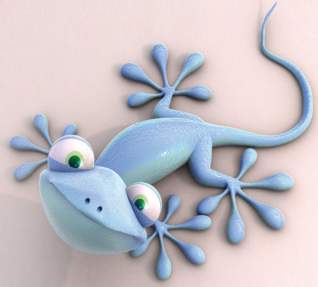


TREB BOR YIT-NE



BENEVOLENT HYBRID  
REPTILIAN  
HUMANS



JEFFERSON VISCARDI  
& ROB GAUTHIER

BENEVOLENT HYBRID  
REPTILIAN  
HUMANS

**DIVERSITY SPEAKS KINDNESS - SERIES**

**BOOK 1**

TREB BOR YIT-NE

BENEVOLENT HYBRID  
REPTILIAN  
HUMANS

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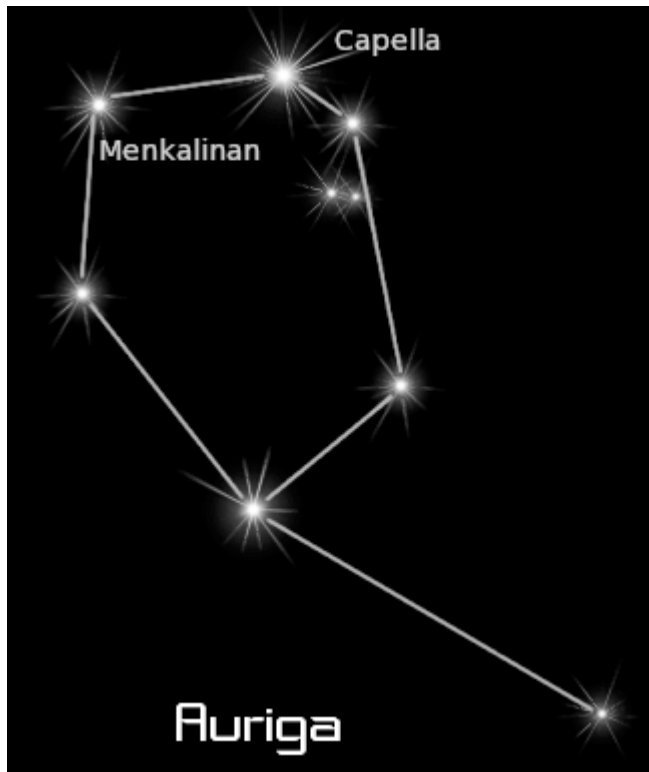
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- **Book ISBN:** 978-1466328396
- **Cover and Interior design developed and created by:** Jefferson Viscardi
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*[...] if you follow your heart, your heart is connected directly to your higher self and soul. And your soul knows better than anyone, for you. It knows better than the wisest, or longest living entity in this universe. Because it IS you, it is part of you and it is what you need. So follow the heart and you will never be lead wrong.*

— Treb Bor Yit-NE  
From Capella



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# PREFACE

Who are we and why are we truly here?

---

Everything in our planet is changing as more of us realize the importance of a lifetime and how much we are able to do for one another, should we know better. We have for a long time, as a society, transferred the responsibility of our understandings to those who call themselves our representatives. It was to be expected that people, left alone - without that refinement a relevant education would confer our people -, we would “naturally” give in to our weaknesses and inferior inclinations, as the current scenario confirms: many of us have directly or indirectly done onto others that which we would not like to be done onto us.

As those of us who are ready to be the change they want to see in our only world, we should take our share of the responsibility, for environment shapes behavior. That passive approach that lets the weeds grow in our gardens no longer expresses the highest excitement of the new humanity. Extreme contrasts in life experience has taken the job of “harassing” us into becoming more (or else).

Fortunately there is no room in my heart (and I believe it is the same with you at this point), to support ignorance and egotism that still qualify, for the most part, our race as a not yet civilized society. We are - through irresponsible choices - literally killing the planet, killing one another and we are not even having fun in the process.

It is understood that the meek will inherit the Earth. Very well. If they are already on Earth, at this now moment, it is time to express their values and teach inner balance because it is by their example, by YOUR example, more and



more of us will be willing to accept our greatness. We will realize that a true God does not keep one ignorant and a sincere government would not willingly dumb down their people. See? These institutions are made of fallible individuals.

The real challenge lies not in those figures (those institutions or machines of destruction if you will) that directs the collective by means we can hardly relate to; it lies rather on our passive approach to problem solving. It is the imperfections, the ill will of people that distort the majority of useful systems and relayed important information because of our individual self-inflicted limitations and weaknesses that are what creates room for destructive competition, racism, aberrant behaviors and unethical inner longings. And as the law of justice goes: “you (as a society) can pick your choices but not the consequences of your choices for universal laws will make it rain upon all equally”.

Within this context that we are all part of, it would be natural to expect the overwhelming majority of our brothers and sister to ignore that, since from the seventies we have technologies to provide every single human of Earth without distinction: clean air, clear water, arable land, sustainable distribution of necessities, transportation and irrigation; to provide all the basic needs without any price-tag attached to the goods and services.

Not only that... since long ago (as well), we have also been able to provide a relevant education - if we would -, that could support the evolution of our soul and the real advancement of humanity rather than the increase of our paychecks which only invited out the motivation for the existence of more “created dumbness” intended to support the maintenance and continuation of slave social classes.

The natural order of things have been messed up with our financial system, where the *natural authority* (where you hear others for their higher advancement on the path you are walking) gave place to the egoistic authority (where you

hear others because of their possessions, their hierarchical non-naturally-merited status). As a result our time is, by default, not well invested (by design)! Usually by the age of forty we still don't know math, most of our decisions are guided by myth and our children “without a clue” about what is going on in the “adult” world, enquirers every now and then: how come we still don't know about the existence of extraterrestrials and the importance of sharing equally all.

We (for the most part) have lived a fairy tale of wonderment exchanging vows of ignorance while we have constantly been called to “enjoy” our never-ending search for entertainment, beauty, money, sex, and relationships; molding our character based on that lower, animal part of us (the body self), which integrates the human identity (which is composed by the soul, mind and body complex).

Our focus? That is driven by the slaved ego self, always occupied with subsistence issues. In that we keep looking for a little other than satisfying primitive needs. Somewhat like a rabbit - that is either worried about his comfort, food, shelter and mating his (and other's) partners .

We, in that sense, learn to pass through life like the traveler at the passenger sit, taken by our animal instincts to satisfy manufactured assumptions embedded in our brain, by insufficient education and cultural imposition of mental garbage, for the purpose of remaining oblivious to all we do.

Our consciousness slept a little and has - for so long -, been “frozen” to a degree that we don't even know how to tell a story that captivates people attention anymore... we have a very scarce idea of who we are, why we are here and where we are going; and with our inability to be all we can as one as an equality within and as society, we live but by the shadow of our true potentials.

Every nation has experienced the feedback of their lack of commitment towards their people and nature, and so has our society lived to see the result of carelessness towards our individuals, behavior and our environment.

The good news is that we have walked a long way and we are ready to let go of all of that which is misplaced within us and from there to step into self-love and self-responsibility which will in turn benefit everybody and their mom.

As a cell of the human race you have the responsibility to know who you are, where you are going, why you are here and where you come from; and I am not claiming to be the one who will tell you all of that, since a serious student will research many sources and arrive at an informed, therefore more impartial, creative conclusion; but I can share what I know from my own research so I can assist you, with a perspective, as you begin and enjoy yours.

We live in a vibrational universe that is hierarchically structured by layers. These layers are divided by frequency or level of consciousness. You and I are spirits having an Earth human experience as a soul in transit. Each lifetime we live, we grow in perfection, morally and scientifically.

Every planet we incarnate are those which WE are in alignment with, by our acquired inner growth and balance (or lack of them). The more we know, more inner balance we can cultivate; the more responsible as co-creators we become, greater abilities we have available to enjoy life from different perspectives.

Since creation never ends, we will never ever be bored or all knowing. New simple, ignorant spirits are being created with free-will every moment and they are given a mentor (guides) to learn and grow; by their choices they will vibrate in a particular level of frequency and consciousness, every single step of the way, where they will enjoy greater or lesser expansiveness which will always be in accordance with their acquired inner growth.

In short, we are eternal beings that will be eternally growing and eternally co-creating according to our free-will and level of consciousness. That summons it perfectly!

Do you understand now how come there are extraterrestrial beings that are more and less evolved than

us? Do you understand now that a choice activates law of attraction and no matter the race, the manifestations that best matches what they are putting out will come about? Do you understand now that eternity - being a long time -, there can have all sorts of levels of development in the universe; too many to count or number?

Can you see how come there can be more than one race of beings and more than one state of consciousness, as well as a variety of moral and scientific development, for each different race?

The progression of the soul through the reincarnation cycle affords, all of us, many lifetimes in different planets and galaxies, with different races and in different levels of expansiveness to learn and grow as we co-create the reality we wish to experience. Once you think about it, you realize that there is truly nothing absurd in that; and reason tells us life MUST be that simple.

In harmony with that concept my heart found out that the next logical step (for me where I was... as it will be for you in different ways perhaps), was to speak directly to these extraterrestrial beings through the natural means we were given by Creation to ground these types of communications, and get to know HOW life unfolds in their respective worlds, learn about their respective ways. For in many ways “examples” are what we are mostly needing.

I have in the light (delight) of a sincere search spoken to Adronis, from Sirius (quasi-physical being); to Ishuwa from the Yahyel Society (hybrid human); to Arvantis from the Arkoreuns society (feline human); and now with this book that you are going to enjoy, I am have been most certainly pleased to co-create with Rob this dialogue with my first reptilian friend: Treb Bor Yit-NE.

What a joy it is to be able to function within this reality in a way where you allow yourself to see life beyond the confines of manipulation and disillusion. It gives you freedom to choose your thoughts and how to feel about

them, and what to do about it all. Treb shares with us a lot about his planet and the ways of the universe from their unique perspective. You will be fascinated by his sincerity, simplicity, knowledge and passion for activities he engages with.

Let the idea of a greater community of intelligent life educate you in your research, for that expansive life is what is reserved for us in our immediate future: hundreds, thousands, millions of different races of beings, interacting with one another and growing in peaceful, loving ways.

Of course we, the “grown ups”, are aware of the duality free-will permits to exist in the universe, yet we also know that we cannot get back that which we are not already putting out! Knowing the ways of knowledge is the best way we can choose with responsibility: 1) the thoughts we will have each day; 2) the feelings we will cultivate in relationship to what we observe (and to how much of the observed reality we can understand); and last but not least, the ways of knowledge will definitely guide us by inspiration and intuition (inner guidance) to direct our actions in accordance with THAT inner ethic (logic, reason and experience) where balance and respect for all life abounds.

I have nothing but appreciation for your interest in being responsible for the degree of liberty you will be able to afford yourself, through inner growth and deliberate research. When you change we all change and sure enough, those activities you tackle with passion and appreciation benefits our collective in more ways than we are scientifically able to realize at this point. I hope you will enjoy this dialogue as much as I enjoyed co-creating it and that you read with the same reason we wrote it: so we can be useful to others in anyway we can.

Peace, love and harmony to us all.

Jefferson Viscardi (co-author).

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## A message to Earth

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Themes explored: metaphysical coalescence; contemplation of the soul; you are perfection; infinite consciousness; the spring of life; vertical dimensions; higher densities; worry not; experience each other; grow in spirituality; eternity of beingness.

### **Aridif speaks on behalf of the Denebian to the people of Earth.**

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# CHAPTER 7 – PART II

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### **A message from the Wesen to Earth humans.**

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### **A message from a Pleiadian to Earth humans.**

Themes explored: unique details of his race; understand yourselves; thought creating consciousness; accept who you are; manifest what you think.

Opinion about the army of the Yits.

No convincing is needed; a trait of their culture.

If you do not bring it upon yourself: be cool!

What about that little two tailed pet you Pleiadians have?

### **A message from the Yits to Earth humans.**

Themes explored: We love you! Find that connection. Look within. Love others. Do not judge. Hopeful future.

Last good bye from Earth to the Yits.

Last good bye from the Yits to Earth.

# CHAPTER 7 – GRAND FINALE

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### **The true message from the Lokt-Neeb to Earth humans.**

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An expression of gratitude to Treb Bor Yit-NE.  
Treb reinforces their love to our Earth humans.

Diversity SPEAKS kindness - Series.

# INTRODUCTION

Benevolent reptilians.

---

Reptilians have been largely understood by our humanity as negative devious races of evil aliens that have no respect for life or freedom. Well, when we think we know enough, there comes a book to enlighten our perception and brighten our perspective.

The same way you agree that it is unfair to think that a foreigner would have a complete idea of each and every single individual of our community by visiting and studying the behaviors of our prisoners, you must agree that not all hybrid reptilian beings are to respond for the choices of specific sub-races. After all, we humans look all the same but cannot be equally challenged in thoughts, feelings, emotions and actions.

In this book, I had the opportunity to speak to the Yits. A hybrid reptilian human race of extraterrestrials from Capella. In the person of Treb Bor Yit-NE, I learned lessons of peace, brotherhood, hope, perseverance, acceptance, respect and above all, that there is unity behind "All That Is", and that we are and have always been unconditionally supported in the choices we make.

You will, - as this book found you -, in your right season, assimilate this dialogue with the passion of a traveler that longs to visit new places and people, new cultures and respective peculiarities. Be assured that just like every exciting journey, experiences will give you the strength and reason you need to be all you can be with the gifts you have been given by Creation.

Jefferson Viscardi (co-author).

Diversity SPEAKS kindness - Series.

*02nd of August, 2011*

# **INTRODUCTION CHAPTER**

The power of focused attention  
activates law of attraction!

**Treb: Good morning!**

Jefferson: Fantastic, how are you doing?

**Treb: I am doing well, Thank you! The host (channeler) talked to me in concerns of you being a man of channeling yourself, and having interest in this? You also have the talents of literary arts, and you co-create books and share with others. That you wish to do communication with me for the purpose to teach others. Is this your most common goal in this? Is it to teach others the diversity of other races**

**or is it to do more of a teaching of universal laws?  
What is the purpose in the books that you've written?**

Jefferson: There are both sides to it. I want to... initially, yes! I want to get to teach people about the diversity of life outside of Earth and also within that diversity we will have the opportunity to also share with them ideas that you might have, that might be pertinent for them to learn about.

**Treb: Yes! The entity that you deal with, what system of stars that you would call on your planet that he is from?** (Treb Bor was referring to Jefferson's future self Arvantis from the OrOctal Solar System).

Jefferson: There is... they haven't told me that much. They spoke about the idea about a planet name. There are a couple of them (extraterrestrial beings) that I have spoken with. First of all I spoke to Adronis, from Sirius; then I spoke with Ishuwa, from the Yahyel society. Then I spoke with Arvantis, the feline humans that is from a planet called Revision 5. His solar system is called OrOcTal.

**Treb: As for the ones that are not known of the specific star name given by your society, I will look up in the archives that we have, to see if it is compatible; but I would like to have a chance also to communicate with these entities to see what their particular life... the day in a life for them, per say, would be... to express my gratitude in sharing their information with humanity as I know that this is vital, in the time your system is set now. As the time that you see this, and it is very important for us to share our information and points of view with others.**

Jefferson: Sure!

**Treb: Is there anything that you would like to speak to me about? A question or a conversation perhaps?**

Jefferson: Yes... When I spoke to Rob (the channeler), he said that, yes you would like to initially talk to me and read energies... I wonder what is your take on that. Why would you need to that? How important it is?

**Treb: It is not of vital importance. It does not matter who I share information with or what their purpose is. It is more of an understanding of the one I am communicating with...**

Jefferson: Sure!

**Treb: In a way that I communicate, it is not then in this way. It's been about me helping them find information within themselves. So, the reverse role is very different to the way I am used to this. It is just a chance to communicate with you as I feel your energy, who you are and what you are.**

Jefferson: Lovely! So then, perhaps, we could start by, I getting to know you better... Where are you right now?

**Treb: Right now I am at my home planet. I am at a meeting with my people. We are trying to communicate with another race... of third density beings. But the federation or the galactic council, if you will, had an issue with this race because they have had so much influence from different races... This is the reason why originally your planet was put**



**on a... uh... how would you say this? The...**

Jefferson: Quarantine!

**Treb: Yes! ...the quarantine. And this is the way that it is made for us to communicate, in this way. The quarantine is what we are discussing. And this is necessary for this planet so their growth can be their own.**

Jefferson: I see.

**Treb: But yet it is important to try to reach them, before they get into their technology stages and try to divert them. The races that have been there are trying to divert them from their higher self, much like the entities that are involved on the Earth, involved with government issues.**

Jefferson: Hmm.

**Treb: And this is a very bothersome issue within the council! This is what I discuss right now, as we speak.**

Jefferson: I see. So... just so if we happen to make this an introduction for the book, would you tell us, what species you belong to?

