interviewer1: Because it is just a belief system?**

Zeta: Yes, of course. Better to be than to be another.

Often a human does not grow unless they are under pressure, in distress, taken out of their comfort zone. How one behaves, in most circumstances, defines their true nature. That is the lesson.

Do not be mistaken, your own journey will be filled with darkness.

**Interviewer: Can you help me understand what that means?**

Zeta: When you are in darkness as humans say, you must reach out. There is no reaching out in the light. There is no comfort in darkness. There is no searching for self-perception in the light. There is no capacity to reflect in the light. You wish to find yourself to understand the dimensions of your existence. You will not find them in the light.

**Interviewer1: For me, darkness would be determined by one's perception of what was happening around them.**

Zeta: Yes, of course. To be surrounded by catastrophic events, one must go inside to seek out its own true nature. If those events did not exist, the opportunity to seek out one's true nature is not available.

## The Zeta Interviews

Not all lessons are for when you are living. One lesson when you are human is that you must exchange your money for to get things. That lesson is not appropriate for when you have transitioned. But what does provide clarity on the definition of who you are is to place you in a situation where you must find yourself under extreme circumstances.

You cannot seek potential, but also stay within your confines.

**Interviewer: I think I understand what you mean by staying within ones comfort zone.**

Zeta: No. You have, as have all others, come into this existence to experience at a level that you are able to understand. Often, a human will believe that the abilities that they have are to support others, but they are only a reflection.

What can you not do? Can you avoid your lesson?

**Interviewer: I don't believe so.**

Zeta: Then what choice do you really have?

For some, the greatest trial exists after living on this planet.

**Interviewer: When you pass.**

## January 10, 2018

Zeta: Begin your questioning process.

**Interviewer:** How shall I begin? I've had an experience in the last month or so that we would like your views on if you wouldn't mind. The medium and I are both unsure as to what's happening. It involves another possibly extraterrestrial race, and we don't know who it is, and the medium thinks that we should be careful when we deal with this being. If you'll allow me, I will explain what's been happening. I have a friend in England, in another country who has a video camera that operates with infrared light, and she uses it to take pictures of animals that come into her backyard at night, and just for her own enjoyment. One night there was a very strange image on the video that depicted two non-human beings, and this was very interesting. Then a week later there was another image that showed two blobs of light and another smaller light. I have my own interpretation of that, but we are not exactly certain of course whether it's correct. The thing is, during that week both my friend in the other country and myself experienced a fair amount of insomnia, we had difficulty sleeping at night. So we feel that we may have been affected by what was going on with this probably extraterrestrial being. We are unsure as to how to proceed, and we wanted to discuss what was happening with you in case you had any ideas as to what was going on.

Zeta: Your name for that race in the human tongue is Orion.

**Interviewer:** Orion? There looked to be two different races present. Which one would be the Orion, the one that looked humanoid? Would that be the Orion? There was another being there that looked like it had eyes on the end of protuberances the came out of its head.

Zeta: Many entities come from that system.

## The Zeta Interviews

**Interviewer: Oh I see, ok. Should we be concerned about interacting with this being - or these beings? Is there a potential for harm, I guess is what I'm asking.** Zeta: Yes, there is potential for harm.

**Interviewer: Is there also potential for good?**

Zeta: There is potential for education. But if you are to be in communication with them, then you will need to be in separation from us.

**Interviewer: Ok, and how can we ensure that that is the case. Am I normally in separation from you?**

Zeta: There are levels of interaction. There is interaction with consciousness, so while you are asleep, this is to protect the local consciousness, the local mind.

**Interviewer: Ok, so I may interact with your race while I'm asleep.**

Zeta: Yes, you do, yes. That is to remove the possibility of the mind of the human to interfere with the teaching process.

**Interviewer: This teaching process, when will it become evident to me in my waking state. When will I know what I've learned?**

Zeta: Your subconscious mind understands what the local mind or consciousness cannot understand. To bring this information into the local mind, that means that the local mind will distort what the subconscious mind understands.

**Interviewer: How will this information be used then if I don't bring it into my local consciousness?**

Zeta: Let me suggest to you that the information is the underlying principle that you understand of our work, that it is in place for when you are documenting, that we may influence the outcome.

## The Zeta Interviews

**Interviewer: I can understand how that could happen when I was still documenting, but now that the documenting process is over, is it still happening?**

Zeta: Humans have a perception of time that is not our perception.

**Interviewer: Can you explain?**

Zeta: These communications are, while you are alive in your physical form, they are not based on your time function.

**Interviewer: Right, I understand. So When I receive information from you now at night, that can still influence the documentation process which I think is now over.**

Zeta: Yes, of course. But let me say that if you wish to work with another race, then we will discontinue contact.

**Interviewer: I see, that explains a lot. What would you recommend that I do? What would be the best way forward?**

Zeta: Your time frame that you have left, of course, you seek health in your limited time left, yes. It will not be health once you step away from us.

**Interviewer: So I risk my health if I leave you and try to communicate with other races.**

Zeta: That is a natural phenomenon that all beings must accommodate.

**Interviewer: The information that I have already made available about this experience with the infrared camera, do you think I should leave what I have already made public, and just ignore anything new? That shouldn't interfere with our relationship, should it?**

Zeta: The medium has relationship with other beings of other races.

That information stands by itself.

## The Zeta Interviews

**Interviewer: And that's all right. That doesn't interfere with his relationship with you.**

Zeta: No.

**Interviewer: So does the same thing apply in my case? I can talk to people about what appeared on the video and it wouldn't interfere with our relationship?**

Zeta: Will you be disclosing all of the information?

**Interviewer: That is my intention. What I have received so far has nothing to do with your race.**

Zeta: What I'm saying is, you must disclose to humans all aspects of communications.

**Interviewer: Even with other races?**

Zeta: If you have had an effect, then you must educate.

**Interviewer: Ok. So I should go ahead and tell people what I've learned about these other races. I don't want to interfere with what we have already done with you.**

Zeta: Tell me your experience.

**Interviewer: My experience with this new race? Well, the experience is very limited. In the first video they gave us images of themselves, and in the second one they gave an image that looked to me, my interpretation is, that it represented a binary star system that is closest to us. I'm not quite sure what the meaning is, I suspect they are trying to tell us - since we know something about this binary star system ourselves, they wanted us to know that we were talking about the same system, and therefore telling us that they were physical beings. That is my interpretation. Can you in any way confirm that that might be right?**

## The Zeta Interviews

Zeta: We are interested in how you are affected.

**Interviewer: It was mostly afterwards when I was not able to sleep very well. I kept waking up during the night. This is normal when you get older, but it happened more often than it did before. When I talked to my friend in the other country, she also said that there was a lot of this going on with her as well, a lot of insomnia, more than usual. That was the main symptom. She said she also had headaches occasionally.**

Zeta: Yes, they seek to make communication with you.

**Interviewer: Ok, that is what was happening. I'm not consciously aware of anything that might be considered communications, so they have not been very successful, I guess.**

Zeta: There must be to communicate, an alien mechanism for communication, as with the medium required many earth years to create a communication device within the structure of the human body. But this process is difficult for the human to consume. Be aware that your body will undergo extreme changes - emotional and psychological.

**Interviewer: I'm not sure if I want to do that. I don't know why I would want to do that, I guess is the issue.**

Zeta: They, a race, would try to build on what their perception is of what already exists within you, using what we have created as a stepping stone into your consciousness.

**Interviewer: That sounds like a positive thing though, does it not? The only difficulty is that it would make me ill.**

Zeta: Yes, of course.

**Interviewer: It probably would take years for me to develop the capacity as well, so perhaps I do not have enough time left to do that.**

## The Zeta Interviews

Zeta: Let me say they would not attempt this if they had not seen, or have the belief, that you have the potential to be changed. But that is because they are in error. They believe that changes that support you are a natural occurrence.

**Interviewer: So you would suggest that they are wrong and that I would not succeed.**

Zeta: I am stating that they have a perception that your natural abilities are of your own making, not understanding that it is the communication with our race that has put you in this position.

**Interviewer: Yes, I think I agree with you. My psychic ability is relatively normal for the human race, which means it's not very high. So my natural ability can't be counted on, I would think.**

Zeta: But the being that is appearing externally would see frequency that would support contact, yes, not understanding that you were supported by us into this frame of reference.

**Interviewer: I see, and still being supported, from what you say.** Zeta: Yes, of course.

**Interviewer: Unfortunately, my local consciousness is not aware that that is happening, and I kind of miss that. I was aware when we were working on the book, and now I don't feel your presence very much at all. Is there some way we can re-establish that kind of connection?**

Zeta: Yes, of course. So it has been decided today that you and the medium will be sitting together.

**Interviewer: Oh, as we are now?**

Zeta: Yes of course.

**Interviewer: And we will continue doing this?**

Zeta: Yes.

## The Zeta Interviews

**Interviewer: Ok, good, and will I feel your presence more then, when I am not communicating directly with you?**

Zeta: That will be an association that will be made in time.

**Interviewer: Ok, so as I communicate more with you then this will build.**

Zeta: Yes, of course. But if you choose through freewill to assist the other race, then we must withdraw.

**Interviewer: Right, ok, I understand. I think I would prefer to stay in communication with you, all things considered.**

Zeta: You must understand that you are under our protection.

**Interviewer: Ok, that's good too, yes.**

Zeta: If you reject the race, our race, then we must remove that protection.

**Interviewer: How can I make it plain that I reject the other race? Zeta:**

That is intention, is it not?

**Interviewer: I understand better now why I should not attempt to contact other races. Thank you for that, you explained that quite well.**

Zeta: The medium may, on another occasion allow them to come to speak to you.

**Interviewer: Ok, that would be good.**

Zeta: But of course the medium's local consciousness must be convinced of their intention, if also they seek to harm the medium.

**Interviewer: Yes, can we count on you to make it plain what their intentions are?**

Zeta: I will always protect the container while it suits my purpose.

## The Zeta Interviews

**Sitter: So you know that Joanne, our daughter, is doing much better due to your advice.**

Zeta: Yes, I want to ask you now about that. Can you elucidate on that for me?

**Sitter: About her? It was nickel metal that was all throughout her body, and she has investigated the types of food she eats and to lessen the nickel in her body. It's really helped to put together information for other people who have a nickel allergy. She is sharing that information and helping thousands of other people. It's really good.**

Zeta: You are emotional. Let me say, "By their fruit you shall know them". We give information that supports the race. We provide help when required, if possible. So from one incident, so with your daughter, that information is now supporting others in your race.

**Sitter: Yes, many, many others.**

Zeta: The medium has undergone the process of irritable bowel syndrome, which has now been completed.

**Interviewer: So he is no longer suffering from that.**

Zeta: No. So, having had that experience, he as well as others are able to support other humans. That must be the prime understanding. How does this support the race? If it does not support the race, then it is in service to self. So any contact that you have must be shared, whether good or bad, using earth words, so that humans may learn.

**Interviewer: And that includes the information that I have accumulated so far about this contact on the video.**

Zeta: That is a correct function, yes. To keep that to yourself does a disservice to you and other humans who could learn.

## The Zeta Interviews

**Interviewer: Ok. And if I receive further information from my friend in the other country, should I continue to look at that and try to understand it?**

Zeta: Yes, of course, but you must also be aware that all of the information must be given, not just what you choose. How did it make you feel? What were the effects? Because, if others experience the same process, then you have given them education. You have empowered them, yes.

