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# Being Human

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[Note: for recent ZetaTalk on Magnetic people, Ghosts, Star Child attributes and related subjects check the [Q&A chats](#).]

The Zetas talk about what they have observed about our tendency to [Fight or Flight](#); how this relates to [Repressed Emotions](#), [Stress Diseases](#), attempts to [Escape Reality](#) or the [Autism Rise](#), and [Psychosis](#); how we are reacting with [Anxiety](#) and [Denial](#) and what [Bad News](#) to relay as the Pole Shift seems imminent, seeking [Certainty](#) and demanding [Answers](#) as many are [Insecure](#); what [Disaster Reaction](#) to expects as [Life: Downside Up](#) and [When Things Go Wrong](#) and why [Leadership, Earned](#) will prevail; how [Pending Partners](#) await as [Soul Personalities](#) are a factor; what we can do to maintain [Physical Fitness](#) and deal with [Walking Erect](#); how our [Auras](#) indicate health; how [Curing Cancer](#) and [Alzheimers](#) and [Anorexia](#) depends on our outlook on life; and how we can help those in [Pain](#) or [Grieving](#). The Zetas about what causes [Addictions](#); why we love [Music](#) and [Getting High](#) and crave [Junk Food](#); why we keep [Pets](#) and admire [Chess Masters](#); why it is important to have [Self Respect](#); whether [Spanking](#) helps or harms children and whether [Missing Children](#) are on the increase; what [Violent Games](#) say about human society; how best to deal with [Fear](#) and face the many [Dangers](#) we encounter; what causes [Self Destructive](#) behavior or the [Killer Instinct](#) or [The Grudge](#); how the [Mother and Child](#) bond can go awry; why the [JonBenet Ramsey](#) case avoids prosecution; what our sense of [Humor](#) indicates; why [Conspiracies](#) develop and if the [Ukraine Plague](#) was natural; why we are so confused about [Abortion](#) and [Suicide](#) rights; why there are problems with [Vegetarian](#) diets; and how humans can express a [Reverence for Life](#).

The Zetas talk about our [Indestructible Soul](#); how this can be sensed with the [Chakras](#); how [Reincarnation](#) happens but [Past Lives](#) are only selectively remembered; how [Near Death Experiences](#) relates to [Ghosts](#) or those just having an [Out Of Body](#); how a [Walk-In](#) differs from being a [Star Child](#), how [Aware](#) they are of their status, and some Star Children [Examples](#); what occurs during a [Possession](#), and what the [Body Senses](#); and whether it is myth or truth that mankind was [Star Seeded](#). The Zetas talk about what happens to Hindus when they do [Meditation](#); whether shape shifting really takes place during [Shamanism](#); the [Carlos Castaneda](#) techniques; why [Premonitions](#) can be accurate; what causes [Poltergeist](#) activity, or [Hauntings](#); whether [Psychics](#) are more in touch than the rest of us and how [Telepathy](#) works; why we need [Sleep](#) and what our [Dreams](#) indicate; how we can be healed by [Faith Healers](#); how [Yin-Yang](#) can help our balance; whether [Karma](#) exists; how [Archetypes](#) are a reflection of human experience; and that there are [Werewolves](#) among us.

The Zetas talk about what role [Cultural Influences](#) have; why like the [Heaven's Gate](#) cult we are always struggling to find the [Right Religion](#); how this relates to the [Holy Wars](#) that have gone on over the centuries; what causes [Racial Hatred](#); whether the [United Nations](#) is doing a good job; whether [Capitalism](#) builds the best society; where we go amuck with our [Scientific Theories](#) and cling to the notion of [Human Infallibility](#), and why [Independent Thinking](#) is rare as exemplified by the inability to think for oneself on [Context](#), [Event Timing](#), and [Categorization](#); how an inventor's [Best Intentions](#) get subverted; why the [Hippocratic Oath](#) is restrictive; how our [Career Choices](#) are guided; why we are obsessed with [Status Symbols](#) and [Get Rich Quick](#) schemes; and offer their opinion of [Politics](#). The Zetas talk about the human tendency to avoid [Taking Responsibility](#) and make [Commitments](#); why we seek [Scapegoats](#) and why a [Holocaust Denial](#) emerged; whether we should just be [Forgiving](#) toward others; what causes [Multiple Personality](#) disorders; how [Dowsing](#) works; why there are [Gifted Autistics](#); the relationship between [Suicide Cults](#) and the average family; how to advise those battling while [Coupling](#); what causes [Homosexuality](#); and how to help [Those Who Mourn](#).

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# Weekly Chats on the Pole Shift ning Archives

*The weekly chats, Q&A sessions, have switched to the [Earth Changes and Pole Shift ning](#). Answers to the questions posed during the week will be posted by noon Saturday, EST. Questions posed will be selected based on relevance and whether the answers already exist within the body of ZetaTalk. Rules apply. Nancy was live on [GodLikeProduction](#) every Saturday night, from Nov 12, 2005 through May 15, 2010. The [GLP indexed archives](#) and content from those chats is available. The Zetas and Nancy are very [grateful for the support](#) Trinity and his crew of mods at GLP gave during these years. The archives from [IRC live chats](#) between Nov 2001 and May 2003 are also available.*

When	Where	What
Feb 11, 2012	<a href="#">Ning Address</a>	(Answers posted by noon on February 11)
Feb 4, 2012	<a href="#">Ning Address</a> <a href="#">Nuclear Call</a> <a href="#">Answer Archive</a>	Nuclear call, Obama bridge plan, Earth sounds significance, Contactee counts, Patagonia tall people, Bolivia floods, Russian plans, Wobble weather, Korean ship explosion, USGS roles, New Zealand interest, Spielberg's dilemma
Jan 28, 2012	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Extinction Protocol website, Chile hot earth, Beijing floating hominoid, Aftertime food production, Extinct Protocol comments scheme, Kerry's black eye, Lincoln during State of the Union, Solar Flare excuse, Magnetosphere twisting incidence, Scale changes, Buoy data suppressed, Iran boycott
Jan 21, 2012	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Costa Concordia cruise, Planet X viewing, Survival Site cautions, Earth moans, Plate movement proof, Nibiru on Russian TV, Chile in Antarctica, Wobble winds, Element of Doubt, Moon shape, SOPA, Hong Kong whirlpool, India sinking, Nepal glyphs, DNA databases, Cartagena hot earth
Jan 14, 2012	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	James Forrestal, Bell Witch legend, Rotation Stop gravity change, Costa Rica drums, Thailand river blockage
Jan 7, 2012	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Norway stretch, Codex Alimentarius, Food hoarding
Dec 31, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Last Weeks counting, Telepathy distress, Magnetosphere torque, UFOs and debris, Wobble clouds, Warm winter, Mariana Trench collapse
Dec 24, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Philippine tsunami, Transmigration of soul, Wave cloud shape, Sloshing buffer, CNN hints, Smog increase, Two Moons campaign
Dec 17, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	NASA misquotes Nancy, Michigan natural gas, Newt Gingrich, Australia floods, Ohio fracking quakes, Netherlands flooding, Africa re-colonization, Ancient alien warnings, 2012 agenda
Dec 10, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Senate Bill 1867, Gun control, Tbilisi UFO, Venus writhing, FEMA camps, Mercury UFO
Dec 3, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Prince Charles in Romania, El-Baradei in Egypt, Olsen photo captures, Winged Globe on SOHO
Nov 26, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Australian prison camps, Mars missions, Christmas Hammer, Annunaki bones, European missile sites, 2012
Nov 19, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Drug Resistant germs, Iodine 131 in Europe, Trans Pacific Partnership, Neutrino assassination, Rift/Zapper machines, Apec Travel Facilitation, Iran missile sites, G20 Cannes Summit, Zhitomirskiy suicide, China desert grids, Europe in receivership, Shenzhou-8 blue orb, Uranium deposits, Brazil CC, Cuzco mummy
Nov 12, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Antarctica ice, Emergency test, Disclosure denial, Seismograph patterns, Phobos probe, Red Dust effects
Nov 5, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Bolivia pinch, Elite in Africa, Wobble pace, SE Asia borders, Rockies safety, Pakistan safety, Ocean debris
Oct 29, 2011	<a href="#">Ning Address</a> <a href="#">Answer Archive</a>	Venus looming, Wasaga Beach dead birds, Auroras, Commonwealth conference, Google Moon rovers

- Oct 22, 2011 [Ning Address](#) [Answer Archive](#) *Balloon captures, Drone keystrokes, Red dust on Moon, Seattle bridge, Good Samaritan reluctance, 7 of 10 progress, Gaddhafi's death*
- Oct 15, 2011 [Ning Address](#) [Answer Archive](#) *Yakutia boilers, Japan south island quakes, Black Knight satellite, Flooded cities, Automatic writing, Carbon Footprint taxes, NASA's timing, Rena oil spill, Jell blobs, Utah slide*
- Oct 8, 2011 [Ning Address](#) [Answer Archive](#) *NASA press conference, Market collapse, Seasons blending, Fuji springs, Elite preparations, Pharma inventories, C2C return*
- Oct 1, 2011 [Ning Address](#) [Answer Archive](#) *Blackouts and debris, Canary Island quakes, Planet X viewing, Near Death Experience, Norway vortex, Tiangong-1 module*
- Sep 24, 2011 [Ning Address](#) [Answer Archive](#) *Florida awash, NASA's Tatooine, NWO under attack, Cover-up assassinations, Obama in Denver, Sub-Sahara Africa, Rebuilding civilization*
- Sep 17, 2011 [Ning Address](#) [Venus/DT Looming](#) [Answer Archive](#) *Venus/Dark Twin looming, 7 of 10 Russia impact, ET intervention reaction, Fiji crimes, European weather, Star Child population, NASA satellite excuses, 7 of 10 scenario interplay, Caribbean investors, Sinking cover-up, Subtle message*
- Sep 10, 2011 [Ning Address](#) [Answer Archive](#) *Israel, Mexican drug trade, 7 of 10 land skews, San Diego grid down*
- Sep 3, 2011 [Ning Address](#) [Trumpets and Howls](#) [Answer Archive](#) *Tampa Bay howler, Neglected safe locations, Arizona, Boston, Blue Kachina, Sea of Azov landrise, Star Child increase, Elenin breakup, Thor, Cover-up history*
- Aug 27, 2011 [Ning Address](#) [Wobble Sloshing](#) [Answer Archive](#) *Wobble sloshing, Ireland elevation, N Korea agenda, Bahamas, Contactee rash, Japan seabed fissures, DC/CO quakes, ISS supply crash, East Coast migration*
- Aug 20, 2011 [Ning Address](#) [Answer Archive](#) *Kiev trumpets, Australia elite plans, Self sacrifice, STS children, North Sea oil leak, Siberian cities, New Zealand Coriolis, Madrid flooding, East Coast tsunami, Windsor hum, Working for money, Fukushima lessons, Jubilee CC key*
- Aug 13, 2011 [Ning Address](#) [Answer Archive](#) *Orange goo, Barter evolution, Boston exercises, London riots, Transformation teams, Magnetic field CC, Chinook crash, Lake Vostok anomaly, Rio Grande do Sul, Alberta future, STO percentages, Eastern Russia, Japan quakes, N Dakota floods, Americas map*
- Aug 6, 2011 [Ning Address](#) [Pisgah Panic](#) [Answer Archive](#) *Pisgah plume, Norway coverup, Cable wobble, Pisgah plumes, Denver vs 13575, China high speed train crash, Brazil stretch, Snake CC, Snake Moon Swirl, Global shudders*
- Jul 30, 2011 [Ning Address](#) [Answer Archive](#) *Ohio, Oslo massacre, 7 of 10 Estonia tsunami, STO timidity, Bakken oil field, US Debt, Sao Paulo UFO, OSCE agenda, July CCs, Buryatia rift, Aftertime borders, Crop shortages, Alaska drilling*
- Jul 23, 2011 [Ning Address](#) [Answer Archive](#) *St. Petersburg, Obama conferences, China migrations, Aftertime jet stream, Intelligent water babies, US debt crisis, Israeli war mongering, Executive Order 13575, Sweden UFO tracks*
- Jul 16, 2011 [Ning Address](#) [Answer Archive](#) *New Zealand overture, Steven Frayne magic, West Coast volcanoes, ISS future, Looming Venus, India temple secrets, Murdoch scandal, Mt. Adams, Gullibility, Michigan UFO, Media exodus, Earth orbit, Spiral CC*
- Jul 9, 2011 [Ning Address](#) [Answer Archive](#) *Chavez cancer, Barbury CC, Queensland for sale, Obama's assassination, Ural bunkers, Athens, Elite migration, European aftertime, 7 of 10 pace*
- Jul 2, 2011 [Ning Address](#) [Answer Archive](#) *Telegraph UFO, California flood history, Dogma, Gryfino trees, Rugby invitation, Kobuk sand dunes, Ardennes safety, Economic status, Chavaz, Radar circles, Red dust Los Alamos fire, Cornwall tsunami, Mauna Kea light bubble*
- Jun 25, 2011 [Ning Address](#) [Answer Archive](#) *China Anhui mirage, Aftertime fishing, Hurricane season, Vancouver riots, Tbilisi photo, N American deserts, Russian CC, Al Gore's role*

- Jun 18, 2011 [Ning Address](#) *Aftertime wind speeds, Pacific heap, Dogman myths, European tsunami warning, Bilderberg 2011, Eritrea blackout, Wobble flooding, New Madrid vis USGS, Ahmadinejad prediction, Hungary flooding, Newt Gingrich*  
[Answer Archive](#)
- Jun 11, 2011 [Ning Address](#) *ZetaTalk fame, Puppet Master media, Planet X capture, Lake Tahoe, Hot springs, Norway, Singapore, Mermaids, China invasion*  
[Answer Archive](#)
- Jun 4, 2011 [Ning Address](#) *Altai mountains, Obama's UK visit, Sanctuary CC, Haiti/Honduras presidents, East Asia summit, Planet X video, Argentina Cordoba mountains, Hackpen CC, Netherland/Russia CC, Subconscious confusion, Ecoli in Europe, Tornado increase, Territorial conflicts*  
[Answer Archive](#)
- May 28, 2011 [Ning Address](#) *Contrail glow, National Geo aliens, Russia migration, Queen's agenda, The Event, Planet X position, Almaty UFOs, OSIRIS-Rex agenda*  
[Answer Archive](#)
- May 21, 2011 [Ning Address](#) *Media cover-up, IMF arrest, Lightning storm, Crimea UFOs, Montana, Zeta Tape 06, Rogue planets, Crop Circles, Indonesia status*  
[Answer Archive](#)
- May 14, 2011 [Ning Address](#) *Human craft, Aftertime assistance, Cosmic ray hotspots, Hot springs safety, Rain confusion, Skinny Bob reaction, Swiss franc, Flood induced quakes, Dark Twin CC, Japan tail lashing, PLAN device*  
[Answer Archive](#)
- May 7, 2011 [Ning Address](#) *Shuttle launch failures, Bin Laden death, Zeta video, Global threat ploy, Real estate changes, Einstein's gravity theory, Aftertime gardening, Shape-Shifting reptilians*  
[Answer Archive](#)
- Apr 30, 2011 [Ning Address](#) *7 of 10 quake timing, 7 of 10 dipping sinking, 7 of 10 Mexico participation, Union busting, Art and Architecture, Blood types, Fake alien videos, Colorado UFOs, Sputnik signals, Police crackdowns, Aftertime starvation, Holland CC, Africa takeover, Asteroid excuse*  
[Answer Archive](#)
- Apr 23, 2011 [Ning Address](#) *Moon madness, Happiness, Whirlpools, Tail debris, Mercury, Japan radiation, S America roll progress, Alien bodies*  
[Answer Archive](#)
- Apr 16, 2011 [Ning Address](#) *Water purification, C2C monster sun, STO behavior, Aftertime schools, Japan UFOs, ESA plate monitoring, Sunspots, China entertainment restrictions, Murder and mayhem increase, Asteroid excuse*  
[Answer Archive](#)
- Apr 9, 2011 [Ning Address](#) *Ottawa valley, Gadafi's exit, Jumbled speech, Blue Spiral, NASA probes, Florida faults, Chicago UFOs, Japan quake flash, Pacific compress, Indonesia status*  
[Answer Archive](#)
- Apr 2, 2011 [Ning Address](#) *Japan rescues, Survival motivation, Dead starfish, Star Children missions, Alien technology, New geography, Survivor slavery, Fukushima plant*  
[Answer Archive](#)
- Mar 26, 2011 [Ning Address](#) *Soul growth, Sunda Plate, Turkey, Rush to safety, Puppet Master's media, Nancy's role*  
[Answer Archive](#)
- Mar 19, 2011 [Ning Address](#) *New Madrid, Japan quakes, Pacific compressing, ZetaTalk fame, Cassiopeian Org, The Call, New England quakes, Japan nuclear disaster, Newfoundland, Sinking pace, Nuclear power squeeze, Hong Kong sinking*  
[Answer Archive](#)
- Mar 12, 2011 [Ning Address](#) *Riots increasing, NASA launch failure, Bush family agenda, Marquesas Islands, Comet Elenin, Radon gas, New Madrid warnings, Migrations, Georgia Guide Stones*  
[Answer Archive](#)
- Mar 5, 2011 [Ning Address](#) *Pole Shift delays, German tsunami, Mexico, Taiwan Second Sun, NYC safety, Indonesia sinking*  
[Answer Archive](#)
- Feb 26, 2011 [Ning Address](#) *Ontario, Philippines, Africa, Moscow UFO, NASA asteroid excuse, S America roll, Denver near miss, Africa revolution, Planet X location, Indonesia sinking pace*  
[Answer Archive](#)
- Feb 19, 2011 [Ning Address](#) *Trimester effect, Brittany France, Subconscious preparations, Salt Lake condos, Montreal, Vietnam/Thailand, NYC manhole explosions, Europe overpopulated, Tyche disinformation, Blending seasons, Folding Pacific, Indonesia sinking pace*  
[Answer Archive](#)
- Feb 12, 2011 [Ning Address](#) *China ghost cities, Norwegian summit, Internet future, Guarani Aquifer, New Mexico gas outages, Chemtrails, India tar pit, Pennsylvania blast*  
[Answer Archive](#)

- Feb 5, 2011 [Ning Address](#) [Answer Archive](#) *Ozone, Egypt protests, Obama's message, Sinking pace, State Department conclave, Star Wars, Jerusalem UFO, Wobble effect*
- Jan 29, 2011 [Ning Address](#) [Answer Archive](#) *Seasons manipulation, Azores, Africa roll, Java CC, Moon swirls orbs, Pacific buoys*
- Jan 22, 2011 [Ning Address](#) [Answer Archive](#) *Indonesia video, Uneven sinking, China fracturing, China talks, ZetaTalk forcasts, Philippine excuses, Greenland sunrise, Cuba, Lucas ETs, Imploding buildings, GPS*
- Jan 15, 2011 [Ning Address](#) [Answer Archive](#) *7 of 10 timeline, Caribbean islands, Brazil flooding, 7 of 10 Central American volcanoes, 7 of 10 blame UFOs, Methane pockets, Rain excuse, Appalachian volcanoes, Fiji flooding*
- Jan 8, 2011 [Ning Address](#) [Answer Archive](#) *Windmill windspeeds, Dead birds/fish, Bonin Islands, Philippines sinking, John P. Wheeler III murder, Cloud signs, Chupacabra, Queensland, Israel plans, Polyjuice intent, Great Peninsula in Washington State*
- Jan 4, 2011 [7 of 10 Update](#) *Philippines sinking, Malaysia/Sumatra crumble*
- Jan 1, 2011 [Ning Address](#) [Answer Archive](#) *Saving history, Montana, Egypt, Music, Brazil, Vanuatu seismograph, Folsom Lake, British Columbia, Cell phones, Russian army, Cover-up scapegoats, Arctic sunlight, 7 of 10 shock, New Madrid effect, Gulf of Aden vortex, Gouging during shortages, Africa 7 of 10*
- Dec 31, 2010 [7 of 10 Arrives!](#) *Queensland flooding, Coral Sea bulge, Curve buoys, Caroline Plate drop*
- Dec 25, 2010 [Ning Address](#) [Answer Archive](#) *Chavez decree, ZetaTalk promotion, Gold, Indonesia waves, Scotia Plate, Saratov, California elevation, Crowd control*
- Dec 18, 2010 [Ning Address](#) [Answer Archive](#) *Tsunami frequency, 8 of 10 overlap, ZetaTalk dependency, N Atlantic rip, Call, Greenland/Iceland, Bunker living, Soul senses, Hong Kong tsunami, 7 of 10 cover-up, Mexico 7 of 10, Israeli UFO, Nuclear warning*
- Dec 11, 2010 [Ning Address](#) [Answer Archive](#) *Central America 7 of 10, X-37B agenda, Booms, STO cowards, Indonesia sinking, Altay mountains, Pakistan rip, 7 of 10 Seaway, India focus, Matt Hughes suicide, Norway tsunami, San Andreas fault, Lean to Left degrees, George Soros gold obsession, Wikileaks re UFOs, Bank bailouts, Cover-up future, Moon on SDO, Japan quakes, Brazil future climate, Arsenic microbes, Stereo deception*
- Dec 4, 2010 [Ning Address](#) [Answer Archive](#) *New Zealand faults, Planet X location, Christmas hammer, Northern hemisphere booms, Rapid climate change, 7 of 10 movement, Reincarnation encounters, Planet X 270° roll, Past lives, Planet X approach, Wikileaks, Moon Swirl locations, 43% insane, EM flux influence, 8 of 10 details, STS sentence, Element of Doubt during 7 of 10, Last weeks travel, Tilted Moon*
- Nov 27, 2010 [Ning Address](#) [Answer Archive](#) *S Africa fault lines, Quick STO lessons, East Australia lift, Fragile financial system, Canary Islands, West Coast volcanic ash, Martinique safety, Brazil quakes, Nuclear shutdown safety, Dalai Lama retirement, Migrating hoards, Hawaii, India 7 of 10, Folding Pacific, Korea confrontation, Staying behind, Kokomo visit, Michigan peninsula, Moon craters, Hong Kong, Magnetosphere eddy, New Zealand volcanoes, Changchun City*
- Nov 20, 2010 [Ning Address](#) [Answer Archive](#) *Closed borders, G20 finances, Folding Pacific, Russian quakes, Pole shift hurricane, 7 of 10 reverberations, Kazakhstan pentagram, Australia 2/3, Heroes, NASA announcement, Pole shift gloom, Africa roll, Solar Wind, LHC agenda, Karachi, Pole shift epidemics*
- Nov 13, 2010 [Ning Address](#) [Answer Archive](#) *Crust shift, Fireballs excuse, UFO highways, STO viewpoints, ZetaTalk chats, Indonesia buckling, Fluoride, Gibbs in India, Australia surveillance, California contrail rocket, Stereo satellites, Seismograph wobble, Martial law, Kazakhstan UFO, Unsparked souls, Farm land confiscation, Bush book tour, STS visitations, Indonesia pipelines, Moons on SOHO/Stereo*
- Nov 6, 2010 [Ning Address](#) *Short wave radio, Sweden, Puget Sound, Iceland, Heads of State awareness,*

- [Answer Archive](#) *Volcanoes, Indonesia's elite, China media, Low profile communities, Northern Russia, Obama Asia tour, Planet X on Stereo Behind, Seasons blending, Disclosure, Quebec, 7 of 10 Italy, Jewish culture, NASA gunman on CNN*
- Oct 30, 2010 [Ning Address](#) [Answer Archive](#) *Evil essence, Jesse Ventura, Inuit broadcast, NASA lies, Denver airport, Sitchin RIP, Interference exceptions, Born wealthy, Dependent souls, Octopi transplants, Nuclear failure, Prison gangs, Survival community size, Stockton fault, Non-interference rule, Ozone depletion, France tsunami, Light form visitations, Belarus, 7 of 10 precision*
- Oct 23, 2010 [Ning Address](#) [Answer Archive](#) *Nancy in media, Tidal bore, Krakatao, Clashing tides, Chile 33 rescue, Timeline rules, New Madrid impact, Revenge, Pole shift estimates, Glen Beck warning, Alien assists, Tribal awareness, Spiritual growth, Mother Shipton, Medicinal transplants*
- Oct 16, 2010 [Ning Address](#) [Answer Archive](#) [7 of 10 Sequence](#) *NWO plans, Magic tea, Google/Yahoo sites, Japan 7 of 10 tsunami, New Geography confusion, Aftertime children, Vigilante justice, SOHO appearance, Indonesia 7 of 10 elevations, 7 of 10 prediction, Menstrual periods disturbed, Medicine availability, N Korea dictatorship, Annunaki in NJ, 10/13 prediction, India 7 of 10 tilt, Magnetic sickness, German nuclear power, Mediterranean 7 of 10 tsunami, Plastic garbage, China 10/13 village, Webbots, 1984 movie*
- Oct 9, 2010 [Ning Address](#) [Answer Archive](#) *Microwave weapons, Safe site preparation, Lost history, Terrorism, Earthquake lulls, Asthma, Incarnations, Self study schoolhouse, STS avoidance, 7 of 10, Diaoyu Islands, Weather erratic, S American roll, Hartley 2 Comet, Red dust, Electronics protection, Unfriendly ET, Hungarian pollution spill, Rattled wobble*
- Oct 2, 2010 [Ning Address](#) [Answer Archive](#) *Sierras, Egregors, UK tsunami, New Hampshire elite, Oil from tail, Texas safety, Continental drift, Exploding light bulbs, UN disclosure, Gas line dangers, New England rise, Government leadership, Falling in Love, Moscow UFO, Last weeks CC, Mercury on SOHO, Roma explosions, Social Security threats, Japan South Island tsunami, 7 of 10 speed, Elite space abodes*
- Sep 25, 2010 [Ning Address](#) [Answer Archive](#) *Chemtrails, Owens Valley Fault line, New Grange structure, Red dust accumulation, Deagle Gulf Stream claims, Iraqi hot earth, STS soul vibes, Planet X photo, Cults, New Madrid Fault reach, Oregon safety, Angry populace, Newly dead, Herbal meds, Kazakhstan, Magnetic people, Nevada's Lake Lahontan, Birth accidents, Vatican money laundering, Soul memory, Japan tsunami, Aftertime atmosphere, Japan's Senkaku Islands, Jupiter rumors, Space debris*
- Sep 18, 2010 [Ning Address](#) [Answer Archive](#) *San Bruno Gas Explosion, European Tsunami reaction, Hand wringing, Grid survival; Mount Bugarach; Perpetual batteries; Contact etiquette, Spain as island, Compass, Wandering Stones, Colorado safety, Annunaki density, Montreal safety, Cover-up techniques, Asymmetrical crop circle, Alien message, California valleys, Media agenda, Intervention techniques, 7 of 10 reactions, Iraq safety, Boulder safety, Vladivostok UFO, Mexico safety, Saudi arms deal, Denmark refugees*
- Sep 11, 2010 [Ning Address](#) [Answer Archive](#) *Moon halos, Zeta protection, New Zealand quake, Equatorial bulge, 8 of 10, Conscious contact, Australia bend point, Uneven crop circles, Mitch Battros, Asteroid fireball excuse, 7 of 10 travel restrictions, Pole shift avoidance, Victoria sloshing, 18 hour wobble, China dancing cloud, Location analysis steps*
- Sep 4, 2010 [Ning Address](#) [Answer Archive](#) *Soul awareness, Kenai peninsula, Mississippi sinking, Zapruder face, Trimesters cause, New Zealand safety, Nazca Plate, Pakistan flooding, Tidal tables, Scotland safety, Wobble CC, Land lines, Seaway split, 14 million miles, Star Child battles, Ukraine safety, Wikileaks rape, Iraq combat end, Flip-Flop CC, STS conscious contact, STS Call, Annunaki royalty, STO vs STS body types, Los Tayos cave, Swaziland safety, Mariner oil rig explosion*
- Aug 28, 2010 [Ning Address](#) *Sunrise West, Finland safezone, Electric Universe, Ghosts, Point of Passage*

- [Answer Archive](#) *triangle, Clock crop circle, London tsunami, Mayan knowledge, Elite attitudes, New Madrid process, Below ground housing, Earth changes astonishment, Rotation stoppage polar flood, Gulf microb, Walk-in experience, Mongolia, Mount Kailash, Carbon dating, Incarnation critique, Incarnation climates, STO vsw STS influences, Nursing home survival*
- Aug 21, 2010 [Ning Address](#) [Answer Archive](#) [NASA Gambit](#) *Money, SETI, Woble crop circle, Hotspots, Superbugs, Spend Uranium, Countering NASA, Bolivia dead fish, Victoria/Mineapolis UFOs, Denmark during tsunami, Victoria tsunami, Winged Globe, African contact, Salvage post pole shift, Azores quakes, Cell phone outages, Michigan oil spill, Japan mega quakes 7 of 10 media response, Seattle booms, Australia safe locations, STS babies, Cover-up leakers, Hazy skies, Chemtrail stoppage, Guadalajara/Brandenburgo UFOs, Cloud orbs*
- Aug 14, 2010 [Ning Address](#) [Answer Archive](#) [Last Weeks](#) *The Call, Mustard Gas depots, G1.9 NASA backoff, Biobio River in Chile, Clang crop circles, Contactee pets, Phillipines safety, Trimester crop circle, NASA cover-ups, Alaska Stevens/O'Keefe crash, Simons death, Last Weeks timeline, Killing consequences, Quake proof homes, 675 foot invasion, Asteroid hits, Black Sea heating, Giant frauds, Bosnia pyramids, Hurrican season, Rattle wobble crop circles, American Indian lore, European tsunami warnings, STO rules.*
- Aug 7, 2010 [Ning Address](#) [Answer Archive](#) *Magnetosphere deforming, Contactee off-world, Alien cross-breeding, Venus blooming, Human extinction, July 20, Hybrid longevity, Second Sun placement, Heatwave crop circle, ISS safety, Aftertime Gulf Streams, STS empathy struggle, Denisova hominin, C3 CME media blitz, USGS cover-up, GPS, Slavic paganism, Jupiter wobble capture, Walk-ins, G1.9, Wobble crop circle, Gates Giveaway, Auroras, Moon Swirl photo, UFO in WWII, Obama disclosure, Child visitations, Taiwan UFO, STO voting process, Russia food exports, Simulated seasons, Unconditional love, Inbound/Outbound croppcircle*
- Jul 31, 2010 [Ning Address](#) [Answer Archive](#) *Last Weeks crop circles, Conscious forgetting, Falcon HTV-2 failure, Planet X photo, Nevada, Planet X sling orbit, Moon Swirl crop circle, Disclosure, Zeta summary, Rattle wobble crop circles, UFO near Sun, Bigfoot, Occulted Moon, Uruguay UFO blitz, White Baby in Africa, Rapper rules, Weatherman angst, TV show clues, Themis space quakes, Human race extinction, Coldwave in S America, Dark Twin, the Lift, Graduation missed, California safety, Corporate STS, Ohio safety, Karachi crash, Rattle progression crop circle, 7 of 10*
- Jul 24, 2010 [Ning Address](#) [Answer Archive](#) *Aftertime organization, Arctic fault lines, Thermosphere contraction, China UFOs, Fox News popularity, Conscious contact, DC quakes, Tangent crop circle, Civilization recovery, Portugal safety, Aftertime mental illness, Ricochet crop circle, Homeless mistreatment, Australia government, Kentucky safety, Aftertime latitudes, False faces, Quake quickening, Karachi clams, Live seismographs, Aftertime trade winds, Plate movement, Hybrid culture, Octopi worlds, Quake timing, Population explosion, Spiritual growth, Naivete*
- Jul 17, 2010 [Ning Address](#) [Answer Archive](#) *Timeline restrictions, Heatwaves, 2012 Movie as reality, New Poles lat/long, Crop Circles, Magnetic Trimester precision, Contactee guided, Eclipse sighting, Florida during New Madrid, Call priorities, Earth unchecked, Element of Doubt, FEMA plans, Pole shift fear, Spirit Guides, Channeled disinformation, Guyana safety, Contactee reluctance, Psychiatric bigotry, Verbal abilities, Cup squeeze crop circle, Humbolt ridge, Chongqing UFO, Asphalt volcano rumors, Tail during pole shift, Cup squeeze progression circle*
- Jul 10, 2010 [Ning Address](#) [Answer Archive](#) *Mississippi bridges, Survivor telepathy, NASA knowledge, Venus/DarkTwin size, Time-release contactee, Roles, New Madrid process, UK safety, Biologist arrests, Pre-shft actions, Serpentine Dance crop circles, Nebraska aftertime, Carolina clay soil, Second Sun sightings, Wobble claims, Moonraker reality, Caribbean tsunamis, Post-tide mess, Supernova remnant claims, Crop circle competition, No*

- poop diet, Continents won, Soul densities, 4th density babies, Close encounters, 4th density Human Societies, Chile safety, Hangzhou UFO, Wobble evidence, Pests, Corexi menace, Zeta projections, Arctic sloshing
- Jul 3, 2010 [Ning Address](#) [Answer Archive](#) *Moscow aquifer, Aftertime hurricanes, Second Sun capture, 30 million miles closer, European tsunami(s), India interior, Salmon survival, Extinction avoidance, Annunaki, Ufton crop circle progression, Gulf evacuation, Natural leaders, Cascade and Siskiyou Mountains, GOCE satellite, Second Sun prognosis, Trench shelter, Contactee/ZetaTalk connection, Buoy 55023, 4th density life, Telepahty, New Jersey, NASA desperation, New Madrid rupture*
- Jun 26, 2010 [Ning Address](#) [Answer Archive](#) *Human appendix, The Matrix, Switzerland tidal waves, Pole shift aftershocks, China mud wells, European tsunami reaction, Narcissism, Anchor crop circle, Ning a threat, Wiltshire crop circle, Bilderberg group, Asia migration, Karachi, Space balloon videos, McChrystal's dismissal, Moon takeover, Food shortages, Alien communities, Earth axis, 675 sea level pace, Human electrical influence, Valdai elevation, NASA attitudes, Planet X tail, India interior cities, Afghanistan resolution*
- Jun 19, 2010 [Ning Address](#) [Answer Archive](#) *7 of 10 warnings, Vibration crop circles, Australia volcanoes, Path crop circle, Poirino crop circle, Singapore safety, The Road movie, Heat waves, Hayabusa probe, Lake Champlain, Sinkhole formation, Spirit communications, Karst in Appalachia, Last weeks reality, 7 of 10 supply runs, Gulf spill oil colors, STS conversions, Japan big quakes, Chirton crop circle, Internet shutdown, Australian artesian basin, Florida climate change, Jakarta safety, New Madrid adjustment, P-waves*
- Jun 12, 2010 [Ning Address](#) [Answer Archive](#) *Planet X as shadow, Planet X complex visibility, Government normalcy, European tsunami, Polarized relationships, South Seas safety, Disembodied teammates, Polluted soil, Nuclear pollution, African Rift Valley, Aftertime compass, Planet X on SOHO, Iraq oil fields aflame, Crop Circle hoax, Great Lakes sloshing, Deep Mantle grip, Blame the Sun, Genetic engineering, Group exit, New Madrid expectations, Thunderbolts of the Gods, Stanton Freidman on Fox, Florida tar balls, Acámbaro dinosaurs, Planet X locations, Seagulls missing, Gulf spill cover-up, Ning in the media, Japan bounce, Gulf rupture, Wikileaks*
- Jun 5, 2010 [Ning Address](#) [Answer Archive](#) *San Benigno CC, 19 of 20 Contactees, Sidereal time, Israeli aggression, Colloidal silver, Dictators, Siberia methane, Aftertime communities, Guatemala sinkhole, Stopped rotation heatwave, Hopi tablets, Korean ship incident, Vince Diehl prophecies, Silbury CC, Liddington CC, Planet X shadow, Tribano CC, Last weeks sloshing, Codford CC, Hatoyama resignation, Gore's divorce, Unaware populace, 8 of 10 scope, Spinning fireball*
- May 29, 2010 [Ning Address](#) [Answer Archive](#) *Notched Pie crop circle, Planet X complex on SOHO, 8 of 10 hint, Heilongjiang province, Spiral hoax, Canada border, "Why Live" motivation, Gulf Oil scope, Mind/Soul interaction, Bronze Age collapse, NWO cabal, Rescued humans, GM plants, NASA Moon Swirl disinfo, Sudden Silence during passage, Intuition, Land ownership rights, Obama's options, Nuking the Gulf, Iraq holocaust, Politics*
- May 22, 2010 [Ning Address](#) [Answer Archive](#) *Dragon as Planet X, Hot Earth, Cracking cover-up, Canadian wobble weather, Chinese provinces, Gravity anomalies, Amateur astronomers, Aftertime health, Aftertime aliens, 7.3 week visibility, 360 day year, Species survival, Aftertime axial tilt, Australian coastline, Volgograd bridge sway, Sinkholes*



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## *ZetaTalk: Fight or Flight*

*Note: written by Jul 15, 1995*

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Violence is a characteristic of many intelligent species. In fact, all, where the capacity to inflict injury and, in effect, take one's enemy out of the arena exists. Where entities seek dominance over each other, violence exists. Another factor of violence is that it is often a necessary ingredient for primitive life. Depending on the environment, violent tendencies may in fact be crucial to survival. Your Earth was such an environment. During genetic engineering projects in the past, those intelligent species developed without violent tendencies did not survive and flourish. On the contrary, they died out.