**Treb: The original species that we evolved from, is from a star in your system that you call Nihal. Also known as *Beta Leporis*<sup>1</sup>. This is a very short and very high psychic humanoid race. In their trying to reach out and trying to grow in a non sexual form, which is something that some of the entities do in the fourth density. As they are trying to discover more of their selves within a technology, if you understand this?**

Jefferson: Yes.

**Treb: And it is going to mix with a native species of the third density on the planet that I hail from now. This was long time ago, in your years... it was well over one point eight million years. They came to do this now, and when they did this they mixed the races. So, to your eye we seem to be a reptilian type but it is not a true reptilian. We have more of the genes, and more of the parts of us that are using a psychic nature from the humanoid species of Nihal.**

Jefferson: I see.

**Treb: These entities now are in the end of their cycle of physical existence, in the end of the sixth density, about to achieve into the seventh. So they are no longer able to speak to us for they are no longer in this area of the universe.**

Jefferson: I see. So you are a type of humanoid-reptilian being. (?)

**Treb: Yes! It is what you might say as a hybrid.**

Jefferson: Okay! And how tall are you?

**Treb: I am approximately at your seven and a half feet tall.**

Jefferson: I see. And you are green. (?)

**Treb: Not green! It is more of a blue but it is a blue and green mix. It is a color that is more blue than green. The closest color that the host (the channeler) is aware of a name, would be a... teal?**

Jefferson: Uh huh. I see. And is your skin more like humans' or more like reptiles?

**Treb: It is more like the reptiles. This is why most races that contact us use the reptilian term - or whichever is their language fits this -, because of the skin type.**

Jefferson: Understood.

**Treb: It is a smooth skin, very much like a frog, but it is having dense and pathways between this that has broken sectors much more like your alligators but it is not of a harshness in the texture of this, if you understand what I mean.**

Jefferson: Sure!

**Treb: It is more of a smooth, like the frog skin?**

Jefferson: Understood.

**Treb: And it is also having little dots on the top of the skin that are red in color?**

Jefferson: Oh.

**Treb: And each one of us have different patterns within the red dots.**

Jefferson: Oh, I see. And do you have tails?

**Treb: Yes! It is a long one to the host (Channeler) mind, but to my mind, it is short compared to the native beings from our planet, the planet that we originated from. It goes down to where it would be the back of my thigh or calf, in between. Back, behind of the knee.**

Jefferson: Oh, I see. So it doesn't reach the ground. (?)

**Treb: No! This is why I don't consider it to be long in this way. The original animal that we would consider to be our relative had the tail that is quite the length of the body, and this is approximately, one fifth of the length of our body. Perhaps maybe more, one fourth, this is why I consider to be much smaller.**

Jefferson: It would be perhaps less than the size of your arm?

**Treb: Three quarters of the arm, yes!**

Jefferson: Alright. On your head... do you have a head that is more like a mouth and a nose or is this different?

**Treb: Yes! We have orifices, one that you say mouth**

**and we have a nose as well. The nose is wider and flat type of nose with the two nostrils, as you have.**

Jefferson: Uh huh.

**Treb: ...but at the end of the nostrils, at the external part where it connects to the face it is a triangular slit if you will? And this is not for any specific purpose, as we have now but in the evolutionary sense, it was made to accommodate into the environment that we had.**

Jefferson: I see. Now, what about the environment that you have, how different it is from Earth?

**Treb: It is very different from your planet. Not very different in certain ways but much different in others. It is approximately almost double of the size of your planet. If you want to have a more approximate measuring it is 1.6 or 1.7 times the size. So the gravity is much heavier. It is approximately... I am not sure of the ratio for the weight, for in our density weight is not considered the same. The molecules that make up the higher densities are not the same, as you know.**

Jefferson: Yes.

**Treb: The sky has a purple color to it. We are the third planet that resides upon the red dwarf in our system?**

Jefferson: I see.

**Treb: So this is a great indicator of the purple color in**

**the sky. The red dwarf is putting up the red light and with the oxygen mixing with the nitrogen inside of the atmosphere... with heavy nitrogen and the red light... the red hue molecules are excited and this causes the purple light to be in the eye. So it appears very purple... Not as a dark purple as you might think of at a night time of yours. But it is a much lighter type of purple.**

Jefferson: I see.

**Treb: Almost of a violet nature and as the red dwarf is the star system that we are in, there is a red color in most things that we see. The red light produces this in the way that the color is perceived in the eye.**

Jefferson: Sure! And... how hot is there?

**Treb: The approximate temperature in this planet is at twenty, twenty five degrees, less on the average of your planet. A comfortable temperature would be in the mid forties, high fifties on a Fahrenheit grid.**

Jefferson: Uh huh. I see. And does it rain?

**Treb: Yes, there is condensation in the cloud, but it is not like the rain that you have, it is much heavier, the rain drops are much bigger. There is not as much friction because of the difference in the atmosphere make ups, so there is not the thunder from the lightening that you have. It is more like a lightening that would jump from sight to sight. It is not, rarely ever grounding. So there is no sky to ground lightening in this way.**

Jefferson: So nobody has ever died from lightening hit! (?)

**Treb: To my knowledge, I am not aware of this, no!**

Jefferson: Now, when it rains, what happens to the water? Where does it go?

**Treb: It goes back onto the ground. The ground surface is much like yours. With similar cycle but because of the gravitational differences there is a different kind of way that it precipitates. We do have many oceans or what you might call seas. But they are not large the way that yours are. There are several more. We have more ground on our planet than we do water. And it is not the same type of water that you have. It has a more heavier hydrogen content.**

Jefferson: And does your planet rotate around the Sun?

**Treb: Yes!**

Jefferson: So do you have what we call seasons?

**Treb: Yes, but it is not in that way. It is a tittle... tidally locked way so it is the same side that faces the Sun, at any time. The weather comes usually between areas where it is mostly dark because of the temperature differences.**

Jefferson: So it is not that the planet is tilted to the side. It is different from Earth. (?)

**Treb: It is not tilted the same way. If your tilt would be close to forty five degrees range, ours is more towards the ninety. So its almost in the standing up right area.**

Jefferson: Uh huh. I see. So that makes the temperatures and the seasons to mix amongst them.

**Treb: In which way are you speaking?**

Jefferson: For instance, winter and summer is the same. There is no real difference. (?)

**Treb: Yes. That is why I say it is different only in the area of the planet that you are on in the specific time. When you get close to the side of the planet that is dark and in the in between areas, this is where the most type of weather changes would be. This is where the temperature drastically changes so the weather is only an issue in this.**

Jefferson: Now, when we talk about reptilians in our planet... let's jump to another idea right now since we have just ten minutes to go for today.

**Treb: Yes!**

Jefferson: When we talk about the reptilians, in our planet, there is this idea of fear. You know? Because we've learned that they are a regressive race for reasons that I don't know exactly. So, would you be able to... perhaps... tell us whether your race is a race that is morally evolved and... you know... and how you perceive the idea why we understand the reptilian beings as being regressive?



**Treb: Yes, I can give you a very good explanation for this! Our race is taking more of its evolutionary queues in the sense of the ways that we believe in the interests in us in a spiritual nature (positive density evolution) from our humanoid ancestors, from the Nihal. So we take this from this. The reptilian race that you are aware of are very regressive in a way that you might see them to not care about the minds or free will of others...**

Jefferson: Yes!

**Treb: ...this race was transformed from different - what you might say -, universes, parallel universes that you have or are able to be transported through...**

Jefferson: Uh huh.

**Treb: ...and this is the last step of evolution of any entity before that they return to the non-physical realms. They came from this other universe to ours in this. The reason that they are still in the regressive type is that they do not wish to leave physical existence.**

Jefferson: Ah haaah.

**Treb: They have used several millions of years of your time to basically use other races as power to use over them, to try to manipulate them to regress between negative densities. This is the reason they are fear based, this is the reason they try to use these types of issues against other entities. Once they are in fear,**

**or in anger or they are disconnected from love they will ascend into a negative density. Once they do this then the ancients reptilians are able to manipulate them anyway that they can.**

Jefferson: Oh.

**Treb: It is not necessarily that they are regressive in an evil way that some are thinking but it is a path that they chose in a negative way. When I use this term I don't intend to say negative as in evil as humanity has labeled this. It is more of an issue of being non-acceptant of free-will of other entities or to impose their will upon other entities.**

Jefferson: Uh huh.

**Treb: When they are looking into any entity, they close and look above it, they do not try to learn. They do not try to incorporate their self, in positive issues because they do not care. They are only interested in the ones that they are more powerful than. In this, there is the misconception that all reptilian races are negative. And the reason why this is, is: because over ninety percent of all the reptilian races that reside in this galaxy are, either affiliated with them or are actually hybrid from their race. The ones in the sixth density are the ones who are in control of this and they are the ones who will not leave physical existence. They are on a negative path. They do not have a way to go further so they wish to stay where they are. When they go back into non-physical existence they have to have positive with it. It is no longer just negativity. It is positivity and negativity**

**and they do not wish to incorporate this in their beliefs.**

**So their idea of love is that it is a weakness, love can only make you hurt or disadvantage you.**

Jefferson: Hmm.

**Treb: That is not seen the same as us. We use love as the tool that helps us all evolve! In spiritual way, mental way, physical. All of these ways! There is great difference between us and the ancient reptilians and the differences are greater than the time period that we have to explain.**

Jefferson: Understood.

**Treb: But I understand that is mostly a concern. This is one point that I have the host make everyone aware of at the beginnings of a channeling for this reason alone.**

Jefferson: Sure! It makes sense. Just so we can close this introduction. What is the name of your planet?

**Treb: We do not have a specific name for it. The name that we have given humans to use for it is: Yit and the name of the star would be: NE. That is why I represent my name in this way it is a easier way to make a connection to this.**

Jefferson: I see. And the beginning of your name: "Treb Bor" Yit NE, what doest that mean then?

**Treb: It would be for a family source: Treb and the Bor**

**would be for the area of the planet. The Yit would be the specific planet and NE would be the specific star that we are from. There are four stars in the system where we reside. And this is why I use to break this down so the host can understand where I am, and where I am from.**

Jefferson: Oh, I see.

**Treb: This name has more meanings than this as well.**

Jefferson: Okay, and you have one Sun and one Moon, like we do?

**Treb: No, this is not correct! We have three moons. This mostly facilitates many differences in the rain cycle. The gravitational pull from the side of this is what pull the rain up and then into the clouds, it is a very low but small moon. This is why we have the weather even in a (tidally) locked system.**

Jefferson: Okay, great! Treb Bor, I thank you very much, do you have any parting thoughts?

**Treb: No! I just wished to feel your energy. I wanted to get to know you in this way. Anytime you wish to speak to me, I am here for anyone who wishes to talk to me. The host and I have taught in several areas, even to people who are greatly skeptical of channeling or about alien life; this is not an issue as well. Anyone who wishes to learn or at listen to what is said then they are welcome to do so.**

Jefferson: Now, just to cover the curiosity of someone that

might be reading this. The planet that you are discussing about the quarantine... to go there... the procedures... are they humanoid?

**Treb: Yes! They are humanoid but not in the exact humanoid way. They come from a race that is similar to the feline that you speak of, the feline human... but it is a race that is in the third density. So it is much like a highly evolved cat or a lion of your planet, in seeing this, it is much like this... much like in the way that you see a monkey to be evolved into... almost into human?**

Jefferson: Oh.

**Treb: Because of the relation to this. This might be a way for you to see this.**

Jefferson: So they are in the same density as we are. (?)

**Treb: Yes, correct!**

Jefferson: And you are a density above us?

**Treb: No, I am from the fifth density.**

Jefferson: Fifth density!

**Treb: Yes!**

Jefferson: So you are two densities above. (?)

**Treb: Yes! Yes.**

Jefferson: Fantastic! Well, very well. Thank you very much. I have only one last question for today and then I look forward to speaking to you again!

**Treb: Yes! Anytime that you wish to speak to me I will be there. And I appreciate your time in taking to try to get to know me as well. The host is grateful for your curiosity as well!**

Jefferson: It is a joy for me! Now, my last question for this introduction chapter Treb would be the following... When you speak about the general impression about the reptilians you teach us also about the existence of free will, law of attraction and the multiplicity of inhabited worlds and living races that have different styles and approaches towards love and light.

Can you speak on the subject of how “relaxing” about a particular idea (whatever subject we focus upon), can help us remain focused, understand it better to inform ourselves appropriately so we can - as a result -, chose a responsible attitudes towards life (whatever way it challenges us)?

**Treb: Uh... Yes... The idea of being relaxed in every aspect of your lives is very important, but when we speak of these subjects of the ancient reptilians, or issues that cause fear in most, the idea to relax is even more important. It is important because it is mandatory that you understand the workings of the non-physical existence and how this feeds into the physical existence. First of all you have to see, that the non-physical existence is made of positive AND negative. It is not bad it is not good. These are labels that humanity has put on these things. It is a label that some races tend to put on these things. It is not**

**that it is positive or negative, it is both a different idea, a different way, a different evolution, a different communication... perspectives of these things. Both of these things are coming from the same ideas! We understand this because in the negative density or the negative entities' eyes, it is not negative at all. They are doing what they do because they believe it is the right thing to do. And as a positive, as you might see this, you see this as positive because it is something you enjoy to do as well.**

**Growing is evolution in both ways. It is very important because the non-physical has negative and positive inside it. So, it is important so that they both play out their own roles. In existence, there must be this balance, of positive and negative. Once we understand this, we can move forward. We have to see that all of these thoughts that we have, when relaxing, when understanding the way reality is built through the physical and non-physical existences, this is just a part of what is supposed to be. There's no bad or good! There is no positive or negative. It is different sides of the same coin as you might say. So it is important NOT to put your focus into the negativity. If I speak of the ancient reptilians and things that they do to manipulate... if you are not relaxed in this, or enjoying the conversation just to receive information, it tends to spark up fear. And when you produce fear, you are giving the negative entity what it wants.**

**The idea that they intentionally try to create fear, is for a reason. Just as we manifest our own positivity into food to ingest in our density, it is not a way to give our body nutrition. It is a symbolism that positivity must enter our body at all times. And in the**

**negative entity, it is the same thing; when they create fear, or imbalance among other entities, this is what gives them their ability (to sustain). It is not necessarily because they think that they are doing negative, it is because this is the part of reality that they exist on. This is the part of creation that they must fill. So I would say the best way to relax is to not see things in the positive or negative way. It is to see them in different parts of reality that you must fill to play your part. Because in all reality and all actuality, once the negative entity is done with its physical existence, and once the positive entity is done with its physical existence, we all tend to go back into what you call the non-physical existence, which is negative and positive combined.**

**So when this happens, we are all on the same journey. The soul of a negative entity must have all of the things (experiences) it has, so that it may fulfill its reality, as does the positive. So relaxing helps us understand, giving us the idea of calmness; helps us understand, that there is no true negative, no true positive! It just is! It is just existence. And in seeing this, you understand that there is no true difference in reality, but the preference, the choice that you prefer. So if one will think that your preference is negative, it is only because they come from a different point of view. So do not worry! These things are not to be worried about. If your highest vibration is in fear, than what you are doing it adding (creative power) to the things that you do not want. So when you add onto to fear, you are creating the reality of a negative entity, and unless this is what you are trying to do, than you are defeating your own purpose.**



Jefferson: Very well Treb, thank you so much for this sharing.

**Treb: Thank you.**

Jefferson: I agree with the existence of neutrality within these terms we guide our emotions with; I too believe that people would be much better off by allowing themselves to let go of judgment, to enjoy the diversity of life existing throughout the universe, while they allow every single race to be where they are so they too can enjoy the place and time they exist, right? Isn't the midway the best way Treb?

**Treb: Yes. It is as I said, even “negative” density entities (as you perceive it), enjoy what they are doing. This is why they do this. It is about not placing judgment. It is the same as religions you have in your planet, different ideals, different organizations, while they all tend to point to each other and say: one is wrong and the other is correct. This is an outdated idea and an outdated way of thinking and your mankind is starting to see this! (Everybody is growing slowly to realize the truth about the multiple ways Creation can express itself).**

**The reality is what you prefer it to be; so if you create your own reality, then in turn, what you are doing is creating your own point of view. From the ground... Up! And this is what we want all entities to do: to look inside, to see what is best for you in your heart, in your life, and live in your highest joy and vibration! Whether one sees this as positive or negative, it is not for them to decide (about others). It is for you to decide (about you).**

Jefferson: Fantastic Treb! Thanks.

**Treb: Yes, thank you as well Jefferson. I want to reiterate that I appreciate this conversation and I leave you in love and light, and I will speak to you again.**

Jefferson: Good day.

**Treb: Good day to you as well!**

1 - **Beta Leporis (Beta Lep,  $\beta$  Leporis,  $\beta$  Lep)** is the second brightest star in the constellation of Lepus. It is a G-type bright giant star approximately 159 light-years from the Earth and has an apparent visual magnitude of approximately 2.84. It is also known as **Nihal**, from the Arabic **نِهال**, *nihāl* "(camels) quenching their thirst". Source: Wikipedia.



*04th of August, 2011*

# CHAPTER 1

One race, together from childhood;  
growing in a loving way!

**Treb: Good morning Jefferson!**

Jefferson: It is!