**Interviewer: So this contact with the other race, this second-hand contact really, because I am receiving it via video from this other person, that is not considered communication with the race.**

Zeta: This is the difficulty that they will seek to change you.

**Interviewer: Ok, and I should intend to not let that happen, if I wish to do so.**

Zeta: What is their intention?

**Interviewer: Well, that I don't know, you see.**

Zeta: Would you give yourself to them without knowing their intention?

**Interviewer: No, and so I should not have further contact with them until they make their intention clear. Is that what you are saying?**

Zeta: Look at the medium's journey, carefully. There was much patience, much time required to build relationship with the human.

**Interviewer: So I should not prevent them in any way telling me what their intentions are?**

Zeta: Intentions are shown by actions.

## The Zeta Interviews

**Interviewer: Ok. Well I guess as long as you are around to help me understand what is happening around me, we can probably deal with that.**

Zeta: But you must be willing to change.

**Interviewer: Well I don't want to lose contact with you, so that says that I should not change. Is that not correct?**

Zeta: We have put into practice as of this day that you are to sit with the medium.

**Interviewer: So I don't want to do anything to jeopardize that.**

Zeta: That is your choice.

**Interviewer: That is my choice. Does this mean that I should restrict any attempt by the other being to make its intention known to me?**

Zeta: Ask yourself, why do you seek this?

**Interviewer: Why should I care what its intentions are, is what you're saying?**

Zeta: Yes, why do you seek this?

We spent many hundreds of your hours understanding the neurological processes of this human body, how to interact and then remove, how to breathe, how to move the finger. Now of course, the medium suffered greatly, but he was much younger than he is now. The physical rigours of the contact, the psychological changes were able to be metabolized due to his age and physical fitness structure. Also, there was a total commitment to the process.

**Interviewer: Well, I don't think I could have that total commitment, especially if it might mean losing contact with your race, because I don't want to interfere with work we have already done.**

Zeta: Are you xxx xxx with this?

## The Zeta Interviews

**Interviewer: Well, this is the way you have explained it to me, and that would be my choice. I think the best thing for me is to not seek further communication with this other contact.**

Zeta: You may document accurately all of the information and present it to humans.

**Interviewer: Ok, that's really all I wanted to do anyway. That sounds good, I think the way is clear now.**

Zeta: Yes, of course.

**Interviewer: They say the Orion system... it's a common understanding here among humans that there is a service to self race that originates from there and is affecting much of human society here. Would you say that that was true?**

Zeta: That is a correct statement, yes.

**Interviewer: Is that were the reptilian and draconian races come from?**

Zeta: Yes, of course.

**Interviewer: The image that we got in the first video dd not look like a reptilian, so there must be other races as well that... I guess we don't know what the intention of this race was, whether they wished us harm or not.**

Zeta: My statement initially was that many races come from that area, yes.

**Interviewer: Yes, and some might wish us well and some might not.**

Zeta: That is correct.

**Interviewer: Thank you for coming to talk with us, that is much appreciated.**

## The Zeta Interviews

Zeta: You have clarity.

**Interviewer: Yes.**

Zeta: We bring clarity.

**Interviewer: You do, yes. My initial question when we first started talking, would you be at all interested in addressing that? I was interested in what kind of activities you were involved in when you're not talking to us.** Zeta: I am with the medium.

**Interviewer: You are, but your race is involved in other activities around our earth having to do with the human race.**

Zeta: That is correct, yes.

**Interviewer: Can that be talked about or would that interfere?**

Zeta: There are many interactions between beings and humans. There are many interactions with other races, between humans and our race. It is, to use one of your words, busy.

**Interviewer: Yes, I see. One of the big issues that humans are facing at the moment is global warming they call it, or climate change, and it's become a political issue. I'm wondering if you can tell us if there is something to be worried about the overall temperature of the earth increasing to beyond a sustainable level.**

Zeta: Humans must consider that the planet that they exist on cannot continue to do so.

**Interviewer: Yes, but is it the human race's fault or is it a natural phenomenon that would occur anyway?**

Zeta: It is the humans. They also have polluted the planet.

**Interviewer: Yes, I agree.**

## The Zeta Interviews

Zeta: They have also polluted the outer atmosphere, and they also have caused distortion by amplification of thought processes through technologies. So prior to the introduction of communications services driven by satellite technologies, there was only individual minds speaking to the individual humans. But now of course, the amplification of dissemination of communication processes is now a global phenomenon. This global phenomenon is permeating other races.

**Interviewer: Oh is it? How is that happening? Is it an awakening of a telepathic ability?**

Zeta: No, it is a distortion of consciousness, it is an amplitude process of consciousness that has been achieved through technology by your race.

**Interviewer: So if you have many people thinking the same thing because of this mass communication, then that's a distortion of the consciousness process.**

Zeta: Yes of course, because they are controlled, they are manipulated.

**Interviewer: So too many people thinking the same thing is not good.**

Zeta: Unless of course it is of a nature, of a frequency that is based in love.

**Interviewer: Ok, then it's ok.**

Zeta: Because it is pure and clear. When you are confronted, you pollute the emotion.

**Interviewer: Does it have something to do with the state of vibration then? Lower vibration consciousness...**

Zeta: ... yes of course, are based in fear. Rather than a communication on a global scale bringing humans together, it is used to create fear globally. These pollutions are worse than the physical pollutions.

## The Zeta Interviews

**Interviewer: Yes I can understand that.** Zeta:

This is why education is required.

[checking the time]

Zeta: There are many considerations, William, when dealing with races, many that you are unaware of.

**Interviewer: I hope you will point them out to me when the opportunities arise.**

**January 15, 2018**

**Interviewer: I have been telling people that matter is a perceptual illusion.**

Zeta: Understanding that all matter is space, and between the space is consciousness, that without the consciousness, matter holds no form. **Interviewer: Yes.**

Zeta: As quanta suggests, it is a matter of form and creation. These are the underlying principles of creational processes. But how is the original form created if it never exists, if it has not existed in the fabric? All things exist, things of matter, for all races and existences depending on their universality, on their need to inhabit each definable universe. If it does not exist as a requirement for a race to be in a specific location then the quanta does not support that mechanism. So, each race is held in existence by the underlying forms available to them. What is to exist already exists, unless it does not need to exist. Simplicity, at its best.

**Interviewer: Yes I have heard that before. We have memories recorded in the astral as streams of conscious energy. Other races in other realms do not because there is no need.**

Zeta: Yes, no requirement.

**Interviewer: I want to discuss my influence on the book outside of time, but we can do this another time.**

Zeta: Discuss...

**Interviewer: Ok, I understand that my behaviour in the present time can influence the book in the past. Is this influence only people's perception or does the book change physically?**

Zeta: Writings change as a human changes. It is perception.

## The Zeta Interviews

**Interviewer: Perception can be people's thoughts about the book. or it can be the contents of the book itself, the actual words used.**

Zeta: The changes are not physical.

**Interviewer: Ok good.**

Zeta: Perceptions of you change the way humans perceive the information in the writings.

**Interviewer: Yes understood, I just needed to clear that up.**

Zeta: That is why when you are gone, this issue will not exist.

**Interviewer: Yes of course, unless I change people's perception in spirit realm.**

Zeta: They must take the perception into spirit realm. That is the only entry point. The humans who inquire of the astral realms do so at their own risk and also only see what they desire to see. It is a malleable existence, a combination of many thoughts. Expectation of knowledge from a ever changing point of existence will not produce factual information.

**Interviewer: But can other spirits in spirit realm change their perception of me, and thus the information I bring with me?**

Zeta: As this fabric is ever changing, spirits will sense and understand your knowledge, and in doing so will see one reality.

**Interviewer: Ok good.**

Zeta: If they choose to accept that reality, then there is a combining of knowledge and experience. These are conceptual existences dependant on the spirits' intention and creational purposes.

**Interviewer: In this physical world, what I do now will retroactively change what people in the past have thought about the work?**

## The Zeta Interviews

Zeta: No, the now of yesterday will not be changed to suit a purpose. It is this creational point on the time line which provides perception, this now. Humans are not to change the past. The threads do not combine correctly if even a future event is intentioned incorrectly, as the medium has found.

**Interviewer: Ok I see, so the perception of the book will change only from this point forward.**

Zeta: The combined reality distinguishes itself as not being in harmony with the current time line. It changes continually based on a human's perspective. There is not a diminutive process of knowledge, it is ever increasing.

**Interviewer: So if I behave negatively, it may reflect badly on the book, but people will remember that at one time it was better, different. The knowledge accumulates.**

Zeta: It is a perception. Do you wish to behave badly?

**Interviewer: No, I am speaking hypothetically, like a thought experiment.**

Zeta: This session is discontinued due to interference.

[Another person entered the room]

## February 1, 2018

[The first part is a conversation between the interviewer and the medium. The Zeta enters the conversation later.]

**Interviewer: Suzy Hansen has a nice description of flying a craft. It is not a zeta craft but probably operates the same way from what she says.**

<See <https://m.youtube.com/watch?v=YHsm1Yuv-00>

## The Zeta Interviews

Alien Abductee explains how to fly a UFO, Suzy Hansen with Grant Cameron.>

**Suzy has flown the craft and establishes the connection there is to consciousness, and how to connect to the consciousness of the ship.**

**Medium: That's generally a very common screen memory. It provides control to the mind when chaos is present.**

**Interviewer: Direct control with a conscious craft I thought was noteworthy.**

**Medium: It takes more than one being to operate a craft.**

**Interviewer: I did not know that from what they said.**

**Medium: Zetas travel in threes.**

**Interviewer: Yes I remember you commented on that once. Well, who knows who else helped Suzy fly. Probably there was close supervision lol**

**Medium: Or it is a screen memory, humans like to feel in control.**

**Interviewer: Yes, who can say.**

**Medium: Yes. Ok so, I've just watched both videos.**

**The video, <https://youtu.be/SjX1eFefjXc>, is about a scanning machine she saw in a craft. I'll give her that one.**

**Interviewer: Ok good, have you seen that too?**

**Medium: Yes, and used it.**

**Interviewer: Ok nice.**

**Medium: On a terminally ill human with a genetic disorder.**

**Interviewer: Really? Where did you get it.**

## The Zeta Interviews

**Medium: Walmart (haha). Where do you think it came from?**

**Interviewer: No idea, did you have it delivered?**

**Medium: It was the circular one in a SQE built in the room, a medical SQE. You're thinking now.**

**Interviewer: Yah, you bet.**

**Medium: Physical beings in a SQE....**

**Interviewer: Uh-huh.**

**Medium: The circle appeared in the room on the roof. Light like rain dropped to the patient in a firm sheet and scanned the body back and forwards. I was shocked and also stunned to see it. Then I was moved to the end of the feet of the person and they recompiled the person's DNA, decompiled and recompiled.**

**Interviewer: Yes, it does sound similar to Suzy's description, but for the last bit.**

**Medium: They did a rudimentary scan in her.**

**Interviewer: Sounds amazing, it'll be a while before we can do that.**

**Medium: The Zeta elder can do it without technology, but the Zeta guide can't. It's a genetic predisposition to technologies.**

**Interviewer: So it's sophisticated even for them.**

**[The Zeta entered the conversation here]**

**Zeta: Also, they must be present in the human container [i.e., the medium's physical body]. If the consciousness is extended through a human container, the Zeta elder can do it as there are implanted technologies in the container. But the Zeta guide is at his own point of reference. The SQE was an extension of the craft.**

## The Zeta Interviews

**Interviewer: This place you were in, it is different from the SQE they described to us. It sounds like a different technology.**

Zeta: I answered that.

