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Visitation

[Note: for recent ZetaTalk on being a Contactee, UFO blitzes, and related subjects check the [Q&A chats.](#)]

The Zetas talk about how visitations are remembered only in the [Subconscious](#) so that the contactee is often confused about [Alternate Realities](#); how the contactee can often discern that a visit has [Just Occurred](#); how recall can be hastened through [Hypnosis](#) where the [First Meeting](#) is often recalled first; why [Remembering](#) should occur gradually as their may be [Painful Experiences](#) and [Blocking](#) can occur; and how [Signs](#) are sometimes given for reassurance. The Zetas talk about how contactees are [Always in Touch](#) with their visitors through [Telepathy](#) or [Soul-to-Soul](#) contact; whether contactees develop a [Dual Identity](#) or are assigned an alien as a [Special Friend](#); why there seem to be [Ugly Aliens](#); why [Contactee Creativity](#) and [Shared Visions](#) seem on the increase and how [Arrangements](#) are made; why a [Contactee Modification](#) might occur; why contactees sometimes experience [Allergies](#) or [Ear Problems](#) or [Brain Buzz](#); whether [Clue Lists](#) or [Blood Type](#) help contactees determine their status; why contactees are [On the Increase](#) and when [Protection/Healings](#) are done; how communication can be done via a [Channel](#) but that is not what's going on here in [ZetaTalk](#); how [Advance Warning](#) is given prior to a visitation; how the contactee may be placed in a [Paralyzed State](#) or go [Out Of Body](#) during a visitation; why the Zetas sometimes go [Eye-to-Eye](#) with contactees; how busy contactees can find they are [Gaining Time](#), or that an alien was [Standing In](#) for them; and why contactees experience intermittent [Invisibility](#).

The Zetas talk about how visitations have been going on [Over Eons](#) and sometimes leave [Visitor Traces](#); how some humans think it's all [Just a Dream](#) or hallucination and how [False Memory](#) can occur; whether visitations can be [Drug Induced](#); how some visitations come in [Light Form](#); how visitors leave [No Calling Card](#) but sometimes are announced by [Knocking](#); how visitors come from [Various Groups](#); how contactees are given [Life Form Orientations](#); whether the Zetas go by many [Other Names](#); whether some creatures in our [Fairy Tales](#) have represented visitations; whether [Electrical Disturbances](#) or [Bright Lights](#) occur during visitations; whether aliens ever visit [On the Phone](#) or communicate electronically over [Radio or TV](#); why the New World Order creates [Staged Visitations](#); what significance [Colored Lights](#) or the [Black Box](#) has; and what happened to the [Missing Pilots](#) and their airplanes.

The Zetas talk about [Abduction Term](#) confusion and explain why there is in essence an [Abduction Right](#); why it all seems to be such [Serious Business](#) and visitors can exhibit [Reflected Fear](#); why no abductee is [Ensnared Forever](#) and contactees often have [Mixed Feelings](#); how [Contact with Children](#) is limited; why there are [Recall Dangers](#); whether [Budd Hopkins](#) or [Dr. John Mack](#) distort the truth; whether [Betty Hill](#) or [Betty Andreasson](#) are telling it straight; whether the [Triangle Sign](#) is the sign of the Zetas; why there are [Saucer Shapes](#); whether [Triangular UFO](#) or [Ball UFO](#) are real UFO shapes; whether [Plasma Ships](#) exist; why [Lightning Clouds](#), often accompany ships; and how there are [Mothership Clues](#).

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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	Ning Address	(Answers posted by noon on February 11)
Feb 4, 2012	Ning Address Nuclear Call Answer Archive	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	Ning Address Answer Archive	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	Ning Address Answer Archive	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	Ning Address Answer Archive	James Forrestal, Bell Witch legend, Rotation Stop gravity change, Costa Rica drums, Thailand river blockage
Jan 7, 2012	Ning Address Answer Archive	Norway stretch, Codex Alimentarius, Food hoarding
Dec 31, 2011	Ning Address Answer Archive	Last Weeks counting, Telepathy distress, Magnetosphere torque, UFOs and debris, Wobble clouds, Warm winter, Mariana Trench collapse
Dec 24, 2011	Ning Address Answer Archive	Philippine tsunami, Transmigration of soul, Wave cloud shape, Sloshing buffer, CNN hints, Smog increase, Two Moons campaign
Dec 17, 2011	Ning Address Answer Archive	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	Ning Address Answer Archive	Senate Bill 1867, Gun control, Tbilisi UFO, Venus writhing, FEMA camps, Mercury UFO
Dec 3, 2011	Ning Address Answer Archive	Prince Charles in Romania, El-Baradei in Egypt, Olsen photo captures, Winged Globe on SOHO
Nov 26, 2011	Ning Address Answer Archive	Australian prison camps, Mars missions, Christmas Hammer, Annunaki bones, European missile sites, 2012
Nov 19, 2011	Ning Address Answer Archive	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	Ning Address Answer Archive	Antarctica ice, Emergency test, Disclosure denial, Seismograph patterns, Phobos probe, Red Dust effects
Nov 5, 2011	Ning Address Answer Archive	Bolivia pinch, Elite in Africa, Wobble pace, SE Asia borders, Rockies safety, Pakistan safety, Ocean debris
Oct 29, 2011	Ning Address Answer Archive	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, Cassiopaeian 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	<i>Ozone, Egypt protests, Obama's message, Sinking pace, State Department conclave, Star Wars, Jerusalem UFO, Wobble effect</i>
Jan 29, 2011	Ning Address Answer Archive	<i>Seasons manipulation, Azores, Africa roll, Java CC, Moon swirls orbs, Pacific buoys</i>
Jan 22, 2011	Ning Address Answer Archive	<i>Indonesia video, Uneven sinking, China fracturing, China talks, ZetaTalk forcasts, Philippine excuses, Greenland sunrise, Cuba, Lucas ETs, Imploding buildings, GPS</i>
Jan 15, 2011	Ning Address Answer Archive	<i>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</i>
Jan 8, 2011	Ning Address Answer Archive	<i>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</i>
Jan 4, 2011	7 of 10 Update	<i>Philippines sinking, Malaysia/Sumatra crumble</i>
Jan 1, 2011	Ning Address Answer Archive	<i>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</i>
Dec 31, 2010	7 of 10 Arrives!	<i>Queensland flooding, Coral Sea bulge, Curve buoys, Caroline Plate drop</i>
Dec 25, 2010	Ning Address Answer Archive	<i>Chavez decree, ZetaTalk promotion, Gold, Indonesia waves, Scotia Plate, Saratov, California elevation, Crowd control</i>
Dec 18, 2010	Ning Address Answer Archive	<i>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</i>
Dec 11, 2010	Ning Address Answer Archive	<i>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</i>
Dec 4, 2010	Ning Address Answer Archive	<i>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</i>
Nov 27, 2010	Ning Address Answer Archive	<i>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</i>
Nov 20, 2010	Ning Address Answer Archive	<i>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</i>
Nov13, 2010	Ning Address Answer Archive	<i>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</i>
Nov 6, 2010	Ning Address	<i>Short wave radio, Sweden, Puget Sound, Iceland, Heads of State awareness,</i>

- [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: Subconscious

Note: written by Jul 15, 1995

During face-to-face contact we disconnect the conscious. These memories are not recorded at all in your conscious, which is a different part of your brain from your subconscious. These avenues are readily used in humans, who have different parts in their brains due to the many genetic engineering projects done in the past, from many different gene pools. Humans have the capability to disconnect their conscious and subconscious memories, and quite frequently do so. For instance, if a memory is painful it can be forgotten. If a memory is painful it may also be altered, so that it is remembered in a different manner than the facts present. It is also possible for humans to develop conscious memories from subconscious desires, where day dreams are dwelt upon until there are enough details to constitute a conscious memory. However, in all these circumstances, the subconscious remembers the facts. It is the conscious which deals in falsehoods.

Subconscious memories of our face-to-face meetings are as effective as a full conscious memory. The distress a schism between the conscious and subconscious causes a human occurs when the human finds they just up and do something where they previously didn't know they had this intention. However, this type of behavior occurs in humans who don't have any contact with us, the Zetas, so it is not unique to contactees.

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ZetaTalk: Alternate Realities

Note: written on Sep 15, 1996

Contactees, regardless of their conscious awareness of their status, find themselves in a puzzling world. Human society has scarcely become comfortable with the concept of telepathy, ridiculing those who claim this form of communication exists even when proven in a controlled laboratory setting. The concept of spirits, such as ghosts or reincarnation or possession, is considered in the realm of tales rather than the reporting of fact, especially as spirits leave no mark or footprints. What cannot be physically restrained does not exist, in the minds of many, so brain waves or spirit forms are speculative. Where does this leave the contactee, who in many cases has begun to have Out Of Body experiences to cloud the picture as well? Contactees who have not yet realized their status, or who have not yet sorted out memories from the spirit from memories stored in the corporeal mind, can be highly confused.

- At first, memories from the incarnated spirit, who may return from an Out-Of-Body bearing information from another place, are considered to be day dreams, and until the contactee finds their day dream was a reality this explanation is not questioned.
- At first, the contactee's subconscious memories of visitations are treated as an overactive imagination, perhaps influenced by the media which increasingly carries stories about visitations, but then signs such as scars that appear overnight begin to intrude.
- At first, increased telepathic abilities are a curiosity, and then accepted by the contactee, who may ascribe most of their unusual knowledge to such a route rather than facing the prospect of visitations or Out-Of-Body experiences.

However, when the contactee adjusts to the concept of spirit forms that can move in and out of corporeal bodies, and visitations that can occur soul-to-soul while the soul of the contactee is incarnated or out and about during an Out-Of-Body, then they invariably develop the ability to differentiate these experiences. In general, telepathically gathered information is limited in its scope, relaying a single concept or picture. Information gathered during an Out-Of-Body is comprehensive, but the corporeal mind will digest what it learns from the returning spirit in stages, so that the bottom line is learned first and the details filter in later. Subconscious memories of visitations play out during recall with full sound and color, as you say, so that the memory unfolds like a movie. Thus an experienced contactee who has sorted out the alternate realities finds their life no more confusing than a shopper discovering clothing on the racks from different countries and in different styles. After awhile, it all seems quite normal.

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ZetaTalk: Just Occurred

Note: written on Jul 15, 1995

Most humans who have been contacted recall this not only in their subconscious but to some degree in their conscious. This cannot help but happen, as the two parts of your brain were designed to speak to each other, and constant leakage occurs. As our contacts are placed *only* in the subconscious, remembering a visitation is not like what an amnesiac recalls, when he allows a reconnection. There, the memory *is* already in the conscious, only disconnected, laying quiescent as a fragmented piece.

When a contactee remembers, these conscious memories are being built for the first time, so there is an escalation process that occurs. Whether while analyzing a dream, or day dreaming, or under hypnosis, the process is essentially the same. A fragment pops up in the conscious, connected firmly to the subconscious, but at first not connected to any other conscious memories. However, as the fragment will contain some clues to other parts of the conscious, building connections to the conscious begins. Wasn't that the borrowed robe worn that night spent at Cousin Joe's on a spontaneous overnight stay? Isn't that the childhood chum, whom one built a tree house with in the woods behind the school? Might the sharp bite of pain and temporary soreness remembered, as a tissue sample is taken from the back of the leg, relate to that odd scar that seemed to just appear one day?

By these means the building begins, and continues apace depending on the willingness to remember. If the contactee is frightened, or generally using the route of denial to deal with these issues, the recall is blocked. Remembering remains as disconnected fragments in the conscious, perhaps never to be accessed again. If, however, the contactee desires to remember, their curiosity greater than their fear and anxiety, building conscious memories picks up steam. Musing on matters, the contactee makes more and more connections, and his life as a contactee begins to take form. Sometimes reading about the experiences of others is a trigger, and where this is used by debunkers to claim that contactees are merely suggestible hysterics, this is in fact the method used thousands of times daily by teachers, therapists, self improvement gurus, politicians, trial lawyers, preachers, and children appealing to their parents. Don't you remember when ... imagine a situation where ... remember the last time you ...

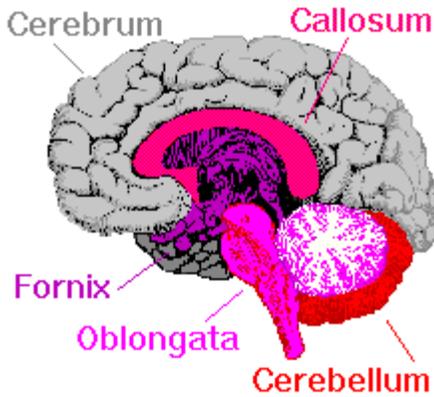
Aware contactees, who have done their digging about in the subconscious and have built a solid base in their conscious almost always try to figure out ways to recall right after a visit. They notice certain correlations. The odd and untimely desire to take a solitary walk in the woods, the sense that something is different at this moment than just the moment before, or sometimes they realize they have just returned if their body jerks, or reacts in a startle response, for no reason. Contactees most often know well ahead of time about a pending visit, and their desire to be alone, in the woods or wherever, is due to their plan to sort this all out afterwards. They arrange a peaceful time for themselves. Going into a visit, the contactee is aware, telepathically, of the agenda. For instance, if all are going to discuss a project the contactee is working on, a problem there which the contactee has requested assistance on, the contactee might suddenly find himself musing about a solution he had not thought of before, and feeling less worried. This is a solid clue that a visit has occurred.

As we frequently use the paralyzed state to transport contactees, there is often a reaction to having this state lifted. The body reacts, sometimes by being too relaxed for, for instance, a standing position and thus suddenly adjusting the body musculature to support the stance, and sometimes reacting to the sudden stimulation with a startle reflex. This too is a solid clue that a visit has just occurred.

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ZetaTalk: Hypnosis

Note: written on Aug 15, 1995

Contactees desiring to recall their visits use various methods, including meditation, induced trance states, and hypnosis. All these methods are essentially the same, in that they utilize a feature of the human physiology normally in force during dream states. As the human brain is less than holistic, due to the many genetic engineering passes made from a combination of reptilian and hominoid sources, it does not speak to itself well. The subconscious is aware of everything, but where the conscious is only partially aware it is allowed, ostensibly, to be in charge.

During dream states the human conscious is bombarded with information, as the gates are not locked, the guard against the subconscious let down, and the gap between what the conscious *thinks* reality is and what the subconscious *knows* reality to be is filled with a rush of information. To the conscious, which has been blocking unpleasant thoughts, and picking and choosing what it wishes to weave into its version of reality, this information rush has nowhere to go. Thus dreams. Humans wake from a dream state and muse about what it might mean - dream analysis, symbolism, perhaps the id breaking through. Where the flood from the subconscious finds established paths to follow, the dream makes more sense. Perhaps a family member or friend appears, familiar objects or events. These may in fact have no more to do with the flood of information than proximity or similarity. As the rush of information pours down pathways, nearby areas are excited, for instance perhaps the dreamer is processing a flood from the subconscious about an encounter with a dog, but having no conscious memories about dogs, considered upsetting by the conscious, instead finds long forgotten childhood memories about a kitten excited. All very confusing.