What is violence, and the tendency to use violence, and why was this a necessary ingredient in the past. First off, species eat each other. As has been often stated, the species on your planet generally use fight or flight when confronted with this possibility. Where it is assumed that these two reactions differ, they have more in common than not. Adrenaline surges, the heart beating wildly and all thought or necessity of attending to other matters, such as digestion or favoring an injury, put aside. If it is determined that fight *is not possible*, flight or its variant, playing dead, will be set into motion. In flight the adrenaline is put to good use in pumping legs and frantically scrambling arms. If it appears that escape *is not possible*, then a last attempt at deflecting the attack is tried - playing dead, or otherwise appearing as an undesirable morsel to the attacker. Thus, defecation and fainting may ensue.

Now, if fighting off the attack is possible, then a different set of staged defenses ensues. First, the defensive posture, where the body is fluffed up to appear larger or weapons such as teeth and claws are flashed. The defensive posture is quite familiar to humans, as the stiff legged circling, with neck hair fluffed and lips curled back over teeth, is seen frequently in canine pets. Humans recognize this in themselves. The refusal to sit down in a relaxed posture when in the presence of those not trusted. Hair up at the back of the neck, and not wanting the enemy to one's back. The sneer, attributed to arrogance, is in fact equivalent to curling the lips back over teeth in preparation for a fight.

Next, if the defensive posture does not succeed in deflecting the attack, taking the offensive in a parry is undertaken. The element of surprise is used as much as possible. Thus, the defensive posture is dropped and replaced with what is termed blind rage. The one under attack is now the attacker. Savage fury is unfurled. Everything in sight is devastated, without remorse or hesitation. When this defensive posture is completed, with the defendant finally spent, the attack will have either been deflected or the outcome of the battle will be in the other direction. One becomes a meal. Blind fury is seen in canine pets frequently, although it goes by different names. Humans assume their guard dogs are the aggressors, when the exact opposite is in force. The vast amount of violence in the world is related to defensive postures, even where fathers dash their crying babies against the walls. A distressing situation that cannot be dealt with in any other way may result in blind rage.

The fight or flight mechanism is not, however, the source of the violence that distresses students of human society. Regimented or ritualized violence is the horror. Soldiers marched off to war, where they are set against each other like pit bulls, forced into defensive postures against each other. Kill or be killed, not because the soldiers personally have any interest in this activity, but because elites at a distance desire territory or power. Individuals savaged as examples to others, such as the flaming tires placed around the necks of blacks in South Africa by other blacks. The message is

cooperate with the whites and this is what will happen. Regimented or ritualized violence occurs because humans are intelligent enough to use the fight or flight mechanism to their advantage, quite outside of the original setting. Is one about to be eaten during territorial disputes? The fight or flight mechanism is deliberately activated by those in control of the situation, or by those who hope to be in control, more often. The elimination of ritualized or regimented violence is primarily dependent on changing the agendas of humans, which will take place gradually here on Earth during the Transformation.

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# *ZetaTalk: Repressed Emotions*

*Note: written by Jul 15, 1995*

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The smooth surface of calm waters can be deceptive. She or he appears so serene, so calm, their feathers never ruffled. Then one day there is an explosion, and murder and mayhem ensue, or else suicide. Perhaps it would have been better to have a bit less serenity, and to have been closer to the truth. Why do humans repress their emotions, and how is this possible? Do all intelligent species do so? Humans have a genetic capacity for repressed emotions that is not present throughout the Universe. Few intelligent species have this capacity, and it arises only when genetic engineering has created this confusion. Repressed emotions do not occur naturally, during evolution. Then how did this come about, in humans?

Originally all species on the planet Earth were reptilian, and this is a common form throughout the Universe. Mammals and the hominoid form are relatively rare, but are desired due to their capacity for intense empathy, their caring emotions. On worlds where mammals have evolved, they are the genetic engineering species of choice, even where reptiles may in fact be more intelligent at the time. This was the case on the Earth, and genetic engineering of mammals proceeded at an early age. However, because the majority of genetic engineering is done by reptilian species, being in the majority in the Universe, at some points the genetic engineering to be done on Earth was done by reptilians. They naturally inserted what they deemed important.

The ability to repress emotions comes from the fact that humans have several brains - the forebrain, which is mammalian, the midbrain, which is a mixture of the mammal and reptile, and the early brain, which is reptilian. When humans wish to remember all, they record the information in all their brains, although the information may vary in the different data banks. When humans wish to forget, they disconnect the memory chains between their forebrain and the other brains, and amnesia ensues. The midbrain, being the go-between, is responsible for keeping it all straight, and does so responsibly. Were this not so, humans would not have functioned well enough to have survived and flourished.

The memory or awareness of various emotions is not crucial to survival, and in fact has assisted only somewhat during civilized times. Blind rage erupting during the day can get one fired or exiled, and thus the ability to repress emotions has been, if anything, selected for propagation. Those who could not repress appropriately were repelled from the tribe or city, and did not fare well enough to propagate their genes. However, in the future, during 4th Density Service-to-Others, this propensity will be genetically engineered out. There are no secrets in 4th Density Service-to-Others, not even from oneself.

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## *ZetaTalk: Stress Diseases*

*Note: written by Jul 15, 1995*

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Worry is the greatest drain, as the body is fighting the issues endlessly, with no end. Your body was not designed for this. It was designed for fight or flight, not endless battle. In your primitive past, when presented with challenges, you either fought off the threat or were eaten or destroyed. The matter was over quickly. Modern society presents situations that are neither over quickly nor destroy quickly. Thus the battle stage is drawn out endlessly, and the soldiers grow weary. Put the battle to an end somehow, if only by deciding not to engage. If there is nothing you can do at the moment, and you can have no effect on the outcome, then put your weapons down. Be at peace. Smell the roses.

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## *ZetaTalk: Escape Reality*

*Note: written on Apr 15, 1999*

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Particularly in times of increasing anxiety, with rapid change and uncertainty, people look for security. They look for something that is a shortcut, something that they hadn't noticed before, a road they can quickly run down, something that is a quick answer. Frequently this solution entails the desire to change reality, to have a wish become reality, and is expressed as a statement that man can create his own reality, his own Universe. Unfortunately, this is not the case. If this were the case, humans would be able to change their circumstances today. People are in devastating circumstances - injured, crippled for life, starving, born with defects, developing illnesses, with economic hardships that are intractable, with a lack of opportunities, and watching their loved ones wither. They cannot change this by wishing. If this were true, why is it that humans all share the same reality. If reality changed because someone wished it to be so, this would not be the case. This is not the way to deal with anxieties. It is an understandable escape attempt, but simply not a road that anyone should put their energy into.

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# ZetaTalk: Autism Rise

*Note: written during the May 11, 2002 Live ZetaTalk IRC Session*

Autism on the rise is not a manmade affliction nor related. This increase is related to inbreeding, among those with similar propensities. Obsessive individuals do not feel comfortable among those with high emotions and spontaneity. They bond, befriend, and spend time with others who like a regimented life style. Repeatedly intermarrying, this then becomes a dominate gene, and expresses.

*Additional ZetaTalk added Dec 14, 2005.*

Why is the evidence against mercury so high, so low as to be almost absent in the Amish and children being schooled at home as their parents want to avoid the vaccination requirements for entry into the school system and the like? Why the upsurge in autism in recent years, in parallel with the mercury in vaccines? Where the evidence against pharmaceutical companies and the government agencies leaned on to exclude any data that would pave the way for litigation against them in no way makes them heroes, here the link is not failsafe. If the vaccine melts the brain of a child, then why have all such children so vaccinated between 1989 and 2003 been so affected?

What *else* has been on the rise since 1989? Beaching whales; mad cow disease and the wildlife equivalent, a wasting disease; dead fish washing up on beaches; the red tide, an algae bloom; flesh eating bacteria; chronic fatigue syndrome; depression among adults; suicide among children; adults and teens going postal and murdering their families and then themselves. What factors can affect this?

1. a global recession, in fact an economic depression, emerging by the year 2000 as Bush took the White House but denied in the media
2. the approach of Planet X which began in 1995 and entry into the inner solar system in the year 2003
3. a cover-up so complete that *no* discussion of Earth changes is allowed to explain matters to a public aware that even the reliable Moon is out of orbit regularly
4. a disturbed core of the Earth roiling such that the White Buffalo and other albinos began appearing increasingly

All of this affecting the [psyche and immune systems](#) of humans. What effect does this have on human interactions? Job loss and bankruptcies stress the wage earner and his or her family alike. Marital harmony is stressed. Couples wanting children find themselves unable to conceive. Fathers find their confidence in being a protector of the family challenged, and mothers wanting a secure environment for their newborns and young find themselves tense. Children reflect the environment they find themselves in, and even those homes supposedly sheltered from the buffeting of economic problems sense the shape the world is in. The parents are tense, the child withdraws, and this is all symptomatic of the stress the parents are under. If the issue of *why* the Earth changes are occurring, and what people can do about helping themselves, were openly discussed, this would ease as direct action against the *real* issues would occur. But instead, due to the cover-up, the public is told to carry on, march in place as though nothing were wrong, and *this* is the real culprit in the autism increase.

*Additional ZetaTalk added Dec 3, 2007*

Autism, as childhood schizophrenia, has the brain chemistry affected, just as adult schizophrenia does - an excess of this chemical, a lack of that chemical, etc. Just as the homosexual lifestyle can affect the brain development, can affect the hormones released, the decision by the child's body to be insane, to withdraw, can affect the developing child's brain, which is so very plastic. Fever disturbs chemical relationships, chemical bonds, breaking them and thus allowing normal brain development for a time. Regular heat treatments may result in the treatment of autistic children, in an attempt to change the course of the disease, but this will prove futile in most cases.

That auto-immune factors have been found in some mothers, where their bodies are attacking the fetus brain, is not surprising, as in autism cases the mothers are often tense, under stress, the setting that causes childhood schizophrenia in the first place. Auto-immune disease is due to a heightened immune system, as allergies are, so the fact that the mother is reacting to what her body might consider a foreign substance from the fetus is not surprising. This reaction in the mother can also teach the fetus to react in a similar fashion. The fetus brain cells, attacked, break down into pieces, each viewed by the developing fetus as a foreign substance as the clues that the cell is whole are missing, disrupted.

### **Fever can unlock autism's grip: study**

Dec 3, 2007

<http://www.reuters.com/article/healthNews/idUSN2921232720071203?>

*It appears that fever restores nerve cell communications in regions of the autistic brain, restoring a child's ability to interact and socialize during the fever. The study, published in the journal Pediatrics, was based on 30 children with autism aged 2 to 18 who were observed during and after a fever of at least 100.4 degrees Fahrenheit. The change involved things like longer concentration spans, more talking, improved eye contact and better overall relations with adults and other children.*

### **Autoimmune Theories**

<http://www.healing-arts.org/children/autism-overview.htm#Autoimmune>

*Brain autoantibodies to myelin basic protein (anti-MBP) and neuron-axon filament protein (anti-NAFP) have been found in autistic children. Immunological testing of autistic children has shown certain features that are also found in patients with autoimmune diseases such as systemic lupus erythematosus, thyroid disease, ankylosing spondylitis, rheumatoid arthritis, insulin-dependent diabetes, and multiple sclerosis. These are: genetic predisposition -- autism shows a greater concordance rate in monozygotic twins than in the normal population; gender factor - autism is 4 or 5 times more common in boys than in girls; triggering by microorganisms - rubella virus and cytomegalovirus infections have been indirectly linked to autism; maternal factors --maternal antibodies in autism were detected; (e ) major histocompatibility association -- autism displays genetic linkage with immunogenetic factors located on chromosome six; and immune activation.*

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# *ZetaTalk: Psychosis*

*Note: written on Sep 15, 1995*

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The brain is intrinsically physical, and subject to thousands of influences including injury, chemicals manufactured within the body, chemicals invading or inserted into the body, and the effects of aging. One has only to visit mental wards, nursing homes, and back alleys to see humans out of touch and apparently in another world. Even primitive man suffered these problems, becoming psychotic with grief or fear or even born psychotic, and discovering to their horror or pleasure that certain foods did more than fill their bellies. Is psychosis and senility intrinsic to man, and does it have a purpose? Yes on both counts, though it often seems a purposeless affliction to those intent on keeping the gears of society running smoothly.

As with fainting, psychosis and senility allows the human animal to disconnect with reality. Catatonic or autistic individuals are, chemically, in a place where they are not feeling anxiety. The world does not exist for them. Delusions serve the same purpose, as the individual can build a world about them that meets their needs. How much different are delusions from the games people play with themselves to make themselves more secure, more attractive, or more valued in their own eyes than they are in the eyes of others. Depression serves a purpose in causing the individual to retract and withdraw from a world that is causing injury. Time to reflect and plot a new course. Senility, outside of the genetic disease which is Alzheimer's, is greatest in those who have the least to live for. Activity and involvement actually prevents senility. Senility blunts the awareness of the aged, so they can reminisce about happier days when they were younger.

Human society sees psychosis as a problem because it is a disruption, but mostly because of the apparent pain the afflicted are in. Is the autistic child not frozen in fear? Is the chronic depressive not missing out on life? Is the paranoid schizophrenic not constantly on the alert and never at rest? What is not taken into the equation is what the world of the individual is like *without* psychosis - where pain is born quietly but is more intense. Psychosis is noisy and noticeable, where the pre-psychotic individual is usually quiet and well behaved. Then is psychosis not a problem? Of course it is, as it is the signal flag of misery.

Infants born psychotic are thus because the genetic throw of the dice gave them an ultra sensitive nature, and they are doomed to live in the sheltered world they live in. Depressives recover when they change the life situation that is distressing them, sometimes with dramatic swiftness. That so many depressives do not recover but mask their unhappiness with antidepressants does not point to the illness as being intractable so much as it points to the rigidity of society. Schizophrenics react to the same stresses as other humans, but with a stronger and quicker reaction. This is widely recognized in giving schizophrenics a more sheltered environment, but as the press is for society to reabsorb the individual, any respite from the chemical surges is short lived. Anti-psychotic drugs simply mask the raging surges, as though the fire hose were perpetually turned on the blaze so that one can say that the fire is out. The problem here is not so much that a psychosis ensues due to life stresses as that society has rigid expectation for all its citizens.

Does psychosis occur in the animal kingdom, outside of the human animal? Most certainly, a fact that veterinarians will be the first to attest to. Psychotic pets, however, are usually given the life changes that are indicated, and recover. Human society is not so kind to the human animal, who is generally drugged and told to struggle on, in place.

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# ZetaTalk: Anxiety

*Note: written during the April 20, 2002 Live ZetaTalk IRC Session.*

In the early days of ZetaTalk, it was a curiosity to most, and for those with personal visions similar to what was being reported, a touchstone. Contactees, who had learned through their visits of the coming cataclysms, were gripped by the correlations. Others, serious thinkers and students of prior earth changes, found the net of logic encompassing the holes in human theories. Those who knew that ZetaTalk had a factual basis, those with MJ12 connections, were horrified that a message they understood was to be completely suppressed and debunked was getting out. Thus, in the early days, ZetaTalk had friends and enemies, both highly emotional, with the majority of the audience curious. Few were willing or thought it necessary to make major changes in their lives, given that the message had a clear end date of May 15, 2003 [Note: see [2003 Date explanation](#)] or shortly thereafter, and had many predictions leading *up* to that date that either would or would not be validated. The questions flowing into the ZetaTalk Question Queue in the early days revolved around human nature, existing UFOlogy legends, with the minority revolving around the possibility of a pole shift and life afterwards. Nancy, today, still gets requests that encompassed the preponderance of the Question Queue in the early days of ZetaTalk, 1995 and on, but the weight of the requests for Zeta input now surround the pole shift and life afterwards issue.

Given that the final year could see changes that would *require* the audience to act, many are now looking for certainty. What types of issues are envisioned, that the Question Queue is now being hammered with requests for signs that would satisfy *certainty*?

1. Earthquakes could devastate areas, beyond what the insurance companies could compensate for, requiring decisions on the spot as to relocation or life changes.
2. Storms, clusters of tornadoes or mega-hurricanes would likewise wipe out more than a suburb or small town, but whole cities, creating a similar instant need for life change decisions.
3. Rising seas, and erratic tides, could make the coastlines a risky place to live, to say nothing of wiping out commercial or residential establishments along the coasts, likewise requiring a decision on a life change.
4. The deepening worldwide economic depression, called now only a recession, will increasingly cause families to find themselves without hope in their home area, with decision time once again on the table.
5. Toward the end of 2002, as the inbound planet can no longer be denied by any but NASA and the major media, talked about by almost every other element spreading news, those aware of the coming shift, if only in theory, will feel anxious even if secure otherwise.
6. The economic crash predicted to occur when the tenuous banking system and Stock Market, based on false values, crumbles, will create a need in the otherwise comfortable to made changes, and once again they will be faced with choices that include or *not* the pole shift possibility.

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## *ZetaTalk: Denial*

*Note: written during the September 21, 2002 Live ZetaTalk IRC Session*

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As matters heat up, the earth changes becoming obvious, affecting jobs and hitting the nightly news increasingly after a long period of being suppressed, many who mulled over the issues and debated them logically will *cease* to do so. This is a matter of being personally overwhelmed, of being unable to see a route to safety, of being unable to imagine life after the expected impact. The mind boggles into a state of panic, and the only route is *continued* panic or denial. Denial is used extensively in human society, more than the average human would expect.

- An employee desperately needing the job will not *notice* any threatening signs that their performance is under par, or the company may institute a layoff. Thus, the layoff comes as a shock, when it hits, but at least the employee is able to *work* during this time, and thus better his changes if the layoff did *not* occur. Thus, is it a survival mechanism.
- The primitive tribe, in the woods and hunting, gathering nuts or tubers, cannot constantly think about an impending attack by a carnivore, else would be debilitated and unable to function. Thus, they *deny* that such an attack could occur at any moment, bustle about the day, gathering and hunting and cooking, and *function*. When the attack by a carnivore occurs, it is a shock, some die but not all, and the tribe regroups. The outcome is hardly different, except that with denial, they *functioned*, and if frozen in fear, would die of hunger instead. Thus, denial should not be seen as a weakness so much as a survival mechanism inherent in the human, engaged when matters become overwhelming.

Just as some humans will go into denial when matters heat up, others will come forth. There are those who are in the background, mulling over the issues, who will find their voice and courage *when* the issues become pressing. The hero, emerging.

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## ZetaTalk: Bad News

*Note: written during the August 3, 2002 Live ZetaTalk IRC Session*

We have stated that the coming times are great opportunities, as life will *not* be slow and steady, with decisions put off, but the opposite. Many will find themselves in situations where they fear for their own lives, but their neighbors and family needing a helping hand. Should they stay, and help others, or run? Heroes born or illusions dashed, the need for action will reveal much. Many have loved ones, or those they feel responsible for or who rely upon them, which they can either desert or remain in place to care for. Should the husband run for the hill, leaving his crippled wife? Should he stay and hold her hand, while the waters rise to engulf them, reassuring her that drowning is not painful or perhaps rocking her in his arms so she cannot see what is coming, or tell himself that her panic does not matter, being short lived?

Knowing that such horrific times are coming, many move beyond the decision of *when* to place themselves up for ridicule, telling their family in no uncertain terms that they take the pending pole shift theory seriously, to *who* to tell. Timing of such announcements will resolve itself, as when the planet is increasingly visible, first called a comet or nova or some such and then called a comet with red outgassing, none will deny that *something* is approaching. Where it is relatively easy to explain to a healthy father, of a healthy family, in a good location, that he should take his family camping when rotation slows noticeable, and distill their drinking water during the aftertime, what to tell the cancer patient? What to tell the person who cannot live without insulin, or who can hardly walk much less eat if others do not bring foot to the table? What to tell those who live in places such as India where escape is not possible, the population held in place by immigration refusal, and lack of options. What to tell those in cities, who have grown soft and have no idea how food is even grown, much less the skills to feed themselves if out in the wild.

Should one explain the situation *fully*, or pad the truth with sweet lies or omissions? One can see the different approaches in channeled works, where the coming times are talked about in kind terms sounding almost like a trip to the fair. There will be changes, but not to worry, life will be kind and pleasant. The changes are *not* explained, the dates put off, possibilities of mankind changing matters if they become determined and change their ways - all manner of smoothing the rough edges of what is to come. Is this *helping* you? What is the alternative, which we espouse. We tell the truth, and let those affected make *their* decisions. Those who decide to allow death to overtake them, or who will be in this position in any case, can make their peace, settle their affairs, and enjoy their last days fully, giving emphasis to things that matter like *loving* one another.

How is this different from the ill patient, who is either told of their likely end time or not? If the doctor and family lies, they have hope repeatedly dashed, and one day are frantic as they realize the truth. They die, without saying good-bye as they had hoped, having repeatedly been raised up and dashed down during the process of their disease. Alternatively, the truth told, they weep, embrace their loved ones, and the last moments are precious, lived fully. We suggest, therefore, *no* white lies, *no* softening the truth, and *no* avoidance. Those who cannot deal with it, will deny, and are most likely doing this in their lives at present on many fronts. Those who can, will find their peace more quickly, and in the end thank you for your frankness.

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## *ZetaTalk: Certainty*

*Note: written during the April 20, 2002 Live ZetaTalk IRC Session.*

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Thus, many cast about for *certainty*, to assist them in their decisions, which are of great import in their lives. Who can they look to, for answers?

1. The church, which preaches Armageddon, but does not give a date, and states that clinging to the doctrine and being one of the faithful will save the faithful in a rapture. However, even firm believers feel nervous about this, though they admit this little.
2. The governments, which will become increasingly tight-lipped as this year passes, doors shut, no comment, and can be expected only to follow their current line of revelation, which is close to nil.
3. Scientists, who argue among themselves in any case, and deal with contradictions to the current theory by shouting the contradiction *down* and refusing to put the contradicting parts together. If they cannot resolve the arguments about Global Warming, they can hardly be expected to resolve, in 2002, the arguments pro and con a possible pole shift.
4. Major Media, which may surprise mankind in coming forth with real documentaries and exposés that would lead the common man to at least *consider* the possibilities, in the context of discussing "mysteries" or "possibilities" and having talk shows. But in that major media are owned by few, and tightly controlled in the main, this can turn either way, occurring or *not*, depending upon human motives and decisions, being in the hands of man.

Thus, there is only one source of stunningly accurate predictions related to the current changes - ZetaTalk. Having predicted the current weather changes, the current increase in volcanism and earthquakes, the current economic and crop shortage problems, to say nothing of the *location* of the inbound planet - ZetaTalk stands out as a source of *certainty*, or so it is hoped.

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## ZetaTalk: Answers

*Note: written during the April 20, 2002 Live ZetaTalk IRC Session.*

Thus, when seeking certainty, the anxious hammer at Nancy, as the only source listening and responding. Can she provide more certainty than she is doing today? No, as the factors in place from the beginning of ZetaTalk are still there today.

1. We, as the source of this information, can only respond to questions considered to be The Call, and cannot for instance give warnings of coming storms or quakes, though we can address *in general* the likely earth changes. To do otherwise, as we have explained, is to interfere with the free will of man, which the Rule of Non-Interference limits. The pole shift, and all change leading up to it, are considered a normal terrestrial occurrence not unlike tornadoes or cancer or droughts. *You*, as mankind, are to help each other, learn how to do so, during these tribulations.
2. We, and Nancy, cannot force the governments of the world to issue forth information, or force those thinking just of themselves to suddenly become caring. If you don't like the current level of truthfulness from your governments or scientists, then address your frustration to *them*, not ourselves or Nancy.
3. Nancy is working to the extent she can as an aging woman, of retirement age and with many health problems not even considered by her audience, without funds, without physical assistance, and simply *cannot* become mama to the anxious world! Few of those hammering on her for certainty, or to do *more*, would deal with her situation for an instant. Beyond the unreasonableness of their demands, there is the physical impossibility of her doing *more*.

Thus, the issue falls to the audience, what *they* must do for *themselves*. Anxious people do *not* carefully read what has been written, then are primed by the biological imperative that flight or fight is designed to meet to *act*. Thus, when faced by the actual possibility of a pole shift, tidal waves, crumbled cities, lack of food, and no help from the government, they *panic*. Given that ZetaTalk has proven to be the only source of solid and well considered information on *what* to do, and in this we are including the Troubled Times network of solution sets and the nonprofit which seeks to provide this information to mankind, their action drives like a spear against ZetaTalk and Troubled Times. Nancy finds she lately has been grateful for the foresight that developed Troubled Times and the hip-pocket booklet that the nonprofit has developed. The over 100 Troubled Times TOPICs and TEAMs that have developed allow the anxious to be pointed to reading material *specific* to their concerns. Thus, they have *something* they can do, and the adrenaline that flight or fight has dictated is dissipated into purposeful activity.

Will this trend diminish, or change, going into the shift? It will only increase, until e-mail queues sorting out the *real* questions from those seeking information readily available, if only one would take a web site click or two, may be necessary. In time, Internet service will become disrupted to the point where mail is not necessarily delivered and bounced only because of delays, and web sites are inaccessible to many due to satellite down time. Thus, an important support step for those wanting to help is to create mirror sites, of that information the ZetaTalk and Troubled Times sites offer. Many mirror sites already exist, in point of fact, for instance where translated material has been made available within countries speaking the language. But it is a bit late, when the satellites start malfunctioning, to seek to set this up! In that acting as a traffic cop, directing the anxious to this or that information, could be done by *many* individuals, we also recommend that this be structured before the flood.

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# ZetaTalk: The Insecure

written Dec 5, 2004

*Debunkers, under the guise of presenting truth seem to really fear Nancy, given all the time and energy they spend on her and her ideas be they flawed or nay. Is it the message, or her perceived insanity they fear? A logical person knows if a person is a crackpot and posting on the internet, you ignore them and they go away. When you fight, piss and moan, all you do is give them more credence in the eyes of those who believe and in the eyes of many on the fence.*

Beyond the professional debunker, whose full or part time job is to haunt message boards or web sites in search of people discussing what the establishment wants to *deny* at present, there are those so in the grip of fear and insecurity that they attack the message for no other reason. The message is, in short, unthinkable. Life, for humans on Earth, is highly insecure in the best of times. Even with the best that modern medicine can provide, *most* illness is not curable and palliative measure only provided. Lightning can strike anytime, any place, and neither prayers or bribes make a difference. Meteors and fireballs from the sky are erratic, and despite man's best efforts at prediction earthquakes strike without warning, dropping buildings and bridges. Then there are all the reassurances from employers and governments and insurers that pension funds, savings, home ownership and assets, *all* are solidly there and will be replaced should any event remove them. Yet employers go bankrupt, governments go bankrupt and change their rules or default on their promises, and insurance companies default. Loyalty from friends and family also cannot be relied upon solidly, as the divorce rate and domestic violence statistics show. Friends are supportive only while this friendship aligns with their life circumstances, and the friendship dropped when it becomes inconvenient. Thus, despite man's best efforts to make himself *secure*, he is, in essence, standing naked in the cold rain, alone.

Enter Planet X and the ZetaTalk message that the world will turn upside down, experience earthquakes that will shatter cities everywhere, roll flood tides inland for hundreds of miles along coastlines everywhere, explode industrial complexes into a cesspool of chemical pollution, destroy the communication and transportation networks so that travel is on foot or impossible, remove the convenience of electricity and clean water supplied to the home and replace this with long dark nights and drinking water smelling like the neighbors sewage, suddenly stop the delivery of food stuffs to the local store with no replacement so that rats and weeds and rotting corpses become the only food available. For many, especially those in cities or whose lifestyle by choice or necessity has made them soft and dependent, this is what the message *means*. Unthinkable. There are no options that come readily to mind, for these individuals.

- If they are by nature strong and resourceful, they think about the steps to be taken in the event, and plot a plan, as there is always *some* plan that can be formulated. They may realize that the outcome, for themselves, is death, and become resigned and live their last days in the most meaningful manner possible.
- If they are by nature weak, clingy, and demanding, another turn is taken. They watch the viability of their pension funds and savings melt away as the USD drops and corporations go belly up. They see the weather erratic, the ferocity of storms on the rise, and watch movies like the Day After Tomorrow with fists in a ball, white knuckles. They would make shrill demands of *someone*, but God is not listening and the government certainly is not listening. Now what?

If a weak individual cannot succeed by demanding or clinging, there is only one option available for comfort - denial. They need not worry because it is not happening, all is normal. The weather is normal if one assumes massive climate cycles that stretch millions of years, at least this is what the TV is reporting. No one knows what causes these cycles, and any life threatening extreme is extrapolated out thousands of years hence, so no need to worry. The government propaganda is that the economy is on the rebound, jobs being created, and a firm hand at the helm. All evidence to the contrary is simply not absorbed, and if pushed to be acknowledged, is denounced in a shrill voice and slamming doors. These individuals entertain denial, in an increasingly shrill and angry manner, as the threats to their secure world

increase. What does one do when they are being *threatened*? They consider themselves under attack, and respond accordingly. This proceeds along these lines, more rigid denial, more vicious attacks against the message, until the day reality breaks through and it can no longer be denied that something is amiss. At this point the denial changes to red faced demands for these weak individuals, hopping up and down and loudly demanding that *someone* reinstate their security and take care of them. If you have an individual in your neighborhood like this, move, before the pole shift. They won't change.



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## ***ZetaTalk: Disaster Reactions***

*written Sep 2, 2003, during Lou Gentile live radio*

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In an instance such as major earthquakes, globally, such as those that will accompany the rotation stoppage, it is like a disaster ramped up into a larger scope. The same processes occur: all the hospitals are mobilized, people are ferried out of the disaster area to safer places, tents are erected, looting is suppressed, and this is done on a larger scale. In situations such as this, there are more people that are unattended, ill, but unattended. A broken leg sometimes for days before being set simply because greater emergencies exist. So it is just a matter of scale.

Why would Martial Law be imposed in the face of an emergency such as this? Rather, all of the emergency personnel or volunteers would work themselves to death as they did in the 911 disaster at the WTC, without stop. This is how they would react. Martial Law is only imposed in rare circumstances in democracies or in social democracies where it is only a short delimited and a disaster does not already exist.

Therefore, worry less about this than about your neighbors. We will tell you that a mass disaster, such as seeing an object in the sky, accompanied by large earthquakes and a communication shutdown, is going to cause your greatest worry to be your neighbor or someone in your household. People will go mad, they will go insane, they will be frantic with anger and wanting to direct it somewhere. They will be lashing out at each other. They will run away from their responsibilities and then be dealing with grief on top of anger. You should expect, as you do with animals that go a bit nutsy during an earthquake or prior to an earthquake, your neighbors and family member may be unpredictable, angry, lashing out. Anticipate this, and formulate an action plan to deal with it, and do not be surprised.



