

## MY PERCEPTION OF CONTACT WITH THE GREYS/ZETAS by Judy Carroll

There is much fear connected with contact between humans and the ETs commonly called Greys or Zetas, and having experienced this fear personally as a child when I first encountered those beings, I do understand that there are few experiences on our planet that rival contact with otherworldly civilizations. For most people who have been contacted or “abducted” by ETs—primarily those known as Greys—the initial reaction begins in total fear and anger but then oftentimes evolves into acceptance and appreciation, although some people never achieve total peace with their experience.

In my case, however, once fully conscious contact was made at age 30, I was able to move past my fear. This took many years, but I am convinced that the *genuine* Greys, or Guardians, as I prefer to call them, are here to help humanity. I speak from my own perspective, but my life-long contact and interactions with others over many years have shown me that it is fear, first and foremost, that either moves people into a spiritual transformation after ET contact, or keeps them stuck in dread.

Before people can move in a more universally spiritual direction, they need to overcome many misconceptions about the Guardians so they can understand what is going on and why they are here. For example, there are many different types of Greys—not all are Zeta Reticulans—they come from a number of different planetary systems. Several of these groups are involved with energy work on Planet Earth, and all are working in accord with the Star Nations’ Council. The Guardians have a specific mission—they are the “tryers” and “testers” of human souls, so contact with them can be quite traumatic. Their eyes have a mirroring effect, reflecting back to us our own deepest subconscious fears and superstitions, often carried over from past lives. We need to heal and release these buried fears and negative or restrictive mind-sets before we can make further evolutionary progress. It is the Guardians' job to assist us in bringing these fears to the surface to be dealt with consciously.

Most Earth humans don’t realize that certain “rules and regulations” are in place on an energy level that effectively protect a young planetary species like ours from interference by any negative off-planet group. Universal law doesn’t allow this interference to happen, so no genuinely negative extraterrestrials are coming here. All negative interference is coming from *right here*. There are many who acknowledge that black ops are and have been carrying out a very real agenda of covert negative interference on Earth, specifically to cause maximum fear in people about the genuine ET presence, as well as to keep the *status quo*. These are the so-called MILABS (MILitary ABductionS), which make use of hypnosis, mind-control techniques and astral projection to overlay genuine encounters involving benevolent ETs with false perceptions of more sinister encounters, often involving the victims being drugged and raped. Contrived holographic imagery of “Greys” and also “Reptilians” is sometimes used to cause the victim to believe that an encounter with “negative ETs” has taken place.

It is also my understanding that this same black-ops group, using genetic material taken from authentic Zeta bodies retrieved from crashed discs, has created a number of bio-engineered life forms. The genetic material used to develop them makes them resemble the genuine Greys, but they are *not* genuine. The "Men in Black" are another example of bio-engineered life forms being created and used to cause maximum fear and confusion for people who have experienced genuine encounters.

The purpose for contact between Earth humans and genuine Greys and other ETs is to empower Earth humans—to help us understand that we are immortal, spiritual beings—part of

the God Essence—and to assist us in taking our place in the greater cosmic reality. The fake or staged “ET encounters” are about disempowering humans, to keep us locked in fear.

A group of humans whom I refer to as the Controllers has been in charge on Earth for millennia. They see genuine benevolent ETs as a threat, and most particularly the Greys, who are trying to help humans realize greater and more expansive realities. The Controllers and the Greys are at cross purposes, as the Controllers’ agenda is to keep humans “dumbed down,” disempowered and spiritually “asleep,” with our minds caught up and limited by fear, superstition and materialism.

Steven Greer, in *Hidden Truth, Forbidden Knowledge*, reveals a wealth of information about fake ET encounters and the high level of deception that is going on in connection with this. Leah Haley, a life-long experiencer who has also done thorough research on this subject, concludes that *all* ET contact and so-called “alien abductions” originate right here on Earth, carried out by the Controllers. As a life-long experiencer myself, I don’t totally agree with this, but I do suspect that this scenario applies in *many* cases, and certainly when elements are involved such as rape, torture, black magic and physical evidence such as implants that can be surgically removed. Genuine ET implants are not physical—they resonate on a higher frequency and are placed in our energy (chakra) system to assist us in raising, balancing and harmonizing our life-force energy as acupuncture and Reiki do.