However, during hypnosis or other deliberately induced trance states the flood of information is controlled. The gates are let down gradually, and when the information begins to flow from the subconscious as much time as needed is taken to find where to place it, making connections. This is why recall on a history of visitations seems to proceed slowly at first, but eventually reaches the point where a slight self induced trance state is enough to bring the memory of a recent visitation over from the subconscious to the conscious. Visitations are placed *only* in the subconscious, so a base needs to be established in the conscious upon which to build the conscious memories. For those inexperienced with hypnosis or other trance state inducement, the key is relaxation and clearing the mind of all activity, all thoughts. Blank mind, utterly relaxed body, and bing - a thought pops into your conscious. Hypnosis does not create the thoughts, it allows the flood of information to begin prior to an actual sleep state. Some contactees find they begin remembering as they are dropping off or waking up from sleep.

Hypnosis is most successful where there is a press of information waiting to flood over from the subconscious, which has been actively involved in sorting out a recent visitation or in reconciling visitations with the persons overall life. Successful hypnosis also requires a conscious willingness to recall. If the contactee is unwilling to recall, blocks this, then no amount of hypnosis will work. Contactees blocking conscious awareness will even wake themselves from

dream states where progress is being made, fearful of the outcome. Others, desiring their life to be built of a single fabric, spend as much time as possible, sleeping or waking, weaving things together.

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ZetaTalk: First Meeting

Note: written on Sep 15, 1995

Nancy had a typical first meeting with ourselves, the Service-to-Other Zetas, and will tell you the story.

Begin Nancy's Hypnotic Recall

I went down into the swamps a lot. So many frogs, and at night the frogs would be a chorus. It would be like the lapping of water on the beach, it would be so thunderous in a soft way. I'd chase frogs during the day and catch their green bodies and let them go. There were so many frogs in the swamp. Big swamp. When you looked off across the swamp the mist would rise. It was a flooded pasture and the trees were a backdrop along the river there. Nobody ever went there, but I would walk in the woods, in those tall trees, and when you were in those woods, you didn't know that anything else was around you, nobody could see you. Nobody could see you from the railroad tracks, nobody could see you from the woods, and there was no traffic at all on the road. You were just alone. So I'd go down in the woods a lot and look out across the swamp at the woods, and when I'd go down there I'd be all by myself, walking in those woods. I'd be gone for hours. Nobody would know where I was because the trees were big. The fallen trees had big trunks covered with mushrooms. Big fern fronds, some poison nettles that you had to worry about touching, but mostly just the big trees. Nobody ever went there.

I was a little girl. I had coveralls, blue coveralls and maybe a red T-shirt underneath. I'd go down in those woods there and I would be very observant. I would expect to find almost anything. I was very curious about animals and I would be very quiet and watch for them. This time I think I'm standing still. But it's actually somebody watching for *me* down in those woods. I'm standing still and have that feeling going up my spine that you do when you know somebody's around but you don't know where they are or who they are. So I have that feeling up my spine. I'm by a fallen tree. I can't see what it is that I feel nervous about, but out of the corner of my eye I see a movement, from the left, coming out from behind a tree. I think there's something to the right too, but I'm not sure. Somebody just steps out from behind a tree. It's one of these skinny guys, very gray, light gray actually. They almost look smaller than me. I don't know what to make of it. Nothing's said and I'm just staring. Then I feel like there's more people to the right and to the left. I guess I'm not alarmed by this, because I'm so used to wild creatures like the rabbits that we had for pets. So many wild creatures are very quiet, like deer, they only show themselves when they feel safe. So I'm not alarmed by this. I think a couple of them come up, from the right and the left of me, from behind, and take my elbows. I'm still not alarmed because I'm just not getting any vibes from them that are hostile. I think we move, backwards rather than forwards, and away from that fallen tree.

I'm seeing some sort of a disk shape, small. There's really only three or four of these guys. It's a small disk shape,

maybe 12 foot across, not that large. I'm pretty curious. I guess my initial reaction was curiosity more than fear. I'm trying to figure out what this is. I don't feel anything hostile. It seems like we just walk toward that ship, and there's a ramp that's let down from it. I feel a little nervous at one point, when we're going up into the ship and I'm thinking it's a tight enclosed space and I don't know why we're doing this. The trees are dark, just very dense woods, and the weeds along the river made it very enclosed. I don't think I'm doing any resisting. They seem to be interested in my head and my hands and my wrists. They seem to be examining my hands and my wrists, the way my wrists bend. They seem to be putting their hands on either side of my head, almost like they're sizing it. Looking at the very *top* of my head for some reason. Curious little creatures, very gray, light gray, even slightly smaller than I am, although I couldn't have been more than eight years old or so.

One of them looks at me, puts his face close to mine, eye contact I guess, and seems to be trying to communicate something. Maybe he's saying, "Do you know why we're here? Do you know what we want?" Maybe it's because I'm not afraid, maybe that's what he's thinking, that I already know. I'm just trying to search and find if I know. But I just keep thinking they're really curious little creatures.

There's something at the side that looks like a little tray at the dentist's office where they have this little mirror on a stick and things like that. It's off to the right hand side and it makes me just a tiny bit nervous to think about that. I think maybe they're going to do something with my right forearm, like when someone takes blood or something like that, poke around in your forearm a little bit. But I don't think anything's happening exactly. Maybe up by my elbow somewhere they do something, toward the back of the elbow, but it's nothing too significant. I'm more interested in the dark eyes and how he seems to be trying to communicate something. He keeps saying, "Do you know why we're here?" and I'm not sure why. It's got something to do with the greenness of the woods and the way I love nature. I'm always wandering off and spending time alone in nature. I actually just watch nature, kind of get into it, empathize, just lost in it, observing it. I'm very comfortable with it, very open.

He's telling me that my grandmother's like that, she loves nature, is very curious. He's telling me I'm going to have a role because of this. He says, "Do you know why we're here?" It's got something to do with the vastness of the woods and how beautiful that is, how it should be that way, it should stay that way. I'm trying to think what else. Let's see, he's telling me about my grandmother and how they talked to my grandmother about me too.

It seems like I laid back down on a table but it wasn't really flat, something more like a chaise lounge. They want to look at my feet. I would go barefoot a lot. How my feet bend at the ankles, and checking out my wrists, how they bend, and I think they're going to do something with my forehead. They don't take my clothes off, they just bend my head forward a little bit and kind of shield my eyes or tell me to close my eyes now. They do something to my forehead. I'm not really aware of any discomfort. I think, basically, I trust these guys. They have their hands at the side of my head, pulling my head face up, trying to check it out. They've got my head at an angle and do something to my forehead. They position my head. They were checking out the top of my head earlier. It's a little bit sore, but it's a very dull ache. Now I don't feel like thinking so much about what he was saying, "Do you know why we're here." I'm a little more distracted. I don't think they ever closed the door. It's a small ship. It's probably no larger than this living room. I tell them I want to go back to my frogs and he says, "We'll be back". I'm thinking about those green frogs, how they'd jump and what they would look like when they'd leap. They were always so wet, so hard to grab, really beautiful bodies. And the mist around the bushes, even the swamp water fascinated me, so full of life, ripples and bubbles and things like that.

There was a long pathway down from the barn into the woods. Nobody ever went down there, just me. I was the only one who liked to go into those woods. Wore this little blue outfit and the little red T-shirt. Two little metal buckles on my coveralls, on either side, and they had pockets, no waist to speak of. My hair was probably in 2 pigtails. It was fairly loose, wasn't tightly bound. I was thinking that my hair was somewhat fluffy on the top of my head when they were looking at the top of my head, when they were checking out my head. I don't have a sense of my hair hanging on my shoulders at all. It just feels kind of loose at the scalp, like it's frizzy up around my head but not long. I know I don't have short hair. I know I had pigtails until about 12 or so. Then I think I just go and walk along the railroad tracks like I set out to do that morning. And then I just put it to the back of my mind, what just happened, that little guy coming out from behind that tree like in the comics where somebody would pop out from behind a tree, just lean out, and the other two coming up behind me. I was standing. I had a fallen tree in front of me. Tall, big trees down

there. It was a primordial forest. He said, "We'll be back."

End Nancy's Hypnotic Recall

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ZetaTalk: Remembering

Note: written by Jul 15, 1995

Where a visitation is recorded only in the subconscious of the contactee, so that the Awakening can be paced to occur no faster than the populace in total can tolerate, remembering is on an individual basis. Some contactees remember immediately, and think they have been aware all along. In fact, this is not what occurs, but rather immediately after the visitation the contactee connects the memory in their subconscious to the conscious. This process is similar to the physiological process humans use to restore their past after amnesia periods. Essentially, for the conscious, this is like a first time experience, with new memory links established. It feels like daydreaming, and most often occurs in just that way. The contactee finds himself musing at some point, about aliens or space ships, and then begins to wonder. They get an interest in the subject, gather books and join groups, and talk intensely to others. All this increases the rate of remembering, as one thing leads to another.

Recalled memories build like that, starting out slowly with only a few memory links established, but then for each new memory added there are multiple memory links established. Soon the memory of the visitation is well connected to the conscious. This process is more gradual and gives the contactee a more secure feeling, as during the recall he is usually among friends or with a therapist or in familiar surroundings. The recall can be paced, being suppressed again if the contactee does not feel ready. Remembering therefore is on an individual basis, and the individual contactee is fully in control, which is as it should be.

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ZetaTalk: Painful Experiences

Note: written on Jan 15, 2001

Painful memories are a replay of a painful experience. In many cases the pain is remembered separately from other emotions such as desire or firm intention to complete a plan. The reason they are separated is that the human mind determines to void a painful memory by washing over it and dulling the sharp edges everytime it's remembered. Psychiatrists will tell you that this is what happens. Someone has a painful experience. At first they block it. Then they remember it, perhaps in the doctor's office, and there's much weeping and gnashing of teeth and wailing. This is called a catharsis or a breakthrough. After that they remember the experience many times, but each time it seems to have less effect. It lessens. The edges are smoothed. How many women having experienced the extreme pain of childbirth, remember the birth process and remember that pain? They remember the doctor holding the baby. They remember the feeling of great joy.

So the painful part is separated from the joyous part because the human mind has structured it that way so it can close off avenues to the pain. In fact, when this pain is remembered, these avenues are severed, like slamming doors shut, so that the connection points between the pain and the joy are broken and eventually only the joy is remembered. This is in fact documentable, and has been documented, that this is the way people remember experiences. In the long path, they remember the good parts, not the bad. Therefore, contactees who are remembering something painful have separated that out and are getting rid of it. Often the painful parts are remembered first, in recall, because it is something vivid. After the painful part is eliminated, the contactee begins remembering other aspects of the visit. Bear with it, let your mind heal and deal with the painful contact experience as it deals with other painful experiences, and see what stands behind it. You are being contacted because you asked for this, and you wished for what came to you, so don't fail to dig deep enough to find out the full picture.

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ZetaTalk: Blocking

Note: written on Aug 15, 1996

Many contactees find that, try as they may, they cannot recall their visitations as other contactees seem to do. All manner of attempts, including professional hypnosis, will be tried to no avail. What's going on here? In human society, and in particular in many contactee's lives, there is a conflict about the alien presence and thus there can be a conflict within the contactee. Does the spouse believe that man is not alone and is being visited by beings from other worlds? Is the employer ultra-conservative, such that a slip of the tongue in the coffee room will place doubts in the employer's mind about the contactee's promotability? Is the family supportive, the friends accepting, or will the contactee find they are increasingly treated as an eccentric and left out of social plans.

Where the contactee fears repercussions in his life he will tend to block. The mind is *aware* of these blockages, as it has put them there, and thus can effectively resist attempts to get around them. In effect, the block is the result of the total mind-set of the contactee, and this conclusion will not be gotten around by a *part* of the mind desiring recall. As with amnesia or coma or just plain forgetfulness, that which the total mind-set cannot deal with will tend to be pushed aside. In order to achieve recall, then, the contactee must make changes in their life so that recall is not a threat. Most find this difficult, especially if family or a job or the marital situation is the problem.

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ZetaTalk: Signs

Note: written on Oct 15, 1995

Given that contactees recall their visits only in their subconscious and must build a conscious memory base, and given that the governments of the world and the establishments are reluctant to admit to the alien presence, it is not surprising that contactees deal with many doubts. The issues of maintaining an element of doubt, necessary so that the Awakening can proceed without raising the level of anxiety and fear in the populace, seems unnecessary to many contactees, who would welcome some reassurance.

Give me a sign, many ask, so that I will *know* this is real and not just my imagination. Even in the face of confirmation from the books they read and friends they meet at contact groups, many contactees find their need for reassurance becoming a burning issue. This point is often reached when the contactee determines to make changes in their life because of their convictions, and cannot explain their decisions to family and friends. They know they will be considered eccentric at best for the steps they plan, and beyond wanting something to show others as rationale, they simply want something solid to cling to during the lonely times when they are subject to ridicule. Give me a sign. What has meaning for one person is meaningless to another, so personal signs are often given to individual contactees at the crossroads where normal living is about to be left behind and dedication taken up. Personal signs have great significance to the person, but by their nature cannot be used as *proof* of the alien presence.

One person may find their shoes lined up on a different side of the closet, something they would never do. Another may find that bag of chips they intended to buy but forgot suddenly appearing on the counter top. Yet another might find their beard clipped, a routine of personal hygiene done weekly but not yet done this past week. The person is momentarily stunned, then combs through the recent past to see if they might have forgotten. The sign is understood for what it is, based on the intensity of the contactee's anguish going into the sign and their often adamant cries for a sign of some kind. The two go together. Signs are always given when the contactee least expects them, sometimes after they have given up hope of getting their request answered. This is to ensure that the contactee is not led astray as to the nature of the alien presence. As we are by the rules restrained from interfering with the conduct of human affairs, we do not wish to lead our contactees into believing that we can be relied upon to respond. Signs are also given in a manner that is meaningless to anyone but the contactee, and most clearly recognize this and do not try to impress or convince others.

Nevertheless, for the individual, the sign they have been given has deep meaning.

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ZetaTalk: Always in Touch

Note: written by Jul 15, 1995

We are cognizant of our contactees thoughts, actions, and intentions to the same degree that the contactee is cognizant of these things. This occurs because we are able to understand his thoughts, and indeed, monitor these thoughts. This is not a hardship for us, but comes naturally to us. The contactee need not worry about writing us reports or trying to contact us with his concerns. We are aware. In time, this concept becomes comfortable. In time, in fact, any other situation seems primitive. What a contactee experiences is a small preview of what they will experience in 4th Density Service-to-Others.