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## ***ZetaTalk: Life: Downside Up***

*written July 31, 2004*

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*In this day and age, how can one have a positive outlook? Everywhere you look –diseases, war, terror, earth disasters, corruption in business and government. Too many are just out for themselves period. Also, with the impending Planet X cataclysm ahead, there is very little to have a positive attitude about.*

The effect of great changes on one's life are often described as having life turned upside down, implying that the upside, the optimistic or upbeat outlook, has become a downer, depressive. That this is the prevailing attitude is due to the loud complaints of those who have *lost* in the change, as those who have gained are too busy enjoying the new vistas that have opened before them to comment. We are not speaking here of material goods, the homes lost, the business inoperable, the value of what had been put aside in savings diminished or gone. We are speaking of the thousands of *depressing* deadlocks that hold people in their ordinary lives, which they see no way of escaping, suddenly broken. The most obvious is the bondage that material goods place on their owners, and the social obligations that societies place upon their members.

Marriage brings the joys of companionship, partnership, and the patter of little feet. It also almost inevitably brings the responsibility of holding that boring job and the requirement that one restrict social interaction to the work place and close family. For a man to have a close friendship with a woman other than the wife, or the wife to enjoy the company of another man, is considered a threat, brings pouting and argument, and however innocent, is dropped for the sake of peace and the continuation of all the positive things the marriage brings. The expectation that the marital partner must then be all to the other is a pressure and responsibility that is in and of itself depressing. We are not speaking here simply of sex, as these restrictions impose immobility on the partners' ability to react to life in general. Should a husband want to help build housing for the poor on the other side of town on a Saturday morning, his wife reminds him that she expects him to repair their garage, and the fact that the construction group includes a number of single women who share the husband's concern for the poor is a hidden agenda. Should the wife want to garden to give the neighborhood children the experience of growing their own food, she may find her husband making derogatory comments about her rough hands and sunburned neck, her focus no longer appropriately on being his showcase or trophy wife. Restrictions, not empowerment, becomes the norm.

Jobs, whether termed a career or profession or trade or simply something temporary to bring in money, are equally as restrictive. Income level goes up as experience or skills increase, so that the longer one holds the job, the more they earn, and the family does not sympathize with having that income *reduced* simply because the wage earner wants a change. There was the expense in time and money for collage or university or apprenticeship, the union seniority, the associations with others in the field, the vacation time and pension benefit earned because of time on the job to consider. Once again, the wage earner is restricted, looking out on a vista of years, decades, before him or her and seeing no *change* possible, as any step outside of the rut puts at risk all that has been gained. Should a doctor wish to serve the poor, rather than those with the funds to pay the clinic bills, the doctor must face angry clinic stockholders and most likely a divorce from a spouse who does not wish to sell the home and second car and drop the country club membership. Should a plumber wish to work in waste management, realizing what goes down the pipes and the damage it can do to the environment, the plumber would likely need to ask the spouse for financial as well as emotional support during a time of lost income, and once again social and marital expectations become a head wind against change.

We have mentioned that the poor, the homeless, the mentally ill, will fare better during the coming changes because they will not grieve for lost possessions, and already being at the bottom of life's ladder, will find themselves suddenly counseling others on how to survive. We have mentioned that the coming changes, the pole shift, is a great leveler, putting the formerly wealthy on the streets and in desperation, and the formerly homeless in a larger junk yard from

which to build a hovel. What we have not mentioned is that outside of the loss of material possessions, and the lose of the security blanket that most assume they have around them in the form of pension and insurance coverage and social services, the wealthy and financially secure will have a greater downside up from changed social circumstances. No longer forced to put in hours that restrict one's life virtually to the work place, no longer forced to pander to the supervisor or boss and restrict one's chatter to reflect the proper attitude, no longer forced to freeze out social interactions that threaten the status quo or repress the urge to spontaneously help others, the former drone of the status quo finds themselves more alert, feeling an energy they had lost early in life as restrictions closed about them like a net, and perhaps feeling alive for the first time in decades.

These opportunities for renewal will come to *all* because of the massive changes the pole shift will bring. Even where the family survives intact, the home, though damaged, survives the quakes and winds intact, and the political fabric of the region earns its leadership by their response to the catastrophe and remains thus intact, there will be a changed environment. Where formerly, the weight of what was to be *lost* was on the side of the status quo, now the status quo is dwarfed by a compelling emergency. Helping to rebuild housing for those now in out in the rain, the doctor giving service to the poor without expectation of payment, dealing with chemical spills and broken sewage mains that threaten the environment and health of the community, and putting up gardens as a food source when the supplies scrapped from the wreckage of homes and grocery stores run down - now *no one* can argue that these steps are not of prime importance. The clingy and demanding spouse, the possessions demanding to be polished, the inane boss demanding to be considered brilliant, *all* can be ignored. Life has received an infusion of energy, charged not only by *need* for action on the part of anyone with a heart that cares, but also by the breaking of virtual bondage that most societies represent. A downside, suddenly *up!*



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# *ZetaTalk: When Things Go Wrong*

written Feb 21, 2005

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After the pole shift there will be many injuries, many traumatized people, overwhelming the emergency services. Most often, people not prepared to give first aid will be stepping in, as getting to a doctor will not be possible. There are going to be a lot of mistakes made, by good hearted people trying their best, a steep learning curve. This will lay a burden of guilt on those folks, something they do not need as a distraction as they are most likely the only people pitching in to help and the need will be great. Any advice?

The sense of guilt comes from many sources, among them a sense of loss or grieving, a sense of horror that a casual mistake or accident can have such consequences, a sense of foreboding on the fragility of life and and safety and security, an expectation of retaliation from some source, and empathy for the victim so the horror is being re-experienced by the guilt stricken one. In professions or trades that only affect things, such as dress making or floral arrangements or keeping accounts or making furniture, guilt seldom raises its head in the workday world, but in professions dealing with acute human problems, such as emergency services or firemen or search and rescue teams or trauma medics, loss of life or the maiming of a life are ever present possibilities. Those who enter such professions are delving into life's quagmires, not in most cases for the money which can be gotten by easier means in other professions or trades, but by the desire to be of service where service is most needed.

During the coming times, when communications will be down, roadways impassable, and trauma suddenly thrust upon communities beyond their capacity to handle, many inexperienced hands will attempt to deal with broken limbs, septic wounds, ruptured eyeballs, rescue of those being washed away or under collapsed buildings, and mental confusion threatening to become full blown psychosis. Mistakes will be made. A steep learning curve will exist, where the dead child, gone because a sudden drop in body temperature was not noticed and corrected in a timely fashion, will allow the caretakers to add another item to be checked in future. Live and learn, and taking time for guilt only means more dead children neglected because their caretakers are now distracted. This is in fact a lesson of life, among the many lessons that incarnations teach. We, the Zetas, in high tech 4th Density where high IQ's and intense sharing of experience and skills allows us to avoid most of the traps that await mankind in their schoolhouse, have accidents we regret and grieve over.

We would recommend, during the coming times when such accidents and regrets may be a daily affair among those who are attempting to care for others in distress, the following routine.

1. Blame among those who are essentially good hearted is a step that should be bypassed, as *all* have best intentions and *none* wanted the outcome to occur. Blame should be replaced by a quick assessment of what went wrong and what should have occurred, considering this a lesson learned and noted.
2. Changes in the routine should be made if required, with any change in personnel or roles not considered a reprimand or fault finding but simply a change to avoid such an outcome in the future. This may result in a reshuffling of roles or longer naps or just an opportunity to talk out the frustration so emotion is not a clouding factor. If anyone blaming themselves for the accident or neglect can be put in a position to prevent a recurrence, this can often help expiate their sense of shame. They will be highly motivated to do a good job in that capacity, and each time their attention to the issue saves a life their guilt will be relieved.
3. When success in future cases is gained, this should be celebrated, so the loss or accident is seen, ultimately, as having a positive effect.



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# *ZetaTalk: Leadership, Earned*

*written Sep 23, 2005*

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*You wrote Decapitation Process, detailing the beginning of the end for the Bush Administration. Incidentally (or not) shortly thereafter Katrina left its mark and the fallout of which would seem to be 1. increased disapproval and apathy toward the Bush Administration after its failure to be prepared for and respond to a nation in crisis. 2. increased gas prices which will have a strong effect on America's economy. So is this (finally) setting the stage for the end of the Bush Regime? And does a country run on auto-pilot mean that the cover-up will be over? If the Bush regime falls and the Puppet Master gains control of the US military then is it not just another, I'd assume, even more savage Service-to-Selfer in control?*

We have emphasized that during and after the pole shift, leadership will [have to be earned](#), as real crises challenge the qualification of the pompous. During this process, matters do not go smoothly, as might be imagined, as the self appointed leadership of the pompous is loathe to let go. To those who think the term self-appointed is inappropriate when applied to elected officials or those appointed or promoted by others, we suggest an examination of the facts.

How does one get to be an elected official? Are they dragged, kicking and screaming to the podium? They are found running about, loudly proclaiming their *worth!* Long before the election process, before the public ever hears their name, they are suggesting to other that they could be a candidate, would make a great candidate, and what they could do for others if elected. Depending upon the audience, the beneficiaries of a successful election differ. The public is told the common man will benefit, justice will be done, wrongs righted, festering problems addressed, because the candidate has a big heart, has the qualities needed to lead, and can no longer stand to be idle in the face of all this distress. Of course, there *are* occasional politicians who fit this bill, and their track record before and after announcing their candidacy make this clear. But the vast majority are self focused and make it clear to those who can help them climb into power that they will return the favor. Examine the history of George W. Bush for such an example. Posturing, trying to say the right words, while lining the pockets of his friends in the oil industry. Was he rescuing kittens and helping little old ladies across streets in his youth? He was blowing up frogs with fire crackers.

Thus, when the time comes for leadership to be earned, politicians, almost to a one, won't qualify.

How does one secure a promotion or an appointment? To some degree, the same process applies, but the individual haunting the halls of power and making themselves a known person takes a different tack. Perhaps they lack confidence as a public speaker or cannot lie with a straight face, so would fail as a politician. But as a lackey, they can carry out an agenda, and they make it clear from the start that *nothing* will stand in the way of carrying out the agenda of those who can promote or appoint them. Those in the workplace are astonished, early in their careers, to see the most incompetent individuals around them promoted, while the competent are put in as an assistant, in a dead end job that just coincidentally supports the incompetent who has just been promoted. The incompetent has spent his time hanging around where he can encounter the powerful, and agree with everything they say, line up their personal philosophy with the espoused philosophy of the powerful. During this courting season, the incompetent openly twists any moral fiber they might have had to make it *obvious* that they are immoral to the core and willing to sell their souls to ally with the powerful. Should we be stealing from the pension fund to pad the salaries of those at the top? The incompetent cannot agree fast enough. They get promoted.

Thus, when the time comes for leadership to be earned, corporate management or those in high government positions, almost to a one, won't qualify.

Natural leadership, of the good hearted, emerges via a different route. They do not emerge grasping and running after

the perks of high office, as they are too busy attending to *real* problems around them. While the official leadership is getting themselves adorned with the trappings of high office, the ceremony, the dinners, the carefully arranged interviews so the public can get to know them as they hope the public will be led to believe they are, the real leaders are at work. Take the example of two men, both starting out working for a construction firm. The good-hearted natural leader sees the task to be done by the crew, and if any crew member is having difficulty, assists. Thus, he is too busy to hang around the office to make his face known to those who might promote him. Perhaps the owner hears the talk and understands the good hearted one gets the job done, and promotes him the same as the ambitious one who spends his time self-promoting. But more likely the ambitious one arranges for the competent natural leader to be assigned to him, as an underling. Now come disasters in the area, and the natural leader is busy helping out *more* than his work crew. The ambitious one, who has not even done his job much less volunteered to help others, continues to hang out at the office, suggesting how he might be put in charge of any large contract the firm might secure. The natural leader, thus, is *not known* outside of the circle of workers and friends and strangers he assists. He is too busy to get his name floated about, or hound after the perks of leadership.

Enter the chaos that will precede the pole shift, which is increasingly engulfing the Earth now. In addition to the normal turnover to natural leadership that will occur during unremitting disasters that strip the pompous of their self-appointed claims, there is the [decapitation process](#) we have defined for the Bush administration. The decapitation process only makes it *clear* that the Bush administration is incompetent, liars, and embroiled in scandals to the point of being ineffective leaders even *in* quiet times when such leadership is not challenged to prove itself. The normal process of discarding self appointed leaders and accepting natural leaders is as follows:

1. The official self-appointed leadership asserts itself, barking orders or grabbing the microphone or arranging photo opportunities.
2. Disastrous problems continue to compound, with the self appointed leadership increasingly unable to address them.
3. The public turns to natural leadership, first on a local basis and then as word of their effectiveness spreads, on a wider basis.
4. The self appointed incompetent leadership gets shrill, attacking the natural leaders, threatening them, may attempt to assassinate them, and may try to subjugate them, making the natural leader an appointed underling.
5. To the extent that the natural leader ignores the self appointed leadership, which by now has become hated, they will continue to lead. Where allowing themselves to be subjugated, they will create a second round of the cycle until the subjugated one breaks away in disgust with the orders they are receiving.
6. The self appointed leadership will close ranks, pull around them those that listen to them, and force themselves upon a smaller and smaller range as their influence diminishes. Eventually, they are reduced to barking orders at each other, enraged, with threats and suicides and strokes and heart attacks diminishing their numbers steadily.



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# ZetaTalk: Pending Partners

written Nov 24, 2004

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There are those who long for the pole shift to begin, as they have structured their lives around what they know, deep within them, will occur. As with all those who live double lives, this is stressful. Contactees live these double lives, many preferring to dampen conscious knowledge of their status, the visits they have with odd creatures bringing news of an expanding role for the Earth in the future, to avoid constant conflict with family or friends or co-workers. They live two lives, one in secret, shared only with close confidants who are having similar experiences, but unable to be open with lovers, parents, children, childhood friends, and priests. Those waiting for the pole shift have similar pain, not due to any fault of their own as they have no control over what is coming, nor any control over the cover-up that prevents open discussion about the physical facts, but their pain is similar because friends and family pull them in the direction of what they term normal living, while the one aware longs for more partnership with friends and family, a chance to talk about the issues without creating yet another argument, sympathy with the stress of trying to plan for sudden earth changes while simultaneously living as though this were not going to occur. Those who *know* the Earth changes cannot be avoided have arrived at this conclusion not only due to what they observe as facts in the world around them, the infinite number of clues that a cover-up exists, that a second sun has arrived, that an Earth wobble has set in, but often because they are contactees and have received this information well in advance of the occurrence. For them, each phase of the Earth changes, from the arrival of the [Second Sun](#), to the [constellations](#) not being right for the seasons, to the Earth lurching about, makes their certainty stronger, their resolve stronger, and the pain likewise increased.

They feel dangled, twisting slowly in the wind, unable to extricate themselves by going backwards into ignorance and unable to go forward into partnership with others unless the cover-up is broken or the pole shift sequence begins. And neither seems to be in a hurry to happen! We have spoken often of the [fragility](#) of the cover-up, in that those who are participating have been told that panic is the larger enemy but primarily because they have also been told that *no* such cataclysmic event as we have described will occur. They have been told that the monster will pass, and that later, when the danger is past, the public could be told. Heads of state, media personalities, weathermen and astronomers alike are told this line, and mostly they believe it because the heart *wants* to believe this. But what happens when the lie is revealed, and the Earth tips into days of darkness for the northern hemisphere? This most certainly will be accompanied by a disturbed jet stream beyond what the weatherman can imagine, as cold air moves to warm zones of lighter, heated air, while simultaneously being pushed by the rotation of the globe, an unknown maelstrom of fierce and unpredictable storms. And what of the stress on the globe when parts normally aligned with the Sun's magnetic influences find themselves straining in two different directions, under the dictates of two different magnetic giants? Will the crust protest? Will earthquakes and volcanism be the result? Will those participating in the cover-up maintain a calm exterior and believe the *lie* they have been told, that this will pass without cataclysmic uproar? The cover-up will drop, suddenly, into a yammering of emotional slips and tearful announcements.

And what of the seemingly endless progression of the Earth changes, a halted orbit for the Earth almost a year now with scarcely any movement toward the pole shift other than increased stress on the crust and a perceptible wobble. Will years pass with this the situation? Will change happen so suddenly that the long wait may be over in days? We would point to the progress of Planet X past the Sun and toward the Ecliptic, as evidenced by the *earth's* response to this passing magnet. The tilting that occurred last January, putting [Iceland](#) first as the cold spot, then quickly shifting to [Siberia](#), showed the planet passing the Sun's S. Pole. The strength of the Earth [wobble](#) and in particular the [direction](#) of the wobble showing the retrograde movement of the passing planet. The [odd pause](#) in the wobble as the passing planet arrived close to the Ecliptic in September, *all* these show progress in the passage. Now we anticipate an increasing tip of the N. Pole away from the Sun, into the [3 Days of Darkness](#), already [past the point](#) anticipated for Winter in the northern hemisphere and Summer in the southern hemisphere. How fast this tipping will occur we will not say, as the establishment *still* is not sharing what they know with the public, and thus our information will

preponderantly serve the elite who still harbor plans to exterminate large sections of the populace, unwanted mouths to be fed in the future, under the cloak of [Martial Law](#).

But one thing is certain, for all the pain that an uncertain wait brings to those longing for partnership with friends and family, for the end to their double lives, there will be commensurate reward when the pace of change picks up. Those around each who wait in pain are noticing the changes, the strength of their denial a brittle cover over their many concerns. When this cover cracks, like the cover-up the elite has foisted upon the world, there will be a *rush* to partnership. Plans suddenly made, resources available, love expressed among those who realize how short life can be and how precious moments in each other's company.



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## *ZetaTalk: Soul Personalities*

*written July 16, 2004*

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Souls often have a personality stamp, just as the humans or other life forms they incarnate, as their early experiences and reactions to these experiences shapes the pool of quick responses from which they grab in emergencies. If a soul has reacted by running and hiding, and this has been *successful*, they consider this at first, in the future. Likewise, if standing and fighting has proved to eliminate the problem most effectively for the tribe as a whole, even though the entity may suffer injury and death, if a similar situation arises, the soul who has taken the stand-and-fight posture will take this with little hesitation. Souls thus may work behind the scenes, backfilling others who are more vocal and visible, depending upon their success in the past, or may be a loud mouth, assertive and probing danger on the path ahead in this manner, if in their experience they do this more effectively than others and if in the past they found the others in the tribe coming to their rescue when they flushed out what was laying for them ahead along the path. Thus, in analyzing past lives, it is important to recognize *early* experiences and reactions to these early experiences from a long term growth of the entity, which smoothes out.

Most developing souls, still on their birth planet and yet to experience a solidly Service-to-Other world, have leaned toward being one sex or the other, by preference, as their skills and developed talents lay mostly in that realm, and all is new and the more comfort a young soul can garner during their adventures, the more confident they feel about sallying forth. Thus, often the partner in a bond who has ideas, is articulate, innovative, and exploratory is the male. This fits with the hominoid concept of a male, but in other worlds where the female is large and aggressive, the entity would have reincarnated as a female most often. Likewise, the partner in a bond who empathizes with the missions assumed by the more adventurous one often forms that bond *because* they wish this role, and want to go those places, but lack talents or experience. They then assume the support role, which helps both.

Relationships between souls, particularly on a developing world where souls are unbalanced in their development, are often strong bonds. When in strange territory, as young souls feel they are often, one seeks friends, as their alliances are known, their reactions predictable, and the relationship thus comforting when walking into unknown territory. Developing worlds, where souls are sparked and learn their first lesson, the orientation lesson, have endless surprises for newly reincarnating souls. The soul does not have the wealth of previous experiences to rely upon that old souls do, and thus being incarnated in a new culture, a new climate, a new setting or sex, all engender the need for a friend at hand.



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## *ZetaTalk: Physical Fitness*

*Note: written by Jul 15, 1995*

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Since the dawn of civilization mankind has had to deal with the ravages of sloth. The wealthy man, having hired others to work his fields and carry his bundles, do his laundry and run his errands, finds himself short of breath and getting pains in his chest. Nature designed man to meet the struggle for existence, to be able to walk through his days in search of food and water, to climb trees and cliffs for a snatch of food. The last thing nature foresaw was a life of sloth. But that is what an increasing number of mankind lives.

How can the physically idle stay physically fit, and in their busy lives how can they maximize the time they spend on physical fitness. This has been extensively studied by humans concerned about rising rates of obesity and heart disease, especially as they might find themselves in the danger zone. Late in the game, they throw themselves into an exercise program, as though every ounce of sweat will work a pound of cure, but most often the damage has been done and such programs can even bring on the demise of the fanatic. The best course of action is gradual during any acclimation period. If one has not been walking, much less running - then walk, don't run. If one has not been lifting weights, then start with the 20 pound weights. Stop when you are short of breath, as tomorrow you will find you have more stamina. Give your body a chance to catch up. Take a day off now and then from the routine, you're not in a race, you know.

Just as civilization brought the demons of sloth onto mankind, the demons of plenty have left their mark. Rich food, the type eaten only on occasion by early man, is on the platter every day, and the richer the better. Pass the butter, please. High fiber foods, normally the staple in early man, may be absent altogether. Early man ate frequently, shat frequently due to his high fiber diet, and drank all he could hold when encountering clean water. Protein feasts were rare, and on those occasions early man ate nothing *but* the protein until this was gone or he was chased from the find or kill. The healthiest diet is one that takes mankind's beginnings into consideration.

Probably the most important physical fitness advice we can give to the human animal caught in the rigors of civilization's incessant demands is not to worry. If a matter is not in your control, put it from your mind. What will be, will be, and your stress diseases will not change this one way or the other.

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## ***ZetaTalk: Walking Erect***

*Note: written on Feb 15, 1996*

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The human animal is painfully aware that it used to walk on all fours, and that the transition to walking erect is anything but complete. Back pain, ruptured disks, worn out hip and knee joints, and bulging bellies are but a few of the constant reminders. The spine, in particular, reflects the distress the body deals with in walking erect, and thus the popularity of specialists who can manipulate the spine when it skews sideways due to pressure and compression it was not designed to take. Where manipulating the spine can seem to give instant relief, such crunching and shifting of the delicate tissue around bone and nerve are *not* good in the long term. Much better to acknowledge your origins and align your *own* spine, naturally. Get down on your hands and knees more often, with whatever excuse. Scrub the floor, sort papers, weed the garden in this position and you may be surprised at how well your spine aligns *itself*.

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## *ZetaTalk: Auras*

*Note: written on Aug 15, 1995*

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Auras exist, and some humans can see them as their eyes are sensitive enough to detect a form of light ray which is always there but not seen by most. Auras do not represent the spirit, but are an emanation, or byproduct, of the human body as a furnace, maintaining 98.6 degrees. As with other byproducts of the body, such as urine or feces or sweat or breath, the aura can tell a practitioner a lot about the mental and physical health of a person. Auras are normally pale blue, when viewed by humans, but vary all over the color spectrum and change shape, compressing close around the body or wafting out with tendrils. We, the Zetas, see human auras regularly, as well as those of ourselves, and were we not highly telepathic with one another would use this to read the well-being and mood of another, just as humans use the expression on the face of another human.

Some human healers use their own aura and the aura of the patient to heal. When auras touch, they affect each other as they wrap back into the bodies. This is truly a means for one human to breath life into another, to alter a sick aura by sharing, to take some of the sick aura into oneself and absorb it. Like breathing air into another's lungs, one is using one's strength, one's reserves, to help another, without permanent harm to the giver.

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# *ZetaTalk: Curing Cancer*

*Note: written on Jul 15, 1996*

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Cancer is considered a scourge of mankind, as cancer is so often what the mortician writes as the cause of death. What is poorly understood is that cancer is a natural process which allows the organism an out, a type of suicide. How often is it observed by humans that a fellow, informed that they have incipient cancer, continues the activity that is deemed to be causing or encouraging the cancer. Smoking is a case in point. Cancer is developing all the time, but is held at bay by scavenger cells that mop them up, as is known by your biologists. What occurs in cancer development is that the scavengers are told to cease, to back off and let the destruction proceed. Cancer occurs for the same reason many infectious diseases run rampant, because the immune system turns off. As has long been recognized by humans, the immune system is highly sensitive to one's surroundings, and by design. Suicide in nature is rarely possible, other than to cease eating or fail to remove oneself from danger, both actions which are associated with mental depression.

The frantic war against cancer waged by the medical profession is most often a losing battle because the patient has determined the outcome. Spontaneous remission occurs without medical assistance, and many cancer patients can be found to have *several* of these in their history. When a spontaneous remission occurs during medical treatment, the treatment is credited, but in truth the success is due to the care and attention the patient receives. At last they get time off from the hated job, have someone ask with sincerity how they feel that day, or escape from a domineering spouse with a hospital stay. Cancer treatments are *always* futile where the underlying causative situation is not addressed, as even if all the cancer cells are eradicated, which is never the case, they would just recur in some other spot. To cure cancer, address the patient's life first, and attack the tumor as a secondary measure.

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# ZetaTalk: Alzheimers

written Nov 9, 2005

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Examine the animal kingdom, and what causes animals to time out, to die. If a species has no natural enemies, they can live out their lives. Only the lack of food, such as a severe drought might bring, or an accident, such as being struck by lightning, or a confrontation within the pride or pack, such as a battle for supremacy, prevents them from simply dying of old age. What does that mean? In some cases it is a slowdown of all the natural processes, the functioning of each vital organ such as heart of liver or lungs, such that a domino effect starts. Each failing organ affects the other, the creature first getting tired, then exhausted and unable to move, then slipping into coma, then death. All painless, what humans call dying in one's sleep, the preferred way to go, most certainly. This assumes, of course, a healthy lifestyle, and no disease.

Man is such a creature, with no natural enemies, in that he has intelligence and has not only developed defenses but actively hunts other creatures, and is rapidly destroying species and habitats around the globe. Yet man seems to die not of old age, but disease, routinely. Why is this so? The answer lies in the lifestyle, as man can choose his lifestyle, his diet, and tends to choose rich and highly refined foods, a slothful and indolent exercise pattern, and is shocked when disease pulls him down as a result. Man feeds his livestock and pets a healthy diet, himself not. Man tends to his machines well, maintaining and oiling them, so they do not break down, but ignores his own body. Man places himself exposed to substances that poison, smokes cigarettes, and lives in cities with air so polluted it makes his eyes smart.

So in all of this abuse, what causes Alzheimers? We have stated that cancer happens regularly, even to healthy creatures, during mutations that are inherent in a living creature composed of many cells that must divide. Cancer cells are simply cleaned up by a healthy immune system. When cancer takes hold to bring the body down, this is because the body has given up, and seeks the release that death brings. One's psychology can affect the health, as any doctor puzzling over why one patient, certain to die, lives on while another sinks daily into a death march when expected to recover. The will to live prevails, often. Are there other bodily functions affected by mood? It should be noted that Alzheimers seems to come on with age, among the aged, though not in every case. The aged of course are often losing their edge, find themselves in binds, no longer listened to with respect and anticipating more aches and pains and less pleasure. Old age, the natural way, seems a long, long way off, and the mind nudges the body to find an earlier out.

The cause and cure for Alzheimers has been a search without results, as the true cause is not being taken into consideration. As with cancer that evades all attempts to combat it, compared to spontaneous remission, the true cause of the body's decision to slip into death, early, is not being noted. How can the psychology of the Alzheimers patient create lesions in the brain? We point to the known documentation on brain health and function in oldsters, that the active brain stays healthy and *does not lose brain cells* as an inactive brain does. What is this process? Just what triggers the brain of an oldster, not actively solving puzzles or enthusiastically engaged in life, to wash away? If this can happen in a limited way, could it not happen in a *major* way, and why would it not? The exact physiology of brain wasting, the washing away of brain cells, is not understood, so no surprise that Alzheimers is likewise not understood.

It is not something eaten, something in the air, though an unhealthy lifestyle can make for a body struggling to feel well, affecting the will to live, certainly. Given that hunger is a strong urge, even the body of one deciding to die will continue to eat. Thus, the out for any creature feeling trapped and wanting an out lies in disease, like cancer or senility. In cancer the body functions are finally attacked, despite the intake of food on a regular basis so that life otherwise would go on. In Alzheimers the cancer out has been frustrated by an immune systems that refuses to be sidetracked, but the genetics for closing out the brain is amenable. Thus, Alzheimers seems to run in families, as does cancer. If the body wants to eat, giving in to the natural urge to put hunger pains aside, the brain washes away to the point of not sustaining breathing, or heart function. At last, a death from old age, come early!



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# ZetaTalk: Anorexia

written Nov 28, 2005

*The mental illness known as Anorexia kills more people than any other and is on the increase. I was wondering if the Zetas could comment on causes, how to help and how to recover and any other general info they may have on the subject which could increase understanding and assist people suffering with the illness and people trying to help sufferers?*

The first influence on the babe is the mother's influence, and this occurs well before birth. When the mother becomes tense, under what circumstances, how much love comes from the mother's heart or whether this is a stingy release, with anger or a grim desire for control of the environment the prevailing emotion felt. The babe is adjusting to the mother as it's primary environment, the umbilical cord to survival before birth but likewise a bond that ensures the babe of survival after birth as well. The babe becomes a politician, if the environment is not warm and loving, in order to survive, learning when to be politically correct and do the mother's bidding to avoid the mother's anger and potential abandonment.

In households where the mother is control conscious, into control battles with others, and considers the child just another thing to be controlled, the child has two paths it can follow. It can cooperate, as it must for any kind of peace, or it can rebel. In some, cooperation is complete capitulation, with the eventual adult following religious edicts without question, following the edicts of a corporate head or politician without question, and distressed if required to question as this raises the specter of the mother's abandonment. In others, rebellion sets in early with the child eventually either ejected from the household or virtually so by a mother who ignores and neglects the child as much as allowed by the society she must live within. The child leaves home, and never returns. More often there is a seething battle, and this is the root cause of Anorexia.

Mother represents food, and whether feeding the child from the breast or from the bottle, will either make these early sessions a delight of touch and caring or a battle over the outcome. A control oriented mother will not allow the child to choose the time and outcome of a nursing session, but will start dictating these issues. Normally nursing occurs when the babe is restless and hungry, the mother's milk responding, and the outcome a satiated babe falling back into sleep, a happy outcome all around. The child dictates the time and amount to be consumed. A control oriented mother will try to decide when a nursing session, or a bottle feeding session, should occur. Her schedule, her determination on the amount to be consumed, and the battle over food started early. The babe tries to turn away, has the nipple forced into its mouth again and again, the sense of anger in the air, and the framework of the battle has been laid.

Close examination of the dynamics around the dinner table when the babe is a child invariably shows argument about what food to eat, how much to consume, with the mother dishing it out onto the child's plate and watching closely that it get consumed. This should be compared to the family where the child chooses what to load onto its plate from serving dishes with only an occasional suggestion from mother to try the broccoli or whatever, with father commenting that if one fills the plate up it is wasteful unless eaten, a clean plate. Basically, the child chooses.

Having had the issue of control over one's life hopelessly confused with food consumption, the Anorexic finds food fights clicking in even when not the issue. If someone suggests they vote for a candidate the Anorexic would not themselves choose, they stop eating. If the work hours are changed and the new routine not what the Anorexic would prefer, they stop eating. If the spouse wants sex, or does not want sex, averse what the Anorexic wants for the evening, they stop eating. In a world where tensions are on the increase, and those wanting control over their environment becoming more adamant and shrill, these matters will only exacerbate. Thus, the increase in Anorexia, which is likely only to become worse both in those who suffer, and in an increase of new cases.



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## *ZetaTalk: Pain*

*Note: written on Feb 15, 1996*

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Spiritual growth during incarnations is best facilitated when the incarnating entity is faced with natural law, the workings of the Universe as God designed it. Rainfall and its collection into pools and rivulets, sprouting seeds struggling to push grains of earth aside and then leaning hungrily toward the light, a caterpillar's many legs following one another in turn up and down its long body - all wonders of God's natural world. Pain is simply another facet of this natural world, just as carnivores bringing down prey or the old and weak succumbing to infection. Pain is a signal - to pull away from contact that injures, to slow down and rest, to favor the injury, to stay away from certain sites or foods or circumstances. Pain is designed, by natural evolution, to be self limiting. Severe pain causes a faint, long standing pain causes a lethargic depression, and under natural circumstances the animal in pain does not have long to bear this. It dies.

Enter man, with his rules and regulations. Dying is *not allowed*. Those in chronic, insoluble pain are restrained, bound to the bed and force fed if need be, and maintained in agonizing pain indefinitely. This frequently presents a situation that flies in the face of what the populace has been told by the religious elite - that a benevolent God is listening to their prayers. Those forced to live in pain and those watching this agony then conclude that they are either being punished or ignored. The problem here is not that God is failing to descend to fix the pain. The problem is that mankind has not learned how to deal with God's natural Universe, one of the *lessons* during spiritual growth.

Beyond the attitude that pain must be borne, stoically, while the body is being maintained indefinitely, humans also burden themselves with unnecessary pain. The vast majority of the pain experienced by humans, even debilitating, chronic pain - is psychological or psychosomatic, induced by the mind. This is not to say that real inflammation or pressure on nerves might not be physically present. This is to say that the inflammation has been *caused* by the individuals mental state, anxieties, desire to avoid situations, repressed rage, or lack of consideration for their physical body. One has gas pains but fails to eat roughage. One sprains wobbly joints and tears weak muscles because exercise is seldom fit into the busy schedule. One has lower back pain and ultimately a slipped disk, but fails to tighten the tummy or relax tight back muscles. The list is endless.

Ultimately, dealing with pain must be resolved in the same way that one deals with all other aspects of being alive. Take responsibility for your own life, adjust to the reality of those things you cannot change, and maintain perspective.