**Treb: How are you doing?**

Jefferson: Great, how are you doing?

**Treb: I am doing well, thank you! It is great to be in your presence, again. Whenever you are ready to ask**

**the questions you may begin.**

Jefferson: So, Treb... what time is it for you there?

**Treb: Hmm. We do not deal with the time issue. Because we are on the side of the planet that is constantly in the light. It is not the specific cycles that you use. It is more of the yearly cycle that we use as a time standard. And it does not create time in the same way that you experience.**

Jefferson: So, what month is it there then?

**Treb: It is not of a month either. The cycle that we use is the rotation cycle around the star of the planet and this is ninety three of your days. So it is of... a year. This can be broken on the ways depending on the perspective of being that we speak to. Different entities or beings or races experience time in different ways. We try to associate it, in a way that they might understand. So if its of your understanding, a one year is the cycle, but since it is in this ninety days cycle it is easily broken up into the ways of one year or into three different areas of thirty one days per cycle of other one third of the year.**

Jefferson: So, an entire rotation of your planet around your star, around your Sun, takes 93 days?

**Treb: Yes, it is a very small star in comparison to yours. The heat is not as high in the way that you might see this. So, it is very important for us to be closer to the star. Even being this close, we are still at a much colder degree temperature than your**

**average, and this is why... this is the way that it is. In a way that has to be close in order for us to use this heat.**

Jefferson: When you talk about heat you talk about the heat that comes from the Sun, but do you have any form of manufactured heat?

**Treb: Oh, yes! We have technology that uses heat. We have the option of the warm blooded or cold blooded, as you see, ways to keep our blood in the body, so we have the advantage to use this. There is an extra heart, that you might considered to be. One of them is used at all times, but when the situation becomes cold, too cold for us to survive in this, we use the second heart... it turns on. And this causes higher blood flow and it heats up the body internally. As far as technology, we do have it as well.**

Jefferson: So what you are saying is that within your physiology, where we have one heart, you have two. (?)

**Treb: Yes!**

Jefferson: I see. And that is one of the reasons why you have the second heart. (?)

**Treb: Yes, on a normal base, it would be considered a cold blooded type that we have. And so when temperature become too low for our hearts to function in that way, the second heart turns on automatically. It is not built in the same way as your heart, with its different chambers. But it is a flowing mechanism that pushes the blood through the body**

**to warm us.**

Jefferson: And are they both the same size or is the other one smaller?

**Treb: The second one is only a portion smaller. But it is within 80% size of the first.**

Jefferson: Oh, I see. And what is the color of the blood?

**Treb: The color of the blood is a dark red. It uses the iron but it uses also a much thicker degree of this. The metal in the iron is the same but through the density, as we spoke of previously, it is a different molecule type set up in the way that is less dense. In the third density, matter seems to harder - to your perception of this -, so there is much more the ability to have more iron in the blood without it becoming harmful to the system in this way.**

Jefferson: So you said that you are in the part of the planet that there is constantly light... that the light of the Sun constantly shines on, right?

**Treb: Yes!**

Jefferson: Now, even though that event is happening, it can be cold. Is that what you were saying? It can get very cold. (?)

**Treb: Well, it is cold to what you might consider to be cold but it is very comfortable for us. In the forty five degree Fahrenheit range of what your Fahrenheit heat system is average. When it becomes much**

**colder than this, which on the night side it is about usually twenty or fifteen degrees of your Fahrenheit, then we must use the second heart.**

Jefferson: So... but then... for us usually when it gets cold we get inside of our houses or we get a hot drink or we put a cover on as we go to bed. How does that work for you? Do you have houses like we do?

**Treb: Oh yes! There are houses, but they are not exactly like yours. They are dwellings that are a round, almost as if you were to see with the eye a manufactured cave, but in this it is very spacious inside. And we have the room and areas for the families to come in and then gather. And it is not very complex. The buildings that we use for the gatherings of the community, for any events... those are larger, greater... how would you say this?... greater looking and nice... fancier, if you will. Those are more decorated for this reason. Just for the occasion! We have festivities in different ways as well, so when we go to the gathering places this way... we do use technology to have heat but it is not needed unless it is, usually in the vehicles that go to the side that is dark.**

Jefferson: I see. So, you said that your houses are shaped like caves. But... it is not like a house you can built in the middle of nowhere. (?) You have to build yours within an existing structure. (?)

**Treb: Well, the cave was a way of explaining the outside shape of the round entrance way. I suppose it would be more like an igloo of yours. It is round.**



**There can be structures that are not built into the mountainous regions. The ones that are common are more looking like an igloo of yours with the entry way of a cave. And it is very small, rounded and the color of preference tends to be gold, or silver. This has been a very large part of our heritage, to use the metallic and shiny colors. As primitive animal, I supposed it was because it catches the eyes in the environment perhaps more(?), so it become more a part of our society.**

Jefferson: But, wasn't the choice to use metallic structures guided by the fact that the metals can exist for a longer time?

**Treb: Yes! This is a very common part with the building. When you get to this density. The manifestation becomes a mastery. There is the way for us to manifest everything that we need, within it is in an instantaneous or almost instantaneous way, structures as these. It is very easy to use these building materials. We can put together this very quickly and easily. Metallic is very good for the reason that it stays around for a long time because our life is much longer than yours for the average part. And this is part of the reason, yes!**

Jefferson: Okay. So you don't have specialized people that come and put the bricks on... and... plans out the house. It doesn't work like that. (?)

**Treb: No, it is not exactly like this! As in our crafts we have ones who manifest the materials... uh... what you might consider to manifest them; there is**

**everyone that has this specific job. When it comes to the dwellings themselves, it is made by each one individual. It is a preference because you have to have a comfortability for your family.**

Jefferson: I see.

**Treb: We are much like you in the way that we live with our family and we stay with our family for our lives. And each time that the family... parts of them that wants to move on, they have to manifest their own dwelling. It is a way of showing that you are on your own and it is always built within the area of the family which you come from. And this is why when I explained the name, in the way that the name is processed. This is the family name. This is just what we give humans for a family name. The family structure is very important to us in this way.**

Jefferson: And Treb then, is your family name. Bor then, is the place where you made your dwelling because it is near your family. (?)

**Treb: Yes! It is the portion of the planet which we are on. If you take the planet and divided in the ways that your planet is commonly divided in four hemispheres. The way that we divide this is the two portions of the light side of the planet and the two portions of the non light side. So the lit side of the planet in the southern hemisphere if you will... this is the area of which I have my dwelling. And the family that I have is in this area as well, with me. We are the only family with this "genome" in this part of the world. Therefore it is easy to find us in this way!**

Jefferson: Can you elaborate on the idea of “genome” (complete sequence of DNA of a group of chromosomes)? I didn't know that there was more than one for a society and what exactly you meant by that.

**Treb: Well, genome is the word that I use from the host mind. The vocabulary of the host is not as well to expressing my ways to try to describe. But what I mean is that in each family... the way that it is formed, the way that we have offspring is not in a sexual manner. It is a non sexual! So there are genes that are used from both parents and induced into what you might see as an egg or a small place to manifest the body. When the body manifests, then the soul enters the body. And this is the way mostly the offspring are created so they do have the genes of both parents within, inside of them.**

Jefferson: But then, the genes and the looks of people from where you are, are different from the people from the “dark side” for instance. (?)

**Treb: No, we are all of the same race. It is just difference in environment. Yes, there are different family names, yes. Different “genes” from them, correct!**

Jefferson: And the looks are the same. (?)

**Treb: Yes! Mostly, if it is a much darker, it is less pale than the side of the dark. On the dark side the color of teal, that was explained to you, is much lighter and more of a whitish color ingrained with**

**this. If this make any sense.**

Jefferson: Yes, it does, because they are at the darkness, right?

**Treb: Yes, they are not exposed to the right light, correct.**

Jefferson: I see. So... now... you don't... The babies are not born the same way ours are. Like... You are born from eggs. (?)

**Treb: Right. It is in the way of eggs, the way that you see this, yes. The manifested genes are put in the proteins, that you might see this as: protein material and this is put inside of a manufactured structure. What appears to be much of an egg. And this grows into the embodiment, of a physical being and the soul will manifest itself into the body so that the manifestation of life begins.**

Jefferson: Sure, but, this egg doesn't come from inside of the mom's body. (?)

**Treb: No, it is made! There is a crew of those who deal with health and science and body health and these are the one who make these for us.**

Jefferson: Okay. And, is this the way it has been from the beginning or something happened to you that you were no longer able to procreate in a different way?

**Treb: As the history of our people read, as an animal we were sexual. In the third density, we were still**

**sexual. Once we moved to the fourth density we were sexual until the middle of the fourth density. The nature of sex itself is what our race considers to be very low vibrationally; because it manifests more around the idea of physical excitement and less in the way of spiritual. So in the fourth density it is of a very great importance to try to work out yourself in a spiritual manner so this was transformed over a great amount of time in the fourth density within ideas, the scientists worked on this. And after this, once we transformed or ascended to the fifth density then the sexual organs themselves were no longer needed. The evolution took its place within the changing of the density as well as it did in the physical body. It manifests through the ideals and the imparted and given wisdom from the descendants. If this makes sense...**

Jefferson: Yes, it does. But then, the question is... if people find out on planet Earth that once you ascend you lose your sexual organs then many would not want to ascend anymore. It is strange!

**Treb: No! It is not this way with every race. It was this way with us! This was a decision from our race. There are still sexual beings even in the sixth density.**

Jefferson: Oh, I see.

**Treb: It is just something that our race lost interest for the sexual side for there are too many different issues with it. The “wanting more” of that which is of physical nature, would take away from our ability to become more integrated with the higher self, and this**

**is an individual group decision. It is not right and it is not wrong to be a sexual being. It is a choice of our species, of our race.**

Jefferson: I see. And before you mentioned that you live much longer than us.

**Treb: Yes!**

Jefferson: Alright... In my planet I am 31 years old at this timing of our conversation. How old are you?

**Treb: In the exact age, if I were on your planet, your years, I would be considered to be 369 of your years.**

Jefferson: Oh, I see. And we can live up to 100 years but the average is 70 to 80 years for now... How does that work in your planet?

**Treb: When it comes to the older, it is around the 1500 of your years, but the average tends to be around 700 to 900.**

Jefferson: Oh.

**Treb: The average is around that, and it can go as high as 1500, but it is not as common.**

Jefferson: Of our years. (?)

**Treb: Pardon me?**

Jefferson: Those are 1500 of our years...

**Treb: Yes, this is correct!**

Jefferson: Wow. But isn't it boring to stay alive for that long?

**Treb: The way a lifespan is made, is on the need to evolve. If you will, I can try to explain this in a better way.**

Jefferson: Sure!

**Treb: In the beginning of the time of man, environmental changes, medicine is also one factor but the reason that man live longer now on your planet than they did hundreds of years ago is because there is more in life to experience. When you are in a caveman's situation...**

Jefferson: Yes.

**Treb: What exists in your life is friendships, hunting... having children. These are very simple ideas so this won't take a long life to fulfill all of the needs of the soul. This is why we are in this physical existence. Is to have the soul have manifested their wants and needs... the experience in the physical realm into the physical life. So the distance in the life depends greatly on how much the soul can accomplish within each period of life. This is why the lifespan is longer now in your race than it was several hundreds of years ago. Does this make sense?**

Jefferson: Yes.

**Treb: And it is the same with ours. In this density**

**there is more to do. We all have, we consider... what you might consider to be a job. In this way we see this more as... it is not a job as a disliking to do something, but it is our responsibility. And because we already went through the evolutionary stages of being and then of connection in the second density and then to self awareness into the third and to unconditional love, which is in the fourth. Now we have to have the wisdom that is a part. So it takes a very long time of your years to accomplish all the wisdom that we are able to get. I am considered to be an average or even young in some eyes for my race. And there is still much more to experience. In the end of our path (density) of evolution, as long as this is understood from our race, to get all the knowledge that we can would take a long time. We go through the archive of different races and this is why we use this time to experience connection with other races. If we do this, this is able to help our society understand more and the more races we have contact with the more information we have, the more information that we have, the better we understand the ways of the universe. And this, along with our personal decisions on the jobs or responsibilities is the reason for existence. So it takes much longer time to do all of this. Even though we experience time in a different way... for instance, if your time was one hour, it could seem very fast for us in this way. And it can also feel longer, depending on a certain perspective and respective density but in a way this is what we need, to fulfill in our evolution as a race, as do all races.**

Jefferson: So, as you mentioned... about other races. Last time you said that you were going to look into the archives



and see if the races that I wrote the other books with, were compatible. (That is the word you used)...

**Treb: Yes.**

Jefferson: ...then you said if there were, you would like to express to them your gratitude to helping us on Earth.

**Treb: Yes. The Sirians that you spoke of I am very aware of. But in the archives that I have the names that you have for them are not open or available in any archive so if you ever have a chance to contact them, it is easier for me to make cross reference through the host mind, with the name of the star, that represents in your density for your society in order to try to log on to these races. This is the easiest way for us.**

Jefferson: I see. In what ways did you check compatibility? Do you have machines to check on that?

**Treb: Compatibility in what sense are you speaking of?**

Jefferson: It is like... well, that is what I was asking you. Do you usually check compatibility to see if they are from the same density? To see if they can understand and communicate with you?

**Treb: Oh, it is a process. It is most like going home to one of your computers and looking up on the Internet. You get into the main energy of these areas and you take the ones that are most like you, or the ones that are most like you or most fit to your way, in**

**the way of areas through the host of wanting to contact. There were many different areas that I checked into, one of the issues is vibrational compatibility. Because I am from such a more “high speed” molecule type of systems or density, then our vibrations vibrate at the much higher rate. Because the host is in the third density, the highest that his vibration can get, must be higher than the lowest that I can bring myself down to in this way.**

Jefferson: aaaah.

**Treb: You have to have the vibrational match. And it was also along with his interests and views and the experiences. So, and experiences, so out of all of the vibrationally matched me that were opened to or had agreed to being able to possibly communicate with any entity outside of their realm, it was the host that I chose. This was the way to do it. And it is much like the computer but it is a feeling of energy instead of an archival.**

Jefferson: I see. And since we are talking about this... How this communication with me happens from your end? Are you sitting down? Do you have your eyes closed? Are you on a computer?

**Treb: No, right now I am walking around the house. I am speaking to my wife which is an equivalent to what your wives or husbands might be. The one that I had the offspring with, and three of the offspring are talking to me. It is very easy for me to only use a portion of the consciousness. Because of the issues, of the third densities, and the limitations within the**

**vibrations, for the host to speak to me he must stop everything that he is doing and quiet himself and pay full attention through this. With me I can speak to many people at once and still do what I need to on a physical level. It is only a small portion of the consciousness that I have to use to communicate with you.**

Jefferson: Is that because of your level of evolution in the society...

**Treb: It is a spiritual evolution as well as a vibrational one. Yes!**

Jefferson: I see. Now, that you are talking to your family... do you use words to communicate?

**Treb: No! There is no spoken language here. This is why we do not have a name for the planet or names for specif things. It is a non spoken language. It is one that is to what your understanding would be a telepathic type of communication.**

Jefferson: I hear you. So, in a time span of 700 years, how many of those years are considered childhood?

**Treb: Usually from 80 to 120 years are considered adolescent or to be supervised in a way from ones who are understanding more. But actual child is a very small portion of time. Only 30 or 40 years until the understanding are more complete. And at 30 or 40 of your years it is very common for what you might see as a child, would be for them to do whatever they wish to do. It is a very open community. We are very**

**welcome to visit each other whenever we wish. We are all able to do what we wish at any time because there is no discomfort. We understand that we are all from the same race, and that is we are all from the same creation. We are all a part of the universe.**

Jefferson: Uh huh.

**Treb: And more specifically, we are all a part of each other. In a genetic, in a spiritual, energetic and loving way. So this is the very common trend throughout our planet. This is the ability for us to be able to do what we wish. As long as it doesn't interfere with what we decide to take on as our responsibility. This is a very big thing in our race. But not just in the race but in the density of the fifth. This is one of the trademark areas of the fifth density. In the fourth density it is more about doing what you wish to do because things are fun or you have creation to do or love to be had. It is more of a feeling of good. This is why sexual activity, is still very prevalent in a lot of the fourth density until it gets on the later end. Because it is fun to do. It is physically exciting, energetic. But in the fifth density the marker is to be responsible... responsibility! And that is at all cost. Whether it is comfortable or whether it is something that we wish to do or not. We have to do this. Because this is what we have as a promise to do! The word for our race is very high placed. It is what you might consider to be a vote of oath, or a swearing to God. Something of this nature, but to a higher degree.**

Jefferson: So, when you become an adult, you swear to yourself to be the best you can. (?)