Once human-type beings evolve to a certain level in the universe, they move past the need for biological bodies. They operate on higher-dimensional frequencies and are more mentally than physically oriented, thus their focus moves away from physicality and becomes centered on deeper levels of conscious awareness. The Guardians no longer dwell on physical planets, nor do they require a physical body. They are both extraterrestrial and inter-dimensional and have evolved past the need for physicality, except to carry out their work on planets like ours. To do this, they make use of artificial bodies, as astronauts use space suits. Genuine Guardians are not robots. Only their body, or soul container, is artificial—not their mind or consciousness manifesting through it.

These non-biological bodies have also caused some experiencers to conclude that the Greys are robots, because they see no emotion. It’s true the Guardians cannot *physically* express emotion, because they do not have the necessary musculature in their faces, but emotion is energy, and they express this energy on a deeper level of their being. It’s there, all right, but you just have to tune in with a bit more sensitivity to pick up on it!

The gray Guardians are caretakers of life-force energy within the universe, and part of their work is to assist the process of human evolution. Evolution in the human kingdom is not a physical process, but rather a mind process of expansion, which involves the activation of more DNA, hence the genetic work being carried out, which is resulting in the creation/development of a new generation of “Star Children” on Earth. We are multi-dimensional beings, and therefore our evolution spans the whole universe, which is also multi-dimensional. Human evolution begins in the third-dimensional reality that most Earth humans perceive consciously, and it continues up into the highly evolved realms of the ones we call “angels,” who can consciously access many more dimensional frequencies. The Guardians shared with me a ten-level diagram, the Human Ladder, which they use to explain human evolution.

The Guardians have evolved beyond our physical universe, and we must understand that only a very small part of our universe is physical—up to about the third rung of the Human Ladder. Upwards from there, the energies vibrate at higher and finer frequencies beyond gross matter. The Guardians typically occupy levels 5 to 8, which are not physical but rather of a more

expanded consciousness focused on mind/spirit. They have already evolved past the first four levels, having lived many lives on various planetary systems in the first four levels, including Zeta Reticuli. Because of their expanded level of conscious awareness, they're able to consciously alter their vibrational frequency—mind over matter, in other words—just as some highly evolved adepts resident on Planet Earth can also do.

The Guardians are also here to help us spiritually awaken—to introduce us to an expanded understanding of reality beyond the limitations of our third-dimensional awareness. This is not easy, and as I've said, it can be quite traumatic, because, to do this, we need to first deal with and then move beyond any fear barriers from our present or past lives, which may be blocking our spiritual progress. These are fears that express through racism, religious intolerance, jealousy, ego, death, *etc.* Most humans also do not deal very well with change and the unknown.

Because the Greys *look* different from what we generally accept as “human,” people who are still caught up in this limiting fear are directing racism at them. Let's face it, there are still people who cannot move past racism and intolerance towards members of their own species who happen to belong to a different culture or religion, or have skin of a different color, let alone belong to a group like the Greys who look *so* different! The Controllers, of course, have exploited this trait so as to maintain a “them and us” mind-set in many vulnerable humans. It is time that Earth humans learn that outer differences do not matter—it is what lies within us that counts.

Although the Controllers have spread a huge amount of disinformation about the Guardians, and many people have been subjected to staged “alien abductions” to reinforce this disinformation, I am certainly not the only one to recall ongoing positive experiences with them. Many others have experienced positive relationships once they moved past the fear, but negative reports are the ones put forward most often. I've experienced this phenomenon personally over the years when I met researchers who simply refused to hear anything positive about “those awful Greys.” This is a great pity, because contact with these amazing beings has given me a much deeper understanding on so many different levels—of God, the universe, human consciousness, evolution, spiritual energy, and where we're headed as a human species. All I've ever experienced from them has been deep, unconditional love.

In this transformational year of 2012, it is important for us as a planet to begin to transcend our inherent racism against the Greys, which derives from our fear of the unknown, and to seek to learn more about the benevolent, otherworldly Guardians who are here to assist us through the coming transition. Every fear can be dispelled by education, and fortunately we have many excellent educational books, films and lectures that clarify the essential issues that we must address before we can eliminate this incipient form of planetary racism.

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Written by Judy Carroll, co-author of *The Zeta Message* and author of *Human by Day, Zeta by Night*, published by Wild Flower Press, 2011.

<http://tinyurl.com/78s8uv2>

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