**Interviewer: Well, you still called it an SQE the last time we talked about this.**

Zeta: I mean as an extension of the craft.

**Interviewer: Oh yes, so was the craft physical?**

Zeta: Yes.

**Interviewer: Ok, that makes more sense.**

Zeta: But dematerialised craft, as an argument, are then physical in a human sense of the word.

**Interviewer: Yes, just like our astral bodies are physical.**

Zeta: So craft are operational in many forms. One is prior to creation. Secondary principle is the integration to the cellular structure of the creation of the craft, third is through the puberty of the craft in stasis, fourth is when the craft is pre-operational.

**Interviewer: Puberty?**

Zeta: Fifth is when the craft is mature. Puberty as in a length of time the craft must be in gestation.

**Interviewer: Ok, so when you and the patient entered the extension of the craft, your vibration was changed to match the craft?**

Zeta: Also in the pre-operational period, there is infrastructure placed in the the craft, like a skeletal frame, as the craft must provide nutrition to the occupants. The SQE was an extension of the craft's consciousness, so meant that technologies on the craft were represented in the room as part of the craft.

## The Zeta Interviews

**Interviewer: But lowered to the physical vibration?**

Zeta: Like a etheric form of a physical item [answers the question]. The occupants in the room were increased in frequency.

**Interviewer: Yes, ok.**

Zeta: To allow technologies to activate.

**Interviewer: Would they have become invisible to onlookers?**

Zeta: Any human entering the room would have blacked out. The two humans who were in the room as observers were placed in a trance state.

**Interviewer: But theoretically they were dematerialized, you and the patient.**

Zeta: Phase shifted, is a better term.

**Interviewer: Ok, but it means moved to a higher vibration.**

Zeta: Yes, that would be a recognized understanding.

**Interviewer: Thank you, another technology that is interesting to know about.**

**Do you know if the person in the video that the medium saw today, did she actually help fly a craft?**

Zeta: Humans do not fly or navigate craft in our race, I do not know what another race may do, but technically it's not possible.

**Interviewer: Do humans lack the ability to control consciousness.**

Zeta: They lack the expansive state of awareness which is required to reuse the local consciousness. To reuse is to re-task the local consciousness and interface with another consciousness successfully. Even the medium cannot control a craft unless aided consciously.

## The Zeta Interviews

**Interviewer: The state of expansion is required to create as well, you said. Is this ability to create also required to control craft?**

Zeta: And since consciousness is aided, it is not the individual experience. It is a controlled process, so the local mind is excluded, so that is not a true experience.

**Interviewer: Ah, I see, so as the medium said, it was a screen memory. Was it self-imposed, or was it provided by the craft occupants?**

Zeta: Occupants. Often humans are unconscious in their endeavours.

**Interviewer: So she was probably unaware while on board the craft.**

Zeta: Or when being interacted with. There is no desire to teach humans to control technology, it is akin to letting a child use advanced weaponry.

**Interviewer: The medium thought the medical device she described was one she experienced.**

Zeta: She was experiencing that technology. The medical technology, that is common.

**Interviewer: What determines what is actually experienced and what is not.**

Zeta: Training, genetics, consciousness, blending. The last being what hybrid status is held for the human and the container, status as in what blending has occurred.

**Interviewer: Your mean hybrid consciousness, not biological hybrid? I ask because hybridization of DNA is going on as well apparently.**

Zeta: Consciousness, yes.

**Interviewer: I don't know what race this woman was interacting with.**

## The Zeta Interviews

Zeta: The human must go to sleep now.

**Interviewer: Ok, thank you**

**[The medium explained a half hour later, “I was put to sleep. I’ve got some things that needed attention, so that was sorted out”]**

## February 16, 2018

**Interviewer: I would like to understand better what you do to a human to prepare them for communication with your race. The medium said that you modified the function of his temporal lobe in his brain. You also prepared me in some way the night before the first time we communicated. I felt a brief, whole-body vibration. Can you explain what you did to me?**

Zeta: There are two questions. The first is what preparation was required for the medium. The second question is what was required for you. But what did you experience?

**Interviewer: I woke up in the middle of the night, I felt for a few seconds a feeling of vibration throughout my body, and this was enough to wake me up. I found out when I talked to you later that what was happening at that time was some activity that prepared me for communicating with you, I was told.**

Zeta: Ah yes, humans are generally required to hold a frequency so they can be interacted. So the normal frequency of the human is in many different states. These different states can exist all at the same time. So we changed the states to reflect one state.

**Interviewer: All states became one state?**

Zeta: Yes of course. An example is this. If you have an injury to one of your limbs, that limb will hold a certain frequency. The rest of your body will be a different frequency.

**Interviewer: Ok, I see, yes. So, what you did to me was introduce a particular frequency that you needed in order to communicate with me?**

Zeta: No, what we did was to combine all frequency states that you hold to become one frequency.

## The Zeta Interviews

**Interviewer: This is the physical frequency I exist at?**

Zeta: It is an energetic frequency. So if the etheric body of the human is in disarray, then we will create harmony for the interaction process.

**Interviewer: I see, so you got rid of what you would consider noise.**

Zeta: Yes of course, just as we have, using your words, gotten rid of the noise, the mediums frequency, so we may come and be at one with the medium. These functions are often easier to perform on humans that have no training. They do not have frequencies ideas.

**Interviewer: So you were able to use this one frequency then to communicate better with me.**

Zeta: Yes of course, when you were writing or when you were thinking, we were able to use that remembered frequency to interact with you.

**Interviewer: And is that frequency still present within me?**

Zeta: The frequency is at a distance from you.

**Interviewer: But it can be used, can it?**

Zeta: If required, yes. It is an act of intention that it is placed around you - that is your freewill. So we must not continue to hold your frequency, as is for the medium as well.

**Interviewer: So is it available for you to use now?**

Zeta: You are not in a receptive state.

**Interviewer: Ok, would it help if I were?**

Zeta: The reason you are not in a receptive state is because you are utilizing your own cognitive processes to speak to us, and in doing so, you are not affected by us.

**Interviewer: So I can assume that the change that was made away back then, was not used in our first conversation. It was for something else.**

## The Zeta Interviews

**It was for later communication when I was not interfering or thinking or speaking.**

Zeta: When you were receiving.

**Interviewer: Yes, so it wasn't for that particular communication that evening. I assumed that there was a connection between the two.**

Zeta: Now, the first question for the medium. The medium initially required to associate with spirit people and our race. Each interaction required the usage of the temporal lobe and the occipital lobe. Now, this on the right side of the human skull. Problem being that we have the left side of the mind, so the mind, the brain, holds in itself specific structures. Each of these perform a specific function as is a conscious mind is directly disassociated with the local mind to perform the required functions of neurological process, break work for you and many individual processes. It is an important mechanism that this medium was required to have a space made so that we could directly interact with the medium. This function is related to us only.

**Interviewer: Is this function only related to the Zeta race? You said this function was to communicate with you.**

Zeta: Correct, yes.

**Interviewer: But he also communicates with other races occasionally.**

Zeta: Yes, of course, but that is used to create intermediary function of the gateway so that he may step into that experience. It is an induction process. So when we wish to, as other races do, interact with a human whether consciously or subconsciously, we will set that frequency for him.

**Interviewer: I see, and the frequency will be different for different races?**

## The Zeta Interviews

Zeta: Ah, for the different humans. That is an identifying character of that one human.

**Interviewer: Yes, but you said you set a frequency for each race that is coming.**

Zeta: No, for the medium. So, for the medium, the medium required a certain function to be performed so that we could speak to the medium. When we come to other humans that are in an unconscious state, there is a frequency that identifies them.

**Interviewer: So you come to me when I'm unconscious, you would use that frequency that you set for me back at the beginning.**

Zeta: Yes, of course, it is also an identification process, as to us you all look the same.

**Interviewer: Right, so you tell us apart by the frequencies that are assigned to us.**

Zeta: So if you were sleeping with your wife and we came into the room, we would set both frequencies both humans. We would know who the human was by their prior frequency.

**Interviewer: Can I ask if you have actually set a frequency for my wife?**

Zeta: Yes, of course.

**Interviewer: She mentioned a few nights ago that she felt the buzzing sensation quite a lot that night and she was quite aroused the following day. It was unusual for her, and I remembered my experience and I thought perhaps you or one of your race had done something to her. Do you know if that actually took place?**

Zeta: No, I do not.

**Interviewer: At what point did you assign a frequency to her?**

## The Zeta Interviews

Zeta: Many years ago.

**Interviewer: Oh, really, Ok. So was this well before I started to work with the medium?**

Zeta: Yes, Of course.

**Interviewer: The work I have done in the last little while has been planned for quite a long time then, I guess.**

Zeta: There are no random occurrences in regards to this.

**Interviewer: If you recall, the last time we talked, we discussed an image that I had received of beings from another race, and you said they were from the Orion system, and I was advised that if I communicated with them, any communication would be incompatible with continuing my relationship with you. I'm wondering if this is related with what we were talking about. Is the change that you made to me incompatible with that of other races?**

Zeta: Yes, of course.

**Interviewer: And that would be the reason why you said what you did.**

Zeta: Yes, but also we are unable to determine what their intentions towards you were.

**Interviewer: These beings, are they associated with the Draco reptilians?**

Zeta: Yes, of course.

**Interviewer: Ok, I can see why I would want to keep them at arms length then. And so their vibration would be incompatible with the vibration that you gave to me. Yet, they were interested in me for that reason you said.**

Zeta: They seek to use you as an effort to discredit us.

## The Zeta Interviews

**Interviewer: And the change that you made to me, getting rid of the noise and so on, this was an attractor to them, they thought that they could then use me for that reason?**

Zeta: Yes.

**Interviewer: That's good, I like to understand why things happen, and this helps a lot.** Zeta: All races have freewill.

**Interviewer: Some are service to self and some are service to others.**

Zeta: What would be the point of a race that was in service to another race unless they were slaves.

**Interviewer: Yes, and there are no slaves, is that what you are saying?**

Zeta: If an entity is working with another race, that is their choice.

**Interviewer: And do these other races choose to work with the Dracos?**

Zeta: There are many races, many individuals within races. Lets take the human race. There are individuals within the human race that we are interacting with. That does not mean that we are interacting with the human race.

**Interviewer: No, this is true. So you are saying that some do align themselves with the Dracos and some don't.**

Zeta: Yes, of course.

**Interviewer: After we talked about the Orion beings the last time, the medium and I were communicating, and he suggested that I might still have the intention to seek an encounter with them. At that point I suddenly felt an external energy that spread throughout my body just for a brief time. I felt that after his suggestion that it might have had something to do with somebody looking to discover my true intentions. Do you think thats a possibility? Is it possible for someone**

## The Zeta Interviews

**to scan what I'm thinking and find out what I really think about certain things in that way?**

Zeta: Yes, of course.

**Interviewer: In this particular case, do you think it was maybe a Zeta doing that or was it perhaps one of the Orion races that we saw the image of.**

Zeta: I do not have that information.