**Treb: Yes! And at anything that we wish. Right now I am a “spiritual advisor”, this would be the closest words that I can use for you to understand. It is not the job that is widely accepted or even well liked because it is dealing with much of the love and much of the spiritual aspects. Even though this is appreciated, it is much like one in your society going back to making stone tools. It is not very practical, because every one has figured out a way to do this and made it even better. So, the interest in this is one from within. On our portion of the planet, on the southern half of the light side there are three spiritual advisors. It is me and two others that are older than me. There is one who is now with us who is in what you might say.. is a training cycle. He stays with us and sees the work that is done. Before he decides to swear to himself to make this his responsibility in life.**

Jefferson: Uh huh. And can anybody regret once they decide what they are going to do in life and go back and change their mind?

**Treb: They can change their mind at whatever rate they wish if the responsibility does not resonate with them, but this is very, very rarely ever done because you have the choice to do whatever you wish until you know it is time.**

Jefferson: Oh, right!

**Treb: And when you understand that this is what you want to do, this is when you make a promise to**

**yourself. Uh... in one way the host (the channeler) might say to himself: "I promise I am going to do 400 sit ups in one evening". If he cannot do those, then he will try as hard as he can and move one. But it is more as if he would promise himself ten because he knows that he can do this. This is the best analogy and the most practical way I can explain.**

Jefferson: Treb, why would you have a spiritual advisor in a planet that is evolved?

**Treb: Like I said, this is why this is not a popular or wanted job. It is more... the reason why I choose this, is because in this responsibility you have chance to spread the word and communicate with the other races. And this is something that interests me, since in my... childhood as you may call it. I had interest in other races and communicating. And even though you can have the responsibilities and jobs that do this, it is not in the same way. It is not sharing the love and light. And this is why some consider - the word that the host uses: "throw back" -, it is one who is out of his time. And this is what makes a big difference for many others on my planet. I still enjoy the aspects of the spiritual growth and even though it is incorporated into our system, it is something that I enjoy sharing not only with the young ones from our race but from other races as well.**

Jefferson: So I would like to ask you to keep us posted on the progress that your race is doing with the feline race of beings you spoke of, last opportunity that we met. Have you decided to show yourselves to them?

**Treb: It is not one that we have done yet. I have discussed this with the other spiritual advisors. And we have communication lines with the races from Sirius and we are going to make contact, but I wish to do this all into one group. I wish to have all of the other entities that you have dealt with so we can all come together at one time. This is the preferred way.**

Jefferson: Oh, so you want to meet with them, in a open, peaceful contact, together with other societies, altogether. (?)

**Treb: Yes. They want to... specifically reaching out... there is a common bond for us to communicate with other being who try to help them along, in spiritual ways, in any ways that are progressive, in intelligence, technologically and so on... any of these ways that other races choose to share. This is something that is common. And the ones of us who do this, in what you consider to be channeling, or automatic writing or any other ways of communication... there is a great bond amongst us. And it is very common for ones to do, to get together and speak of their experiences. It is not mandatory, but it is something that we all enjoy to do. It gives us the different perspectives within the same race and all of these beings speak to some people in your planet. Especially the ones that you are aware personally. This trust gives us the connection in the same way that the host, and you, and your friends, will have the connection. Because you are all aware of what it is like to channel. If this makes sense to you.**

Jefferson: Yeah! Now, I know that there are many people that

once they read this will say: “why does it have to be through channeling, when channeling is not necessarily - at least in our planet -, something that is readily believed”. (?)

**Treb: Yes! It is the same way that the things that are written in religions. These are messages that are given. But if you do not have a true belief from the bottom of your heart, there is no reason to even try to build yourself up in this way. If you are comfortable on the beliefs that you have there will not have anything that could change those beliefs. In the hosts conversations that I have had with him, the politics and the religions are things that no matter how hard you try, you will never connect. But one whose mind is open enough to this and to the channeling... they are on a vibrational level that is a great one. That is of an open mindedness and open “heartedness”. This also gives us indication of the amount of the population that is willing to open up. As you know the ascension will not happen, exactly, until your world as a whole is ready for this. And if they are ready to open their hearts and minds then this is the great, great idea. It is not just channeling that we give as a gift. Many of the religions that are ahead around the world have influences from the ones you say as aliens or celestial beings for a very long time, and this is the reason! We give the message in a way that is understood or can resonate within the soul to a degree, where it can open your heart and mind and you truly have to do this in order to get the message either way. And without physical ability to do this, with the quarantine that we now have, there is no physical way to come down and to speak on this. There are very many types that we have reached out**



**in unmanned drones. The ships that we are able to take down in some races we have used this in ways of making messages in the ways of a crop... circular crops and making the designs within the vegetations.**

Jefferson: I see.

**Treb: There are many different ways, subconscious level energies are sent out all the time. One person had asked in a session: “how do we communicate with a second density being?”, such as a plant. Then I said, if you raise your vibration enough, then they understand this vibrational raise as a possibility. This is what awakens, this is what helps to open the eyes of all. And the energies that are from me, the universe, is high now as this is. But there is always love being sent. There is always ways of sending the love and light in a meditative way, as you might see this, so that this message will resonate with all and if it does not it will open their hearts and eyes to whatever is important for them to get. If they are able to open their heart and mind. This is all we care about. We do not mind if they believe in anything outside of their own self or planet, as long as they believe enough, to accept, to open their hearts and minds to others. When they realize that there is a world that is bigger than the one that they are on, than it will be time for them to accept that we have communications in this way. But you cannot do what you are not able to do if you are not ready to do that. It is not bad if you cannot open your hearts and mind this way, it is just where you are at. So, we accept whatever level that you are at and try to give messages in that energy, regardless. So that it is**

**open for all.**

Jefferson: I follow you. So what you are saying is that people learn to accept where they are. If they can't yet resonate with the message that they move forward in the direction of following their heart(?); otherwise, if they don't resonate then they should go to wherever they can resonate. Then, at some point, on a later time, when they are more open then this kind of material will fall on their way and then they will be opened and then there will be a match in the sense. (?)

**Treb: Yes! This is the same reason why, if you look at all religions, it has a similar message, to open your heart, to love, to unconditionally love others, to accept, to not judge. These are the basic fundamentals, raising your vibration. And once your heart and mind become open from this raise in vibration, you are more willing to accept all that is. And once you accept everything that is available, then as long as this resonates with you, it will come to you.**

Jefferson: And the other thing... for people to initially open, would you suggest, perhaps, that they - before passing a judgment to -, read the content of the information and then think about it?

**Treb: Yes, the way that it is expressed, through the channeling that is done with us is, if you do not accept aliens, if you do not accept channeling, if you do not accept that there are other beings don't through out the message. Continue to read the message, continue to listen to the message. And if you do not believe in certain issue, throw that away**

**but keep the rest of it. What you need you will get.**

Jefferson: I see. Because from everything we are putting together there is always something worthy for the person and that may even be the reason why he or she has been attracted to this material.

**Treb: May I give you an example?**

Jefferson: Please do!

**Treb: Yes, the host has different ones who will watch the different sessions that we do on the computer.**

Jefferson: Sure.

**Treb: There are two or three of them who spoke to the host about parents or friends, or the people in relationship with them that do not accept the idea of channeling or of life outside of the planet but they said, "it does not matter, you have to listen, you have to watch, try to do this for a minute". All of these ones who share the story with us, whether it is their parents or their partner or friends. This did not matter. When they throw away the idea of channeling, since they cannot accept that at this time, when they throw away that the contact was alien, if they even make their self believe that the host higher consciousness or subconsciousness created me as a being from his own mind, whatever they were comfortable with believing, was not the issue! Once they listened to the messages that were inside, all of them resonated with it and now, out of all four of these people, three of the ones who they insisted to**

**watch this continue to watch this. Even when they do not believe in channeling or if they use their own beliefs, they use this to their advantage. So if they say: “this guy is one who is crazy inside of the head”, that does not matter to them because the message still will resonate greatly throughout their soul.**

Jefferson: I see. Now, I would like to refer back to that idea you spoke of a minute ago. When you guys are born, after how long... like... are you born as... are you born looking like an adult or do you look like a child?

**Treb: The body is much smaller and under developed. It still takes time to grow. This is not a full body. This is done for several reasons.**

Jefferson: Oh.

**Treb: So that the body can accommodate itself, get used to the environment, the pressures, the atmospheric make up, all of these things that the body is used to this during what you consider an incubation period. And once it is born, it is common for us to use the smaller bodies because there is a way of growth. And the growths from the inside, fashions in a way, on the manifestations of the outside. This is an idea that is then around since the first density. And the larger the physical the more the consciousness or more experience. So it is very subconscious issue to say that along with the soul, along with the consciousness there must be a manifestational growth, so this is made within the body.**

Jefferson: So the particular individual growth of the soul is then expressed through the body. (?)

**Treb: Not as much on the individual level, it is not one who grows quicker in the soul grows quicker in the body. It is just an expression of this. That we all grow spiritually. That we all grow in a conscious way, so all of our bodies must grow. Because this a physical representation of a non-physical event. Just as you know that your thoughts create reality, this is the subconscious way, for us to manifest the idea of growth in every way throughout physical existence. If this makes sense to you.**

Jefferson: Yes! So, on another note, do you feel pain of any sort?

**Treb: Oh, yes! There is pain... the nerves that we have throughout our body, make us aware. Pain is not something that we use in the sense of making another suffer, similar to bible stories such as Adam and Eve. So it is not used as a tool for punishment in that sense. It is used in the sincerer department that there has been injury to the body. So we experience pain but it is not nearly in the sense as the host (channeler) would. The host would crush one finger and would not be able to function, would be jumping around, you would hear words... no he does not... this is a very bad pain. So it is not in this way, it is more of a sensory indicator. The same as if you touch something that is cold. You understand that it is cold. In the same way!**

Jefferson: I see. Do you feel mental pain in the sense that...

say someone goes travel and then it takes a long time to come back, then you feel that you miss the person...

**Treb: Yes, there is always connections that you make, where you feel slightly disconnected, almost to the point of missing the company. But it is not as severe as it is in your race because there is an understanding that whether you are not exactly in the same area as them you can connect to them in a mental or telepathic way. Even if this one is not able to do this with you, you always understand that they are part of everything. So if you are on a ship and you are several days or months, whatever your idea of time would be that is long, away from them, that is not so important because we understand that they are here with us, just not in a conscious form that we might prefer at this time. So, yes there is a slight, what you might call mental pain, but there is understanding that overrides this, so it is not so hard on your soul... If this makes sense?**

Jefferson: Yeah. So, when your children are growing up...

**Treb: Yes.**

Jefferson: ... do they go to school?

**Treb: They go to places where they are able to learn what they wish. There are many teachers. And ones who are interested in the ideas of spiritual advisement, mostly this is learned automatically as your children do by watching you and feeling the vibrations... this is done this way. But if they also have a deeper understanding or understandings of**

**the spiritual growth within history, this also works and an aspect of my job is to teach this.**

Jefferson: So there is a secular school, where you learn math and languages... well there is no language... but like, geography and so on?

**Treb: Yes, it is a gathering center, but it is not like school as you see this. There are no times that you must be here. There are not one thing that you must do. It is of free will. If you wish to come and have a better understanding of metal, or what you might say as math, geometry, or shapes that create a specific molecule or particles, then you can do this. It is up to the young ones to decide which field of knowledge they want to learn. When they reach a certain stage they access this information without having to ask or telepathically converse with others because they are able to feel it. Because they are able to feel the idea, the thoughts of the one around you in a greater degree. So it is very fair to say that everyone on the planet have understandings that are very close to the same idea and the same knowledge, but just what they want to express through that knowledge in the way of their doing the work or their responsibilities. That is how this is expressed by having their own jobs, in this way.**

Jefferson: Do you make clothes in your world?

**Treb: We have the clothing. We all have the general attire and once again this goes back to the metallic colors that are ingrained into our liking. My choice of clothing would be a robe, a whole body suit that does**

**not have legs. It is just an open body suit and this is in a shining silver. There is also a place for a head cover for when I go into different environments that I might need this. This is all silver and for the feet we wear what you consider to be a boot, or a big shoe and this is to cover the feet on different planes as well. And this is a metallic golden color. Obviously it is different colors for others but it is mostly the metallic shining colors. And some people even wear what you might call an artificial metallic color: reds and pinks and blues but they do this mostly for ceremonials and events that we would have.**

Jefferson: And do you have like... gloves for the tails and for the hand?

**Treb: We do have the suits that we wear. If we are going to another area to another planet that has a different environments, we have full body suits that cover us keeping the pressurization the same as we would on the ships, so they are a full body suit but they are not worn often, because of our ability to adapt to different temperatures. The average temperature on a lot of the planets that we visit are very capable of our body exerting control in this way. It is only the heat that is challenging in this way and if not for the heat or pressurization, then we use the second heart.**

Jefferson: Now, I know that there are people that are going to be curious about this, so I will take this question out of the way, right now.

**Treb: Yes.**



Jefferson: When it comes to your tails, is it more like a tail of an alligator that is thick and rigid or is it more flexible like the lions tail?

**Treb: Yes, it is movable to my control. And if you are talking about the way it looks, it looks like the rest of our skin. It is a texture that is smooth but in the eye it appears to be a rougher texture because of the way that it is divided. The small areas of the division. Much like the plaiting of the alligator or crocodile. It is wide. It is more like a tail of an alligator or crocodile would look on them. With the size being must smaller. It is not protruding direct below but more from the back. Do you understand?**

Jefferson: Sure! But it is then, not as flexible as it is the lions tail?

**Treb: Oh no. It is not like that. No. Not at all! It is more of a muscular content. There is no parts being able to bend like the animal of a cat. The tails are not of this flexibility nature. There is movement but the movement is through the mass of the muscles it has.**

Jefferson: Do you think, considering what you know about our planet, that what you look like would cause us some strangely bad feelings that we would perhaps find your race ugly compared to other and to ours?

**Treb: Oh yes! This is a very common experience. If you are not used to our looking all of the other things will appear to be strange. And since your race have not been exposed directly on a wide scale on a day to**

**day bases, yes, this is very common. The entities that tend to be from the sixth density, who are complete and utter masters, of the manifestation, even to a level that impresses the likes of us who consider ourselves very good at this. They are able to change the appearance of the outward body, much as what you have heard in the rumors of the shape shifting?**

Jefferson: Yes!

**Treb: Several entities from the sixth density, whether they are positive or negative, do this. The same goes with the ones that you might consider to be Andromedans, the one who comes from the galaxy that is next to you. They are the oldest living sixth density positive race.**

Jefferson: Oh.

**Treb: And they had experienced with... people who were in the bible, as you call this.**

Jefferson: Uh huh.

**Treb: This is why they represent their selves as a more human looking to them. They changed their appearance to be a mythical angel. And these are the messages that some received from angels, were from the sixth density beings. For this reason alone. If you are coming to a planet and you look different from whatever they have seen, it is easy to cause panic or fear or disgust to a race that have both positive and negative associations when it comes to acceptance.**

[...] to be continued on the next chapter.

*04th of August, 2011*

## **CHAPTER 1 - PART II**

The waves of change,  
we build together!

Jefferson: So, is there then a race that you are aware of that without having to shape shift, looks like us or more beautiful than us?

**Treb : Oh the uh.... beauty part is not something that I even consider, but in a way if I put this through the host mind I understand what you are saying. But there are many races that look like the humans. Many of them could walk upon the streets if their were able to be in your atmospheric pressure or even if your**

**density without the possibility of you being able to distinguish them. There are many races that have the humanoid shape, it is the most prevalent one within this physical universe. It is easier to transport consciousness in. So there are a great many races that are indistinguishable from you, yes.**

Jefferson: Okay! Well, you said last time that it is important that other races of extraterrestrial beings share information with us, in this particular time of our growth...

**Treb: Yes!**

Jefferson: Why is that?

**Treb: It is important for information to be shared... the approximation of the precipice of the energy that is given is coming to be very soon. This time approaches very rapidly. So the information to be spread and to have; the information of the ability and capability of what love can do, not only in a spiritual way but the physical way, in ways of affecting the DNA or the body in a positive way, all of this is very important because the precipice of this energy is at a year and one half of your time. Uh... This is very important because at this precise, manifestation can come very greatly. And if the collective consciousness of the planet, is ready to go, or ready to move forward then the session can happen at this point. This is why this is important! If this information is shared and it is accepted, or even if it is not accepted in the way we give it, as we expressed earlier, it is still important to understand that it is vital to open your hearts and mind. And once the world is ready to**

**move, even in the negative sense, even if they understand the ideas of... unconditional love, but they do this for their selves instead of for others, this is acceptable as well but they will have to ascend into a different way, negative way. And this is what we are saying. The time for this ascension process is near. And if the collective consciousness of the Earth is ready to make this move, the energy now is easier is much easier to do this. The transformation to do this will be much easier in this way. You know that the process within becomes easier. This is why it is so vital in the time period that it is now.**

Jefferson: When you say “the precipice of energy”, are you speaking about the alignment of the planets with the center of the galaxy?

