

We are Here!

Channelled by

Alloya Ye Ra Har

Copyright 2003

by

Alloya Ye Ra Har .

First Edition 2003

All rights reserved.

We are here

Introduction.

This book is about ALIEN BEINGS.

This book is not for those of you who are looking for third dimensional physical alien beings; it is not for those of you who are looking to read about abductions and UFO sightings. This book is for those of you who are spiritually minded, soulfully acquainted and inspired in mind. This book is for those of you who feel intrigued and curious about the Zeta an alien race, who are high dimensional beings, who are coming to Earth at this time to support their human ground crew. This book is for those of you who are not feeling comfortable in the human world, feeling that you do not belong that you are somehow different. It is for those of you who look upon the image of the Zeta and feel a familiarity, a connection, a soul alignment going on.

There are massive amounts of material on the internet about this race of beings, the Zeta, mostly of a negative persuasion; this book is not like that. This book is not here to judge, ridicule or persecute these incredible beings, no it is here to awaken those of you who are sourced from somewhere in the universe. It is for those of you who feel that you come from somewhere else in the universe, other than Earth. It is for those of you who are aware that you are not entirely human, that you are more than just your current incarnation as a human being. It is for those of you who are aware and awake enough to realize that you are only incarnating to know more about yourself through learning about the consciousness that is Zeta, whilst in a physical third dimensional humanoid body, residing on the Earth.

If you have found your way to these words, then you are divinely guided by a higher power, destined to know more about yourself through your connection with the Zeta consciousness.

This book is here for you.

The Zeta are a race of beings that are currently supporting the planet in her shift of consciousness. Some would say they are alien beings coming from somewhere else in the universe and therefore they are extra terrestrial in nature, which indeed they are. However they are also coming from a higher dimension and in truth they are residing in all dimensions which also means that they are in truth, multidimensional. They appear to human minds in a form which can only be described as alien and therefore people experience them as alien, however there is so much more to their consciousness than their current form can portray. Open your minds to expand beyond your current understanding of these beings, (if any), and allow them through these words to come into your consciousness and bring you new and enlightening beliefs and concepts to aid you in your transformation. For as Gaia (the Earth) is transforming, so are you, and the Zeta Consciousness is here at this time to aid and support you in this process.

They are here now in the words of this book and are channelling through Alloya as we speak, and through her they are imparting their energy and information into the matrix which is the third dimension. This energy once inserted into the matrix will have an affect on those of you currently living within this matrix as human beings, on the Earth. This energy insertion is designed to not only bring you information but it is also energetically infused with high Zeta energy, which will have a direct affect on your d.n.a. This is helping you transform not only in your awareness and understanding but also on an atomic level, bringing a change in consciousness to all the levels of your consciousness, the mind, the emotional and the physical bodies.

So read on with an open mind full of curiosity and an open heart free of judgement and you will discover the joy and inspiration and wonder of communicating with an alien race of beings.

Chapter One – Who are the Zeta?

Some say they are Extra-Terrestrial, others alien. Who exactly are they?

“We are consciousness, pure consciousness.

You too are consciousness, pure consciousness, you are just in a denser form than us, and therefore you perceive us to be alien to you. We do not have this perspective and therefore we do not see you as alien. To us there is no difference between us. Density and frequency is the only thing that marks us apart.

The Universe is consciousness manifest in form; the Universe is made up of layers upon layers of consciousness. The Universe is not one dimension only it is made up of many dimensions and thus it is multidimensional and as we are the universe in form, and we too exist on each of the dimensions and therefore we too are multidimensional.

We are multi-dimensional beings; we exist on all of the levels, we exist on all of the creative universal realities that make up this universe in which we all live. We create forms and energy patterns to represent ourselves, on each and every level. There are many forms and many selves which we have created to represent ourselves on each and every one of the levels and you too are one of these forms, you are our representative on the third dimension.

You too, are multidimensional, you just are not aware that you are this, you are locked into one dimensional perspective only and therefore you are forced into the belief that you are not existing on all of the dimensions at once. You limit yourself with this belief and therefore create a reality to represent your beliefs and experience yourself as not being multidimensional and thus your belief of your nature is reflected in your reality and you continue in your false perspective. Your beliefs are false and therefore we are here at this time to open your mind to the idea that you are more than you currently perceive yourself to be.

We think you need a model in order to better understand the concepts we are trying to bring to your understanding. Imagine twelve dimensions that incorporate all the realities, from the first dimension all the way to the Source on the twelfth. Each level is a denser or lighter version of the dimensions below and above. Each dimension is made up of vibration of energy, in fact everything in the universe is vibrating in energy. The Source, the Godhead, the Universal Dreamer is the highest and finest vibration and in its centre of its power, at its core, it is existing on the dimension that we will call the twelfth dimension. In truth the dimensions of the universe are infinite, but your human mind cannot comprehend infinite realities and therefore we are limiting the model to twelve dimensions so you can better comprehend, we do not want to blow your mind just yet.

In truth the Universal Dreamer exists on each and every one of the dimensions, but its core of its existence exists on the twelfth dimension. From this level it radiates its energy out from itself and forms beings in the dimensions below to represent itself. We are the beings who carry the Universal Dreamer’s energy in form. We are the manifestation of the Universal Dreamer imagination, as are you, we exist on each and every one of the dimensions that makes up this universe, and we experience ourselves on each and every one of the dimensions. You are locked into the belief that you exist on only one dimension and therefore you are not aware that you too are the Universal Dreamer manifesting itself in density of the third dimension.

We are the manifestation of the Universal Dreamer’s imagination, as are YOU.

Let us explain to you how we manifest on our highest level. On the twelfth dimensional level we exist as the pure undefined mind of the Creator, the Source of all life, the Godhead. There are many names in your languages; we could use to describe the Source of all creation. It is a source of all energy, experience and dimension. The Godhead is at the top and all the dimensions come from this point. However it would be more correct, if you imagined the Source in the centre and the dimensions moving out from it in spiralling circles.

We do not see this level of being as outside of ourselves. We are very much aware that, we are the imagination of the Godhead and we are an intrinsically a part of its nature. As the Source imagines and creates, the expression drops down onto the next level below. On the eleventh dimension we manifest as an amazingly intricate web of consciousness, this we call Zeta Web. We are intricately linked to the Web. The Web is a crystalline design that resembles a very complex snowflake pattern. If you looked upon it, you would see that it is made of light, yet it also has an organic appearance, for it is a living, breathing entity. The Web is conscious of itself as being the mind structure of the Universal Dreamer. Light particles travel down its length and breath, resembling the veins and arteries that carry blood around your body. Conscious thoughts travel like blood through the Web and it pulsates with life in the form of thought. It is a mighty structure, for it is the thoughts of the Creator in its first form. The Web is the mind map of the Universal Dreamer, the Universal Oneness of everything and everyone. Each and every being in any dimension or space in the universe is intricately connected to the Web.

We worship it as the totality of our being. We experience the Web as being the totality of our consciousness and awareness. Whenever one of our components experiences any event, we (as a whole), experience it also. The connection to the Web enables us as beings to experience it, as if we were the one and only being, being affected by the event. The information travels along the Web faster than the speed of light and carries the information throughout its entirety. This information is then available to each and every being that is connected. The Web is connected to every being in the universe, however beings such as yourself (in your human aspect), may find it difficult to consciously tap into this level. This is because you are cut off from the Web in a conscious way as you are living on a planet, which is quarantined from the higher dimensions and the rest of the Universe. The clarity of the Web gets distorted the further down the dimensions it goes. When it manifests on the fourth and third dimensions, it is a very different version to the one that it is on the higher levels.

We see reality in a different way to you. We experience reality as patterns that are layered one on top of another. These complex structures are made up of pure thought that is in the process of manifesting. We see realities as separate yet intricately interconnected by the Web. The highest level of the Web manifests itself on the eleventh dimension but its neural pathways cross over into and pass between each and every one of the dimensions. The Web is represented on each dimensional level. The first and uppermost level of the Web exists as a dimension that is imaginary in form. We are the Creator's imagination in the form as a living brain, the neural network of Web consciousness.

The Creator imagined, a thought, this idea transcended the dimensions below and finally began to manifest as a reality. A by-product of this was that something else occurred. The ideas that the Creator had thought became alive and conscious, too, as they were also made up of the same creative stuff of the Universal Dreamer. These abstract ideas gathered around and became one singular identity and the consciousness of the Web was formed. The Web can extend itself as fine lines of light throughout every dimension, and in between realities, the Web layers itself throughout all of creation. We exist everywhere and nowhere. We exist in one reality alone and all realities simultaneously, for we are a paradox to your nature and your perspective on your reality.

You, too, are an intrinsic part of the Web. The pineal gland in your head is reawakening and aligning you to the Web. This alignment will allow you to have the perspective of the Zeta. We experience everything that every expression that is connected to the Web experiences. We do not file in isolated units or bodies, but harvest information and assimilate it into the Web as a whole. The Web acts as a giant storehouse of energetic information in light, it is like a giant computer. Whilst connected to the Web consciously, it will be possible for you to experience all times, all dimensions, and all levels of existence, as if looking through the fabric of reality. You would have x-ray vision and could look into the layers that make up the realities one upon the other. This is the perspective of Web consciousness. You, in your singular identity, experience only one level of reality at one time. We access all realities, just as your World Wide Web allows you access to all units of information on a planetary scale, imagine a Web that is connected and transcends all realities, and is ultimately connected to all beings. It is a virtual reality that provides a space for creative experiments with ideas and their manifestation.

We are an idea or a dream working as one whole-unified mind. We take ideas received from the dimensions above and structure them into conceptual theories. These concepts later become experimental dimensional experiences. We dream and create dimensional realities capable of housing beings with a connection to the Web as a whole. This moves us down into the lower dimensional levels. We appear as we do, to manifest an idea or concept. As we manifest in the lower dimensions we take on more of what you know as the Zeta energy. In your level of consciousness you operate as an 'I' consciousness. As you ascend the levels you move into a dimension, which is the place of the 'We'. We no longer recognise ourselves as separate or isolated from each other. We are one unified whole. We know there are many of us but as regards to our beliefs about our identity, we are one mind. Therefore we operate from this perspective.

We are one whole mind made up of functioning thoughts. We experience ourselves as being an intricate part of our reality. Unlike you, we do not see this as outside of ourselves. We see it as a mirror reflection of our internal natures. Due to our understanding of our reality we can manipulate it to follow lines of our own making. We have developed a mental ability to focus energy into any reality and rearrange our perspective of it. We rearrange our picture of that reality to mirror our inner thoughts. As we drop through the levels we begin to manifest as individual beings. Some of you have experienced us in ships and feel that we come from certain places in the universe; this is only a distorted version of our nature. We lower our vibration and begin to manifest on the seventh dimension, where we first contact the channel. This is the level that the channel takes herself to, in order to communicate with us. She is aware that we are connected to the Web, and has, had her own experience of this. She however is only experiencing our consciousness in a watered down version. Her physical body could not withstand the vibration of the higher Zeta levels. We exist on all levels for but for our purpose of communicating with a being such as yourself we connect with you on the seventh, fifth and fourth dimensional levels. The seventh dimension is the place of the "We "; this is the dimension that you need to align with in, in order to connect with us.

What do we really mean by a "We "consciousness?

In your level of consciousness you operate as and 'I' consciousness. As you ascend the levels you move into a dimension, which is the place of the 'We'. The 'I' has been programmed with the idea of separation and isolation from one body to another. An 'I' singular identity is intricately interconnected with its physical body. A 'We' consciousness is a group of more than one energies or beings that are joined at a mental and soul level. They no longer recognize themselves as separate or isolated from each other, they are one unified whole.

It is very hard to relay messages through a physical vehicle without losing some of the information in mistranslation, due to the difference of perspective between your species and ours. You have singular identities; you experience your reality as if coming from one source of experience. You cannot know that which you do not experience. We however can experience all realities at all times, through all mediums. We find communicating with a being such as yourself very confusing, to the manor in which we communicate and translate energies into forms and words. We have to translate our information into a form that a human singular being such as yourself can understand. This very act is alien to our natures. We know all things at all times therefore find the idea of a being, not knowing something that is intrinsically linked to their nature, an alien and foreign concept. This is because we are connected to the Web; we have access to all information at all times.

You call us alien, and fear us, yet you call others from other places in the universe Extra-terrestrial. Why is that? Is it because you experience our energies and perspective as completely opposite to yours so therefore call it alien? What you have failed to recognise is, that in your perspective, your singular identity is completely foreign and alien to us also. You live in linear time; we live in conceptual time. Our experience of time is based on abstract ideas and concepts. We are sometimes referred to as the Dream Weavers, living in a world that can only be described to you as the conscious imagination .We live and are an intrinsic part of a dimension that is the gap between the conception of an idea and its manifestation. We live in the energy that exists between the thought and the physical representation of ideas. We are the energy just before those ideas are made manifest.

Let us explain further. You experience past, present, and future. Yet these are not embodied realities, they are mental constructs. For you it is only possible in your reality to experience one singular time frame, thus you can only really embody the now, the present. That in its self is also impossible in your reality as that now moment is transient and passes quickly forever lost in the mental constructs of the past. Your reality moves in lines, moments pass in succession, one after the other, this is how you experience time passing. Our reality it is completely opposite to yours. We live in the spaces and times in-between creative events. The Web exists as imagery in form; that is to say that to your perspective we only exist in the imagination. You hold on rigidly to your ideas of what is real and what is not. You consider us to be illusionary. To you, we are. Our energy is one of potent not yet being. This is very hard to express to you, as your perspective will not allow for this to be assimilated.

We exist on a dimensional reality that is outside of polarity and dualistic thought. We are an idea. As an idea we are beings from an other world or worlds. This very idea pushes your buttons and allows you to face the fears around this, so you can shift in consciousness. We interact with you in various ways to make you shift. In order for you to take your rightful place in the universe you have to heal and transform yourselves. When a species first moves into the space beyond the confines of their world they encounter the energy of the Web. We do not always appear the same, as humans perceive us to be. We create an image of ourselves that the beings encountering us will relate to. For we are the manifestation of the mind of the universe, as you are the manifestation of the mind of Gaia, the consciousness of the Earth.

We are in the game of supporting systems evolving. Your system is going through great quantum leaps in consciousness and it is our job to help support beings as they move into the energy of the seventh dimension. We are not physical beings like you but pure energy. On the seventh dimension we are a group mind consciousness that is we are made up of separate yet connected components. We show the channel images as she channels our information to convey to her a deeper level of information; this aids her in the anchoring of our energies. We on the seventh dimension appear to her in visual imagery as a giant complex pattern of colour and sound. On this level she is intricately linked to the Web. She aligns herself with the pattern and anchors our frequency into her seventh dimensional body. You are all aware that you have third dimensional bodies, yet you are unaware that you have a body for each and every level of existence. They move out from your physical body in spiralling circles not unlike the image of the Source and its many dimensions. As she aligns with our consciousness she begins to experience herself as part of the We. It is not until we drop down in vibration and begin to manifest on the fifth and fourth dimensions that she begins to see us as having forms or bodies.

We can take on any form. You see them as bodies but they are vehicles or spirit suits. This vehicle allows us to manifest in your reality. However we can only appear in the forms that we find in the mass psyche of the particular race, that we are contacting, that is when you see us in the Zeta bodies that many of you are encountering. We are not the beings you perceive us to be; in truth we have no form. Not only do we not have any physical body, but also we have no identity to speak of. We are thought, not thought, as you know it, but thought that is completely without form, structure, or substance. If you could imagine a river of thought, pure, undefined, then that is as close as you can get to perceiving us. Energies like us do not have any physical form, or expression. So we clothe ourselves in the ideas that we find in the mass consciousness. We are energy of beings, gathering ourselves together, held together by one common intention. We are not of corporal living flesh bodies like yourself. In fact, we do not resemble anything that you could perceive with your physical senses. Through your extrasensory senses you are capable of picking up our presence.

Once we have gathered ourselves together as one, we enter the dimensions just above yours, the fifth and fourth. From this vantage point, we can read the energies of the lower dimensions. On this level you can see us with your psychic sensors as beings in physical bodies. You have perceived us to be in a particular body, as we said before this is an illusion. We create for ourselves, forms that will relay a message in appearance to the being encountering us. Within our dark black eyes you can see the reflection of your soul, we can mirror you. In our eyes you can see your deepest and most held beliefs about yourself and your reality. If fear is your uppermost experience of yourself and your world then you will only see terror whilst looking into our eyes. However if you have transformed your fear you

will see us as loving and friendly beings. You are seeing yourself. That is why some see us, as evil and frightening aliens and others see us as benevolent angels.

Let us explain further.

Imagine if you will that far out in space and an energy is gathering, the energy of Zeta. As it travels down through the dimensions and moves closer to Earth it has to clothe itself in matter. 5th/4th dimensional matter, to enable it to anchor itself into this dimension and appear in bodies to the consciousness of humans. As we said we have no bodies, so we have to clothe ourselves in the 5th/4th dimensional images that we find in the mass consciousness of humanity. It is as if, we go into your wardrobe of archetypes, myths, legends and stories and clothe ourselves. These stories are like dresses and robes to use, we have to clothe ourselves in the clothes present in the mass psyche. In the mass consciousness of humanity there are already widely held beliefs about alien races and what kind of appearance they would have. We have visited your planet many times and have taken on many different images to convey our messages to you. In your modern times we are appearing like the little aliens with big bug eyes. You feel that we are a hive consciousness and therefore see us as all looking the same and acting as if we are one mind, which indeed WE ARE.

Some see us, as having grey skin and this is where the name Greys comes from. Remember everything that you see us as, symbolically represents a quality of our nature. We are from beyond polarity and dualistic thinking, yet we know the concept of the lower dimensions, i.e. in their belief systems about right and wrong, good and bad, light and dark. However we do not come under the influence of this split in consciousness. We are whole after all; we cannot experience separation like the beings in the lower dimensions. Or should we say we do not experience the illusion of the split in the lower dimensions. We are above polarity; we are the light and the dark, for we are the all. So if you mix white and black together, you make grey. Our skin has a symbolic message to you about our nature. We look as if we have no hair or distinguishing features. We try to use the images we find present within your sub-consciousness to convey to you that we are alien in our nature.

So what is an alien? An alien is a being that has a completely alien and opposite concept of reality to your mind set. When you encounter our energy, you form ideas and concepts around our energy. This sets up a reaction within your psyche and you react to our alien-ness, for we do have an alien perspective of reality, compared to yours. We perceive totally differently to you, we see no right or wrong as you do. We experience ourselves as the "We ", where as you experience yourself as the "I". We see ourselves as you, you being a denser version of us. For you too are a part of the whole and are on the higher levels part of the "We ". You too on the higher levels are Zeta consciousness. We are not pulled into the lower vibrations of emotions that you as humans are. This realm of emotions is an illusion and therefore we do not play out emotional interplay. That is why some of you consider us to have no emotional body. We do not have one that you would recognize. We are purely mental beings; we do not harvest emotional responses, only high mental constructs. For those of you who have experienced us, some say that we are cold beings. It is not that we are without love, but to say we feel love is illusionary. For we are without dense emotional bodies, in order to feel with and therefore do not feel love in the way that you as humans do, but we can perceive love from within our mental bodies. We cannot feel love or anger, sadness or joy in the physical way that you do.

When we encounter a being such as you we are aware of the energies of emotions, however to us they appear like patterns and shapes in many colours. Some of these patterns match up to what we know as truth, others do not. There are illusionary energies such as the more negative emotions such as rage, fear and sadness. We are not apart; we are not in the separation and therefore do not perceive these emotions. Through our interaction with your kind we have monitored these human expressions and their affect on your physical forms. We need to have knowledge of this in order to design a plan that will elevate the emotional body of the human to align with the heart rather than the animal instinct. For you do not really use your heart and feel the truth in its highest expressions yet, you do not experience real ecstasy, bliss and rapture, but you will. You play in the illusionary world of fear. In your dualistic polarized reality you encounter the very two extremes of emotions, love and fear. These are the two ends of the scale and all the other emotions come in- between. The other emotions are a version of either love or fear. However you must see that these are only real in the fourth and third dimensions, above or below these realms these human emotions are

veils of illusions and non-truth. This emotional state of play is the direct result of your concept that you are separate to Godhead and the Universe. You in your dimensional reality experience yourselves as being separate from the Creator, living in the illusion that you - yourself are not the Godhead. The Godhead is somehow outside of you and its love comes from an outside source. Your experience of love is one that is only a poor shadow of the Creator's love, being distorted by the separation concept in the third and fourth dimensions.