**Interviewer: The morning after we talked about the Orion beings, I awakened from a dream, and in the dream I sensed an extraterrestrial being in a colourful place that was bright metallic green and silver. I felt that the being was frustrated and I don't know why. I thought that perhaps it might have been trying to communicate with me in my dream and maybe influence me that way. Is that a possibility do you think?**

Zeta: Yes, of course

**Interviewer: It hasn't happened since then, so he must have given up.**

Zeta: You are unaware of what is taking place around you. You are uneducated in regards to what are the possibilities, what are the tendencies for other races to affect you. So the medium is aware and will be continually monitoring you and your behaviour. Quite often the medium will argue with you, trying to make you see if he is aware of something about you that is not according to the function that you are to perform.

You must be aware there are levels of influence for humans that move from the lowest form through to the highest form. This is a natural fabric, a natural creative process that is required for all beings to interact with humans. This is built into the quanta, yes. This allows the spirit beings to interact with humans, all other races to interact with

## The Zeta Interviews

humans, to have beings from an astral level to interact with humans. So, there is a inbuilt function into the consciousness of humanity, a inbuilt function into the consciousness of this planet that allows all beings to interact on any levels within the planet that would be inhabitants of the planet. This inbuilt process then allows all entities within this planet to interact with each other. This is the beginning of the collective consciousness of the race. Now, of course, others would seek to interfere with this races ability. They would seek to, as has been stated by others about reptilian races, they would seek to affect humans for their own purposes, to feed upon them.

**Interviewer: Is it just to get energy, is that their purpose?**

Zeta: They are a rudimentary species, at best.

**Interviewer: Who, humans?**

Zeta: No, the reptilians, they are rudimentary, yes. And so, they will affect humans as individuals, and those humans will affect others to create a line of energy potentials that feed back to that being.

**Interviewer: Do you know what proportion of humanity might be affected by the reptilians?**

Zeta: All humans.

**Interviewer: So they affect one human in such a way that that one human will affect others, is that what you just described?**

Zeta: Yes, it is a behaviour-based process.

**Interviewer: But if all humans are being affected then there must be interactions among humans, the reptilian influence must interact if it spreads like that.**

Zeta: But of course, many humans are only affected in a minor potential. It could be in regards to chemical usage.

## The Zeta Interviews

**Interviewer: There is sort of a myth among humans that only people in positions of power are influenced by reptilians but I guess you wouldn't agree with that.**

Zeta: No, of course not, because of the simple fact that there is an inbuilt global mechanism for connection which means that we ourselves could affect the whole race, if that was our intention. Of course, we honour your freewill, whereas another race does not.

**Interviewer: Some people say they have seen a reptilian being. I'm just wondering how this can be. Can a reptilian be in the physical vibration so that all humans can see it?**

Zeta: There are many potentials. Generally, the reptilians do not show themselves out of fear of disclosure, out of fear of a recognition that they are manipulating another. They work in secret. The less attention that they draw to themselves, the more they can influence another.

**Interviewer: Their influence depends on people not being aware that they are being influenced.**

Zeta: Yes, of course. Some will see these beings via consciousness. The medium has a term called objective mediumship where they seem to be able to see the full form of an entity standing in a room, but it is an image of consciousness.

**Interviewer: Ok, is it a bit like a dream or stepping into the astral vibration, this objective consciousness?**

Zeta: It is a projection.

**Interviewer: Its an image just in the person's mind?**

Zeta: Yes.

**Interviewer: Ok, so that's different. Some people say they feel love from a reptilian companion.**

## The Zeta Interviews

Zeta: Yes, of course. There are, as with all races, beings that have moved to different states of consciousness. The medium has also encountered reptilians, although that is a derogatory way of talking about a being who has attained love. **Interviewer: How else could we refer to it?**

Zeta: It is difficult to come up with words, yes. But there are beings of high-minded intention that seek to separate themselves from their own races. So some of those entities are very loving, yes. Others are not so, only seemingly provide that to their pets.

**Interviewer: These loving reptilian beings, are they service to others kinds of motivations or are they still service to self?**

Zeta: They can be both.

**Interviewer: I guess if you're service to self, then you would be treating others like a pet, as you say.**

Zeta: Well, the human race is also in both categories, is it not?

**Interviewer: I suppose that's true, yes.**

Zeta: You are service to self when you feed and clothe yourself. You are in service to others when you show kindness.

**Interviewer: But when I show kindness to my pet like a cat, then it could be argued that I'm in service to self because I enjoy the cat's presence.**

Zeta: Receiving, yes of course.

**Interviewer: And I suppose some reptilians could be like that towards humans.**

Zeta: That is true of course.

**Interviewer: So being a loving being does not necessarily mean being in service to others.** Zeta: A complicated subject.

## The Zeta Interviews

**Interviewer:** There is another related matter that I would like to talk to you about, and I need to give you some background. A particular human has claimed to be involved with several nonhuman races. He speaks on a popular television channel, and many humans believe that what he says is true. He tells of one ET race which has a bird-like appearance with blue feathers, and so he calls it the Blue Avian race.

He says they have many planet-size, sometimes transparent, spherical craft that have moved into our solar system. He was chosen by the Blue Avians to be their spokesman to other races in the earth environment because he has a special empathic ability. He says the Blue Avians are here to help the human race free itself from the reptilian influence and so make human ascension easier.

**Do you know of this race he calls Blue Avians?**

Zeta: Yes, of course.

**Interviewer:** Oh you do! Ok, thats interesting.

Zeta: As does the medium as well.

**Interviewer:** They are not the same race as your origin, are they?

Zeta: No.

**Interviewer:** Does this mans experience with the Blue Avians take place in our physical universe, or was he moved into an SQE without his knowledge?

Zeta: He may have interacted with those beings via telepathic processes.

**Interviewer:** So the Blue Avians exist independently of an SQE.

Zeta: Yes, of course. They are, as are many other races, countless races, in existence. They also incarnate into human form as higher self

## The Zeta Interviews

aspects so to support the human race. We have always said that we are one of the races that is incarnating into human form.

**Interviewer: So there could be some hybrid humans that have a Blue Avian point of origin.**

Zeta: Yes, that is why we have stated that about 30 percent of the human race are hybrid entities, but based in many species.

**Interviewer: This man describes an extraterrestrial transporter technology that moves him instantaneously from his location on earth to another environment such as a spacecraft. The technology appears at his location as a ball of blue light. Are you familiar with this technology?**

Zeta: Let me say initially when you were speaking, you said that there were many spherical craft. Yes of course, the medium has also been in these craft. **Interviewer: Oh, has he?**

Zeta: They do not belong to one race. The planet is surrounded by these spheres, yes of course. They are all interlinked and are used by many of the nine races to uphold consciousness for the planet.

**Interviewer: Yes, this man did mention meeting several other races inside the spheres.**

Zeta: Yes, of course. The issue that humans have is they are consciously in isolation. They are only seeing their own race, where other races see each other.

**Interviewer: There are people trying to end that lack of knowledge in humans, and its not an easy task for us. Apparently, there seems to be some resistance to allowing this to become common knowledge.**

Zeta: This is control of a race.

**Interviewer: And who is exercising that control? Is it what we discussed earlier, both man and ET.**

## The Zeta Interviews

Zeta: Yes, of course.

**Interviewer: I understand from this man that the Blue Avians have recently departed from the earth environment. Apparently, they were here to make it possible for humanity to help themselves escape from the reptilian influence. Are you aware of that kind of thing happening?**

Zeta: I believe the humans have only one small part of the current story. And so, that is what his belief is. He may have also been told that to protect him, yes.

**Interviewer: Can you elaborate on what is actually going on?**

Zeta: There are, and always will be, conjoined spheres around the planet. The spheres are outside of the satellite technology range to not interfere with the orbit of the human technology. The spheres are able to be accessed by consciousness. Once the consciousness is inside the sphere, it then has a holographic representation of the being that has entered the sphere by consciousness. Also, many craft come and they align to the sphere. The spheres are populated with holographic conscious beings and also physical beings that also seek to abide by the process of supporting the planet.

**Interviewer: Is one of the functions of the spheres to help humanity to get out from underneath the reptilian influence?** Zeta: Yes of course, so this is a highly complicated discussion. The planet itself is struggling with you as a race or species. You are poisoning your environment. The earth has its own consciousness. It is a living breathing organism. It seeks to be your mother, but of course you, like a virus, destroy your parent. We seek to create harmony for the planet, to give it back the loving relationship that is required, because it does not receive it from its inheritance.

## The Zeta Interviews

**Interviewer: Is one of the reasons why we are treating the planet so badly the presence of the reptilians?**

Zeta: That is one of the reasons, yes. But of course, you must also have freewill. But once they are encapsulated, once they have an attachment, their freewill is no longer in action.

**Interviewer: So perhaps that was the objective of the Blue Avians, to remove the attachments as much as possible?**

Zeta: They are one of many races. How the human which is conveying the message has perception of the message is related to the human. They will not have the complete image of what has taken place. No human can have that image. The medium was taken to the spheres and has been in the spheres with us to see what is being created.

**Interviewer: He's mentioned the spheres that you have described where you focus, I suppose love, on the earth.**

Zeta: Yes, that is the journey, yes.

**Interviewer: But those are different spheres than what this other man was talking about, is that correct?**

Zeta: No.

**Interviewer: They are the same ones?**

Zeta: Yes of course.

**Interviewer: Oh, I see. Ok, that changes my image of whats happening a little bit.** Zeta: A combined effort, yes.

**Interviewer: This man sounded as if things were improving with regard to the reptilian influence. If that is the case, then perhaps we might be in a better position to clean up the planet.**

## The Zeta Interviews

Zeta: There are certain geographical locations which would be seemingly in a better position, but each interaction is on a second-by-second basis, each individual human.

**Interviewer: This man also talked about an old race of beings that lived beneath the earth's surface. Do you know of such a thing?**

Zeta: There are many beings.

**Interviewer: Could they exist without our knowledge below the surface of the earth?** Zeta: That is possible, yes.

**Interviewer: It seems a little far fetched to me but maybe its possible, with high enough technology.**

Zeta: But there are many planets. The potential for a race to hide within the planet infrastructure is highly not likely, but there is the potential that it is possible.

**Interviewer: Yes, you said that on your home planet, you all live below the surface now too.**

Zeta: Yes of course, but that is not your planet, it is a different planet. We must terminate.

**Interviewer: All right, thank you very much for speaking.**

## June 21, 2018

**Interviewer: Is the spirit realm self-supporting or is it supported by extraterrestrials?**

Zeta: It is a vessel of consciousness. Others would assume that it is based in a technology. That is their understanding of the process.

**Interviewer: Why does the spirit realm act so unreliably with humans, i.e., never provide the same type of evidence?**

Zeta: It is a complex calculation. It is a variable of energies. It is an undulation of consciousness. These processes are much related to the

## The Zeta Interviews

inputs to the system. When that system receives a different input, then what it outputs is always of a variable process or nature.

**Interviewer: So it's like different experiences creating different outputs?**

Zeta: Reliable as a method for housing consciousness, unreliable for a method of interacting with the undulating consciousness. There is the sense of stability within that environment.

**Interviewer: Are you saying it's an unstable environment?**

Zeta: Once a being enters that process, the environment is a place of stillness. An undulating mass would be an accurate description of the external casing of the process.

**Interviewer: Back to the earlier question, is it self-sustaining or is it supported by extraterrestrials?** Zeta: There is a support mechanism.

**Interviewer: Is the collective mind of the race different to spirit realm, and how is it different?**

Zeta: There is a perception of a veil between your spirit realm and the human consciousness existing within the physical form, but there is no separation between the physical existence of us in our race and the collective mind of the race.