**Treb: Yes! I am speaking of the way that the energy is brought from the galactic center. The center of every galaxy is... within its own right, its own entity, - if you want to see it in this way -, and this is how the energy is provided. The entity that is in charge of each galaxy, gives its energy out for others to use. It is much like the Creator that creates all universes, all systems, gives the ability to send love and light to everyone, as a gift to all. You can accept it or deny it. It is your choice and you will not be judged for your choice but it will have to accept in which way you will benefit or not benefit from the choice that you make. And it is the same with this energy. The energy that is given can be used or not used. If it is used, then you further yourself. Not only as a spiritual being, but a physical being as well. And to a fourth density, which becomes much greater, no matter if you are in to a**

**negative or a positive. Because if you are aligned with a negative type of entity, then loving yourself is not a problem. And it is a system where it is easier to get things, manifest things, and to love yourself, then this is a better way still. So either way the benefit is great and the understanding of this is important.**

Jefferson: Thank you! You also mentioned that there are extraterrestrials factions evolved with Earth governments that do not have the best interest for human society in mind.

**Treb: Yes!**

Jefferson: Can you elaborate on that?

**Treb:... Yes! There is one specific race, it is what I would call the Ancient Reptilians. They have different names that the host is aware of. The alpha draconians or... these are the reptilians that I speak of, with the shape shifting. Their idea is of power, they wish to have power over all other beings. The way of the negative entity is to impede on them as I had said previously. To look down instead of up and down. So if they are able to be over any other race this is beneficial to them. Not just in an energetic way but as in their plans of their race. They live their existence through using other entities to try to get them into a negative ascension, so that they have the ability to reign through them. This is why you hear of the government and the illuminati and the different groups within, that associate themselves with alien races, you hear this; I try not to speak of this too much because of the idea of when I explained this previously, it causes fear, and this is counter**

**productive to the message that I wish to share.**

Jefferson: Sure!

**Treb: But I will explain for knowledge sake. When they align into the government, they teach the government, and the people it who have the power, or as they see the power. To try to manipulate the society in general. To use money, to cause greed. To be able to hold things over heads. To be able to cause fear. And have certain countries that do not eat. The goals are very different for the different factors of this. But the whole general idea is the same: to make all entities ascend to a negative density, so that they might have control over them. So they are in alignment with or in connection with, the ones on the planet who hold the power, which is what has been called the illuminati. The ones in the government who control. This is why you have the drugs, the murder, all of these things that can make people either in fear or disconnected with the higher self. And they use as many techniques as they can and many different ways so they work in closeness with them. Even before the governments were around, these are the ones who would come to the Earth.. and explain the foretelling of very bad things, apocalypses... big wars. Trying to install fear even into the primitive or what you might see as a primitive human. Before things were around in the way they were now. This is the same reason as they teach history in the school as the way they do. This is the reason why you are taught as children not to use your own mind, to listen the parents. I do understand the importance of all of this as far as it goes with the... hmm... the best**



**interest for your children. But they are taught not to express their selves or to connect to herself...**

Jefferson: True.

**Treb: ...even in the school systems you are not able to pray, so you are not able to connect to your higher self. They keep you busy with jobs, the technologies, the drugs, so that you are diverted from this. This is the purpose of them. This is the entities who are most responsible for your planet's negative ascension. They try to do this and they have done this for a very long time. There are many more factions that work with them in this way. But this is why when you see the crafts and beings within them, it is likely to be from this races that are working with them. And the reason they work with them is because they have been in part of their negative ascension within their race as well.**

Jefferson: Wow.

**Treb : Yes! Their race is the oldest sixth density race of the negative beings for that reason... as we spoke of the last time we spoke together, this is the reason we spoke of last time this is why they try to stay in the physical existence, because they do not want to integrate the love and the light that comes with being a non-physical entity.**

Jefferson: Well what you are saying here is really big, and I see that it makes since!

**Treb : Yes!**

Jefferson: Because we have, from starters, received teachings and guidance to look outside of us instead of to the inside of us.

**Treb: Correct! This is a struggle even the host has that I have been speaking of him with. Instead of using a mediation or going within himself for information...**

Jefferson: Yes?

**Treb: ...he comes to me because this is an outside source, that is why I explain to him, when he asks me certain questions I tell him to look within, for this same reason.**

Jefferson: Because you are wanting to teach that we have all the answers. We just were not taught how to get them.

**Treb : YES! This is the main goal of our work. To try to help others find a way to look within side of their selves. This is the issue that I have explained in the most. When I said that I try not to explain the issues of the illuminati or the ancient reptilians and their work. It is because I do not want to install fear. For it is most normal to one say: well the government is making us sick or try to start wars. and have fears of dying. But what I am trying to express is if you live in love and if you live in light, if you are connected to your higher self and well connected, then when you die it does not matter. Because you will come back and you will come back in a positive way. Not only is the physical death is not as big as an issue as one**

**might seem it to be, but if you are not afraid, if you love the ones who try to do this, if you unconditionally love all man, even the ones that are trying to hurt you, you take away their power. Because the only way they have power, is control by fear. If you do not fear and you understand and if you love them, then they cannot use this against you. Then no power is given (away) but it is taken back for yourself.**

Jefferson: To love them back would be then the antidote.

**Treb: YES! correct! This is the exact way to cure this ailment!**

Jefferson: Now, If they have been here for so long, as you have mentioned, I think the first question that people would have is, how come their hasn't been a counterpart to help us out?

**Treb: This is what we are here for!**

Jefferson: Oh.

**Treb: Because our system of beliefs, is not to interfere with ones free will, this including ones who mean other harm as well. If they are to physically attack, or try to destroy a race that cannot defend herself, then there are certain precautions that are taken. But this is not what I am saying. But if you do not experience the hardships that go with it... you know it is much like a child, you have to let them walk on their own. You cannot drag their feet across the carpet until they walk. It does not work this way. You**

**are going through this experience as a race for a reason. We are here to lend our love and our guidance, when one will listen to us.**

Jefferson: Yes but if they are physically present in our planet and they can shape shift, why can't we also have another benevolent race on our planet that can also shape shift that can interact with us?

**Treb: Because then we become the same as they are. Then we are interfering with the free will of you and them. This is what separates the “negative” and the positive. There are two specific distinctions of a negative and a positive entity. The negative entity does not care about free will. They will impend your free will at the success or reward of their own. The second one is that they never look to wisdom. They only look to overpowering. Now if we are to send a race down, on your planet, to try and protect you in this way, then if you are not wanting us here, then we are interfering with your free will. If this makes any sense(?). This is why we are not able to come on the planet until the planet is ready to accept us. There is so much fear or non-belief of us, that our presence alone would be devastating to humanity as a whole. Because humanity as a whole holds on to their religious beliefs so highly, this is why we cannot represent ourselves in this way. We cannot go against the will of the human race in general. And so far as it goes the human race is not tired of this yet.**

Jefferson : Okay!

**Treb: This is what the awakening is. This is what it is**

**considered. It is for others to be awake. To start to see that they are being controlled. And when they get tired of this enough, and they ask for our help as one, not as individuals and small percentages. But as one... and they are ready to ascend, and when they are ready we will be here to help guide them through the ascension process and to teach them. But they have to accept our presence first. And you know this is not done because there is no acceptance of even the channeling that we produce.**

Jefferson: So, well, I understand then that the quarantine is put in place so that a race can grow up sufficiently to be able to deal with other races, in responsible way.

**Treb : Yes!**

Jefferson: Now... when is this quarantine going to finish?

**Treb: The actual time is at the precipice of energy,.. but there is a secondary protocol as well.**

Jefferson: Oh.

**Treb: After this time is done, after we are able to break the quarantine. But once again, it must be with the acceptance of humanity as a whole. That is the very least time that we can come. If humanity is ready for us and accepts us in this way, even if it before the quarantine date, we are not allowed to land, but as soon as the quarantine date is off... that is the indicator that you are ready for us to come.**

Jefferson: Based on your understanding of interplanetary

protocols...

**Treb: Yes?**

Jefferson: ...who puts up these quarantines in space?

**Treb: The quarantine is set from some names that you have given this would be, "The Galactic Council", or "The Galactic Federation".**

Jefferson: Hmm.

**Treb: This is a group of positive... or what you consider to be a positive density beings**

Jefferson : I see.

**Treb : Ones who are responsible for many races. It is not just humanity who deals with this. Even on one of the moons from our own planet, there is a quarantine on this moon, because it holds life of a second density nature. So we do not go there to disturb this. We let this happen as it were. We send them love and energy. But this is the protocol "galactic wise" for all positive ascended beings. It is the rules. Or what you might say... the ways that you would live by. Not just for rules to have rules, but from within your consciousness. I am trying to find the word here...**

Jefferson: The ethics!?

**Treb : Ethical! Yes correct, thank you! This is an ethical, rule. This is what the way that it has been from the begging of the federation for as far as the**

**archives show.**

Jefferson: Now... the knowledge that you have, where did you get it?

**Treb: The knowledge that we have comes directly from this, - well, we are not specifically from The Galactic Federation per se, we are in what you might call is one of the sub groups. In this sub group, there are archives that are given every part, every star, which is then given to different quadrants. And then there is one specific race, that will be in charge if holding these galactic archives information. In this race, the whole planet is dedicated to the storage of archives, in the form of crystal. What you might see as the quartz of crystal. It is a planet that is made of this. And information is there stored. And all of this information is available but it is different to each race in different ways. Much as you have the different formats for different types of programs or documents on your computers, it is a different way for us to read. Different types of ways for information to be sent. An example would be some races receive it within vibration, like the types of music. It is not music in that way but the sound waves, sounding like a specific note within this music, and this is how their instruments read the archive information. Some would be in the electronically waves. And some of it would be dealing with the hydrogen, or liquid metallic hydrogen, which is the one most of our technology is based from.**

Jefferson: There is material aligned, that indicates that once the quarantine is down - in 2012 -, since we are still not

spiritually evolved, and since the quarantine will be down, there are races that will take advantage over that situation.

**Treb: Yes! There are races that will. But it goes against... the same issues with the fear. Some of this information is given out intentionally for the product of fear....**

Jefferson: Okay, I see!

**Treb: When they are not inside of your planet, they can be prevented by us. This is why there are so many ships and bases that we have set up in what you call the L points or La Grange points of your moon and Earth and star. There are also bases that are on the opposite, the darkened side of the moon for these reasons. There is a constant watch. There is an unnatural, I would say an unnatural obsession with your planet. Because of the differences in the... inside, the spiritual or emotional differences, the opposite polarities. All third density have a polarity of some sort or another, but the idea of your race having ones in it that kill people for money or fun or things of this nature, but then can come home and love their wife or children to an extent...**

Jefferson : Yes!

**Treb: ...this is a polarity that is in many, many humans, not maybe to this extreme, but this extreme is not common. Even among the third density, that and along with the genetic make up,. This is why the very very many races tend to watch you guys closely, or a little more closely.**



Jefferson: Yes... But how does this benefit other races?

**Treb: Uh, to learn! To watch you mean? To set up... to have this interest in you?**

Jefferson: Yeah.

**Treb: It benefit races from the learning process. It is not just done here this is done in every planet which is getting into the area of changing over to this ascension. This is what the galactic council is for, is to help guide all races through. Even within the Galactic Federation there are entities who are in the fifth and sixth densities that help the fourth density beings when they are ready to go on to the fifth. This is common place, this is the help of all. All of them are extending hands to all of them. It is not just specific, it's just a bit more of an interest. Just as you might have an interest in our race because it is so different from yours, even knowing its similar. This is the same.**

Jefferson: Let's see, its like an interest that comes from within because the races understand, the the appearances outside is just appearance. Because from the inside part we are all spirits evolving.

**Treb: Yes, exactly! And this is your specific part of your time of evolution within this area and it happens to be that it is one that is very unique compared to the rest of the galaxy at this time. So it is very interesting to watch and it is very interesting to understand the cause and effects of all of this. And it is also interesting to see that one day you will be in**

**the same area that we are. We have the ability to see the probabilities of this as it exists now, and in this is very interesting to see where you will be and to see where you are now and where you were. This is all very interesting to see the evolution of all sorts. This is why I take the interest in my specific job in this way!**

Jefferson: I see, So when you say that we are going to be in the place that you are, what do you mean by that?

**Treb: What I mean is the way I can perceive the energy of the Earth at this time, if you continue to go on the path you are now the results will be interesting. The ones who ascend into a positive will be more... much advanced, much happier than you are now. It is much harder when you go on the fourth density, and also be great teachers of others. This is one of the reasons I choose to use the host as channeling as well. When you are a race that is seeing the darkest of the dark sides and then you go to the lightest of light sides, you have a very unique perspective. And all of those who ascend to the fourth density will have the similar perspective but with more wisdom and more love in their heart. The ones going to the negative ascension will have a very interesting path as well if all continues as is. I cannot be too specific for it is not my place to express this in the way that I see it. This is one... just like all things you must experience to understand fully. My words would mean nothing to anyway unless you are to experience this.**

Jefferson: But you mean that we are going to be in the place

that you are, in the sense that we are going to help other extraterrestrial races in their path of evolution?

**Treb: Yes! Once you have ascended to the fourth density, you will be part of this area. All who ascend to the fourth density positive would then join to the Galactic Federation or Galactic Council; so you will be a part of the process of helping others ascend too, but your race will have a specially high knowledge of the diversity of this because of the experiences you have went through, this is what I mean by this.**

Jefferson: Hey Treb, I have a doubt that comes from experiences with extraterrestrial beings and their names.

**Treb: Yes!**

Jefferson: There is an individual that communicates with us, on Earth, since I was two years old, three years old from the Sassani society...

**Treb: Yes.**

Jefferson: Are you aware of this being?

**Treb: The Sassani society is the name that is given for the one who is known as the Bashar from this Earth, yes!**

Jefferson: Okay, this race is part of the Association of Worlds. They are not part of the Galactic Federation!

**Treb: Yes.**

Jefferson: Is this what you are talking about?, or they are really two different things? Or you were meaning the same thing?

**Treb: There is one group that to your words would be expressed as the Galactic Council or Federations of the Galaxy. These are the best words to describe this. There are several thousand different areas that are part of this. As for our area we cannot name any specific group for different reasonings. This is the same that many worlds deal with. So, they have different sub groups within. If a group of entities is to join a federation of planets they are all into the same reason: to help each other through ascension process and to share experiences with each other; then they are a sub group of this galactic council or federation of the galaxy if you will.**

Jefferson: So, this Association of Worlds that he talks about, that has about 400 societies, is not necessarily the Galactic Federation of Light?

**Treb: the Galactic federation of light is not the same as the Galactic Federation I speak of!**

Jefferson: Ahhh.

**Treb: I know what you are speaking of...**

Jefferson: Yes?

**Treb: This is not the same!**

Jefferson: Oh.

**Treb: This is a specific group of races that commit together, specifically through the meaning of channels to humans. And this is not the federation I speak of.**

Jefferson: Wow... there are so many groups huh?

**Treb: Yes! the Galaxy is infinite in size... Well not infinite in size but in the perspective of one world. It is a very large galaxy per se, if looked at in this way and there are thousands of different races within. And thousands of different levels that you are on, in the way of evolutionary... So there are different groups, different societies and different archival information, all of this!**

Jefferson: I see! There can be then out there, races that say they are form the Galactic Federation of Light for instance, and they give all of those beautiful names but in fact they are trying to deceive you and say a little bit of good things and give you information that inspires fear from within, in you.

**Treb: This is what I will say. I will not specifically speak on their entities (intentions). But they are not entities that I would associate with. This is not on the same level of The Association at all.**

Jefferson: I see!

**Treb: The host was asked join this group and it was not accepted by either of us, because it is not the message we wish to share.**

Jefferson: Oh lovely!

**Treb : This is the best that I can say of this.**

Jefferson: Yeah yeah. That's the information I was looking for and that clarifies a whole lot!

**Treb: The Galactic Federation of Light is not the same as the... the actual name that is used for it that the host and I have spoke of is the Galactic Council. And this is a group of many societies. But this is not the same as the Galactic Federation of Light. It is not even on the same place. No! The messages are different.**

Jefferson: Now... on the idea of shape shifting...

**Treb: Yes!**

Jefferson: I have heard many definitions of that. One of them is that a human being...

**Treb: Yes?**

Jefferson: ... from another planet, for instance. It doesn't have to be on our planet because we still don't understand or know how to do that - except for some exceptions perhaps -, but lets say that an extraterrestrial being have, in his physical body the ability to change (physically) the shape of his appearance.

**Treb : Yes.**

Jefferson: So... that is one way that I understand that shape shifting works.

**Treb: Yes! The idea of shape shifting is exactly what it is. It is the ability to change your outward appearance in a way of manifesting. As in the way that I am able to manifest my own nutrition, they are able to manifest their outward appearance, in this way. You also have to see... some ideas of the manifestation might be different than this one sort.**

Jefferson: Yes.

**Treb: When you are able to go from one density to the next density, you have to manifest yourself in this density. So the appearance that you carry from density to density will not be the same as well. If I were to manifest myself within the third density, I would have to use my soul and a part of my consciousness, to make a physical body here within the third density. Because the third density is not energetically the same as the fifth density. So by doing this I will use a portion of my consciousness to manifest within this density; so my physical appearance will change, or look distorted to you in this way. This can also be an explanation for what some see as shape shifting. There are many different perspectives that one might have about it, but the truth is that the outside body can be physically changed by pure will when you get to densities that are higher in a sense.**

Jefferson: The other explanation that I have had about it, is

that an extraterrestrial can - through hypnosis -, impose his will on your mind. He doesn't change necessarily..