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# ZetaTalk: Grieving

written Sep 8, 2006

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*On Aug-17 my wife and I lost our only chil. When he was travelling he got hit by a train and died right there, with no pain or suffering, as the doctors say. Could you please help me get back in time, so I could warn my son of the danger and have him survive? If my life is required instead of his, to retain the balance of births and deaths, needless to say I would surely do that, as long as I know that the sequence of events changes and my kid stays alive. Please do that for me and my wife, the whole world is now empty without him, only grief and sorrow around and I don't know how to carry on. Also, could you please tell me if there was any sense in his dying that young? What happened at deeper planes of reality that made our kid leave us so early?*

At the base of the many horrors and inequities and sorrows that life throws at us is spiritual growth, as this is the point of incarnated life. In a life lived without personal pain or anguish there is little incentive to growth. If everyone were born beautiful, lived a life without disease, never wanted for any physical comfort, and did not encounter adversity or struggle, what reason would there be to develop a strong compassion for others? Compassion, empathy for what others are going through, is love, and on a spiritual level is learned only by having experienced pain and anguish oneself. The young soul, immature, may experience what by instinct the life form experiences when a member of the species is in terror or pain. This is biological, an evolutionary result, to help the flock or herd realize danger and flee to safety. A rabbit, sensing another had been captured by a coyote, is terrified when it hears the squeals of panic and pain from its fellow rabbit, but this does not equate to empathy. Most certainly, the rabbit would not offer itself for another! This gesture is only found in highly evolved souls, those who have long ago chosen the Service-to-Other path.

In that the young soul remembers, and carries forward any memory of pain or anguish from prior lives, it begins to relate on more than an instinctive level to what it sees about it, in the pain and anguish in others. Unlike the rabbits, who flee in terror when one of their fellows becomes prey, the human with an incarnated soul contemplates the outcome. If inclined toward Service-to-Other, they can see that a circumstance is leading to pain for another, and step in to try to change the outcome. This may mean a loss of some kind, such as taking time out from other tasks, or spending some money intended for the self, or even putting the self at risk, but the outcome, for another, is changed. These steps may be small, such as stopping the car to inquire after the welfare of someone at the side of the road, or large, such as rushing into a burning building to break open a door trapping others inside. In the latter, the human is certainly offering themselves so that others may survive, putting themselves at risk, a potential sacrifice of self. This type of gesture, the unhesitating step to sacrifice all to help others, always indicates a highly evolved soul, strongly in the Service-to-Other. Would the rabbit rush into a burning building, to prevent the pain and panic in its fellows?

Ultimately, after many thousands of incarnated lifetimes, or perhaps even millions of such lifetimes, the soul has evolved to be intensely loving, and this is not a shallow matter. In these lifetimes, there are times when the soul was incarnated into crippled or diseased bodies, or trapped in a live of suffering and anguish, no escape possible, such as slavery or life in a land suffering a drought where there is never enough to eat, for all. There are times of horror and terror, when the volcano is about to explode or the incarnation is in a woman or a man of small frame, or a child, and a sadist has full control of their life and enjoying the pain and hopelessness he can inflict. There are also times when the incarnation affords strength, the body strong with strength respected by others, the circumstances of birth affording funds and influence, the IQ high so that meeting life's adversity is a game rather than a sorrow. If the point of an incarnation full of pain and anguish is to experience what others might be going through, the point of an incarnation that affords strength is to give the soul an opportunity to rescue others, to put oneself at risk. At first, the young soul stands idly by, watching others suffer, but feels discomfited by this as it remembers when it suffered, in past lives.

As steps are taken, to rescue or intervene for others, this relieves the sense of suffering, not only for those rescued, but

for the rescuer! *This* is the answer, to help others, as if this is done more often, overall grief is lessened! Where this intellectual discussion of the reasons for pain and anguish are hardly a comfort to the sufferer, it does point to an out. The parent, losing a child, will often be more intensely empathetic to other families in similar circumstances, and be a great source of comfort for them. Orphans are often adopted because their new parents dealt with abandonment in the past, during past lives. Firemen rush into burning buildings because they themselves were trapped in the past, in past lives, in situations where a helping hand could have made all the difference, but was withheld. Many people in philanthropic situations, who devote their lives to helping others, have some intense grief in their recent past, an impetus. The coming times, of the pole shift, will bring immense grief to all mankind. Children will be abandoned by parents gone mad or determined to rush to safety without the baggage that a child represents. The injured will be abandoned, left at the roadside to die without comfort, when perhaps they could live with a little assistance. These are opportunities for love to grow, and spread. An opportunity to turn grief into action to help others. And when such action is taken, grief melts into love, and eases!



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## *ZetaTalk: Addictions*

*Note: written on Aug 15, 1995*

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The issue of addiction is one of perception. One views having a drink at the end of the day in the same light as eating a sweet. Tastes good, helps one relax and let go of the day's concerns, and what's the harm. Another views this as an addiction, equating addiction with anticipation or expectation or longing. At the other extreme is one who must consume half a bottle, and not just in the evening. They know they feel crippled with anxieties without this, but feel the drinking is under their control. Ask them if they are an addict and they will say no, even when suffering DT's. Are they addicted? Yes, as their need has moved from longing or anticipation to chemical dependency, and they are taking their daily dose in order to avoid withdrawal. Then there is the matter of psychological dependency, as one who never drinks at all can find they must be drunk to engage in sexual activity, and this is as surely an addiction as the chronic drunk.

What causes this, and do human counterparts on other worlds develop addictions? The tendency to develop addictions is inherent to all life, and is most definitely present on other worlds, particularly in intelligent species. Take the simplest amoebae, given the option of a food bath rich with nutrients or one thin in this regard. The amoebae will choose the rich and adjust to it, changing the thickness and composition of its cell structure so as not to become inundated with nutrients. What would happen then if the amoebae were placed in a thin nutrient bath. Distress.

Humans develop addictions for the same reasons simpler creatures do, when given the opportunity. It tastes good, feels good, and who is thinking about tomorrow. Most human addictions begin in situations where there is no concern about tomorrow, not because one is carefree but because one is in such dire circumstances that the likelihood of a tomorrow seems dim. Beyond feeling good or tasting good, one wishes to escape. The front lines during war, the slums, a brutal spouse, an abusive parent, chronic pain, all lead one to look for an escape, any escape, if only for a moment. Dealing with addiction here first requires that the cause, and not the symptom, be addressed. Not everyone can harden themselves and bear up endlessly in distressing circumstances, and it does little good to berate the addict while they are, in a sense, in pain.

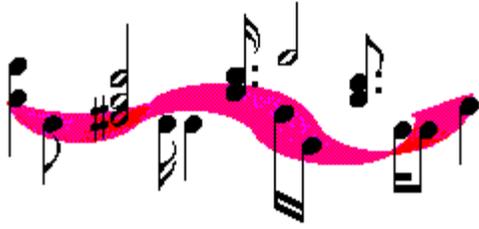
Once begun, however, an escape mechanism can be continued even after circumstances have changed. Humans, as intelligent creatures, are clever at manipulating circumstances. The young college student, using cocaine on occasion to overcome the fatigue caused by all night study and to be vibrant at a party, is found later in life to be maneuvering circumstances so he can continue to use cocaine. He works late at the office, telling his wife this is required for his career, so he can excuse his use of cocaine in the parking lot after dark. Is he addicted? Physically, no, but psychologically he is, as he has changed his life for the drug. It rules him, not he it. If one desires chocolate ice cream and seeks it, that's one thing, but if one *must have it* and arranging to get chocolate ice cream takes priority over all else, then that's an addiction. Addiction tendencies must be placed in perspective with everything else in one's life. If the addict is a parent, with small children dependent on one, then the urge to escape or ease one's burden should be taken in context with what impact this may have on the children. If one is dying of a chronically painful disease, and one's comatose condition due to a drug dose will harm no one, then that is another matter entirely.

As with most things in life, addiction is neither inherently good or bad, but must be taken in context.

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## *ZetaTalk: Music*

*Note: written on Jun 15, 1997*

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Music is instrumental (pardon the pun) in healing more from establishing what *ought* to be there than inserting something that ordinarily is not present. In health, the body listens to itself, and natural rhythms which syncopate are established. There is a relationship between breathing and heartbeat, breathing and motion of the body, heartbeat and emotion, and all this is music. The mind and body are making music all the time, but this is silent so is overlooked or misunderstood. When sick, the natural rhythms get disturbed, as the manifestations of illness are like noise, too loud to be ignored, and not taking the other instruments in the body into consideration. The sick body has been distracted, and often is aided by re-establishing the natural rhythms again. Since the natural rhythms are so tied in with emotion, breathing, and motion, dancing or singing or otherwise moving with the beat naturally puts these natural rhythms back into place.

Music is also a healing reminder in that it speaks to more comforting and secure times. The babe, lying close to its mother's heart, hears the equivalent of gentle waves on the beach during its early days, and thus the special appeal of the beach! Where life presents discord, the tension and release within music give the listener or dancer the opportunity to *release* tension that otherwise would remain bottled up. Thus, those especially tense may dance with particular abandon, all of which has less to do with the music and dance than with the dancers tense day. Music that heals is music that pulls the body into its natural rhythms, and depending upon the age of the listener or affliction, this may differ. Empathetic musicians often sense the effect their work is having upon the audience, and adjust accordingly. Quite without words, music speaks a language that few misunderstand.

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# *ZetaTalk: Getting High*

*Note: written on Feb 15, 1996*

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The desire to forget one's troubles, experience more intense sexual pleasure, or boost one's sense of confidence, via recreational or even prescription drugs, is not unique to the human animal. Such urges are intrinsic to all life, as why would they *not* be? Does not the turtle, feeling the warmth of the Sun's rays, linger longer in that spot? Does not the amoebae, feeling the burn of a caustic, shrink back? Does not the Beta female in a wolf pack, having an opportunity to break away and become the Alpha female of her own pack, *take* this opportunity in preference to being in second place?

The fuss over recreational drugs and alcoholic excesses is not the desire to use, it's the lack of control. Were everyone to stop at two drinks a day, AA would not exist. Were everyone smoking dope to be of age and not returning to work or driving or operating dangerous machinery or lecturing school children afterwards, who would care? Were cocaine not addictive and intensely destructive to unborn fetuses and even fatal, during an overdose, why would anyone be concerned? Does society cast rules regulating how many calories can be consumed, even when obesity kills and might be considered to be giving children the wrong message? Why is overeating exempt, and smoking dope not? The crux of the matter is control, as society does not care if its members are miserable or quietly killing themselves, as long as they don't make a fuss or a mess. Getting high makes a mess. The drunk drives on the wrong side of the road and picks fights with strangers. The pot head fails school and ignores his responsibilities. The crack user breaks and enters in order to afford his habit, and if he is a she, delivers terribly damaged babies to be cared for by the state. Messy.

We, the Service-to-Other Zetas, in line with our 4th Density lessons, routinely avoid mind altering substances, as this avoids, rather than addresses, the issue. If one is in pain, the individual *is not alone* in seeking relief, as all are concerned that this be so. If one lacks confidence, they are given encouragement and offers of assistance. Avoiding problems does not resolve them. Humans, in their 3rd Density existence, find many of their problems intractable, and to be borne in silent agony. It is *this* that is the driver behind excesses of drug and alcohol use, and *this* is what should be addressed as a solution.

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## ***ZetaTalk: Junk Food***

*Note: written on Feb 15, 1996*

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Humans often dream about what they like to call a perfect world - no need to work, sleep until noon, anything they want to eat or drink, limitless sex, and no rules regarding indulgences of any kind. They strive toward this, reducing their work time and increasing their play time, and moving the menu in the direction of the fun foods, desert first. A lack of exercise, which at first feels *good* because one feels rested rather than weary, can result in a very unhealthy body. Likewise, fun foods, a.k.a. junk food, can be just as destructive. Junk food is just too much of a good thing. Cave men lingered longer at the berry patch because the berries were sweet, and thus got their dose of vitamin C. They ate fat laden foods with gusto, and thus stocked up on calories before the lean times set in. And they ate anything salty they could get their hands on, because they were always on the edge of being *depleted*, especially when inland rather than along the shore.

But cave men were kept in check by their harrowing existence. Overindulgence was the least of their worries. Civilization has in essence allowed man to follow his appetite, unchecked. If sweets taste good, then indulge into diabetes or hypoglycemia. If fat foods taste better than lean, then indulge into obesity and cardiovascular disease. If salt puts zing into food, then apply the shaker until your blood pressure sky rockets. Only when health is shattered do most humans take notice. For those who have more than occasional access to junk foods, or even sweet, rich, or salty staples, common sense should be given at least equal billing. Think of how awful you'll feel if fat, apoplectic, and in the grip of blood sugar swings. Drink too much and you have a *quick* lesson in the comeuppance that a hangover provides. Junk food has a longer curve, but the comeuppance can plunge your life into the grip of misery which *won't* be cured in a day.

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## ZetaTalk: Pets

*Note: written on Oct 15, 1996*

Humans keep pets for multiple reasons, but primarily as substitutes for human contact. Pets are more predictable, more easily controlled, and beyond any natural bond of affection that develops between pet owner and pet, they can be trained to react in what can be interpreted to be a warm and friendly response. They invariably prove to be good listeners. Humans have kept pets for as long as they have been able to sustain an imaginative thought, as pet owners are certainly imaginative in what they ascribe to their pets. It has been said that pet owners take on the appearance of their pets as time passes. In fact, the opposite is the case - the pet owner *chooses* the pet as its persona matches the would be pet owner. Humans identify with their pets, so as to have a companion that they presume will relate to them. Ah, there's another *me*, they say, someone who will understand. Along those lines:

- Dog owners desire more assertive activity in their life, want to be able to assert themselves in human society more than they do, and vicariously enjoy it when their pets snatch food off the table, pee where and upon whatever they wish, and openly defy orders from strangers with a dumb look on their face. Owners of aggressive attack dogs are making the statement - don't mess with me. Owners of pampered poodles or tiny Chihuahuas are making the statement - I wish to be taken care of and can't be expected to go out into the rough and tumble world.
- Cat owners are essentially aloof and tightly control their lives. They may be outgoing in appearance, but close examination reveals that they do so as a well orchestrated act. In fact, they distrust life and what it presents, and don't want other humans to presume that they can simply march into the cat owner's life. Owners of single cats are less secure in human society than owners of cat herds, as although they maintain tight control over their private world, they want some other warm blooded creature to be forced to share this with them, the cat owner being the only social interaction available to the cat. Owners of cat herds have ambitions to manage other humans, but are practicing with their cats.
- Keeping a horse for recreation indicates a desire to be in charge, and in a big way. Women frequently outnumber men in this outlet, and for good reason. In most of human society, women are not allowed to manage, to startup and run companies, or to direct, regardless of their qualifications. At least on horseback they can soar over obstacles and fly across great distances, all the while acting as a director of these accomplishments. *They* are in charge, of something big and powerful, and the world is their audience.
- Owners of passive pets or those pets that don't interact with humans, such as fish or lizards or snakes or insects, are escaping into a world where there is relative peace and quiet, vicariously, through their pets. At the end of a hectic day, fighting with traffic and unreasonable customers and a demanding boss, they can come home and put themselves, at least mentally, into the placid world of the fish tank, or bask in the sunlamp with the pet lizard, or sleep endlessly in one place without a care in the world with their pet snake. They are making the statement that they wish that were *their* world.

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## *ZetaTalk: Chess Matches*

*Note: written on Apr 15, 1997*

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Most games simulate human life in some manner, and thus the interests. Hunting games, where man pits his skill and cunning against prey is but one step away from a *real* game where he had to catch the prey in order to live. Thus games of toss or tag where dodging and zig-zagging on the run are involved are but an extension of this very *real* game, and most players recognize that the skills they are learning are doing more than keeping their body fit. In a pinch, catching prey would be easier for athletic games played in the past. Out maneuvering prey may require physical fitness, but man has long relied on his ability to plan to carry him farther during times of duress. Careful planning saw primitive man escaping the flood, with stores of nuts and grain, and wrapped in warm fur against the winter cold. Thus games honing skill in long range planning are highly valued in an increasingly complex world. Thus the popularity of chess.

Chess matches more than any other sport fit one man's mind against another. *All* other sports, including fencing, engage in team sports to some degree, and *most* sports are entirely about teamwork. That great chess masters capture the worlds attention and command headlines is due to the relevance of the game to another *real* game that humans forever find themselves in - beating out a competitor, and above all, beating the competitor by causing him to seal his *own fate*. Head-on confrontations may be won, but often cause a backlash or smoldering resentment. Beating out a competitor such that his own moves cause him to lose is a deceptive win, and one that often allows the winner to turn his back on the vanquished as they often don't realize the game that was played! Lawyers who seem to have a stumbling presentation but win the case anyway, salesmen who are honest about some of their products weaknesses but walk away with top sales anyway - check *mate*!

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## ***ZetaTalk: Self Respect***

*Note: written by Jul 15, 1995*

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Self respect is the forerunner of respect for others, and in this regard respect for one's parents and origin is important. Unless one views the self as worthwhile, with potential, deserving of admiration and concern and on an equal footing overall with others, one cannot truly give the same treatment to others. Why is this so? Why is the adage to love oneself important?

Throughout the life-span of an entity, and we are speaking here of the indestructible soul, the entity weighs itself against others. Consciousness begins this way, but as the others in the vicinity are also young and struggling, self respect or viewing the self to be as worthy as others is rather natural. Time passes, and on a 3rd Density world growth rates differ. Some entities advance in their spiritual lessons, take leadership, gain wisdom and knowledge, and the spread widens as time passes. Should the laggardly entity begin to view itself as falling behind, this takes up all its concentration and falling behind increases due to neglect. This is not a desirable situation. In fact, all are equal, as the laggard may surge ahead at a later time. Better to put comparisons behind, and concentrate on the important issues, the lessons. Therefore, love yourself and your family and have self respect, as all *are* truly equal.

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## *ZetaTalk: Spanking*

*Note: written on Dec 15, 1996*

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A frequent argument among those asserting to be child rearing experts is whether to coddle or punish the child, whether to allow the child to explore his or her world without any restrictions or to limit their scope by drawing boundaries and borders everywhere, whether to express consequences as a long serious discussion with the child or the withdrawal of food or privileges or even physical punishment such as spanking. Should children be spanked?

Advocates of spanking point out that the technique *works*. They say the child comes into line, may smart for a moment or two and sulk a bit, but then understands clearly where the limits and boundaries are drawn and thereafter has a more peaceful life. Well, of course, the *parent's* life has become more peaceful, but this is hardly the case for the child. The child's turmoil has gone underground, simmering and roiling within the child, who has suddenly lost confidence that its parents understand anything at all about what the child is dealing with. Reaching for a cookie results in a burst of violence from the mother, but doesn't the father reach eagerly for his beer and popcorn when watching the game? The child does *not* associate concepts of healthy food and a growing body with this action. The child is hardly at peace as a result of this spanking, he is in shock.

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# ZetaTalk: Missing Children

Note: written on Aug 15, 2001

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Babies snatched when their mothers are not looking, or from their beds; young children last seen out playing the yard, then gone; the child sent to the store, not seen again. Where do they go, and is there something beyond the usual human agendas at play here?

## **Babies**

Babies are found, often, in the arms at homes of couples without hope of bearing their own. Adoption agencies, especially in these times when human fertility is sinking because of PCB's and their feminizing influence on the male reproductive system, have more eager parents than babies. A black market system sprang up to fill that void, as the funds paid to a snatcher are *less* than the formal adoption system would require, and so much quicker! Parents in good physical health, with good intelligence as demonstrated by their position in life, are most likely to be looked at for babies to be snatched. But as these parent are also likely to be watchful, they are less likely hit with an abduction. Cute babies, appealing and quick to smile, of a good nature and not given to screaming when touched, are the next likely candidates. Parent who find their babies snatched should at least comfort themselves that the infant is *desired*, and treated as a treasure, not trashed.

## **Youngsters**

Young children are sometimes identified as having been taken by pedophiles, or sold into the child-porn trade. More often, *most* often in fact, they are taken as companions by adults who have a hard time getting other adults to take them seriously. These adults, children themselves in many ways, escape with what they assume to be a playmate, but after the child grows into the teens, find themselves once again abandoned. By then the snatched child, now a teen, has lost his moorings, and makes his way in the world, often via the school system where he has made friends among his peers. Rooming in with a friend, getting a job via these connections, and onto higher education if desired by the school loans made available to those without funds or apparent family. These teens have been introduced into school as without family, being raised by a family friend, in lower class neighborhoods, so digging into the background of the teenager is not given a thought.

## **Teenagers**

Teens go missing and the authorities consider two agendas - the teen was abducted, or the teen ran away from home. The latter is the assumption, from the start, due to the frequency that teens even from stable and even-handed homes take their leave during the emotional separation that the teens envelope. The teens are often found with friends, or return home after a satisfactory time period has passed and the teen is sure the parent have been put into agony, and in a small minority of cases are located by the family or authorities in some sort of trouble away from home. In that the teen is attempting to separate from his family, a normal emotional phase, this in fact *should* be the first agenda considered by the authorities. Teens who fail to return home are most often making a statement to their family. They have found life elsewhere better, less stringent, less demoralizing, and thus are not considering returning home. Contrary to what the movies would portray, a teen capable of running away from home is not often fallen into bad times, as they were resourceful and aggressive enough to run away from home and thus are not passive.

Missing children are more in the news because of the media outreach available in human society today, as averse yesteryear. Before radio and TV and the Internet and nationally distributed produce, there was the home town and an occasional letter and word of mouth. A missing child was registered with the local police, but little else existed for the

child taken or running out of the area. Thus, the frequency has *not* increased, only the publication of each agonizing situation, making these circumstances appear to be on the increase.

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## ***ZetaTalk: Violent Games***

*Note: written on Dec 15, 1996*

Humans speak out both sides of their mouths regarding violence, as they both adore violence and promote it as a solution to problems while at the same time asserting it is at the core of many problems their societies deals with. Sports such as football and boxing involve the deliberate injury of opponents, movies present conflict resolution via death by guns and knives and setting the opponent aflame, and yet when this same behavior is expressed by gangs of boys in the ghettos it is taken to be a sign of a sick society. Institutional violence such as police brutality is condoned while white collar crime by members of the elite classes is forgiven, but both actions bring severe reprimands if done by those not on top of the pile. The message is that violence is OK if you can get away with it. This can be seen most clearly in a comparison of how the expression of sexual desires is treated versus how the expression of violent tendencies is treated in toddlers.

Children in the playpen with each other can club each other over the head, throw objects at each other, or simulate murderous instincts in graphic play with dolls with scarcely a reprimand from their parents. The child may be temporarily separated from others it is hurting, and the victim comforted. That the behavior is unacceptable is hardly communicated, but what *is* communicated is that the behavior has limits. Violence is OK, but making Mary scream when mother is trying to chat on the phone is not OK - that's the message. The child then begins to learn how to express their violent tendencies where they won't get caught. If mother is not around or is busy in the kitchen rather than on the phone where she desires quiet, then pinching Mary or pummeling her over the head is OK.

Children in the playpen with each other, or even alone, *cannot*, however, get into sex play. Where the purported dangers of sex play - venereal disease and pregnancy, cannot *possibly* be present in the playpen, nevertheless the child is instantly told by the tone of the mother's voice and the intensity and quickness of her actions that such play is a serious infraction. Adults are intensely uncomfortable when a child's curious probing finger goes into the diaper. If such curious play has come to the mother's attention, the child is likely not to be left alone during play, and most certainly won't be left alone with other children if sex play has begun. The anxiety and resulting anger and fear that the mother expresses speak mountains to the toddler, who often develops such a parallel anxiety about sex that they are crippled for life in this arena.

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## *ZetaTalk: Fear*

*Note: written on Mar 15, 1996*

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Fear is a protective emotion, without which the human animal would not have survived - early man would have walked off cliffs, walked into the mouths of hungry predators, and followed their curiosity about poisonous snakes.

But in an intelligent, conscious species fear can get the upper hand so that one's life is *dictated* by fear, as the imagination places possibilities before one, and consequences that may never come about. You have a saying - burnt once, twice shy - meaning that the fear can outweigh the original incident, growing in significance in memory beyond what it was in fact. A common situation is a crippling fear based on a childhood incident, blown all out of proportion due to the child's perspective. He was tiny, got yelled at by someone big who theoretically could kill him, crush him like a bug. Now an adult, the grown child finds he cannot bear to step into a similar situation, as he feels an overwhelming fear, a sense of impending doom, that he is about to be killed. Perhaps the original incident was over a cookie, but the adult translates this into any object desired. Thus, the adult is crippled, unable to pursue a job opportunity or ask for a date or purchase a new car - all because he got yelled at once when reaching for a cookie.

For those who think this example extreme, it is more common than not. Fear, in an intelligent species, can be an *unreasonable* fear, and when allowed to become thus is dictating the person's life. The key to freeing oneself from such strictures is to examine the reasonableness of one's fears. What's the worse that can happen? If you make the move, will you truly be killed? This examination separates the fear of walking off a cliff from the fear of asking for a date or wearing a different style of clothing. After having determined that a fear is unreasonable, without a valid basis, then ignore it and proceed. The fastest way to dispel a baseless fear is to challenge it.

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## *ZetaTalk: Dangers*

*Note: written on Jan 15, 1996*

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The human body, like all life on Earth and elsewhere, is in a catch-22. Humans require food yet ingest poisons even while eating the most natural of foods. Sunlight breaks chromosomes yet lack of sunlight creates depression and soft bones. Crevices both natural and man-made, such as basements, offer protection from high winds and the elements, but collect pools of radon gas. Exercise is necessary for a healthy body, but puts one at risk of injury beyond what the couch potato is exposed to. Travel and outings broaden but lay one open to being mugged, raped, or kidnapped. The miracle of controlled electron flows creates a modern life surrounded by communication and entertainment and labor saving devices, but can slightly damage the human nervous system if exposure to an intense electrical field is prolonged. What to do?

The best course is to focus on goals, and bear in mind that one lifetime is but a chapter in a continuing saga. You will die, in any case, and a life well spent is better than one prolonged an instant longer by being put in a box.

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## *ZetaTalk: Self Destructive*

*Note: written on Nov 15, 1995*

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Drunk every day, gambling the nest egg away, recklessly careening down a winding road, insulting the boss, or eating high cholesterol foods - why do people do this to themselves? Such self destructive behavior often has a motive behind it that is not recognized, just as suicide does. Where suicide to end a life of chronic physical or psychological pain is understandable, many suicides seem without purpose. People in the prime of life, or young people with their whole lives before them will either attempt suicide or engage in self destructive behavior sure to leave its mark.

Since maiming oneself or one's reputation is so lacking in benefit, the purpose of this behavior puzzles many. The answer to this puzzle lies in whom the actor wishes to punish, and what avenues are open to the internal rage that drives this behavior. Perhaps mother only noticed the child when the hospital called, or the only way to escape an unwanted obligation was to be disabled. Look behind the behavior to the dubious benefit, and address *this* when trying to help those who would be self destructive. Anger vented in the right direction may make all the difference, allowing those who are self destructive to stop using their bodies and reputations as a bludgeon.

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## ***ZetaTalk: Killer Instinct***

*Note: written on Jun 15, 1997*

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Carnivores kill to live, and the instincts that allow true carnivores to survive include the killer instinct. This is more than lack of empathy for the prey, it is joy in the hunt. The thrashing agony of a dying gazelle in the mouth of a lion touches not the heart of the lion, who is focused on his hunger and what is known as the thrill of the hunt. Without this thrill, carnivores would be less likely to survive, as the fatigue that comes from relentless hunting trips, most often *unsuccessful*, would overcome hunger. Thus, for carnivores, the killer instinct is inborn, natural, and therefore more easily forgiven. Carnivores that hunt to live are unlikely to kill strictly for sport, as when satiated they lie about sunning themselves. However, the killer instinct adds excitement to the long and frustrating hunts, so once up on their feet and hunting, carnivores are motivated to keep going until they come home with the catch.

The killer instinct has often been ascribed to humans, to explain human behavior that most find shocking. Beyond sadism, some humans kill just to run up the numbers, casually, for trifling reasons, and without a backward glance or twinge of remorse. This is romanticized into something called the killer instinct, akin to the noble lion or savage stalking tiger. How else to explain a human who casually kills others? This is akin to suicide, developing a casual attitude toward life because there is a *desire* for death. Many who want to die lack the courage to enter into the final fray, not so much due to anticipation of the final agony, but fear of living through the attempt, maimed and out of control, unable to finish the job. Casual killers are simply hoping that someone will return the favor, and eventually, someone does.

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# ZetaTalk: The Grudge

written March 12, 2009

There are many motives to a rampage, the [application to Service-to-Self worlds](#) we have repeatedly mentioned only being one of them.

- There is the momentary blind rage, the South Carolina shooting over a real estate deal being a typical scenario. Enraged at being backed into a wall, and at 88 years of age struggling with a diminished capacity for dealing with a changing world, the shooter was dealing with the blind rage that one sees in a bear trapped in its den by a hunting party.
- There is also the carefully plotted murder of convenience, where the husband murders his wife, after having taken out an insurance policy on her life, so that he can take up with a younger or more compliant model.
- There are situations where the shooter has been dealt a series of blows - job loss, economic setbacks, or bad health - and decides to end his life and take his loved ones with him. This is not an uncommon reaction in those who have come to think of their dependants as their possession. To these individuals, killing their loved ones is part and parcel to killing themselves, as they are a package.

The rampage in Germany fits none of these, nor does it fit into the pattern of one who is applying for a position on future Service-to-Self worlds. It was a revenge killing because the shooter was holding a grudge. Surrounded by strikingly beautiful girls at high school, he attracted none of them. They were not interested in his parent's wealth, nor did his expertise at table tennis impress them. In a land where mental acumen was common, he was mentally dull. He felt humiliated by his school experience and fumed over this, deciding to take revenge. He fully expected to get away with his deed, and only killed himself when trapped. What are the clues that this was not an application for a future position on a Service-to-Self world? He had a personal relationship with the teachers and girls he was targeting, and those he killed outside of the school were standing in the way of his clean get-away.

The rampage in Alabama also bears all the hallmarks of a revenge killing. Former employers were targeted, and were listed on a grudge list found in the assailant's home. The killer did not lack personal qualities that would afford him good jobs or a mate. He was an A student, attractive, received good reviews from his employers, and in all cases quit his jobs and was not terminated. Did he have a touchy ego, that every slight was recorded and resented? And why was his family likewise targeted? Those who strive for perfect grades are often from homes where they feel held to exacting standards, or where they are trying to gain attention and affection from what seems to be a cruel world. Having given their all, they expect a reward, and when it does not come to them to the degree they had expected, there is resentment. Attractive and bright, the Alabama shooter felt his family did not appreciate him. He plotted revenge, and when the lists of slights, real or imagined, grew too large to bear, he took revenge.

## **Authorities: Ala. Shooter Quit Job Last Week**

March 11, 2009

*First, McLendon set his mother's house on fire and killed her, then drove 12 miles and opened fire on his uncle's front porch, killing five more people and his grandmother, who lived next door. Then, he drove through town and fired seemingly at random, killing three more people. With police in pursuit, he ended up at the metals plant where he once worked, and shot himself after engaging in a shootout with law enforcement officers.*



## **Alabama Shooter Michael McLendon Was 'Quiet'**

March 11, 2009

<http://abcnews.go.com/US/story?id=7056936&page=1>

*Michael McLendon, 27, of Kinston, Ala., was described by former high school classmates and others who knew him as a former A student who "never had very much to say."*

### **Alabama Shooter had Revenge List of Employers**

March 11, 2009

*A gunman who killed 10 people in the worst mass shooting in Alabama history had a list of employers "who had done him wrong," including the nearby sausage plant he quit days before the spree and the metal factory where he shot himself. McLendon was briefly employed by the police department in Samson in 2003 and spent about a week and a half at the police academy, dropping out before he received firearms training. More recently, he worked nearly two years at food manufacturer and distributor Kelley Foods in Elba, about 25 miles north of where he shot most of his victims. He was a "reliable team leader" who was well liked, but quit. The company was on the list of those the gunman felt slighted by. So were another of his employers, Reliable Metals in Samson, and a Pilgrim's Pride plant near Enterprise.*



### **Teenage Gunman who Massacred 16 in School Killing Spree Shot Himself Dead**

March 12, 2009

<http://www.dailymail.co.uk/news/worldnews/article-1161139/>

*Kretschmer had deliberately targeted women and girls. He had taken one of 16 guns owned by his father and returned to his old school, where he shot ten children and three teachers. All three teachers were women and eight of the children were girls. Kretschmer was the privileged son of well-to-do parents who had been envied by some of his classmates for his apparent wealth. Police said the former school table-tennis champion wore a black police uniform of the kind worn by the elite officers who were on his trail minutes after the massacre. He also put on a gas mask to give him a more sinister look. He was known as a loser who was miserable with his lot. He tried to buy friends with his money but he couldn't get any.*

### **Client Shoots SC Real Estate Broker**

March 11, 2009

*An 88-year-old client who wanted his down payment back on a deal shot a South Carolina real estate broker. Richard Blow burst into a Coldwell Banker office in Rock Hill Wednesday and shot 68-year-old Jerry O'Neil in the abdomen. He wanted his money back.*



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## *ZetaTalk: Mother and Child*

*Note: written on May 15, 1997*

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The bond between mother and child is so often romanticized that certain aspects are not recognized for what they are. The maternal bond is *more* than loving concern and self sacrifice on the part of the mother. It is often a sense on the part of the mother that the child is simply an extension of the self. This aspect of motherhood is assumed to be a projection of the mother's personality, due to a dictatorial nature taking the opportunity to establish a master-slave relationship. Dictatorial and controlling mothers may or may not see the child as an extension of the self, but most often simply see an opportunity to establish a dictatorship. Mothers who blur the line between their identity and the identity of the child are characterized by a weak personality, one that seeks to ally with others to bolster itself. This is the person who will become the clinging wife, the obedient disciple, or the member who joins groups only for a sense of belonging.