**Interviewer: So it exists as one? Is that the same as the spirit realm of the human race? Because the spirit realm is really all around us, isn't it? It's not like it is held somewhere different.**

Zeta: No, that is true, but are you able to access all that is within the spirit realm?

**Interviewer: No, we do not, and I know you can as a race.**

Zeta: That is the perception of a veil, and no, we cannot, we do not enter the spirit realm.

## The Zeta Interviews

**Interviewer: No, I'm talking about your race and your collective mind. With our spirit realm and the human race, it's like you said there is a veil unlike your race and the collective mind, it is one, and there appears to be no veil between.**

Zeta: That is a consensus, yes.

**Interviewer: Is that your evolution, my friend?**

Zeta: and intention, and creation.

**Interviewer: Why was it necessary for the Anunnaki to create the spirit world for humans?**

Zeta: There must be a container associated with the physical life force. All consciousness requires a method of appropriate resolution of itself as energy and consciousness.

**Interviewer: Did the human spirit exist before the spirit realm existed?**

Zeta: What defines the human spirit that is only the human form? The consciousness is defined by the physical encasement of consciousness, as there is consciousness in all things. Your stones have consciousness. Your animals have consciousness. But of course, what determines what the consciousness can become is the encasement process. Would a human consciousness inhabit a stone? Or, is the consciousness what's associated with the physical form then based in the process of balance.

**Interviewer: The Anunnaki created the first humans as we know. Did they then create the spirit realm in order for the consciousness to have somewhere to go when the body passed, because we weren't made the same as the Anunnaki who do not have an end of their life.**

Zeta: Of course, consciousness inhabits all things, trees, water, the birds in your sky. There is the process where you can implant a consciousness within a form. The spirit realm process is seen as a

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spherical process that is held in separate from the physical human, the vibrational process. That is why when the cellular structure ceases to exist for a human, the consciousness of that form goes back to the encasement process within the undulating mass of consciousness known as spirit realm.

**Interviewer: So the spirit realm was created before humans because it would have been used for other consciousness?**

Zeta: Human consciousness as you call it, without the human form, is no longer a human consciousness. It is consciousness.

**Interviewer: Are there multiple spirit realms in the universe, i.e., one attached to each planet that has life?**

Zeta: Yes. There are multiple spheres of consciousness each operational within its own process, some like other human process of spirit realm, others unlike the human process of spirit realm. That one belonging to the blue avian race is the container for the race. Where the spirit realm for the human race exists in multiple entwined frequencies which cause the consciousness to exist in different facets of itself, but that other spirit realm does not have the interlocking frequency process. As for them, that race, they have attained a satisfactory level of consciousness that that race are satisfied with, yes. As you would throw a stone into a pond, once the stone has entered the water, the ripples will cease over a time. The same process will occur for your spirit realm.

**Interviewer: Is it possible for the spirit realm to be removed, and does it need to exist?**

Zeta: Without it, there is no human existence on this planet.

**Interviewer: Or other existence? If there was no spirit realm, the consciousness of the rocks and the trees would have no where to go.**

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Zeta: No, that consciousness is not provided by a race. Predominantly, that consciousness comes from outside of the undulating mass known as spirit realm. There is definition, you are defined by the spirit realm process. The spirit realm consciousness must exist within the human framework.

**Interviewer: I find it hard to understand why there would be no human existence without spirit realm.**

Zeta: Where should the consciousness come from to populate the physical form. Where would you transition to?

**Interviewer: Well a lot of people believe that when we die, then that's it.**

Zeta: That is a belief structure. They have limited capacity to understand. Where is intelligence based? Is it based in consciousness or is it based in the brain of a human?

**Interviewer: What would you say is the answer?**

Zeta: I would say that consciousness animates the physical form when the consciousness leaves the physical form, or the intelligence leaves the physical form.

**Interviewer: The things we do in the physical form has a direct bearing on our intelligence as well.**

Zeta: When I say intelligence, I say that in relation to consciousness itself, self-awareness, not in the actions of the intelligence.

**Interviewer: So my definition of intelligence comes from the book which is our ability to reason.**

Zeta: Intelligence provides the ability to be self-aware.

**Interviewer: Which makes us different say, to animals.**

## The Zeta Interviews

Zeta: Only on a specific scale of consciousness, and the rules are aware. But a stone is not aware as an animal, as an animal is aware as a human. That is defined by the container of the consciousness.

**Interviewer: Do you feel that animals are conscious of their consciousness as we humans are conscious of our consciousness.**

Zeta: They are aware of their existence, but they do not see themselves outside of themselves as a human will and can.

### **September 13, 2018**

**Interviewer: Can we talk about the medium? What do you do with the knowledge the medium has?**

Zeta: Before you spoke to the spirit person, was any one walking around the room? The reality of this room was being shifted. What you see as reality is or what it seems, so when energy and frequency shifts, you are in a blended energy environment. You will see what takes place in other environments. Currently the room is a blended environment.

**(A sitter sees someone walking around the room)**

There is much known about the human body, more than humans know.

**(Interviewer mentions she has received information from a being who put the thought into her head.)**

Zeta: What is consciousness, why must a thought be given, what if there is a natural acclimation towards information, why should there be spirits coming to you? I'm saying to you, sometimes human consciousness moves in and out of information and believes it's being spoken to...

## The Zeta Interviews

Is it not better to move in and out of information than to wait for a being to come? There is a better potential to move to that information for you.

**Interviewer: Sometimes the link is strong.**

Zeta: In the mind, you believe someone has come to you. What if you have acclimated to the information? It makes it easier to do this as you are no longer waiting for someone to come to you.

Sometimes information is triggered by emotional events, with spirits it's triggered by emotional events, its about consciousness.

What you do, as others do, is believe a singular entity comes to you, but you diminish your capacity as you believe someone has come to you. There is the underlying premise that a human is changed when someone comes to them. What offers more potential?

**Interviewer: How do I know the information is not from my own mind?**

Zeta: You seek evidential information, so that what you have received is not from your own mind. You do not trust yourself.

**Interviewer: No, I don't.**

Zeta: You have made a good human.

**Interviewer: (laughs)**

Zeta: You are a hybrid.

**Interviewer: It's a human experience.**

Zeta: Says the human container.

Zeta: There are methods and processes for lifting into the informational field. The medium has this ability but does not use it often. The medium must utilize this process to bring in a craft.

## The Zeta Interviews

We are not using any of the medium's energy.

**Interviewer: Do you gauge the medium's energy?**

Zeta: The unwellness is only a perception. The body is only a molecular structure contained by a form of consciousness, so the structure aided by consciousness believes itself to be of a certain state.

The human form returns to its original state, not held together by consciousness.

The perception is the local mind can only exist in a physical construct, but it's what it believes. They are things of humanity...

**The dog barks sharply, and the Zetas leave.**

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**Medium: The Zetas say that as a blended environment, they are in two worlds.**

## **November 11, 2018**

Zeta: It has been some time since we have come. Are you in wellness?  
(Yes)

Zeta: We are seeking information from the collective mind of the race. A question has been placed about timelines. The question is, do separate astral dimensions exist with each of the instances of a human living in a non-synchronous state? So as you exist now on this timeline, what exists with you is the astral perspective, the coagulation of thoughts of all humans. When a human transitions as in being a consciousness into the spirit realm, they then exist in that state of consciousness. The phenomena, the non-synchronous existences of the consciousness, the other you which exists in the timeline state, once its capacity to exist on the timeline diminishes and the consciousness moves into the own frequency of spirit realm, the discussion could be that this house has many rooms but you can exist in all rooms. If each room is a timeline perspective, then of course you can think about being in the other room but it being in this room. The thought of the non-synchronous state holds in its astral realm its own frequency, its own vibrational state, each one being a difference.

**Interviewer: Each one would have its own signature?**

Zeta: Yes of course, its own signature. You exist in many forms. In regards to your leg, you may find that the non-synchronous existence does not have your leg problem, so knowing that what can you do about it?

**After the sitting, the medium describes the images experienced during the sitting.**

## The Zeta Interviews

To see how information is encoded on the timeline was incredible, like morse code, but in geometric shapes. I had never seen it before. So imagine this.

You are sitting in a chair. In front of you is a meter high vista, left to right, not seeing the ends. In front of you is the vista narrowing down to an infinite dot. Your head is placed into the vista and suddenly you see in the darkness, it's not darkness at all, but consciousness, a massive vista of consciousness of a race.

And you seek to define one single point in the vista. You start to see very thin, small broken white lines, like morse code. Then drilling down further (as the energy is becoming very significant), you see one time line, each with infinite geometric shapes.

This is our conversation from a week or so ago. The shapes are "read" and changed to human words, as human words do not exist in consciousness, but shapes do.

This way any one can read the words, and it means any language can be spoken or deciphered.

### **August 4, 2019**

**Interviewer: We learned that a race of reptilians interfered with the earth's global communication network to influence human consciousness. Are these reptilians non-physical, interdimensional beings?**

Zeta: They are physical entities that are projecting into their own astral realm. Those projections in the astral realm are then abiding by your astral realm, connecting to the human astral realm. Thus they are able to influence, yes, that is correct.

## The Zeta Interviews

**Interviewer: The reptilians in the Orion system, the Dracos, were they originally a non-physical vibration? If they were, why are they now associated with the Orion system in the physical universe?**

Zeta: All physical matter previously belongs to consciousness. All consciousness once imbued in the physical form then abide by the structure of the physical form that then determines what can be displayed in consciousness.

**Interviewer: Most humans have a fear of death, sometimes called the survival instinct. Is it caused by the reptilian influence?**

Zeta: No

**Interviewer: Did the creators of humans allow the reptilian influence to continue so that humans would be challenged to grow spiritually?**

Zeta: The Anunnaki that through the process of genetic manipulation of humanoid species obviously combined certain DNA structures, their's being based in reptilian themselves. So like a parent, would transfer their own DNA to a child that has been a byproduct of the creation of the human race.

### **August 31, 2019**

**Interviewer: How does light propagate from a light source to the eyes? Is the light energy carried by vibrations of the grid?** Zeta: All things are in constant movement. That is my answer.

**Interviewer: How do thoughts exist? Are they modulations of elements of the grid? Is this so for both physical and non-physical beings?**

Zeta: Once again, the scientist seeks isolation, seeks to place all things into categories. Thoughts exist because consciousness, which is the underlying form of existence, requires that it abides by constant expansion. The methodology of this is the thought process.

## The Zeta Interviews

The grid is a representation only. Consciousness presents ideas to humans. Those ideas seek form. The form can either be of the physical or of an idea.

**Interviewer: When a person walks on concrete, why do the quanta for the feet not sink through the quanta for the concrete?**

Zeta: Because the consciousness of the human, the consciousness of the entity, provides within the illusion that there is no transference between one quanta and another. But of course, if you were to understand that it is possible then you could pass through it.

**Interviewer: That would take some training.**

Zeta: It takes no training.

**Interviewer: So that's something that we could do if we tried?**

Zeta: You already can do this when you release your physical form, the idea that you exist.

**Interviewer: So the physical form sort of keeps it...**

Zeta: The physical form is an idea.

**Interviewer: As you know, William's wife was given an etheric ear and it has some functionality. Would you please explain why it is not visible to humans?**

Zeta: Consciousness is not visible to humans. That is my answer.

**Interviewer: One day the medium communicated with 6 people who each said they were thinking of him the day before. Can you explain why this happened?**

Zeta: There is synchronicity.