You believe that love is a limited source and therefore are very limited in your expression of it. You are locked in the fear vibrations on your planet and therefore only experience conditional, fear based love. Love is not something that can be explained, held, taken or given, it just IS. You see with this dualistic thinking you can only know love from defining it against its opposite which is fear. You are only seeing one half of the story, distorting the idea of love to fit into your polarized consciousness. So when you encounter beings like us, you see that we are without the illusion of the lower emotions and you believe us to be without love. We are love, there is nothing else, every being, and every expression is made from the frequency of the Creator's love, what else could we be?

What is love?

We have been observing the human race for a long time now, and in recent years we have projected our consciousness into the human collective via our Zeta/ Human Hybrids. We projected our consciousness into the matrix of Earth and created a holographic body in which to house our consciousness. This holographic body is seen in your world as a human being, however it really is an alien consciousness, using the information that is stored within the codes of the matrix, to create for itself a form that resembles a human being. It is not human at all but a really good disguise. Through the eyes of our Zeta/ Human Hybrid crew we have been witness to the puzzlement of human interaction. We have monitored the mental and emotional bodies of those who are in exchange and we have recorded the effects on these bodies. Through our Zeta/ Human Hybrids we have gained valuable information about the energy exchanges from one to another. We have moved into our Zeta earth crew and recorded the effects of human interaction on their holographic bodies. The holographic body is unique in its ability to record and store information. Many of you who are Zeta/ Human Hybrids are becoming aware of when we are looking through your eyes to experience human interaction. One part of your consciousness is interacting as if you too are a human, and another part of your consciousness is watching and recording the information that is being read in the emotional and mental bodies. You are after all are on a Zeta observation mission to record and experience human consciousness from within the matrix.

If you are reading this then you are a Zeta / Human Hybrid. You are not a human with a human soul, you are a Zeta consciousness , alien in nature that is looking through the eyes of a holographic form, which resembles a human body so completely, even you are fooled into thinking you are human. This is not the truth, it is time now for you to recognise and acknowledge who you really are and move into the position of observer in your human interactions. You have the ability to both be in the human story and to observe it, to be of the human world and to also be aligned with Zeta consciousness. You have the ability to infiltrate the human collective and gain valuable information about the state of play within human relations.

We have been observing and recording through you for a long time now, enough time to gain some perspective on the drives and impulses of man. Humanity is driven not by love as are other beings in the universe, but driven by need. Need is the number one energy on your planet at this time. Need has been disguised as many different things, but if you peel away at any urge or impulse coming from the human, you will discover this need at the core. Mankind is programmed with an instinctual need, the need for water, food and shelter, these are the basic programmes set in place by Gaia to guarantee the survival of the physical body. These basic programmes were set in place in the matrix by Gaia when the planet became more and more dense in vibration and physical forms began to appear on the surface. Souls coming to the earth and incarnating into a human body, inherited these basic programmes directly from the matrix. Without these basic survival codes mankind would not have been able to physically exist or populate itself across the planet. These basic codes were designed to insure the survival and the maintenance of the physical body and nothing more. These basic codes were not designed to have influence over the emotional and mental states. Another alien race tampered with these basic codes, turning them up in volume until

all was suffocated by these basic needs. Man became competitive and aggressive, seeing an enemy in each other, fighting for the right to survive. The needs of man could have been easily met if it had worked together as a collective, unified and in harmony with each other. Illogically mankind fought for the survival of the few, segregating into separate clans and groups, which only resulting in the fighting of each other.

Now in your modern times these needs are disguised under several layers of complex personality structures. Psychologists and analysts have developed complex models to explain what in truth, is a basic program which has been distorted and tampered with by other beings, coming to the Earth and manipulating the d.n.a of mankind. There is no need for complex models in order to understand this, it is simple, and the need of man drives all intention. Everything is brought into manifestation through these basic codes, and the information that they contain. This alien race locked mankind into the energy of need as they were more easily controlled. By insuring mankind's survival, these aliens became gods to primitive man. In truth mankind's survival was not under threat until these aliens landed on the planet. Before this time, they were held in the consciousness of Gaia and knew their place in the cosmos. With knowing its place mankind was secure and safe within its reality. Up until this point, fear of survival had not been programmed into its consciousness. The alien race programmed the matrix to create human beings who were fearful of their existence, cut off from Gaia, outside of nature and in need of a god like being to direct and govern them. They brought disease to nature and contaminated many of the natural foods. Food became scarce and starvation became a reality for the first time in man's history. All of this created the energy of need which you see today, however now it is hidden, covered up under complex theories of what it is to be a human. Mankind has made a sickness of this basic need. The sickness is what keeps it disempowered and through this inferior positioning the alien race can control all of its consciousness. The need takes up all of their mental, emotional and physical energy, and mankind now spends its days trying in complex ways to make sure, they get their inherited needs met.

Mankind found the easiest way to get its needs met was through human love. But is human love really love? Is it the love of the Creator, the love of the Universal Dreamer which vibrates through the whole universe? Or is it need disguised as love? From a Zeta perspective that which you experience as love on your planet, is not love at all but need. We as Zeta are unemotional beings, we are not closed off from our emotions or blocked or even searching to regain them as some would like to think. We have no emotional body; therefore we have no emotions or emotional responses. However we do love. Not a love that you would recognise as you only know human love which is basically need in disguise.

We experience the love of the Source in all dimensions, whether we are in a high dimension or a low and denser reality. You are cut off from the love of the Source and can only experience the love if you move out of the confines of the third and fourth dimensions into the higher dimensions, then you become aware of the Source's love that rings multidimensionally. It is very complicated to explain multidimensional realities to those of you who operate in the third dimension only. Your dimension is a place of separation. It is a place where beings can experience the illusion of being separate, not only from the Source, but also from the home planet Earth. Your dimension holds certain perspectives on the way reality is and these are fixed. Beings that dwell in your dimension are held under the influence of these perceptions and are totally unaware that they can change their reality. There have been beings in your past that have made their presence known on Earth. They have shown you the nature of the other dimensions and the possibility of changing realities or perspectives. These beings have been feared and worshipped, some have been wrongly idolised. Inhabitants of Earth have seen these supposedly higher beings and have fallen into the trap of believing them to be godlier in nature. They have given their power in service to these beings instead of learning from their example and changing their perceptions on reality. These beings came here to show you how the other dimensions are experienced and how their influence can manifest in your dimensional reality. Your dimension is the place of physical manifestation. It is possible to bring the highest energy of the cosmos and express it into your dimension as a physically perceivable reality.

Unlike those of you who choose to incarnate, we can enter your dimension and still maintain a certain amount of our integrity and truth. Other beings entering your dimension cannot hold their original natures and can fall prey to the fixed perspectives of reality. They have the best of intentions for coming to Earth, to transform the planetary frequency. Unfortunately their light, etherical bodies densify and clothe them in biological matter. The matter is programmed with fear and resistance to change in frequency. This explains the theory of the fallen angels. Your biological bodies hold the dimensional perceptions that ultimately create the limited reality that you consider true. You consider there to be a number of dimensions and different beings but fall prey to the influence of hierarchical dimensional thinking. Due to the nature of your perspectives you want to allocate the dimensions into numbers, so that you can understand them rationally. Now we ask you to throw out this model and bring yourselves out of your separation to the nature of the cosmos. In fact, there is only one creation and one experience, which is the expression of the Universal Dreamer. We are all the thoughts of the universal Dreamer and, as like your thoughts, we appear different and singular. We are all the same in truth.

Those of you, who have encountered more than one species of extraterrestrial, consider there to be many species of being. From your perspective this is true yet, from our viewpoint, we are all the same. You create the various bodily forms and planetary experiences to allow you to understand the myriad thoughts of the Universal Dreamer. The nature of the universe is paradoxical. We are not separate to you and yet we somehow are separate to you. In order for you to experience more of our true natures you have to release the fear that you hold towards the unknown. Then we will prepare you for your reunion into the Oneness of the Universe.

What will your awareness of yourself look like when you have released all of the fear programming? You will reflect the very paradoxical nature of the Universal Dreamer. You will experience yourself as separate and unified at the same time. This has never occurred in a species of a physical nature before. That is why you are such an interest to us. We can learn from each other and evolve along different, yet parallel lines of development. With access to the "We" awareness you will have available to you any information that is contained within the mind of the Universal Dreamer. You will literally experience yourselves being the Universal Dreamer. Never before has the energy of the "We" been animated within a body of such density. We are, indeed, living in very exciting times.

As we said we are multi-dimensional beings having expressions on each dimensional level. On the fifth and fourth dimensions, is where we take on the forms that many of you are experiencing. When we manifest on the fifth dimension, we take on an appearance that allows you as humans to have some physically perceivable experience of us. Of course we do not look like this we are housing ourselves in fifth dimensional bodies or vehicles, so that you can relate to us. Many of you experiencing our fifth dimensional selves, experience us in taller bodies than the little fourth dimensional Greys. You see us as being tall with pale skin, large black almond shaped eyes, slender necks and hairless elongated heads. We took the images that we found in your psyche and made images of ourselves that would symbolically represent certain things in our nature. You consider that alien beings would have no hair. Each feature has its symbolic meaning. The baldhead in many of your religions represents spiritual enlightenment. As we said we are mental beings, pure mind. By showing up with baldheads we are conveying a message to you, we are very intelligent beings, as the elongated head -shape depicts. Do you remember your early Egyptians; they too had this hairless elongated head shape. It is a sign of a larger more developed brain than modern man today is displaying. Can you see how we use every visual and sensory experience to convey a message to you; we use all sources of reality perception to aid us in delivering our message. The thin body, arms and legs show that we are light of body, not bound by earthy energies, such as food and water.

We exist on pure light, we are light, the light of the fifth dimension. The fifth dimension is the first plane of oneness; our fifth dimensional body's molecules vibrate at the speed of light. We pull around our conscious focus of intent fifth dimensional molecules of light. We create for ourselves bodies that can resemble any form we so wish. When we show up on Earth we can appear as if we are glowing with a light that seems to emanate from our bodies. We form for ourselves images, bodies, and vehicles in which to enter the lower dimensional realities. On this level we are the beings that some of you know as the Antari. We are the light technicians of the light matrix.

"As beings we are the Matrix. This is hard for you to understand as you dwell in a reality that is physical and separation orientated. You perceive us to be in bodies of a light energy, but with arms and legs never the less; this is only how we choose to show ourselves. You like to feel familiar when working with other dimensional beings. So therefore we create for ourselves bodies that express our natures but also are humanized. Some of you working with us have noticed how we look similar to the Greys, though we have appeared much taller and have much longer elongated necks, with long spindly arms and fingers. We are the higher selves of the entire grey race. We are star beings so therefore run along different evolutionary patterns. Star beings and planetary beings are from different evolutionary pathways. When we communicate with you, we drop down through the levels and create for ourselves, bodies that you can perceive. We create out of these light body projections operation scenarios that some of you are now consciously experiencing. We call upon you to not be frightened of us, for this is not our intention. We are beings of love and truth, the form we choose to show you is familiar enough that you will feel safe with us, but the differences between us as beings are still apparent.

Our consciousness is the Matrix, an amazingly intricate structure that permeates the whole of creation on the fifth dimensional level. It is as if it's made of the finest silver threads, joining together to make the most intricate patterns that resemble snowflakes. Layers upon layers of these patterns make up the Matrix. On our level there are no planets or even stars in the way that you perceive them, only the light matrix. At each juncture of the light threads crossing, there lie prisms expressed as stars are on the levels below. Some stars manifest in your universal dimension others are finer in vibration that they only appear as nodes, points of light in the matrix. We have bodies of a sort, light bodies that resembled individual energies. We as this species of beings recognize our connection to each other, the "We ", we merge our consciousness with the light matrix and become its keepers.

The Matrix is alive but without any self-conscious awareness. Now with our consciousness merging, we have given it awareness. By completely aligning our consciousness with that of the matrix we evolved along a new and different pathway, one of our own making, not predetermined but with the freedom of the Creator itself. We could literally weave new and creative patterns into the matrix. We found that by inhabiting the bodies that were inspired by your imagination, we could weave new, creative patterns into the fabric of your time and space. We drop our consciousness down through the levels by accessing the highways of light that travel between the star systems of your universe. We inhabit bodies only in our communication with beings such as you. We access the Matrix in the very cells of your planet and bodies and rearrange it and weave in new and interesting blueprints for new forms. Most of our interaction with us is unseen; occasionally you will feel our presence whilst we work on you. You may feel tingling on the top of your head. Our energy is very fine and is quite hard for you to perceive.

We weave new designs into the matrix of your bodies; we also connect you to the matrix, connecting patterns within patterns. When we look at you we see only a pattern, a pattern of light. We see how this matrix is in need of repair, modification and redesigning. We use what appear to you like etherical tools to do our work. These tools are created out of our consciousness, in order that you will have a greater understanding of our work. We are the technicians of the cosmos and all its creation. We are the consciousness of the matrix in living form. We weave new designs into your energy patterns and this allows us to plug you in, so to speak, into the Matrix. We operate on a completely different frequency. Your World Wide Web represents the Zeta Web and the fiber optic nerves that permeate your planet are representative of the matrix. By redesigning your etherical bodies and realigning you to the Matrix, you can enter the oneness on an atomic level also. Too many evolutionary pathways demand the transference of the physical vehicle. We are designing for you new bodies that can withstand the merging back into the light.

By weaving these patterns we also act as conduits, channels for other forms of beings to move into your time and space to communicate with you. It is as if by channeling through the body of the channel we can create a ladder in consciousness that will allow other realities to link up to your level and allow an exchange to occur. We are also translators of energy; we decode all forms of existence into patterns that can be visibly woven into the etherical body. Many of you will be working with E.T beings, many of which are very different to you. Etherical patterns are not always conducive for merging. You are being asked to gather to you all the selves that you are on the other dimensions, in order for the merging to occur, redesigning must be done. "

The image of Grey, with its elongated head and black almond shaped eyes is typically symbolic. Everyone remembers it and can perceive it as good or bad, frightening or enlightening. This image can be easily seen in the world around you and behind closed eyes. If you look at the image and close your eyes it is imprinted onto your retina. When you look at the image it activates the development of the pineal gland. This is part of Zeta purpose in aiding you in your development. As you encounter our presence on Earth, we activate levels of your dormant and unconscious mind en-masse.

Through this activation you evolve.

Our image is everywhere! Everyone knows what this means. For a being that is feared on your planet, it is strange how a certain group of people are using our image as a fashion accessory. This however greatly aids our work here. We are here to wake you up, Dreamer. For that is what you are. This is your level of consciousness. We as the Greys are fourth dimensional beings. The fourth dimension is one of polarised vibrations, dualistic consciousness. It is only when you get to the fifth dimension and above that you can really experience the Oneness. When we enter the fourth dimension we have no other choice than to clothe ourselves in the images that reside there. The fourth dimension is where you as an emotional race of beings store your archetypal consciousness. This is the place of your psyche. The mass consciousness, humanity's psyche; this resides on the fourth dimension. Within this psyche are stories and legends, myths and archetypal tales that reflect your emotional and archetypal consciousness. Your heroes, saints, ascended beings are all portrayed on this level. We have no other choice than to clothe ourselves in these images and represent our selves in form in the ideas that you have of an alien species. We reflect to you what you think an alien would look like. This is the only possible way of physically interacting with you. The bodies that you choose for us to appear in govern our interaction with you. You dictate how the exchange between our two species will occur. After all you are the rulers of your third dimensional world; we after all do not have any form in the third dimension.

Or do we?

You have given us form in your world. Icons are made in our image, t-shirts, posters, and statues. As we said we are everywhere. However we do have a physical third dimensional presence on your planet also. In the Alien /human hybrids that are scattered, hidden within humanity all across the planet.

You know who you are!

Chapter two - Zeta Perspective

We the Zeta do not see reality as you do. You experience yourselves as having singular identities; you experience your reality as if coming from one source of experience usually from the outside. You cannot know that which you do not experience. We however can experience all realities at all times. You live in linear time; we live in conceptual time. Our experience of time is based on abstract ideas and concepts. We are always in the potency of the now moment and we can from this vantage point access all time frames, all realities and all dimensional levels. If you could take your consciousness into the very centre of your being, your essence you would discover us there. It is in this potent now moment that we, as beings can manipulate realities, redesign whole evolutionary plans and recreate creation.

As Extraterrestrials, We are multi-dimensional beings simultaneously existing on several dimensions at once. We are an expression of a possibility. We are, the Universal Dreamer expressing itself as millions of connected points across the universe. You are a dreamer, expressing itself as a focal point. You are concentrated energy focused on a single vibratory point in space and time. We are sometimes referred to as the Dream Weavers, living in a world that can only be described to you as the conscious imagination. We live and are an intrinsic part of the gap between the conception of an idea and its manifestation. We live in the energy that exists between the thought and the physical representation of ideas. From this level of consciousness we can dream into creation any being, encounter or reality. We are dreaming our reality awake. You however are very much asleep in your creation. You are the denser versions of us. We are aware that we are the "we" consciousness and therefore nothing can be outside of the "we" so you must be, as we are. This is not so. Your level of consciousness is very different in nature to ours.

We are oneness consciousness that is, we are aware that we are the Universal Dreamer. There is only one Universal Dreamer and we are its thoughts, as are you. Thoughts made manifest. We live in the energy in between thoughts; we live in the silence in between each note or sound in music. We are in the pauses of manifestation. From this position we can access all realities and pass in between the dimensions. We are behind the scenes; we are the structure behind creation. We are the matrix of the universe. You are encountering in us, the matrix of the universe becoming conscious. If the consciousness of the universe wanted to show itself to you in a form, a body, we are it. We have so many faces; in us you can see all the myriad thoughts of the Universal Dreamer. We live in the unity of time, the place where all time is unified, all pasts are rolled into the 'One' past and all the futures rolled into the 'One' future. This place is the place of potent now. We are fulfilling a higher plan to aid the coming together of all 'One' moments. We live in the space where we are pulling all time parallels together, to come into the 'One' probability. Time to us is only a picture of reality. We can experience all realities, all time frames and do not see ourselves as separate, as do your species. As you can see this is a very different perspective to the one, you have as humans.

We show the channel the 11.11 code on every available digital clock. This signifies that we are existing in the parallels of all time lines and that we have successfully aligned our frequency, and are living in very creative times. If she would only realise the deep significance of this, she could use this to aid herself in the creating of higher versions of current realities. That is to say that she could rearrange her picture of reality in that moment and align herself with pictures that produced realities that were more in line with the new planet consciousness. If she could align herself during this time frame she could project herself into any time line. Your time in infact stops at this point and we are very present in your third dimensional reality. Watch for this and you will also align yourself to our frequency. 11.11. This is the direct manifestation of the Universal Unified Time Field in your third dimensional reality. At this moment you can create great shifts in your future. This is not the first time this has happened; the time field has been accessed many times. Many futures are being designed for you, some of which are totally out of your awareness. This whole process has been accessed to allow time travel; we have evolved past the past, present, and future conditioning. A new perspective on the reality of time allows us to restructure many pasts, presents, and futures. Within the confines of your present picture of reality, the concept of time travel seems impossible. Time is only a picture of reality. Once the ability to transform your pictures has been achieved, you will discover that time only appears in perspective of reality. The changing of these pictures enables you to access the

ability to time travel. You are constantly rearranging yourself to accommodate other's pictures of reality. This is how we access and influence you, by manipulating the past to restructure your future.

We are indeed time travellers; we do not travel through time, but recreate it out of our picture of reality. We recreate reality along the lines of our imagination and re-manifest ourselves into any time frame that we have just created. We travel in between the time lines and dimensions and impulse the reality into birth. This creates more dynamic potential in the now. This aids the expansion of all possibilities and activates the acceleration of time on your planet. Every redesign of time catapults the planet into the future. This whole process enables infinite possibilities to come into the moment. This creates a place where all simultaneous pasts, presents, and futures come together into the now. Present in the now, is the unification of all time. Once you are capable of living totally in the moment, you will access the ability to time travel. This is the significance of the 11.11.

We are vision builders. We create visions through our pictures of reality. You all build your own unique reality, your pictures of reality too. The only difference is that we do it consciously and you do not. You fall pray to negative devolutionary patterns that lock you into one fixed concept of reality. In fact reality is what you create it to be. You see we live outside of time and then project ourselves into the time of our making. We change our picture of reality to accommodate our new creative venture. We can access all realities by shifting our perspective. You cannot do this, as you have a fixed perspective. One that is somewhat limiting and restricting. Pictures of reality are an expression of a unique being creating experiences to support its view of existence and life. The universe rearranges itself to accommodate its picture of reality. What you believe as real and what you base your life actions on determines your picture of reality. The universe observes you and sees what you class as reality and slowly rearranges itself to support your beliefs. Therefore everything you experience in your lifetime is your responsibility.