When such a weak individual becomes a mother, it is the mother who clings to the child, not the child to the mother. The child can hardly protest, as such clinging is not evident to strangers, who often see nothing more than what they would call devotion or interest on the part of the mother. Where such mother-child relationships exist, the child often develops a strong urge to bolt, and does so at the earliest opportunity. They leave home, decisively, and refuse to return. On occasion the confused identity the mother imposes on her relationship with her children takes disastrous turns, shocking those who cannot comprehend the outcome. If the mother is suicidal, she may take her little ones *with* her into death, despite their cries. In her mind, if she wishes death then they must *too*, as they are she and she is them - the maternal bond gone awry.

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## *ZetaTalk: JonBenet Ramsey*

*Note: written on Aug 15, 2001*

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The reports about the sexual molestation and subsequent murder of a child do not seem to die not because it is unusual or has great impact on world events, but because it is so *obvious* who committed the crime and there is a fascination that the parents are forever being let off the hook. The child showed physical evidence of being repeatedly molested. How could an intruder accomplish that? The ransom note was in the mother's handwriting. Why would she write such a note, unless as part of a cover-up? The house was under a security system that would prevent an intruder, and no such activity was noticed by the neighbors. The child was in a competitive position with the mother, dressed up to look like a woman, complete with red lipstick, and entered into beauty contests. This was done by the mother herself, to make the child an extension of herself, but *not* done without resentment toward the child and the opportunities stretching out before such a young beauty.

What happens in cases where the children in a family are sexually molested, repeatedly, and the mother is supposedly ignorant? The mother is *not* ignorant, but is a participant! She is prissy, has been asked to perform acts that disgust or disturb her, or is trying to hold onto her own sexual response, repressing this, so wants to avoid contact. It is not uncommon for the mother to have been raised in a strict religious environment that threatened punishment of any sexual thoughts or actions, so complete sexual repression was the goal. When the father begins to molest the children, who are most often too young to resist or understand their options, there is a conflicting set of emotions in the mother. She is relieved, because she now is let off the hook, but at the same time she is horrified. Horrific circumstances can result in denial, especially in a guilty party. The mother understands her role, and though in pain prefers to pretend the molestation did not occur, or occurred only because the child incited it and thus deserved it.

The Ramsy case is cycled in the news media, especially in the scandal rags, because it sells. It sells because the reader is wondering how *long* it is going to take before the obviously guilty parents are brought to justice. They are wealthy, bought and intimidated the local police into cooperation by their contributions to causes in the area or threats of legal action, as they could afford lawyers aplenty during any challenge. The local police, having failed to press when the evidence was hot, are likewise now in a conflict situation. They deny any wrongdoing, vehemently, thus preventing prosecution. The parents appear on TV, holding hands and acting like angels, shocking the subconscious of the public who senses otherwise. Why does justice take so long? In part because of the commonality in households throughout the world. Children are vulnerable, cannot fight back when the perpetrator is the parent, and are thus the first object when the father's resentment toward his prissy wife reaches the boiling point. Each prosecutor knows of situations within his extended family or neighborhood or circle of friends where molestation of this sort is suspected. Eyebrows are raised, jaws set in anger, but no actions are taken. The victims, being told they asked for their treatment, are bad, are getting what they deserved, are hardly likely to point an accusing finger. The victims have been convinced *they* are the criminal, and have gone into hiding with their parents, into face-saving denial, and silence.

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## *ZetaTalk: Humor*

*Note: written on Jul 15, 1996*

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It is not by accident that a person coughing or choking is frequently thought to be a person having a good laugh. Likewise the start of a hearty laugh is often mistaken for a shout or sneeze, and the rhythm of laughing is similar to the heaving rhythm of sobbing. Do these similarities mean that laughter has a physiological basis with sobbing and coughing or a defensive bark? They do indeed. An analysis of situations found humorous invariably uncovers a tense situation. In fact, to discern why one person finds a situation funny while another does not, look to why the amused person is experiencing tension. Muscles tensed without relief naturally begin twitching and cramping, a result of the buildup of toxins in the muscles but also due to the evolution of effective relaxation methods. Those creatures that cramped without release did poorly, and those that twitched into a different state survived. Thus laughter or sobbing or barking - a tension release.

Socialized humans given to denying their hostilities excuse their laughter as benign, which of course in the main it *is*. If they weren't laughing they might be murdering each other or endlessly fighting, so laughter is encouraged. When there is nothing one can do about it - joke around. Situations of intense jealousy bring forth sarcasm, which is hostility thinly veiled as humor. If someone else gets the promotion, joke around about his qualifications in a semi-sarcastic manner, and you might get away with throwing him a verbal punch. If you have a dominating wife who insists that the doors be opened for her as though she were a helpless queen, the thought of someone *like* her dropping her parcels when the doorman gets distracted and lets the door smack in her face allows the fuming husband to *do* this to his wife, by proxy. Humor is thus an effective safety valve for hostility that would prove disruptive, and can even be used to deflect antagonism from others. Oops, the jokes on me.

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## ZetaTalk: Conspiracies

*Note: written on Feb 15, 1997*

Conspiracies are integral to all 3rd Density existence, as it is natural for intelligent species to attempt to mold the world around them to their liking. A conspiracy is simply a manipulation of the world done in a covert manner, rather than an open attempt to manipulate. In this the 3rd Density entity is attempting to better their chances at success, since those upon whom the conspiracy is foisted are not *aware* that a manipulation is underway. Humans often assume that a conspiracy needs certain components such as smoke filled back rooms and encrypted communications, but conspiracies take place in such humble places as the family kitchen or the school yard where youngsters play. A wink and a whisper are all that is required, and a conspiracy is in process!

Conspiracies exist in human society, as in all 3rd Density societies where entities are sorting out their orientation to be either Service-to-Self or Service-to-Other, as they are an extension of the desire to manipulate others. Wanting to take a larger share, or wanting to conceal actions that one would be punished for, or wanting to foist a pretense upon others - all these desires lead to conspiracies. Grand conspiracies that get recorded in history books are rare, but the conspiratorial process is common, a daily affair for most humans, in fact. Conspiracies succeed on the small scale, and encourage those who lean strongly in the Service-to-Self orientation to try them on a larger scale. How successful have they been? Secrets of interest worldwide to all peoples have been kept, for decades, even when known by a large number of individuals who would just love to tell the truth. Examples of the success of such conspiracies are:

- the long term FBI chief Hoover's conspiracy to keep his cross-dressing and homosexual life style from the general public. His close associates certainly knew, occasional lovers outside of the FBI certainly knew, and talk of his leanings would have been shared among acquaintances of these individuals in the wildfire manner that rumors are spread about. How did the truth get suppressed for decades until long after his death? By threats of harassment by the FBI and frank blackmail attempts, which succeeded in preventing anyone in the media from cashing in on this juicy bit of gossip.
- the death of John F. Kennedy, murdered by the CIA with more than *one* hitman, in full view of a nearby crowd of witnesses and broadcasts on TV. The gullible public was told that a single bullet traveled through two bodies, in and out of several organs that were not even lined up with each other, and came out intact. The fact that a single bullet would have lost speed, and fragmented when breaking bones, stands loudly pronouncing that such an explanation is *not logical*, yet since members of the military and executive branch of government seemed to buy the story, it stands. How did the truth get suppressed for decades, up to and including the present? By the fact that a handful of men in high government positions repeated the lie in solemn tones.
- the bankruptcy of banking systems, such as the Savings and Loan fiasco that took place in the United States during the past decades or the BCCI fiasco. The public stared at the figures, which showed billions gone to fraud, and believed the government line that banking system controls put into place since 1929 would not allow banks to fail. These two frauds took place back to back, perpetrated essentially by the same CIA money laundering crowd seeking a money source for all the secret programs the CIA has run over the years, yet even a *repeated performance* failed to dampen the public's gullibility. How was the public convinced that solidity was there, seeing something that *did not exist*? By the human tendency to believe anything that comforts, and deny

what discomforts, so that unpleasant untruths are simply ignored.

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# ZetaTalk: Ukraine Plague

written November 5, 2009

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## **Urgent. In Ukraine Walk Viruses Pneumonic Plague and Swine Flu.**

November 2, 2009

<http://www.fraza.ua/news/02.11.09/77113.html>

*The head physician of the medical institutions sent out an informal disposal - not to sow panic, to refute the information about the plague, but to speak only of swine flu. Pneumonic plague is a particularly dangerous infections. This is one of the most aggressive infections that threaten human life, along with anthrax. Typically, the agent of pneumonic plague is transferred ferrets, coney, other rodents, including rats, living in warm climates. They are the natural reservoir. There are two main clinical forms of plague: bubonic and pneumonic.*

## **Ukraine Closes All Schools To Fight Swine Flu**

November 2, 1009

[http://www.huffingtonpost.com/2009/11/02/ukraine-closes-all-school\\_n\\_342633.html](http://www.huffingtonpost.com/2009/11/02/ukraine-closes-all-school_n_342633.html)

*Urging its citizens not to panic, Ukraine on Monday closed the nation's schools for a week to avoid the spread of swine flu and suggested that nightclubs, cinemas and food markets in the west also shut down. The World Health Organization said Monday there was no evidence that Ukraine had a bad outbreak of swine flu. Nevertheless, all schools have been closed for a week across Ukraine, even in the capital, Kiev, where there have been no confirmed cases of swine flu. All outdoor markets have been closed in the western region of Lviv, where the governor also urged cinemas, cafes, nightclubs and theaters to shut down until further notice.*

## **Joseph Moshe (MOSSAD Microbiologist): "Swine Flu Vaccine is Bioweapon"**

August 21, 2009

<http://www.unfictional.com/joseph-moshe-mossad-bioweapon-swine-flu-vaccine-westwood>

*Professor Moshe said that Baxter's Ukrainian lab was in fact producing a bioweapon disguised as a vaccine. He claimed that the vaccine contained an adjuvant (additive) designed to weaken the immune system, and replicated RNA from the virus responsible for the 1918 pandemic Spanish flu, causing global sickness and mass death.*

Rumors abound, but the current outbreak of the plague in the Ukraine is *not* a deliberate release of droplets via small planes, is *not* an attempt by the Russians to punish and threaten Ukraine or European politicians, is *not* caused by contaminated vaccines produced by Baxter or other production companies, and is *not* some kind of New World Order incentive to declaring martial law around the world. The great plague outbreaks, the Black Death, occurred in Europe which obviously has the plague bacillus indigenous in its rat population. At the onset of winter, rats seek shelter indoors, and invade human lodgings. The onset of winter is also a cold and flu season for humans. Traps are set, and in handling the dead rats, those with a cold or mild flu might pull out a hanky to blow their nose. What is causing the *spread* of the pneumonic plague at this time in the Ukraine is fear of the swine flu. This fear is ramped up by authorities intent on immunizing the public to the greatest extent possible, [due to their own fears](#) of another genetically engineered flu virus being released. Thus nervous, those who empty rat traps and wipe their runny nose with a hanky, *also* put this hanky up as a face mask when encountering others. They thus send any plague bacillus to their lungs, and the cycle begins.

## **Pneumonic plague outbreak in Congo sparks WHO response**

February 18, 2005

<http://www.cidrapsummit.org/cidrap/content/bt/plague/news/feb1805plague.html>

*An unusual outbreak of pneumonic plague that has killed at least 61 people and potentially sickened hundreds of others is the focus of a World Health Organization (WHO) mission in a war-torn area of the Democratic Republic of the Congo. Plague is endemic in the northeastern province of Orientale, near Uganda, but this outbreak is unusual because it appears to be exclusively the pneumonic form of plague, which accounts for only 2% of reported plague cases overall. The pneumonic form can spread from person to person via aerosolized bacteria, bypassing the usual route of flea bites or infective materials. Antibiotics can treat the disease and prevent a secondary outbreak.*

### **Quarantine: Pneumonic Plague Outbreak in China**

August 9, 2009

<http://thefastertimes.com/globalpandemics/2009/08/09/quarantine-pneumonic-plague-outbreak-in-china/>

*Pneumonic plague has killed three during a recent outbreak which began at the end of July. Pneumonic plague is extremely rare, but is the most deadly type of plague. Since the start of the outbreak, nine additional human infections with Yersinia pestis, the bacteria which causes plague, have been confirmed in this Tibetan Area of Qinghai Province. The threat of disease spread was considered serious enough that the Chinese authorities took aggressive measures to keep 10,000 inhabitants of Qinghai province under quarantine.*



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## *ZetaTalk: Abortion*

*Note: written by Jul 15, 1995*

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We, the Zetas, hold all life in respect, even such life forms as plants and insects. In creating nourishment for ourselves we destroy as little life as possible and are essentially vegetarian in our practices. We most certainly do not hunt or fish for pleasure, and the thought of harboring domestic animals in boring or unhealthful quarters horrifies us, to say nothing of the virtual torture done in the name of food production by many humans.

It is not surprising that we therefore view abortion with alarm. The tiny life, in truth only a potential, represents the most sentient kind of life among the life forms on Earth - a consciousness aware of itself as well as its environment. However, the matter of abortion is not so simple, as there is more than one life to consider. The mother, whom anti-abortionists consider not at all, bears at least equal importance. Should she not be considered? To fail to consider the mother's situation deems her inconsequential, and herein lies the crux of the abortion issue. It is not over abortion at all, but over control of the decision making process that mothers, fathers, and humans in general hold. Where anti-abortionists cry they value life in the extreme, their practices are the opposite.

Much is made of the moment when sentient life begins. When does the human embryo embody a spirit or soul? At the moment when genetic material from the mother and father combine to form the potential for human life? Most certainly not. At the point in fetal development when the fetus could potentially live outside the mother? This argument also is absurd, as this point in the past was close to term and now has moved along the continuum to just past the second trimester. Have God's birthing envoys moved the point when a fetus is joined with a soul to keep pace with modern medical advances? Clearly these arguments are not logical nor are they meant to be. Anti-abortion arguments are meant to intimidate, not clarify.

So when does the fetus become human, filled with a spirit and deserving of the same consideration given to living births? This varies, but generally it is no earlier than birth and frequently sometime after. We will explain. The tiny fetus, in the early months, does not provide the entity waiting to incarnate with a learning experience. This is also true of severely injured bodies, in coma or gravely injured so as to be focused incessantly on pain management. The entity leaves, to observe from the sidelines. Likewise, before birth the entity becomes familiar with its future home not within the tiny fetus, who lives helpless amid surging fluids and in an environment where the lessons of life cannot be learned because action and accountability are impossible. And does the life of a tiny infant present much else? Sleep is the order of the day, and when not asleep the infant is consumed with hunger and security concerns. The entity waiting to incarnate is allowed to be Out-Of-Body for some time, months in fact, before being required to take up residence full time in its new home.

Abortion, therefore, should be viewed not as an imperative, where something irreplaceable is taken away from a soul, but as a change of plan that nature frequently makes when it washes away an imperfectly forming fetus. In particular, when the fetus is incapable of even the thought processes a fish or amoebae might possess - instinctive adjustment to one's surroundings - the mother's needs should be given absolute precedence. Is she not sentient, capable of thought, and possessed of a soul?

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## *ZetaTalk: Suicide*

*Note: written by Jul 15, 1995*

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We, the Zetas, believe in the right to suicide. Whose life is it, anyway? Suicide has been given a bad name in human societies, by association. The mad man, convinced he has committed crimes in fact not done, destroys his good life. A waste. In fact, this seldom happens, and is much more dramatized in fiction than occurs in fact. Most suicide is undertaken after much agonizing and debate. Most suicide is undertaken when life is truly intolerable, because of never ending pain or because the life circumstances cannot and will not change and are emotionally and mentally intolerable. The humans have cast about for years, seeking solutions, and none are to be found. They are in agony, and wish release. Most suicides do not even hamper others, but are seen as a relief. At last, the others no longer need participate as spectators in the agony. The tortured is at rest.

Why is this so resisted in human society? It is the control factor, the concept that one's life is not one's own. Organized religion, and controlling establishments, view the human populace as their herds. The herds cannot escape their bounds, and must resign themselves to their lot. Contemplating escape is not allowed, lest the herds begin to expand their horizons. Therefore, there is *no* escape. Pay your dues, work hard every day, pay homage, and obey. This is the theme. Suicide angers the religious elite and the establishment elite because it represents an escape. For no other reason.

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# ZetaTalk: Vegetarian

*Note: written on Jul 15, 1997*

Humans are omnivores, as during their evolution they required the ability to eat a broad diet in order to survive. Carnivores develop in species that are swift and voracious, but only where a continuous and ample supply of prey exist. Imagine a tiger with nothing but grass to eat. The tiger may be *willing* to eat almost anything when the hunger pangs get strong enough, but his digestive system won't process anything but meat. Carnivores die when their prey dies out. Species that are vegetarians also have specialized digestive tracts, designed to break down the tough fiber that is intrinsic to plant life. They have multiple stomachs in many cases, digesting in stages. All species that eat plants consume insects as a matter of course, as insects are scattered throughout the plants they munch on, and thus are always part of the intake.

Thus, species that evolve are either carnivores, vegetarian, or omnivores. The omnivore, of which mankind is a member, evolve to meet wildly swinging cycles of food availability. Early humans, being land animals and highly mobile, could travel during drought to areas lush with vegetation. Strictly vegetarian animals do this likewise, but as their digestive tracts digest fiber effectively, they can nibble on dried vegetation on the way. Humans, evolved from apes which were adjusted to eating fruits and insects as well as vegetation, do *not* have the apparatus to digest fiber. Thus, while on the road during droughts, they would have starved unless able to kill and eat meat. They have dual digestive systems, in effect.

Humans are designed, due to the influence of food availability during evolution, to eat *either* vegetables and fruits *or* meat, but not both at the same time. This is a fact not widely recognized or understood by humans, and thus they do themselves damage by eating *both* foods at meals, routinely. Imagine the cave man on the road, traveling to lush fields of vegetation where fruits and grains and tubers could be located with ease. The troop kills a deer or elephant, and feasts on nothing but meat and blood for days, consuming the entire kill before it can spoil. They do this repeatedly while on the road. When they arrive at their destination, they find they no longer need to take the physical risks that hunting invariably presents - flailing hooves and charging frightened beasts. They become vegetarians.



Modern man misunderstands what the cave man ate while lolling about during their vegetarian periods. They did *not* live strictly on vegetables and fruits and grains. They ate any and everything that was handy, and this included numerous insects and slow moving life forms such as mollusks and possums. They ate *less* meat, but the diet was highly varied and included occasional small bites from sources other than plants. Thus, those modern humans who try to live what they interpret to be a strictly vegetarian life suffer from malnutrition - poor immunity, anemia, lack of strength, and inability to deal with stress. Man was not designed to live by vegetables alone, and must accommodate their body with protein sources from living creatures other than plants, or suffer the consequences.

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## *ZetaTalk: Reverence for Life*

*Note: written by Jul 15, 1995*

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Reverence for life is a concept promoted periodically, in various ways - Mahatma Ghandi, in his non- violence; Albert Schweitzer, who coined the phrase; and the Hindus, in their treatment of cows and monkeys as sacred. Vegetarians in general espouse this philosophy in some manner, as why else give up meat and suffer the almost invariable nutritional deficiencies that result? We, the Zetas, have described ourselves as vegetarians, and have stated how we deplore the abusive way humans domesticate animals destined for slaughter. What should a conscientious human do, then, to put a reverence for life into practice? Done to an extreme, a reverence for life means starving oneself, as even plants have some sensibilities. What to do?

All this should be balanced with some common sense. If one starts at the bottom of the food chain, with algae and plants, and then moves up through the insect and worm world, one need scarcely apologize, especially if death is dealt quickly and cleanly. Even an insect can die a cruel death if one sticks a pin in it and lets it struggle until death overtakes it. Crush them quickly and cleanly. Following are fish and fowl, who have the instinct to escape but truly don't ponder their possible outcomes. Here also, death should come quickly and cleanly. In a reverence for life philosophy, sensate mammals such as horses and dogs should be spared when possible, but if necessary for food should be killed without forewarning of their impending fate, as they experience agony.

A reverence for life philosophy goes beyond whom should eat whom. It also involves practices of medicine, behavior toward wounded animals, treatment of other humans, and whether one keeps pets or not and under what circumstances. In sum, it involves putting oneself in the shoes of the creature in question, and treating it accordingly. Do unto others, even if not human as the self.

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## *ZetaTalk: Indestructible Soul*

*Note: written by Jul 15, 1995*

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What you call a soul is composed of substances, just as your physical body is. These substances are just as complex as the molecules and cell structure your physical body is composed of - in their own way. However, these substances cannot be destroyed by such things as atomic explosions or even entry into a black hole. The soul is durable and indestructible. Souls are born, and evolve and grow, just as in your physical world you find plants and animals springing up from seed, from a single cell. This does not happen haphazardly, and only happens on worlds in 3rd Density. When an entity is incarnate, what you call the soul suffuses with the physical body, spreading throughout all the parts of the physical body.

The existence of the soul, that part of a human remaining after the physical body expires, has been measured as a tiny adjustment in the weight of the dead body, happening at the moment of death in most cases. We say in most cases, as the soul may depart earlier, seeing the trend. For instance, where individuals go Out-Of-Body during trauma, the soul has already left. Nevertheless, there is some small scientific aspect to support the general human perception that they have a soul. In fact, so prevalent is this feeling or belief in humans, that one stating the opposite comes in for some heat. Religions invariably espouse the soul and an afterlife as a reality.

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## *ZetaTalk: Chakras*

*Note: written by Jul 15, 1995*

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Chakras do indeed exist. There are many human names for what is perceived to be a biophysical connection to the spirit. These connections exist in that the soul, or spirit, is immersed in the physical body and mingles throughout. An incarnation is not a superficial matter. During an Out-Of-Body experience the soul separates from the physical body, and the human left behind is quiescent, as though without emotion or much thought. This is a time spent quietly contemplating or doing mundane tasks. As the soul, during incarnation, is diffused throughout the body, it aligns itself to embrace the world. The soul communicates with its extensions, the human arms and legs, as this is not a natural position for the soul. Incarnations in life forms that do not have arms and legs would, understandably, have different Chakras.

The Chakras are related to the functions of the incarnated spirit, not to the human form. The spirit centers itself, and thus the heart Chakra, and concerns itself with communicating to the mind, and thus the third eye, but the other organs of the human body are incidental to the spirit, which is not concerned with digestion or locomotion or such functions. Spirits that are more entranced with physical activities, such as sex or drug use, may be more diffuse within the physical body, however. A central Chakra, both in the human body and in Chakra action, is the heart Chakra. There are several reasons for this. First, the heart is centralized in the human body in order to serve the body well in its task as circulation central. Second, the heart responds to emotions, invariably, beating fast during fright or joy, being regular or irregular in pace with the life situation. Third, the spiritual centering of the soul within the physical body of a human must for similar reasons be centered. As the soul fills the being of whatever it incarnates, it is distended into the human limbs and digits. To work as a unit, the soul indeed utilizes parts of itself to maintain unity and cohesive action. The heart Chakra, while not circulating fluids, has a similar importance and function.

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## ***ZetaTalk: Reincarnation***

*Note: written by Jul 15, 1995*

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Reincarnation occurs because special envoys from the Council of Worlds, loosely termed birthing envoys, gather up disincarnate entities and discuss the entities progress and growth. You may think of this as a school conference if you wish, where the young entity and its guides have a conference with the birthing envoys. The lessons to be learned are formulated, with the most pressing lesson taking priority. In this the entity itself has little input, just as young school children have little input into their curriculum. Many call this karma, where what one did in a past life comes back to haunt one. The entity cannot end an incarnation, except through death or the temporary vacating of the physical body during Out-Of-Body experiences.

Some entities require fewer incarnations at certain points or planes of development than other entities. This variation in the number of incarnations required is based both on the nature of the entity, or soul, and the circumstances of the incarnation. The key is whether the lesson to be learned has been sufficiently learned. In some cases an incarnation will generate more lessons to be learned than it resolved. The entity moves backwards, so to speak.

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## *ZetaTalk: Past Lives*

*Note: written on Dec 15, 1995*

Tapping past lives is much in vogue, especially in California. Since the proposition cannot be disproved, the claimant's wax poetic. All the past lives are invariably romantic or impressive - they lived in interesting times, in elegant surroundings, and were always hale and hearty, intelligent, and attractive. Although the vast number of past lives on Earth were marked by struggle for health, with broken teeth, missing or maimed limbs, and the health problems that plague mankind today present in the extreme - the past lives trotted forth all seem to involve health and even vibrant health. Where all but perhaps 5% of the world's populace is of average or dull intelligence, the past lives claimed invariably involve stations in life which would require a relatively high IQ. And where most of mankind's history has gone down ignominiously and unrecorded, past lives published seem to all be placed smack in the center of either momentous historical times or well-recorded historical times. What is going on here? Are these past lives remembered simply fiction or are the memories selective?

Humans delving into their past lives face many hurdles. The human form has *no* memory of past lives, and the spirit has difficulty speaking to the mind about matters it has no concept of. Concept building, in the small child or the adult, is a step by step process. Complex concepts are built from many small ones, and where the small concepts do not exist the way is blocked. Past lives are a leap into history recorded nowhere on Earth - living conditions, cultures and traditions, and physical appearance all beyond the imagination of humans alive today. A past life spent as a cave-man, where the diet consisted of bugs and worms and even on desperate occasions of the feces of herbivores, would not be remembered. Thus, past lives remembered *do* tend to fit into written history. Add to this selective memory the human tendency to deny unpleasantness. A past life where the human was ugly and behaved atrociously would likely not be given center stage, and past lives that passed the minimum acceptance criteria are pruned and amended by humans remembering them just as they have selective memory about their current incarnation.

Past lives are most often remembered by subtle message the soul gives to the current incarnation, the body. If the soul is strongly into integrating, fixing past mistakes, it may be *firm* during these messages, so the human has no rest until they are in sync and with the program. It is during such incarnation that humans report they have uncovered past lives. But unless such a situation exists, mediating and begging the soul to play out in full color and sound and fury the interesting past lives is *not* honored. The soul considers this idle curiosity on the part of the human, who is treated *not* as an equal during incarnation. Thus, such attempts, where not called for, are futile. Thus, humans seeking to reconstruct their past lives are fighting an uphill battle, and will never get close to the hoary truth.

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## ***ZetaTalk: Near Death Experience***

*Note: written by Jul 15, 1995*

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Near Death Experiences are quite common, and are similar to Out-Of-Body experiences, but with a twist. Where the entity has left the physical body, seeing the trend, it moves forward on its journey to return to the birthing envoys in preparation for the next incarnation. This process is complicated, and has many steps. The first step is to let go of the former incarnation. As every dying person has many issues left undone, many statements left unsaid, and many concerns not yet completed to the entity's satisfaction, their focus is torn between the life they are leaving and the future. The birthing envoys meet this head on, by presenting the newly disincarnate entity with those involved in the leftover concerns. Thus, in a Near Death Experience, an entity may meet relatives and friends, both loved and hated, or co-workers involved in incompleting projects. When the pending death does not occur, the person remembers meeting familiar people, but not much else as the death was aborted. Had the death continued, settling these leftover issues would have proceeded.

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## *ZetaTalk: Ghosts*

*Note: written by Jul 15, 1995*

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All humans have visits from those they knew in the past, now dead. These spirits, who are primarily disincarnate but can come from their next incarnation in an Out-Of-Body, are trying to settle things they feel were left outstanding. These matters can be as simple as an apology they wished to express to you, or a bit of information they felt you needed, intended to be told to you when you next met. Death interrupts the plans. Ghosts are such disincarnate entities. Ghosts often show themselves to humans in a form that the human remembers. This is not a willful act on the part of the ghost, it is the way the human's mind perceives the ghost based on the fact that they understand they are communicating with someone they knew. The mind plays tricks where the human see what he expects to see or hopes to see, and fails to see something they do not wish to see.

This is exactly what occurs when humans are being visited by ghosts. The ghost takes the form that the human recalls, the form the ghost took when they were alive. This form is shaped in the mind of the human as it fits with all the circumstances of the conversation between souls that is taking place. The human has formed this image from memory, but because this memory is swarming about, chemically speaking, with all the other circumstances of the encounter, it merges in the mind of the human. Like scenes that the filmmakers in Hollywood make, where a person on top of a wave may in fact be standing in a room, superimposed on a wave, the human encountering a ghost superimposes what the human used to look like. To the human, this has all been received as one impression.

Not all ghosts are from the dead, as a ghost can be a spirit having an Out-Of-Body experience or a normally disincarnate spirit. The majority of time, during 3rd and 4th Density, an entity will find itself incarnated. Upon death, the entity leaves its physical body, and this can also occur slightly before death too. Many humans experience Out-Of-Body experiences, and these are times when what you call the soul separates from the physical body either because it is curious and wants to go somewhere the physical body cannot, or because the physical body is experiencing trauma. Disincarnate entities are in light form. The reason some such entities appear brighter in light form than others is related to their spiritual maturity. The older and wiser, the brighter. They gain in spiritual bulk, one might say.

When an entity is disincarnate, it can wander about just as the soul can in Out-Of-Body experiences. Likewise, as in Out-Of-Body experiences, it is drawn to places it is either curious about or tied to because of emotional trauma. The entity that feels an issue is unresolved will hang about, desiring to influence proceedings. This is much displayed in your media in ghost stories of one kind or another. Just as with visits from entities in 4th Density or higher densities, these disincarnate entities cannot affect humans unless the human gives The Call. It is not because these disincarnate 3rd Density entities are under the same rules as we, the rules from the Council of Worlds, it is because their substance cannot affect the physical world, and they cannot possess another's body unless The Call has been given and permission granted. In this regard, a walk-in or a possession is a reality, and can happen.

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## ***ZetaTalk: Out-Of- Body***

*Note: written by Jul 15, 1995*

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The Out-Of-Body experience is much misunderstood. It is desired by many but experienced by few. The entity, driven by curiosity or strong emotion, flits out of the physical body, desiring more mobility. Once the spirit learns how to jump out of the body, the human finds they can go out of the body at will, but they cannot describe the mechanism as it is, after all, a skill of the soul, not of the human body that the soul inhabits. Out-Of-Body is not a particular position or a particular mind set, and it is not really a voluntary activity on the part of the human. This is not something that a human can teach itself, because it is a lesson that the soul must experience.

Most often, in humans, it occurs in trauma or impending death, the sense of the spirit that the body will die. It is stepping away as though jumping out of the fire. The soul often jumps out of the body just as death is happening, as those who have come back from Near Death experiences can relay. They were watching the scene. Even though the point of death experience is remembered by spiritus, this pales in the flood of other experiences and tends to be not remembered until a similar instance returns, such as the death of the current incarnation.

Once entities learn how to do this, they want to do this often. If they don't return voluntarily, on their own, they are returned by their spirit guides, who watch over the incarnated entities like school yard monitors, ensuring that the incarnation proceeds by the rules. These temporary exits are self limiting, as the guides force the entity back into its physical body after a time. No skipping out of school. During 3rd Density the entity is required absolutely to be incarnated, as this is where it learns the fastest. There are occasional Out-Of-Body experiences, but in the main, 3rd Density is a grounded experience.

During 4th Density the entity is also incarnated, but is aware of the potential separation of the spirit from the body, and Out-Of-Body experiences are openly discussed among all - a fact of life. 4th Density is a long plateau, where many lessons are solidly mastered. During 4th Density, the entity increasingly finds itself Out-Of-Body, and thus is getting familiar with life without a body. Moving into 5th and 6th Density, then, the entity is comfortable without a body, and finds its learning experiences can continue apace with or without. However, depending on the determination of the entity and lessons to be learned, these 5th and 6th Density entities may find themselves incarnated, even back on a 3rd Density world such as the Earth is at present.

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## *ZetaTalk: Walk-in*

*Note: written by Jul 15, 1995*

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A walk-in is where a naturally evolved Earth entity vacates its human body and *then* an entity from another world enters, incarnating. When a walk-in takes place, it is not because the entity has left temporarily, but, like death, has left permanently. This occurs when the entity essentially wishes to commit suicide, and would do so if the walk-in were not allowed. The spirit guides are aware of this, conferences take place, and all is agreed. Since this changes the nature of the incarnation agreement, it is like an amended incarnation agreement, terminating the incarnation for one entity, but instituting this for another. Walk-ins are very rare, although they get a lot of press. Possessions are one such instance, and exorcism is where the original entity is persuaded to return. Another example of a walk-in is where there is extremely important work to be done, but the incarnated entity does not feel up to it. This occurs only where there had been conferences between the entity incarnated and the entity desiring to enter. Also present in these instances is a mission that both feel is important. However, if a human, being miserable, wishes to end his life and inadvertently gives The Call to the Service-to-Self crowd, he may be mis-informed as to the mission. The Service-to-Self crowd is not noted for truthfulness. One should not assume that disincarnate entities are waiting around for an opportunity to jump in, or that this would be allowed by the spirit guides, in any case. As we say, this is an extremely rare occurrence.

Service-to-Self entities from other worlds rarely do walk-ins unless the stakes are high. The reason is simple. They don't give a darn about anything except themselves; they have more power and fluency in the higher densities; and in agreeing to a walk-in they are stuck in the human body until death can be arranged. Although suicide can end a walk-in, and often *does* when the walk-in has occurred by a Service-to-Self entity, the suicide itself involves pain that the entity would rather not experience. Walk-ins by those in the Service-to-Self should be looked for where humans in positions of authority begin acting strangely and reverse some prior decisions in a manner that would benefit those in the Service-to-Self. An example might be a judge ruling that oppression of an underclass should continue, an act that would cause elitism in the upper classes to increase and despair and hopelessness in the underclass to likewise increase. A walk-in by the Service-to-Self might be suspect in this case only if this is a change from the prior tone of rulings and this changed tone continues, affecting other aspects of the judge's life.