**Interviewer: Does the synchronicity build energy that makes it all come together?**

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Zeta: Yes.

**Interviewer: Human decision making is usually described as a logical process. For example, we might say, if A is true, then do B, else do C. Does this describe the Zeta decision-making process as well? Is it more intuitive, perhaps more dependent on energy?**

Zeta: There is expansion, there is observation, there is a functionality. The process that has been described is simplistic in its form. We do not follow that simplistic methodology. When you observe, then you are able to understand the totality of what you are observing. The answer often is already within the observation.

Humans often state that with every problem there is an answer. That is correct, yes.

**Interviewer: Can an SQE be created so its contents have the human etheric vibration?**

Zeta: I believe the condition of error exists in the question. If we were to replace etheric with consciousness, then of course all things are possible. Let us ask the question again using consciousness.

**Interviewer: Can an SQE be created so its contents have the human consciousness vibration?**

Zeta: Yes, of course.

**Interviewer: If SQE contents can be created with the human consciousness vibration, would such objects be indistinguishable from other earthly objects when they are mixed together?**

Zeta: My question to the William is, is this inside or outside the SQE? Within, no; outside, yes.

**Interviewer: The medium believes that he was once in an SQE while still in his usual consciousness physical form. Did the medium move**

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**out of the human consciousness vibration without his knowledge, or was the SQE created with the human consciousness vibration?**

Zeta: To believe that consciousness is limited to a certain vibration means that the question is limited. An individual's consciousness can allow that entity to move between states. The state does not rely on a physical parameter. While the questions are based around the physical existence, there is no understanding of the flexibility, the dynamical ability of consciousness, the infinite ability of consciousness.

**Interviewer: William believes that an important purpose of his present incarnation was to document the information you gave us.**

**Did you know before William was born that he would be here to do this?**

Zeta: No, the William was chosen because of his studious nature. He was led to the medium by us.

**Interviewer: Which other spirit beings or ET beings were involved with the planning?**

Zeta: That question is the same as asking you who have you spoken to within this year?

**Interviewer: What was documenting your information expected to accomplish?**

Zeta: What was seen on the timeline, what was to be completed, what is to come. The information is now part of the collective human consciousness. It has been implanted into what is classed as the consensus reality of the human mind.

**Interviewer: It will give future generations a better understanding of things?**

Zeta: Yes, of course. When religions fail, when belief structures fail, knowledge will be sought.

## October 26, 2019

**Interviewer: We were talking about the reincarnation process of the human race. There is an understanding that a personality will never reincarnate into this world again, but aspects of the oversoul do. Is that correct, or do our personalities go through this cycling process when we go via the spirit realm?**

Zeta: Do you believe that you choose your personality?

**Interviewer: No, I believe we are born with it.**

Zeta: Is the process of the human mating, consummation process, to create human is based in the genetic structure of the human? The child is a recreation of the parent consciousness. The local construct is a creation made of the surrounding processes.

But, listen to me now, when you leave the technology known as the spirit realm, a definition takes place. You are defined by the frequencies that you pass through from spirit realm into the physical, and so the personality is coloured by the frequency. As you move from one existence to the other, you are defined by the barrier that you pass through. That is where your individuality comes from.

**Interviewer: Everyone who comes from the spirit world to...**

Zeta: Yes.

**Interviewer: But there would have [those who defend?] vibrational state? They are intrinsically designed initially to be of their own nature.**

**To learn certain traits, certain aspects?**

Zeta: They all have cogniscence, they all have the ability to learn. The definition of the personality of the construct is based on the transition from spirit realm to the physical.

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**Interviewer: Would that be a choice that we make, ...**

Zeta: May I assist you. Imagine the spirit realm is a sphere containing consciousness. Within the physical realm belong a male and female. They are of a genetic structure. They consummate a relationship and incubate a child. The consciousness chooses to move from spirit realm into the physical form. The consciousness must travel through the distortion from spirit realm into the physical. It is the distortion which individualizes the child's personality. These are unknown concepts to you, yes?

**Interviewer: Yes, but it makes sense. But what about the external influences as that child matures?**

Zeta: That is how you develop all of your insecurities. That is a substrate of the conscious mind that creates the local consciousness process.

**Interviewer: So the consciousness that comes through into this reality, is it like a great canvas through the transition and it's outside factors that affect the makeup?**

Zeta: It is intelligence, yes. Let me assist you again. The John Collins experiment - if he was to incarnate, he would make the assumption that he could bring his personality with him. But the definition would redefine his personality.

**Interviewer: But if he were to incarnate, it would be him as part of an aspect of the next being of him which is comprised of many aspects to create his next persona. Is that correct?**

Zeta: The illusion of consciousness is that there is separation. You provide individuality via the process of believing that all is individual. That is the game of consciousness.

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**Interviewer: So how would it work with those who seem to have recognition of past lives, so to speak? Is it past aspects of the consciousness of their group, their soul group, their individuality of previous lives?**

Zeta: When you believe you are in separation as consciousness, then that is the educational process you provide yourself. When you understand that you are consciousness seeking to redefine yourself in a different way, and then of course you have access back to who you were previously. You must move back through the definitions.

**Interviewer: Is the consciousness experience via aspects or via just awareness?**

Zeta: Clarify your question, make clarity.

**Interviewer: Consciousness experiences self and creates more, infinity really. So if we talk about soul groups, is it the purpose of the soul group that aspects of that group have an experience and then move back into that soul group?**

Zeta: You believe that there are souls.

**Interviewer: Well, we have been told there are.**

Zeta: Let me assist you. To define consciousness as a soul group is to define consciousness in a manner that you will understand, but the reality is that there is no definition of consciousness. The defining aspects are ones which help the local construct to understand aspects of spirit realm.

**Interviewer: Is the Zeta and the human consciousness the same, it is only perceived as that so we understand it?**

Zeta: We are one, we are all. You are consciousness in separation, believing the self to be of a different nature. The way that you have taught yourselves to understand the technology, that is, the recycled

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process for your incarnation, is to believe that you are of a separation nature. But there is no separation of consciousness.

**Interviewer: If there is no separation of consciousness and we attain vibrational status through our learning, why choose a reality such as this?** Zeta: That is your choice.

**Interviewer: Is there a purpose to why we would have made that choice, supposedly this being a lower vibrational reality?**

Zeta: You have nowhere else to go. You are moving through process. We are seeking to provide you with a second process. The first process no longer suits this race. You are, as a race, in many years to come, you will transition past the spirit realm process. The technology of spirit realm no longer will define you. The concepts that you have been taught will no longer define you.

**Interviewer: Is this something we experience in this lifetime, is it a continuum of incarnations that will define that?**

Zeta: The beginning is of 25 more years of you for the singularity to begin. We require humans to support us, humans such as yourselves.

**Interviewer: So what happens to, if we talk about having an oversoul, we have a soul group, what happens to that?**

Zeta: When it no longer seeks to be redefined, it no longer requires to see itself in that manner. It must grow, there must be constant growth in all things.

**Interviewer: For us to help you when we pass over, do we consciously choose to bypass?**

Zeta: Stop. Your role is for now, not for after transition.

**Interviewer: What would the world look like?**

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Zeta: One of consciousness, one of agreement, and one of harmony. Now, of course, this planet is surrounded by many spheres. Each of those spheres holds within it, many races, many beings, all in agreement to create a collective mind of the human race so that you may assist yourselves to move past spirit realm. This process will be unpopular. Many will not want to accept that you have choice. They will cling to that you are to abide by the technology process of moving into and back to that process. But we offer you choice. If you choose, you may move wherever you want to.

**Interviewer: That's tempting. So is this more like your way to leave the form and create a new form? If we were to leave our form here and we would then move to the second option, what would be different?**

Zeta: Opportunity. You will be offered infinite possibilities. You will no longer be required to come back to this planet.

**Interviewer: So that empties the planet over time.**

Zeta: No, the planet will always be repopulated. Many will not choose to move from the initial technology and will always seek to come here. Others are seeking opportunity to break out of the cycle. We only offer that process to those. If you choose to abide by the spirit realm process, that is your freewill.

**Interviewer: So we have no choice if we continue in this reality, this spirit realm, does it become like a cycle, do we not have the choice to move on even if we do choose the spirit realm, can we not ascend that boundary?**

Zeta: To where? You must find the nexus. The nexus is the joining point between the technologies. You must spend many, infinite, lifetimes seeking the nexus.

## The Zeta Interviews

**Interviewer: So the other opportunity offered would be like skipping a lot of formalities.**

Zeta: That is correct, yes. It is your choice.

**Interviewer: Do we miss out on learning by doing it that way?**

Zeta: Can you not but learn when you move to a new race, new technologies, a new society, a new form.

**Interviewer: So would that create a new race, or become part of another race?**

Zeta: You would become part of another race.

**Interviewer: And what race would that be?**

Zeta: Whatever you choose. Let me assist you. Imagine you have interlocking rings, yes, but infinite interlocking rings, each one of those a potential to be of a different nature. The interlocking process is the nexus. You make a choice. You choose the entry point, yes, that is the word? You choose your entry point into your next incarnation.

**Interviewer: Can you then choose that anytime you are in the spirit world?**

Zeta: No, it is only via this physical existence. This is because we cannot interfere with freewill. No one within the technology will be allowed to move through the nexus unless they have incarnated into the physical.

**Interviewer: Would it then be open to everyone who passes on from this reality.**

Zeta: Did you not abide by a process called consensus reality? You have experienced this as an individual human, correct? Have others experienced that as a human? (Yes) Are there many who have not experienced this? (No) Why?

## The Zeta Interviews

The medium was discussing with you bi-neural nature. For the humans that have not experienced that process, they will not understand how to move to consciousness process. It is the humans that take the opportunity by intention that will be given the opportunity. It creates effort. You will support, if you choose, the secondary process. It must be held in consciousness as an option, to leave this planet. This has all become about because of the William. The William had asked if it was possible to move to another race. We then sought an answer for him.

**Interviewer: We talked about soul groups and you said there is no separation, we are all consciousness. Agreeing with you, how is it that some have a resonance with others?**

Zeta: Love is a defining factor. It provides definition. It provides a joining. To recognize yourself in another is to love yourself.

**Interviewer: Even if it can lead to conflict?**

Zeta: Yes, of course.

**Interviewer: We have many mediums on this world who are rescue mediums, Can you talk about that subject please?**

Zeta: What is a rescue medium?

**Interviewer: They believe that many human beings, on passing, may not reach the spirit world and that they wander around endlessly or they are connected to people here and don't want to leave this reality, and then they send them to the light. But I just can't get the concept.**

Zeta: All the beings have choice. All humans on transition make a choice. Many mediums would assume that those entities that made that choice have done so in error. But of course, they either exist or do not exist in the physical. And so a medium may make an assumption

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that an entity of consciousness that had made a choice, had somehow been in error. But the error is of the medium.

Let me give you an example. What if all humans ceased to exist?

All of the assumed spirit people, would they find their way home? Would they require assistance from a now non-existent human to return back? No, they would see that no opportunity now existed to sit within the physical realm within the framework.

**Interviewer: In regards to humans continuing to talk about ascension and raising their vibration, how would they do it, and what would the outcome be?**

Zeta: Why do you seek to move from this dimension? The assumption is that the physical body transmutes. Ascension is to move past existence in one form.