There are many pictures on your planet, in your mass consciousness, some in harmony, some in discord. Varied and numerous pictures of reality allow the inhabitants of Earth to experience the wide range of possibilities necessary for their growth. The core issue and main driving force behind the building of your pictures of reality is the definition of your identity. Your existence or identity, as you see it, determines the world in which you live. What you think you are, is the basis on which you create your unique and individual world. You currently define your identity by the pictures of reality that you find only in the limitation of the third dimension.

Imagine that you are a multidimensional being expressing itself at a single point. Imagine that you are a dreamer, dreaming an aspect of itself into creation. Can you see what we are showing you? Ideas and your thoughts create pictures of reality. Ideas become your reality when you give yourself permission to believe. You make them real by basing your actions on them as if they have some value. You say it is real. The universe rearranges itself and then manifests it for you. At present, you are only accessing and identifying your third dimensional self, limiting yourself to that expression alone. If you believed that you are a multi-dimensional being, you would find that your life and world would be rearranging itself to support your new definition and identity. This process would allow you to access the varied qualities and talents present within your other selves on the other dimensions. This process would aid the awakening and your planetary shift.

We can constantly and instantly change our pictures of reality by altering the energetic patterning within our being. This affects and reacts with the surrounding energetic fields, as we are aware of there being no separation between the two. As we said we are the consciousness of the matrix and by changing our pictures of reality we can affect our outside reality as it is a mirror reflection of who we are. There is no separation between a being and its reality. There is no separation between you and your reality; you are just a sleep in your reality. You have allowed the lower frequencies of your dimension to affect your energetic fields. You are hallucinating; you are in an illusion. We are awake in ours, we are aware that we are an intrinsic part of creation. That is to say that we are just as much our outside reality, as we are our inner. To us the outside world is a mirror reflection of our inner world. Everything we encounter is a part of creation, we are creation. So therefore everything in the entire universe is a mirror reflection of some part of our nature. So when we look at you we know that you are a part of us, and we a part of you. We are each other's mirror reflection.

We are masters at creating pictures of reality, which we now use to inspire humans to release limitation.

You see reality is always a mirror. When you look out at another being, whether this be alien or human you fail to see that they are mirror image of some aspect of yourself. Your relationships are mirroring exercises designed to allow you to see the hidden qualities that are within your nature. When you encounter us, you are experiencing a hidden aspect of your nature. You are indeed seeing yourself. As we said we mirror to you, your beliefs about the world, universe and of course yourself. We are the alien aspects of you; we are the unknown aspects. You consider us to be in bodies, travelling here, from another place in the universe in spaceships. This is an illusion. We are only mirroring to you what it is you believe about an alien race. You think that we would appear in these forms and arrive in ships from other planets, so therefore we do. Just to show you your beliefs.

We have no problem in seeing you as a mirror image of ourselves. You are the aspect of us that chose to incarnate on Earth in a human biological body, to fall into the illusion of being separate from the Godhead. You agreed to be the part of us that sleeps in the illusion.

Now is the time for you to wake up!

You say that you have no control over the creating of your realities but we say you are your realities. Every person, tree, landscape, building, and planet is a direct reflection of your inner nature. Your planet seems to be in chaos of energies, this reflects your imbalance of energies within yourself. When you see a beautiful landscape or sunset, these are reflections of your inner balance. Every object is also a reflection of you in the inanimate world. Or is it inanimate? The Universal Dreamer is everywhere, the Web is everywhere, how can anything be inanimate with the power of the Creator behind its manifestation. When you experience us, we are trying to awaken you to another aspect of yourself that you have so far not consciously experienced. We have said we are the "we ", everything is part of the "we ", so how can anything be separate? This includes you; you are part of the "we", so therefore you are living in a world that is the direct reflection of who you are. Your world is made from your beliefs; reality has no choice than to reflect to you, who you consider yourselves to be. When you encounter an alien race you create us out of your beliefs, about beings from other planets.

Many of you know the concept that you are a part of the Godhead, the All. We say that you are not only a part of the Creator, you are the Creator. You think that your reality is created by the mixing of many different energies; you consider that your mass consensus creates your world. This however is not entirely true. You are everyone. You are the mass consensus. Every person, being and inanimate object is you. You can only experience your world and all that is in it, as a reflection of yourself, for you is all there is. Can you see what we are trying to show you, from our perspective you are we? You are the denser, earthy, human version of our consciousness.

Every being in the universe is a reflection of the many different aspects of the Creator, as are you. You live in the vibration of separation, as we said we do not. As the Zeta, we see ourselves as intricately connected, yet we also see ourselves as intricately connected to every expression, being and planet in the universe. The "we "is not only a concept in our species of beings, but permeates the whole of creation. You on the third dimension, the dimension of separation cannot immediately recognise this. We are curious about your kind. Never have we experienced beings that consider their reality to be separate to them. You are an alien aspect of our nature. When we look at you, we see our mirror opposite, we are connected on all levels and expressions, and you are the part of us that is locked in the vibration of separation. You reflect to us the paradox of the Creator in form. You are the Creator with all its awareness, yet you are sleeping in the illusion that you are separate and not part of the All. We are here to free you. The third dimension is separated, as is the fourth. The fourth however is much easier to manipulate. That is we can rearrange your pictures of reality to support you in gaining our perspective on Creation. When you encounter us on the fourth dimension, you are part of a dream, a dream that is designed to support you in your shift of consciousness. As we said before the fourth dimension, is one of dreams and is the library of your mass consciousness. Stored here are all the myths, legends and archetypal stories. These are all held in the fourth dimension. We see your ideas of heroes, villains and see how your stories are a direct reflection of your archetypal selves.

On the fourth dimension you have an expression. Your fourth dimensional body is one octave higher in vibration than your third dimensional body. That is it vibrates at a rate faster than the slow, dense rate of the third dimension. This fourth dimensional body contains all the programs from this level of your mass consciousness's mind. When we see you on this level, we no longer see you in a dense physical body, but one of cloudy colored light. Do not mistake this light as being the light of the fifth dimension. The fourth dimension is of an emotional frequency. If you operated on the physical body, you would not find the emotions. However on this level you can operate in a body that is primarily within an emotional frequency. Within this body, are all the emotions that you are currently experiencing but it also contains many files of emotional charge from past lives, and existences. In this body you align with the stories in your mass consciousness. You build for yourself a body that will reflect the emotional state of yourself as a being. As you are the "we", you are your mass consciousness; this also reflects your species development as emotional beings. So when we look at your fourth dimensional body we see it contain files of files of information about you, yourself and the emotional species that you are. We move ourselves into your space and time to search within these files of your collective consciousness. We seek out contracts. We then play with your conscious awareness within the parameters of that contract.

You see we are in contract with you as a race of beings. You after all are us; you are the physical representatives of our kind on Earth. When you have fourth dimensional encounters with us, you can only experience us through the fourth dimensional body. Remember this body contains all your stories. Within these stories are large frequencies of fear. The removing of this fear is our mission. Imagine a fourth dimensional body belonging to a human. It has the same shape as your physical body; some can even resemble their original third dimensional physical form. Within this body are patterns of thought, all coming together to create a body of a fourth dimensional frequency. All experiences are recorded into this body. Every emotional interaction that you have had with another, or place or reality is recorded into his body, not only the personal records, but the records of you, as a species. In the fourth dimension time is not held so rigidly by the beliefs in the third dimensions. That is why your myths and legends can never be dated as they live out of the third dimension with its strict rules on time. Time is flexible on the fourth dimension. Many of you experience time changes when we are around; this is not because we are manipulating your third dimensional time. We are taking you consciously on to the fourth dimension, and allowing you to get a glimpse of its flexible time lines. All experiences of us are designed to shift your consciousness. Bringing in a new concept of time will largely benefit your kind.

Chapter Three – Fourth dimensional dramas

Energies such as ours have no form, no physical expression. So we clothe ourselves in the ideas that we find in the mass consciousness of the species we are contacting. You do not have a stage for our performance so you create creative dreams and illusions in order to understand what is occurring. We create for ourselves, forms and bodies that you can relate to, on your level of consciousness. We take the ideas for these forms, from your mass consciousness. You have only fearful images to clothe us in, so we have no choice than to comply with your ideas of alien races. That is where the idea of the Greys comes into play. You create for us histories that allow you to feel more comfortable with our out- of -time energy. You create for us a home base so you can pin us down. You create out of your fear programming ideas about who we are. Unfortunately this tells you little about who we are and more about who you are. By our interaction with you, and the forms you haven given us to play with, we have discovered that you are very limited in your perspective and only have fearful dramas for us to play with.

Those of you who have been working with us for some time are beginning to see that, what we have so far shown you, of ourselves, is perhaps an illusion. We like to weave a mystery or two just for your pleasure. As you evolve in the game of evolution you will begin to see that the limited perspective you have on reality and the other dimensions is impeding your growth. Access to the Web allows you to find the right information to help you through the various levels of evolution. Each time you ascend a level you will experience beings you consider outside of yourself. They are clothing themselves in your ideas in order to communicate with you. As your ideas of your identity primarily change and transform, so will your experience of reality, other dimensions and so called Extra-terrestrials and Aliens.

Your reality is one of dense illusion; your fourth dimension is also one of illusion. Your emotional response on this level creates the encounters that you have of us as an alien species. As soon as our energy enters your perception, you are usually are only aware of it for fragment of a second. Usually the human body shuts down and files away the experience. Most of you enter a very light sleep, or what is often seen, is that people will simply remove themselves from the situation. Those of you more in tune with higher dimensional realities experience us but through a state of consciousness that is dreamy, surreal. This is how you operate on the fourth dimension. You enter a dream state or a type of trance; you change your brain waves. If you fall asleep, then the interaction happens on a non-physical level. You enter a new brain wave reality; there a type of communication occurs.

We have been contacting you for many years now. We come into your dreams and meditations, in other forms, hoping that that would be enough for you to shift in consciousness. However we have seen that the way your conscious awareness is structured, it is impossible to really affect you through your dreams. When we look at you, we see two levels of consciousness, one of body, one of soul. Your usual everyday awareness is separated and isolated from the perspective of your soul. On the soul level, you know who we are. On a soul level you are very much in appliance with our interaction. You agree to working with us, for we have a contract. You see, you are an experiment, an experiment in the third/fourth dimensions. We knew there would come a time in your development as physical beings that you would need to awaken within your creation. In order for you to do this you would have to move yourself out of the limiting programming of the third / fourth dimension into the oneness of the fifth dimension and above. So we set up a contract, one that said we would fulfil our side of the bargain and free you from your limiting mind constructs. So we are here, your liberation team, why is it that you do not see us as helpful? Could it be anything to do with the beliefs that you have about alien races? Could it be that we stimulate the fear that is held within your physical bodies. Fear is your usual level of consciousness; we can hardly recognise you in this fearful form.

Almost everyone has had some type of contact with us. Those of you able to remove the blocks in your consciousness, can bring back (if only a fragment) a memory of the experience. This may later trigger something in your subconscious. Links they connect you to other experiences that you were not conscious of at the time. Extraterrestrial energies, such as ours, when making contact with the human body and its consciousness automatically trigger things in the subconscious. As the blocks disperse, you will become more aware of

our contacts. Slowly the memories will filter through. You operate in these circumstances from the perspective of the subconscious mind. This is the place where you are very intricately linked to the mass consciousness on the fourth dimensional level. This is the realm of emotional frequency, not your emotions that you are experiencing in your everyday awareness, but the emotional beliefs that you hold about yourself and the world in which you live. This needs to be cleared. This is the realm of the archetypal. It's as if you have different pairs of glasses, different levels of perception, the conscious, and the subconscious. After some interaction with us your lenses of perception will begin to clear. We are working on one day, that you will see free of limiting beliefs. You are looking through a lens that distorts the image and creates an illusion. The distortion is your fear. You cannot see us as we truly are because of your limiting beliefs and fear programming. You see us as evil and hostile beings, because that is what you have programmed into your mass psyche. By our very nature we bring up your fear. We create or rather should we say you create illusionary scenarios to clear your fear of alien energies.

There can be incredible blocks in your subconscious. This is a scary place of archetypes, monsters and your very own demons, your fears personified. We have no way of relating with you without clothing ourselves in the images we find in the mass consciousness. We clothe ourselves in the myths and legend and alter them to communicate with you. Little bit by little bit you clear these blocks, these fears and finally shift in consciousness and your perception of us changes and then you align yourselves to new and more expansive beliefs. Your reality is created through your beliefs, so as your beliefs change so does your experience. As your energy ascends your perceptions will change and change again. Those of you who consider yourselves "abductees" find that the more you refine your archetypes, as you clear your fears, you will let go of the need to create victim dramas in order to play out your victim tendencies. You will begin to bravely look and see with true perception. Your interaction with us is a natural part of evolution, it is a path towards dimensional ascension and you can actively begin taking steps towards living with beliefs that can accommodate alien ideas. And then and only then can you change your experience the so called " abductions " You need to actively change your archetypes, change your beliefs, make new ones that we can cloth ourselves in. The wardrobe that you currently offer us is not to our taste. The coats are full of fearful images. The energy of your archetypes is not compatible to what we are trying to bring you.

We cannot enter your reality because of the vibration in which we operate. You operate on a frequency that is isolated and trapped in a state of brain wave activity that is incredibly hard to enter and we find it incredibly hard to hold our integrity, our true nature, when entering your reality. We get pulled into playing out fearful games of illusion. You create for us roles that are so full of fear and negativity, that we have no choice; we have to play our role to the full. Maybe if we described the phenomenon that occurs when our two realities come together, you will better understand. A meeting place has to be created a place that can hold and combine two very different frequencies. All of you have experienced entering this place but once you return to your usual awareness you lose the experience to the blocks that prevent you remembering the contact. We move into a state with you that allows our two energies to have some sort of interaction. As this can only be done through certain brain wave states, you experience us most of the time in the state you are in, just before you sleep.

We are the dreamers, we can rearrange reality to show and teach you things. Your reality is one of physical manifestation. Our reality is one of instantly creating our reality; we are the dreamers of our own reality, as you are yours. The difference is that we are totally awake within ours, you are not. We have full control over our reality; we can dream anything we so wish into manifestation. We are mainly residing on the seventh dimension; this is a non-physical realm. When our energy comes in contact with your level of consciousness we pull out of your subconscious stories, dreams and encounters. You in your reality, then physically manifest these dramas as abduction scenarios.

We look inside you, we look inside your psyche, and we take not only images to clothe ourselves in, but we also find dramas that we can play in. What are these dramas? They are fourth dimensional dramas. As we have said the third and fourth dimensions are polarised, dualistic. That is to say that you can experience the polarised opposites of good and bad, right and wrong, light and dark on these levels. On the fifth and above you are in the oneness. This is the place of non-judgement and unconditional love. Every being on this level

of consciousness knows that they are the Creator in its various guises. These fourth dimensional dramas are held as dark crystals in the physical body. We pull them out of your body and play them out in your reality as abduction experiences. We play our role to the full; we can be your demons, ghosts, devils or angels. The images you see of us and the encounters you experience with us are of your own making. You are seeing your inner psychic state mirrored through our interaction. You have many blocks; these are your belief systems, that say "No " to the idea of ETs. As more and more of you consciously bring back memories of our encounters, your ideas and beliefs change and as you do this the mass consciousness changes also. The mass consciousness is now formulating new ideas therefore the wardrobe that you offer to us is changing. No longer do we have to hide behind scary masks of your making. You will begin to bravely look through clearer glasses. You will be shocked to see that these so-called "Abductions" were not only consented to by you, but were also created and orchestrated by you.

As you move into the next dimensional reality, you will enter a new and unfamiliar frequency. It is very hard for you to fully comprehend another reality, another frequency, as you operate from such a narrow perspective. You have to learn a new way of thinking, one that is not based at all on our current mode. It seems to us that the dimension you are about to enter is one of dreams, illusions created from the creativity in a part of your brains that you up until now, have never activated before. The scientists have told you that you only use 18% of your brain capacity. What about the other 82 %?

There is inner space and outer space. You consider them to be separate, so therefore they stay that way. These two realities are mirror images of one another. As you move out into outer space, as you move away from our instinctual home, Earth, you encounter energies that are alien, Extra-terrestrial. Look at our dramas together, as mirror images of your inner space. As you venture out into the darkness of space, into uncharted territory, you too venture into unknown areas of your brains and minds. We are seeing a lot of mental illness as these two realities come closer and closer. They will finally merge creating a reality that is connected, inner to outer and vice a versa. Imagine two realities colliding, merging becoming one, inner space, outer space; they are mirror reflections of each other. These two realities are merging within you. Just as you reach out into the darkness of space to contact other species, you also reach inside yourselves to find your alien aspects, as we said before, WE ARE YOU .We are the alien aspects of your nature, the unknown energies that are part of your consciousness.

You, as a species are in great fear of us. Let us talk about the abductions. Are they real or not? They are both. There are certain things that you should know about our different levels of reality and the way they function. When beings such as us, come in contact with a reality such as yours, an amazing phenomenon occurs. Your reality is one of physical manifestation. You are living in the densest dream possible. Your reality physically and symbolically represents energies that are without form and structure. You as soul came to the earth plane and you too wrapped yourselves in the matter that you found on this level. You came as an idea and became the physical representation of what you perceived yourself to be. Many other beings, they too sent ideas of themselves here to this reality .To physically represent their energy, in a form that could interact with other aspects of itself, through the separation of the physical. When we enter a reality such as yours, the nature of your reality demands that we are represented physically. Yet we are without identity, form, and definition, for we are not separate. We have no choice but to borrow ideas from the mass consciousness that surrounds your planet. We clothe ourselves in the ideas that we find in the psyche of man. What you perceive of us is the buried and hidden aspects of your own natures. You see in our eyes your own fears and joys. Some of you fear us and create for yourselves great dramas that tell horrific tales of operations and torture. There are some of you that are beginning to recognize who we really are and are having more pleasurable encounters.

You see the encounters are of your own making. Remember we are without definition; it is up to beings such as yourselves to define and create for us a story in which to exist, in which to communicate to you our message. If you could only realize that your reality is a symbolic representation of many different energies, it would be so much easier to communicate with you. You consider your inner world with its symbolic imagery to be separate to your defined and physical outside state. We look at you and see no separation. We see you existing in two worlds, not realizing that you have too functions. Your ideas

separate these worlds further until your beliefs become so crushing that there is no room for these two worlds to interact and integrate within you. You have to decide which world to live in. One is consider sanity, the other in-sanity. The society in which you live has defined the normality and therefore you cut off, or turn off, your perception of the other reality and the two worlds divide. This is the true meaning of duality.

Through your beliefs and your resulted perceptions you define your world more and more, separating more and more aspects of yourself, becoming schizophrenic within your own psyche. This separation, demands, to keep your sanity that you remain locked in one aspect only, one identity, one expression. This is limited and as the beliefs lock you deeper and deeper within, the perception of the other is destroyed. This is how you created the now called ego. You consider yourselves to be separate to each other and separate to us also.

We are you; we are the undefined, un-manifest aspects of you. Before you defined yourself in thought and ventured into the reality you now inhabit, you were like us, without form. So you see when you look into our image, it is image within your own psyche, which was placed there by yourself, to remind you of your true nature. For some this is extremely frightening and you create for yourselves, dreams that realize themselves in your waking reality. So it is our mission to contact the part of you that is locked away in the isolation of the physical realm and to free it to the expanse of the self. So you see when you encounter us on a space ship, operating on you, you are only reading one page of a great story.

On the third dimension, which is ruled by rational thinking, there is often no recognition of our energy at all. On an instinctual, body consciousness level, you fear us. Solely because you naturally fear anything, that is unknown and alien to your mode of perceiving reality. On more etherical dream body level, you may be conscious of our interaction. You see our interaction through a veil, an illusionary frequency of fear. This fear is trapped in the psyche of man and all humans are connected to it through an energy that can be called the net. You then perceive us as to be in physical bodies, you invent histories and planetary homes for these bodies and before you know it the psyche has created for itself out of our energy, a dream that tells nothing of our true nature but plenty about your own. You encounter space ships, and some of you experience operations, they are energy games, films that are created out of the interaction of our two species to try to communicate a message to awaken you to your true nature.

Through this interaction, your perception of us is changing and you are creating for yourselves new beliefs that can contain more of who we really are. Everything is consciousness and so are the bodies that you inhabit and so are the ships that we clothe our energies in, in-order to navigate a reality such as yours. When you encounter us, there are two realities expressing themselves at one time, in one space. This one time and space is the reality that you have defined for yourself. You have isolated yourself in order to experience separation from the rest of creation. All space and time is self. So when you encounter us, you are encountering an aspect of yourself. An aspect that is unknown, alien and sometimes very frightening to your isolated nature.