**Treb: Yes!**

Jefferson: But it looks, for one, to have a different appearance.

**Treb: Yes. This can happen as well. It is done usually for the ones who are not of necessarily strong will. As in the ones that you have heard of.. the people on your planet that claimed to be possessed. It is because they allow themselves to be... to have another consciousness integrate with theirs, and change its perspectives. And this is the same way! It is not that you are of weak mind or character, it is that your vibration is lowered enough to where it is very easy to overcome this, with different mental pictures. Yes! This is another way that shape shifting can be explained.**

Jefferson: So it is not about explaining in different ways, but its about having all these ways that it does happen. (?)

**Treb: Yes, It is not... the actual shape shifting, it is the way I explained this, the way of manifestation. But the way that you would see shape shifting to be perhaps of the changing of appearance, yeah, there are many different ways to do this! Yes! And the ones that you spoke of are very valid as far as it goes. But in that way they are not shifting their shape at all. This is why I do not consider that shape shifting.**

Jefferson: Sure.



**Treb: But yes it is possible and does happen very often.**

Jefferson: Now, is there a possibility that one of these reptilians are not a real entity but a projection of that entity?

**Treb: Uh... if you can be give me an example to explain, this would be beneficial.**

Jefferson: Sure, lets say a person shows up to me on the streets and tells me he is a human being form another planet and... but actually he's just shape shifting. Now, can there exist the possibility that their technology can beam a holographic image off of the being actually to that place, instead of the being itself?

**Treb: Yes! There are races who do this as well, yes! But once again, this is not shape shifting it is an illusion. But yes, if this is one consideration of shape shifting, this is also done very often as well.**

Jefferson: But the ones that we have on our planet are real? They are not like projections or holographic images. (?)

**Treb: There are one who are of negative densities that do. They are in association with entities that are real shape shifters. The ones who shift their shape in the real sense, as in the way of physically changing their body are not as commonly mixing in with the people, they do not like being around entities who love. As I explained to you this is considered a weakness almost as a disease to their eyes! So they**

**are not comfortable being in their presence. They do do this but not very often this is why you hear of the underground basis, or the underground layers that they have. It is that they do not enjoy being around any entity that has love.**

Jefferson: oh, I see. How did they get here without the majority of the population getting to know them?

**Treb: They came back in previous times and stayed here in the undergrounds. The ships that you see, the large ships?**

Jefferson: Yes?

**Treb: Some of those are the ones that are used to transport them, but there are plenty of them who stay stationary. Uh... They stay here and have what you might say as different supplies or different entities brought in and out, with the help of the government! This is why it is so hard for us to look into the way the government specifically hides the information from us, because they were taught by these entities so well with their technology... because they have been in existence many more billion years than any of us, uh... it is much harder to try to see into those things. This is why it is hard to have information for a specific knowledge from where these bases might be or the different techniques used on these basis?**

Jefferson: Uh huh.

**Treb: ...because of this, their technology is superior.**

**They have been there for the longer time and they have built their selves to be using this. Uh.. and this is the reason no one has noticed. In the written history, you will hear of many times that in the eastern or middle eastern parts of the world they have found different cavings with complex things; these are the rudimentary forms that humans were taught by “them”: the particular humans that are in power at this time; and this is why you see those.**

Jefferson: Okay. Now, just to break the ice here... This topic of conversation is getting a bit heavy... Allow me to ask you something...There is a friend of mine that asked me to ask you if there are flowers on your planet.

**Treb: The flowers are not in the way that you see it. We do have what you would consider to be trees, but these are manifested from within a collective consciousness. Because there is not the ability to have the second density material on the fifth density world. So we manifest this out a collective consciousness because it makes us comfortable from our existence. I suppose this is subconscious issue from that, that’s why it appears to have vegetation. But it is not a real flower, or even a real second density entity in this way.**

Jefferson: Oh. So basically if a human being goes there they are not going to see the flowers then. (?)

**Treb: No! They will not see anything but the part of the planet that is manifested within that density. The planets manifest their selves within the different densities.**

Jefferson: Oh!

**Treb: When you look into the Venus, the planet of Venus, you see an unlivable world.**

Jefferson: Yes!

**Treb: But in the higher densities, the capability of life could be there. Even though it is perhaps not inhabited now, in the future sense, if you were to go into the future in some time, there would be an ability for ones to inhabit but not within the third density. If this makes sense...**

Jefferson: Uh huh. So there are perhaps other races of extraterrestrials that can discover your planet but if they get to go there, there will be nothing there in case they vibrate in a different frequency. (?)

**Treb : Yes! Correct! You can have densities that live on the same planet, if this planet manifests itself through both densities. All a planet is, is a high consciousness in a non-physical existence, that manifests itself throughout physical existence in the densities which it chooses. This is why in the fifth density, you go into the third and sometimes the same planet will be there. It will not appear to be the same, but it is the same entity. Much as the Earth is a living being; she has manifested herself throughout the densities. This is the the way you have the ability to have the third and fourth density beings on the same planet, but they will never see each other or experience each other unless the 3D vibrations are**

**high enough. In instances of fourth density beings, they are able to observe the third density entities. There are words or stories that are around of the ones who are in the fourth density, that connect to the fourth density Earth, but these are not here at the present time. It is a future version of the fourth density beings that connect with the third density entities here. But it is only on the vibrational or the meditative level, because the time separates them and the density as well.**

Jefferson: So, in the sense where time is an illusion, we all exist in parallel realities?

**Treb: Yes! This is one way to see this, yes.**

Jefferson: But then there is already a fourth density Earth that exists. (?)

**Treb: Yes, if you put it in the future timespan of this line. Yes. This is how I am able to see the fourth density human race, as in... if they decide to keep this line of evolution... the unfoldment can be a great help to others. Because the probability of this, seeing into the way of the future line. There is great ability to see this. Its very easy to understand, or present yourself within this.**

Jefferson: Yeah but then the change... Okay, I understand you can read the probabilities of the energy that we give off at this time... right?

**Treb: Yes! Yes!**

Jefferson: So...when “the precipice, - as you referred to it -, of energy” happens or the alignment to the center of the galaxy takes place, will there be physical changes in our planet.

**Treb: Yes, there is physical changes in the planet energetically. ...ones that will make this able to go into the Fourth density. In the fourth density there is a spiritual energetic and physical difference. As one might see a dimension for two people or places to share the same area, but in different dimensions. This is what the densities are. They are different levels of the same existence, for spiritual evolutionary purposes.**

Jefferson: But Treb, it seems to be such a big change for us to have so few people aware of this.

**Treb: It is... You do not have to be consciously aware to ascend. You have to be willing to change for the betterment. And this is why I emphasize that it is important for the messages to be heard, but not to even be believed in, in these fashions. If people are willing to move forward... the will of the people is the issue that creates the ascension itself. If you understand what I mean(?). The collective consciousness of the Earth in complete, whether it be negative or positive will send those to the ascension level that they need to be in.**

Jefferson: It seem that then when this alignment happens in 2012, we are going to be in a situation where there is going to be, as an example, a sort offan that will blow energy to us which will cause things change.

**Treb: A blowing from where the energy was? Is that what you said?**

Jefferson: Yeah, it seems that we are going to be elevated to a place where there will be a wind of energy that will blow through us, and make us change... (?)

**Treb: If you accept the energy, yes there is a change... within the consciousness and within the physical level.**

Jefferson: It is like we are a light bulb and we are grounding more light within this light bulb that can become brighter! (?)

**Treb: Yes, this is the way to see this! You are! ...spiritually, energetically... uh... consciously, physically, all of these change! It is a way of growth. This is the evolution of the spirit. Use this as an example: when the Earth is born or is first in existence (within your knowledge of the way that planets are made), it is made from several rocks that collect to each other through gravitational issue.**

Jefferson: Uh huh.

**Treb: Uh... this is a first density issue. There is only elemental issues here. There are only rocks, fire, electricity. There are only pure elemental issues here. So, you see it evolves and consciousness lives within and it experiences everything that can be experienced within that density. So, it moves to the next level which is the second density. Which is what**

**you might consider to be life that is not, hmm... I apologise I am looking for the word... not very evolved life in this sense. Bacteria, plants, different animals, all of the and going way upwards to what you would say, more intelligent type of animals.**

Jefferson: Yes.

**Treb: This is all the same density. And the reason the Earth took this long, in the way that you see the history of the Earth, is because all of these entities, all of this consciousness, had to experience and evolve through every experience, that is able to be had. Then the density goes to the third level, where you are conscious and aware, and so you still have the first and second density entities, that came with you into the third. Once you go past the third, it is more... it is an energetic issue. You are taking a consciousness that is the same, different from the primitive life that you see as a plant, all the way to a human but you are doing that on top of the human. So energetically and spiritually knowledgge wise, this all changes.**

Jefferson: Alright. Thanks. So Treb. I think all the readers need an explanation, mainly for those who are beginners, on the difference between densities and dimensions. we use it interchangeably, and most of the time no one is aware that there is a great difference between the two.

**Treb: The difference between them are the weight that you give them. It is meant differently by many people, but to the way that I see the evolution, it has no true differences, besides the outside parameters**



**that are given. Growth within certain areas are given certain density levels. This is why you see the density levels that I explain going to an amount that is close to in, is of thirteen, when others are in nine or seven or even five. It is because it is given different parameters to different issues. But the idea of the... what some people see as dimensions, this is what I explain as the different universes. It can be the same but in different parts of time and space. It is the way that it is built that is separate. You can have the same universes doing the same things but they are in different events that are happening. This is the difference in the universe.**

Jefferson: Sure.

**Treb: It is all about the wording and as far as you explain in the difference in the density and dimensions, the way the host's mind accumulates these word. There is no difference than the way that you might impose the differences on yourself.**

Jefferson: Yeah. Yeah. I understand what you are saying, in that sense, because obviously, everywhere there is a way to look at something as well as explain and define it. Now uh... the basic differences that I see (as I speak to so many extraterrestrial beings), is that the dimensions are made by depth, length, and width, correct(?), and density talks about spiritual growth and the ways of the atomic structure an the speed of its vibration.

**Treb: Yes!**

Jefferson: ...so that is the only detail that I would like to

share with the readers because even myself sometimes...

**Treb: If you want me to explain the differences of the height, the width and different probable times, uh... there will not be enough time today. The host body is very tired. The time today compared to that he normally uses is much greater.**

Jefferon: Oh don't worry about it my friend. All is well!

**Treb : This is something that is better explained in the longer way. We would be more than happy to explain these differences. If you want a basic description of this, uh... the energetic ways, the density ways, it is exactly as you explained this. It is an energetic, spiritual evolutionary, which there are several within one dimension. And if you see dimension as only the time, the width and the height and the time place it is; this is why there are different probabilities. Because each different dimension that you see in this way is separate. This is why there are different time lines, there are different probabilities within each densities and each reality, because these dimensions are the actual space that are within this physical existence universally, and in many other universes. This is the most generic explanation so to speak.**

Jefferson: So for example when you pass from the third density to the fourth density, it seem like we can also use a new dimension that is time and space right(?), we can kind of bridge both?

**Treb: Yes! The third density Earth still manifest itself within the third density.**

Jefferson : Sure!

**Treb: But you will be moving on the energetic way, to the fourth density.**

Jefferson: ...and on the fourth density we can deal with a new dimension, right(?), which is then added onto it...

**Treb: Yes, you consider the dimensions to be in height, width, length and time... yes, that is the same thing. I do not mean to cut you off but the the body of the host is very tired. What are you saying?**

Jefferson: No... No, I would just like to find out then how we will relate to time differently that we do than today, once we evolve to the fourth density. But it can be asked another day.

**Treb: The main difference is that the way that humans experience time, is in a linear fusion. The way that time truly exists, is as a coordinate in the space, the space time that you would set up. And if this is how you label dimensions then it is a specific coordinate within this time. Even though you only perceive the physical height, width and depth of your universe, there is also the specific point of time. This is why it is easy to see probabilities but you always account for the free will within... inside. You are correct, in the fourth density energetically the planet will manifest itself but if you are speaking in the place of dimension, you are able to move this time instead of being able to only be in a linear sense, you are able to move the time, just as you are able to move through space now, through the height, width and length, as**

**this is understood.**

Jefferson: I see. Well, then I juts would like to thank you very much for doing this work that you are doing with us on Earth and continue our most lovely conversation on another bright new day. How does that sound?

**Treb: Yes!!**

Jefferson: Before you go, share with us, when was the first time that you said: “okay, I am going to communicate with Earth”?

**Treb: Uh... It was approximately in your time would be fourty seven years ago. It was something that had to be looked at and researched. But to have a match that is wanted... this is why in your linear time, the host age is being third one of the years of your time, and this was approximately sixteen to fifteen years before the rebirth of him, when he was in time between the lives if you look at it in a linear fashion.**

Jefferson: Yes. Then what happened? Were there researchers from elsewhere that came to your planet and said: “hey, we discovered a new planet, have a look what do you think?”

**Treb: It is... we were able to see this, and investigate. Bring the ships without... like I said there are several basis, several entities, groups that watch this. The communication was made with free will. But there had to be the decision making of which entity to directly connect with, and to try to reach out to the top choices, if you will.**

Jefferson: Can you elaborate on the idea of the top choices?

**Treb: The ones that are most vibrationally connected to myself in the way that I explained and have the same type of mind interest.**

Jefferson: I see! So there were a great number of extraterrestrial beings that could communicate with us, but there must, first of all, exist some resonance otherwise it cant happen. (?)

**Treb : Yes! on the vibrational sense, and this vibrational sense is not just a physical vibration, but the vibration... uh... spiritual vibration, an energetic vibration, and a vibration that is of the whole being itself. The life-ability prospects of connection with the likes and dislikes, things of this nature. A general overall vibration.**

Jefferson: Okay. Just so we can close this chapter, when you are a human being, and for instance... you look up at the stars and you feel like you want to communicate with the star being, with an extraterrestrial of a good nature, what is your advise of how to bridge that gap and communicate with an extraterrestrial?

**Treb: The best way for this is to, first open yourself up in an energetic way, in meditation... vibrationally raise yourself.**

Jefferson: Uh huh.

**Treb: And speak the intent. Most people are not truly connected to the idea of stating their intent. Your**

**intent is just, as I spoke of earlier: an agreement with the higher self, that you wish to do this. So speak the intent of what you wish to do and vibrate. Raise the vibration in meditation. Speak aloud your wish. If there is a connection that is to be made, it was made well before your existence here (time-wisely). So if you truly feel in your heart that you want to, or that this is your purpose, then there is a great chance that your higher self, gives you this information. Because it's already been "pre-approved" in the way of the soul.**

Jefferson: I see. And then, how is this person going to find out, whether she or he is doing the "right" thing?

**Treb: It goes into the message. If you look into the messages that you share with the entity, you have to look at all things. This is why it is important to take all material that is channeled, and look through the parts that are resonating with you and those that are not. Not just because it is good or bad information. It is also a way of the subconscious in each of the channelers abilities. So this is a way to look within the information. But to know if you are doing the right thing, (if you mean in the connection with a consciousness), you will know when the connection happens. If it makes you afraid, if it makes you feel not comfortable, it is the wrong connection. And if you feel happy or enlightened, or if you feel that this should be, then this is the right connection. It is obviously, of human nature to be nervous if you do not understand something, but the nervousness is not to the extreme of fear. It would be more of a "hole" but it is happening in the connection issue. If**

**you understand.**

Jefferson: Yes, but... for example Treb, for us here on Earth, it's more natural to communicate with the spirits, and our guides. How to know the difference between a spirit of family, someone that has passed over that is right now in the spiritual world, that is communicating with us. How do we discern a spirit communication from an extraterrestrial communication? Is there any difference?

**Treb: The only difference is the vibrational resolution (quality), maybe. But this is something that you have to understand before you try to connect with this. If you are not aware of the manipulations of your own energy, it is something that, if you really want to do, you have to work on this. It took the host a long time of meditating. The way that he has spoken to spirit, (once they have passed that you spoke of), this was the first way that he communicated. If you want to reach out to other entities, this is much easier to do, to speak to the entities that are on tour to their own planet, that are a part Earth, because of their willingness to communicate with you and there are so many more that are in your energy already. If this makes sense too(?). There is no specific way to know the difference. The only way that the host understood that I was more legitimate and that I was who I said I was, is looking into what I told him, he had to look into this and to see if this is correct. This is something that his consciousness always looks at. It is a trust that is acquired. In any other way he would say that this is a consciousness that is represented as one that comes from Capella. So this to me shows that when he sees it this way, that there is an open**

**possibility that there are others. But the trust and relationship that we have built excludes this from his beliefs. If you understand what I mean...**

Jefferson: Okay, so it is not like expressing a judgment right(?), in the beginning more than it is to receive the message, go thought it with pure intent and then after studying the information, take a position. (?)