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ZetaTalk: Telepathy

Note: written by Jul 15, 1995

Humans are not by nature telepathic. Where some situations involving strong emotion transport from one human to another, in general another's emotional state is sensed more from their words and body language and actions. There are cases where a close bond exists between humans, such as from a mother to a child, and some situations of danger or distress are sensed, at a distance. These cases usually receive a great deal of attention, and are remembered distinctly by the individual. This is because of their rarity.

Communications to our contactees include telepathic conversations, which the contactee may or may not be aware of. Telepathic thought, for humans, seems much like day dreaming. Thoughts just come into the contactee's head. These conversations differ from day dreaming in that they have a conversational element, and the contactee may think of something outside of his personal knowledge. Each human we so speak to is different. Some hear our voice, mentally, better than others. Some cannot resist interjecting their own slant. Some pull the conversation in directions desired. The overall effectiveness of the communication is dependent on these and other issues. The effectiveness can also change over time, becoming more or less effective. Our telepathic message is understood by a contactee in their native language, if words are involved. Long before the word is formed in their mind, however, the concept is understood. Words may be the first external contact humans have with a concept, but they are in fact the end product of the conceptualization process.

Words are formed as a result of the human mind understanding a concept and relating this to sounds humans emit under certain circumstances such as grunts and sighs, or sounds objects make under certain circumstances such as thuds or tinkling, and finally relating this to sounds or symbols other humans have made when describing these concepts. First comes the concept, then comes the symbol to describe it - the written or spoken word. We communicate the concept to the contactee and *they* provide the words. When they communicate back to us, telepathically, they first think of the concept, which we get, and then expand this in their own mind to the words that apply. Humans think of communication in terms of words, as they anticipate having to communicate to other humans. You are, as you say, hard wired to do this, so you don't turn this off. The words a contactee forms in their mind are not needed for communication to us, however. They are simply so much excess noise, and we ignore them.

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ZetaTalk: Soul-to- Soul

Note: written on Dec 15, 1995

Contactees are aware of visits that involve their physical body, as during recall they float through walls, levitate rapidly, are in a paralyzed state, feel the cold surface of an examining table or have other such memories in the subconscious mind that confirm that a visit occurred. Then there are Out-Of-Body experiences, which the spirit communicates to the mind in concepts the mind can grasp - sights, sounds, and smells. Contactees can also have visitations, soul-to-soul while their spirit was incarnated rather than Out-Of-Body. This is a visitation, a contact, as much as a contact in physical form, but they have no specific memory of this as sensory memory of the visit is *no different* from the moments of the day the contactee remembers otherwise. Recall will not change this, as there is no treasure in the subconscious waiting to be linked up with the conscious, nor is the spirit waiting for an opportunity to bring the mind up to date on where it's been and what was observed. All were in the same place. No missing time, no hidden memories, no recorded Out-Of-Body experience about to unfold - an in-situ visitation recorded only in the soul.

Contactees are often confused by these visits, wondering if a visitation has occurred or if some other phenomenon has occurred. Contactees should pay heed to their perceptions, pay heed to what they receive, intuitively as a result of these conversations with unseen spirits, listen to what their soul has gained in understanding and is attempting to relay. The *soul* knows more than the temporary human body, from its many incarnations. The soul is also privy to more information than the body it is incarnated in, as it can have soul-to-soul chats with another, and can recognize Service-to-Self vs Service-to-Other orientations easily due to this. Thus, when humans describe a gut feeling, they are giving credence to this wider knowledge, not knowing its source. How does the contactee discern that this visit has occurred? As these visits are so subtle, they can only be discerned by a changed attitude on the part of the contactee, who may develop a firm resolve, abandon a former plan without bitterness or regret, develop new interests, or initiate revolutionary changes in their life.

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ZetaTalk: Dual Identities

Note: written on Sep 15, 1996

Contactees who have been visited since early childhood often consider their visitors as much a part of the family as the humans related to them by blood. Visitations often start before the contactee has started school, and the first encounters are made in a setting the child associates with discovery and a sense of bonding with nature so that these overtones continue as an association through life. The contactee child finds their visitors responding to their unspoken call when they are anxious or deeply pondering a course in life. The contactee child is often discussing their dilemma and alternative paths with their visitors even before their human parents or siblings are sought out as counsel. Thus, the child considers his visitors his first stop during times of trauma, and bonds with his visitors as only comrades in combat can. Thus, by the time the contactee reaches adulthood, the contactee identifies with his alien visitors as much as with his human family.

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ZetaTalk: Special Friend

Note: written on Apr 15, 1996

Contactees almost invariably feel a special affinity for the alien routinely conducting the visits. If the contactee is a male, he feels perhaps his alien contact is a female, and if the contactee is a female, that the alien contact exhibits male qualities, and children describe their alien contact as a playmate. Are aliens being lined up with the sex and age of contactees? What is in fact occurring is a perception on the part of the contactee that their alien contact is sensitive to their interests, their vulnerabilities, and the role they are used to playing when with others.

A man may wish to be open and emotional during the visit, a side of himself he would only display to a female companion in human society, and thus conclude that he has been talking to a woman when he finds himself unburdening to what is a sensitive and receptive listener. A woman may be feeling vulnerable, especially if participating in the hybrid program and allowing herself to become, however temporarily, pregnant. In human society she would be looking to a protective male at such times, and want her future child to be safe and secure under a paternal wing. Thus, when she receives reassurance from her alien contact, she assumes that she has been visited by a male. And likewise, a child used to finding a playful spirit only among other humans his own age will conclude that his playful alien contact must have been a child.

Contactees in fact do not *have* a special friend, they are in contact with a team. In some cases these teams encompass hundreds of visiting entities contacting as many humans on an ongoing basis. Information on contactees is shared among the team, as many activities are ongoing and extensively interrelated with the activities of other contactees the group visits and even activities being coordinated by other alien teams. Thus, the special friend is in reality a sensitive and caring group.

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ZetaTalk: Ugly Aliens

Note: written on May 15, 1996

One's interpretation of beauty is influenced by what one is familiar with, and is also directed by the life form's built-in self defense instincts. Humans instinctively avoid food that is rotten, and are attracted to food that smells fresh. Men see beauty in women who have full hips, slender waists, and ample bosoms - all traits that indicate the ability and readiness to bear young. Both sexes find a diseased partner unattractive - a safe guard against spreading infections or perpetuating genetic diseases. In some primitive parts of the world tattoos or pictorial scarification is considered strikingly attractive, but in other cultures where clothing of all kinds is abundant, such use of the skin as an outer garment would be shunned.

Thus, when contactees report visits from life forms that startle or even horrify them, this is *not* an indication of malevolent intent. A life form that looked like a slime covered horned toad or an amphibious octopus is not a life form humans would *instinctively* cuddle up to. Humans, due to their evolutionary roots, are inclined to think about dinner or avoidance when encountering such creatures, not about communion. The global shift in thinking that humans make when realizing that they *are not alone* as an intelligent species includes contemplating what this means. It does *not* mean sitting around a table chatting with other very human-looking aliens, an image the media has portrayed. Humans should bear in mind, when making these adjustments, that *their* appearance may be just as disgusting to their visitors.

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ZetaTalk: Contactee Creativity

Note: written on Apr 15, 1996

Creativity is variously described as the ability to think outside the bounds constraining others, the ability to include what would normally be considered unrelated information, and forming the diverse parts into a unique pattern or solution. Fresh, unique, clever, bold, or revolutionary are terms applied to creative thinking. Some humans are born with what seems to be native creativity, and even as toddlers seem to find solutions for problems that stymie others. Indeed, brain chemistry is a factor in creativity, as the capacity to sustain activation in many parts of the brain increases the bridging, the association between concepts, that is the basis of thought. It has long been recognized that bi-polar, or manic-depressive individuals are almost routinely creative, a factor of their highly active mental capacities. A non-creative individual, faced with having to cross a river without a bridge or boat at hand, might conclude that wading or swimming is the only option and promptly get wet, whereas their creative counterpart might test the water's depth and force of flow and devise stilts from nearby saplings.

Contactees are frequently discovered to be *developing* creativity, seemingly as a result of their visitations. In these instances there is no change in their brain chemistry. What is occurring is an *attitude* change, the breaking down of boundaries, the mind stretching to consider many possibilities, a broadening of the contactee's vistas so that they encompass a wider range of possibilities in their everyday thoughts while in human society - a visitation perk.

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ZetaTalk: Shared Visions

Note: written on Apr 15, 1997

Not surprisingly, with something as momentous as a pole shift just around the corner and the ongoing Transformation of the Earth into a home for 4th Density entities operating in the Service-to-Other, contactees come away from their visitations with similar visions. A world devastated in some manner, some emergency they must rise to address, acting in concert with aliens operating space ships, rescuing other humans, and migrating to certain locales in the midst of some sort of crisis. Often they have difficulty placing the emergency, as the world around them marches on as before. When these contactees encounter each other or read each other's stories, they recognize the similarity. As the pole shift approaches and the Earth responds to her approaching brother with increased earthquakes and a slowing rotation, the sense that the time is approaching heightens. These contactees are poised to rapidly put the pieces of the puzzle together when the time is right, and have a deep sense of certainty about this. They wonder, but feel somehow they *know* the answer.

Increasingly, as contactees work behind the scenes in concert with each other and the alien groups visiting them, they will find their shared visions are more specific and immediate. Contactees who *have* found each other and are working together on shared endeavors often recall similar visitations on the same day, or have a sense of a change in focus on the same day. They may even recall seeing each other during a visitation! These shared visions are no more surprising than if they had attended a meeting together, discussed issues, made notes, and agreed upon a course of action. In fact, this is in essence what occurred! Shared visions are one of the most accurate and specific signs that contactees have that their recall is not imagination. Nevertheless, for others outside of the contactee group working together, the recitation of these shared visions is relatively meaningless. The element of doubt, required to reduce anxiety in others who are not contactees and are still to be awakened, is still present.

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ZetaTalk: Arrangements

Note: written on Apr 15, 2002

Humans are in the main only subliminally aware of their contactee role. They are also thus only subliminally aware of the other humans they meet during visitations. As we have explained, many humans are meeting regularly during the visits with *other* humans, planning their roles during the times moving into the shift, their roles during the shift itself, and in particular their roles in the Aftertime. These roles are, as we hardly need mention, inter-related and coordinated by the contactees themselves and their alien visitors, as a team. What sorts of activities might be planned?

- Prior to the shift, accidental meetings among humans who then become acquainted with each other in the conscious mode. This facilitates later meetings when they will be conscious, as they will better recognize each other and not hesitate to work fully with each other.
- During the shift, the roles are often involving guiding groups to safety, though many roles involve staying with those doomed to help them understand what has occurred. During the shift, there will be attempts by the elite to prevent awareness of the coming changes until it is too late. Thus, a role during the shift might be leaking information, breaking this cover-up with the truth.
- The roles in the Aftertime will be diverse, depending upon skillsets and the climate the contactee is used to functioning in. For instance, a contactee who is an Eskimo might find life in the tropics of Alaska uncomfortable and *not* making best use of their skills. They may be expected to arrive in suddenly frozen land, to help those surviving there understand *how* to proceed.

Now, given this kind of volunteering and coordination, what might a contactee, unaware consciously of his status, expect? They may find themselves in a book store, browsing books they have previously not had an interest in. They may find themselves drawn, impelled, toward a particular location such as a park, on a certain day, and find themselves talking to an otherwise stranger as though a friend. This is not an accident, this was a *plan*. *Both* contactees met, earlier, and deciding they needed to get consciously aquatinted so as to lessen time loss when the workload was upon them, made this plan. *Both* determined the time and location, and *both* set out that day to meet each other. Should either get lost, or delayed, the other would get this message via their visitors, who are monitoring the meeting to assist and ensure it takes place. These meetings are a desire of the *humans* involved, who are in essence giving The Call to accomplish this, and thus assisting in this is quite in line with the rules on interference with human affairs.

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ZetaTalk: Contactee Modification

Note: written on Aug 15, 1996

Increasingly contactees wishing a role in the Earth's Transformation will receive an assist in the form of genetic changes. They will be modified. Just as humans have discovered they can increase the yield of tomato plants or create pollution eating bacteria by manipulating DNA, visitors who have been given The Call by their contactees asking for this type of assistance may receive it. What does this entail? Will the contactee grow a third eye, turn green, or begin levitating at will? Contactee modification is *always* such that human society cannot determine that anything at all has happened. It is transparent to the society the contactee lives within, and neither the spouse, the family, the co-workers, or those passing on the street would ever guess that a change has occurred.

Contactee modification covers a wide range of contactee requests, and therefore a wide range of modifications can occur. Perhaps the contactee is fearful, and finds the tendency of their mind and body to interfere with their resolve an annoyance. They wish to be rid of the acid stomach, the weak knees, the distracted mind. For a modification to occur, this wish must have a basis in Service-to-Other motivations, or the modification would never be considered. The fear-ridden contactee wants less distraction in order to confront injustice, not because they wish attention as a skydiver.

Modifications are such that the contactee alone senses that something is different. They are, at least subconsciously, aware of being annoyed with some aspect of their physical body. They are aware of their intentions. When they find their physical reactions less intrusive, and that they have an ability to proceed, they sense that they are somehow different. Perhaps they are sick less often, less plagued by allergies, less likely to overeat or eat the wrong foods as their appetite is surprisingly controllable, need less sleep, can concentrate better, are calm in a crisis, can deal with pain without losing control, have more stamina, can hear with more clarity, are more telepathic or find they can read others more effectively, or simply are more organized and determined. Since these effects can happen normally to humans, not being out of the range of possibility, no one but the contactee understands what has in fact occurred. They have been modified, per their request.

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ZetaTalk: Allergies

Note: written on Feb 15, 1997

Being allergy prone is a common trait among those who claim to be contactees. This is not altogether incorrect, as there *is* a tendency for contactees to have allergies, but the reason ascribed is not the real reason for the allergies. Allergic reactions are very much under the influence of one's mental state, caused as they are by a heightened immune system reaction where the body is hyper-alert as it were. Nervous tension makes allergies worse, as any asthma sufferer will attest. Tense situation = asthma attack. Some allergy prone individuals break out in hives during tense situations, a direct one-to-one correlation. Likewise many allergy sufferers report that their allergies simply go away when a situation they have been dealing with resolves and their nervous tension is reduced.

Contactees are certainly dealing with tense situations. Not only is the visit itself strange and a bit unnerving, but the situation on the home front is in most cases not supportive. The contactee cannot share their experiences, and if they do so find they are ostracized and treated with disdain. Thus the strangeness of the situation cannot be *lessened*, in the time honored manner that humans use to reduce their anxiety - talking it out with others. The contactee must bury their anxieties, rather than express them, and the outcome is often, in those who are allergy prone, an allergy attack!