*Note: added during the November 9, 2002 Live ZetaTalk IRC Session.*

There is a misunderstanding about incarnations. The spirit *has* memories, from past lives, but when incarnating as a walk-in relies on the humans memories. The human, thus, experiences few new memories, unless the spirit is sharing *conclusions* or *deja-vu* feelings with the new human. The human left by the spirit does *not* feel a void of memories at all.

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## *ZetaTalk: Star Child*

*Note: written by Jul 15, 1995*

Star Child is a New Age term that has come up only in the past few years in regard to incarnations into human form by entities from other worlds. A Star Child differs from a walk-in in that the walk-in entity is not incarnated from the point of birth. As the Earth is scheduled to be a Service-to-Other world after the Transformation, at this time a Star Child can only be from the Service-to-Other orientation. When an entity from another world in the Service-to-Self orientation takes possession of a human body, it is more in the nature of a walk-in, or what some call a possession. As Star Children bring experiences from other worlds to the incarnation, they approach life on Earth differently than terran born entities. Each Star Child also approaches life on Earth differently than other Star Children, as they come from many different worlds.

- An entity formed on a world where the intelligent species was a bird found that flight was always possible, and thus confrontation may stun this entity. Another, from a world where the intelligent species could not escape confrontation, would have many experiences to tap in a confrontational situation, and not shrink from confrontation.
- Where the original life form had few senses, the entity may be used to relying on intuition heavily. Another, from a world where the senses could observe sight, sound, auras, electrical energy, temperature, relative weight, and physical composition would feel handicapped incarnated as a human, and may flounder a bit.
- An entity which has determined to help humans accept the massive death that will result from the pole shift will set out to speak of the transient nature of any given incarnation. This might put their particular mission at odds with another Star Child whose mission is to help humans survive the pole shift.

Star Children are often misunderstood while incarnated as humans, simply because they have no way of communicating their vast background to their human neighbors. Imagine trying to talk to little children, who have only known the nursery, about jungles and deep oceans and the vastness of space! There is no frame of reference. Star Children seldom operate alone, but are assisted with others from their group who operate disincarnate, in the main, particularly if the Star Child is from a higher density beyond 4th Density. Nevertheless, the Star Child finds himself cut adrift, as the human body is confused and has only the incarnating soul as a point of reference. Thus, a Star Child's spirit may urge the human mind and body to a particular action that the human, mingling in human society with its limited perspective, finds absurd. The incarnation is then at odds with itself, with the human distressed and feeling lonely and confused.

Since a Star Child is an incarnated spirit from a higher density, they are more powerful than the human body is prepared to deal with. The human body finds it knows things, senses things, and attributes this to all manner of reasons because its dealing basically only with what it has perceived and learned in school and from its immediate family. So there are incidences where a Star Child has lived its entire life and the human body has never become aware of the true nature of the incarnated entity, or maybe not even be aware of reincarnation as a concept. Other Star Children are aware almost from birth of their true nature. In many cases, the incarnating spirit allows the body to not be troubled until the time comes for action and then intrudes upon the body to get in sync. Often this is very stressful for the human body. Illness can prevail, and a lot of anxiety. Thus often the human is given an out, so unless it is necessary for the human to be in sync, the human is allowed to blithely go along in ignorance.

*Note: added during Jan 25, 2003 Live ZetaTalk IRC Session.*

Star Children, who are entities that were born as spirits on worlds *other* than the Earth, are from widely varied backgrounds. As most emerged on water worlds, this is their base experience, and they tend toward fluid social

interactions as a result. A water baby can move in more directions that humans are used to, and this is an escape mechanism used. Likewise, entities that were birds in their early existence use flight to escape, in the main, and do *not* stand and fight. Of course, both experiences have situation where being trapped, or pressed, to confront occurs. The water baby can find itself pressed into a rock crevice, with no where to escape. The bird form can find its young under attack, and decide to enter the fray even at cost to itself. Reptilian evolution is confrontational, as in hominoids, as the creature is land based and moves relatively slowly. Thus, fainting is an escape, or a version of fainting, if flight or fight is not determined.

Beyond the base life form experience, there is the social complexity, where to say that billions of cultures are involved in the Universe to which the Earth is a part is an understatement. Of the billion of so incarnated Star Children on Earth at this time, assisting with the Transformation and Awakening, it would be fair to say that a least a million different backgrounds, including base lifeform and cultures, is represented. There is a *lot* of difference of opinion on how to proceed, and a *lot* of difference in what tasks are accepted. Some prefer to be in the background, in a support capacity. Some have specialties, and will only function in those, checking *out* to fall to the side on matters if the setting is not just right. Thus, for us to try to make statements as to *what* tasks a Star Child might assume, would be impossible, they are too varied! They are likely to be the garbage man as a CEO, a crippled child as an athlete, and poorly socialized and isolated as charming.

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## *ZetaTalk: Aware*

*Note: written during Feb 1, 2003 Live ZetaTalk IRC Session.*

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As we have stated repeatedly, a subconscious awareness is often far more effective than conscious awareness. Those who are consciously aware of the coming changes, as they will attest, routinely meet with arguments from family and friends and coworkers alike when they try to bring the subject up. It goes beyond argument, it goes to punishing isolation, divorce, employment termination, and suggestions that the messenger should perhaps be considered insane and treated that way, with rights removed. What happens to the human who is subconsciously aware, notes the weather changes, the increasing movements in the Earth not *only* due to quakes, the increasing illness in wildlife and domestic animals and humans alike. They raise these issues, with concern, noting the little details that are bypassed when a full-blown geological changes-in-the-past type discussion erupts. Those around them *connect*, listen, participate in the discussion, and things move on.

The person who musters forth frozen mammoths, earthquake statistic graphs, and weather patterns and ZetaTalk prophecy accuracy has unloaded both guns, and everyone puts their hands over their ears and *runs*. Denial is a fragile matter, often the more evidence that is presented, the greater the wall of denial! This wall erodes when the press subsides, allowing cracks, allowing a subconscious pondering of the facts. Thus, most Star Children, while coming *to* Earth because of the Transformation, will assume an almost casual attitude toward what is coming. This may include keeping the human dumb, so that the *soul* is aware, the *subconscious* aware, but the human consciously unaware. This is a matter in play, constantly, so numbers cannot be given that will have any meaning. Suffice it to say that in dealing with Star Children, you can assume they are aware, but may present a human face that is in almost violent denial! This is all to plan.

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## *ZetaTalk: Examples*

*Note: written during the July 13, 2002 Live ZetaTalk IRC Session*

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We have indicated that the Star Children starting the Earth's major religions - Christianity, Muslim, and Buddhist, were sent to give message of love and the *importance* of looking beyond the material. We have indicated that Einstein was a Star Child, and what his mission was. But most Star Children who have influenced mankind were *not* known as such, nor even suspected as such. Many examples that could be given would be no surprise - Ghandi, Al Gore, Spielberg, and others who influence by their example.

On the negative side, it is not the *primary* sadists and leaders of nations on atrocious mission of greed and savagery that are Star Children. Those in the Service-to-Self from higher densities are *much* too vicious to even function in a society such as human society. They instead respond to the Call, as was done for the Nazis, influencing humans who create a milder approach to the vicious practices. Thus, other than the Biblical descriptions of the Devil, a true incarnation in a reddish life form, we can point to *no* examples that mankind would relate to, of incarnated Star Children. Possessions, which are fleeting, being the only exception.

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## *ZetaTalk: Possession*

*Note: written by Jul 15, 1995*

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In possession a walk-in by a very high level entity in the Service-to-Self orientation has occurred, such that this is dramatically noticed by the other humans in the vicinity. They could not fail to take notice, as however aggressive and non-compliant the human was prior to the possession, the stance the possessed human now takes is a quantum leap higher. The human now challenges everyone, and any social exchange has become a war. Where the human formerly complied with some social norms, the possessed human now complies with *none*. They seem, thus, completely uncivilized and unsociable.

Stories about levitation and physically impossible feats during possession are greatly exaggerated, but where the entity taking possession has learned how to do levitation they will on occasion employ this during a possession. The issue of lettering raised on the skin is quite within the range of possibilities for the human body, but requires skill not yet acquired by Earth entities now in the 3rd Density. These tricks are used by the possessing entity to deflect attention from do-gooders pouring forth concern, but usually only heighten the resolve and attract even more determined do-gooders. The possession becomes a challenge, a wrestling match, and the possessing entity finds itself without rest.

There thus ensues a great flurry of activity where various authority figures try to reason with the possessed human, thinking they are still speaking to the one they knew. In truth, the human is in part the one they knew, but at the core is someone very different, the possessing entity from another world. When reason fails, forms of magic or witchcraft are tried, and we are here including Catholic exorcism. This is where the faith or conviction of those in authority, their orientation to give Service-to-Others, comes into play. Where this is successful in driving out the possessing entity and securing a return of the original incarnating entity it is because of two things.

- One, the flood of concern and caring poured upon the strongly oriented Service-to-Self entity disturbs its concentration, tugging at its focus on self, and it departs in disgust.
- Two, the formerly incarnating entity hears the pleas of the humans it formerly knew, feels the love pouring toward it, and changes its mind about having left in the first place. The birthing envoys confer with all concerned and the possessing entity vacates in an exchange.

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## *ZetaTalk: Body Senses*

*Note: written during the November 09, 2002 Live ZetaTalk IRC Session*

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As we have stated, a walk-in, or possession, occurs when the soul of incarnated in a human body wishes to leave. The soul is in fact departing, planning suicide, and thus it is not a matter of arguing with the soul. Where another spirit wishes to possess the body, whether this spirit is Service-to-Others or Service-to-Self, an immediate conference is called with all parties in attendance. This is a *spiritual* conference, so the human body, the brain and memory, is not a party. Where a suicidal human is incarnated with a spirit that wants out of the incarnation, there was no argument before, but as a result of the spiritual conference and agreement to allow a walk-in or possession, this changes. The human finds they suddenly have a change of heart, feel differently, see new solutions or avenues to address their problem that they had not considered before. Thus, rather than pick up the gun or jump off the bridge, they take long walks and mull matters over. To the human body, under the influence of its incarnated spirit for the duration of its existence, this may feel like a spiritual change that they can't explain. Some may call it a type of death bed conversion, where upon contemplating death, they saw how beautiful life was! Most find their ability to consider others, not just the self, in the case of a walk-in by a highly developed Service-to-Others, makes their relationships with other humans flourish! They thus have additional reasons to choose life, and ascribe their new relationships correctly to their new approach to dealing with others.

In the case of a possession, the human *agreed* to allow a highly Service-to-Self spirit incarnate in the body they wished to leave. The soul incarnated in that human, closely allied with the human and influencing the human body during the lifetime, *must* have leaned toward the Service-to-Self orientation for this to develop. It does not happen that a human becomes Service-to-Self while the spirit is pulling toward Service-to-Others. Thus, the human in a possession by a Service-to-Self likewise finds they have renewed energy, but toward a different agenda. Where the walk-in found themselves more concerned about others, and less obsessed with problems in their personal life, the possessed human finds they have new ideas on how to torment and exact revenge against those resented in their life. They conclude little, taking no time to ponder the change, but proceed with the practice of horrifying the family concerned with ending the possession. Since possessions are always short lived, in that highly Service-to-Self spirits find 3rd Density living too restrictive, the human is shortly returned to the original spirit. Finding a lack of ideas, a lack of energy and determination to continue the games that had been enjoyed, all including the human recently possessed fall back into their familiar patterns.

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## *ZetaTalk: Star Seeded*

*Note: written by Jul 15, 1995*

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Mankind arose from a combination of sources, and the earth was one. As there is tremendous variation on the environments found through the Universe, in any genetic engineering project the engineers find it most profitable to use, as a base, a species native to the planet. The species in this case was a form of ape no longer in existence on Earth. Anthropologists searching for this missing link have not found it, as this ape was chosen not for its wide range but for its suitability.

Having a suitable base, several experiments were tried. Through genetic engineering, the intelligence and dexterity of this ape was increased. The bi-pedal stance was encouraged. When we say experiments, we are speaking of the stage where the product was re-introduced to the Earth, having been residing in labs. The product of genetic engineering then either survived and flourished or died out for some reason. More often than not, the product expired. Some of the aggression and violence we now seek to diminish, for 4th Density existence, were necessary for the product to survive on Earth at that time. This step was repeated many times, on different places on Earth, and this formed the basis for the various races of mankind you see today.

When mankind was genetically engineered, this was under the direction of the Council of Worlds at all times, and at no time was the intent for mankind to be slaves of another intelligent life form. Of course, having created mankind, various groups had as their agenda to do just that. We are saying that the mission was not slavery, but some who knew of the product came back to Earth to attempt to muscle in on new territory. This has occurred here and there, with one group or the other, but all were fleeting occurrences and all were stopped shortly after the campaign developed.

Both the Koran and Bible attempted to explain this among other things to mankind, most of which was misunderstood. Therefore, dwell not on the Koran or the Bible when looking for the true history of mankind's birth.

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## *ZetaTalk: Meditation*

*Note: written by Jul 15, 1995*

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The Hindus are a very mystical people, in touch with their spiritual side, and trying all the time to move more in that direction. They study and practice methods to improved communications with the spirit world. Concentration, diet that will improve the ability of the body to concentrate and not be distracted, positions of the body that are helpful, and the right mental attitudes. All this effort brings them little, however, as the ability to communicate with spirits is strictly related to the *desire* to do so. A human following all the recommended practices religiously may be nowhere, another doing everything wrong, according to the recommended practices, is speaking regularly to the dead or spirits in higher dimensions. However, as would be the case with any group of people, some Hindus who follow the recommendations also have desire, and so connect. There is then a great flurry of enthusiasm for the practices, which had nothing to do with the success.

The Hindu speak of a state, the *goal* of living, called Nirvana. They attempt to reach this via meditation, and correct living, during many incarnations. They attempt to reach high levels of communication with others, as an adjunct to this state. What they are seeking is termed living in light form, or the spirit only, not requiring incarnations. Incarnations are a learning experience, but spirits grow beyond the need for this, in both the Service-to-Others and Service-to-Self orientations. Incarnations are then used as a learning experience, or a tool, for these spirits.

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## *ZetaTalk: Shamanism*

*Note: written by Jul 15, 1995*

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All cultures have shamans, who go by different names. A shaman must be able to convince those he lives amongst that his experiences are real, and his guidance valid, or his stature quickly falls. Therefore, shamans in the main are having real experiences that are somewhat familiar, if only in part, to other humans. There are seldom fake shamans, and then not for long. What is a shaman? A shaman is a human who refuses to deny what his intuition is telling him, and thus communicates with entities he cannot see or hear or capture for exhibition, as in a cage. He communicates with the world of spirits, the dead, higher level entities that no longer need incarnate bodies, and as frequently as possible, he is having Out-Of-Body experiences. He may attempt to incarnate, briefly, into other humans, or animals of various types, but he seldom gets permission to do any of this. Imagination plays a great part in shamanism, but is bolstered by real experiences so the shaman's stories can be very compelling.

Many who claim to be speaking to the wind, or animals, or rocks, and genuinely believe this is so, are simply giving a spirit they cannot *see* a name and source. Humans sensing a spirit in the vicinity are often at a loss to explain what they are sensing. They refer to vibes, or a presence, or an intensity. Nothing can be captured on camera, or grabbed and put in a box for later examination. Spirits communicating with a group, such as an Indian tribe, will often go with the flow, and allow whomever is communicating to *assume* this presence. It is possible to influence the direction a bird flies, easily, as the reason for flying in this or that direction are few and can be staged for the benefit of the bird. Thus, a Shaman who thinks the bird has a spirit, and finds it flying in patterns that would indicate that, is none the wiser.

All humans have the capacity to be shamans, but in the main lack the faith. They stop themselves. They feel insecure, not being grounded. They prefer to be a spectator. But the family of man, hearing the shaman weaving his spell, remember their tentative experiences along the same lines, and believe. A shaman's followers have gone to the edge with the shaman, and when he describes what was beyond, they recall what they caught a glint of.

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## *ZetaTalk: Carlos Castaneda*

*Note: written on Jul 15, 1997*

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A widely misunderstood means of connecting to the reality known to the incarnated spirit involves forcing the human body to take a back seat so that the mind can communicate more fully with the spirit, the incarnating entity.

In American Indian cultures, this takes the form of exposure and fatigue to the point of exhaustion, so the body has ceased to demand center stage and has in effect given up. Isolation from the normal social interaction demanded when others in the group are about is another technique used, a technique most humans intuitively understand. Another means of forcing the body to take a lesser role involves various hallucinogens, naturally occurring so that they are at hand to native peoples throughout the world. This is *not* a necessary step, and in fact clutters the communication, but has caught the fancy of many in drug cultures who look for any and every excuse to support a habit they have come to rely upon as an escape.

To speak to the incarnating spirit most effectively, removing oneself from the social demands of others is imperative. A walk in the woods, or in the meadow or along the beach, where the artificial and often unnatural demands of human society are *removed*. Eliminating imperatives such as extreme hunger or the press of urgent sexual demands assist in communication with the spirit, as does arranging for the isolation to be in a setting where distractions such as weather extremes or physical dangers do not occur. In cultures where distractions *cannot be eliminated* due either to ever-present hunger or sexually repressive rules or the ever-present proximity of others, the individual seeking to commune with their spirit may meditate under the stars at night, when others are sleeping, or alter their diet to in essence put their body to sleep. The starving body shuts down.

Drugs or natural hallucinogens are not needed, and in fact create confusion when hallucinations induced by the humans psyche are taken as a reality *outside* of the human psyche. The human mind is fractured into separate brains, the result of numerous genetic engineering maneuvers that superimposed a conscious intelligence on top of an underlying subconscious. These two brains communicate during dreams, and the hallucinogenic state is akin to the dream state. It can be utterly nonsensical, having meaning only in the past experiences recorded in the subconscious of the human, as interpreted by the highly selective conscious! Thus, hallucinations are *not* removing the human body from the conversation between the mind and the soul, they are imposing the selectivity of the conscious as a director.

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## *ZetaTalk: Premonitions*

*Note: written on Nov 15, 1995*

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Almost everyone knows of an instance where a premonition came true. These instances are common enough that the process is not doubted. But what is the process? If the future has not yet been written, how can someone have a premonition of the future? Premonitions are misunderstood, and are judged on their results rather than the process, and thus are seen as fortune telling. In fact it is a high degree of common sense combined with the ability to weigh many factors at once. Those subject to premonitions are not shallow, they are deep, and they listen to and trust their intuition. Where all humans have the capacity to have premonitions, few trust their intuition enough to let them form. An example where a premonition could have formed, but did not, would be the following. A mother has an adventurous child, who has in the past been found climbing high on furniture or creeping out to the edge of drop-offs. The child rushes into things, with enthusiasm, and seems to never hesitate. The child has lately been allowed outside, alone but within a fenced-in yard assumed to be safe. One day the child is found in a neighboring yard, close to a busy street, and everyone is alarmed.

Should the mother have been prone to premonitions this tale would change. About the time when the child was to be freed in the yard, presumably safe, the mother has a premonition that the child is to be beset by danger on all sides. She is so fearful that extra checking and fussing are put into place, yet the child escapes and is in danger, close to a busy street. The extra checking brings this to everyone's attention, so the child is not harmed, but everyone marks the moment - this was a premonition. What occurred was a combination of the mother's knowledge of her child's nature, the agility the child displayed, and perhaps past familiarity with children that age who are anxious to demonstrate to themselves their independence. The mother mulled all this around and the result was a hunch that the child might break out of the yard and go exploring. Rather than dismiss this as merely a *possibility*, the mother gives her hunch credence, and plays these scenarios over and over again in her head with new factors recently learned. She plays with combinations and nuances, and has great trust in her innate judgment. Thus, she *vocalizes* her concerns, where another would dismiss this concern as only a mother's tendency to worry.

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## *ZetaTalk: Poltergeist*

*Note: written on Aug 15, 1995*

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A phenomenon long known but little understood by humans is what is termed poltergeist, or ghost knocking. Researchers have correctly identified that it is *not* caused by spirits but by the living. Is this a deliberate act? Most definitely, and the fastest way to locate the perpetrator is to scan for the angriest person, as intense rage is the engine by which poltergeist activity is run. Intense and unremitting anger sets the brain into Theta waves, and this builds over time until another offshoot is possible. What humans take to be their physical surroundings are what they can see, hear, feel, and observe to have substance as it moves, has color, or has a physical effect that can be observed. Humans understand that air is a substance as the action of wind is felt and observed, and airplanes, operating on this unseen substance, can lift and fly. Can't taste it, see it, or put ones hands about it, but know it's there.

Think of the substance that supports poltergeist activity as a type of air. When Theta waves reach a certain level, they support a transmission across this substance just as electrical arcing can cross an air space when the opposing charges reach a certain level on either side. Are opposing charges involved in poltergeist? In a manner of speaking, yes. The human causing poltergeist cannot control the effects, as this is a random discharge. They ramp up and things go bang. Windows break, knickknacks fall off the shelf, a chair moves, and internally the perpetrator is smiling as they made the object of their hatred distressed once again.

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# ZetaTalk: Hauntings

*Note: written on Feb 15, 2002*

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We have stated that spirits cannot manipulate the environment, except to effect a sense of coldness in those humans they are attempting to contact. The stuff of souls incarnates bodies, and has many points of influence during incarnations, but cannot move furniture or slam doors. The souls incarnating bodies work *via* the body to effect change in the physical world. Thus, much of what is described as haunting, other than the sense that a spirit is present and a communication soul-to-soul of what that communication *is*, is *not* from disembodied spirits. It is from humans, living in the vicinity and most often in the very house, using a brain wave generated by anger. This is commonly known as poltergeist activity, and is ascribed correctly to angry teens in the vicinity. Specialists can identify the human causing this, and advise the parents on how to reduce the anger, get it out in the open so it does not have these misdirected effects. Telekinesis has been registered, scientifically, so this is no longer a mystery.

Where ghosts appear on video images, these are in essence a chemical reaction, such as affecting the flow of light particles, and thus can truly be a spirit imprint! Levitation, done by aliens in 4th Density, is done by manipulating gravity particles. Thus, we float a paralyzed contactee into our ships, or float ourselves at will. A visiting spirit might attempt to affect gravity particles, to levitate objects, but will not manage this. However, humans who temporarily levitate objects are doing so, as they do when they slam doors, by *other* means, not gravity particle flow. Air pressure, magnetic manipulation, electrical particle charging, are in effect. Movies often portray levitation or poltergeist as being able to *lift* a heavy table, but in reality this is not what hauntings find. The chair moves a couple inches, a cup jiggles off the edge of a table, a paper lift and floats off the stack. Hollywood has exaggerated, as usual.

But where humans see something misty, a shape, or think they see a human appearing and then disappearing, this is most often a mind-trick of their *own* when they are aware they are talking to another spirit. Likewise, a spirit can leave an imprint on physical matter, in the same way they can make the room feel cold. To have a chemical effect like this requires the right chemistry, to be affected for instance by a lack or *increase* in heat particles. Heat particles are not the only particle flow a spirit can affect, but is the particle flow humans are most attuned to, thus notice. For instance, a human quickly feels cold when stepping outdoors without adequate clothing, but scarcely notices that the magnetic field has increased nearby. Thus, the division line is where *large* movement of objects, slamming doors and the like, this is human generated. Where there is a sense of presence, or a shadowy figure, or a sense of heat loss, this is most likely visiting spirits.

As with viewing a temporary manifestation of someone you *knew*, or a shadowy figure, *hearing* their voice or the musical chime, is also something your *mind* is doing to you, in response to a visiting spirit. Thus, this is a type of suggestion, which you willing go along with if this is a spirit you know, and wish to communicate with. The mind often does this, filling in the pieces in events that lack the whole. This is why there is such a strong different, often, between what witnesses report. Each has filled in the missing pieces to make sense, to form a whole, and is describing the whole. If the visit is from a recently deceased uncle, beloved, and the mind wishes to record the messages as *from* this uncle, then it might insert an image of the uncle as he looked. Thus, during visits from spirits, there are *some* in the room who hear and see them, and others are unaffected and call them liars!

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## *ZetaTalk: Psychics*

*Note: written by Jul 15, 1995*

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Humans in the main do not have a great deal of psychic ability, which is simply a combination of telepathy and common sense. A small percentage, perhaps less than 10%, have *some* psychic abilities, and a very few are significantly psychic. Most humans are personally acquainted with a situation that had overtones of psychic interplay, or have a close friend or relative who relays such a story. Someone knew that revenge was being plotted and the means being planned. Someone knew that a package was in the mail and what it contained. Someone sensed that an airplane was in danger and warned a potential passenger to change their plans. Psychic ability runs in families, and for a simple reason. Telepathic ability as well as common sense are based on the structure of the brain, and this is for the most part genetic.

What's going on here, within the psychic, to allow them to be aware of existing situations and seemingly to foretell the future? For those situations where the psychic simply had to be aware of an existing situation, one known to other humans, the answer lies in telepathy. Any fact known to another human can be sensed by a telepath. Psychics are most sensitive to those they know, or those who may be thinking about situations they care about, or those who may be thinking about the psychic themselves. This accounts for the majority of psychic situations, where a personal connection of some kind is present.

Where psychics seem to be foretelling the future, common sense has entered in. Here the psychic senses facts known to a number of humans, and puts them together in logical probabilities. The pending airplane crash is in fact known to several humans - the airplane mechanics who are ordered to overlook maintenance because the financial condition of the airline is dire; the pilot who notices, however subconsciously, that his instruments are not lining up as they normally do; the scheduling clerks, who regret assigning aging airplanes to busy flights, knowing the risks involved. These humans send forth their thoughts for psychics to capture and ponder. For every situation where there is a successful foretelling of the future, there are literally thousands of situations where the psychic was wrong. The successful occurrences are so dramatic that the story gets widely told. Failures rarely get a mention.

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# ZetaTalk: Telepathy

*Note: written on Dec 15, 2002*

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Telepathy is both specific and general. As someone who has telepathic ability can tell you, it can also be voluntary or visited upon one. We will use the analogy of a radio, which can be tuned to various radio frequencies or turned off entirely. A radio also requires a broadcasting station, from which many radios as receivers can listen. Radio waves go long distances, as do the brain waves responsible for what humans call telepathy. If someone with telepathy ability can receive, theoretically, from *all* broadcasting brains, how to the receiving brain sort it all out, and not get overwhelmed? The receiving brains are in essence busy with their own business, so the incoming is treated as noise in the main. Where the incoming strikes a cord with the receiving brain, such as a familiar scene or mutual concerns, the receiving brain may decide to listen. When this occurs, it is as though the dial on the radio were being turned, and the volume turned up likewise. The receiver concentrates on the inbound signals, not allowing itself to be distracted by internal concerns of the self.

- Thus, a telepathic person in listening mode may seem distracted, though other functions can proceed. In tune with the inbound message, the receiver's heart will beat in tune with the sender, and their brain be activated in similar places, so they are acting as much as possible as a *single brain*. During these modes, it is possible for the receiver to start sending, as they are in sync, on the same wave length, so to speak.
- In general, and to a high degree, telepathy is something your DNA supports. Be aware that only a small segment of humankind can utilize telepathy to any degree. A small percentage of the population *has* an occasional telepathic experience, rare, sometimes once in a lifetime. Of this small percentage, a smaller yet percentage, perhaps only 2% of the whole population, have any ability that they can muster at will. In that they share DNA, share brain wave hardware, so to speak, family connections are the most common. Twins and family also share experiences, which also increases occurrences.
- Telepathy also occurs during sleep, *highly* common, which is why many humans conclude they have prophetic *dreams*. They are merely reaching out, during sleep, when they are breathing slowly and not highly oxygenated, and chatting with others who have knowledge. Prophecy is often simply a logical guess, based on many facts not generally known to the public. The prophet may be simply putting together information gained from many others, and arriving at the logical conclusion!
- Holding your breath, to increase Carbon Dioxide levels, helps, which is why the Hindus prefer mountain tops for meditation. Carbon Dioxide suppresses interference, noise, from other body and brain functions, so the body and brain is in essence drugged. Likewise, learning to trust your senses, if you *think* you are in contact, rather than reject them as silly thoughts, can help you make full use of what ability you have. Practice with some friends, and compare what you received with what they have sent or written down, to gain confidence.

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## ZetaTalk: Sleep

*Note: written on May 15, 2002*

Life on Earth sleeps, due to many factors not present on other worlds where life that has evolved does not necessarily sleep. What are these factors, and how does life that developed elsewhere cope without sleep? Almost all worlds that evolve life rotate, as rotation occurs in planets with liquid or molten cores, which are warm and not cold, a requirement for life. Thus, these worlds have a night and day, and a night alone does *not* dictate the need for sleep. The factor on Earth that nudged evolving life into regular sleep is the carnivores, huge and voracious and savage. Where today you have big cats and wolf packs and large bears and sharks in the oceans, in the past life on Earth was more precarious. Look to the age of the dinosaurs, T-Rex and the Saber Tooth Tiger. Life that was *not* a carnivore could expect a short and not too sweet life, on the run, relying on mass production of eggs or young in order to perpetrate the species. Like vegetation that produces huge numbers of seed so that *some* plants could grow past the point where they might be eaten, and bear new seed, non-carnivore species had little hope of continuing *unless* they did this. However, beyond the hoofed herds that could outrun or form a circle to ward off the attacks, and thus could perpetrate themselves, and beyond bugs that multiply easily with mass laying of eggs, there was yet *another* evolutionary technique that allowed survival - sleep.

As Darwin has pointed out, those features that survived passed on to the next generation. Those creatures that crawled into crevices and slept escaped notice of carnivores during the dark periods when a sense of smell could allow a carnivore to locate a meal, and lack of sight would prevent an easy escape for the meal. A sleeping creature is quiet, passes the time without being restless, and conserves energy. It simply developed that sleep was a positive evolutionary technique, and these genes passed even to carnivores due to the branching trees of evolution not being a straight line, but criss-crossing. Today's meal can become tomorrow's carnivore, via evolution. Evolution then took advantage of the sleep state, likewise benefiting those creatures so they evolved. The creature who was highly alert during wake states was more likely to:

1. get their own meals,
2. avoid being eaten,
3. find a mate and
4. keep their young close at hand and safe.

The creature who was slow during wake states would conversely:

1. starve,
2. get eaten,
3. not propagate,
4. not rear young.

In order to be highly alert during the day, the body then needs to do certain functions during sleep. It is not that the evolving body *decides* to do this, it is that those bodies that mutate and *do* this are selected by success to spread their genes about. What processes does a body need to do, that could be put off until sleep state? Sorting out the events of the day, in the brain, is one such process. Physiological functions are done during sleep also, like kidney or liver or digestion, but this type of function creates little interest in curious man, who wonders, rather, about their dreams.

Oversleeping, the desire to escape, leaves man sluggish. The body has learned to adapt to sleep, doing physiological functions during this time. It is expected, by the body, that a matching *wake* state will be in place, so does not always have a dial to *stop* the sleep state functions if oversleeping occurs. Thus, lack of sleep, or too much, can create chemical imbalances in the body, so the body does not feel well. The giant hominoids on the 12th Planet do not sleep,

as we have mentioned, but go into rest states. As can be discerned from looking at the shape of their heads, long and narrow rather than round as are humans, they did *not* have the same evolution. Mankind was engineered to survive on Earth, and some of the engineers created separate brains, the subconscious and conscious, which are physically separate brains. These giant hominoids do *not* have this separation, but likewise are more slow and less alert than many jittery men. Should you associate with them on a daily basis, this would be noted.

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## ZetaTalk: Dreams

*Note: written on May 15, 2002*

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Where the brain functions during the day, it is like a computer collecting data but keeping it all in memory. During sleep, the data is tucked into databases and cross-indexing is done. The soul does *not* go Out-of-Body during sleep state, contrary to what many suppose. The soul in a normal incarnation is fascinated with the body, and the action of tucking away and reliving the day's events is likewise fascinating. While the brain is having these memories sorted out, the conscious mind is treating the replay like an occurrence, a dream. The subconscious does *not* need the tucking away into databases that the conscious does. The subconscious in fact gets it all straight and is aware all the time. It is the conscious that needs sleep, as it has learned to take advantage of the sleep state. Humans who wake during these states recall the replay, and try to find meaning in it. In that the *most* imperative action an evolving creature on Earth had to do was *survive*, the *first* memory to be tucked away and processed at night involves *surviving*.

During sleep, the brain is also *communicating* with other brains, via telepathy, as the Alpha wave is predominant and this is the state used during telepathy and meditation. If two humans connect on the same wave length during sleep, one may begin to tape into the reply the other is experiencing, and take a trip, so to speak. The meaning of a dream can thus be:

1. the dreamer is sorting out his day, and the replay is a piece of something that happened during the day, or related information in the databases of memories that has been dragged out to be integrated.
2. the dreamer is following along with someone else's replay, having been made aware of this because the *other* has either thought about the dreamer, or they have shared experiences.

Thus, in deciphering what a dream might *mean*, one must take into consideration the possible origin and *not* take it too seriously if it appears to be simply the tucking away of the days' events.

Recall from the subconscious, such as a contactee does or an ex-amnesiac does, where the memory is recorded *only* in the subconscious and not at *all* in the conscious, creates a different kind of "dream". During hypnosis, or meditation, or when coming out of sleep, a contactee will allow the subconscious to function, while damping *down* the conscious, turning it off and clearing it so it is, essentially, idle. When the subconscious replays a memory *it* holds, the conscious is thus experiencing, and recording, for the first time, this event. Thus, the funneling of memories are *full*, including touch, smell, and not just the types of memories the conscious is trying to sort out during sleep state. Why don't normal dreams include such features as touch and smell? These sensory memories are tucked away during the day, being without association in complicated connections. They are simple, and have only a slight connection to what we could call the resident memory of the day, not yet processed in databases. When the days events are replayed by the conscious, during the tucking away time, the connections to smell and touch are retained, but do not need replaying. They are simply reconnected to the database location, not resident memory, to use computer system analogies. However, when an event is relayed from the subconscious, this is *not* the case, so the conscious mind must *get* all these peripheral part of the memory - touch and smell and the like.