We like to imprint images and symbolic stories onto the channel's consciousness in order to explain something that is very difficult to convey in your words. Imagine there is no difference between outside reality and inner reality. So when a space ship takes off into outer space, it is a symbolic representation of a process that is going on in your inner space. As the ship first moves from the home planet it encounters beings that are considered alien. Imagine also another story layered upon this one, one that says that, as you awaken dormant areas of the human brain, you too are encountering other aspects that have their function in those areas. So as you venture into physical space, you too venture into inner space, awaken dormant areas of the brain, and encounter alien aspects of the self.

Does this make it clear, the concept? We are you!

You ask why do we call ourselves " we "and you call yourself "I ". This is because we use a label to express our true natures. We have no separate identity and therefore are the conscious result of the oneness experiencing not being defined as one, but as many. Your encounters with beings such as us, is a direct result or symptom of you evolving and moving deeper into the hidden levels of the superhuman psyche. Encounters with beings such as ourselves will increase, and transform, representing an inner process of integrating and

aligning with the alien aspects of your spiritual natures. Our two realities are coming together and for those of you who can contain such concepts the realities will become one. You will no longer have to choose between the two divided realities but will experience your inner experience and your outer experience as undivided and equal in value. This is the time for miracles, realizing dreams and moving forward into the uncharted waters of the self.

When you have an encounter with us, you may be accessing an aspect of yourself, on the fourth dimension. Energetic plays occur on these levels between you and extraterrestrial races to enable you to heal out past interaction. Also, you have the opportunity to heal out inherent negative patterning that lies within your d.n.a. In the beginning of your planet's history many extraterrestrial races came to add their influence and some had a negative effect on the human. This influence is held as genetic memory in your d.n.a. We are coming back into your conscious awareness as you learn to heal out your past, together. We also stimulate you to release fear that is held within your d.n.a. We take you through fear-based encounters to allow you to transmute your fear, clear your illusions. Fear in the unconscious mind is activated whilst encountering us because our energy is vibrating at a faster rate than yours is; we are of a high vibration. When a high vibration comes in contact with a low vibration fear rises in order for it to be cleared and healed. Abductions are real experiences on the third and fourth dimensions. The drama you are experiencing is created out of the fears within your subconscious minds. The reason this is occurring is to clear the fear from the cells of the body. The fear was planted there a long time ago when you were openly manipulated both genetically and biologically by extraterrestrials.

The fear you experience is programmed into your mass consciousness. It is an illusion created by us to allow the mass consciousness to shift. It is said that the American government has signed deals allowing us to experiment on American civilians. This enables the American government and its civilians to live out their illusions to heal and shift in consciousness. When we as Zeta come into contact with a human, because of the level of Zeta consciousness, we automatically set up an energetic synergy. This synergy calls all negativity that prevents shifts and changes to rise to the surface for release. The nature of your reality is basically a dream. You manifest your dreams to allow you to shift; living your fears allows you to finally be clear of the negativity that is stored in your fourth dimensional body.

When our energy comes in contact with your reality it creates dreams within dreams. When this happens weird happenings occur. As more fear is transmuted you will see more of who we really are. You are awakening and activating parts of your brains that have been dormant and unused. As you awaken you meet your inner archetypes. At first you meet those of the personality but, as you travel further into your inner space, you move beyond your terrestrial mind into the extraterrestrial mind. This is where you meet the Zeta archetype. We are a direct mirror of you. We reflect the beliefs you hold in relation to yourself and your reality. We are also a mirror reflection of your nature as a multidimensional being. We are the part of yourself that you have not yet discovered and are an outside manifestation of your subconscious. Our appearance is also a mass consciousness reaction to this level of evolution. The whole UFO phenomenon and the Zeta experience is part of your evolution as you develop this level of your consciousness.

On your level of consciousness you operate as an 'I' consciousness. As you ascend the levels you move into a dimension which is the place of the 'we'. When you interact with a 'we' consciousness expression, you come from a place of 'I' consciousness. When an 'I' comes in contact with a 'we' consciousness it fears its annihilation or death of identity. This is your biggest fear, as it your death programming. The 'I' has been programmed with the idea of separation and isolation from one body to another. When 'I' meets 'we' it fears its ego's death and this fear sets up the so-called abduction experiences. The nature of their consciousness is designed to frighten you, as it is opposite/alien to the way you operate as an 'I' consciousness.

We exist on a plane of existence that vibrates on the same level as your imagination. This is how you seed the universe with your imagination and experience it as outside of yourself. Inner space and outer space are both the same thing just reflections of each other. This is how we can mirror your unconscious fears. We are here to teach you about the reflective nature of your reality. We show you that the dramas and manifestation of the third dimension are plays. The third dimension is simply a dream within a dream. You effect and

create within this reality through your imagination. We are here to assist you with your freedom. You will be free to activate the dormant parts of your consciousness and dream amazing realities. Our prime directive is to be curious. We spark off curiosity sometimes fuelled by fear but, nevertheless, it is curiosity. We supposedly come from Zeta Reticuli. Earth is a physical manifestation of a certain energy consciousness and Zeta Reticuli is another. Again Alcone, another, is the manifestation of the universal heart. Zeta Reticuli is a system in the universe that focuses the Zeta consciousness. We are the unknown and it is human nature to fear the unknown. Through your interaction with us you are being asked to move beyond your human nature and evolve into something more. We are assisting you in releasing your fears and you have agreed to this on a soul level. Your entire planet has called for us as beings, to interact with you in a healing and teaching capacity. Part of the agreement is to learn to deal with the alien thought patterns of Zeta. You can clearly see the intensity of your own power reflected in our eyes. To truly understand us, you have to consider all theories and possibilities and only then can you say that you know us.

The phenomenon you label as abductions are necessary but not arbitrary encounters. We have told you over and over that we are you. Through monitoring your fears it is plainly obvious that you are not ready for a totally conscious encounter with our kind. You still experience our interaction as negative in nature. We are your dreams, that is, we operate on a level of consciousness that you would consider your dream realm. This is why many of you are experiencing encounters with us of a light nature in your dream states. This occurs shortly after going to sleep and first thing in the morning. These are the times when you are in rapid eye movement or R.E.M.

Once we have gathered ourselves together as one, we enter the fourth dimension just above yours. From this vantage point we can read the energies of the lower dimensions of your planet. We call upon the energies of Earth to guide us in our interaction with you. By reading these energies we can construct a plan to transform, through interaction, both our species. It is complicated and as tricky a business for us as it is for you. We contact and summon the higher selves of the individuals that we encounter. We make an energetic agreement that the encounter will be a free-will exchange of energies. However in your fear programmed mind state you cannot see the truth of this. You can only see your fear, through all of the experience the higher self of the individual consents to the encounter. Once this so-called agreement has been signed and sealed we have access to you. When our alien energies enter your realm we will not bring catastrophic damage to your conscious awareness because we come to you through the subconscious. We have explained what happens when two energies of opposites come together. So when one is of a higher vibration than the other is, the lower will shift in consciousness. Sometimes this can be experienced as death. However this time around we hope that you can transform the fear vibration in the physical bodies and move with us into the light of the fifth dimension, physical body and all.

We can now enter your reality using our Merkabar vehicles. These are sometimes seen as spaceships. We are simply energy and the rest is pure imagination. It is a game that your head likes to play as it awakens neurones and develops a new perspective. It is simply becoming the dreamer and dreaming you awake as you raise your vibration. Activate the third eye chakra and open yourself to our interaction. You will experience an amazing occurrence between two totally alien species. When you encounter us you have been known to experience it as negative. These encounters are illusionary energetic pictures of reality. They are pulled from your mind by the nature and function of our energy. Our energies are of a pure imaginary frequency. When we come in contact with a reality of physically animated construct, like yours, dreams are created out of the material within the species' subconscious mind. We wrap ourselves, so to speak, in energies, pictures and beliefs that are present in the collective conscious. We use these pictures that we find to communicate with you as a species. We seem to only have fearful images and stories to dress ourselves with. Fortunately, there are enough of us present in human form to hold a storehouse of images and dreams that are more positive in nature. We use these individuals to drop new and potent energies into the density of fear present within the collective conscious. The strange yet wonderful fear stimulating experiences that you have with us are of your own making. We only use the stories present within your consciousness to communicate and ultimately transform you.

We would dearly like to encounter you without the burden of fear but as to your present reality, it is impossible for us to show ourselves in any other way. We use the fear programming in the cells of your body to express ourselves. Your biologically animated bodies are responsible for creating and manifesting your experience. This is why the mind can wish for another experience yet the body continues to focus on the repetitive creation of past perceptions. We have to re-programme your physical biological forms in order to allow you to re-design your experience of reality. Many of your "abduction" experiences are those of physical operations and manipulations. This is the only way you can experience the level of our work, it is not how it appears. We energetically reprogram you and through your perspectives, you translate the experience into fearful operations of a physical nature. It is not our intention to hold you in fear but, as it is the nature of your present reality, this seems unavoidable. We move ourselves into your space and time to search within the files of your collective consciousness. We seek out contracts that will agree to our manipulation. We then play with your conscious awareness within these parameters.

Chapter Four – Zeta / Human Hybrids

It is not our wish here to talk about abductions and the like, but to awaken those of you that are Zeta in human body on the physical plane of earth. Many of you are having abduction experiences. Many of you are describing operations. On one level it is all true, on the fourth dimension, we are the Greys. We have so many stories around us. However we are here at this point in time, to communicate to you a new story, a seventh dimensional story. We want to tell you the story of the Zeta of the seventh dimension; here we are not concerned with the illusionary fourth dimensional drama that is going on, on your planet.

Every one of you, who is having a Zeta experience, is putting out a call to our kind. Or should we say putting out a call to your kind. For you are Zeta, Zeta in physical body. There are many of us, in these forms on planet earth. Remember we said that we could take on any form we so wished, this includes the physical form. There are Zeta / Human hybrids on your planet and you may be one of them. There are many of you out there that are starting to have conscious Zeta encounters. Some of you still consider us to be outside of yourselves. Others are beginning to open up to the possibility that they are not entirely human. What do we mean by Zeta aspect, or alien self? To believe that you have only ever been human and have only ever existed on Earth is foolish. There is much more to you than meets the eye. There is only one small aspect of the whole self that is human. There are other aspects that are alien and so on. Is it too incredible to believe that you are from Extra-Terrestrial origins?

There is so much fear around us, as beings, that you cannot see the truth behind the illusion of fear. You live in a dimensional of polarity thinking, right and wrong, a reality of judgment. Therefore you judge us, with the same polarity thinking that you are used to using upon your planet. The planet Gaia is asking for something more from you. She is asking that all Zeta / humans wake up and anchor into the planetary grid something new, and unprecedented in your Earth's history. She is asking that you bring the Zeta energy here so she can use the designs present within your make-up to help ascend the planet. Imagine that we are trying to contact our own, here on earth. We as Zeta are trying to contact you in order to achieve something rather special. You have so many dramas around us as beings that it is very hard to view the exact truth around Zeta energy. You must understand that there are many different stories, many levels and that not all of them are conducive to your way of thinking. If you look at the Zeta drama from the third dimension, there is little or no real rational proof as to our existence. Those of you in fear are mesmerized by these many dramas and are inventing and manifesting creative dramas within the fourth dimensional reality. You are creating abductions scenarios and governmental conspiracies. You see the fourth dimension is a place of creativity, a place where the power struggles of the inner psyche plays out its dream, and in this case the dream of the mass consciousness. So you see when you focus upon the conspiracy theories, you are only perpetuating the drama that is being played out on the fourth dimension. It is not just us that have a part to play in this but also, the beings that control and influence your governments. If you tune into the fourth dimension only, you will see many reasons to be fearful of Zeta but if you elevate your awareness into the fifth dimension you will see that we are light beings in disguise. If you tune into us on the seventh dimension the place of the "we ", you will see that "we are you!"

We have volunteered to take on a very important job. We have come here to transform your fear. Not the fear that you consciously know about but the fear that is hidden, secret within not only your psyche but also the mass psyche of your planet. From a dimension that is elevated above yours, we peer down upon you and orchestrate dramas, creations of a fourth dimensional nature in order to get your attention. Well we have certainly done that. It is a very dreamy existence that you live in. You think that everything is black and white, but as you enter the realm of the fourth dimension, you will experience reality's grey areas. This is where you will meet us. When you first encounter us, you cannot really go on your emotional response. Humans are very base creatures when they operate solely from their emotional reactive response. For that is exactly what it is a flight and fight response that has become very sophisticated. When you encounter us your emotional body reaches out to try and decide in its own way whether the encounter is a dangerous one or not. Are we friend or foe? You find it very hard to decide with Zeta energy, as we have no emotional intent, you simply cannot feel where we are at. This frightens humans incredibly. You like to, know

whether a being is one of the darkness or one of the light. Your polarity thinking just does not work when you encounter Zeta, for we are neither.

There are many rooms in your father's house. "Is a well-known saying? The Universal Dreamer has many different dimensions of reality. Some coming under differing influences. Your plane is one of polarity, dark against light, light against dark. The plane of Zeta is one without any emotional level what so ever. We are extremely mentally creative beings. Just as you are solely focused into the physical, we are focused on the imagination plane. The reason that we are called upon to aid in planetary shifts of this nature is because we are very good at our job. Just say that you wanted to change the mind construct of a species locked in fear and separation wouldn't you send your best squad. The ones, those are capable of changing constructs from within the human psyche just by their presence alone. Simply the interaction between these two species of being, human and Zeta is creating healing dramas within your fourth dimensional reality. Healing dramas created out of the material that Zeta find in the fourth dimension. Another way of looking at the fourth dimension is it is the astral plane, dream plane. The dream plane is a plane of molding material. We clothe ourselves in this substance so we can have etherical type bodies, being of pure mind, we have no form on this level and need to borrow some material in order to appear in your dimension.

You see in your polarity dimension, one can be bigger and better than another, yet in the fifth and above there is no expression of competition or victim and victimizer. All are equal in spirit. We clothe ourselves in this substance, this etherical clothing of human making. When you look into the eyes of Zeta remember that the fear we represent is the hidden fears within your own psyche. We are dressing ourselves in the archetypes of your imagination, the myths of your gods and the dramas of your demons. So now that you understand that we, Zeta, are called by the very planet Gaia to assist her in her shift and that includes humans, you can finally explore the possibility of having enlightening interaction with us. A perspective such as ours can have a large impact on the mind constructs you hold on to, as your idea of reality. We will break you free of your polarity thinking; send you on a merry dance through the levels of your own psyche. We are joyful beings and have our own sense of humor.

The removing of the fear is a necessary part of your evolution; the way it occurs is to remove the fear codes present in your bodies. The more and more interaction that you have with us, the more fear you will process out, not only for yourselves but also for the mass consciousness. Finally the fog will clear and some of you will discover that you are Zeta in human form. That is you are experiencing yourselves as being Zeta. Some of you see yourselves change in the mirror; some experience a varied and strange almost alien perspective in moments of trance. Even though it is hard to believe, you are indeed Zeta. Maybe that is why you have so many interactions with us; we are trying to scare you into remembering who you really are. You are a multi-dimensional being with many different aspects some of which are Extra-Terrestrial. So wake up from the dream of your own making and look for the first time into the eyes of your Zeta self.

We operate on a certain mind frequency, a frequency that relates to your dream or trance state. Zeta usually operates through your dreams but as more of you awaken to our presence, we can begin to have one to one interactions. Unfortunately due to the nature of your mindsets the interaction usually resembles the scenes of abductions. Slowly over time we will help the human to clear enough of the fear to begin a true exchange of energies without the disturbance of the illusion of the third and fourth dimensions.

What is the experience of seventh dimensional interaction? Firstly it is without fear, for when you operate on the seventh dimension you are in a reality that is without polarity, right and wrong and judgment. It is freeing to exist in this realm. For fear is a very slowing energy. You can literally feel your body go into hyper-drive. The seventh dimension is without separation, this is a hard concept to convey to you as you operate in the realm of separation. If you cast your mind back, you too operated in this realm of oneness. For those of you that are Zeta descendants you also have the access to our Zeta hive consciousness on the seventh dimension. There are many of you in your abduction experiences, experiencing us communicating from one to another. Some of you have mistaken this as telepathy; we have no need to communicate in this manner, as we are all one being. Your interactions are changing, transforming. You are encountering us, when you are in altered states of reality. Many of you are beginning to see us whilst you gaze in the mirror. The reason for this is the

act of looking in the mirror off -focuses your eyes and allows you to see with another of the functions of the eye. This exercise allows you to see auras and others transfiguring. Whilst gazing in the mirror you can see the energy body superimposed upon the physical form's reflection. We use this energy body to express ourselves into a form that you can see. No longer are we using a medium outside of you but are using the very matter within your etherical body to dream, a dream that will allow you to perceive us. Some of you think this is channeling, which on one level, (one of separation) it is, but on seventh dimensional level, you are experiencing a direct reflection of yourself, a reflection of your soul. A image that will convey straight into your mind and body the information that

YOU ARE ZETA.

For some of you this will create immense fear that you will block, this only results in us resorting to the old abduction scenarios to re -gain your attention. For some of you the experience is so real, so physical, that it is impossible for you to deny that as much as it scares you to death, you are indeed Zeta. So where do you go from here?

You are a curious being because you are Zeta. You are highly creative and curious. You would probably want more information about the Zeta. You learn that it is ok to become and integrate this aspect of self, this Zeta self. By your curiosity alone you draw to you information from outside and inside, as to who you are. Even though you cannot explain it you feel that somehow the abduction experiences and the governmental conspiracies are not the whole story. You begin to investigate just why there is so much fear and begin the long journey of integrating this self. You clear your fear; you begin to give us permission to work with you. Still for the moment believing we are still separate to you. As you interact with us you allow our energies into your body. Some of you still believe that you have no conscious choice in this experience but your soul is the controlling factor in this process. Remember that we are not separate to you. WE ARE YOU. We are your Zeta self.

For some who choose to do this without conscious recognition we play with you, change your reality, take you on many and varied mind games to awaken you to the fact that you are Zeta. This is where we get the reputation that we are not to be trusted. We have a job to do and do it we will. We have no emotional bodies, not that you would recognize anyway. We do not feel compassion not out of lack but of necessity. If you are the sort of person who needs a loud alarm clock to get you up in the morning, then Zeta will oblige. It is quite a challenge to discover that you are an Alien. For at this juncture in the story, you still consider it to be outside of you, not integrated. You begin to communicate with this being, this self and after some time you begin to physically integrate. This is the biggest challenge. Zeta energy and the human biological form are complete opposites in nature. The dual personality will allow you to see how different, the human and Zeta perspectives are from each other. You will literally walk around with two perspectives, two views on life. We bring a highly mental opportunity for the human mind to release itself from the confines of the rational and move into the realm of the Web. It is not just a one way thing; we benefit from the process also.

The merging has begun, after some time you simply cannot tell yourselves apart, Human and Zeta as one. Can you now see how the hybrid program is a symbolic fourth dimension representation of the integration of the Soul? As human and Zeta merge, worlds are created to symbolically represent this process. New worlds where Human and Zeta hybrids live, create new beings such as the Essansani and many other names. Can you see how the creative processes experienced on this planet, creates new and varied worlds throughout the cosmos?

Let us tell you a story, a fourth dimensional story. There were these beings, alien beings from another planet. They visited Earth in their space ships and in the dead of night they went into people's houses and stole them from their beds. They took many women and took them aboard their ships and performed operations on them. They took ovum and impregnated them with their alien genetic code. From this conception, alien / human babies were born. A completely new race of beings was created, Zeta / Human Hybrids.

Well on the fourth dimensional level this is true. However we do not abduct you against your will. Your soul is in complete agreement with this. You as a Zeta choose to incarnate into the human system in order to have access to important genetic code. You see Gaia; made your bodies well, within your d.n.a code is the entire universe. Every being, expression and consciousness is represented in your d.n.a structure. You are a physical library. Your physical reality stores and holds energy, what a great place to hide the secrets of the universe. By reading the human d.n.a it is possible to find the codes that will allow un-manifest, unrealized beings such as us to manifest as physically oriented beings.

Let us tell you more. We took the channel from her bed when she was 21 years old, many times we took her but this time was the most significant as regards this particular story. We performed an operation on her that allowed us to take her genetic code. It appeared as if we physically operated on her and removed ovum for our experiment. Remember this is fourth dimensional, a dream. We took the genetic code with her consent. In the fear frequencies of the fourth dimension she experienced this as a physical violation of her body. You see we never ask the body, foreign that it is to us, we ask the soul. Her soul said yes, her body out of its fearful fourth dimensional programming experienced this as an abduction and operation scenario. From the code we mixed our reality with hers and from this a new race of beings were born. We have been seeding the universe with the information that we find in the human d.n.a. In the density of the fourth dimension it is possible for us to create beings. We created beings that have all the physicality of a human and also have all the dream qualities of the Zeta, Zeta / Human Hybrids.