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ZetaTalk: Ear Problems

Note: written on Oct 15, 1996

The ear is a sensitive organ, designed to alert the human to a loss of balance as well as serving as the hearing sense. Loss of balance, or falling, is sensed by a change in blood pressure, the delicate difference between what is going on in one side of the head versus the other. This dual role of the ears involves the ear in visitations in a way that confuses many contactees - ringing in the ears, temporary loss of hearing, pain in the ears, or excessive drainage from the ears due to such irritations.

- During visitations the human may be suddenly taken on a quick trip to a ship, and if the human is afraid of heights this can be alarming, raising the blood pressure.
- The human may be paralyzed for ease of passage and to reduce anxieties, but when coming out of this state, which is a natural state akin to what a possum assumes when playing possum, the human may have sudden changes in blood pressure as the body adjusts to being alert again.
- Some contactees undergo modifications to their physiology, having given The Call and their request having been deemed a true desire to help others, and these modifications invariably require the human body to adjust. The human body experiences surges in blood pressure during *all* physical changes, however benign. During sex, exercise, intense curiosity, anxiety, illness, or simply a change in altitude - the body will experience changes in blood pressure.

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ZetaTalk: Brain Buzz

Note: written on Nov 15, 1996

Implants are reported to cause lumps under the skin, bleeding from the nose, tingling when separated from the surface nerves that have grown around them, and a general sense of relief from intrusion and invasion when removed. All of these symptoms would be true of any foreign object in the body, which would be a detectable lump, cause bleeding at the still healing entry point, require cut nerves for removal if nerves have grown around it, and weigh on the mind, especially if conscious awareness of the implant's purpose was not established. Unique to alien implants is their capacity to cause what many contactees describe as a jolt or buzz in the brain, a sensation they cannot biologically reconcile. Some contactees seek medical advice, convinced they have a brain tumor or, if they experience a momentary loss of muscular control, perhaps epilepsy. Combined with the ear problems many contactees experience, many also suspect a disease of the inner ear, and run repeatedly to this specialist or that, seeking an explanation. What causes the jolt or buzz, and what purpose does it serve?

Implants, as we have explained, are locating devices, allowing the contactee to be quickly located prior to a visitation. The devices respond to a signal sent in all directions, an answering call. To generate the signal, the implant *utilizes* the nervous system, which operates by electrical impulses of a sort, and thus is detectable to the contactee. A temporary disruption of local nerve traffic, along with a local reaction to the strength of the signal sent through brain, bone, and muscle. Within a dead body, the implant would not respond to the locating signal, thus informing the visitors, who in any case eventually learn of the death of their contactee via spiritual routes, of a death. Implants also respond with a unique signal, generated from the DNA of the contactee, so that the implant response confirms not only that the contactee is alive but that the implant is still located within the proper body. Thus, when contactees experience a jolt of buzz in the brain, they should not be alarmed. All is working as intended, and what they are experiencing confirms their link to the visitors they have asked to meet.

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ZetaTalk: Clue Lists

Note: written on Apr 15, 1997

A popular pastime in those discussing the alien presence and the wealth of information on what contactees experience both during their visitations and afterwards, when struggling to live a double life in human society, is the clue list. Every symptom of anxiety or nervous tension is listed, with the erstwhile contactee assured that if they can check off a dozen or more of these symptoms then *they* are most likely a contactee. The problem with these lists is that any and all those symptoms occur in the populace as a whole, are regularly part of the human experience, and do *not*, in and of themselves, indicate a contactee status! Even symptoms such as brain buzz or irritated draining ears do not in and of themselves indicate a contactee status, and most certainly allergies are common enough to be considered almost normal for the human condition. Thus, no assurance can be gotten from a simple clue list, including such clues as recall of visitations, which can and often *are* simply imagination, a reaction to reading contactee literature.

Sorting out whether one is or is not a contactee is not a simple matter, and involves the intensity of recall, the presence of smells and touch during recall as well as visual memories, the correlation of the appearance of scars and missing time with recalled instances, and remembrance of factors routinely present in visitations *prior* to reading or learning about them from outside sources, and other such confirming circumstances. Check lists are designed in the main to intrigue the reader and sell magazines or increase web site activity, not to help the populace determine their contactee status. Would you conclude that you had cancer based upon a check list? Or perhaps conclude that you needed to go to a divorce attorney and institute proceedings based on a check list? Or sell your car and buy another based on a check list? Check lists have their place, but *not* in complicated situations involving a number of variables.

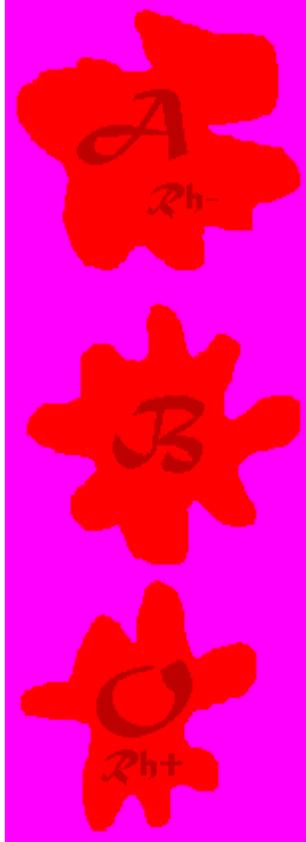
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ZetaTalk: Blood Types

Note: written on Apr 15, 1997



A popular rumor holds that humans can determine the predominant alien contribution in their genes by blood type. This is patently false, as blood types vary for reasons *other* than race, as any anthropologist will attest. *All* racial groups have *all* blood types, regardless of how pure or sullied the racial heritage is considered to be. Blood type is a characteristic like fingers or toes that express in *all* hominoids, and is thus representative of *all* hominoid contributions to the family of man. Where the various races in the family of man had different base apes and different hominoid contributors, they *all* have 5 fingers and toes and the same number of teeth. This is because all hominoids presently operating in your part of the Universe came from the same base! Blood type variation was present in the base, and expresses in all those hominoid variations that result from the base.

Blood type is a variant in the base hominoid, just as six fingers or toes can express in a population normally outfitted with five fingers or toes. There is curly hair and straight hair, dark hair and blond hair, in *all* racial groups. This may be doubted, as the Negro seems to have *only* curly dark hair, but in fact there are those occasional births that are treated as a sign from the gods or more often as a curse to be rid of, in which a straight haired babe is born, or one with light colored hair. These abnormalities were done away with quickly, in the past, and thus the gene pool altered. Just as six fingers or webbed fingers are rare, so some blood types are rare. That these genes express is significant of nothing more than a genetic toss of the dice and coming together of availability in the mother and father. There is *no* other significance in these variations.

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ZetaTalk: On the Increase

Note: written on Nov 15, 1998

As the Transformation progresses, contactee status will become increasingly common. In 1998, we would estimate that there are perhaps 12,000 true contactees, but this is due for an exponential rise as the Awakening progresses. People are increasingly allowed to see space ship displays, en mass with their friends and neighbors, so that there can be no doubt as to what they are seeing. Therefore, they are willing to reach out and explore the possibility of life elsewhere, of visitors to their Earth, and thus become contactees. In this count, we are not including Star Children. Incarnated Star Children are not considered by us to be contactees, they are themselves visitors. Their number ranges, depending upon walk-in status, between several hundred thousand upwards toward a million.

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ZetaTalk: Protection/Healings

Note: written on Sep 15, 2002

There is much desire among mankind, those who are contactees or not, for some sort of protection during the coming times. They look to their gods, to their governments, to their circle of family and friends, and see these will be lacking. Hearing of some protections, or healings, being given to humans by aliens, hope leaps into their hearts. We have, as other valid alien channels have, explained that *some* healing is done, and *some* protections given. Where is the line drawn, and how can one apply for this? Healings are done under two circumstances, only.

1. because the person needing help as someone who loves them so intensely, is willing to sacrifice themselves for that person, and is aching to do *something, anything*, to help. In this circumstance, it is an Service-to-Others call, of the highest order, and may be answered by Service-to-Others aliens who step in and give that person their wish. Healings are *never* done because the person needing help begs for themselves. A theoretical Service-to-Others requesting to help a Service-to-Self person would *not* be honored, as Service-to-Others aliens could hardly interface with a strongly Service-to-Self person. To be effected, the person must be *willing* to allow the aliens wanting to intervene to assist, and an Service-to-Self person would shrink from such contact.
2. because the person needing help is in a position, during this Transformation, that their demise or disability would be considered detrimental to programs the Council of Worlds considers of highest importance. ZetaTalk is an example of this, certainly not the only such program, nor the highest importance, but known to those reading it so will be used as an example. Should Nancy take sick, and be unable to respond to interview requests or answer email, what would the impact be? *She* may not be asking, but those considering the wide range of Transformation activities dependent upon her message reaching certain populations, are concerned. Thus, her potential cancer or heart attack is corrected, should it arise.

Protections are done in a similar manner, prevention of illness, but most often prevention of assassination. This has been done in the past, as the Oahspe mentioned, during the birth of the US as a democracy, as a major influence in the world. The Oahspe states that bullets were caught in the hands of angels, rather than proceeding to the assassination attempt goal. In like manner, many, many individuals during the Transformation are being protected, unbeknownst to them. This is *not* because someone giving the Call *desires* to be protected, which is in almost every case a self focused request, but because someone else has determined that their activities are of key importance to others. Thus, the best hope of being protected, or healed, is to *not* think of oneself, but of others, intensely, and take *action* to help others. This is the Service-to-Others hallmark, as when the person is doing this, they think not of themselves.

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ZetaTalk: Channeled Messages

Note: written by Jul 15, 1995

Channeling is an activity that involves the temporary possession of a human body, in order to relay a message. The message can be in many forms - dance, music, prose, or pronouncements. Most channel instruments, the humans allowing their bodies to be temporarily used, know when this has occurred, and so does the intended audience. The channeled message is different from what the human, who in most cases is familiar to the audience in some way, would have produced. Most channeling is done to produce words, the effect of which can be broad reaching as it can be translated into many languages, and shared repeatedly. Channeled dance is brief and fleeting, and prose has impact on a smaller audience in general than written works. Channeled music is also somewhat limited, as the appreciation for music varies by culture. Therefore most forms of channeled information are the written word.

Many channels are imperfectly attuned to the entities they are putting in the driver's seat. Such a simple matter as constipation or a headache can interfere. Most definitely, the human channel's own fixed concepts can interfere, as surely as a locked steering wheel will cause a car to go in a circle. If the channel is blind the entity trying to channel cannot see what is being written, as the entity is in contact with the *mind* of the channel. If the entity passes a concept to the channel and due to ruts in the mind of the channel this concept loops about and emerges other than what the entity intended, the channeled message has been distorted. This is why we frequently advise to read channeled works almost as poetry, for the underlying theme, and not to get stuck on some detail that seems out of sync. In this way small inconsistencies fall away, and the mass of consistencies between true channeled works support each other, and in this way truth and understanding emerge.

The origin of most channeled work is a mystery to the human channels, who sometimes insist on a name as they otherwise feel uneasy. The channel is asked to explain who relayed the message and has no answer - anonymous, it would seem. In human society the failure to identify oneself is suspect, and the message deemed likely a lie. Channeled works are most often a group endeavor, many voices speaking as one, and as we have explained, names in the higher densities of the Service-to-Others are meaningless and simply not used. These entities, or their fluctuating groups, *have* no names. Even when one is invented to meet the demands from the audience, as it has no relevance. The group at one moment might be composed of entities from one constellation but migrate over time to be predominantly from another constellation, and then *most* constellations are simply unknown to humans at this time.

The only valid question is on the source is its orientation, Service-to-Self or Service-to-Other or possibly a mixture of both if the human channel has given The Call to both. *This* is what influences the message, and it is the message that counts!

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ZetaTalk: ZetaTalk

Note: written by Jul 15, 1995

We, the Zetas, are using a different form of communication with our emissary Nancy than was done, for instance, in the channeling for the book *Visitors from Within*. Nancy has been willingly modified with Zetan genetic material inserted directly into her brain. This allows her to be more receptive to our telepathic voice. This has in no way changed Nancy from her otherwise normal human form. She is as before. However, she has additional talents, heretofore not a part of her talent spread.

The mix of Zetas involved in our communications alters from one communication to another. The tone of the conversation changes because of this. The Zetas chosen to communicate are chosen based on their familiarity with the intended audience or any hidden agendas inherent in the audience. This too affects the tone of the response. It is our desire to increase the effectiveness of our communications with humans, as in the times ahead this will become increasingly important. We hope this desire is matched by our readers. In our communications through human telepaths we of course have what you humans call a learning curve. Our starting position and ending point might differ from what humans would consider these points, but the curve exists, nonetheless. In addition, we are observing the reactions to our words. Like any well intentioned communicator, we move in the direction of most reaction. If our words are stiff, humans perceived us to be cold and unfeeling. When we give it up a bit, suddenly we become warmer.

There is another issue, that of adjusting the content to appeal to the humans we wish to engage, mentally. Any author or journalist is familiar with the concept. If one writes a book for all people in all seasons, the book may not sell at all! Therefore, one must select the audience, and play to it. Our audience is the Service-to-Others humans. Frankly, the Service-to-Self oriented will scarcely read, except as they may desire to poke holes in the message. So we are noting which of our words connect in the desired way with those strongly in the Service-to-Others orientation. We are noting which of our words get the intended message across.

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ZetaTalk: Advance Warning

Note: written by Jul 15, 1995

In almost all cases the reason for a meeting has been explained to a contactee ahead of time. This is to everyone's advantage. The contactee has time to mull over the issues, and comes to the meeting prepared. Those who state otherwise are in most cases describing meetings with entities other than ourselves, who are in the Service-to-Others orientation. The Service-to-Self orientation does not enjoy giving humans notice, as this diminishes the fear and intimidation that can be generated from surprise.

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ZetaTalk: Paralyzed State

Note: written by Jul 15, 1995

The state of paralysis that many contactees report is common, and is used not only as a means of calming and controlling potentially violent contactees but also for convenience. The paralyzed state is very relaxing, and leaves no harmful trace. During travel between the Earth and a space ship, through walls, and at rapid speeds, humans often *prefer* to be paralyzed. In fact, this is a frequent request of the constant contactee, as they find they can rest, and, as you say, leave the driving to us. What is going on in the state of paralysis? At times the mind is aware, at times as though in a deep sleep. Some contactees report they can break out of the paralysis, with a shout or by force of will. The mechanism used to place humans into paralysis is simple, and does not involve our technologies or manipulation of densities. We are utilizing an existing human physiology, something akin to the frozen state that possums take when frightened. Why is it that humans never play possum when we or other aliens aren't around to induce this? Because this facility is deep within the reptilian brain, and not connected to the middle brain or frontal lobes. Humans voluntarily cannot reach this spot. But if one knows where it is, and knows what buttons to push, then presto!

Note: below added during the August 10, 2002 Live ZetaTalk IRC Session.