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## *ZetaTalk: Faith Healers*

*Note: written by Jul 15, 1995*

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The dramatic moment is well known to humans - the faith healer approaches another riddled with disease or stricken with a new affliction, lays on hands, and the pain and disability are gone. Is this fraud? Yes and no. Given the driving desire of the afflicted to be relieved of their distress, it is no surprise that con men and women arise to take advantage. This is a scenario well known to humans, as it is much played out in the movies where almost invariably the faith healer is revealed as a charlatan.

But there *are* cases where measurable changes take place in the afflicted, for various reasons.

- First, the affliction may have a psychosomatic component, and the healing can be nothing more than the afflicted deciding to abandon a self affliction. By this we mean that people can choose to afflict themselves, as punishment or to evade responsibilities or for whatever reason. Dramatic improvements can ensue, such as remission of cancer, but where the faith healer is given credit for this it should be born in mind that such remissions occur without the help of faith healers. Most, if not all, diseases have a psychosomatic component, and are thus susceptible to be influenced by a changed psychological state.
- Second, the affliction may have been imaginary, a call for attention, and the faith healing put the supposedly afflicted one in a situation where they could receive more attention for being healed than for being afflicted.
- Third, the faith healer may have adjusted the alignment of the mind and spirit within the body, by essentially having a conversation with the afflicted's mind and spirit and assisting in the alignment. This is nonverbal counseling, on a mental and spiritual level.

How do the body, mind, and spirit get misaligned? There is a tug of war, of sorts, between the various parts of man. The body, which traces its ancestry way back, wants to live simply and to focus on bodily comforts such as shelter, food, rest, and sex. The body cannot be truly put aside without repercussions. Its demands are ever present and pronounced. The mind, which has been superimposed on the human body by genetic engineering, has its own life and is driven by curiosity and obsessions. That the mind has a life of its own can be demonstrated by placing a puzzle before a bright, curious human. The human will ignore defecation and urination demands, hunger, and the need for sleep in order to complete the puzzle. The mind and body can work together, and most often do, but can at times pull in opposing directions. Now comes the spirit, incarnating. Yet another focus, which may be in sync with the body, at times, as in the desire to commune with another of the opposite sex when both are, as you say, horny. The spirit may also be in sync with the mind, at times, as when the desire to be of service to others melds with the opportunity to do research.

But the body, mind, and spirit may all be pulling in different directions, and thus make the body sick. The faith healer discerns the misalignment and discusses this, nonverbally in most cases. Counseling occurs, with suggestions on how better to proceed. As the faith healer may be in touch with higher entities, they can be assisting in this action, the faith healer having in essence given The Call to those in the Service-to- Others. The faith healer convinces the parts of the afflicted to adjust to each other, so that the mind and spirit take each other and the body into consideration more effectively. Were this to be a verbal communication, there would not be so much mystery about faith healing, which can and does occur.

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## *ZetaTalk: Yin- Yang*

*Note: written by Jul 15, 1995*

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The Chinese put much faith in the influence that Yin and Yang have upon their existence. This concept is an offshoot of the Buddhist philosophy that balance is everything. Problems are looked at as an imbalance, and the solution returning to balance somehow. Thus, Yin and Yang are superimposed on all of life, on social interactions in particular, and even on the seasons and weather. If a group of school children are boisterous and aggressive, their Yin is tempered with more studies in art, inserting Yang. If a wife is sullen and brooding, her Yang is tempered with more outings into the vibrant city, more Yin. If the spring came early and the fields are unprepared for planting, this Yin is handled by the farmers Yang, by meditation in the fields. Does all this help? It can't hurt, and in the main tends to focus humans on the spiritual aspects of life.

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## ***ZetaTalk: Karma***

*Note: written by Jul 15, 1995*

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Under duress, and having experienced a shattering blow of some kind, humans often ascribe the cause to karma. There is bad karma and good karma and this explains everything, or so they hope. Could it be that life is so terribly unpredictable? Why would a benign God throw them into such a situation, create such an erratic world? Yes and no, there is karma. Karma is at play where the human causes the situation in some manner, by their prior actions *in this lifetime*. Karma is not at play when the life situation occurs because of acts of nature or the actions of other humans not directly involved in the situation at hand. We will give examples.

**Karma.** A man is greedy, always seeking to maximize the goods that he can call his own. Materialistic. In the main he succeeds in becoming a man of means, and secretly gloats over his ability to charm or manipulate others so that he succeeds. Then one day he finds himself a pauper, having been outdone by one with greater charm or manipulation skills. Is this karma? It is indeed, as the man brought this down on himself by amassing goods and bragging about. He essentially placed a sign where everyone could see, saying come steal from me. It would also be karma if a former business partner, having been left bereft and financially devastated due to the actions of the greedy one, arranged for the greedy one to have marital troubles. Where one's trouble can be traced directly to one's own actions in this lifetime, that is karma.

**Not karma.** A woman desires children, and in due course marries and becomes pregnant. Through a throw of nature's dice, one of her conceptions has an extra chromosome, and is a mongoloid, retarded. Friends point out that she was not a scrupulous housekeeper, or perhaps was torn between her career and family duties, and that her misfortune is karma as now she must stay home and tend to the new youngster, who needs constant care. Another example is a car accident, where one is driving down the highway and, rounding the curve, finds themselves head on with a drunken driver. Did the victim cause this accident somehow? It was simply a matter of time and place, a throw of the dice. These situations do *not* involve karma, not even as retribution from a former lifetime, which *never* occurs. Each incarnation is truly a fresh start.

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# *ZetaTalk: Archetypes*

*Note: written by Jul 15, 1995*

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Archetypes are common human experiences, in the form of humans whom others interact with or observe. These come, in the examples below, from the child's knowledge of mother and father figures, and from memory of childhood, whether from self or of a brother or sister or playmate. All have these archetypal concepts, from these common human experiences. Verbal and written stories are rife with human archetypes. In the day and age of the video and computer games, these media are also rife with archetypes.

Archetypes may be exaggerated in their characteristics to heighten their uniqueness. Thus, in the examples below, the Mother, whose uniqueness is her desire to care for her charges, is described as caring less for her personal appearance. The Father, whose uniqueness is his desire to protect and provide for his charges, is described similarly. The Hand Maiden, whose uniqueness is the subservience that comes by nature to the weaker sex in a physically or socially immature state, is exaggerated into downcast eyes and such compliant manners that her masters assume loyalty.

**Mother:** Even before archetypes of things to be feared, we have loving archetypes. The reason is simple. Most humans, if they are to survive, are given such love by a mother or mother substitute. This archetype is seen most often as a woman, frequently older, gray haired to some degree, a little overweight, paying attention to the charges given her rather than to herself. She deals with food stuffs, is frequently in the kitchen or around the campfire, and is never at a loss for a tasty item of food to give to a youngster.

**Father:** Likewise, the infant, if it has survived, has encountered in person the archetypal father. This archetype is burly, strong if not smart, and very protective. He may be gruff, frequently is at a loss for words, and like the archetypal mother, cares more for the charges given him than for himself, and most certainly for his physical appearance. He needs a shave, or in the olden days, needed to get his beard trimmed. He is a bit unwashed. His shoes laces or boot straps may be frayed. He's been busy. When the family circle is threatened, father steps between the threat and his family. He sacrifices his life to give his family a get-away. He is non-competitive, allowing his young sons to watch him at work, and assist.

**Young Boy:** This archetype is active and curious. He gets into trouble, not because he is a trouble maker but because he has an active mind. His curiosity gets the better of him. He climbs over fences and through windows, the urge to explore greater than any warning he may have been given. He is courageous, not actually from ignorance of danger, but because his curiosity is the greater force. He is slender, rather than fat, and scruffy, showing the typical veneer of a young boy - scratches, scuffs, and dirt smudges.

**Hand Maiden:** This archetype is shy and obedient on the surface, but aware within. She is charged with attending to a mistress, who is almost invariably sarcastic and selfish. The Hand Maiden is dressed demurely, no flashy colors, and has her brunette hair tied back. She stares at the floor, not meeting gazes. She has access to secrets, as she is not seen as a threat by anyone. Consequently, in folklore and reality, she frequently has a role in conspiracy situations. True to the situation in real life, where men in particular assume any dependent woman must give them full loyalty, the Hand Maiden is assumed to be loyal. She knows the conspiracy, having overheard the plot discussed openly. She knows the secret passageways. She has access to garments or tools that can assist the cause of justice. In modern days, this archetype is shown as a hired maid, or secretary to an important personage.

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## *ZetaTalk: Werewolves*

*Note: written on Sep 15, 1995*

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Werewolves exist, but not in the form portrayed in the media. The media image portrays a change in form under the influence of a full moon, and this all quite out of the control of the human infected by a bite. A dramatization of the real situation, which happens rarely and is indeed an infection, the result of a bite - rabies.

What happened in the past when a rabid animal, most often a wolf, tangled with and bit a human. Wolves normally avoid human contact, but when wildly irritable with an infected brain, they savage anything that disturbs them. The infected human first finds insidious changes setting in - irritability, snapishness. During the course of the disease the afflicted human would become unkempt - hair and nails growing long. And in the final stages of the disease, madness and extreme irritability set in - the man having become the wolf. Why does the legend tie the madness to the full moon? Even unaffected humans grow a bit wild during the full moon, but a human in the final stages of rabies, wild eyed and howling with pain, snarling at all who come near, would be more noticeably affected. The full moon become the point where it was all too much, and quiet suffering became anguished howls. Tormented in the villages, rabid victims often sought the quiet of the woods to soothe their hyper-irritable nerves. Thus, the legend.

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## *ZetaTalk: Cultural Influences*

*Note: written by Jul 15, 1995*

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The culture indeed affects how the human relates to its environment. This culture begins prior to birth, when the fetus anticipates how human emotions will be accepted within the human culture. The infant in the womb is not unaware of discussions, arguments, resolutions, and any resentment the mother may feel in these matters. The infant stands in his mothers shoes, truly. Thus even before birth the infant anticipates how its persona will be accepted, how its emotional tone will be received, when it is safe to assert the self, and under what situations true fear for the safety and security of the individual arises.

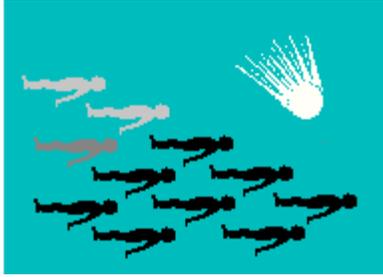
In some cultures the individual is allowed true expressions. No matter what the mind-set of the individual, this can be expressed. This is not to say that actions against another, which would hinder the free progress of others or harm others in their innate right to be, are allowed. We are talking here of honesty, in expressing one's true impressions and mind-set. In these cultures the individual feels secure in his or her *person*, and as the majority of conflict situations involve the perceived repression of free expression, much energy is freed to attend to the common good. These cultures therefore become more secure in general, and there is less emphasis on trying to dominate the environment.

In other cultures much anxiety exists because those parts of humans which are quite natural are not accepted. A battle begins even before birth, in which the individual buries those parts of itself not acceptable, but has buried the un-dead. As in a nightmare, the un-dead parts of itself arise, and must be dealt with. There is rage at the necessity for this. The individual fights with itself, and therefore there is little energy to attend to the common good. Thus not only is the individual insecure, due to the lack of consideration perceived from others, but the community is insecure, from the lack of concern for the common good.

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## ZetaTalk: Heaven's Gate

*Note: written on May 15, 1997*

Scarcely anyone believes, as the leader and follower of Heaven's Gate did, that a UFO was indeed following what was billed as the comet Hale-Bopp, or that they as human beings would be selected out from among the billions for special treatment. What shocked the nation and the world was not so much the absurdity of their beliefs but the extent to which they would go to adhere to them. Incidences such as suicide bombers and soldiers going into battle and even into certain death are not unknown, but behind these actions is something concrete, such as home and family or actual politicians and laws one is in rebellion against. Many church-goers prate the belief they supposedly espouse, but would hesitate to put even their time and discomfort behind them, much less their lives. And those who *would* discomfit themselves for a belief are sure that *their* belief is not as silly as Heaven's Gate.

However, if one looks at just a few examples from Christian belief - that of the Rapture that many Christians cling to, or the Ascension where Jesus supposedly rose from the dead, or Baptism where splashing a bit of water is supposed to make the difference between a tiny babe going to heaven or hell - one sees that the Heaven's Gate crowd was scarcely *alone* in their silliness. These beliefs and the actions they generate have no more rationale than the beliefs that the Heaven's Gate crowd held. That said, why did the Heaven's Gate crowd arrive at such an absurd conclusion, and what led them to take the steps they did?

When looking to understand why cults do as they do, one should first examine the leaders. Cults are characterized by an isolationist life style, with the flow of information coming only from the leader and this slanted to fit his needs. The psychology that occurs is simply an extension of what goes on in the average family - what father says goes, and he has ownership over his wife and children. Dictated rules seem absurd when one only sees the devotee slavishly following them, and make sense only when one examines the leaders. They are, after all, *his* rules, created by him to further his comfort and reduce his distress. The sense of possession that prompts a cult leader to order his followers to follow him in death is a factor present in the average household, where it is not unheard of for the husband to threaten to kill his wife if she even thinks about leaving him.

The leader of the Heaven's Gate cult was beset with personal anxieties, which are no secret. Ashamed of his homosexual yearnings, he had himself castrated. Guilt often leads one to think of eminent death, the ultimate punishment while simultaneously the ultimate escape, and this too was a theme throughout his life. Riddled with sexual conflicts, he compulsively structured his life to avoid any temptations, and thus the rules against personal interaction and the silly rules about how to slice apples and the like. Had the cult leader espoused the beliefs of an organized religion, where their death was to take them to heaven, they would not have astonished many. That his heaven was a space ship rather than a nebulous place in the clouds put him *at odds* with what the church teaches, and thus he was considered a kook instead of a deeply religious man!

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## ***ZetaTalk: Right Religion***

*Note: written by Jul 15, 1995*

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The major religions of mankind, now and throughout the history of mankind, have almost invariably fostered an impression of selectivity - a theme that those holding to the beliefs taught, or those strictly adhering to the practices required, will be selected for special treatment both before and after death. Of course this is entirely false, and purported only to secure and hold adherents. Christians are told that a few words spoken by a member of the religious elite, along with a sprinkling of water blessed by these same religious elite, is the ticket to heaven. We are speaking here of baptism. Absence of these steps damns non-Christians to hell. What nonsense. Does the entity not *earn* their future path by the steps taken? Whom does such a belief benefit? Look to this to understand why this falsehood is promulgated. Those most insistent on holding out false hopes of an easy road in the future are those who benefit most directly from widespread belief - the religious elite, who in most cases are charging for their services.

Just so, throughout history, religious elites have required that their enemies be persecuted and eliminated, their bed be feathered, their followers submit to sexual advances, and their coffers be filled - all in the name of a glorious future for the faithful followers.

There is no right or wrong religion, only ignorant or enlightened practices.

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## *ZetaTalk: Holy Wars*

*Note: written by Jul 15, 1995*

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Many religions based on the same concept of consideration for others and fair play have come to see each other as rivals and do anything but practice what they preach. The Christians during the Crusades set out to eliminate rival religions, and cared not how much murder and mayhem resulted. Islam has become so intolerant of western religions that to reveal one's religious affiliations to be anything but Muslim in some countries is tantamount to a self imposed death sentence. The basis for such polarity is strictly rivalry for territory, followers, and the subsequent control of wealth. To dissuade loyal followers from veering from their path, alternate religions or the countries predominantly influenced by these religions are dressed as evil gluttons, liars, and most certainly not to be trusted. Thus the followers cannot verify the truth of these warnings, as distance must be maintained.

An old ploy, still much in use today.

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## *ZetaTalk: Racial Hatred*

*Note: written by Jul 15, 1995*

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Many agendas are ascribed to racial hatred when the cause is something different. Why do people war with each other? For territory, resources, sexual prize, booty, slaves, a sense of conquest, a sense of power, greed, hunger, fear of the other, ignorance - there are many reasons. When warring occurs between people of different races, everything is ascribed to racial hatred. Take note of what happens when there is scarcely any difference between groups. Warring still occurs, but now it is ascribed to bad chemistry, a long standing feud, or a disagreement over boundaries.

Is this to say that there is no racial hatred? Certainly not. Racial hatred has the same base that hatred in general has, so here again we will point to the generic base. Empathy counters hatred, and empathy is strongest where the entities find themselves in similar circumstances. People of similar backgrounds, same sex, same upbringing by parents of similar personalities, same life situation, same religion, same schooling and exposure to the same media - these people will sympathize with each other and forgive each other trespass, temper flares, theft, and rivalry. People with dissimilar backgrounds will react entirely differently, flaring into arrest and lawsuits over a trivial affront, because the other is received with suspicion and a lack of understanding.

Therefore, see racial hatred in the same light as other hatreds - as one more factor posing a challenge to entities developing toward the Service-to-Others orientation. Empathy seeks to transcend differences, finding the common ground.

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## ***ZetaTalk: United Nations***

*Note: written by Jul 15, 1995*

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We, the Zetas, feel the United Nations is the best hope for the world to experience a firm and reliable governance during the tumultuous times ahead. The United Nations we speak of is not the United Nations you see today, it is the United Nations that may be if it grows to meet our hopes. Without such a body the world will crumble into fiefdoms and the sharing of technology and skills, so needed during the dark and fearsome times ahead, will take place little if at all. The United Nations represents a body that is supranational, and as such can approach any of the world's governments not as a threat but as a friend. Guards are let down and eyes are turned toward the horizon for the long range view. It is our sincere hope that the recent surge in strength and prestige given to the United Nations will continue unabated and increase steadily.

Many see the United Nations as interfering, and many see too little interference. Several factors are at play here. Those who long for the world of the future, where all consider the needs of the other and artificial barriers such as country or race or religions are ignored, wish for the United Nations to grow in influence and breadth. But those who would exert supreme control over peoples and lands under their dominion see the United Nations as a threat to their powers. These opposing forces play off against each other, with various rouses as excuses. Money given to the United Nations is squandered or unfairly spent. Tasks undertaken are not equally shouldered. Whatever. Support may be promised and then suddenly withdrawn, or crucial votes withheld for trivial reasons. All these are ploys to weaken what individual power mongers consider a threat. Consequently the actions of the United Nations should be viewed not from their actions alone, but by the many countervailing actions designed to weaken and destroy the United Nations.

Those who would see the United Nations reach its potential should support it regardless of any individual actions taken. This is a body pulled in many directions, and those who would see it pulled in the right directions should not *stop* pulling.

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## *ZetaTalk: Capitalism*

*Note: written by Jul 15, 1995*

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Regarding capitalism, with its arguments that the whole benefits from the avarice and greed of the few. Proponents point to the United States or other western civilizations as proof of the theory. Where in truth there are the wealthy, as there always are in every civilization, nevertheless poverty still reigns for the masses. Is your United States any different, in truth? How many citizens are starving on the streets, in increasing numbers? How many tiny school children sit with hollow eyes because their bellies are cramping in an insistent demand for the breakfast they never seem to get? How many families try to make moldy, bug ridden quarters cheerful, with not much more than a plucked dandelion or two. Children playing in the mud because this is their only toy. This is Capitalism's outcome. In point of fact, these statistics would be a thousand times worse if Capitalism were allowed to run full course. It is held in check by your laws.

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## *ZetaTalk: Scientific Theories*

*Note: written on Feb 15, 1996*

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Humans like to believe that they do not give credence to any theory that cannot be verified in the labs or in some other manner. This is just not true. Children are taught that evolution developed man, but what is called the missing link has never been discovered. Astronomers work on the premise that a Big Bang started things going, but most certainly have never viewed this or reproduced this in their labs. The wonders of electricity are extensively utilized in human society, as are the wonders of magnetism, radio waves, and light, but the theories guiding these wonders are plastic and forever under adjustment by humans. Humans in fact use their theories as guidelines, during their search for a more perfect explanation. A pleasant pastime, both in publications and when meeting each other socially or at conventions, is to debate scientific theories.

Where do humans go wrong, in their search? Where are they on target and where off? How can they better direct their energies? A key fault in the debates that humans conduct is allowing the debate to address a limited scope. This is done many times to allow any discussion at all to progress, but when pertinent aspects of the subject under discussion are excluded, then the results will invariably be twisted in some manner. Human scientists are so used to limitation being the rule that they become furious when the scope is broadened. Since humans, intellectually, are not really capable of dealing with many factors at once, it is best to admit where human explanations falter. In this way, at least, one is not led astray or time spent arguing absurdities.

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## *ZetaTalk: Human Infallibility*

*Note: written on Jan 15, 2002*

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In any discussion about human science there is *more* than discussion about facts, assumptions, and theories. There is also posturing and the need for comfort. Postulating a theory becomes, too often, a matter of ownership and pride. The theory thereafter cannot be wrong, or the owner is somehow discredited and falls in stature. Then there is the structure built *around* a theory - published books, lectures and curriculums, clubs meeting regularly and discussing the matter. All this is like a web, holding the theory *up*, and any attempt to change the theory brings howls of distress from the web which must likewise change. Thus, in human society, one has the Catholic Church apologizing only recently for dismembering and burning alive those who pronounced the Earth round, not flat, and the Flat Earth Society still in existence today.

How are the sciences, in human society, treated any differently today? Einstein's works, when first presented, were not only pronounced wrong, but were shouted down. They were treated by those whose posture required the existing theories to continue as a *threat*, which Einstein's work was. The worst garbage could be calmly discussed, but Einstein's lectures were disrupted by shouting sessions and physical assaults. This was, one was to assume, because Einstein was wrong, but in fact the heat of the debate was the opposite, because he was, compared to the existing theories of the day, *correct*. But Newton is still taught in the schools, to the young, along with Einstein's theories, and when they contradict the students are expected not to notice. This is because the professors require a posture of being all-knowing and infallible, and any student implying otherwise suffers at their hand.

Then there is the comfort factor, the need to feel that sudden calamity will not descend, as the facts are *known* and thus the future somewhat predictable. Lightning strikes, and strokes fell strong and stout humans like a lightning bolt, but the factors surrounding lightning and strokes can be analyzed and thus the likelihood of occurrence somewhat predictable. How, beyond the comfort of sameness that a posturing professor or scientist requires, are current scientific theories tied to the human comfort factor? If the theories on how lightning is produced were to *change*, then this implies that those smug in their assumptions about the likelihood of a strike might be *wrong*, and thus vulnerable. If the theories on the cause of stroke were to *change*, then this likewise implies that those smug in their assumption that they are immune might be *wrong*. Thus, discomfort with change causes resistance to change, and theories often develop solidity for no other reason than this.

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## *ZetaTalk: Independent Thinking*

*Note: written on Jan 15, 1997*

Students who think for themselves are on the right track, when they grope into areas that are not discussed or presented in school as they sense that they are only being given part of the picture, when they reject rigid explanations they have been given of how things work, or explanations that were based on only part of the puzzle and not the whole. This can never be wrong, but they are treated otherwise. The student is expected to accept the rigid explanation and toss away any new pieces of the puzzle they discover because it upsets the rigid explanation. Thus the anger of professors when they are asked questions that seem to counter or contradict the going theory. In truth, more bright students, the thinking type, leave school than stay in, and those that stay in are in pain.

Where most humans like to think of themselves as intelligent creatures, and even the only such creature so gifted in God's creation, they are more often willing to accept the conclusions of others than to think for themselves. This is because emotionally *they are children*. Look to the discussion on why the planets continue to revolve as an example. It's Newton's law. Once motion starts it continues unless stopped. When there is obvious contradiction to this so-called law, which in fact is not law but only describes behavior, the children are discombobulated. It is not that Newton *cannot* be challenged, it's that the children cannot think for themselves.

Look about you, at how small children deal with the complexities of life. They ask their parents to explain, and whatever reason is given out becomes the answer, is repeated to other children, and is angrily defended. The child *needs* the parent there to explain matters, and the emotional overtone of desperation overrides any capacity for logical thought the child may possess. Having been raised to the level of gods, the parents can do no wrong, until adolescence arrives and new gods are clung to with the same desperation - gang leaders, movie stars, athletes. Most adult humans, grownup on the outside only, are still children on the inside, clinging to whomever acts like a self-proclaimed god by either claiming to take care of the adult child or claiming to have the answers.

Scientific principles, once stated by such a god, are not allowed to be challenged unless this is done by *another* god. No matter how illogical the scientific principle becomes, the precepts of the religion are repeated mindlessly, and any challenge to this devotion meets hostility. How dare you challenge the god's laws! This tendency to behave as a mindless child is most dramatized in scientific communities, where logic and the ability to think matters through is assumed. In stark contrast to what humans expect from their scientists, the adult child prates the laws of their gods and refuses to put obvious contradictions alongside of these laws. They look the other way. They throw insults. They walk off in a huff. Anything but be forced to grow up and think for themselves!

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## ZetaTalk: Context

*Note: written during the May 25, 2002 Live ZetaTalk IRC Session*

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*When the giant comet positions itself exactly between the Earth and its Sun, things change. The Earth then has its greatest advocate for its previous alignment, the Sun and its magnetic alignment, negated. The Earth hears only the magnetic voice of the giant comet, so to speak, which stands between the Earth and its former magnetic commander, the Sun.*

**ZetaTalk:** [Pole Shift](#)

*When approaching the point of passage, the shift suddenly happens, and this is before the point when ... Planet X is actually between the Earth and Sun. After the passage, Planet X exits as quickly as it approach.*

**ZetaTalk:** [Stop Rotation](#) (May 18, 2002 Addition)

The sticking point is the use of the word *exactly* in the Pole Shift write-up, in 1995, when more detail given that same year explains the angle and position and distance such that *exactly* between the Earth and Sun do not seem appropriate. The one write-up was an overview, focusing on what occurs *on earth* during the shift, and why it happens (magnetic alignment) and the others were focusing on positions between the planets and Sun. If one goes to the store, for groceries, and Mother says "Father will be right back, he went shopping", and then Father does not come back for an hour as he also gassed up the car and chatted with a neighbor, does this make Mother a liar? Her point was, he will be *back, soon*, and she felt no need to explain all possible diversions he might make. If Mother is approached by a cop, explaining that her husband is in danger of being shot as a kook with a gun has issued a death threat, her answer would *not* be in that context. She would then state that he went shopping and give the address of the grocery. She would also list all possible side trips or activities he might make. She would provide addresses, phone numbers, details on what he was wearing, the license plate number, and color of car. Is there a difference in the *context*, the *focus*, in these two settings? Yes!

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## ZetaTalk: Event Timing

*Note: written during the May 25, 2002 Live ZetaTalk IRC Session*

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*On a live radio show with New York this past year, there were questions about the missing Congressmans girlfriend, the one who was going to return to California but went missing. The Zetas said she was amnesiac, not dead, and was in Mexico, and would likely not ever be found. Of course I hold my breath, with the intensity of this investigation, looking for her body, but this has not been found.*

TT-Watch, Dec 12, 2001

*The park is not far from where Levy lived, and she was known to jog there. Last summer, police conducted an extensive search of the park without finding Levy. The park cuts through some of the city's more upscale neighborhoods and includes jogging and bicycle paths. Police said Levy had looked at a Web site that included information about the Klinge Mansion, an 1823 farmhouse now used as park offices, the day she disappeared. Ramsey said it is too soon to know if Levy's body was there at the time, nor do investigators yet know whether she died at the scene or was killed elsewhere and placed in the park.*

[CNN](#), May 22, 2002

*The body was not buried. It looks like it was lying on the floor of the forest there, and it was covered with what would accumulate over a year. ... And the fact is the D.C. police did search it, as you know, with 50 police recruits over a period of days, then went back, searched again, went back, searched again. Can you be a lot more specific about how you didn't find this body and a dog walker did? We actually spent some three weeks up there with recruits. ... But given the information we had from her computer, that was a natural place to look and we spent quite a bit of time. What we did was go to different groves and parking areas and paths, drawn concentric circles out of there and had our troops fan out from there to try to find it.*

[CNN](#), May 24, 2002

The missing person episode of the year, perhaps of the decade, was the Chandra Levy case. On major media, night after night, in the scandal rags, on Oprah, and with a web site devoted to the search, active for the entire time she was missing until her body was found. This hit the international news also, as CNN and FOX and other media giants go global. Did they not use dogs during the concentric circles they drew from her likely path outward, through the park? Was the body not *above ground*, where rotting would attract dogs and wildlife, if not call the body to the attention of passing joggers by the *rot*? Could the body not be seen after the leaves fell from the trees, by a small plane passing overhead, given the clothing supposedly nearby? Bodies left above ground are torn apart and carried about by dogs or cats or other carnivores that live in city parks quite comfortably. Coyotes, for instance, are urban residents. An arm, a leg, a shoulder bone, found at a distance from the body. But *none* of this was the case, the skeletal remains intact! Thus, one could conclude that:

1. the body did not *rot* there,
2. the body was *moved* there.

Who moved the body, and why? Given the media exposure, and the sensitivity of the Congressman who clearly wished to return to Congress and be re-elected, this was an open invitation for blackmail and delivery. A blackmail attempt was made, denied, and delivery done to embarrass the Congressman. Was she murdered to fulfill this threat? Yes, and well in advance of the finding of the bones. Look to the viciousness of the Mexican drug cartels, for the methods they would use. Chandra was identifiable, her face everywhere in the papers and on the web. The Congressman was likewise identifiable, his district and Washington DC address in the media constantly. Thus, this contradiction is *not* a contradiction, in that the statements given in the summer of 2001 were correct, but the situation

in the hands of man, subject to change, which it did. She was found on the streets in Mexico, dazed and confused, and thus taken and used for blackmail. It was not deemed that contacting her parents would work, in that they feared a live body being able to identify those demanding money. Thus she was quickly killed, and put out to rot in the sun.

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# ZetaTalk: Categorization

*Note: written during the May 25, 2002 Live ZetaTalk IRC Session*

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*The Earth, at close to 5 billion people, is approximately 25% Service-to-Other orientation, 7% Service-to-Self orientation, and 68% undecided.*

**ZetaTalk:** [Photon Belt](#)

*Reincarnation will not be affected by the pole shift any more than normal life cycles. Humans died young in the past. In the days of the cave man life was far shorter, so this is common to your species. There will be much death, and this has horrified many people, but at the present time the majority of humans on Earth, in fact four-fifths or more, do not have reincarnated souls but can spark new souls. This has happened because of the population explosion.*

**ZetaTalk:** [Harvest](#)

Why did we state, in the Photon Belt writeup, that there were close to 5 billion people, when the figure is closer to 6 billion? The billion excluded is those human bodies incarnated by *other* than terran born souls, in other words, Star Children. And who were we addressing when we stated the percentages of Service-to-Other, Service-to-Self, and Undecided? Clearly not human bodies who were only a *potential* for a soul, not having sparked yet. Could these humans be Service-to-Other, a non-existent soul having made this decision? Could they be undecided, if they were not yet aware of themselves to the extent of realizing there was a choice? The percentages, reaching 100% in total, were addressing those approximate 1 billion humans incarnated with terran born souls, sparked in past lifetimes. Thus, the percentages, how the Earth's human population breaks down, is:

1 billion or so incarnated by terran born souls, which break down into 25% Service-to-Other, 7% Service-to-Self, and 68% undecided.

1 billion or so incarnated by souls born elsewhere, assisting in the Transformation, in other words, Star Children.

4 billion fogged potentials, dazed and gap-mouthed, trying to sort out the world on their first tour.

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## ***ZetaTalk: Best Intentions***

*Note: written on Jun 15, 1996*

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Most technological research is done with the best of intentions, unless it is done frankly in the name of weaponry development. Even the atomic bomb started out in this manner, with a desire to harness the atom for mankind, for a higher standard of living.

Where research is undertaken with the best of intentions, results cannot be hidden. New technologies inevitably come under the scrutiny of the power hungry, if only through being marketed or widely used. Most often technology is patented, and thus comes under scrutiny early in the process. Money is used as the vehicle to gain control of new technology, with the establishment offering lures, rather than threats. Frank takeovers are rarely attempted, as the same results can be achieved in ways that draw less attention. Talk to the inventor who refused to allow himself to be bought, and a different picture is drawn. Competition may be structured such that the inventor finds himself without a market, with the aim that he should capitulate. The invention may be stolen and used, as those without money can scarcely object effectively in the courts.

If a new technology can be used to boost weapons, the military has means at their disposal which allow them to simply confiscate the technology. If the technology simply offers a higher standard of living, then those in the establishment, corporate giants, will use every means at their disposal to reap profits from mankind's eager adoption of the technology. This is usually masked as a joint arrangement with the inventor, but should one scrutinize the record, most often the inventor is barely rewarded and the takeover artists become wealthy. The price for any new invention is then placed at what the market will bear, to maximize profits, so mankind in the end does not benefit as the inventor had hoped.

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## *ZetaTalk: Hippocratic Oath*

*Note: written by Jul 15, 1995*

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The medical needs of your country have been increasing, but this has been in response to the medical advances made. As you learn how to keep the human body alive, when born younger as in prematurity or aging far past the point of no return, the philosophy of the medical community has been that all life at all costs must be saved. Of course, the cost is to be born by someone else, and they are at least indirectly the recipient, so the philosophy is not without self interest. The philosophy, Hippocratic Oath, is such that this will not change overnight. Legalizing suicide and making common sense determinations on when to pull the plug on a comatose geriatric case and when to go to heroic efforts to save a tiny premature baby who will in all likelihood be brain damaged will not be forthcoming anytime soon. The conflict will continue.

The medical community will be caught, in our opinion, between opposing forces over the next decade. On the one hand the trend we just described will continue, as medical advances are going to keep coming. On the other hand are the tight budgets experienced on many levels. The tax payer finds himself increasingly out of a job and finding employment only on the basis that he provide himself with benefits, which usually equates to no medical benefits. The federal and state governments toss the issue of who is responsible back and forth, all the while letting the big boys who run the corporations off the hook. Socialized medicine will eventually arrive in the US, and common sense will eventually prevail not as a changed philosophy but as procedures where delays are such that patients held from death by a thread will die before treatment arrives.