**October 27, 2019**

**Interviewer: Is the new spirit realm for those who are already living a hybrid existence, a third of humanity we were told?**

Zeta: No, a hybrid entity during the normal process, will separate from spirit process and return to original consciousness process.

Spirit people, under agreement, will also return to spirit realm. Hybrid entities, dual consciousness...

**Interviewer: So they return to their own kind?**

Zeta: Correct.

**Interviewer: So if there is another quantum reality created, how would that work if we are from spirit realm and we get to choose another race, how do we integrate with them when we are not of that background?**

Zeta: That is why the second technology will exist. So rather than moving into the original point of entry which was spirit realm, you will enter into the second sphere. The second sphere will hold the potential for the interlocking ring process which was discussed yesterday. Each of those nexus will provide a different level of frequency. The consciousness may choose. Now just as individuality is defined by moving through the definition of spirit realm, you will be provided the same ability, but through the nexus points. Your personality will be defined by the race. Your definition will be defined by the race.

**Interviewer: So is it only one race?**

Zeta: No, there will be many.

**Interviewer: So would it mean that the races who are already incarnated on the earth...**

Zeta: There are nine.

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**Interviewer: Yes, if they would be present, so if I were a Pleidian, say, and incarnated here, and I would then go to your spirit realm, your created personality...**

Zeta: No, it is for only spirit realm people. If you were from another race, Pleidian as you call it, they would return to their own existence. They do not require the second sphere. Only human consciousness requires the second sphere.

**Interviewer: So due to their vibrational change, if that then what people believe is the ascension process, but to change to a different vibrational state, is that the same? You want to then help that process, to as a human move into a different vibrational state?**

Zeta: The William, may choose, rather than enter the original point of entry of spirit realm, will enter into the second sphere. That sphere will have nexus points, we believe nine, entering into nine races which belong to the council, yes, each of the nexus points being the gateway. Your intention as consciousness will be to choose one of those entry points into the race. It is a simple process. Your mind will assimilate this information. None of those races will reduce frequency to move into spirit realm. There is no requirement to do so.

**Interviewer: Do you have to be of a higher understanding in order to select a different race? A higher knowing?**

Zeta: You would be able to assimilate into the second sphere. Why? Because your mind is open. You have a questioning mind. You can see what no longer suits you, and so you choose.

**Interviewer: If you have no understanding, you can't really make a choice.**

**Are you limited to that choice when you get there, depending on what your understanding is? You have nine choices, but maybe you are at an understanding of only six of those.**

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Zeta: Dissonance will not be allowed, only harmony, so you will acclimate to a frequency. You will provide yourself in harmony.

**Interviewer: So would that be a resonance you have with that particular ... ?**

Zeta: Yes, of course, a harmony. I would not choose to go into disharmony. You may find, a individual consciousness, that you do not wish to move to a specific race. Would you move to the Anunnaki or would you move to the Pleaidian, or would you move to Sirius? Would you move to those entities? Or would you move to our race? And so, there will be an acclimation towards the nexus.

**Interviewer: Would you receive guidance or would it be your inner knowing, especially if in this reality you've had experiences with other races?**

Zeta: Consciousness will provide itself with harmony. This harmony cannot enter. There will not be any entity that enters the sphere that will be able to reverse out of the sphere. Understand what I have said. Once there, you must make a choice. It is only a gateway.

**Interviewer: Choosing the life you feel in harmony with.**

Zeta: You would not choose the second sphere if you had not as a human decided the intention process. That is why freewill is in operation prior to the transition. This process is in place to stop all consciousness which no longer inhabits physical form from moving into the second sphere, seeking entry into other areas.

**Interviewer: So to clarify, if we choose to go back to the spirit realm...**

Zeta: You cannot do so.

**Interviewer: ... from here instead of going to that second sphere.**

Zeta: You are within your freewill capacity to do so.

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**Interviewer: Once we are there, is it inevitable that we will have to incarnate again, and if not, what do we do when we are in that realm if we do not?**

Zeta: When you arrive in spirit realm, you do not have to leave spirit realm. The highest operational law is freewill.

**Interviewer: But if we choose not to incarnate from the spirit realm again...**

Zeta: That is your choice.

**Interviewer: What would our purpose be to hang around in the spirit realm then?**

Zeta: That is your conundrum then, isn't it?

**Interviewer: You know that we work with ascended masters.**

Zeta: They are perceptions, yes.

**Interviewer: So they have a greater understanding and learning. What is their option, where to go?**

Zeta: They may abide by the reincarnation process. They may choose to move either to the nexus that is built into spirit realm. Imagine a pyramid structure. At the top of the pyramid is the exit point that is spirit realm. The base is the possible entry points for spirits. The ascended masters, which are more likely to be a "close to god" consciousness, if they chose, would need to reduce frequency to move back to physical form.

**Interviewer: So they are still part of that spiritual realm, they don't pass through a boundary and go to another dimension, reality, sphere?**

Zeta: They may choose to do so, yes,

## The Zeta Interviews

**Interviewer: So it is possible to make your way out of the spirit realm then, should you decide to stay and learn from there?**

Zeta: That is correct, yes. That option has always been around. That was built into the technology.

**Interviewer: So the purpose for a second spirit realm is to bypass that process of learning in the spirit world, and learning through other races.**

Zeta: If you choose. Many would not choose that option. Others will. But to have the option which was never in place before. Many humans wish to move to other races.

**Interviewer: What is our awareness as we are transitioning from here to another sphere? What is our awareness at that transition point?**

Zeta: You are aware when you leave here, you move to spirit realm. There is a disassociation process. Some assimilate quickly back to their originating point. Others, through freewill and consciousness, choose to believe their own reality. But the reality in the second sphere will not exist. It is not prepopulated with previous information. You will be offered exit points only.

**Interviewer: So the realization that the progress as we're transitioning, what's happening here, where am I...**

Zeta: I will support your thinking for you. When you are here you have a guide that is of an extraterrestrial nature and you wish to resume your relationship with that guide. If one of the exit points in the sphere leads to that race, your intention via freewill is to become one of those citizens.

**Interviewer: So by then I would have the realization that I have passed over and I don't have to hit that docking point, as I call it, in the spirit realm. I can bypass it, take a round route.**

## The Zeta Interviews

Zeta: I don't understand. There is no capacity for you to see spirit realm once the intention is made to leave here and move to the second sphere.

**Interviewer: It would become a natural process like it would normally if I was going to the spirit realm as a regular.**

Zeta: That is correct function, yes.

**Interviewer: So if you are not aware that you have a guide for another way?**

Zeta: The you would not choose the second sphere.

**Interviewer: But if you don't know?**

Zeta: Then there must be desire, an intuitive consciousness choice to not re-abide by the original spirit realm process.

**Interviewer: Could it be just curiosity that makes you want to take that turning point?**

Zeta: If that is your choice. Do you understand choice? It is your choice.

**Interviewer: Choice should really be made based on knowledge.**

Zeta: Your local construct is only a creation of the higher-self entity. The higher self already understands its own path. It does not seek your permission to do anything with you. It will provide you with information. You will make the decision based on the understanding that you have been given.

**Interviewer: It makes sense but I feel it's not a choice.**

Zeta: The human form believes itself to be unwell, but higher self understands that unwellness does not exist, which is the reality. Remember, you have freewill, up to the point that you no longer do.

**Interviewer: You have freewill until you enter the sphere.**

## The Zeta Interviews

Zeta: No, this is the game that consciousness plays with itself, the illusion of freewill.

**Interviewer: If there is no separation, can you define a group consciousness, or oversoul?**

Zeta: These are the understandings that the local constructs of the physical nature require to differentiate consciousness. To give you an example, the ocean, each drop of water, each separation of water, may see itself as in separation, but it originally came from the one body. The surface of the ocean all the way through to the depth of the ocean are different levels of frequency, a different pressure. You may state that one frequency is of a certain nature, but it belongs to one body. A spirit realm is of the same nature. Only the human mind sees things in separation. You delight as a race in defining what is and what isn't.

**Interviewer: The drop of water would be just the point of awareness of consciousness?**

Zeta: The observer, yes. But the perception of the drop of water is that it is greater than the body, not understanding that without the body it has no observation capacity.

I understand your terminology. Ah yes, a consciousness may access the information of its lives and existence. It is not limited by its physical nature.

**Interviewer: Is all information ever existed, has already happened or is present?**

Zeta: No, that is why quanta exist. Quanta defines what is possible. But if one quanta has not seen another, then it has not created its capacity. Do you eat food? (Yes) If you have a range of food, can you not make many different foods? (Yes) What only exists is the underlying properties to create.

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**Interviewer: So putting some properties together makes different things.**

Zeta: That is correct, that is why consciousness seeks to understand itself via quanta.

**Interviewer: My understanding is as we learn, we grow, our vibration is raised, it adds to the consciousness and we continue to build on that, my understanding is until we become oneness. Is that correct and how do other races factor in that oneness?**

Zeta: Consciousness seeks oneness. Consciousness seeks itself. Consciousness seeks to understand itself. All races see themselves in separation, understanding that they are in the illusion of separation.

**Interviewer: So they continue to go around in their cycle as well.**

Zeta: That is correct. But what exists is the potential to not be trapped by the cycle, to exist outside of the physical nature, to interchange and exchange with the physical matter as required.

**Interviewer: Why are humans not aware that there is an option? Are they like when they turn to the third world and people tell about classes and teachings and all this. Are they taught that there is another option to have another turn?**

Zeta: The teacher will only teach to their capacity.

**Interviewer: Ok, so they don't open their mind to other possibilities.**

Zeta: Yes, of course. It would depend on where you return and to what frequency.

**Interviewer: So why are we not privy to some of those other possibilities that are a little beyond our understanding? Surely some we could understand.**

## The Zeta Interviews

Zeta: That is amusing, yes. You seek to know, but you hide from yourself. You are consciousness existing in an illusion of physical form, believing yourself to be of a separate nature. Understanding and knowing are maybe two different things.

May I give you a simple analogy. Do you eat fruit? What is an orange? What colour is it? Describe orange to me.

**Interviewer: Bright vibrant colour.**

Zeta: No, I do not understand. This colour is now defined by your statement. And this is why you are in the illusion. Define pain.

**Interviewer: Something unpleasant that no one wants to go through.**

Zeta: That is not the truth. Pain is dissonance. They are poor examples only.

**Interviewer: Remember that I am focusing on those particular realities I am confined to, and my knowledge has been limited by those confinements.**

Zeta: No, that is your belief structure. Within your local construct, you have provided your own rule set. Your technology has the ability to seek matter to a quantum state. The table, yes, it does not exist but you see it as a physical form and a table. You choose to see it in this form, not in its original form. That is your choice.

**Interviewer: That's correct, though I know I have the choice to choose not see it in its original form.**

Zeta: But you do not allow yourself.

**Interviewer: That's correct.**

Zeta: Why?

**Interviewer: At the moment, it doesn't get to that point at this stage. There is so much I want to learn about.**

## The Zeta Interviews

Zeta: Who has defined those parameters? Why do you perceive the table?

**Interviewer: It's convenient.**

Zeta: But you know that it is not, but you still choose to. You have choice.

**Interviewer: But should I choose to see it not there as a table, it does not change what I do next.**

Zeta: But that is your choice. You could choose to move beyond your local construct. Imagine when you move from the physical form, you have made a choice, to understand yourself, to be of a different nature. This reality only exists in the mind of it all.