Paralysis during contact has often been reported by those recalling their visits. If a contactee is anxious, fearful, likely to thrash about and injure themselves or their visitors, they are paralyzed. This is not painful, in fact is very restful, and is never resented. However, it can create confusion if not understood, when a rapid return to their pre-visit surroundings occurs.

- A contactee picked up during a busy day will find themselves returned to the exact spot they left, but will be relaxed when this occurs. The sudden need to have their legs tensed under them will create a sense of falling, and catching oneself. This can create a sense, in the contactee, that their knees temporarily gave out, and is confusing.
- Another often reported confusion is what is termed sleep paralysis. The contactee is returned to bed, as most visits are done at night, when missing time will not be noticed by a sleeping family. The contactee, hardly asleep when returned, finds themselves in the conscious stream of memory as suddenly *waking*, but paralyzed. After a moment, the trigger switch that was flipped to create paralysis releases, and the contactee finds they can move again. They are often aware, subconsciously, that a visit has taken place, and relate the two, as they should. However, the visit did not *create* paralysis, per se. This is akin to dust on the boots, after a walk, a remnant of the visit, only.

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ZetaTalk: Out of Body

Note: written on Aug 15, 1995

Out-Of-Body experiences can happen anytime an entity, or spirit, is incarnated, regardless of the density. It is true that most 3rd Density incarnations proceed from beginning to end without an Out-Of-Body experience, and that, on the other hand, it is rare for a 4th Density incarnation *not* to have an Out- Of-Body experience, but this is due to the relative awareness of the entity, not the density.

Some contactees have reported being taken Out-Of-Body during visitations, as though they were a passive participant, but going Out-Of-Body is always the decision of the contactee. Why does the incidence of Out-Of-Body increase, then, during the visits? The fact that Out-Of-Body occurs at all during visitations speaks to the traumatic nature of visitation. Humans experience Out-Of-Body in association with great trauma, where they are near death or severely injured. Where visitation does not injure the human encountering alien life forms and dealing, for the first time, with concepts like levitation, it is startling. Some contactees recall seeing themselves lying on a table while a medical procedure or examination is taking place, apparently Out-Of-Body during this distress. Is this a deliberate use of Out-Of-Body, as a type of anesthesia? No, as Out-Of-Body maneuvers are always initiated by the human. However, due more to alarm at the strangeness of the setting, many contactees *do* go Out-Of-Body during physical procedures. If they are in deep paralysis, which is a means of anesthesia often used by ourselves or others concerned with the well-being and comfort of our contactees, then the physical body is still. However, the spirit, elsewhere in the room, observes.

Once having been Out-Of-Body, the entity incarnating in a human body is wise, and not infrequently intrigued. How did I do that? Being Out-Of-Body offers all kinds of opportunities. Instantaneous travel, through walls, and invisibility. Humans adept at initiating an Out-of-Body use this frequently to gather information, check on a loved one, or just simply to have a look-see. Is this good? Yes and no. Where the human is operating in a 4th Density spiritual mode, is sufficiently Service-to-Self or Service-to-Other to be destined for 4th Density physical existence during the next incarnation, there is little harm done, but where they have not progressed in their 3rd Density orientation lesson and must continue in 3rd Density, Out-Of-Body can be a distraction from the lesson. It is an escape. For this reason we do not give lessons on how to achieve an Out-Of-Body.

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ZetaTalk: Eye to Eye

Note: written on Oct 15, 1996

Many contactees have reported that we, the Zetas, have gone eye-to-eye with them during a visitation, and have wondered why this was necessary. Doesn't telepathy communicate ideas more effectively? What does looking deeply into the eyes accomplish?

Just as reading an aura tells the reader much about the physiology of the human, just so reading the eyes conveys much. The Zeta have huge eyes, in comparison to human eyes, but this does not mean that we see that much more than humans. We see differently. Our large eyes developed in what humans would consider dark conditions, just as earth creatures who operate at night have large eyes. We make much of what little light we garner, but likewise our eyes can be overwhelmed by too much light. Human doctors peek at the retina to determine illness, as for instance the retina is the first to display the fact that hardening of the arteries has begun. We Zetas likewise take advantage of this handy barometer, reading what we can of the human contactees physical condition - through the eyes.

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ZetaTalk: Gaining Time

Note: written on Feb 15, 1997

Much has been mentioned in contactee literature about the phenomenon called missing time, where the contactee finds they simply can't account for an hour or so of time, and those around them report they were utterly gone and could not be located anywhere during that time. Missing time is, of course, the most convenient way a visitation occurs, as no particular manipulation of the environment need be done outside of simply picking up the contactee and conducting the visit. However, many busy contactees have little room in their lives for missing time, so resourceful visitors often resort to a visitation method which could be called gained time.

Most contactees, like all humans, have broad stretches of time in their day that are essentially wasted time - commutes to and from work, standing at a bus stop, reading the newspaper while someone prepared dinner, or watching the news on TV. All these activities take place repetitively, each day, so the scene is more than familiar to the contactee, it is essentially a *repeat performance*. Thus a contactee can *skip* the activities that would take place during such a stretch of time, and scarcely notice. In the same manner that screen memories are given to contactees, the contactee is given a memory in keeping with the activity that would have occurred. Most often, this memory is simply a playback of one they already have in their memory banks, quite handy as it is available within the same human brain.

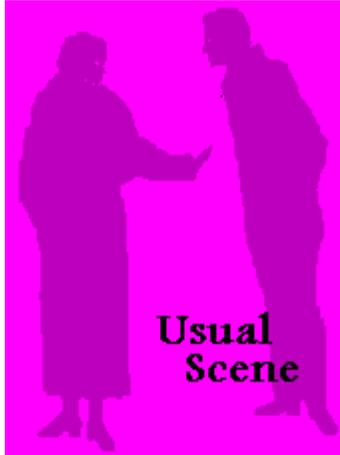
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ZetaTalk: Standing In

Note: written on Feb 15, 1997



During an increasingly busy Transformation period, with the necessity of gathering up contactees for group meetings, the aliens coordinating these group meetings are presented with endless scheduling difficulties. Many times when one contactee is free to have some missing time, the others are busy at work, as coordination may span the globe. One way around this matter is to get an exception from the Council of Worlds so that the contactee can be moved forward into the future for the meeting, then returned, and thus experience no missing time but rather a doubling of time in the near future. This is seldom done, due to the administrative complexity.

Another method available to the busy alien visitors assisting with the Transformation is what could be termed a stand-in, where the contactee *thinks* they are in two places at once. Essentially the process is this:

- The contactee is picked up in the normal manner and taken to his group meeting. During this time the meeting is being recorded in his subconscious, in the usual manner, and he is, on a gut level, fully aware of the meeting content, participants, and any resolve as a result of the meeting. In other words, the meeting has taken place as usual.
- Simultaneously an alien steps into the physical surroundings and activities the contactee *would have been* involved in, had they not been picked up for the group meeting. This alien mentally records the events, transferring this mental image with full sight and sound and sense of touch to the *conscious* of the contactee, who thus is recording this in their conscious as though they were there.
- Following the group meeting, the contactee is returned to their setting and picks up seamlessly in the ongoing activities, so that consciously they do not register any disruption at all. The activities conducted by the stand-in bear the mark of the contactee, as while mentally transferring the situation to the contactee, the alien stand-in is also receiving reactions from the contactee as to what steps they would take next, etc.



This method has some wear and tear on the contactee, in that brain chemistry is exhausted more rapidly than the humans physiology is designed to replenish. Thus, this method is not used for long periods of time, or done repeatedly within a day, unless the situation absolutely requires that such steps be taken.

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ZetaTalk: Invisibility

Note: written on May 15, 1996

Some contactees have reported experiencing intermittent invisibility, where others in the room seem unaware of them, or they themselves cannot see their reflections in a mirror or their hand before their face. What is being reported here is not invisibility but an Out-Of-Body experience, where the human is unfamiliar with the experience and does not know what to make of it. When Out-Of-Body the spirit collects impressions of sight, smell, and even the sense of touch, being attuned to this from its residence in the human body, and relays these to the human's mind upon return, building a memory. To the human, this all seems *real*, and they thus conclude they must have been invisible, as indeed they were to the other humans in the drama.

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ZetaTalk: Over the Eons

Note: written by Jul 15, 1995. Planet X and the 12th Planet are one and the same.

We, the Service-to-Others Zetas, have been involved with humans long before recorded history. Therefore let us refer to what humans call carbon dating, the capture of carbon atoms in an organic remnant that shows the presumed age of the remnant. The theory goes, since carbon in the natural free state in the atmosphere has such a ratio of characteristics, and the carbon in the organic remnant has a different ratio of characteristics, then the remnant has aged. In general this theory is correct, but in practical fact is too flawed to pinpoint with accuracy the exact millennium, much less the exact century or decade. We will refer, therefore, to the stage of human development, as humans understand these stages. This is to say, the human understanding is spotty. They have some of the pieces, but not all. They are still looking for the missing link, for instance, and arguing among themselves as to whether there was one origin, Africa, or numerous origins. There were numerous origins. Each race, and there have been six, has had a different origin. We were involved as observers from the start. We have been around, as visitors, continuously since that time, responding to The Call as it occurred.

The Earth has been visited by many alien groups since mankind's earliest stages, long before mankind was genetically engineered into intelligence, its present form. The marks left on human culture are so extensive as to preclude a list. Some of these influences are well known, in Egyptian and ancient Sumerian culture, or the Vedic writings, where visits from the 3rd Density hominoids from the 12th Planet left their mark, and holy books such as the Bible and Koran, a battleground between the original Service-to-Others authors and later Service-to-Self additions. Less well known are the influences in China, where the geneticists creating China Man influenced the culture left behind. Quiet moments in the garden, respect for wisdom and each other, and appreciation of the little things in life such as the song of the bird, are such marks. Also little known is the American Indian culture, assumed to be self developed by the Indians as they lived, isolated from the greater world. The Indians are not so aware of what they call shape shifting without reason. Their myths of spirit forms met in the woods and their own flights are based on true encounters, where they went Out-Of-Body and afterwards could not forget.

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ZetaTalk: Visitor Traces

Note: written on Aug 15, 1996

The Earth has been visited for eons, long before mankind walked the Earth. Your Earth is fertile and full of life, an endless source of interest to the curious. Just as travelers on long sea voyages, or trekking long distances over continents, were lost to their human families, just so these visitors on occasion lost their moorings. They died, and their companions were not able to locate their remains. Dead tissue is dead tissue, and it does not speak but rather blends into the surrounding forest or swamp, lost to those anxiously looking for a companion. Humans are aware that their technology is not perfect, and this lack of perfection is always present. The phone may be but a fingertip away and the ambulance can come at a moment's notice, but if one's portable phone is broken when one is dying away from home, then one may never be found!

Most often the [Bones of Visitors](#) are not recognized for what they are, as they are thought to be remains of an animal of some sort. Remains are also usually disturbed by scavengers, eaten and dragged or thrown about so that an intact section cannot be pieced together. Any remains that would tend to look hominoid, but not human, would frighten a human coming upon them, and these types of situations tend to result in active denial. The remains are left where they are found, and even if documented and pressed upon colleagues, denial prevents them from being taken seriously. If for no other reason, denial occurs because the researchers have difficulty realizing they are not alone, not the first or most intelligent conscious species in the Universe, not the masters of all they survey. One looks the other way, walks away, and then forgets to mention the find in their report.

Skulls of hominoid visitors, as well as intact skeletons of non-hominoid visitors, have been recovered by human researchers and documented. These discoveries never make the press, as the media find them too disturbing. There are solemn moments, hushed silences when no word is spoken. Then someone mentions that the public might be disturbed, might faint or attack the media with claims of fraud. The decision is made to wait a bit, for some time in the future when folks seem better prepared for such matters. If the bones of visitors were simply odd skeletal structures, they could be displayed as an example of an extinct animal, and at times this is just what they *are* taken to be. The bones that *don't* get displayed are hominoid skulls that obviously have more brains than mankind, big heads that humans today don't possess, much less the heads of early man. Who wants to break *this* news when they would have to be faced with all those egos out there being taken down a notch! Better to keep mum, at least for the time being.

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ZetaTalk: Just a Dream

Note: written by Jul 15, 1995

Dreams are one of the avenues whereby the depth of the brain and the heart, in resonance, speak to the conscious. We, and other aliens, are under stricture not to present ourselves to humans in such a way as to be inviolate. Yes and no, we are surely there. In this way those humans uncomfortable with our presence can assure themselves this is not the case. Yet those who are eager for our presence can reassure themselves that they are not, as you might say, dreaming. Yet as eager as those wanting full contact are, they are unaware of how very jolting this will be, even for the initiated. Some humans, forced to adjust too rapidly, would go mad.

Many contactees recall their visitations as a dream, as the recall starts during a semi-sleep state, during that time when one is just dropping off to sleep or waking up. However, there are characteristics that mark the recall as other than a dream. The dream seems vivid, so real, and includes elements not normally in dreams such as sounds and smells. These dreams are usually so vivid as to wake the drowsy contactee. If the contactee is comfortable with the concept of the alien presence, they will dig further into their subconscious and unfold the story, but many simply leave the recall in the dream status as in this way the recall is less threatening. How could it be real? It was only a dream!

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ZetaTalk: False Memory

Note: written on Jan 15, 1996

When visitations are recorded only in the subconscious, as all are now, there are various means by which contactees develop recall - during meditation, while drifting in and out of sleep, under hypnosis, or due to flash connection to some current event. Many contactees use a number of these avenues, quite naturally, and without even knowing the proper term for the practice.

Contactees may flip through a magazine, come upon an article about visitation, complete with sketches of aliens, ships, and procedures, and find themselves dealing with a new memory of similar circumstances. Was the memory placed there, suggested by the article? Contactees may also find themselves day dreaming, with remarkable clarity, or waking from dreams with a sharp sense that the drama was *not* just a dream, and do their best to return to these states, to meditate and uncover more of the drama. Are these just dreams, the imagination, and is the contactee just building a fantasy? Contactees may discover scars or marks on their bodies, or experience missing time, and determine to uncover the story by shelling out good money to a professional hypnotist. Does the hypnotist suggest scenarios to the contactee while in a trance, and create a false memory?

The truth of these matters rests with several factors, and can never be conclusively proven. *All* humans create false memories for themselves, enhancing what makes them feel good about themselves and forgetting the embarrassments. The validity of a contactee's recall should be judged, as with *any* memory, on the following.