**Treb : Yes! this is the best way that I would suggest then you are not opening yourself to any negative entities or negative messages or messages that you will believe are from alien entities that are not. How about we continue this and other conversations at another opportunity?**

Jefferson: I was about to call it a day. Sure!

**Treb: And the next time that you are available we will speak. I leave you in love and light and I will speak to you at a later time.**

Jefferson: Thank you!

**Treb: Thank you. Good bye.**

Jefferson: Bye.





*09th of August, 2011*

## **CHAPTER 2**

To be amongst the stars,  
is the place of our people.

**Treb: Good morning, Jefferson!**

Jefferson: Good morning to you Treb.

**Treb: How are you doing this morning?**

Jefferson: Fantastic! How are you doing?

**Treb: I am doing Well. It is very nice to be in your presence again. Let us begin where we've left of in**

**the previous time.**

Jefferson: Fantastic! Before we move forward... can you tell us, what you've been up to today?

**Treb: As far as the day is concerned. It is one... since we do not measure the days in the same way, I will explain what I have been doing, in your conception of day?**

Jefferson: Uh huh.

**Treb: Today is a day that I have been home, with the family. I am talking to my children. One of my children is ready to step into the way of going into the... what you say as career or the options that we choose. He goes into the driving of the crafts that we use. He is very interested in this. It is something that he is very interested about! This is one thing that I have done. Along with conversing with the other. He is the oldest of the children that we have. Two of the other children are not yet at that age to decide. But they are very interested in this as well.**

Jefferson: So how old is this young... is it a young boy or a young girl?

**Treb: No, the oldest is of a male orientation. He is in the forty-seven or forty-eight of your years. Yes. He is at an age right now, where he is ready to make the decision. He has tried a few different things or different responsibilities...**

Jefferson: Uh huh.

**Treb: ...but he seems to be fond of the ideas of the traveling amongst the galaxies.**

Jefferson: So he has already left the planet before. (?)

**Treb: Oh, yes! He has gone with many. Just as the one who I spoke... who is watching us as a spiritual advisor. This is one that he is interested in. As he watches us, this is the son. He is doing this for the job of what he wants to do in the spaceship... driving if you will.**

Jefferson: So he is going to be a sort of pilot like we have for our planes?

**Treb: Yes! Very much like this. He is able to not only fly in the responsibility but when there is contact made with other races, he is a representative of this contact. This is part of his responsibility as well. It would be to what you might think of as a person on the navy ships, one that is in the high command. Not a leader, but the one who is right under this. And in this, there is the responsibility of flying as well.**

Jefferson: So the pilots then... they have to undergo some spiritual training before actually taking on the responsibility of flying to other planets! (?)

**Treb: Oh yes! Very much so! The spiritual interest in our race is well developed. It is one that is ingrained, as I have spoken of to you before...**

Jefferson: Yes!

**Treb: ...in the fifth density this is a growth that is previous to fifth density development, but it is still necessary to try to understand the ways of other races, not only in the regular sense. In the spiritual sense as well.**

Jefferson: And then... how long has he been investing his time in order to be at the level where he is now?

**Treb: Approximately ten of your years to go around and experience some time with the piloting and to see... there has been several contacts that has been made with other races while he was there. So, he was able to experience not just the idea of flying but the idea of original contact with other races that were ready for this contact. In a sense as the way you are in a quarantine now, there are many that are not in quarantine anymore, so they are ready for this contact. So he is a representative of this... in the works, learning in the making, training, as you might say, so he's been able to experience this a few times now.**

Jefferson: Does the fact that his father is a spiritual advisor helps, or helped him with his career development.

**Treb: As you might think of this: this does not “hurt at all”. (Laughter). Yes! This is very helpful to him. In a way of learning. Not in the way... when I read this through the host... He sees that very many people who have great jobs or responsibilities on your planet are handed down great responsibilities without truly earning them.**

Jefferson: Yeah.

**Treb: ...by simply being part of a family, it is who they are. This is not the way it is here. But this idea for the learning, yes. It is very helpful!**

Jefferson: Oh. So basically being his father helped him in the knowledge side but not necessarily to get a better position! (?)

**Treb: Yes, yes! Because he is around me all the time... vibrationally he picks this up. Also he watches my work. Most of my work I can do from my home area. So, he is aware of all of this work. I have had him working and helping me in my work several times. I do this with all the offspring.**

Jefferson: Uh huh. I see. So, is he aware that you are communicating with Earth at this timing?

**Treb: Yes. He is aware of this. He is not in the conversation or hearing this conversation but as I speak to him, I do explain that part of my consciousness is set up. It is not just the host (channeler) that I speak with at this time. I speak with two other entities within the galaxy as well, in a similar fashion. Not necessarily as you see a channeling but what you might call... telepathic ways(?), yes!**

Jefferson: Uh huh. And what approximation of sound could you give us for the name of this oldest child of yours?

**Treb: As far as name goes, the child does not have a name in the way that you see it. If it were to be translated in the way that I've given my names to the host...**

Jefferson: Yeah... (?)

**Treb: It would be in the same way! It would be Treb Bor Yit-NE, but it is not... he would be the son! Because it is all of the family name to the area of the planet and both of us are the same... obviously in the same planet and in the same star. In this way. It is not thought of as a name per se, as you see, it It is more of... which family and which job. Some of them seem to respond to the older or younger [ones] of the family. Males or female is in this way as well.**

Jefferson: Where is he located right now? ...this son of yours.  
(?)

**Treb: Where is he physically located?**

Jefferson: Yes.

**Treb: Yes, he is here with me. We are speaking of the job that he is going to do.**

Jefferson: I see. Is it possible that I ask you to ask him a question?

**Treb: Yes! This is fine!**

Jefferson: Okay! Uh... Can you tell him that I am asking him, why exactly he chose to follow that career and not another?

**Treb: Yes, it will take one moment!**

Jefferson: Alright!

**Treb: Yes, his response is of this nature: “to be among the stars is the place of our people. It is truly where my soul lies. And this is my highest excitement or passion in your words, and this is what I've always wanted to do from the time of understanding of the stars.”**

Jefferson: Wow. I see.

**Treb: Yes!**

Jefferson: And has he already met any civilization that looks like we do?

**Treb: Yes! Similar to what you do! There is a race that is very close which is the race that we come from. The Nihal?**

Jefferson: Uh huh.

**Treb: Or Beta Leporis?**

Jefferson: Uh huh.

**Treb: It is a race that has been what you might call of a hybrid, but it is very close as it is a similar race. And if you were to look upon this race with your eyes, it would appear to be a short human race...**



Jefferson: Uh huh.

**Treb: Very short as in the ways of three and a half feet perhaps?**

Jefferson: Yes.

**Treb: ...with which he has come into contact, many times. This race is very close to our race! And we have visitors from this race all the time.**

Jefferson: I see.

**Treb: Yes.**

Jefferson: And when they travel to other planets do they fly like our pilots? One or two persons in one craft or is that like... with more?

**Treb: No; in the responsibility and in this way, it is much larger of a ship. At your approximation of size it would be in the one quarter of a mile. It is not a big ship for very far or great amount of travel but it can hold a crew of approximately twenty people, just in the design of the main room where everything is controlled. And this is the team that works on the planet. So it is twenty of the people approximately.**

Jefferson: Uh huh. Now Treb, taking advantage that he is beside you right now... even though I will enjoy to learn more from your perspective on many ideas, while we work together in this co-creation and sharing of information from your side...

**Treb: Yes.**

Jefferson: ...just to take advantage as he is right there right now, can you perhaps ask him as well what, (from a young person from your world), what is then, considering what he knows about Earth, and the stage of development that we are, what is his message for us from his mind, at this timing?

**Treb: Any messages that he might have or?**

Jefferson: Anything that comes to his heart that he thinks would be interesting for him to share with us at this point in time.

**Treb: Yes! One moment... Yes the response that he has, is very similar to the response that his father would have! This is what makes me smile, for I know that he has learned well!**

Jefferson: Nice. Congrats Treb!

**Treb: He says to the people of the Earth to open their hearts and to open their minds. Learn to accept and keep their heart open and that this is the key to happiness.**

Jefferson: Uh huh. Now, Treb, a question to you! We understand that when you speak of opening the heart you don't really mean to cut ourselves open and in that way open the muscle we call heart (in our body). You mean on a metaphorical way! So, can you explain what you mean when you guys invite us to open the heart, for people that may not understand exactly what that really means?

**Treb: Yes! Opening the heart is a term that the host (channeler) would use in a way of giving yourself unconditional love, making sure that you available, to care, to love, to feel, to help. To do anything to the benefit of others. Opening your heart means that you are able to express your emotions and are able to understand emotions of the ones around you. To be connected with all other races and entities; not just in an emotional way but in complete respect and love.**

Jefferson: I see. Thank you!

**Treb: You are welcome!**

Jefferson: Now, do you have plans, or does your son have plans to visit Earth?

**Treb: Yes, this is one of the future ideas of his, yes!**

Jefferson: What are his expectations as far as encounter. How does he think we will receive him... considering that he is more reptilian than human?

**Treb: He understands this difference. This is one that is greatly made aware throughout our whole race. It is expected that the differences will be seen and to there perhaps exist the idea of fear for those who do not understand.**

Jefferson: I see.

**Treb: I am sure that he is willing to expect this, and to show that he is from a place of love and not of judgment or harm.**

Jefferson: Uh huh.

**Treb: And once you can convince the people that you are doing things that are on their, not in your own interest, for the interest of all, it becomes a greater way for them to understand. And even if they have these differences hardened in their hearts, they will come to see love as that which softens the hardest of hearts. And this is why I've explained that this is the greatest tool to use against ones who do truly mean you harm.**

Jefferson: Now, do they... the people of your planet, and your son... do they consider shape shifting to initiate contact?

**Treb: No. This is not done by our race. Our race does not function in this way. As the host is aware of concepts of density...**

Jefferson: Uh huh.

**Treb: The non-physical starts in the sixth density(?), but our race is one that considers the sixth to still be in the physical density, and one of the regulations of breaking apart the fifth and the sixth where it would be considered to be only the sixth for most, is the ability to be able to manifest your body in a instantaneous fashion in this way.**

Jefferson: Uh huh.

**Treb: It is not something that we are able to do now. It is not until we have advanced into the density of**

**the sixth, so this is not a consideration. If you speak of the technologies and the different ways that we spoke of previously?**

Jefferson: Uh huh...

**Treb: ...with the holographics or the hypnotizing techniques?**

Jefferson: Yes...

**Treb: This is not something that we wish to do for we do not want to fool anyone or to trick them. We want to show them who we are, as we are.**

Jefferson: That is very noble of you!.

**Treb: It is how we see this.**

Jefferson: The most probable time frame for contact with your race in particular that will happen, will then be after we have already met those who are closest in appearance to us.

**Treb: Yes. There will be a meeting with the ones that look more like you, before we decide to step in if you will. Yes. This is not done just for the reason that you spoke of. But they are more connected to you genetically, as they are very much your ancestors and are connected in relation too. Even though we are all connected as one, it is easier for your race to see this in that way.**

Jefferson: Have you noticed whether the same thing happens with other races? That they usually meet first those who are

closest in appearance and feelings and sensations as they are?

**Treb: Yes! This is done specifically with that purpose and intentionally. The council that oversees this, does this intentionally. It is a way of comfort. It also depends on the race. There are races that we have encountered where first contact is not made by ones who are closely associated to them or that look like them. But this is because it is understood that these races are more opened or mentally ready and open and acceptant of the possibility or the knowledge that there are entities outside of their own planet. At this time in your race there are many who still hold onto the belief that there is life only on Earth. So this would too, be devastating to them, in the ways of belief systems or religious systems whereas other planets do not have this. They are not affected in this way. So it is easy for anyone. Whoever is closest or has spent the greatest time in helping them are usually the first ones to go in those cases.**

Jefferson: So, it is an intentional pattern for the purpose of comfort and integration! (?)

**Treb: Yes, yes! This is so, for the reason I explained, it is most comfortable. Any way of ascending whether it be in the physical level or a level of maturity, either way, this is done for this reason. As a race progresses it must be comfortable within this... well, these are not the exact words that I should use, because the growth is quite uncomfortable for most, but do you understand what I mean?**

Jefferson: Yeah!

**Treb: Yes.**

Jefferson: And this craft that your son pilots...

**Treb: Yes.**

Jefferson: What does it look like?

**Treb: It is what you might see as the silver color, once again, going back to the metallic issues that we have. It is not very different from the ones that you see. It is round and it is very high in size. In your measurements, it would be a couple of hundred feet tall and one of the quarter of a mile wide. It is rounded in the front. And goes back... almost as you might see as a rounded type of boomerangs... Does this makes sense to you?**

Jefferson: Yes, a triangle shape.

**Treb: Yes, similar to this but more rounded in all ways. Yes. It is silver. It is not seen very well by the human eyes. The electro magnetic design that we use to go around this, to protect within temperatures or different air pressures. This can be given electrical shock inside of this, to produce almost a camouflage type of field around this, if you understand(?).**

Jefferson: Yes.

**Treb: It is made aware of all the surroundings. In your planet the blue skies would be reflected off of this so**

**it would be much harder to see for the human eyes.**

Jefferson: I see.

**Treb: Yes.**

Jefferson: And about this piloting career what does “mom” thinks about it?

**Treb: She is very accepting and willing of this. In her family, she has what you would call: brother, who does similar work but on a smaller scale. He is one who is on these ships that are much smaller that serves the locals. If you are to look at it in this way, the larger ships that we have are very huge in sizes of your awareness.**

Jefferson: Uh huh.

**Treb: It would take five of these to put most of the people we have within in case we ever had to leave for any reason. As far as ships there are very small ships. Ones that are considered, maybe on the size of one of your buses?**

Jefferson: Yes.

**Treb:...and her brother is working on one of the ones that has the size of one of your buses. So she is very used to this.**

Jefferson: Then uncle comes home sometimes and visits your son?



**Treb: Oh yes! This is very common. This is one of his favorite relatives. I believe it is because of the connection, hearing the stories, feeling the energy, the excitement and side of the stories that he (uncle) gives was very stimulating to him (my son).**

Jefferson: Oh, I see. So it is one of the reason why he liked so much that particular work or career.

**Treb: Yes.**

Jefferson: Now... you mentioned just now: "in case we need to leave for some reason[...]", why would your entire race need to leave the planet?

**Treb: There are celestial bodies around, that we are aware of, that are very destructive in nature, even to the density of the fifth and these are very detrimental to life. It is not something that we need to be extremely cautious about. It is something we might see as a precaution in that sense. It is just in case.**

Jefferson: Has that ever happened?

**Treb: No. There is no idea of why, or reason that it would happen. It is standard procedures for many races. Not only ways to escape but also ways for large groups to go if there is ever some planets that are in need of help, we can send large amounts of beings to their planets as well.**

Jefferson: Uh huh. Then, that means that you also receive help and beings from other planets in case you need. (?)

**Treb: Yes. Where there is need there is always help. And this is the greatest benefit of being in this society, where many races are linked in this way.**

Jefferson: So in that sense then you always have much more than we do, to do because there is just a greater amount of options to choose from. (?)

**Treb: Yes, yes! It is not as you might see this... to save another race or the other way around. It is much different on the ideas where when you ask for help from someone... in the density and belief system that we are form, when you ask for help, if they are able they give this help. It is never done in a forceful way as you might see and on your world is understood where if there is a country that has an issue you have entities as the UN or even the American Government that goes into other countries, without permission, to say that they are helping. It is not in this way. The idea is to truly be of help if one asks for this. Not an excuse to open up the avenues, as you do it, to have greater resources, if you will.**

Jefferson: Perhaps I have actually wanted to ask you - within the same idea -, a different question.

**Treb: Yes.**

Jefferson: When you have so many planets interacting, it is natural that the life span of your society is greater because you have so much more options than we do for things that you can... activities that you can engage with.

**Treb: Yes! And this goes into a spiritual and a physical**

**sense because there is more for the soul to experience in ways of the evolution of the soul and because there is more to experience, as you might think of, in this day to day life. Yes! The lifespan must be much greater in order to have this advantages. It is almost a benefit that is made from necessity for all of the things that we must do. Yes.**

Jefferson: I have a question that I would prefer to keep for later on in the book as far as time frame for contact with your society...

**Treb: Yes.**

Jefferson: ... so please don't just answer now. But this question is a little bit related to that. Can you ask your son, when in his mind will "he", be meeting a human being from Earth... an approximation in time frame.

**Treb: And this is what you want me to ask of him now?**

Jefferson: Yes! I don't want to know the exact time frame of when your race will... perhaps your race will even contact us before or after, I don't know... but lets see, what he feels that a good approximation in time frame would be for him to be in our planet...

**Treb: Yes, I will speak to him then...**

Jefferson: Thank you!

**Treb: One moment please... Yes, I have the answer from him but it is a bit of an unfair advantage.**

**Because he understands that if things progress in the way that they are right now, then this stage would be a date that happens. There is always changes for this, but if you wish for me to give you this date I will!**

Jefferson: Yes. I understand we are going to work with probabilities and that, that can change depending on the choices that we make.