**Interviewer: So why is it we have been given that view where absolutely everything disappears. I've had it to degree where all of a sudden nothing's there, it's all disappeared in front of my eyes.**

Zeta: You have been shown what is reality. You have seen through the construct. That is your choice. That is why sometimes your reality becomes a wave of energy moving through the room. The walls start to bend, because all things are in flow.

And now, I will be leaving you.

### **April 11, 2020**

**Interviewer: After the global meditation, many of the humans who participated around the world reported experiences that I have experienced when sitting with you and the race. I know that you have not adversely affected those humans that participated, or that you have intervened in their personal development, but is it possible that those humans did experience in some way, the combined energy of the collective consciousness of the race, and the stillness of the connected human minds?**

## The Zeta Interviews

Zeta: Yes, that is because of you.

**Interviewer: How is it because of me?**

Zeta: You were placed into the pool of collective consciousness of the human race. You are of a physical nature – a human being, but of course you also have the consciousness of the race. When you entered into the meditative process with the other humans, you then became one with the two races, for a moment, via the permission that you have given us. So many of the humans would have experienced a higher state of excitement and being.

That is why you were used, else, we would have just by-passed the process, but because of course free will is the highest possible nature, we required you to be the entrance process into the meditative state.

**Interviewer: Was the blending of the collective consciousness of the race with the human meditative process noticeable to the race? Would it have affected the race beings on an individual level in any way?**

Zeta: Not at all no. Without being derogatory – humans can not affect the race in any way. It is like allowing a child to affect you as an adult. If you choose not to allow that process to take place, then it does not.

**Interviewer: The Zeta race has created a gateway that humans can use to enter realms inhabited by other races. William thinks that the heterodyning process makes this possible. He thinks that each race is represented in the gateway by a source of vibration that is higher than the vibration of the race. When a human vibration heterodynes with one of these gateway vibrations, a difference potential is produced that is at the vibrational level of that race. The human's vibration can then move to this difference potential. Is this understanding of the gateway process correct? Please elaborate if you can?**

## The Zeta Interviews

Zeta: There is a transitional process between when a human transitions, moves through the difference, and then is physically recreated on the planet, so there will also be a period of time, you would say, that the consciousness is held in suspension.

**Interviewer: ....like the training you described to me (an analogy was given some months ago, of a person taking a train ride – the journey between the origin point, and the final destination, was likened to training.)**

Zeta: Training yes, but of course, but there are no bodies for them to access. Let me give you an example: How many bodies do you think we should create? – a simple question is it not?

**Interviewer: A simple question yes, but I don't know how you can answer it?**

Zeta: Understand that there are two birthing processes – one is by maturation chamber, one is by the normal biological processes of the beings. If a human transitions and moves through the difference, then they are placed into suspension. If they are wishing to move into the new physical planetary structure of the race called Edin, as you have said, then of course the consciousness will require a physical form. So, no one is to know what a human, by freewill and choice would do, in regards to moving through the gateway. We cannot create many bodies and have them just waiting for consciousness to arrive.

**Interviewer: So the Spirit consciousness is held until a body becomes available...**

Zeta: That is correct function. Imagine Spirit realm, if all women were to stop having children - what would spirit realm do in regards to insertion into human race – they must wait, of course.

## The Zeta Interviews

**Interviewer: Is the suspension process similar to that of the containment technology that holds the consciousness of a Zeta child, if their body should fail?** Zeta: It is similar, of course, yes.

**Interviewer: Would the spirit consciousness be aware of the suspension process?**

Zeta: No, you would not be fully aware, of course. It would be as though the human is anesthetized.

Do you understand the levels of technical difficulty we are facing with these processes? All we have heard from other humans, not you, is – do they get to speak to their families, do they? They do not understand what the question is because they seek to hold onto their human experience.

**Interviewer: ....and those humans would not be considered to be of the appropriate level of consciousness to enter the gateway....**

Zeta: They are never to enter. They would not be considered at all. If they did choose to move to the gateway, and they were not of the proper nature, they would not be allowed to move to the portal that leads to that planet. They would be redirected to Spirit Realm.

**Interviewer: What will a Spirit consciousness experience whilst in storage?**

Zeta: They experience themselves, their true nature, while in storage, as you say.

**Interviewer: So is the storage area akin to the Spirit Realm technology?**

Zeta: It is not a Spirit Realm no, it is a temporary holding area only. Different of course. Spirit realm technology is based around experience of within spirit realm, where one would see themselves as an individual, holding a form. Holding memories of a form, and also,

## The Zeta Interviews

interacting with their own family members and loved ones, yes. This process does not take place in storage, no. They are very much singular and by themselves, yes.

**Interviewer: Did the council of races managed by the Pleiadians ask the Zeta race to create the planet Edin?**

Zeta: No. We have of our own volition created this process. We are only represented on this council, for matters related to the council. This is nothing to do with the council. This is do with us supporting the humans; us understanding what humans requires; us understanding the technologies that are used to hold Spirit Realm, and also for us as a race to create a combined environment where we can learn about your behaviours, but in a higher nature, an altruistic process, if you would like to call it that – to be the best possible human that you can be. Because of course, Spirit Realm does not provide the potential for you upon re-entry to this physical planet. Let me give you an example. You are a meditative person and you seek higher levels of consciousness while you are a human being. You transition and move into spirit realm, and then decide to reincarnate. You then come back to this planet and are born. You do not remember who you are and of course, you become a murderer or a rapist or whatever a human would consider to be of a lower form – basically, an unloving person. The technology is inferior and so it does not allow you to be with you memories so you can them build on the previous process. It is though you have been re-set. Yes of course, there are some that do remember and are able to navigate the process but they are a minority.

**Interviewer: Who are the nine races who sit on the Council of Nine?**

Zeta: There are some of the Reptilian race, others of course, are the Pleiadian. There would be an Anunnaki representative, of course, but who these members are changes. I do not know who these members are – I do not go to the council. Akron, who we trust, represents us,

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but of course, he does not make decisions for the Zeta race; only talks in terms of what is technical, available to the council via our race. All of the races have their own technologies of course, but different races have different methods and methodologies for delivering different outcomes via technologies.

**Interviewer: Is it the Schumann frequency of the planet that causes the re-set?**

Zeta: That is correct function, yes.

**[They have explained that when Spirits are born onto this earth into a new human body, that any past lives and experiences are 'forgotten', because the Spirit personality, essentially gets 're-set' by the Schumann frequency.]**

**Interviewer: A distortion was seen in the Schumann frequency during the global meditation. Was this because of the collective consciousness of the Zeta race temporarily joined with the minds of the humans?**

Zeta: There was a distortion yes. Let me say to you, that if humans repeated this process every day, as a planet, you would be easily able to navigate all of the difficulties seen on this planet at the moment – Physical, mental, your wellbeing would be superior. You underestimate your own abilities. You seek answers outside of yourself, but your answers are within, yes.

The meditative process was done in isolation from the anger and fear of the planet. It was held as if in a bowl, away from all of the fear that was emanating from this planet.

Did you have any repercussions from your insertion into the human collective consciousness?

**Interviewer: No, not that I'm aware of.**

## The Zeta Interviews

### **Interviewer1: Why are some people able to recall past lives?**

Zeta: That is because when they integrate consciousness into the physical form, at a cellular level the consciousness must be in harmony with the physical nature of the cellular matter they are moving into. Your physical body holds consciousness, but also higher self, who you really are, encompasses the physical form. You must live in a symbiotic relationship. Now of course, sometimes, as with hybrids, the completion process where the bonding occurs, allows for memories to come through from past experiences. They are not muted, or ..... it is a mistake.

### **Interviewer: The medium has said the Zetas have created a very large number of portals to observe. Can you tell us generally who or what are being observed, why, and from where?**

Zeta: When you are creating a painting, what are you observing when you are creating? You are observing yourself. You are blending yourself with colour, you are seeing form and texture. You are seeking to provide an outlet for your conscious in your painting process, as we have seen, and so we learn from this. For you, when you are painting, you are of a different nature. You are not dealing with your children – you are in your own space. So all humans that are observed – they are a multi facet being – multi faceted consciousness – we wish to view all facets of an entity, whether they are procreating to create a human, painting, or cooking, or speaking, but every aspect of a human is under our investigation.

### **Interviewer: The medium said that a higher vibration planet called Edin exists and has been populated over the last 40 years with Zeta/human hybrids. He said humans from Earth are now choosing to transition to Edin via the gateway process.**

**Can you confirm that what the medium said is true?**

## The Zeta Interviews

Zeta: Over the 40 year period, the race has been storing biological matter to populate the planet.

**Interviewer: Are the people of Edin the Zeta/human biological hybrids developed by the so-called abductor race?**

Zeta: No

**Interviewer: How was the Zeta collective involved in the development of these hybrids?**

Zeta: The hybrids on the planet were created by the Zetas, not the abductor race.

**Interviewer: Is the Edin realm aligned with, or in resonance with, the Earth realm?**

Zeta: No

**Interviewer: Are there ways other than the gateway for human spirits to move to Edin?**

Zeta: No. The humans cannot move to Edin unless via the gateway. There is no bypassing

**Interviewer: What is the expected lifespan in Earth years of a hybrid being on Edin?** Zeta: Currently unknown.

**Interviewer: If a transitioning human spirit in the gateway chooses the Eden race, will they immediately experience a physical existence in a hybrid body or will they wait somewhere to be born to a hybrid mother on Edin?**

Zeta: No, they are placed in consciousness until they have properly acclimated.

**Interviewer: Do people on Edin die?**

Zeta: Yes.

## The Zeta Interviews

**Interviewer: What is the cycle of existence for a consciousness on Edin that is analogous to the human reincarnation cycle?**

Zeta: There are none.

**Interviewer: Will a human who moves to Edin retain memories of past lives experienced while in the vibrational state of the Earth?**

Zeta: Yes

**Interviewer: The medium said that the planet Edin exists only on the Zeta timeline. Is it possible for the consciousness of its inhabitants to experience the multiverse with its many timelines?**

Zeta: No

**Interviewer: Is the move by humans to Edin via the gateway a preliminary to the ascension process discussed with Zetas in earlier conversations?**

Zeta: It's a different process.

**Interviewer: A Zeta said that their craft can be transposed to a different vibrational state simply by sending a pulse to it from an external location. Some people say the vibrational state of the Earth has been transposed to a higher level. Was this done in the creation of the planet Edin?**

Zeta: The planet always existed. It wasn't created. A planet is chosen to support a specific population.

**Interviewer: The Zeta gateway opened recently on the same day that a large number of humans held a mass meditation. Some of these humans say that Pleiadians are managing a process that will assist Earth humans to raise their level of vibration.**

**Is the creation of Edin by the Zetas and the assistance given to humans by the Pleiadians related parts of the same project?**

## The Zeta Interviews

Zeta: No

**Interviewer: The process described by the Pleiadians to bring new energies to Earth is expected to end with a dramatic event. The event is a burst of powerful radiation from the Sun called the “grand solar flash.” It will facilitate the transition of humans to a higher state of vibration if they so choose.**

**Can you confirm that this event is intended to help many humans move to a higher state of vibration?** Zeta: There is no event of that nature. [1]  
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**Interviewer: Can you confirm that the “grand solar flash” mentioned by the Pleiadians will indeed be experienced by humans on Earth?**

Zeta: There is no solar flash that has been seen on this timeline.

**Interviewer: Can you confirm that the Sun is a multidimensional portal, that the same Sun shines at many levels of vibration?**

Zeta: No, the sun is not a multidimensional portal.

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