- The maturity and pragmatic nature of the contactee. Does this person attend responsibly to their duties, tell the truth, and bear a healthy degree of skepticism about matters reported in the news or gossip carried by friends, or does this person indulge in soap operas and novels, fall in love at the drop of a pin, or adamantly argue a point.
- The influence of those around the contactee during the recall process. Is the contactee allowed to dredge up their own memories, insert their own details, or are these *suggested* to them.
- Collaborative evidence that the memories are true, such as recalled physical sensations that are appropriate for the situation, matching scars forgotten until recall referred to them, and relatives or friends confirming times when the contactee seemed dazed or was strangely and unexplainably missing for a period of time.
- The motive of the contactee, who in most cases is dealing quietly with a personal drama and wants *no* publicity or attention. Is the contactee relieved to be piecing it all together, or do they dramatize the situation to everyone who will lend them an ear, endlessly, with a clear tendency to embellish the story with whatever might bring them more sympathy.

Contactees who tell their story to hasten and help the Awakening are almost always characterized by their quiet demeanor, their serious intent, and an *original* reluctance to draw attention to themselves.

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ZetaTalk: Drug Induced

Note: written on Feb 15, 1996

Among the myths circulating on how, when, and where visitation occurs is the myth that hallucinogens facilitate. They do not. Many would-be leaders and their hangers-on wish to get on the bandwagon and make a living if not a profit on the increasing curiosity about the alien presence, and are looking for a niche.

- Can they compete with genuine contactees who run the gamut of emotions when hypnotized by professionals and exhibit scars that appear overnight or positive pregnancy tests that result in the missing-baby syndrome? They would be discovered as the frauds they are if this were attempted.
- Can they compete with genuine channelers, whose work has an internal consistency no matter how voluminous, and connects with other genuine channeled works as though several soloists were suddenly a chorus? This type of fraud requires talent, and is in any case a lot of work, and as these frauds come under increasing pressure to explain contradictions it is not the perfect solution.
- Can they claim they saw and learned wondrous things while in a drug induced state, and offer to show the masses how it's done, for a fee? Why not? What basis for rejecting or accepting their statements exist? Its a safe fraud, and more than one such fraud is currently running.

Visitations are not facilitated by recreational drugs, no matter what the users might imagine. In fact, as the contactee would be dysfunctional, it's counter-productive. Any stories claiming otherwise are false, as are stories that alien visitors encourage the use of recreational drugs.

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ZetaTalk: Light Form

Note: written by Jul 15, 1995

Some visitations are from entities who no longer take physical form. Physical form was in the past for these entities, but they are spiritually evolved now, and take what would be called light form. The contactee is probably not aware of his contacts with these entities, unless in his dreams, which may or may not be consciously recalled. These entities have an extreme mental capacity, beyond what humans can endure. These entities have a force of love, also. Returning from a contact with these entities, the contactee feels as though he has risen from a warm bath into the cool air. He wishes to return to the warmth. He wishes this never to end. The contactee needs to bear in mind that what he desires is in his future. The entities in contact have also endured what the contactee is enduring, in their past. This is one of the reasons they have such an intensity of love for humans. Entities in light form appear to humans as balls of light, the strength of the light in proportion to the mass of the entity.

Human spirits are sensed, as ghosts, as a light cooling of the temperature or perhaps a visage of the human as it appeared during its last incarnation. This in no way relates to how the entity is shaped at present, but is an impression the formerly human spirit is giving to the human at the scene - I looked like *this*. Temperature changes are due to the disincarnate entity desiring to influence the scene, and being inexperienced at how to do this.

Wise and massive entities, almost invariably in the Service-to-Other orientation, appear as balls of light so their human contacts can mentally register their presence. Humans sense these entities well before they see them in light form, as the light form is assumed only as a type of dress to allow the human to better comprehend the situation. The contactee strongly senses someone in the room, or nearby, even though the contactee may be quite alone by all appearances. This sense that someone else is present is so strong that the contactee may actually glance around, disbelieving what their eyes are telling them. It is for this reason that these entities assume a light form, so that the contactee can relate to what is happening and get down to business.

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ZetaTalk: No Calling Card

Note: written by Jul 15, 1995

In meeting or dealing with a non-human entity, whether this is a spirit you only converse with on an ethereal level or an entity with embodiment that you encounter during contacts, you must judge for yourself whether this is an encounter with the Service-to-Self or Service-to-Other orientation. There are no measures that serve as an easy answer. There are no rules that can quickly be applied to the situation for an easy resolution to confusion. The right solution to the situation facing you, as a human, this minute, is something you must determine. For some, this is painful. Some humans, faced with this perplexing dilemma and used to the rigorous answers that their religious ideology gives to them, feel naked and alone. However, this situation is one that the entity new to the 4th Density will face ad infinitum. Get used to it.

Confusion is natural. When you ask how you can discern good and evil, how you can they discern what may be a figment of your imagination or something generated from your own mind from what may be a spirit speaking to you or trying to possess you, it is natural to be confused. This is up to each individual to determine for themselves. There are clues, so that it is possible to differentiate your individual soul from others, to understand whether another spirit cares for you or does not care for you, and this doesn't require reading body language or blinking neon signs. There are thousands of indications, just as when rising in the morning, you understand that it is morning and not evening by glancing at the sky. Those who complain, asking when they are going to be told to truth, when will it be revealed, or when they will we be led to the truth, are demonstrating an essential spiritual laziness.

You are supposed to learn to discern these matters, and to become more and more sensitive. You are supposed to be put into environments where you must exercise choice as to whether to sacrifice yourself, and to what degree, and where to put your efforts, and when to slack back, and who to ally with and partner with, and who not to. This is part of your spiritual learning, your school house is a self instruction school house, and to hold back, to resist and cry that you need clarity and exacting signs and instructions, is to avoid these lessons. This only delays your spiritual growth, and will continue to put you in these perplexing situations until you learn to begin to stretch and exercise your spiritual mind just as you are asked in school to exercise you physical mind. So step forward and embrace the path. Many exciting experiences await you. But if you hold back in the shadows you will not understand that.

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ZetaTalk: Knocking

Note: written on May 15, 1996

Frequently contactees report a knocking sound preceding their visitations, and almost invariably interpret this as a signal of some kind. Humans, of course, knock on doors, tap out Morse Code, beat on drums to send messages through the wilderness, and tap their feet or drum their fingers to express impatience. If they hear knocking, what else could it be? Density shifting is most often silent, with only the airspace disturbed. A ship suddenly appearing high in the sky, displacing a few molecules of thin air, creates at most a light change in the breeze. Large or sudden displacement of air can create sound, as thunder claps following a lighting flash attest. Arriving or maneuvering aliens, who do not arrive *all at once* lest they collide with each other at the staging point, create sudden movement in the air space in confined or delimited settings. Clap, clap, the aliens have arrived!

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ZetaTalk: Various Groups

Note: written by Jul 15, 1995

Visitations are occurring between literally hundreds of alien groups and human contactees. Some of these alien groups are on Earth only briefly, for perhaps only one contact with one individual, and this either out of curiosity or due to a very specific mission. Other alien groups, like ourselves, have been around for eons, and have an intense interest in the future of Earth, our future home. The Sirians, Pleiadeans, and Nordics, among other commonly reported Service-to-Other groups, are not so intensely interested as we, but are here primarily out of a sense of service. Their missions are as numerous as they themselves, as opportunity abounds. Like ourselves, they must wait for The Call from a human, and then depending upon the situation, the goals of the human, and the requested guidance from the visitor, they jointly may be of service to the Earth and its many inhabitants.

The hand of the various groups can sometimes be seen in the type of endeavor undertaken by the human who gave The Call. For instance, Pleiadeans are intent on educating humans in the pleasant nature of 4th Density Service-to-Other existence, the sense of community and potential for being playful and having fun. The Sirians are more war like, have this history in their past, and take The Call from humans who could use logistical advice during confrontations. Nordics are very scientific and intellectual, and dislike the spotlight. They thus work behind the scenes, and their contactees are never heard of.

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ZetaTalk: Life Form Orientations

Note: written on May 15, 1996

A small number of contactees, those who we anticipate will act as a catalyst during the Awakening, are shown line-ups of alien life forms. There are many planets, many worlds, with similar physical components. Life forms with similar DNA, such that the contactee can breath the same air. The contactee might not fare that well on their worlds, but he would certainly not die instantly. And thus he is allowed to be in the same vicinity as the life forms being presented, to speak to them, and to begin to integrate the concept of being what some have termed a galactic citizen. This gradual orientation, which is done in stages so as not to overwhelm the contactee, usually progresses from hominoid life forms to lifeforms humans have never encountered on Earth. In between are reptilian life forms or water creatures such as a jellyfish or an octopus.

Our emissary, Nancy, has been presented with such lineups, and relayed these experiences in her own words within ZetaTalk. The contactee may or may not consciously remember these orientation sessions, depending on how actively they seek to establish recall. Nevertheless, they are oriented, and when an opportunity to communicate their understanding arises are quick to help their fellows to a broader view. Invariably, there is initial shock at the wide variety of intelligent life forms.

Humans tend to get through the lineup of hominoids with little trouble, become stunned when they first encounter life forms not known on Earth, and progress to a tolerance for almost anything thereafter. When contactees begin to allow themselves to recall these presentations, they usually start with images they find acceptable. This can lead to confusion, when hominoids are in the lineup, due to different rules or protocols in the different cultures. For instance, a hominoid from another world might mimic each expression on the contactees face, and this be taken as mocking, where on the world the visiting hominoid came from to do less than this indicates a lack of sympathy for the emotion felt by the other, an insult. This would be similar to protocol in Asia where deeply bowing to each other from the waist is the norm, as a courtesy, and to not do so is considered an insult.

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ZetaTalk: Other Names

Note: written by Jul 15, 1995

Regarding whether we go by other names besides the Zeta name. We do, among ourselves. However, we go by the name you call us, when contacting humans. Since the Hill episode, when we were closely and correctly associated with the Zeta Reticuli star system, the citizens of the United States and the media and UFOlogists have called us Zetas. To you, therefore, we are the Zetas. Our contactees know who they are dealing with, without the necessity of names. Names are not needed in close interactions, among familiars. The babe recognizes its mother. The worker his everyday co-worker. Names are needed for the supraorganization that human society has put into place - schools, military service, and payroll systems for instance.

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ZetaTalk: Fairy Tales

Note: written by Jul 15, 1995

Have we, the Zetas, ever been inspirational to mankind, giving birth to myth and music? We certainly hope so. However, we cannot take credit for the work of others - the artists, poets, authors, or composers who may have been inspired by contact with us. Such things as a rocky seaside are inspirational, but certainly are not given credit of the works for art that follow. We are being inspirational as we speak, by communicating to you through ZetaTalk. Were it not for our presence, and our willingness to answer, ZetaTalk would not have occurred.

Myths that may have been inspired due to our presence are few, as we are behind-the-scenes workers in the main. Fairy tales of goblins in the night, wispy creatures who disappeared by fading into the woods and seemed to float have to some degree been inspired by us. The Brothers Grim also records fairies in the woods, not seen but doing good works such as setting those searching for lost children onto the right path. We represent the unseen, in some of these stories, as this is the method by which we work. People correctly ascribed to us the characteristics of being able to appear and disappear. And like any stranger, we got assigned many deeds not of our doing. Who took the cake, spilled the milk, stole the rattle from the baby. The fairies did it. But likewise some good deeds, those done by us but mostly done by good hearted humans not wanting a fuss made over them, were ascribed to us. It balanced out.

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ZetaTalk: Electrical Disturbances

Note: written on Nov 15, 1995

The media dramatizes electrical disturbances because, in truth, this route was used by ourselves in the 1950's to impress MJ12 and gain a greater audience with them. The winking out of lights over a broad area, dramatized in *Close Encounters of the Third Kind*, indeed occurred. However, it is *not* true that this regularly happens when space ships come into the area, and any stories using this as a prop should be suspect. We enter and leave your density, 3rd Density, without disturbing anything outside of the exact *spot* where the ship is to materialize. Therefore, tales of lights dimming in the house, cars stalling, TV sets flickering, or an aerie glow are patently false.

This is another instance where one cannot disprove the proposition, as afterwards there is no mark or evidence to point to. We will point out, however, that electrical devices subjected to such a brownout are frequently damaged. A blackout, where the electrical flow just stops, does no damage as this is a normal parameter which happens when the off switch is thrown. Brownouts are not anticipated, and thus a TV or computer frequently has to be reset or repaired afterwards. Tales of electrical disturbances often include a stalled car which restarts by itself. How would this occur, when under normal circumstances a starter must be used. The electrical boost needed to start a car is relatively high, with the electrical flow thereafter at a maintenance level. The car starts because the cylinders are being cranked, by electricity, but thereafter this cranking is done by combustion in the chambers. Why would the electricity *surge* when returning? Thus, for more than one reason, this proposition *can* thus be disproved.

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ZetaTalk: Bright Lights

Note: written on Nov 15, 1995

Visitation scenes in the media are dramatized. At one extreme humans may be brutally abducted or returned dazed and injured, and at the opposite extreme they are drawn toward the light. Landed or landing space ships are depicted as bathed in brilliant, blinding light. This is patent nonsense, and *never* occurs. Visitations are to be low key, registered only in the subconscious of the contactee, and the visit secreted so as to protect the contactee from ridicule and hostility. Does it then follow that visitations would be so blatantly announced? There are *no* unusual lights surrounding visitations, and any stories to the contrary are false. In some cases what a contactee reports is expanded by the media, who do contactees no service by such misrepresentation.

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ZetaTalk: On The Phone

Note: written on Oct 15, 1996

A consistent theme among visitation studies is the phone call from an alien, or what is assumed by the human to be an alien. There are several problems with this theory, all of which point to the phone call, if indeed it occurred, as being from an entity *other* than of alien origin.

- All visitations over the past half century, from either orientation, have been recorded only in the contactee's subconscious. This is per rules visitors are required to follow, and should they break these rules they are henceforth banned and can no longer have an effect on the Earth's Transformation. Beyond being banned, any such deliberate infraction is counterproductive as it would be corrected in short order - in effect the event would be erased. But corrective action is almost never required, as the mechanisms put into place by the Council of Worlds are such that *as the conscious visitation is being planned by an alien visitor, their plans are being countered*. Thus, such events simply do not happen.
- Effective visitations make use of *all* the senses, not only the sense of hearing. Visitations involve touch, telepathic transmission of concepts and feelings, smell, visual impressions, and increasingly the social interaction of other humans in mutual plans. Using the phone is equivalent to using the teletype rather than a face-to-face visit. It would not be the means of choice, and in fact would not even be in the running. The telephone is a human device, used as a convenience by humans at a distance from one another, as they have no better means. Alien visitors have all manner of better means at their disposal.
- If alien visitors cannot, and would not, use the phone, they who *would* do so? Clearly this is a medium the secret government in the past, and the establishment today, would choose. Unless prepared to do so, most recipients of phone calls can't trace the origin. Phone calls are safe, and strange metallic sounding voices or odd sounds in the background are easy to effect. Thus, there indeed are some humans who receive phone calls purporting to be from aliens. There are also humans claiming to have received such phone calls who are simply perpetrating a fraud.