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## *ZetaTalk: Career Choices*

*Note: written on Jun 15, 1996*

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Lifelong endeavors, contrary to the usual assumption, are *not* typically career choices. Humankind, struggling to survive in most places, is forced into activities by either their physical location, their sex, or their native abilities. Primitive groups hunting and gathering left the females out of the hunting party so as not to distract the males. Physical strength in farming communities presses the young men into service, using their bodies, not their minds. Young women likely to become pregnant are pressed into activities that pregnant women can handle, in anticipation of their future state. Leadership falls to tall, large men almost invariably, as tradition has established them as the winners in physical contests, precursors to the verbal politics of today. Thus, most humans do not *choose* their occupations, they make the best of what they are presented with.

However, where a leisure class has developed or industrialization has provided food without the constant necessity to farm, choice is possible. Choice usually runs into tradition, with tradition winning, and this is much played out in the media. Given that an individual is indeed free to make a choice, is not required to take the best paying possibility in order to support dependents or is not threatened with loss of family or community support if they make an independent choice, then another drama ensues. Depending on their orientation, Service-to-Self or Service-to-Other, they will choose in the following manner.

- If leaning toward Service-to-Self, the individual will seek a position that gives them power and control over others. This may be disguised as serving others, as for instance joining the religious elite may be disguised as saving souls, but in fact is an opportunity to dominate others while intruding into their personal lives, a power trip. They will seek positions of power where few can resist, such as teaching the young in a military school, or acting as warden over a prison colony. Power and the desire to control others will take precedence over wealth and comfort, but this is the second priority.
- If leaning toward Service-to-Others, the individual will ponder what the needs of those around them are, and how their talents might best serve. Since those in the Service-to-Others are not without self interest, the occupational choice will undoubtedly include those activities that the individual enjoys. This is not a conflict of interest but a merging of interests, a win-win situation. Where there is a conflict, due to strong need in the community, the budding Service-to-Others individual will sacrifice his comfort and enjoyment, becoming the one to repair the sewer mains to prevent infection in the community if no one else is filling this need, for instance. Meeting the needs of the community takes precedence, where a choice is to be made.
- If of a mixed orientation, undecided, the spiritually immature individual will tend to focus on comforts and status, seeking lucrative occupations with lots of leisure time and where one can be on center stage getting applause. If the choice happens to give the individual control over others, they scarcely notice except that this may allows them to foist work onto others and increase their leisure time. If the choice happens to allow the individual to help the community, they are happy to take bows and applause, and may even seek such activity for this reason alone. However, the priority is to enjoy life and avoid discomfort.

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# *ZetaTalk: Status Symbols*

*Note: written on Oct 15, 1995*

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Human society, as most 3rd Density societies, is rift with status symbols - big cars, big houses, titles after the name, designer clothing, the right neighborhood, membership in elite groups, and name recognition. For many, the status symbol looms more important than any underlying meaning, because the status symbol represents *power*.

- Those with money have more power than those without, almost invariably, as money can buy cooperation. Thus, most status symbols denote money. Where it is difficult to put on the facade of big money without the actual prop, those masquerading as well-to-do manage to do so surprisingly well on occasion by dressing well, acting arrogant, and getting others to foot the bill. This is usually a short run affair, with the perpetrator remaining on as a pet of the wealthy only happening in the movies. The perpetrator is almost without exception resented for crashing the gates and prosecuted.
- Those with membership in elite, exclusive groups have more power than those without, as the membership cooperates with each other, doing favors, and thus each member has a larger reach. Thus, those with such memberships almost invariably advertise them in any introduction or brief biography they provide. Rarely are those without actual memberships able to assume this facade. This is not due to any difficulty in making up counterfeit certificates or cards, but due to the clubby way members communicate with each other. Phone calls on a first name basis, and introductions from someone known before a stranger is allowed into the midst. This ploy, claiming membership one does not possess, is not tried often as it is invariably counterproductive.
- Those with name recognition have more power than those without, as others are afraid of offending them for fear of the incident becoming widely known. Thus hotel accommodations or fast and often free service is provided as everyone suspects the cameras may be running in some manner. Scams where the power hungry assume the name of someone well known are usually short running, though all humans can have look-alikes and some of the famous have many. A certain dress, a little make-up, practice the voice and posture, and voile, one can walk about and pick up the perks at a party or convention. The counterfeit personage, emboldened by success, tends to use this routine more and more often and linger, thus eventually getting caught and dealing with a lot of disgust and venom thrown their way, outweighing any benefits gained.
- However, the easiest status symbol to attain, and the one most often used by the power hungry, is a title after the name. Doctor, Judge, CPA, Representative, Director, Manager, Esquire, President, Captain, General - how often are the titles verified as genuine? Almost never, unless the personage is applying for a job and even then this type of checking is seldom done if the personage has the proper demeanor. Thus, the power hungry can assume a title and get away with it in the main, winning deference and rapt attention at a minimum, entry where the doors were formerly locked, an audience where the message was formerly dismissed, and as any good salesman knows, getting the foot in the door is half the battle! They are home.

Thus, when one finds status symbols in the form of titles after a stranger's name, particularly nebulous titles, one should not instantly assume they are dealing with a person who has *earned* the title, or any title for that matter.

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## ***ZetaTalk: Get Rich Quick***

*Note: written on Jun 15, 1996*

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Money may not buy love but it certainly covers a lot of fronts - good nutrition, housing, the ability to travel, hand servants, sexual gratification, life in a good climate, and a good view from the top of a hill. More significantly, money is a way *out* - out of having to work, having to do chores that hirelings can do, out of having to be polite to employers and bankers, and the possibility of a way out of any troubles with a quick cash settlement. Money can also allow the vision to be attained, and make the difference between embarking on a visionary path or languishing. It is not surprising, then, that get-rich- quick schemes are popular and make a lot of money for their promoters, who are themselves trying to get rich.

In dealing with these assertions, that the secret is this or that, one should bear in mind that if it were *all that easy*, then everyone would be rich. Is this a closely held secret when it is for sale? Is anything being revealed that is special knowledge? These schemes generally include a lot of self confidence builders, which in and of themselves are calculated to make a difference in the lives of those who buy the packaged scheme. The shy man who stood by while others took credit for his ideas becomes assertive and now gets credit, and attributes his improved standard of living to the get-rich-quick scheme. The steady saver, who clings to solid and sure bonds and savings accounts, takes more risky investments and, until they lose big as well as win big, thinks their life transformed.

To the extent that the packaged scheme gives solid advice and encourages the shy and constrained to live life more fully, these schemes do no harm. Where they take money from those who are poverty stricken on false promises, they are only making the promoters rich.

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## *ZetaTalk: Politics*

*Note: written by Jul 15, 1995*

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Those who go into politics, like those who go into upper management, want to be able to wheel and deal, to be able to have cards that they can play, and are anxious to come out on the top of the pile. They are not concerned, no matter what they say, about the average citizen because the average citizen cannot give them backing. This has always been the case throughout human history, and is a heavy factor in all 3rd Density cultures. Politics is a way of disguising the lust for power over others. When one says politics, they hope this lust will not be noticed, and some other motive, such as the general welfare or leadership in troubled times, will be assumed. Few are so misled. Nevertheless, politicians are not deflated when exposed, nor put off by the frank disgust of those they purport to serve. Those who wish to be on top will use sales techniques, bribery, a loud mouth, wheeling and dealing and making partnerships or whatever it takes.

Early leadership goes to those of a massive or powerful build. There is no mystique here, as the caveman image of a massive giant with a club says all. In a confrontation between tribes, the giants with their clubs rumbled forward, and whomever survived the bludgeoning wins. Not much has changed. Politicians in the main are men, large and ruthless, who show an early propensity to destroy their opponents without conscience. There are, of course, exceptions, but these are few and far apart. When it suited the strong tribal leaders to group, then qualities other than brute strength counted. Nevertheless, the motive was for the self - the leaders of the tribe seeing the tribe as an extension of the self. Now the ability to negotiate gained in importance, to trade off something of little value for another thing sought. But have the motives changed? Not at all. So politics is basically a way of having tribal wars and conflicts over resources in a polite, bloodless way.

Politics steps in when bloody battles would be counterproductive, but politics is discarded when frank war will win the prize more readily. One should not be fooled simply because the claws of the politicians are retracted. They are still there, and the hunger is still there. This will be the case on Earth, during the Transformation, as long as 3rd Density cultures remain on Earth. Depending upon what part of the Earth one lives in, who the neighbors are, there may be a rapid transition during the Transformation to a different type of politics. The Council of Worlds is elected by *true* elections, not by an electorate arrangement which is a percolating-up method that can be controlled, not by a method whereby only those the power structure has already chosen are presented to you as candidates, but by a true election such that the type of individual that all desire to see as candidates and all admire are in administrative positions. Our administration goes smoothly because they are highly respected, often directly elected by the individuals that they are governing.

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## *ZetaTalk: Taking Responsibility*

*Note: written by Jul 15, 1995*

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Many times those who would take a responsible position in life have mixed feelings. Should they step to the helm, be the one on call, make promises - and then find they lack the leadership or are at a loss for ideas or cannot deliver? At what point is it safe to offer? Many hesitate, fearing failure not only for themselves but for those who would be the brunt of their failure - those whom promises were made to. On the other hand some promise blithely, with never a thought that they may be required to deliver, enjoying the appreciation they receive in advance. And then there is the other side of the equation, the recipient, who may trust blindly or be guarded, may find themselves delighted at the results or waiting forever for any results.

Think of the child, whose father has turned his back without any thought of how the child and its mother will survive. These men are often the most free with slavish promises stated boldfaced to the women they charm. In many cases they may even believe their own words and be horrified at their behavior, living afterwards with a deep sense of dismay and shame.

Whichever side of the equation one finds themselves on, how to know when to step up to the plate and how to know when to trust. This is one of the major lessons of 4th Density in the Service-to-Others orientation. Entities find themselves on both sides of the equation, disappointed, dazed, confused, and trying not to blame the other for the mess. Endless discussions sometimes ensue over what went wrong and who should shoulder blame. In the Service-to-Others orientation, more often than not, both sides of the equation want to *take* the blame, and this becomes just another issue - who will be allowed to take responsibility for what went wrong.

This lesson, on taking responsibility, is not one we can address with a few words, as it is complex enough to differ for every situation. However, some guidelines are obvious. When shouldering responsibility the entity should assess their ability to meet all contingencies. If, for instance, they sense that in the main they are equal to the task, then they should move forward but communicate the points where they feel help from others will be required. If passion to become involved is strong, but skills or knowledge lacking, the entity may enlist a cohort to team up, thus gaining the skills to match the passions. If confident and experienced, but suddenly finding themselves in a pinch, the entity who has taken responsibility for a situation should communicate clearly and unmistakably their need for help.

In all cases, the answer is communication and helping hands.

Take the situation of the charming father to be, who has started something which later comes to terrify him. He runs, or feigns indifference to the child, because he is at a loss at how to proceed. Imagine this situation, all too common in human society, with open communication and helping hands. The father feels free to state that his heart is full of pride and eager love but he doesn't know how to pick the baby up without breaking it. He may resent the need to spend precious cash on endless crises and fear the trend will only acerbate. Will his life not matter anymore? How different matters might be if he could openly discuss his fears and accept help from others, rather than letting his fears build

until they propel him from the woman and child.

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## *ZetaTalk: Commitments*

*Note: written on Mar 15, 1996*

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For the human animal, the question of commitment has a long history, as mammals by their nature commit to mates, offspring, kin and kindred. But being by nature emotionally complex and having been granted increased intelligence makes for painful dilemmas. Where an ape makes the call based almost entirely on emotions, essentially driven by their hormones, the naked ape weighs in with possibilities. Feeling protective of a woman he is bedding, a man does not simply accept this as a concomitant of sexual desire, he starts to worry about how to put the kids they may have through college. Sharing vegetables from their garden, neighbors may not accept this as simple bonding but begin to worry about future intrusions. Might the neighbor show up for dinner one day, uninvited, or perhaps park himself on the doorstep and demand to be taken in? The ape shares food without these worries, as a simple life without possessions doesn't complicate the picture.

At the base of a fear of involvement is the inability to say no. If every contact melts all the borders then conquest cannot be resisted. It's all or nothing. Those who fear involvement are either fearful of losing this fight to retain their individuality, or *desire* this consumption and would start on a slide with no stop. The desire to be possessed, to lose oneself in another, is a form of hero worship but also a sign that the individual thinks little of himself and wishes to augment the package he represents. In either case, a stronger self image is the answer, as when reaching across borders, one must have a country to extend a hand from.

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# *ZetaTalk: Scapegoats*

*Note: written by Jul 15, 1995*

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Hatred and scapegoating are rift throughout humanity, and in truth, throughout all intelligent species everywhere. Why is it that emotions can ramp up and focus, like a laser light, at innocents? What could cause men to deliberately harm innocent children? Although others can see that the cause is not just, and the victims not guilty, the perpetrators are sternly convinced they are doing the right thing. What is going on here, and what is going wrong!

In society many emotions must be hidden, and in many families this is learned young. The babe senses that certain postures get applause, and other postures illicit rage. Does this eliminate the emotion? It does not. These emotions simply go underground, where they cause many problems as they are not recognized for what they are. What are these emotions, and why are they unwelcome. In families, cohesive emotions are applauded, and discord is punished. As the father, or father figure in most cases, is most powerful and dominant, this is the fulcrum where discord is determined. In short, if the dominant father figure makes a statement or a determination, any challenge to this is deemed discord and is punished. The frustration this genders, particularly in young boys, is buried, but like fires in the underbrush, the sparks and coals glow with life, waiting to spring up at a later point.

By what logic does a young man, now grown, turn with savagery against innocents simply because decisions in their youth were arbitrary? This is not a decision made in the heart, as those who scapegoat and form the core of hate groups are not in touch with their feelings toward others. They are in the process of learning how to suppress feelings toward others, and moving in the direction, if not already arrived, of the Service-to-Self orientation. What then is the motive? It is to relieve rage, which cannot be directed toward the actual source, perhaps long dead or at least buried in the subconscious, but in any direction that results in an emotional catharsis. The scapegoat, screaming and bloody or perhaps pleading for mercy and life, is viewed, at least subconsciously, as the father figure or whomever was dominant and arbitrary in the past. As the true cause of the rage is in fact not addressed, this catharsis is short lived and yet another scapegoat is sought.

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## *ZetaTalk: Holocaust Denial*

*Note: written on May 15, 1997*

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The many scenes of the holocaust are vivid and compelling, and continue to appear afresh in print, the horror undiminished over time. The holocaust horrors are likewise well documented, as where millions of neighbors are dragged off there are likewise millions of neighbors left behind to remember the circumstances. And where numerous gas chambers and concentration camps have train loads of hollow eyed and stick starved Jews moving toward the gas chambers and only the smoky smell of death and piles of gold fillings jerked from the teeth of the dead emerging from the camps, there can scarcely be any doubt as to the activity going on. However, the fact that the holocaust is vivid and well documented is one of the reasons *for* a holocaust denial.

In short, the more horrible the event, the more guilt one bears toward this or similar situations, the more likely denial will be used to deal with the discomfort the event engenders. Denial of horrific events is so common as to be almost an everyday event in human lives. The ease with which the conscious mind of humans can sever memories so the mental pathways are not traveled readily adds to this, as it is a ready route to be taken by those who want to forget or put an alternate story into place. Those responsible for an accident begin to think that the victim himself caused it, thus relieving themselves of responsibility. Those responsible for a crime likewise excuse themselves by blaming the victim.

This tendency is one reason the most heinous crimes, such as the mass rape of a young girl, can be turned around to be her responsibility. She was flirtatious, and brought it all down upon herself. By this all men who turned an eye toward a vulnerable girl and pondered having her in a helpless state are relieved of responsibility for the acts that such thoughts might engender. They tell themselves that *they* are not the perpetrators, even in their thoughts, as the victim was guilty. Likewise the holocaust is often explained away as something the Jews brought down upon themselves, due to being financially and professionally successful. Then engendered jealousy, so they had it coming to them! If this does not fly as an excuse, then the holocaust never happened. Those wishing to deny that thoughts *can* turn into action, and that they share the thoughts that the perpetrators held, will even cling to the absurd rather than discomfit themselves.

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## *ZetaTalk: Forgiving*

*Note: written on Sep 15, 1995*

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Forgiving someone who has injured one involves two parties - the injured and the perpetrator.

Circumstances may be such that the injury was an accident and the perpetrator horrified and asking what they can do to make amends. In this case the path to forgiveness is already paved with possibilities, and the injured has but to specify what is required to make amends and the two parties will begin to heal each other. Circumstances may be such that the injury was an accident but the perpetrator in denial. Nothing has happened, and even if it did it wasn't their fault. In this case forgiving the injury must take place on separate paths, with the injured coming to terms with the accident as just that - an accident. The perpetrator has already forgiven himself, as he wasn't there and there is nothing to forgive. Circumstances may also be such that the injury was deliberate, but was a result of a disagreement, a fight, and fault lies all around. One was pushed beyond his limits and lashed out. One was steadily tortured until a dark mood overtook him. In these cases forgiveness usually progresses rapidly, as both parties are clearly cognizant of the underlying currents and the shared responsibility for what has happened. Tears, hugs, and a resolve to be more careful in the future.

Forgiveness is most difficult where the injury is deliberate and no fault lies in the one injured - a true victim, an innocent. And thus the perpetrator has savaged the injured for sport, for a power trip, or to simply gratify themselves at the expense of another. In these cases forgiveness is inappropriate, and is not the issue. In these cases the injured should be concentrating not on forgiveness, but on defense, and after ending the assaults on changing the circumstances that allowed the injury in the first place. Does your criminal justice system forgive the sadistic murderer and say to the victim - the problem is yours as you have not learned to forgive?

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## *ZetaTalk: Multiple Personality*

*Note: written on Jul 15, 1996*

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The human mind has the capacity to deliberately forget, allowing the amnesia state to wash away bridges between chemical memory lanes. This is but a step away from compartmentalizing memories into packages the human feels capable of dealing with at one time.

Brain chemistry and brain structure wise, the process is the same. The average human can point to instances in himself or others where selective forgetting occurred. One just forgets that embarrassing moment or that appointment to go to the dentist. In amnesia the chemistry in the brain shuts down to the extent that the conscious brain is not recording new memories or playing back old memories. It's off-line, rather than on-line, as they say in the computer business. Individuals recovering from coma move in and out of this state when first awakening. Selective amnesia attacks just those bridges that lead to painful memories, washing these away. Here the conscious brain chemistry is not affected as a whole but is altered at the site due to the strong emotions engendered. The chemical process, however, is the *same* for selective amnesia, total amnesia, or multiple personality disorders.

Its not uncommon for humans to have what they call different sides, or to have what is called a Dr. Jekyll and Mr. Hyde personality. This is the *same* mental technique that those suffering from multiple personality disorder employ. Situations and the responses to those situations that are by their nature *incompatible* are compartmentalized. Take anger, for instance, a common facet of the personality to be suppressed. The little boy who is punished for expressing anger represses this, but the boiling rage he feels at times expresses itself when he is out with the other boys, in pranks. He may package other aspects of his personality into this persona too, so that he is not only reserving anger for these times, but being messy and slouching rather than standing straight, too. Rebellion time, a common situation in adolescence.

Individuals who develop multiple personality disorders are raised in harsh and hostile social environments where conflicts and duality are rampant. Children who observe hypocrisy in the adults around them soon pick up this duality, but most often it is a conscious duality. One compliments someone to their face, but behind that individual's back denigrates them, being two-faced as you say. In multiple personality disorder the need to be two-faced is extreme, and is not just a nicety but a lifesaving tactic. If mother cannot abide discussing sex much less observing any expression of sexual heat, but father is molesting the children regularly barely outside of the mother's view, then extreme duality is present. Perhaps things get broken at those times, in the tussle, but where mother ordinarily demands immaculate neatness she has a remarkable tolerance for broken lamps and tossed pillows after a molestation episode - more duality. The child trying to cope in this situation may thus package their messy persona in with their sexual persona.

In response to the duality their childhood presents, the human developing a multiple personality will compartmentalize the various aspects of their personality. Anger, the sex drive, curiosity, aggression, greed, sloth, artistic expression, fear, compassion - those aspects of the persona that are compatible are packaged together, as they are let out to be free at the same time. For multiple personality disorder to develop, harsh duality is not only present in early life but is the situation throughout childhood and frequently into early adulthood. The compartmentalization encompasses their whole early life, and forms the base for the later years. Thus cut into pieces, the sufferer finds they cannot cope with ordinary life. The socially proper persona may be on-line while the individual is standing in the checkout line when someone nearby drops a jar, shattering the jar and splashing tomato sauce everywhere. The proper persona goes off-line, in distress, and when the messy persona takes over those at the grocery store find themselves standing next to an entirely different person!

Invariably, in multiple personality disorders, the individual is not able to cope. This permeates their life, evident in social situations and employment alike. Ordinary living requires the many sides of an individual to be present at the

same time. A business meeting requires one to be calm and orderly to absorb the subject matter, but also to be aggressive when presenting one's opinion, fearful of being rejected, and angry when rejection occurs. An individual who has rigidly packaged their persona may find at least three different persona called out during such a meeting, ineffectively handling this social situation and startling their co-workers. Thus, they get fired, become reclusive, and often remain in the home where their personalities were warped in the first place - the victim yet again.

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## *ZetaTalk: Dowsing*

*Note: written on Apr 15, 1997*

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The practice of dowsing, using divining rods to locate water, is so common as to not be doubted, but no one, including the practitioner, understands how they work. Some humans can douse, but most cannot, so its recognized to be a talent or ability within the practitioner. Dowsing works best when the dowser is allowed to walk about out in the fields and forest by him or herself, uninterrupted. When crowds follow about, they are less likely to find water, and many dowsers come unannounced at odd hours to assure themselves the privacy they require. Dowsers are called upon when all else fails. Well after well has been dug, following the geologists recommendations on the lay of the land, location of local springs, emergence of underground streams or rivers, stratification of rock layers, and success of other wells in the area. In despair, the dowser is brought in, and against all odds and against all reason they point to an unlikely place and chances are that a well placed there will be productive. What is going on during dowsing, and how does this work?

An oft quoted phrase is that man is 98% water, as is all plant and animal life. Water carries electric current, if fact so effectively that lightning will race through water as well as metal wires on its way to the ground. The human body senses electrical charges in the vicinity, as the movement of electrons in all their many forms is not isolated to where the current is running. An electric current creates an electrical field around it, just as a river of water causes humidity in the air nearby. Humans are sensitive to electric current, as the higher rate of cancer in those who live near high tension wires attests. The dowser *listens* to what his body is telling him, a very quiet voice but a voice nonetheless.

The electrical current in groundwater is stronger where the water has filled all connected air pockets that might act as insulators. This fact has been noted by geologists monitoring earthquakes, as the electrostatic bursts *increase* as the ground comes under pressure preceding an earthquake. Geologists recognize that this increase in electrostatic bursts is due to compression of the groundwater. The dowser is locating, with his sensitive body, those places where the groundwater has collected and *accumulated*, coming under pressure in that it cannot easily leave. The mystery of the divining rods is more easily understood when one understands that the divining rods are in fact the dowser's *hands*. The rods, extending from the dowser's hands, allow the dowser to note how his hands are reacting. They are a signal flag, helping the dowser note the whispering voice in his body that is saying "here, over here, there is a subtle pull toward an electrical current in the ground".

The pull is within the electrical current in the dowser's own body, which seeks to flow in sync with the electrical current in the ground.

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## *ZetaTalk: Gifted Autistics*

*Note: written on Dec 15, 1996*

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The human brain under normal circumstances displays but a small portion of its capabilities. The true range of any one capability is disguised by the need to enlist *many* capabilities at once, hundreds, in fact. Like a traffic cop handling the flow of traffic on multiple intersections, all with differing rules and timing and speeds, the normal brain activity *interrupts* any given thought process so that it barely starts before it stops. If, on the other hand, the traffic cop has but one lane to manage, there would be no interruption, and a vehicle on that road could start and not stop until at its destination. Therein lies the reason some autistics appear incredibly gifted. They have but a single traffic lane clear, from beginning to end. Those autistics who entertain more traffic, whether this is evident to those observing them or not, appear to be simply autistic.

Thus, an autistic who has never spoken or glanced at flash cards held before him or lifted a spoon or fork to feed themselves may be able to sit at the piano and play a complex piece, having only had the opportunity to observe an experienced pianist play that piece a single time. Likewise, autistics who have integrated the digital or binary or any other type of number system can compute as fast as a calculator or computer the results of equations that require thousands of steps, as long as those steps do not require more than *one* traffic lane. Complex concepts, involving multiple traffic lanes, receive the same blank, apparently uncomprehending, stare from autistics that is their normal response.

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## *ZetaTalk: Suicide Cults*

*Note: written by Jul 15, 1995*

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Jim Jones in Guyana, Aum in Japan, and David Koresh at Waco represent an aspect of human social response seldom understood by those who watch with horror as followers participate in ritual murder and suicide. What is going on here? To understand one must step back and watch the suicide cult at its beginning.

A key ingredient is the charismatic leader. The mystery of this figurehead disappears when one equates his role as the cult leader to the father figure in the ordinary household. What are the similarities, and where are there differences? Both are male, both take sexual advantage of those dependent on them, both are referred to as the ultimate decision makers, both are given legal or traditional authority which bolsters their control over those dependent on them, and both tend to be possessive of what they consider their territory. Many will be horrified that we compare cult leaders, whom they consider evil and perhaps even possessed of Satan, to the male head of household, but the factors that lead followers to ritual murder and suicide are found in the ordinary household.

Where we have described the leader, let us now describe the followers and equate them to the members of the average household. They are economically dependent, if only because they have given their worldly goods and services to the leader, in the same manner most wives hand over their earnings to their husband's control. They understand that to defy the orders of the leader will only bring punishment, such as physical isolation or food deprivation or even some form of torture as retribution, in the same manner that errant children may be sent to their rooms, spanked, denied dessert, and disobedient wives threatened with abandonment or the back of the hand. Since the followers are receiving support and in most cases love and attention from the cult leader or, in our comparison, the father figure, they convince themselves that the privations are reasonable and justified. This posture eliminates the discomfort of conflict. If the head of the household has an unreasonable rule regarding his supply of refrigerated beer, and an otherwise warmly treated wife breaches this rule by treating her hen party to the husband's supply, then she is likely to conclude that she had it coming to her when he later bloodies her nose. In this way life can go on.

Having set this stage, what happens to cause followers to commit ritual murder and suicide? Basically the cult leader, having established himself as the father figure or head of household in the eyes of his followers, begins to change the rules. This happens gradually, and in a manner not unlike what happens in households where the children begin to be sexually abused as an extension of the normal relationship between husband and wife. In this case the wife is told abuse of the children is her fault, as she is inadequate in some way. The cult leader also uses guilt, so that punishment of certain infractions becomes ritualized. Once so established the cult leader or abusive father increases the severity of punishments, until death of a follower or family member occurs. How often does it occur that children are found chained to the basement wall, starved to the point of death, while the mother is going against every maternal instinct to conduct the ritual punishment? We are told that the child had it coming to them, deserved it, for some slight misbehavior that would escape notice in the ordinary household.

Once the cult, as with a family group that has slipped to this level of dependent obedience, has witnessed and participated in ritual punishment that threatens life, then the line has been crossed. Identifying with each other, they see themselves dying also, so suicide has become mentally acceptable. Death has lost its horror.

What is going on inside the cult leader's mind as this occurs? This is best understood if one contemplates the family that every neighborhood knows. The husband insists his wife stay home, and becomes furious when she engages in social activities outside the home. His boys either become little mirrors of their father or leave home in angry rebellion. His daughters cannot date, and in all likelihood have been sexually abused in some manner. He chums around with a group of friends who think nothing is amiss in this setting, and give the frightened family members no hope of rescue. If the authorities are called at any point, the disturbance is called a domestic issue. What happens when

this father feels a threat he cannot control? He would rather destroy what he possesses than lose it.

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## *ZetaTalk: Coupling*

*Note: written by Jul 15, 1995*

Entities reincarnate into both sexes in almost all cases. The ability to perform effectively in the male or female role has little to do with any permanent sexual orientation, but rather speaks to the creativity and adaptability of the entity. The most macho male may be in the next life a cloying, clinging female, playing both roles superbly. How is it that some entities incarnate exclusively into one role or another? If the birthing envoys find a rigidity in the entity and conclude that other lessons should precede addressing the rigidity, this situation may be allowed to continue. A matter of priorities. Some entities have a greater need for physical control, to be in charge, and when male move forward nicely with their other lessons. If placed in female form they are distracted endlessly with the control issue. Other entities have a reluctance to be responsible, the one in charge, and likewise cannot proceed with their lesson if in the male role. Does homosexuality reflect this reluctance? Without a doubt, but this is not the only cause of homosexuality.

During coupling, a man and a woman bring many elements to the mating. For instance, their physical needs, which can include not only sexual hungers but shelter and food and comfort. A man weary from work is not inclined to romance his sweetheart, and a woman worried about being tossed out of the house by the landlord is not going to be responsive to advances. Taking care of each other's physical needs is the first rule of coupling. In human society men and women are expected to fulfill different roles, and this goes beyond the inclinations that nature bestows. The male is stronger, fiercer, more adventurous, and as he is not the one to be pregnant or nursing, not only is best suited to be the hunter or wage earner but in most societies is expected to be thus. Need this be so? Of course not. If the couple prefers to switch roles, whose business is it but theirs, but these situations, which would be worked out by the couple in a blink of an eye, become an endless battle when friends, family, church, co-workers, and the rule of law poke their nose into the marriage. The second rule of coupling is to exclude all but the couple from decisions affecting the couple, excepted only when children join them and are old enough to express concerns. Of course, the council then becomes larger.

Disappointments often enter into coupling, where she hoped for more companionship, or he more sex, or she more travel, or he more free time. Successful coupling is not based on the absence of these issues, but on the ability to bring them forward for resolution. Does she sulk, or does he bury himself in the paper? Does she communicate by burning the toast, and he by failing to take out the garbage? Why not talk about it? The third rule of coupling is to have no secrets, so that matters can be dealt with frankly. So much better for her to tell him she wishes they could travel together as she loves sharing discoveries with him, watching his face light up, and for him to tell her he finds a hike clears his head of troubles so he can really listen to her at supper, as he doesn't want to disappoint her by being distracted. Or is burnt toast and piles of garbage better?

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## *ZetaTalk: Homosexuality*

*Note: written on Aug 15, 1995*

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Human parents place a great importance on sexuality, as so much in life keys off one's orientation. Will one have grandchildren, will the son make the varsity team, will the daughter marry well and be able to provide for her aging parents - all hinge on the child expressing an interest in the opposite sex, or more correctly, in being comfortable in one's birth sex. The latter is almost always the cause of homosexuality, but the cause is overlooked as the symptom, pairing with the same sex, is so distressing to parents. Long before the young child develops the habit of releasing sexual tension with others of the same sex a struggle has been going on - whether to compete with the parent of the same sex, whether to assume that role. Where these thoughts go through most young minds, there are other factors at play. Is the parent of the opposite sex warm and attractive or cold and repellent, is the young child accepted or rewarded when assuming the role of the birth sex, or punished in some subtle manner.

Classmates also play a role, although a child comfortably grounded within the nuclear family will almost never turn to homosexuality as a result of bullying by playmates. The opposite is true. Regardless of the school environment, a child distressed within the nuclear family by the concept of stepping into the shoes that the birth sex requires will almost never put these concerns aside when away from home.

Are homosexuals born? No, although the preferences of the incarnating spirit play a small role. Physical differences pointed to as a cause are a reaction, as the degree to which the mind can influence physical development is little understood. As with any habit that humans develop, change requires that the cause, and not the symptom, be examined. It does little good to berate homosexuals, who have not so much chosen their lifestyle as been driven to it, and at a very young age. The toddler, or pre-school child, is scarcely making an intellectual choice. They are avoiding distress, punishment, and in many cases what they see as crushing and oppressive situations, or even, in their childish eyes, as possible death. Psychiatrists are quite aware of these scenarios, and explain them well.

Do we, the Zetas, have homosexuals among us? Most certainly, as the dramas that incarnation presents are the same in all life forms. The sex drive will take a direction, and habits formed young are hard to break. It's as simple as that. Do we approve? Let's put it this way - we do not disapprove. We, in the Service-to-Other, spend our time caring for, not berating, each other.

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## ***ZetaTalk: Those Who Mourn***

*Note: written by Jul 15, 1995*

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One does not let go of a loved one just because they have died. They live still, in the hearts and minds of those who remember, miss them, or have unfinished business. Grief is most acute where the loved one filled a void not yet filled. The side of the bed, where once a warm body breathed and snored, now cold and empty. No one to talk to, share with, fuss over. Shattered plans, with the one, perhaps, that was to make them possible now gone. The grieving one feels bereft, deserted, unloved and frightened. They must start anew on many fronts, but how? So many comforts, assumed to be solid, now vaporized. Some ache for a long time, and if the ache cannot be filled, many follow the beloved into death. A type of suicide, as chronic grief kills.

Is this good? Your therapists tell you it is important to grieve, to get it out and dispel it, and they are, of course, correct. Repressed emotions poison. It is the next stage that is most often neglected - rebuilding a life. The dutiful wife, placing flowers on a grave year after year, has not filled her life with the care of others. Are there no others about who need her care? She has not looked, or noticed. Refusal to rebuild a life is seldom what it is purported to be - devotion. This is a cover for what is really going on - reluctance and denial. Rebuilding means stepping into new territory, testing and proving oneself, taking risks, facing rebuffs, getting burned. So much easier to take flowers to the grave and get admiring nods and smiles from the community. So devoted.

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