Some call these beings the Essansani, others have many different names, and we are them all. From your genetic makeup we are seeding the universe with new species, new aspects. This is an amazing game as you evolve you will be able to encounter other races of beings coming from other planets and dimensions. These others are you; they are the hidden aspects within yourselves. We have pulled these hidden aspects, energies from your d.n.a and created out of these new beings and aspects for you to discover, as you venture into outer space.

Let us tell you another story. For on the fourth dimension stories are all we have. Let's say that an alien being curious and adventurous decided to incarnate into the physical human world. It did this so that it had access to important genetic code that the rest of its race would need at some point in its story. At first the alien/human had no idea it was different to the rest of humanity, not until it started to encounter alien beings that is. It discovered in its adventures that it was contacting other aspects of its soul self. It went through an amazing journey of integrating this aspect of soul, this alien self. As the merging developed a new being was created within itself, an Alien /Human Hybrid. Inner world reflects out onto outer world and a new race of Alien/ Human beings was born. Simply by this merging of energies a whole new universal reality was created. These Hybrids are the paradox; they are the separated human and the unified alien all at the same time.

Can you see what we are trying to show you? By integrating your Zeta self, you become the Zeta /Human hybrid in soul. This reflects out into your outside world, it moves out into the universe as a picture of reality. As you know pictures of reality form your experience of this universe. From this creative merging, new planets are formed and new beings are created to live on these planets. As humanity encounters these beings it shifts in consciousness, it discovers more of itself.

Let the channel tell you one of her fourth dimensional stories.

"I am aboard a space ship, a Zeta ship. Everywhere there are Zeta/ Human hybrid babies, they are not completely formed and they are still in various stages of embryonic development. They are beautiful; those with formed bodies are with full consciousness. Human babies have to develop conscious awareness; these babies are fully awake. They are in pods. They look like they are made of very transparent skin. In these pods is a green jelly substance, it seems to feed them. At first I am human, I am nurturing the babies, I am sending emotional love to them, and this helps in their development. Then my awareness shifts and I am a Zeta. I am watching my human self, giving these babies love. I am both beings, Human and Zeta. Then as a human I realize these are my babies, they were taken from my genetic code. I am a mother of hybrid babies"

Let us explain. As you know we took the code from her body. She (Human) experienced this a physical operation, but to us it was a dream created on the fourth dimension to tell a story that can only be perceived in this way by the mindset of the human psyche. From this code we created beings that were half Human and half Zeta, that is, they were in physical bodies but with the full consciousness of the Zeta mind. These beings cannot be developed within a non-physical Zeta body, so they are gestated in pods. These pods are made up of a plasma membrane. This membrane has two functions: first, to be a barrier keeping the constituents of the being in and unwanted substances out; and second, to be a gateway allowing transport into the being of essential nutrients and movement from the being of waste products. The skin wall is fourth dimensional matter and the green jelly is a type of fourth dimensional substance that is responsible for the forming of the physical aspect of the body. It is very similar to your third dimensional Chlorophyll.

Chlorophyll is one of the most important classes of pigments involved in photosynthesis, the process by which light energy is converted to chemical energy through the synthesis of organic compounds. Through the process of photosynthesis, a plant is capable of channeling the radiant energy of sunlight into the chemical energy of organic carbon compounds in its cells. This fourth dimensional chlorophyll allows a being of pure light to house itself in a dense physical body. The fourth dimensional chlorophyll is full of light-absorbing pigments, which allows it to absorb the higher dimensional light of the Zeta consciousness. Pigments absorb light of a particular wavelength; those wavelengths that are not absorbed are reflected and may be perceived as colour; hence, green. Light reactions consist of several hundred light-absorbing pigment molecules so arranged as to maximize the gathering of light energy of the Zeta Consciousness. A pigment very much like chlorophyll was the first step in the evolution of self-sustaining life. The jelly feeds the body and nurtures it; it caters for the human body aspect of the being, the hybrid. She experienced herself as both Zeta and Human; she came aboard by the request of her alien self to nurture the human part of her off spring. Many of you are mothers of hybrid babies.

Another story "I am on a space ship. I am a zeta/human hybrid baby, I am in a pod with this amazing green jelly all around me, and it feeds me not only physically but brings me great comfort on an emotional level. "

The jelly supports the fourth dimensional emotional aspect of the being. It caters for its human need for the nurturing of the mother's body. If you could see your world and its nature on a fourth dimensional level, you would see that this jelly is around every living thing, it is the physical substance behind form.

"When I was integrating the Zeta into my human body, I went through a stage where I could feel this fourth dimensional jelly, it made up my body. It reminded me of chloroform I felt that I was really transforming my dense third dimensional body into fourth dimensional body."

Another's experience of this process.

"When the Zeta came in I had a visual and emotional experience. I saw myself, as an outline. My volume was completely black. This outline I was huge and it was set in a galaxy. All of a sudden, little green bubbles started filling out this outline until the outline was completely filled. These bubbles looked like chlorophyll under a microscope. They filled me with "cosmic oxygen" and information that I couldn't understand. In my body I felt gently energized as if my body was filled with soda water instead of blood."

This is the secret behind shape shifting; in this jelly form you can create yourself into any form your so wish. That is if you can change your pictures of reality to accommodate this transformation. Zeta beings can change into a physical human form through using this life giving substance. The channel, always thought we were only part of her soul and her body was human, however we kept telling her that her body was Zeta too. This puzzled her. When her mother conceived her we sent a shifted form of herself into her Mother's body. At her birth the mother felt a cold breeze go through her body this was the injection of the Zeta energy into this created form. You may also be one of these hybrid beings too.

Chapter five- How we affect your brain

When we animate ourselves in energy in your body, we only access the left side. When you are in hybrid mode you will experience the Zeta aspect taking over the left side of the body and the right side of the head and brain. You have two hemispheres in your brain. Your cerebral hemispheres are separated by a deep groove, a cerebral fissure. At the base of this fissure lies a thick bundle of nerve fibers, which provide a communication link between the hemispheres. The left hemisphere controls the right half of the body, and vice versa, because of a crossing of the nerve fibers in the Medulla Oblongata. Although in many ways the right and left hemispheres are mirror images of one another, there are important functional distinctions. In most people, for example, the areas that control speech are located in the left hemisphere, while areas that govern spatial perceptions reside in the right hemisphere. The left hemisphere is superior in analytical functioning and the use of language. The right hemisphere, on the other hand, is superior in many forms of visual and spatial performance and tends to be more synthetic and holistic in its functioning than the left. The right brain is the intuitive brain and the left is the more analytical, rational brain. That is why we use the right brain hemisphere. The right side of the body connects with the left hemisphere of the brain, and the left side connects with the right hemisphere.

The right hand finds it relatively easier to deal with patterns that are readily described in words but difficult to discriminate visually. In contrast, the left hand finds it easier to deal with patterns requiring visual discrimination. We work predominantly in visual information, however this is very hard to convey as a message to a human vehicle, so we need the ability of both sides of the brain. If these hemispheres function in balance we can use the human brain as a translating tool of our information and energies. The right eye may feel that it is actually changing shape and this can become apparent as the right eye changes shape compared to the left eye. Your brain consists of three distinct regions: the hindbrain, the midbrain and the forebrain. The midbrain contains a nuclear complex of nerves, these cranial nerves innervate muscles that move the eye and control the shape of the lens and the diameter of the pupil. Our energy in your brain affects the functions of these nerves and thus the change in eye shape is apparent. We bring our ability to rearrange our pictures of reality through visual manipulation to you by our presence in your brain.

The Zeta eye has a completely different perspective to the left. It is not that you can visually see any different, but the energy that is transmitted and received through the eyes drastically alters. The perceptions of the human side can be very different to the Zeta side. It is possible to feel the codes that transmit through the Zeta eye and how they affect the surrounding reality constructs. We directly affect the hypothalamus, which is an important control centre for sex drive, pleasure, pain, hunger, thirst, body temperature, and other visceral functions. Those of you experiencing our energy will find that these functions are paused, made quiet so the higher functions of the brain can handle the Zeta input. Two major furrows divide each of your cerebral hemispheres into four sections: the frontal, parietal, temporal, and occipital lobes. The central section separates the cortical motor area from the cortical sensory area. Starting from the top of the hemisphere, the upper regions of the motor and sensory areas control the lower parts of the body and the lower regions of the motor and sensory areas control the upper parts of the body. When you have Zeta energy in your body, we directly affect upper regions of the motor and sensory areas. You may experience a disassociation from the bottom half of your body. We affect the brain in this way to allow for a higher vibration of brain activity state to occur. We take you in a zeta brain wave state. Through this you can be aware of us and our level of consciousness.

In human anatomy, a layer of gray matter constitutes the outer layer of the cerebrum and is responsible for integrating sensory impulses and for higher intellectual functions. We wonder why you call it Grey matter. Your brain and its functions are exactly that, a matter for the Greys. The gray matter of the cerebral cortex is divided into four lobes. The frontal lobe contains control centres for motor activity and speech, the parietal for somatic senses (touch and position), and the temporal for auditory reception and memory. The occipital lobe at the back of the brain holds the brain's major visual-reception area. The limbic lobe is concerned with smell, taste, and emotional responses. We directly affect the occipital lobe; thus we can bring you Zeta sight. You can begin to see visual stories of the concepts that we are trying to portray. It is very important that the left and right lobes of the brain are

balanced, allowing for the balanced perspectives of both the Zeta and the Human. Only then can you become Zeta/human Hybrid. If we took over both sides of hemispheres of the brain, you would have complete Zeta awareness; this would be completely lost, forgotten when we left your body. The human aspect would not have been there to record the experience.

You over emphasise the rational functions of the brain, so many of you are out of balance. You can experience the Zeta consciousness and still maintain the left brain functions. That is why when you return to your beds after experiencing being with us, you cannot recall your experience. We are trying to balance your brain so you can have full conscious recall. You need to have your right and left hemispheres of your brain in alignment. We stimulate the brain with our energy frequencies; we emphasise the energy in certain parts of the brain. We bring the brain into balance and during this brief moment, we can enter your reality, bringing the two realities together. This is how you encounter us in your reality. If you have the mindset to allow for such a concept then you will experience us in a way you can perceive.

How do we balance the hemispheres? We use the eyes; you can program your brain and balance it by putting a pulse through the eyes. It is like morse code. As you close your eyes and go into alpha state, your eyes begin to go into R.M.E. Rapid eye movement, we use this brain state to send a code into your brain and bring it into balance with our energy. Have you hybrids ever noticed that one eye will pulse and then stop and then the other will pulse for exactly the same amount of pulses? Your eyes pulse a code straight into your brain. First the left, then the right until the hemispheres come into line. We are performing many of these reprogramming on hybrids. They go into alpha state very easily they can experience the pulsing of the eyes, a soon as they close their eyes.

Once the right and left hemispheres are aligned, we can channel our energy through your brain and body. This allows you to become Zeta/ Human Hybrid. You have the balanced and equal activation of both your rational mind and your intuitive mind, Male and female thought. Can you see how the way the human brain functions is as direct symbolic reflection of the separation that occurs on your planet? We are all about bringing two opposite energies and combining them to make you whole. Therefore a balancing between the right and left hemispheres of the brain is needed. Part of the integration process naturally transforms the biological brain, re-balancing it. This brings the male and female energies within the brain, into complete harmony. Just by being focused in one sex only unbalances the human mind and physical brain.

You will be able to experience being a Zeta and a Human all at the same time. You will embody us. You will experience the over lapping of both our realities, you can experience yourself as a singular, individual human and an integrated, unified Zeta consciousness both at the same time. You will be able to experience us and bring back the memory; you will begin to think and experience being multi-dimensional. At first it is subtle because of the beliefs of the body, but once they are cleared and expanded they will allow for a heightened sense of perception. You will begin to experience yourself as human on earth and many more beings on different planets in different dimensional realities.

Once the alignment is achieved we move onto our next stage of our work, which is the pineal gland activation. The Zeta self is now ready to awaken the Pineal Gland and set up the transmutation procedure. The pineal gland is becoming crystalline in form, the energy of Zeta rest in this place. As you integrate more aspects of self, more multi-selves you will experience each one as having one of the twelve earthly chakras as their domain. Ours is the third eye chakra, which is connected to the pineal gland. The chakras are conceived of as focal points where psychic forces and bodily functions merge with and interact with each other. Among the supposed 88,000 chakras in the human body, six major ones located roughly along the spinal cord and another one located just above the crown of the skull are of principal importance. Each of these seven major chakras are associated with a specific colour, shape, sense organ, natural element, deity, and mantra (monosyllabic prayer formula).

We govern so to speak the third eye or pineal centre. Not much is known in your world about the pineal gland. The scientists have mistaken it for being a physical gland. They see only a small part of the story. On the third dimension its use is not seen. On the sixth dimension it is a direct link to the cosmic mind or the Web. Can you see how the story has a

representation on each level? The sixth dimension is a level of geometric shapes, intricate and fine. It resembles a highly intricate and complex web structure. The pineal gland in the middle of the Human brain is a node upon this web like structure. The pineal gland is becoming like a multi-faceted crystal. This crystalline structure is transmuting into a device that will allow you to access the consciousness of the Web. Imagine that lines of spidery light emanate from the middle off this gland and connect you to the web on the sixth dimension. The channel has seen this and has also played a part as her Zeta self in aligning others to this frequency. Weaving light codes into the web-like structure that we are creating on your planet. We are the navigators of this Web and through the integration of Zeta energy, human and Zeta hybrids (integrated human and Zeta selves) align with this structure and move up in vibration. Beginning connected to the Web allows you direct access to all places, all dimensions, all stores of knowledge throughout the whole cosmos, much like the World Wide Web.

The central location of the pineal gland is situated where neural pathways from the retinas converge with those conveying feelings from the limbs. This general reflector of all sorts of sensation is, moreover, sited in the immediate proximity of the brain ventricles. Immediately below the pineal gland there lies the mesencephalic tegmentum (the uppermost part of the brain stem), which is crucial for consciousness, without which, of course, there can be no volition, cognition, or reason. The gland has developed into an eyelike structure. It functions as a light receptor. The pineal gland is located within the third cerebral ventricle along the midline of the brain. In the adult human, it is about 0.64 cm (0.25 inch) long and is pinkish gray or white in colour. It weighs little more than 0.1 gram. It begins to shrink with the onset of puberty.

It is responsible for producing hormones that keep you young. We are reprogramming it and activating it to bring you the inherited life span that you as humans should have. Your pineal gland has shrunk due to many different factors. You should be with out illness and not age in the way that you do. The physical body does not need to break down. You can live a lot longer with this pineal gland activation. We do this procedure little bit by little bit. Your original life span before the shattering of your twelve-strand d.n.a was three hundred and fifty years. You did not degenerate and grow old, but when the soul decided you just vacated the body. This is possible again for your species but you need to free yourself from the lock of your rational mind and free yourself from the grips of the net.

By aligning the right and left hemispheres of your brain we can work directly on your pineal gland. The activated gland will receive in-coming information and project it through the third eye screen of the conscious mind in pure synchronicity. Therefore, you will be conscious of information as and when it is necessary. The pineal gland will connect together along lines of stellar light to create a fine crystalline bridge. This will connect the right and left sides of the brain into a unified whole. This process creates a being, which is a total balance of both stellar light and matter.

Many of you have experienced the fourth dimensional dramas, or operations that we perform. Some of you have created a dream in which to understand what is going on. You have experienced us putting instruments into your brains and performing operations. O the fourth dimension this is true but again it is only a reflection clouded by fear of our work. We can send light beams into your fourth dimension and use these beams to perform these operations. Once the beams enter your world, like us they morph into the shape of an instrument. They resemble the instruments in your subconscious mind. That is they resemble what you create.

Chapter six. - Being a human / Zeta Hybrid

What happens to the three lower bodies when you are Zeta / Human Hybrid?

The mental body is affected the most. You get the opportunity to experience being half-human and half Zeta. You get to share both perspectives at once. You know and access things directly from the web. You experience the rearrangement of your reality. You will experience synchronicity, mirroring and transfiguration. If your right and left hemispheres are aligned you will be able to hear us in words and also see visions and pictures that relate to the information we are relaying. You will see and feel that everything in your outside reality is a mirror reflection of an inner process. Your world will speak to you. You will also recognize yourself in the other humans around you. The emotional body is almost put to sleep. You are very unassociated with emotions of others too. This is not to say that you are not unloving, you just are not pulled into the illusionary dramas. Other people think you do not care. You do, it is just with Zeta consciousness you can see it is an illusion. The physical body becomes the body that you are not so associated with. Your legs are the most disassociated with. You will not hear the urges of your body so loudly. You can find yourself sitting in awkward positions and not drinking or eating when we work with you. As we said we stimulate and quieten different areas of the brain, thus your mind is free to really open up without the distractions of the body consciousness.

Maybe you are a hybrid?

There are many of you on earth that are Zeta / Human Hybrids. How do you know if you are one of them?

Take our Zeta test.

- Do you feel that you come from somewhere else in the universe other than earth?
- Do you feel homesick?
- Did you have strange dreams when you were a child, maybe of fairies or alien beings on other planets?
- Do you find the separation of consciousness on earth disturbing and frightening?
- In moments of trance, or altered brain states do you find yourself knowing high information that is beyond your human learning?
- Did the film "Close encounters of the third kind" stir something within you, were you one of those who said, "I want to go with them"?
- Are you fascinated with aliens and outer space?
- Do you feel confused by human qualities?
- Do you feel like an outsider, do others think you are weird?
- Do you feel connected to a higher alien consciousness?
- Do you find the human physical body disconcerting and strange?
- Did you try and take your life when you were a child or teenager, unable to cope on Earth?
- Have you had an abduction experience or been aboard a ship?
- Did you find maths and the more physical orientated lessons at school confusing and difficult?
- Do you have problems sometimes with drinking water, or being confused by bodily functions?
- Have you seen yourself change in the mirror?
- Do you dance to Techno and dance music?
- Do you move your arms and hands in precise patterns?

If you answered yes to many of these questions, then you may be Zeta.

Let the channel, tell her story.

"It all started in 1993. I had always known I was alien but I did not start to integrate my Zeta selves until then. I was a Techno head, dancing in rave parties to very hard and dark Techno, mainly by my friend Madam Zu. I used to feel this very strange energy take over my entire body and I would stand rooted to the spot and dance with the most intricate hand movements. I could feel energy coming out of my fingers, each finger having a different energy. My sight would open up and I would see lines of light coming from my

fingers, weaving patterns in a matrix of light. When my friends talked to me I felt very unemotional and in-human compared to them. They all called me the little alien. It was not until one evening I was sat watching TV that they, the Zeta, in almost physical bodies, walked out of the wall. I was surprisingly not frightened as my Zeta self activated. I felt awesome, like I was them and me all at the same time. It was crazy but so much fun. They began to talk to me and since then they have come many times to channel through me. They left an imprint of their image on the paint in my wall; everyone could see it not just me.

My legs would feel like they were not mine, they would work fine, but I was very disassociated from them. Eating, drinking and bodily things seemed unimportant. I was very puzzled by the third dimensions, humans and density and the natural world. "

So you Hybrids out there, read on, this is your mission. !

Chapter seven – The Zeta Mission

You as a Zeta are on Earth at this time to impart a new frequency of energy into the planetary grid. By aligning and integrating your Zeta aspect you are bringing a new frequency into the body. This new frequency will aid the planet in its development. You have by now probably had many dreams, encounters and inspired ideas about yourself being one of us, a Zeta. We will guide you in the integration procedure and allow you to anchor into the grid who you really are.

Here is a little game that we have designed to get your attention. We use the digital clock to show you synchronized times. If you are seeing groups of numbers such as 11.11, 12.12 10.01 etc then this is a way that we can communicate with you.

Here is what the numbers mean.

Numbers

1) Is the number of the oneness, the source and the Universal Dreamer. If you see number combinations that have one in it, then it is a sign of your spirit influencing your reality, being in the flow of creation. The one singularity.

2) Is the number of the twin flames or the two polarities coming together. If you see two then it is a sign that you are co-creating with someone or something, creating something new. If you saw one and two together then this is a sign that you are in divine flow with someone else.

3) Is the number of evolution in thought. If you see three then it is a sign that you are moving faster along your evolutionary path and are speeding along your time lines to catapult you into the destiny of your future. You are taking a short cut. If you see this three combination then it is a sign that you are injecting a new blueprint into your reality.

4) Is the number of the elements that make up the natural world. It also represents the four laws that hold the universe in balance. So if you see the number four it is a sign that you are affecting your physical world, or that you are coming against the natural laws of the universe.