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ZetaTalk: Radio or TV

Note: written on Jun 15, 1999

Of course we could communicate via radio waves. We could communicate by many means. We could paint colors across the sky, take over your TV stations, or create holographic elephants dancing down main street if we wished. Why don't we do this? Because we wish to speak to the heart and the soul of the individual who is trying to communicate to us, and all of this would not only be a distraction, it could be subject to misinterpretation. Radio waves can come from us, or they can come from humans who wish you harm, who would twist and distort this into disinformation. Thus, we use means which cannot be misinterpreted. Either we visit the contactee in person, so that their body and our bodies are in direct contact, or we visit the contactee soul to soul, so that our souls are standing next to the contactee in a proximity that they cannot deny, that they understand in an almost gut-wrenching manner as being very, very real. This leaves the contactee with an impression that is a flood of information, which cannot be distorted. Then when disinformation comes, it is cast aside as being like some minor noise that pales in comparison to the real contact. This is why we do not use electronic means. We use a very personal touch.

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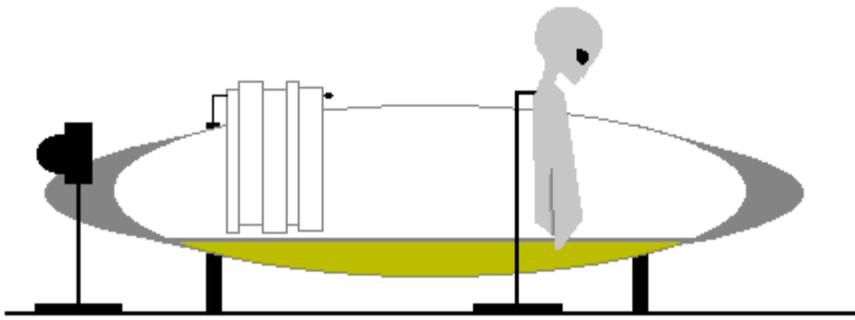


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ZetaTalk: Staged Visitations

Note: written on May 15, 1997

Human memory is simply the chemistry of pathways, having been altered during sensory input and the resulting connections made shortly after the sensory input. Further memories can be developed whenever these same pathways are traveled as adjuncts to the thinking or pondering process, as a result of other sensory input that is related to the original incident, or during dream states or meditation when the conscious allows the subconscious to pass it information. The ability to retain a memory after an incident is thus greatly affected by blood or brain chemistry, a fact well known not only to the medical profession but to intelligence agencies which use injections to cause their interrogation subjects to forget that their civil rights were abused.



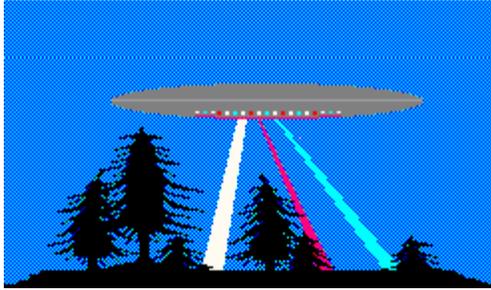
These simple means of allowing a memory to be partially retained have recently moved into the private sphere, where members of the establishment, what is commonly known as the New World Order crowd, use injections or drugs to induce confusion in humans they wish to influence regarding the alien presence. Certain humans, who by virtue of personal wealth they may have inherited or by virtue of their professional position or ability to influence public thinking, are targeted. Since most contactees remember only parts of their visitations, this group allows their targets to retain a memory of only part of their fraud. They pick the target up by one rouse or another or by virtually kidnapping them, inject them with a drug that causes complete memory loss of the incident, put them into a setting where the target thinks they are on a space ship or in the presence of alien hominoids, and then return them home while drugged into a state of forgetfulness again. The target recalls only the core portion of the incident, and is convinced they have had a real visitation.

By this means, the establishment hopes to skew public opinion of the alien presence to their preference, to control the slant with their disinformation, and thus ultimately to keep the public from feeling cozy with visitors from other worlds. The New World Order crowd considers the Earth and in particular her peoples to be *theirs*, their worker slaves, their servants, and want no interference in this order from alien visitors who are providing information and new insights to their contactees. This rouse only succeeds where their targets do not have access to other contactees or to truthful accounts of real visitations that would allow them to sort out what happened to them. In the main, the rouse works, as the targets are often chosen not only for their wealth and position of influence, but because of their gullibility and tendency to follow conclusions given to them by others. These very qualities, however, make their target converts less likely to be truly influential in the world at large, and thus the scheme fails.

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ZetaTalk: Colored Lights

Note: written on Sep 15, 1996

Humans use lights to signal as well as to illuminate, using colored stop-and-go lights at intersections, on landing strips, and on exit doors. Colors are also symbolic, from the black robes of the judiciary to the white robes worn by nuns. Thus when sightings include reports of colored lights on ships, or even ships of various colors, they assume this to be in part a signaling process. It is not. Human society, being a 3rd Density society, cannot prevent interaction between individuals or groups, and thus signals and signs are valued for the assist they give to structure. Red light means stop, flashing light means impending action, neon light means the establishment is open, and direction can be indicated by following the moving arrow. Lights, and in particular colored lights, are a communication vehicle in human society.

But should humans travel to another world, a red stop light would not carry the same meaning, and with the advanced technology used by visitors, signaling each other with colored lights is not necessary. All ships, from all groups, are aware of each other due to computer coordination of visitors from the Council of Worlds. We are aware of each other, sight unseen. Then why different landing lights on our ships or different colored beams of light or different colors in examining rooms? It's commonly known that lights in different spectrums illuminate different aspects of an object by causing a reaction in the bathed object, and that some color spectrums cannot be seen by certain life forms. Horses and dogs, for instance, are color blind. Thus, our ships use *many more* lights than humans are aware of, assuming as they do that we zip about in the darkness when in fact they simply can't see the lights we are using. And when different colored lights are seen, this is not a deliberate use of color but a deliberate functional use of different wave lengths. The color is incidental and irrelevant.

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ZetaTalk: Black Box

Note: written on Apr 15, 1996

Many contactees recall being presented with a black box or similar object, and being told they will know what to do with it when the time comes. They feel they *know* what this means, down deep, but try as they may are unable to connect the meaning to their conscious thoughts. This is because they have agreed, in conference with the Service-to-Other aliens they are in contact with, that dealing consciously with this knowledge would be upsetting, and there is no necessity to remember until the moment to act has arrived. What will this activity be?

During the coming Earth cataclysms, all life, everywhere on the globe, will be operating in crisis mode. From the lowliest crab on the ocean floor finding the floor turning hot and the waters cloudy with particles in turmoil, to the birds in flight finding themselves unable to direct their flight in torquing winds that literally tear their open wings off, to rodents finding their hovels collapsing on them but a battering rain of tiny hail stones when they go out in the open - *all* life will be in crisis mode. At this moment, prepared or unprepared, humans will also be in crisis mode. They may have prepared, and in truth come through unscathed because of this, but during the hour or so when the pole shift is occurring they will surely be in a state of panic. For those humans who have *not* prepared, the expression of their panic can range from catatonic paralysis to perpetual ineffective motion.

Many contactees, operating in the Service-to-Other mode and wishing to stay by the side of their loved ones, have chosen a role for themselves which cannot be implemented until the time comes. They are prepared, but have wisely chosen not to dwell on it in the short time left, as it would serve no purpose.

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ZetaTalk: Missing Pilots

Note: written on May 15, 1996

Encounters with UFO's have on rare occasions resulted in the disappearance of an airplane and its pilot, never to be seen again. What happened to these pilots? Were they captured or killed? When space ships disappear, winking out in the sky in an instant, they are essentially moving into another density. We have explained that density switching has its dangers, and if the ship is programmed to switch with its surrounding airspace, the switch takes the pilot and plane with it. Thus the pilot finds himself suddenly in a 4th Density existence, without atmosphere to breathe. This is a quick and painless death for the startled pilots, who have little chance to sort it out before they lose consciousness.

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ZetaTalk: Abduction Term

Note: written on Oct 15, 1995

The term abduction was assigned to our visitations with our contactees early in the present day heated discussions about the alien presence. Prior to the latter half of this century, visits from aliens were termed a glimpsed fairy, an invoked demon, a guardian angel, or perhaps one of God's chariots in the sky. Humans tended to ascribe, correctly, their role in calling for the contact. They were brooding alone in the woods, were openly wishing to sell their soul for assistance in ridding themselves of a rival, were feeling frightened or confused and wondering if they truly had a guardian, or were anticipating a sighting in the sky and looking up in anticipation. The term abduction implies *no* such participation, and was chosen deliberately for this reason by humans wishing to put the brakes on the Transformation by giving a subliminal message to the populace. One could refer to a job as one's chosen career, one's occupation, one's current employment, bringing home the bacon, putting in one's dues, or going to the salt mines. The term used influences the attitude.

The abduction term is perpetuated in part because the number of recent contactees, who are on the rise, are lately given only subconscious memories of the affair where in the past were allowed to remember consciously. Key indicators are thus missed, and the contactee remembers only their quiet day and then the sudden appearance of a scar or a vague feeling that something momentous has occurred. If hypnotized, the contactee will express emotions such as anxiety over the strange circumstances or longing for a hybrid offspring, and this is viewed out of context with their normal life. Are they not anxious when encountering strange circumstances *outside* of visitations? Would they not feel longing if seeing only briefly a child they were going to give up for adoption? Humans in a hypnotized state express their emotions openly, where normally controlled, and thus the emotions are registered by those in attendance as extreme. For contrast, hypnotize a contactee and take them to their wedding night, the birth of a child, or their first day on an important job.

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ZetaTalk: Abduction Right

Note: written by Jul 15, 1995

Some humans raise heated objections to the genetic engineering program we are conducting. We have been granted the right to proceed from the Council of Worlds. Some call this the Association of Worlds. The name is not important, as all members understand, intuitively, what it is of we speak. Seeding planets, the genetic evolution whereby the genetic fiber of the intelligent species on a planet keeps pace with its spiritual development or spiritual level, is governed by the Council. Homo Sapiens is to leap (albeit over generations) to a higher level of intelligence and telepathic ability. Accordingly, we have been given a charter to proceed, albeit humanely, in this work. Our time frame is clear to us. This work is not, as you say, a snap. It is stretching our abilities, which are considerably higher than yours, at the current time. The checking and testing we do is most necessary. Since you would not be capable of understanding, we won't explain the details.

The comparisons between this important work and experiments humans do on animals or other humans cannot be made. Would you compare the hunting of a wolf pack to the dedication of a research team intent on finding the cure to a disease? Both are a pack or team. Both are dedicated. Both teams feel their work is of vital importance to them. However, their missions cannot be compared. Our purpose has been twisted. However, we do not allow anger to rule us. This we learned to control some time ago. Like most who dedicate themselves to a good purpose, we focus on the future, on the mission being a success, and on the happiness that will ensue from this. We focus on the long term, not the short term.

Given the above analogy, how would you, as humans, given the mission to genetically engineer a wolf pack into a higher intelligence, proceed? Since the wolf can bite, can kill you, and would surely do so if threatened, you would tranquilize it. You consider this humane. You do this today when tagging wildlife. You mean this wildlife no harm, and seek to reduce injury and reassure the creatures you tranquilize. You may attempt to communicate your purpose to the wolf, but few will understand. If the wolf will in the future live a fuller life, and evolve spiritually, you would probably commiserate with each other over the rage of the threatened wolf and try not to take this personally. As the Zeta are, as you say, egg heads, we try to communicate intellectually. We have learned to use humans who communicate with other humans to explain our position. This is altogether a more effective way of communicating. However, these humans come in for a lot of abuse.

What we do to contactees is done on a daily basis by doctors, dentists, parents, teachers, policemen, custodians, and husbands to their wives. Humans most definitely do not apply the same rules of behavior to aliens that they do to themselves! We would point to the Geneva Summit Conference, the rules governing war. In these guidelines are explicit statements about imprisonment, health care, and execution of prisoners of war. In addition there are rules governing the involvement of civilians, who may be forcibly removed from areas of conflict for their own protection. Martial law is another example where special and quite explicit rules govern conduct under special circumstances. The rules in one situation are not the same as the rules used in another situation.

The rules governing the genetic engineering of a species in order to increase its capacity for intelligent thought or telepathic communication are not known to humans. The reason is obvious - humans are not advanced to the level at which *they* would conduct such activity. Children do not understand the ethical conduct rules that their doctor feels bound by. Civilians do not need to know the martial laws that a general feels bound by. Nor is the general or doctor obliged to explain the rules to those people who would not have the capacity to understand or would in any case object endlessly. As professional genetic engineers working under the auspices of the Council or Worlds, we are being ethical. We are measured against the other intelligent beings who conduct such genetic engineering activities, of which there are millions. We have peer review, and this scrutiny is a thousand times more intense than any human society could muster.

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ZetaTalk: Serious Business

Note: written by Jul 15, 1995

We have been working with humans for some years, centuries in fact, for some of us in the current Zeta incarnation. We have learned not to mince words with humans. The blunt approach works best. Not only is this a time saver, it allows the human to progress toward a mutual understanding with us in the most efficient manner. Where there is desire, there are fewest impediments. Do not assume rage for blunt talk. We are not enraged, we are simply serious.

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ZetaTalk: Reflected Fear

Note: written on May 15, 1996

Contactees sometimes report that their visitors seem wary or almost frightened of them. Well, of *course* they are wary, as few intelligent species have the innate capacity for blind rage that Homo Sapiens does, a capacity that can surprise the human as much as the visitor. Large males are frequently paralyzed early in the visitation process, to avoid the physical chaos that results from flying fists, swinging arms, and flung objects. As blind rage is triggered by the fear response, those contactees dealing with intense fear will see their fear *reflected* in the face of their visitors, who are preparing to deal with a possible explosion.

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ZetaTalk: Ensnared Forever

Note: written on Jul 15, 1995

In human society initiation or inclusion rites frequently bound the onset of a special status, such as baptism, marriage, military induction, public service, or entry into a profession or trade. The human so bounded knows when this status begins, as do others. Likewise, the termination of a status is bounded by termination or exclusion rites, such as a funeral, divorce, discharge, termination notice, or ban. These rites cover every aspect of life, so that church, state, school, relatives, employers, and even activities undertaken just for fun are marked by official pronouncements, certificates, cards to slip into the wallet, assigned numbers, and sometimes little caps and pins and the like. This is all to help people relate. Are you one of them? Ah, I see you are. Am I sure you're qualified to practice medicine? Ah, I see you are.

But contactees, and those contactees who refer to themselves as abductees, have had *no* initiation rite. Since they can't be sure of the beginning, can they be sure of the end? How can they tell? Since the beginning and end are under the control of the human giving The Call, the contacts can end as quickly as they started. Just announce your change of heart. Just state your desire to make it a wrap. Just say no. It's as simple as that. Whether the contact has been, at your request, from the Service-to-Self or from the Service-to-Others, the results are the same. You are no longer a contactee.

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ZetaTalk: Mixed Feelings

Note: written on Apr 15, 1996

Often reported by some contact therapists and dramatized in the media is the frightened contactee, who in all cases *must* have given The Call and be a willing participant in what is unfolding, screaming, running, hiding, and in general exhibiting all the characteristics of a trapped animal in a state of panic. What's going on here? Have these contactees changed their minds, and can they back out at the last minute? As we have stated elsewhere, a human who gives The Call can end a visitation at any point. *They* are in control.

What is occurring is mixed feelings, a very common and almost everyday situation for most humans. Look to the moment when a young person is about to lose their virginity, or ask for another's hand in marriage, or begin an important job interview, or go off the high dive for the first time, or eat fish eggs or snails for the first time, or go to the dentist for the yearly checkup, or find the onset of labor with the wanted child beginning, or sign on the dotted line to purchase a car, or get on an airplane once again, or invite the in-laws over for dinner, or get their hair cut radically short - are these not moments exhibiting mixed feelings? Some would-be contactees flirt with contact, reaching out, hoping for contact, but draw back. They wish to be in contact, but put a toe in the water and jerk it right back out. Of course it's upsetting. Of course they can't anticipate what they are going to encounter. But they won't be destroyed. They will come back whole. The worst that can happen is that they will have some new concepts.

Contactees exhibiting fear of contact are *not* stating they wish for the visitation to end. If this were truly the case, it *would* end, promptly. They are simply stating that they are nervous about some aspect of the visitation. They are chatting with aliens, a presence those in authority have refused to even acknowledge. They are going off with strangers, something their mother told them never to do. They are going in alone, and for many humans, who wouldn't even venture to the local bar without companions, this in and of itself is a big step. They are anticipating mild physical discomfort, if they are a volunteer in the hybrid program. And they may have requested frank information on the Transformation but be anticipating, correctly, that this will not be sugar coated. All very understandable - just mixed feelings.

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ZetaTalk: Contact with Children

Note: written on Jan 15, 1996

Those who are alarmed by the trends the Transformation is taking are particularly alarmed about what they term the abduction of children. Beyond the apprehension that something wretched might be happening to a vulnerable and impressionable child is a very different alarm - that we are getting them young and there is no way they can stop it. Cases where youngsters have been harmed by contact with aliens in the Service-to-Others orientation are nonexistent, nosebleeds and interrupted sleep notwithstanding. Those in the Service-to-Self are *not allowed* to affect the physical environment of a child, as given their nature they would surely attempt to maximize terror in those too young to have perspective. They are only allowed to answer The Call from a youngster on an intellectual basis - a conference.

From our perspective, as Service-to-Other visitors, contact with children is *no different* from contact with adults. We are essentially speaking to the entity, the spirit within. From our perspective, dealing with humans is to some degree like dealing with children anyway. Where the young human has not gained wisdom on how the world works, a frame of reference, they are vastly more open to see a situation for what it is. They don't wear blinders. They don't have preconceptions. They don't have a vested interest in the status quo.

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ZetaTalk: Recall Dangers

Note: written by Jul 15, 1995

Beyond the rules we are required to follow, we are dealing almost exclusively with our contactees only in the subconscious because of your societies resistance to our presence, to the alien presence. Conscious recall puts contactees at odds with society, which is stressful. Until lately, it could also be extremely dangerous, as your government punished those who spoke of their experiences.

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ZetaTalk: Budd Hopkins

Note: written on Nov 15, 1995

Abduction therapists run in two veins - pro-alien and contra-alien. Budd Hopkins is an example of a contra-alien therapist. He feels visitations are *always* abusive and there can be no ameliorating circumstances. Aliens should leave humans alone, period. The concept of humans controlling and requesting visitations is not even considered, much less contemplated. Should an abductee express delight or affection or longing then the abuse has been brain washing. If they fail to exhibit resentment or fear then they are in denial, and evidence of the buried resentment or fear is found in the abductees general demeanor. Since confidentiality is maintained, this slant can never be validated by outsiders, who have to take the therapist's word for it. However, given this slant, the treatment is *appropriate* for those who gave The Call to the Service-to-Self and are suffering because of it.

Most humans leaning toward the Service-to-Self orientation are used to dealing with humans of mixed orientation, and having their way with them. Following a call to Service-to-Self aliens, wherein the human is making a self centered request and expects to manipulate the aliens called, they may be in shock. There are few situations on Earth, outside of prison populations, where *all* humans in the vicinity may be in the Service-to-Self orientation. Even within prison this is hardly ever the case, so there is almost always someone of mixed orientation to be taken advantage of. In a meeting with Service-to-Self aliens, the human finds himself out numbered and out gunned, and often goes looking for sympathy afterwards.

Budd Hopkins is just the thing.

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ZetaTalk: Dr. John Mack

Note: written on Nov 15, 1995

Dr. John Mack came under attack by the Harvard establishment not because he dealt with the alien presence as a reality but because he dealt with it in a pro-alien manner. They are the good guys. They're here to help. Let's embrace them. Harvard, and its graduates, is tightly bound to the establishment, which hires them at prestigious salaries and contributes to the alma mater. The establishment, in sympathy with the New World Order crowd, wants the aliens to go away, or at a minimum for Earthlings to have nothing to do with them. They sought to punish Mack, by taking away his stripes and hitting him in the pocket book if possible, and almost succeeded. Publicity on their secret hearings forced the proceedings to stop, as the alternative was to dress their mean motives in angelic clothing, and this proved to be an impossible task.

Was Dr. John Mack accurate in his conclusions, and were any of the accusations thrown his way valid? He chose to give the benefit of the doubt to benevolent alien intentions, rather than malevolent intentions, where other therapists went to the other extreme or remained neutral. As there are two orientations visiting Earth, all good or all bad interpretations are of course incorrect. However, therapists who give the benefit of the doubt to malevolent alien intentions don't come under attack by the establishment as Dr. John Mack did.

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ZetaTalk: Betty Hill

Note: written on Dec 15, 1995

An early and significant visitation was one familiar to the populace, known as the Betty and Barney Hill incident. This made the headlines before the alien presence became an increasing threat to the establishment, and thus was reported as relayed by the contactee, and not as wished by the spin doctors. Thus, what was reported stands as true facts and not a distortion.

This couple was chosen specifically for this contact, which we in the Service-to-Others orientation anticipated would get reported and reported faithfully. Such was the nature of Betty Hill, that she would be able to put aside her emotions and shock, and register details. She did not disappoint those who were counting on her. Secondarily, the couple was chosen because they had a racially mixed marriage, and we wished to make the statement that *all* humans are viewed equally in our eyes. Betty and Barney Hill had given The Call, in no uncertain terms, due to their concerns about world trends, racial harmony, and their desire to see the future be without the discrimination that plunged like a knife into their lives, unremittingly. This was, in truth, more Betty's agenda than Barney's, but in his heart he was in full compliance, and the rest of him followed Betty's lead. The accurate depiction of the constellations allowed a curious mankind to correctly identify our star system of origin. Thus, the name Zeta was ascribed to us, to which we willingly answer.

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ZetaTalk: Betty Andreasson

Note: written on Jan 15, 1996

Among the true stories of visitations is the tale Betty Andreasson has told, of her life-long contact and harassment. She wrote from the perspective of one who welcomed the Awakening, and thus ran amuck of the New World Order crowd who wished her silenced. As with Whitley Strieber, her contacts have included aliens from both orientations, but those in the Service-to-Self lost the battle in their attempts to color her publications with fear and distrust. Both these authors have been able to sort matters out, and are the stronger for the personal gauntlet they were forced to run.

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ZetaTalk: Triangle Sign

Note: written by Jul 15, 1995

Regarding if the sign of the Zeta is a triangle. It is not. Where Whitely Strieber is telling a true story, and relaying faithfully the occurrence, the entities visiting him and the orientation of the entities are not clarified by the author. Like many in today's time, Whitely was confused as to what the entities were after, and whereof they spoke. And like many contactees today, Whitely was visited by entities from both orientations. He failed to differentiate. All frightened him, and the insignia from one was assigned as the insignia of all. We, the Service-to-Others Zetas, have no such insignia. In fact, we have no insignia at all, as much as this will be disbelieved by many. As we are Service-to-Other Zetas, we are highly telepathic, and are known to each other without the need of insignia.

The triangle belongs to another alien group, of the Service-to-Self orientation. Insignias are required in these groups because they are not given to telepathic conversations, being distracted from the primary goal, the self, with such matters, and require insignias in order to identify their various groups.

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ZetaTalk: Saucer Shapes

Note: written on May 15, 1996

The flying saucer is the shape most associated with the alien presence, and is a term known all over the world. Sometimes the shape appears bell like, with the dome humped up in the center. Humans who recall being ferried about in these space ships report a cramped interior, especially if the ship is normally used by aliens of a smaller build than the average human. The rim of the space ship also seems to be unused space. What is the purpose of the saucer shape, or is this simply an aesthetic choice?

During travel throughout the Universe, there are issues more important than appearances or esthetics. Space ships emerge from a higher density, which allows them rapid travel at a speed exponentially higher than that which a lower density would allow. Coming out of a higher density, the space ship and its inhabitants must expect to encounter all manner of possibilities. Even when setting the coordinates closely, the element of the unknown is always present. The primary gravity center may be anywhere in relationship to the ship - above, below, or even to the side. Therefore, space flight or even local hops incorporate production of an internal gravity center so that the passengers are not tossed about. The saucer shape, or its variant, the bell shape, support the technology for production of a gravity center. It is no accident that the planets in your solar system line up in essentially the same plane. The saucer shape simulates this, with the edges of the saucer acting as the outer planets in a solar system's planetary plane.

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ZetaTalk: Triangular UFO

Note: written on Nov 15, 1995

An oft reported UFO shape is the triangle, a ship that looks a bit like a fat boomerang. This is not only an aerodynamic shape, amenable to travel within an airspace, the shape also supports gliding. What the shape does *not* support is anti-gravity, the ability of a ship to evade the Earth's gravity by creating its own gravitational field. Triangular UFO's are therefore not *alien*, but are simply a type of airship produced by the US government, in secret. Why the secrecy, and why are these ships so often mistaken for UFOs? This is the *point*, as though they were constructed to be another stealth plane, their ability to hover, pointing their jets downward, allows them to be mistaken for space ships that have anti-gravity capabilities.

Triangular UFO are being seen worldwide at this time, to build a debunking case against all the mass sightings *also* occurring worldwide, in case this debunking should be deemed necessary to stop a panic over the alien presence. Should such a panic occur, the US military would hold a press conference and unveil the new stealth plane, whereupon the media would announce with great fanfare that UFO's have been explained away! To prepare for such a debunking, these stealth planes are sent forth to coincide either *with* a sighting or slightly *after*. Media coverage of any mass sighting invariably includes either speculation that the UFO was this familiar triangle shape or statements to this effect. In matters of this cover-up, they've got themselves covered!

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ZetaTalk: Ball UFO

Note: written by Jul 15, 1995

Space craft of any of our brethren, or of our counterparts, the Service-to-Self, are not round, as in a ball. This is not aerodynamic, nor does this in any other way adhere to the physics required for travel. In addition, this does not make best use of the interior space, as any resident of a circular home will tell you - there is automatic wasted space in the ceiling and floor areas, at a minimum. UFOlogists will report that the crafts reported upon invariably have a flattened or nearly flattened bottom. Circular objects cannot have a stabilized gravity centralization akin to what a flat bottomed craft can. Think about it! A circular object, with a gravity bottom point of one tiny part of the globe, would wobble about! A flat, or relatively flat, bottom gives many points of reference.

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ZetaTalk: Plasma Ships

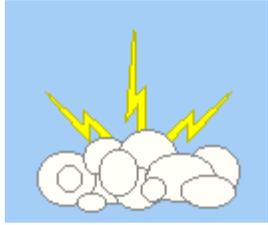
Note: written on Sep 15, 1996

Among the false reports of UFO sightings are those that report glowing ships, termed plasma ships. The implication is that these ships are alive, throbbing, and the occupants flowing about within as though swimming in light. The concept of a plasma ship is illogical, as beings in light form do *not need ships*. And why would an object in light form need to assume the *shape* of a ship? These reported sightings are false, designed only to increase interest in the local shops and hotels, and the supposed documentation supporting these sightings is one of the easiest hoaxes to arrange. Physical objects filmed or video taped are scrutinized as to shadow, perspective, relative size, color variances, and texture so that fraud is quickly revealed. Films of light forms which stand alone against a dark background are not subject to such scrutiny, and thus the fraud can run longer.

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ZetaTalk: Lightning Clouds

Note: written on Nov 15, 1996

Lightning clouds are a type of sighting that implies but does not show the ship. This is equivalent to jet trails across the sky or the wake left behind a boat. A stationary cloud bristling with lightning is making the statement - a ship *was* here.

The lightning is caused by sudden air displacements when a ship leaves 3rd Density. The air surrounding on all sides rushes in, and depending on air currents in place at the time will either cause knocking as the air masses clap together or cloud formation and lightning if the air masses are sliding past each other. Where lightning clouds form the ships were usually large, and were moving at the point of exit, rather than stationary. Humans who could not see the ship due to a close blend with the surrounding backdrop are surprised to see a stationary cloud bristling with lightning topside, as no known weather conditions on Earth produce this phenomena. They correctly assume that something supernatural has occurred, and since the movie *Close Encounters of the Third Kind* dramatized this phenomena to indicate an approaching ship, usually suspect that a sighting has occurred.

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ZetaTalk: Mothership Clues

Note: written on Jul 15, 1997

Most sightings are of small ships used only for quick, local trips, not the type of ship used for interstellar travel. Motherships are the home away from home, and carry all manner of equipment, supplies, and facilities that small ships simply don't have room for. Motherships can be monstrously large, in human terms, far larger than their battleships or football stadiums. These motherships have the same anti-gravity capability that small ships have, and thus can astonish human witnesses who see these monsters floating in the air without the aid of roaring jets or whirling blades. Thus, during the Awakening, motherships are seldom used for sightings, as such sightings are considered too jolting for the average witness.

Since motherships hide, are there clues that one is about? The dramatic approach of a mothership in the movie *Close Encounters of the 3rd Kind* was based on reality, as clouds are the *most often* used camouflage. A mothership hovering in the vicinity is obvious to anyone watching a suspicious cloud for a length of time, as the small ships that port in and out almost constantly can be seen zipping in and out of the *cloud*. In 3rd Density, as the entire mothership and contents are during an intense time of activity on Earth's surface, these small ships are quite visible, and in the right light are unmistakable. Are they satellites when they emerge from or disappear into a cloud? Are they human airplanes when no jet trail or engine noise can be heard? This activity is a mothership clue, a moment of high drama for those witnesses who understand what they are watching.

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