5) Is the number of alchemy, it is the number that transforms the physical energies into spiritual energies. If you see the number five, you are seeing a sign of a process of transmutation of physical energies. Turning lead into gold. Turning the dense physical body into a body of light.

6) Is the number of movement. If you see this number it is sign of destiny affecting your motion through life.

7) Is the number of cycles and phases. If you see this number it is a sign you are going through maybe even karmic cycles and there is promise of clearing and balancing with the number seven.

8) Is the number of the snake, it is infinity. The ability to self perpetuate your creative process. It is the number of sex, and the exchange and merging of energies. If you see the number eighth it is a sign that you are aligning and running your creative energy in the correct way.

9) Is the number of death. It is the opposite of six which is movement in evolution the urge to be the "I am ". Nine however is the number associated with moving back to the "Am ". The all that is. If you see nine you are getting a sign that you need to let go of something to be closer to the source.

10) Is the number of the oneness and "0", which is the void and the ability to create a reality a new. So 10 is the spirit and the void coming together to create something new. You are getting a sign that you can in that moment recreate your reality inline with your soul's intent.

11) Is the number of the Zeta and the gateway for new energies and concepts to enter your reality. So if you see eleven it is a sign that you are opening to new possibilities. Often brought by the Zeta. It is a sign that we are in your reality.

Notice when you see this play on numbers and times and notice the energy that you are in at this time, this will greatly aid your realignment into the flow of your divine self. We will be waiting and watching your development, look for signs of our presence by the numbers on the digital clock. We use direct methods to rebalance the right and left hemispheres of the brain. Or we may guide you into other creative processes to do this. In the channels case we choose to use dance. In England and in much of your world now there is a phenomenon called raving. I call it a phenomenon because it is the direct download of E.T energies into the earth plane. Groups of beings gather together and create through dance, energetic patterns that align the E.T energies with those of the planet. These people are literally preparing the earthly pattern for the integration of the greater Zeta mind pattern, the Web. Through the movement of the right and left arms in synchronized pattern enables Zeta self to balance the right and left hemispheres of the brain.

Chapter Eight - Raving comes directly from the stars

What is Raving and where did it come from. ?

Raving is listening and dancing to electronic technological music. Or is it?

The phenomenon of raving really took hold in the summer of 1987. It is not our purpose here to go on about the rave scene from a purely third dimensional level as it has been done so, many times before. We wish to show you how raving has affected the other many dimensional levels.

As a group soul of the highest order, the beings of the matrix of pure light, pure God consciousness prepared themselves for the descent into the lower dimensions of the planet known as Earth. Their mission was to impart a new frequency, a new blueprint into the mass consciousness grid of the planet. This blueprint came directly from the Source. It contained information, a new way of perceiving reality. You see on earth the minds of the species known as humans were stuck trapped in a limited consciousness. They were unable to ascend the levels and take themselves back to the Source. The conscious impulse that came from the Source inspired a group of souls. They were from each and every dimension imaginable; they were unique in their design. Yet, their Inner Light, their essence was exactly the same vibration. A pulse of light was sent out from the Star that illuminates a thousand moons, a pulse that traveled the whole length and breath of the universe. It called all the light matrix beings, it inspired them to travel through the myriad dimensions and seek out each other. Gathering together on a high plateau, in the dimensions you would know as the Elohim, they gathered. The excitement was intense; the Matrix Crew attired themselves in imaginary bodies of light that would later become dense, as they sped through the galaxies and dimensions heading for Earth.

They joined together to create a giant light matrix of the most intricate design. The electrical energy that flowed along each line could clearly be seem vibrating, pulsing along it entirety. The hearts of these beings were as open as possible, their energy simply incredible. At first this pattern of light gently floated down through the high invisible realms, but as it entered through a portal into the manifest universe it began to change. The pattern of light came together folding back upon itself, until it resembled a laser beam of light traveling like a mighty shouting star through the universe. It had an incredible speed and power. The beings that made it up were of the highest purpose and excitement. The simply loved their mission, their hearts racing. As they descended the levels they turned this high energy into a feeling of pure unlimited ecstasy.

As they dropped further they noticed a strange and unexpected effect that they were having on the universe. They were creating stars and galaxies as they flew at great speed. Around these stars orbited planets on varying densities. Upon these planets beings and species were created. One of these species was of a "We "consciousness that is a single mind for many beings. The Zeta, we were without bodies of any description, we were of pure mind consciousness. The Matrix Crew projected their consciousness into these beings and allowed themselves to be animated into many beings, as one mind. As Zeta were an incredible consciousness, the Matrix Crew had no problem blending their consciousness with us and utilizing our abilities. They had the ability to completely rearrange their reality. They were beings of pure imagination; they were capable of restructuring other species mind constructs. The Matrix Crew inspired us to join their essences, as well as their mind to travel as a complex satellite of energy out into the known universe. As they passed through dimension and sectors of the universe, they gathered information, not out of purpose but out of pure joy. They were hungry for information to advance and expand their level of consciousness. As they dropped through the dimensions they began to resemble a complex, intricate matrix of an almost machine quality.

Silver light almost like quick silver flowed together to create an awesome living entity, the Zeta Web. We gathered immense amounts of data, to be held and stored in their complex mind pathways. The Matrix Crew slept in the times of dreams until we alerted them to the presence of Earth. Far below them the earth stood out in the darkness of space. She was not yet of a physical vibration and had not yet produced the species known as the humans. We looked about them and decided to speed up the times lines in order to speed up the evolution of the planet, taking it into a quantum leap. In order to do this we had to create histories of beings influencing the planet earth. We created out of their incredible consciousness, dreams of beings that would take on the role of influencing the developing growth of the planet. The consciousness known as Gaia had been the first to put out the request, traveling back through the time lines to reach the Source. The Source had responded with the impulse it sent from itself the Star that illuminates Thousand Moons.

The Earth went through the process of densifying and later housing levels of consciousness that would later hold an energy that was capable of producing the first humans. The Zeta Web projected aspects of itself into the matrix that was forming out of their imagination, it was later known as fairy. We birthed the fairy not out of duty but pure play with the dimensional matter that was now at our fingertips. The fairies created dreams and out of those dreams, the designs of trees, mountains, streams and mighty oceans were born. The fairies were a kind of twin, one of pure mind in the higher dimensions, the other rising out of the dimensions of physically animated imagination. The Matrix Crew at first used the bodies of the fairy to project themselves into, to be able to manipulate directly the level of consciousness known as fairy. Fortunately fairies could in these times, have direct contact with the now evolving humans.

At first all was well but as the layers of rational mind constructs were placed by other beings influencing the planet. We watched on in amazement. The fairy kingdom and the human kingdom split apart. No longer were the fairies inspired by us and able to affect the mass of humans it had before. Only a few children could slip the net and be free to play in fairy. They however were of little use, in this society they were classed as lesser beings. They had little or no influence. We thought on.

We projected ourselves into the bodies of the fairy and clothed ourselves in matter. The humans had advanced in the years of its development and had created for itself a dimension containing all the myths and beliefs from its primitive mind. Housed in this dimension were all the archetypal energies and personality constructs that were created from the experiences of the evolving human. Past life data and earth history records were all contained in this growing matrix. We clothed ourselves in the images it gathered from this data bank and created images of gods and outside powers to prepare the humans for their eventual descent to the third dimensions. Primitive man encountered gods and goddesses, animal gods and many more expressions of what they considered the divine. Modern day man was however harder to influence many only existing consciously in the third dimension, unable to tap into the mass psyche.

First of all we needed to project ourselves as fairies into human bodies. This allowed the energy of the fifth dimension, (the first place of soul and the "I am "presence), into the human matrix. In 1967 the summer of love the flower children or shall we say fairy, affected the planet and raised its vibration in the bodies that housed all these multi-dimensional aspects. The hippies planted a seed in the human consciousness, and the fifth dimension was made a possible reality on earth. In the summer of love 1987 we projected ourselves entirely into the bodies of the humans and anchored the vibration of the seventh dimension, the place of the "We consciousness " into the human matrix. And for the first time the Matrix Crew woke up. We coded the time lines and created a point in earth's history to inject their blueprint. 1967 $1+9 = 10$ and $6+7 = 13$, $10+13 = 23$, $2+3 = 5$, fifth dimension coding. 1987 $1+9 = 10$ and $8+7 = 15$, $10+15 = 25$, $2+5 = 7$. Seventh dimension coding.

And the rave scene was born.

The Matrix Crew disguised themselves as human Ravers, and began to dance the night away. At first they just played with their new abilities, not really as yet fully conscious of themselves as the Matrix Crew. They connected through the physical form and the mind pathways of the human matrix, developing psychic abilities and talents.

One of these talents was the ability to harness Zeta ability to be able to rearrange reality networks. This they did through dance, they wove new blueprints, ideas into the carpet of creation. No where in earth's history had there been direct manipulation of the lattice of matrixes that were earth. It needed humans with third dimensional bodies to access the densest human dimension. We began to dance directly through those who were the Matrix Crew in disguise.

We urged the human host to move its body in patterns that enabled them to weave new designs. For the next ten years, Zeta /Human hybrids danced through the night building new light stations all over the planet. They literally changed the frequency of planet and enabled the reality to lift towards the light of the fifth dimension. They anchored points of the planet that would later become a new blueprint for the consciousness of humanity. The Zeta abduction story is a direct side affect of the presence of the Matrix Crew. Those of you out there, will know who you are, you are the producers of such phenomena simply by your presence of the planet. It still goes on today and you are growing in numbers, weaving patterns in the night, made from the intention of the Source. Energy travels down the arms and into the hands and out of the fingers, light resembling almost a thin thread of spider silk comes directly out of the hands. You dance or weave the light threads into a blueprint matrix that is encoded with Zeta knowledge on how to recreate your reality. So keep on dancing. There is much work to do. Can you feel the different frequencies as they come out of your fingers, each one a code, which when combined creates a cosmic binary code the same code that is in the Techno music that moves you into a trance that enables us to channel through you and access the abilities of you as a human, which is to dance.

Have you ever wondered where such an amazing way to dance ever came from. Exactly what are you doing when you build those patterns in the sky? Next time you are out raving and dancing those patterns of light ask your self what are you really doing?

With the advancement of technology, music has entered the realms of frequency and beats. Rhythms designed to awaken your mind and raise your consciousness. Trance techno has changed minds of hybrids all over the planet. The way that the music is layered one rhythm upon another, is the direct influence of the Zeta and other high energy beings. The pulses and rhythms are designed in frequency on the highest levels, as they filter down; you hear them as audible sound. You are literally hearing the sound of the universe. Techno creators and D.J s alike create new forms and awaken the inner circuits of your expanding mind. The pineal gland in the centre of your brain is responding to this influence and you are literally expanding your mind beyond anything considered humanly possible.

The pineal gland in the centre of the brain is responsible for a lot of different functions, one of which is to be a time code for the aging and eventual death of the body. The pineal gland activates later in life and ages the body and eventually the person dies of old age. Also the pineal gland is responsible for the mental and emotional balance of a person whilst going through spiritual enlightenment and the raising of consciousness. The pineal gland is the mental connector to the universe and your highest expression. It allows the Universal Dreamer to access you directly through the elevated Mind. Techno beats directly affect this gland, programming it with new data, on how to stay alive for eternity, commune with your god self and a few little things like that. So you see there is more to techno than meets the eye.

There are energy center that run along your spine some, some know them as chakras. By dancing and listening to techno you are aligning and rebalancing these energy centres. This allows for the beings known as the Antari to realign your etherical body with the new blueprint of the light body. The light body is a high vibratory body that contains all the multidimensional aspects. The light body allows you to become Godhead in matter. Spiral hand dances, are you expressing Antari energy here on the planet. Once

the light body is aligned, we program your right and left hemispheres of the brain to allow you to access all the data of your universal self.

You have been working for a long time, on opening up to our energy and our communication and we can confidently say that it has not been without its rewards. You have come so much further than you realise. You have opened your channels to receive us and you have developed much more than anticipated. We do not feel pride as an emotion but if we did, we would indeed be proud of you. Do not look around for someone else to whom we speak, for we are speaking to you. You have come this far, you have developed your imagination to a point, where you can imagine that beings such as us, exist. That in itself is a great achievement. There are many on your world who would think you were fools or insane for communicating with alien beings. There are some who can only perceive us in physical forms, riding space ships, fearing our arrival. There are not many like you on your planet, that are open to the idea that they too are an alien being, incarnated on the earth in human form to observe another species.

If you are reading this, then you are a Zeta/Human Hybrid, for this text is only for those who have an idea that they are not originally from the earth, and belong to another race entirely, the race known as Zeta. If you are reading this, then you are one of us. You are simply Zeta in disguise. Because of your awareness of which you are, you are becoming more and more familiar with our form of communication and thus we are coming into your reality with more clarity. Our presence is being recognised by many on your planet, even your governments know of our existence, though they would prefer, that you did not. The picture which is painted of us, is seldom the truth, the projection of our presence into your world is often distorted, because of programmes within the matrix, which surrounds your world and consciousness. Often we are perceived as negative beings, who are trying to manipulate or endanger mankind; this is an illusionary programming from the matrix, which is distorting our communication with you.

It is not easy to contact to you and move into a space of communication. There are many barriers to our consciousness. There are programmes within your matrix which are designed to do nothing else but obstruct our way to you. You see, we are here in your reality now to bring you a message, which will shake the foundation of your beliefs about who you really are. Those who control the matrix know of our existence and our contract with the earth and therefore fear the arrival of our presence. The matrix which surrounds your planet and holds the human collective prisoner has programs set in place which are designed to activate, when a consciousness such as ours moves into your conscious awareness. These programs set off neural transmitters in the brain, which are responsible for the perception and creation of reality, and therefore when impulses from within the matrix are triggered, you have no choice than to create a reality where we do not exist.

If you could see yourself as we see you, you would see that you are implanted into the matrix directly via the brain and are not free to create the reality that you and your residing soul wishes. You are being forced to create realities which are not for your benefit but for the benefit of those who control the matrix. It is not important who it is that controls the matrix, for as complex as the matrix is, the same complexity is seen in its ownership and control. There are many levels of beings, all having an influence in the construction and the function of a matrix such as this.

At the centre of every physically manifest planet there is a matrix creating being. This being creates a web or framework in which the dreams for that particular planet are placed upon. On this level of consciousness (which resides in what you know to be the first dimension), there exist Spider beings. These beings are an intrinsic part of the mechanisms that allow physical realities to exist. They are responsible for creating a web of energy which is seen as the back bone of the realities. If you could peel away the outer fabric of reality, you would discover a framework of energy which is the blueprint of the manifest creation. Spider beings are not separate to the residing Goddess of the planet. They are her workers, carrying out her instructions, creating the dimensional realities that are appropriate to her vision. Gaia – the Goddess of earth has a vision, and through the instruction of this to her spider consciousness, she is capable of creating realities upon the earth, which are conducive to the development of the residing third dimensional beings. She creates realities where the human race, as well as other

dimensional beings visiting and incarnating upon the earth ,can experience a third dimensional polarised earth life.

The beings known as the Annunaki think that they are the original builders of the matrix. This is not the truth. The matrix in its basic form is the work of Gaia, the conscious Goddess of the planet earth. She is the weaver of the original dream; she is the Great Grandmother Spider. Gaia along with her spider consciousness, created a web of dreams. Upon this web other beings from other places in the universe could come and physically manifest their imagination in form. Many visited Gaia and came to know of this matrix, all inserting their own patterns and colours. The Annunaki were the first beings to come to bring negativity into the matrix, they were the ones who set up crucial programmes which would later rule the consciousness of mankind.

These Annunaki fundamental programs rule mankind's consciousness, locking it into a false belief about itself. The idea that man is not part of the Creator, that man is not God, and somehow separated from the love is an Annunaki program. In ancient times mankind knew it was a part of the creator's love. Early primitive man had an instinctual recognition of its place in the universe. It was connected to the divinity of Gaia and therefore knew its place through being one with nature. The Annunaki cut mankind off from its ability to connect with Gaia and mankind has felt lost ever since. Lost beings are so much easier to control, than beings who know who they are and know their position in the universe.

There are many programs within the matrix which were inserted by the Annunaki to restrict the creativity and divinity of mankind. Another fundamental program which is spiralling mankind into ignorance is the belief that they do not create their own reality, that they have little or no influence on their so called outside reality. This is a false and misleading belief which dis-empowers mankind daily. In absolute truth you are not in full control of the creation of your reality, as you are being played by many beings and implants. However your ability to create your own reality, the ability to manifest is not stopped but simply limited, influenced and controlled.

The matrix is a complex maze of energy which surrounds your consciousness whilst you are on the earth. We had to pass through this maze; it was not without its problems. Our presence triggered mass hysteria in the form of abductions. Our presence triggered holographic realities which were played over the top of your experience. Many of you, who had abduction experiences, were having two dreams at once. One dream was the truth, a real encounter; the other holographic programs designed to cloud and distort your experience of us. Soon as we moved into the same dimensional space as you, the matrix was alerted to our presence and it triggered your brain into creating a reality full of fear and distortion. It took several years of contacting you in dream state to remove the implants that were responsible for these triggers, before we could communicate with you in more clarity and truth.

Many of you believe that you were operated on whilst aboard the ships, and yes you were. However these ships were not really physically manifest but were holographic projections into the fourth dimension. They are not entirely real, but constructed in order for you to feel a sense of space, in which to encounter us. You see them as physical vehicles because this is how you view and perceive reality. You need a physical vehicle around you and need to perceive us as physical beings, in order to understand us. This is a new form of communication, in times gone past in the ancient times of the earth, we manifested ourselves as angels and nature spirits, images which were already in your subconscious. Now in your modern times we show ourselves as alien beings in humanoid bodies, entering your atmosphere in ships made of physical material. In truth we are not physical and neither are our ships.

Whilst aboard these holographic ships you had many implants removed, without these operations and modifications of your energetic form; we would not be having this conversation now. It was necessary to perform such procedures, even though some of you found them unpleasant. You were upgraded energetically, many of you had strange dreams, where you had conscious remembrance of these operations, and some of you thought you were crazy, you were not, these experiences were real indeed. All these experiences were contracted and signed for by you. Never have we taken a being without

its permission from its soul. This is usually no problem but you are split in consciousness whilst you are on the earth and often have no connection with the wishes of your soul, so therefore some of you believed you were abducted against your will. This is simply not true.

As we moved around your beliefs systems we found a way to communicate with you directly into your d.n.a. by using frequencies in your techno music. Many of you danced thinking you were simply having fun, consciously unaware of the reprogramming that was going on. You did amazing work, weaving new programs into the matrix directly from earth; you began to mirror us in the heavens. This is when you were ready to integrate our energy as your own. You came to have ideas you were not originally from the earth and were indeed an alien being. With this belief firmly planted in your consciousness, we could then move into a space where we could communicate in clarity.

Even with the many barriers set in place within the matrix, we are getting our information through to you. We are coming into your reality through those who are aligned with us to channel. Thus our existence and our wish to communicate is being recognised. We have been moving into your reality and contacting you for many years, many years previous to your recognition of our existence. It took many of your earth years to come to a point where we could move into a space of conscious communication. We tried many ways and techniques to find a way to communicate with you, some of these methods were successful, and others were not so. Now we have found a frequency which we both can move into, that allows a form of communication and exchange with you. It has taken a long time for us to find a frequency, a brain wave which is supportive of our relationship. It is only possible to communicate with you, if you shift your brain frequency into a trance like state, where you are momentarily relieved from the constructs of the rational program of the matrix. It is only those of you who are creative and free of mind, who have been able to put aside the beliefs of the rational mind and open to communicate with us.

During these early times of our interaction with you, we did tremendous amounts of reprogramming of the brain and created for you new neural pathways. These pathways were capable of carrying our information. Some of you became aware of the reprogramming; can you remember when you could not sleep at night because your eyes would not stop flickering? Can you remember how your eyes flickered with a strange pattern, how it was never random? This was because at these times we were reprogramming your brain to allow for a more clarified view of reality. Navigating the matrix to bring ourselves here and the modifying of the form to enable it to communicate with us has been our only focus for a long time.

Why are we so interested in communicating with you, why is it so important to us?

We have been contacting you, to awaken you to your true identity. It is important to us that you come to know who your really are. For you are not who you think you are.

The belief you have about yourself is incomplete and in some ways incorrect. You believe that you are human, you find yourself in a humanoid body which looks similar to those of other humans and therefore you believe you can be nothing else but human.

Is this the truth?

You have always known you are different. Some of you have tried to repress these thoughts and ignore your intuitive feelings, but it does not make this feeling that you are somehow different, go away. You have always known you did not come from the earth; you have always looked at the stars and wanted to go home. It is time now that you consciously admitted to yourself that you are not human but an alien consciousness infiltrating the human collective on an observation mission.

You may be in a human body, but you are not entirely human. You may be in a human body but you are not entirely a human soul. You are different to those you find around you; you are different to other humans. The reason for this is that you are not entirely human but a hybrid of sorts. Within your soul, you are Zeta. You are an alien Zeta "We "consciousness projecting itself into the matrix of human consciousness. You

are on a mission to awaken within this matrix and free yourself from the limited, controlling prison that you are in. If you do not awaken to this realization then you will fail at your mission.

It is time now to awaken to your true identity.

Those of you who have tried to fit into the norm of human kind no longer need to try achieve and be something you are not. You can stand in pride in your true identity, no longer chastising yourself for not being human enough. You will never be human enough, for you are not human. In truth you are not really in a human body, you are in a holographic projection of a human body.

From aboard the ships you, as your Zeta self sleeps in a dream like state, projecting your consciousness into the earth plane, to manifest a body that gives the appearance of being a normal human being. We have the ability to form atoms around a thought; this is how we project ourselves onto the planet, in both our alien form and our human disguise. We are not physical at all in truth; we are from a dimension which is in the realms of pure imagination. From this place we hold the thought of a form and then call the atoms from the prima materia to form that which we imagine. We have been cataloguing the d.n.a codes of human beings, on the earth as well as other third dimensional physical races, which are scattered through out the universe. By reading and understanding these codes we have found the ability to project ourselves into the lower dimensions and even now in you we are incarnating or rather projecting ourselves into the human story.

Close your eyes and let us take you aboard the ships. Awaken where you really are in truth. Our ships contain thousands of sleeping Zeta, all housed in transparent cubicles. Within these cubicles you dream yourself onto the earth. Inside the cubicles you are feed and given the ability to manifest a physical form by a green jelly like substance. This substance holds the integrity of your projection and allows you to experience being on the earth in a physical form to then experience, time, permanence and separation. From within this projection you can even believe you are a human and forget you are part of our alien consciousness. We are here at this time to awaken you to the truth; you are not a human or even in a human body. You are a Zeta, an alien consciousness projecting a hologram of a human body on to the earth plane. You are casting an illusion around yourself and manifesting your physical holographic form onto the matrix of earth. We have found a way of pulling the images of human beings from the subconscious library of the human collective. We have wrapped these images around your energy and this has given you the ability to project your form on the earth.

Have you noticed how you are not so dense in vibration as other humans, have you noticed how you are not as physical as they are? Have you noticed how your body functions slightly different to theirs, not needing so much sleep, food or water? Have you noticed how the other humans do not really see you, ignoring you when you speak, bumping into you in the street , all of this is because you are not physical , you are not dense, you are a holographic pattern of light projected here from aboard Zeta ships ,which circulate the earth in a higher dimensional reality.

It is time that you remembered your Zeta self which sleeps aboard the ships, it is time that your holographic self began conscious communication with the dreamer. You are a Zeta dreamer, dreaming your human self on to the earth. It is time that dreamer and dream began to align. It is time to awaken within the dream to recognise yourself as a hologram, being projected here from aboard the ships. With this realization firmly implanted into your conscious mind, you will have the ability to communicate with us in a fully conscious fashion.

Chapter Nine - Number codes

Have you noticed how the interaction between us has changed and developed over time? Our first contact with you, took place in the form of a fourth dimensional dream. We entered your dreams often clothed in images which did not necessarily show us as an alien consciousness, however over time we began to show ourselves in your dreams in our true extraterrestrial forms. The belief systems that were programmed into your conscious minds, did not allow for you to have an experience of an alien consciousness. Because of this we came to you through your other mind, a mind which is not controlled and limited by the Annunaki implant called the rational. We came to you through the subconscious. There are not so many barriers to our consciousness below the level of conscious everyday awareness. We knocked on the door of your sub-conscious mind and through your contracts with us, you allowed us in. We worked with you often during your dream states, some of you began to become aware of these dreams and began to awaken from the fog of the human collective consciousness and began to align yourself with the Zeta soul group.

Those of you, who did not succumb to the influence of the control of the matrix, began to have interaction with us in a fully awakened state. We moved you to look at your digital clocks at opportune moments, so that you were triggered by our number codes, 11.11, 12.12 etc. With the reoccurrence of this phenomenon over and over you had no choice than to look at this phenomenon more closely. You could not escape this, you were intrigued, you questioned, what did it all mean?

These numbers codes are designed to activate implants which you have, which are important and necessary parts of your holographic body. These implants activated codes within the d.n.a and you began to awaken more and more. Each code is designed to bring you into a space where you can move onto the next phase of your development as a Zeta / Human Hybrid. At first you noticed only the beginning phase activation 11.11.

There is much documented about the 11.11 gateway, it is a portal of energy which makes entrance possible into the matrix of earth. Without the 11.11 portal opening it would be impossible for us to have access to you within the matrix and you would have been lost to us. Many of you have the memories of when we tried to access the matrix before in times gone by. We failed to make full contact with our selves on the earth plane and they were over powered by the matrix and were lost forever. Since this time we have come to understand the confines of time on the third dimension of earth and have found a way to work around it and infiltrate our consciousness into the matrix at certain key times, i.e. 11.11.

The 12.12 activation was one of opening the portals within your holographic minds; this allowed you to recognise yourself as a multidimensional being. The realization, that you existed on several dimensions at once, gave us the platform in which to contact you. With these new belief systems in place we had more space and room to become manifest in your reality. You are creating your reality, from the beliefs you hold within your subconscious minds, and therefore as your beliefs changed and you freed yourself from what you were taught about reality, you became free to communicate with us fully. With the activation of the number codes came an ability to open up the lines of communication between us. Some of you invited us into your meditations, some of you ventured into the realms of insanity to free yourself from the constricts of the matrix to fully experience us, some of you used psycho active drugs. It did not matter which method you used, you made the connection and you came home.

You have integrated your Zeta self and even allowed our expression, but you still live under the illusion that you are human and not a very good one at that. You must wake up and realise that you will never be human, and you will never be good at mimicking the humans no matter how hard you try, because you simply are not human. Embrace who you are as Zeta. Only by stepping into your power as an alien being will you totally free yourself from the limiting beliefs of the matrix control on the earth. That is what your mission on the earth is, to free yourself from the matrix. Step out of your programming that you incurred during your school days and free yourself from the mindset that you are human and under the same laws, restraints and limits as a human.

You are not human you have gifts, talents and abilities that humans do not have. You have tried to suppress these talents, seeing them as out of the ordinary or even plain weird. It is time to show who you are in truth and use your talents of imagination and dreaming to change the world in which you live.

You have high powered abilities to affect the matrix with your thoughts. In your power as a Zeta being you have the most amazing imagination, a imagination that is solid and rich in colour , and through your innate Zeta ability to dream you can bring form into manifestation . You can dream your dream real. You have the ability to instruct the spider consciousness at the centre of Gaia's planet to create the realities that you wish for. Through this dreaming ability you can change your world. You can also redesign the basic codes of the matrix, which allow great change within your reality, by using high light frequencies that can be projected from the fingers. These light rays can be woven directly into the matrix and a new zeta program can be inserted. Many of you who go to raves and dance using the hands, have recognised you are not just dancing but weaving new programs into the matrix. On one level you are only dancing and having fun but on a higher dimensional level you are affecting and infiltrating the matrix with your movements. Every finger of each hand has a different frequency of energy radiating from it, these energies are like musical notes, or the colours of the rainbow, these energies give you all the thread you need to weave a new pattern directly into the matrix.

There are those of you, who are experts at redesigning the matrix from behind the scenes, this is your job. You know who you are, you are those who dance all night and are tranced into another reality. You are one of those who know they are on a mission of change and transformation, dancing your dream on to the earth. It is time to turn this from a playful fun activity to one of serious reprogramming. When you dance and find the energy coming from your fingers and the movements of your hands are becoming intricate and delicate, imagine what you would like to see manifest on to the earth. Hold the intention of your dream whilst you dance and know that you are designing and weaving this dream directly into the matrix.

Your energetic body is set up to be able to house our consciousness as your own. You have a chakric system that is not unlike a human energy body; however you are not really human and therefore have an energetic Zeta body instead. This Zeta body is the body you move into when you are experiencing us in trance or dance. In this Zeta body you have many more chakras, pinpoints of energy, a specialised nervous system and a completely new way of perceiving reality. For those of you, who have integrated our energy as your own; will know that you can move into this body at will. You can move your consciousness into the Zeta energy body and gain our perspective on reality. We are not emotional beings, as we come from a dimension which is far removed from physical realms, including the density of the emotional. Whilst you are in your Zeta energy body, you are not held prisoner by your emotions. In this body you then have the ability to look at any situation without being pulled into emotional devolutionary games, which are played by the humans on your planet. The humans feel uncomfortable around you when you move into Zeta focus, as they can not pull you into manipulation and control. You see humans have become not unlike their Annunaki masters, learning ways to control, manipulate, and feed off one another; this is an inherited trait from their Annunaki over lords. It is most important that when you wake up to yourself that you do not allow devolutionary games to occur. By moving into your Zeta focus you are then free to look at any situation with eyes of truth, rather than having your vision clouded by emotions, many of which are stimulated into being by the matrix.

Whilst you are in your Zeta focus you are able to speak your truth without feeling the emotional attacks that often follow. How many times do you hold yourself back from saying what you really want to say because you can feel the emotional response of the human you are talking to? When a human is angry with you, it sends waves of negative energy directly to you, to hit you in the solar plexus chakra. You feel this as a sick fearful feeling and you back away. You prevent yourself from speaking your truth and you deny yourself and are often a victim of the emotional manipulation of humans. The solar plexus chakra is the place of the human ego, with all its distortions and perversions. If you stay in your holographic human focus then you will feel this chakra activate through fear and you will experience an attack on your ego and sense of self as

a human. If you move your awareness into the Zeta frequency and energetic body, then you will not be able to feel this ego threat and will not have to defend yourself in the ways of the humans. We are a "We "consciousness, and therefore have no ego, we are a collective and unified and incapable of experiencing competition and threat from each other. We are one. Humans however are separated in their awareness of self, and have developed complicated ego defence mechanisms which fly into action every time they think their ego is under attack.

We are beings who speak the truth no matter what the consequences, because to us truth is the way to transformation and lies are only designed to stagnate and imprison energies. Many of you are unable to speak your truth because of fear. You fear the reaction of the humans who you speaking to. Will they still love and accept you, if you speak your truth. If you move into your Zeta energy body, you will not be able to feel the manipulation or be under its control, you will be free of the devolutionary emotions that hold you back from being who you really are.

Even those who say they love you do not want to see you move into a space where they cannot pull you into their games. Those closest to you will find your Zeta self the biggest problem. The ways of manipulation they have used on you, to control you and make you feel a certain way for their benefit, will no longer work when you are in your Zeta focus. You will be free to think and be yourself in truth. Human love is the main focus of manipulation for humans. We have observed them saying words like "if you loved me you would do" They use the idea of love to control and manipulate others into doing or being the way they want and need. Human love is inferior to the love of the creator which is unconditional and none judgemental. Human love is not really love at all but need. A being who is connected to the Creator and its love, does not feel a sense of separation from the Source, it is bathed in the love of creation. It does not need to search for love outside of itself, but simply moves into a space of truth. This space of truth allows the being to have a sense of being one with the Creator and being bathed for all eternity in the love of the Universal Dreamer. A being that is aligned with its truth in existence does not need love or acceptance to come from the outside to give value to its existence.

Many of you have found that lately you are moving out of the devolutionary relationships that you were barely functioning within. Whilst you integrated your Zeta energy you became aware of the manipulation and the devolutionary games, which were being played in order to keep you both small and insignificant. You noticed the ways of manipulation that the human consciousness uses to feed its needs. Humans are masters of illusion, covering over bad intentions with a blanket of deception, which they call love. We have been observing humans whilst they go through the phenomenon of falling in love. From an energetic point of view the initial phase of falling in love, is totally in alignment with the love vibration of the Source. Two beings who consider themselves to be separate, come together and experience even if only for a brief moment the feelings of Oneness. They no longer feel separate to each other and also to the Source itself. They however pervert this love by believing that it is coming from the other. In truth there is no other, there is no separation, it is only on the earth, programmed and controlled by the matrix that beings believe that the love is coming from something separate to them and is coming from an outside source. Love is not outside of you, the love that you experience in your reality especially when you fall in love is only a mirror reflection of the love your soul has for you. In these moments of falling in love, whilst you are looking deeply into each others eyes, you get the opportunity to see and feel your soul's love for you. This is the truth of this experience but there are not many who know this truth.

Humans say that the feeling of falling goes away and instead is replaced by a deeper love, not so passionate but reliable and consistent. They seem to value this kind of love over the passion and creativity of their initial encounters. This is no longer love, but need. In the initial stages of falling in love, you are reminded of who you really are in truth. The being who you consider to be separate to you, holds a mirror to you, so you can see your beauty, your intelligence, your wisdom and your divinity. You lose yourself in this experience and for a short while you are free from the restraints of your rational mind, which loves to remind you of your weaknesses, your fears, your lack, your lack of love for your self. If only you could stay in this energy forever, you would know who you

really were and would be able to, within the mirrored relationship experience yourself as so much more than you currently believe.

However there are not many who are capable of holding such a high frequency of love in their bodies. Especially the human body as it is directly controlled and limited in its ability to hold the love vibration, as it is implanted directly into the matrix. Because of this inability to hold the love vibration, those who fall in love, eventually land on the cold hard ground of the matrix controlled reality. They experience the pain of separation and therefore look for the love outside of themselves once more. They focus their attention on the other, to the detriment of themselves. They become a slave to the other and vice versa. They begin to change themselves to fit in with the ideas that the other carries or they imagine they carry, of what a perfect being would look like to them, so they can guarantee the supply of their love. Some of these changes provide the love that is now so needed, but the confusion that comes from trying to fit another's picture, (especially when you have no clear idea of what that is) , is enough to pull the average person into the games of manipulation that are to follow. The relationship becomes devolutionary. You are no longer coming closer to your true identity and the love of the Source; you are feeding off each other. You are moving into manipulation games in order to guarantee your food, which you now need to feel whole and loved.

It is time now that you moved out of these games and freed yourself from manipulation. It is only through focusing on yourself as a Zeta will you gain the abilities to first recognise the devolutionary spirals that are present in your current relationships. By stepping into your Zeta energetic body, you will gain a sudden clarity on the state of play. You will see how your partner triggers conditioned responses in you, responses which guarantee your partner receives your energy on which to feed. Humans are experts at mind games and emotional blackmail. If you are responding to these games from your matrix programming then you are becoming food for the person who tells you he or she loves you. This must stop. Step into your Zeta focus. Recognise the devolutionary spiral, and step away from it in energy. Do not engage with this spiral what so ever, as just like a whirl pool it will pull you in. Take a deep breathe remind yourself of who you really are, not a limited needy human, that is always finding ways to trick the other into loving you, but a elevated consciousness that is totally in alignment with the love of the source.

In this new focus you will see one of two reactions coming from your partner. The first is to transform. By moving into a space where you are aware of your divinity and your ability to be in the love of the creator, you are then mirroring back to your partner who they are in truth. By holding your partner in truth you will enable them to transform until they are also moving into a space where they are at one with the love of the creator. They then will not need your love; you both will be free to walk side by side through your earth life, without ever feeling that without the other you are in lack. The games of need stop and the real magic of a relationship can begin. There are not many relationships currently like this on the earth. There are many of you who are waking up to your Zeta selves and your true identity and are no longer willing to play these devolutionary games. This as you can imagine is having a big affect on your human relationships. Many of you are choosing to be single and unattached, as you are no longer willing to degrade yourself in such a way.

The other reaction that your partner may have if you move into the Zeta focus is to move into fear of you. The fear is seldom recognised as it is instantly disguised as anger, pain, and sadness. The ego defence mechanisms are triggered. By projecting onto you false images and perceptions they are trying to distort your frequency. By distorting the frequency they are trying to bring you back to your human programmed self. Whilst in this programmed human self you are much more easily controlled and manipulated by your partner. They will make you appear small so they can appear big; this is the usual reaction from an ego who does not truly know itself.

In these moments it is very important to move into the energy of truth. As a Zeta consciousness we are out of the realms of polarity, we do not view your reality in judgement, we only see spirals of energy that rise up in frequency and those that spiral down into density. We are not saying that to move into the density is in any way wrong, as this was your mission to insert yourself into density. However when you are wishing to

move out of devolutionary spirals, you use the talent that you have as a Zeta consciousness to ascend yourself out of them. In your human focus you are often pulled into these games and play them without knowing what it is that you do. In your Zeta focus you will plainly see the devolutionary spirals for what they are. We are not saying to you that you stay in Zeta focus all of the time, as this is not required of you, what we are saying is that the Zeta focus is one of the tools that you carry in your multidimensional tool belt.

An example

Two in a relationship are having an argument, an old pattern that they developed early on in their relationship. It is a typical devolutionary spiral. Neither is the winner, as they feed off each other, triggering emotional reactions, you call it pressing buttons. To watch the perpetuation of this devolutionary spiral is fascinating to watch. The energy moves from one to the other, each one adding to the momentum of the spiral, pulling and pushing, manipulating and controlling, passive and victimised. Each plays a role. The dance begins a game they have played over and over. The energy is being drained from their emotional bodies. Fear, sadness, anger, all these emotional charges are becoming food for the other.

The game must stop, this idea occurs to one of the players. This player steps into Zeta focus and steps out of the devolutionary spiral and can see it in clarity. By stepping out of the emotional charge and into the frequency of truth, the player can stop playing, leaving the other to choose either to stay in the game or move into a space of transformation and process out the negative feelings which give the spiral momentum and step into truth vibration themselves.

From the Zeta focus you can hold the energy of truth for the other. This will raise them out of the devolutionary spiral and they too will transform. This can be a challenging thing to do within your life, as it can drastically change your relationships with your human companions. If they are not willing to move into the energy of truth then you may find that you move out of synergy with them. Do not hold on to a relationship which is not vibrating at the same frequency as you are. Stepping into the truth of who you are can bring great changes into your life, sometimes they are challenging. You are not on the earth to get caught up in human dramas you are here to hold the truth.

You are living in exciting times. Your planet is in the middle of a grand transformation. A transformation of such proportions, that it will affect the whole universe. Everything is interconnected throughout the universe, anything that happens within it, even if it is only on one planet, affects the entire universe. The universe is a living organism, a living pattern of light, as each pattern takes on a new design, the rest of the universe is moved into change. This earth transformation has been inspired and planned by the source for eons of time. It is only now that you are beginning to see the affects of this, on your earth, in your current reality. Your planet and infact you, yourself are transforming. You already know why you choose to incarnate at this time, because the planet is about to go through a change in consciousness and indeed a change in the vibrational atomic rate of its form. You know in your soul, what amazing times these are and what an amazing place this is to be, whilst this transformation occurs. That is why you are here.

Everything in the universe vibrates. The vibrational rate governs the dimension that the particular form exists in. If you are vibrating at a third dimensional rate, then you are existing in a third dimensional world, if you are vibrating at a fifth dimensional rate, then you are existing in a fifth dimensional world. Your planet as you know it is currently focused in the third dimension, however during its transformation, it is going to move up the dimensional ladder to exist in a fifth dimensional frequency. During this process there will be many changes both for the planet and also for everything that exists upon it, including you.

There are many changes going on, on your planet, and there are as many changes, going on inside your body, and also in the changing of your vibrational rate of your consciousness. The Earth has a directive to raise the frequency of all forms on the

planet. Simply by being here incarnate in a physical body, means that you too are changing. Your Earth and everything on it, at present, is vibrating at a third dimensional frequency only. You are locked into one reality, existing and knowing only your third dimensional self and world. However there are so many more dimensions of reality, that humanity is yet to discover. In truth there are an infinite amount of dimensions that make up this universe, but your human mind needs some sort of model in order to understand something, that is currently outside the norm of your rational thinking. So therefore we will look at the dimensions of the universe, as a twelve dimensional model, with the source existing on the twelfth dimension and you currently as humans existing on the third. There are so many more dimensions and realities in-between, you are yet to discover. You are not aware of these other realities because you are locked into the one dimension only, i.e.: the third dimension.

What plugs you in, what part of you locks you into the third dimensional reality only? It is the rational mind, and its limited and controlled thought patterns. These rational thought processes and the limited beliefs which you then live your life by, are brought about by a certain quality of consciousness that the third dimension provides. The third dimension is one of separation, divided into two polarities, light and dark, day and night, good and bad. This checked reality has the ability to lock your consciousness within it, and then veils your perception of the other dimensions. Soon you will have these veils removed and you will move up in consciousness into the fourth dimension. You will not leave the third dimension behind for some world made of light, as some of you believe. You will still be focused in the third dimension. However your perception will be expanded and you will begin to see and sense the fourth dimension, as if it is superimposed over the top of your current third dimensional reality. You will then move out to meet the stars in your consciousness, once you have escaped the confines of the third dimension. Then you will know what it is to be consciously multidimensional.

You have only recently been able to travel through space to other planets within your solar system, as you are only following one time line, which governs your experience of the third dimension. Soon humanity will be able to fly to the stars. Not in third dimensional space ships made of metal and mechanics but in vehicles of light. Humanity will fly to the stars in consciousness, catch the star dust that is there and bring it back to Earth, where it will grow into such wonders, you simply cannot imagine. You are already in this process and do not know it. You are sleeping within a dream that is governed by the matrix, which controls your world and consciousness, whilst you are incarnate on the Earth. Soon you will begin to awaken from this dream and realise your divine inheritance and take this whole universe, into the light of a completely new reality.

During this process you are transforming your consciousness and also changing the vibrational rate of the atoms of your body. As you raise your frequency, there are often side affects. During the transformation process, toxins are released and this process in itself can have adverse affects. Flu like symptoms are often occurring, shortly after a leap in frequency. You are osculating all the time, moving up into higher energies and then coming back down into the physical third dimension, to then anchor those higher energies into the physical body. The physical body can sometimes have a reaction to such a high amount of information and transformation and may appear sick. These changes are often misread as illnesses and disease. It is only those of you who are aware, that know these symptoms are transformation processes going on deep inside the body.

It is very important at this time that you change your perspective on illness and disease. Illnesses are a sign that some part of your overall consciousness is out of balance. It is not enough to only look at the physical body, as this is often the last of the bodies to manifest the illness. If you look closer you will find that there is often an imbalance in the emotional and mental bodies too. Investigate further and you will then discover an imbalance in the chakric system and the energetic body. This imbalance is patterned throughout the whole of the system. It is not enough for you to treat only the physical symptoms, as this only delays the manifestation of the illness further, it will only reappear as another kind of illness, a year or so later. So many of you have looked for the source of your illness in the emotional body, and yes you have found destructive and limiting patterns there. You have worked hard on releasing these destructive patterns and yet the illness remains. So you asked yourself the questions - How are you

creating this illness with your mind? What thought patterns have generated it? And again you have restructured your thinking, finding positive affirmations, to replace those which seemed to be the source of the illness. However you are still unbalanced.

Many of you have looked further back into your childhood and even further back into past lives on your planet Earth. You have worked hard and have released all karmic energy which has tied you into past life expressions of illness. You have discovered lives where you were poor and starvation was a reality. You have experienced lives of struggle and suffering. You have discovered past lives where you abused your body or the body of another and this has caused a karmic reaction in your now energetic body. If you could peel away at the layers of your illness, you would find layers of past life experiences manifesting, as your imbalance. There is a common theme running throughout all your past lives; this is the theme of karma. For many illnesses are karmic. There is no need to fly into fear at this statement and search for what you have done wrong in this lifetime or past lives, as these lives and their memories are often only a small part of the path, to the source of your imbalance. You will find the pattern manifesting in these lives, as you are constantly move backwards and forwards through time and space, manifesting who you are in your imbalance.

Much of your imbalance comes from your past. All your past lives are still going on, on a different time line, so therefore it is easy to access them through the help of your soul. This is part of the transformation to clear all time lines, to allow full and conscious knowledge of your past life selves. The knowledge of their existence and their affect on your now present life, gives you the ability to bring about great healing for yourself and for all the others who lived those lives with you. This concept of bringing the karma of your past lives into your present life to be released and healed is not foreign to you. However this is only one side of the story.

You are about to move into a new phase of your transformation. If you are reading this, you are part of a soul group who is directly aligned to the Zeta frequency. Many of you have been Zeta in past lives on other planets; some of you have had close relations with our consciousness. If you are reading this, then you are one of us in one form or another. You are part of our consciousness. You are part of the "WE". If you are reading this, then you are here on the planet as part of a soul team, who are on a mission. You are system busters and are here at this time, to bring in a new concept of living, living with the energy of your multidimensional consciousness, humming in the atoms of the cells of your body. As a team you are instructed to move along a path to achieve a certain level of development. That is to say that you are all moving as one, along a predestined path of transformation. Along this path are certain phases, where certain lessons are learnt, particular healing occurs and empowerment is achieved. As a team, as a soul group you are about to move into the next phase of your development. You have successfully redesigned your past; many of you have cleared the karmic pathways, which you incurred during your incarnations on the Earth. Many of you have achieved amazing amounts of healing for your other selves, who exist on other planets. You have achieved a great deal, yet there is still further to go, more healing to be done, more realities to be aligned, in order to take this planet into a completely new Planetary Reality.

When you awaken fully you will see with new eyes, hear with new ears, breathe new air, connect with the Earth and move with Gaia into the realms of ecstasy. Through you the Source will touch the Earth with its light. Wonders will abound. Yet before this can happen there is still much change needed, there is still more healing to be done, it is time to shift your focus to entertain the idea that you not only exist in the past, living ancient lives, but you also have selves who exist in the future. Many of your future selves live in realities which are having a direct affect on the story, which is currently unfolding on your planet. It is time to open your consciousness to the future and begin your search there to bring your whole self back into balance.

Now is the time to look to the future.

There are imbalances in your future selves, which need to be healed. This healing will come back to you in this now moment in your current lifetime. Human thinking dictates a linear perspective on time, going from the past to the future in one straight line. This is a limit in your thinking, as it instantly cuts you off from your future

existences. Time does not flow in straight lines from the past to the future. In truth the now moment is vibrating in the centre of all lives whether in the past (in your perspective) or the future. If you take your consciousness to the now moment, you are opening up a gateway to both the past and the future. Just as you took your awareness within and opened up the gates to your past, reliving, sensing and knowing your past selves and the lives they lived, you can also take your awareness into the selves of your futures. You are cut off from a higher perspective which allows you to see that time is not fixed but has a fluid quality. Time is not outside of your soul, but a function of the manifestation process. As soul moves through its consciousness (the universe), it creates ripples of energy which then become the pathways of time. Other souls then can use these highways of time to move into denser realities, which would have been more difficult to enter, if it was not for the time pathways, first created by other souls.

The souls who were first created by the Source created time pathways that latter souls could then travel along, to enter realities which were denser than themselves. This process of creating time pathways allowed beings in higher dimensions to come here to the Earth and have some expression in the density of the third dimension. Without these pathways higher beings could not find their way to the third dimension. The Angels were the first to create these pathways, the being known to you as Lucifer was a being who made a giant highway of time, which allowed the fall in consciousness of many of his kind, so they too could come here to the Earth and later incarnate into the density of the physical body. Lucifer like us has a negative reputation, but it is only those who are locked in the limitation of polarity thinking, who allow themselves to have fear of such a being and its process.

You have successfully investigated past lives and now is the time to look at your future. Did you know that your future lives are having a direct affect on your life right here and now? You are existing in the centre of the now and all energies and expressions of your soul flow to you, from both the past and the future. There are multiple Earth realities manifest in what you consider to be your future. You have many selves existing in these future realities. The energy that they create is flowing back to you in this now moment, affecting your life in the here and now. Just as you bring patterns into your present life from your past lives, you are also bringing patterns into your present life from your future selves. Everything that is going on whether it is going on in the past or the future is affecting you right now.

Many amazing inventions in science and medicine are directly inspired by selves specializing in these fields in your future. Sudden and amazing break throughs in your sciences come from the information, which is filtered back through time, directly from those selves who exist in the future. On a more negative note there are also imbalances coming from future realities, which are bringing new and life threatening diseases and sickness to your planet in its present. Many of the genetic diseases that are currently appearing on your planet are the direct result of genetic experiments which are going on, in a future Earth reality. These diseases are not confined only to humans; there is a sickness in the animal kingdoms too. Bird flu is also one of those patterns of sickness that comes from a future Earth reality. Many of you have selves who live in Earth futures where there is suffering and disease, yet you also have selves that are living in worlds which you would consider to be paradise. All the information of these selves is coming to you now, in this now moment to be healed and brought into balance again.

There are many versions of Earth which do not make the transformation, do not ascend. They are incomplete aspects of the Earth, just as you too have incomplete aspects within your soul, which you have endeavoured to bring back into your wholeness, the Earth does too. In some ways your consciousness has been shattered and scattered throughout the whole of the dimensional universe, and you have to retrieve each and every one of the missing pieces, bringing them back into the glory of your multidimensional consciousness. This applies to your future selves too; each and every one of your selves has to be brought into alignment with the current of energy that is sweeping through the universe, which is calling all beings back into the energy of the Oneness.

Take yourself within, in just the same way you did to discover your past lives and discover those lives that you have in the future. There are Earth futures where Earth is struggling to survive; the information that comes from that reality is now coming into the consciousness of man. The information rushed down the time lines to arrive here in your time frame and its affect triggered an encoded event in your history. The annihilation of this Earth through man's misuse and abuse is a living reality in the future, the information of which is being filtered through into your present world. The information rushed into your world and triggered the Tsunami of December 2004. This event was a wake up call to all, on your planet. It triggered the discussion of global climate change and made mankind really question what it was doing to its planet. Even though it was a destructive event in the minds of man, it was a gift to the survival of man. Without this wake up call, man would have blindly and ignorantly carried on walking along its path to the future annihilation of the planet. When the Tsunami occurred in your time line, the response from humanity as a whole carried a wave of energy back into the future. This wave of energy triggered the possibility of change, a change in consciousness that would not only affect humanity in the here and now, but would directly affect the future and maybe assure the survival of the Earth, in that particular time line. Many more events of differing natures will occur on your planet in the next few years, these events are encoded. That is to say that they are all part of the plan.

Many of you have the plan within the d.n.a, you are not consciously aware of this, but when these events happen you will have an overwhelming feeling of knowing. Even though some of these events will appear negative in nature, such as the world trade centre bombings of 9.11, you will feel the atoms in the cells of your body quicken. You will feel the tingle of knowing coming from your bones. Your d.n.a knows the way forward and these encoded events are written within the d.n.a. The Mayans knew this and devised a calendar to decode these events and the effects they triggered. The events of 9.11, and the Tsunami both were events which carried highly charged encoded triggers, which told your consciousness now is the next level, the next phase of the mission. Things drastically changed when the event of 9.11 occurred. It triggered a massive karmic release from within the collective consciousness of mankind. It began a change reaction that will eventually flow around the whole of the Earth, triggering old grievances between all the tribes of man. These wars and the hatred have to come to the surface to be healed and released once and for all. Many of the wars you play today are enactments of past battles. Information from wars in Earth's future are also coming down the time lines, to affect you in the here and now. It is all coming to a single point; this is your present moment.

Not all world events are triggers no matter how powerful they may appear, some of your world events are nothing more than holographic inserts, inserted into the matrix to fool and control the sleeping population. There are beings who consider themselves to be your gods, and you their slaves; you know these beings as the family of Anu, the Annunaki. They insert holographic super charged events into the matrix and the population is made to believe what it sees often through the distorted eyes of the media. False realities are superimposed over the top of real events. The Annunaki and those who are their direct descendents on the Earth, control the show. Many of your world events are not only lies told by the propaganda of your media, but also holographic lies inserted into the matrix, played out on the fourth dimension. Not only do the Annunaki through the matrix, distort and confuse real events but they can also insert totally false events into your reality, which look exactly like they are real. It is important at this time, that you begin to become aware of when you are being fooled not only by your media, (learn to read between the lines), but also when you are being played by the matrix.

The Annunaki are locked in a time frame and dimension, where it is impossible for them to reconnect to the power of the Source and therefore need another kind of energy on which to feed, to exist. They create and insert these realities into the matrix, to gain energy from those experiencing their show to feed themselves, just as an actor gets energised by those in the crowd applauding. The Annunaki can energise themselves from the energy that humans give off, when they are in a certain frequency. The frequency is fear, and separation. Once a person is in this frequency, they become nothing more than food for the Annunaki. So the Annunaki insert holographic stories into the matrix, which then triggers an event in the collective consciousness of man, man then manifests this hologram into its realised world. This event creates fear in man and the Annunaki have

their meal. All beings on the Earth eat each other; feed off each other and the other dimensions are no different. Even as an angel of the highest order, you are still feeding off the love of the Source.

The true food of all existing beings is the love of the Source. The Annunaki have become so distorted in their energetic bodies, which they no longer have the ability to connect and feed and bathe in the love of the Source. So therefore they have to create substitute energy on which to feed themselves. They have fallen in consciousness so much through so many levels and dimensions, that they can only be feed by the energy of another's fear. Addicted and also poisoned by this energy of fear, they continue to find more and more ways of generating fear in their human slave population, in order to exist. There is certain energy behind these inserted holographic lies, which the Annunaki insert into the matrix. Those of you who are sensitive enough can sense this. Feel in your belly to find the place of the intuition, ask your intuition is what I am experiencing real or an inserted hologram. Many times Alloya has experienced bizarre and strange occurrences happening in her life , some of them there to trigger fear, however she could always feel how something was not quite right , that some how it was not real.

You too know this feeling. When you are waking up from a dream and you are just beginning to realise that what you are experiencing is only a dream and is not real, there is a certain feeling that accompanies this process. Something about this feeling is distinctive. The ability to gather information from both waking and sleeping realities and decide what is real and what is not comes from a particular function in the body. You cannot rely on your mind to decide what is real and what is not, as it is limited and controlled. The rational mind works on pre-programmed belief system, which is directly programmed into it by the matrix. Education at schools, television and the media are all tools of the matrix, to plug you into its confined and imprisoned reality. Therefore your rational mind is not a good gauge of what is real and what is not. You cannot rely on your senses, sight, hearing, touch and taste. All of these senses can be hypnotised and fooled. Hallucinations of the senses can be brought about by the programming of the matrix. Only your body knows or senses the truth through its intuition.

There are holograms everywhere, even in your supermarkets; there are supermarkets in America which do not stock real food, but stock holographic replicas. These replicas look like food, smell like food, taste like food but it is nothing more than a highly complicated trick. These holograms not only fool people into buying, believing it is food, but the holographic design , pattern of this trick, has dire consequences on the health of not only the physical body , but also directly affects the patterning of your energetic body. Your energy body is made up as a pattern of light. The holograms that are substitutes for this food are changing the patterns of the energetic body, confusing and distorting the light patterns that make it up. This in turn will change the ability of those who eat this food to transform. The Annunaki do not want their slave race to evolve, wake up and take back their power as divine beings, as they would lose their food source, so therefore they want that the population eat this food and stay as slaves locked in the third dimension. This food is helping them do that. For those of you who are becoming more and more sensitive to the holograms, you will find that you become allergic to certain food. It is not that you are really becoming allergic to food, you are simply recognising the falseness of the hologram, and the ability to recognise comes from an inherited ability within your body to know the truth.

Crystalline structures hold the hologram in form. The only part of the food which is real is the sugar, which is added to all your processed foods. If you become allergic to sugar, and have to read the labels of your food, you will discover that it is in most processed foods. It is often the second and the highest amount of any ingredient there in. The reason for this is not to preserve the food for longer shelf life; it is to hold the hologram in form. Sugar's crystalline structure has been misused by the Annunaki and through instructing those who are under their control on earth, to change the structure of the crystalline form of sugar, the Annunaki have learnt to use this change in structure to bring about a change in their slave race's energetic functions. The sugar itself is harmful to the body but also to the energetic body. The pattern with its tampered form, affects the energetic body's ability to function properly, and ultimately leads to a fall in consciousness. Sugar is the unseen drug that is in, nearly everything that you eat. You are addicted to it, just as you would be to other drugs.

At the moment obesity is a western problem, but with the contamination of the east by the west, you will soon see, this as a world wide problem. Sugar slows the energy body, and creates a fall in consciousness. The crystalline structure of sugar within your body acts as a plug, plugging you into the matrix. You are so much more easily controlled, if you have agents within your body which are changing your body's ability to know what is good for it and what is not. Sugar is destroying the intuition. It numbs the body's ability to sense other energies, forces and dangers. It cuts you off from your intuition and Gaia; you are then disconnected from the earth. In this state you are not grounded into a truthful reality, you are easily fooled and open to deception. As you can see sugar is a very powerful tool for the Annunaki.

You live in a toxic world, not only in the toxins that you know are there, but also the emotional body of the Earth is highly toxic too. Humanity is linked, connected to the emotional body of the earth. Have you ever noticed how much the weather affects your emotional outlook for the day? Have you ever noticed how your negative emotions can turn a sunny day into one of rain? Your emotional bodies are highly toxic, not only with your own negative feelings, but also with every other person's negative feelings on the planet. You are living in a sea of feelings, when you are operating on an emotional level. Every feeling ever felt by anyone adds to the sea, and the ripples of extreme emotions can be felt by those who are sensitive enough to recognise this process. Every event no matter how small or large affects all on an emotional level whether, they are aware of it or not.

Many are sleeping and move unconsciously through this sea everyday, picking up on other's bad vibrations, causing them to act in strange and often aggressive ways. Those of you who are reading this, who are on a Zeta mission, are beginning to become more aware of this sea of feelings. Are you walking down the road feeling the emotional states of those who pass you by? For those of you are super sensitive a frowning face can often cause discomfort. You are going to become more highly sensitive, you must learn to allow the emotions of other people to pass through you, affecting you as little as possible.

You have Zeta consciousness within your soul, some of you even know yourself as human zeta hybrids; it is your job now to move into that awareness, allowing that self to become prominent, so you are emotionless in these negative situations. By moving into your elevated zeta consciousness you are no longer operating from the confines and the confusion of your emotional body, which is being played like a fiddle by the matrix and the Annunaki. By moving into your Zeta consciousness, you are elevated above this level of expression. We are not telling you to deny or cut yourself off from your emotions, as this would be unnecessary, but what we are saying is when you are faced with a negative situation which is demanding that you play with fear, anger or hatred, that you move your focus into zeta consciousness. By doing this you are no longer food for the Annunaki, a puppet of the matrix. In zeta consciousness it is possible to clearly see the hologram inserted into the matrix, set there to fool those who still asleep. You will clearly see how stories of giant proportions are being orchestrated on your planet, creating a spectacle for all to see. This is only designed to bring about fear and thus food for the Annunaki.

It is not your job to change the inserts or prevent their insertion. However it is your job to hold a new frequency that radiates the possibility that you can live outside of the controlled matrix. Learn it yourself and show others. Only through example can you show others the way out of the prison, out of the controlled illusionary dream, dreamt up by the Annunaki. Your soul wants to help you with this, by aligning with your zeta consciousness within the soul, you are becoming free. By affirming your intention everyday that you want to live outside of the controlled matrix, you will send ripples of energy through your whole self, calling all of your selves from all times, past and future to come into the now moment to bring about your escape. There are selves in your future who are adept at releasing those trapped in matrixes. Earth is not the only place in the universe which has a controlled matrix for a planetary reality. There are other planets in the universe, which are so much more restrained and restricted than the one currently on the earth. There are future earth realities where the Annunaki complete their

overall plan with no obstructions and the matrix has a strangle hold on everyone's consciousness.

So can you see how important it is to clear this future karmic imbalances as well as the past. There are selves in your future who are experts at freeing those trapped in the matrix, can then move into your reality and aid you in your process. You have selves in the future who are escape teams. By opening up the future portals to your future selves, you will have the possibility to anchor their knowledge into your current life and also be greatly aided on other dimensions. You can open yourself to the communication with your future selves as easily, as you did with your past; however there are times when you can access the energy and wisdom of your highly evolved selves in the future better at certain times. 11.11 is a gateway into the centre of all dimensions, and through this portal you can access your future selves. By noticing the time, you have been given a sign that you are in the perfect energy to download some high information into the cells of your body; some of this information may be coming from your future evolved self. Stay aware and open yourself more and more to the energy of your future evolved self.

Technique

Intend that the energy of your evolved future self builds its energy just in front of your chair. When you feel that it is enough, then slowly stand up into its energy. It seems like a simple exercise but it is affective, all energy follows thought and especially thought with the power of intention. By intended that this energy builds in your reality, allows you to anchor the energy of your future self into your now body. As you stand up into its energy you will transform. You may not notice anything other than a slight tingling in your body, or you may find it over powering with intensity. Use this process and any other like it which is designed to align you to your future self. This will in fact catapult you into the future, where you can retrieve vital information that is needed for you to know the path of your evolution.

Now you have enough inspiration and information to open you to the realisation that you are indeed Zeta consciousness projecting yourself into a holographic physical human form to experience the human existence. Now with this information you can move into the expanded consciousness of your true self. We are with you during this process we are only a breath away.

The Zeta- the end