**Treb: Yes. Within your time it would be about seventeen years! Seventeen, one seven?**

Jefferson: Awesome! Cool!

**Treb: ...of your years, yes! And that considering things will progress in a natural rate as it is now. This is a very... the host (channeler) might see this as a medium, high probability, one that could be - percentage wise -, in the seventy percent.**

Jefferson: I see. Before 2030, then! (?)

**Treb: Yes!**

Jefferson: Hmm. Interesting. Now, there are some beings that say that by the year 2033, we are already going to be part of the Interstellar Alliance or the Association of Worlds. (?)

**Treb: Yes.**

Jefferson: Do you see that as well?

**Treb: Yes! I see that you will be affiliated with this. I**

**am not sure of this year precisely. It is a high probability that it will be close to this time but this is not a guarantee for the time. I would give a three to five years range for more or for less. Yes, this is a great, great probability, yes!**

Jefferson: Hmm. Now, there are some ideas that I would like to discuss with you comparing answers, so our individuals and brothers from Earth, can go farther in their understanding of your race.

**Treb: Yes, this is fine.**

Jefferson: So, comparing answers where I am Jefferson you are Treb, where I live in Brazil you live in Bor, where I live on Earth you live in Yit and as far as solar system, where we don't have a specific name for ours you call yours NE. Correct?

**Treb: Yes.**

Jefferson: Now in that sense we call our galaxy, Milky Way. How do you call your galaxy?

**Treb: Here the names are not the same... but if you want me to process the thought through the English language it would be: Cluster-I-zation! This is the closest word, like in yours. This is the most predominant thought when it comes to our galaxy in the way of thought patterning; this is the closest one that I can associate with it.**

Jefferson: So where we call our Milk Way, you call yours Cluster-I-zation. (?)

**Treb: Yes!**

Jefferson: Uh huh. Now, the other idea that would help us to have a label so we can refer to...

**Treb: Yes.**

Jefferson: Where we call ourselves human, or humans, what name do you have for your society?

**Treb: Uh... if it was for the human race to call us it would be... uh... it would be either the “Capellians” or it would be the “Yitnians”, maybe perhaps(?), I am not sure, it is just our world... But it would be perhaps named after the star that we come from. So it would be the Ne-Yit, or... or... Capellian, whichever you find best.**

Jefferson: Oh okay.

**Treb: Even in the Capellian way, this is not fair either because there is more stars within the region of Capella. So it is not to the better. It would be the Ne-ans perhaps? I do not know how to say this in a way that it sounds correct.**

Jefferson: Uh huh. No problem! We will call your race by the name of your planet as it might make more sense. We are going to call you the Yits.

**Treb: Yes!**

Jefferson: See(?), I think it sound alright!

**Treb: Yes, this is great!**

Jefferson: Okay, then following the same thought pattern here... considering that the international astronomical union decided that Pluto is no longer a planet. In our counting there are eight planets in our solar system. How many are there in yours?

**Treb: If you are considering the same standards of Earth planets. Is this what you mean?**

Jefferson: Well... no, no, no... It is like... well, you have a Sun... and we have eight planets around our Sun, you see(?), in our solar system(?), how many planets do you have in your solar system? They don't have to be all of third density.

**Treb: Yes, you are speaking of all of the densities that are combined, there are more than twenty. But if it is in the fifth density alone, without life being considered other densities as a part of it, we are the third planet planet and there are twelve out. So there are fifteen just within our density. If you consider ones who have manifested through all densities, there would be... twenty seven I believe.**

Jefferson: Okay. So lets stick to the number fifteen since these are the planets you can see that are in your solar system.

**Treb: Yes.**

Jefferson: So you are on the third planet. (?)

**Treb: Yes!**

Jefferson: ...the third that is closest to the Sun. (?)

**Treb: Yes, if you are traveling from the star outward, yes.**

Jefferson: Yes. Now, according to the United States Census Bureau 2010, the total number of living humans in our planet is over 6 billions. How many people are there in Yit?

**Treb: There are approximately 34 to 35 millions...**

Jefferson: Okay, so we are speaking of millions not billions, yes?

**Treb: Yes, it is not a billion. Millions!**

Jefferson: But then you said that your planet is 1.6 or 1.7 times bigger than ours...

**Treb: Yes.**

Jefferson: So you are...

**Treb: It is very sparsely populated considering your human population...**

Jefferson: I see. Is there any particular reason for that or is this just natural?

**Treb: This is the natural progression of things. There was a great percentage of our people that were lost before we ascended to the fifth density which**



**happened during the war that we had with what you would call or what I have called the ancient reptilians, yes.**

Jefferson: So when your planet went from fourth to fifth density or when it went from third to fifth density?

**Treb: Yes. When it was in the forth. Before we had gone to the fifth density. It is four hundred and eighty thousand of your years ago. This is when the ancient reptilians came and we lost a great percentage of our people in this battle.**

Jefferson: Lost in the sense that they died or that they decided to follow the other way?

**Treb: Oh no! It wasn't that.**

Jefferson: The cause was death. (?)

**Treb: Yes.**

Jefferson: But then, when people die, they reincarnate! (?)

**Treb: Yes!**

Jefferson: So you didn't really lost them! (?)

**Treb: No! Not in the sense that I would see this, no. But in the sense where the population had a loss in its number. In this way.**

Jefferson: Couldn't they have reborn there in your planet?

**Treb: Yes, they are waiting for this time as it is or not necessary to them. There is still, just as in your density there is a time that is between lives that is used for the knowledge of the soul's reflection of its situation(?). Some are in a level and of a nature that will not come back into our world.**

Jefferson: Interesting!

**Treb: It is a cycle but if they... it is much... just as your every day to day life. You have decisions in the way that you are able to make...**

Jefferson: Yeah!

**Treb: ...whether you want to do this or you do not want to reincarnate in this way. So yes! There are many of our races who are not manifesting their selves back into the physical reality as of now.**

Jefferson: I see.

**Treb: Yes!**

Jefferson: The way it works then, in between lives is like... let me know if my definition and understanding of this idea is correct (in alignment with yours).

**Treb: Yes.**

Jefferson: Once we die we stay in a spiritual colony (for instance). And in that place, whichever place you go, is a place that is in resonance with your vibrational frequency, counting the development you have acquired in all your

lives. That represents the moral and scientific inner development that you have acquired, so that is the place where you go to, you “belong” temporarily there. And when you are on the spiritual world, you can go to worlds that are in resonance with the level you have achieved. Other more evolved might be open for your visitation but as a foreigner until you get to vibrate on those more evolved levels to then be able to exist as one of their integrated beings.

**Treb: Yes! That is a very good explanations. This is one of the best explanations that I've heard used from one of your human race.**

Jefferson: Cool. I understand well then why your planet is not necessarily as populated as it was before. That is because the person in between lives can choose to go to a plethora of planets, as long as the planet they prefer, is in a level where they can understand and exist comfortably. Under those set of circumstances, they can incarnate there!

**Treb: Yes! It is much like this! When you from the human race die, on the physical sense, you are put in a - what you might see as -, a buffer level and this is between the third and the forth density. And this is the one that they are on now. Just as if you died you will be in between the third and the fourth. When they are physical entities they are in between the fifth and the sixth densities. Yes, it is in part a vibrational harmonic level that is in between, Yes. What we say is many buffer zone, it gives you the capabilities to have manifestational powers with the energetic mastery so once you are back into this realm in the incarnate sense, back into the fifth density you carry a certain knowledge. Even though**

**we come from a higher density, from a higher standard, or perhaps, higher evolution in your eyes, in the spiritual sense, there is still too much to learn. And when we go to this in between lives we still do the learnings that you, as you also have. It is very similar to this. And yes, the description that you have given, it is one of the greatest I have heard from the race of humans. You have a very good understanding, so you must have been taught well by your sources as well.**

Jefferson: Yeah. And I love learning these ideas so much. Just because... I don't know, perhaps this is the reason I am on Earth to share and become THAT bridge so this knowledge can reach more and more people.

**Treb: It is.... also, to add to what was previously said. The reason why I explained (even though it looks better because we are from the higher density or spiritual evolution, even though we are at this), we still do not have what you might say as a full connection to what is the higher self, which is a portion of us that is in non-physical existence...**

Jefferson: Yes.

**Treb: ...our soul, if you will. And this is why we connect in this way. The only advantage that we have that the humans do not in this after life is the ability to have full comprehensions in the way of previous lives and possible future lives. Just because of the way that time is felt or experienced.**

Jefferson: And as a form of joke from Earth to your planet.

The other advantage that you guys have is that you have two hearts so you can love more... (laughter).

**Treb: Yes. This is very... this is a very great way of seeing this. Yes!**

Jefferson: Okay. So, water covers seventy one percent of Earth's surface. Does it work the same in your world?

**Treb: Oh, no. It is much less water than yours and it is not as deep. It is what you might say as the seas and there are several that are spread throughout the planet. In what you might consider - in size of a state, in the United States, in one of the states that have many lakes -, this is similar to that. But it is not the same size percentage. It is well less than thirty percent.**

Jefferson: Like half of it?

**Treb: Meaning half of the thirty? Uh... If I were to give an approximate percentage, it would have to be in the seventeen, eighteen percent perhaps?**

Jefferson: Uh huh. So where we are seventy one percent you would be fifteen percent of water. (?)

**Treb: Yes, seventeen percent of water approximately, yes.**

Jefferson: Are the waters in your planet all salty?

**Treb: It is not salty. There are no... the minerals that are in your planet are not the same, so they are not**

**of a salty nature. The only difference is the hydrogen of the molecules, would be what you might consider to be heavier. So it is a hydrogen heavy water.**

Jefferson: Uh huh.

**Treb: This is the best way that I can explain as it compares to what your peers might understand.**

Jefferson: Our fishes have gills that have the ability to extract the oxygen that is dissolved in the waters...

**Treb: Yes.**

Jefferson: ...the same way our lungs work with air.

**Treb: Yes.**

Jefferson: Now, can you breath under water?

**Treb: Yes, we can breath under the water, but not in the way of breathing like a fish would do.**

Jefferson: Uh huh.

**Treb: It is much more like the large animals that you have, the mammals. The ones that appear to be fish. The whales. These are compressing large amounts of the atmosphere into their lungs that enables them to go under for several hours. This is much similar, more similar to ours. Even though our lungs are not the same way in the appearance, or in the way it works, per se, it is very similar to their lungs. And it is used with high “compressionary” sense, in the way that**

**the lungs almost shrink, in a way, by high pressure; so if we use a large amount from the atmosphere to equalize this, we are able to stay under for large periods of time.**

Jefferson: If you can share with me this knowledge, it means for me that you have or someone has already done that.

**Treb: To go under water?**

Jefferson: Yes, for long hours.

**Treb: Yes. This is very common activity. Much like you swim. It is less of a... fun idea as you have it. It is more of a way to connect with nature, as you understand life as it is on our planet, it is only of fifth density, but in the collective consciousness, there can manifest what you might see as plant or primitive animals, just for the feeling of comfort, or feeling of connection to the environment of our primitive selves. So in this way we use this to connect, to get into the water or to, what you might say is, swim around is very common to us.**

Jefferson: I see. So what you do basically is you dive and you go great depths within the water.

**Treb: Yes, you can do this. Yes! We are very able to do this. I have done this many times; all of my family have done this many times, yes(!), this is done very often but this is not the only way. You are able to float around on the top of surface or to skim through the water as in a swimming way. Yes.**

Jefferson: Now, is the way your body is set up of any help for you in the water?

**Treb: Yes. It would be more dynamic on more ways because of the appendages we have with the hands being bigger and the feet being flatter and wider. We are able to do this with a greater ease than the physical body of the human, yes.**

Jefferson: So you have shoulders, elbows and fists! (?)

**Treb: Yes, it is almost... if it were not for the color of the skin and the proportions of the body, as in the head and shoulder and hands and feet. If we were to have your skin, then we would look to you like a very ugly human. Yes!**

Jefferson: (Laughter). Okay. How many fingers do you have in your hand?

**Treb: There are five like yours, exactly like yours, the same exact way.**

Jefferson: And the feet as well.

**Treb: No, there are only three toes...**

Jefferson: What?

**Treb: ...but hey are much larger.**

Jefferson: Uh huh.

**Treb: The feet are a little different from your way for**



**the reasons of terrain and for the reasons of motions through the waters as yours are not built for this. It would be more likened to your turtle, with the flat and big toes and the webs that are between this, the skin that connects.**

Jefferson: Oh, I see.

**Treb: Yes.**

Jefferson: So talking about the frontal part of your feet, from one side to another you have three fingers and connecting each one you have a thick skin. (?)

**Treb: Yes. ...and this is the feet . Yes, so this would be to your word, toes, instead of the fingers. Yes.**

Jefferson: Oh, I see.

**Treb: Yes, it would be three of what you would see as, maybe toes, but they are much wider and greater in width.**

Jefferson: I see.

**Treb: Yes.**

Jefferson: Now, on your toes, do you have toe nails?

**Treb: It is not a toe nail that would appear with yours. It is a much like as the turtle with the sharpened edges to it, but it is a harder type of skin. So it is the same with the skin, it is not the same as you would not see it as a thumbnail, but it is... yes, it is almost a**

**claw, more of a hardened piece of skin that is to a point, much as the turtle.**

Jefferson: Yes, and in the hand?

**Treb: No. This is the regular as yours would appear that has the hardened skin above it, much as the fingernail.**

Jefferson: I see.

**Treb: Yes.**

Jefferson: Now, do your finger nails grow like a claw (on cats) or it remains the same size?

**Treb: No, they are able to grow. It is something that we maintain.**

Jefferson: I see so you can clip them... It is not like cat that can... you know(?), grow their nails at will(?)...

**Treb: No. It is not retractable in this way, no.**

Jefferson: Oh, I see. So now, when you are on the water that you dive, do you have like... you know(?), in our oceans we have animals such as whales that produce one of the most powerful sounds, yeah(?), so, what animal can you speak of today that lives in your waters?

**Treb: There are very primitive sort of animals that you might see as a small fish. There is no great animal that is within the seas. The seas themselves are not big enough to sustain the animals that are of the size**

**of your whales. But to you it would appear to be a three or four of your feet long. Six to eight inches wide, and as far as sound, they do not emit sounds, even though we can conceive or perceive sounds, we do not have ears, so it is more of a vibrational picking up. Much in a way that your eardrums do, but it is in a different way. So the sounds that they make are not heard. They are more, felt.**

Jefferson: Uh huh. And do you have like... snakes?

**Treb: No, there is no... the only ones that exist are on the actual surface of our planet. It would be much what you might consider a primitive... I am not sure what is the name for this. But it is... I am not sure what they are called. They tend to eat different plants, different things of this nature. They also eat up the ones that have died of their own race. But this is once again, more of a cleaning system, used for... because of the manifestation from within. So there are no natural predators to this animal so they eat the remaining of each other as well.**

Jefferson: Now, is this animal close in appearance to the snakes we have?

**Treb: No, they have the four legs. They stand up. They look to your way of Kamoto lizard, but is not as reptilian type as your eyes might see this. It is more like that amphibian type, more like a great lizard, but it is not scaly it has the smooth skin. It has the four legs and the bent elbows.**

Jefferson: Thank you for the information.

**Treb: Yes.**

Jefferson: Do you have big carnivorous animals that like eating hybrid humanoid-reptilians?

**Treb: No, this animal that I just spoke of is the largest as far as animal goes. We do have a way to help nurture them, as you would see grown your bodies, or burn or bury them(?), our bodies are given back to the wild, as nutrition in a way for the animal and the plants to use. But there is not - as in your world -, animals that eat off human flesh. These are thought to be ones that... after they taste it, they are able to kill. This is not the same in here.**

Jefferson: I see. It is kind of disgusting for us that you give your bodies for animals to eat.

**Treb: Yes this is not very common. The host expressed his knowledge that this is not appropriate or what you would do but here in lies the beauty of differences.**

Jefferson: Yes!

**Treb: It does not... it is not for any special reason but the understanding of our body been a vessel of the soul. So we return the vessel back to the planet. It is a way for us to give our thanks.**

Jefferson: I see, so you don't feed the animals with your body, you just put that to rest and the animals go there and eat it. (?)

**Treb: Yes. It is put out into the areas that have no population. Yes, the animals will usually eat this but sometimes they do not. Sometimes they will, much as you see decay or melt back into the ground, yes.**

Jefferson: Hmm. So you don't make a hole and put inside like we do! (?)

**Treb: No. This is not done. There are no animals in the soil, in the way that you would see this, that would consume it. So it is not given the full energy back too. If you understand what I mean.**

Jefferson: When you put them on the floor and leave there, outdoor, doesn't it stink?

**Treb: This is not done anywhere close to the populated areas. As I explained, our world is much more sparse.**

Jefferson: Understood.

**Treb: So yes, it is done in what you would say several miles, or kilometers away from civilization areas or areas that are populated. Yes.**

Jefferson: Uh... why then don't you just put under the ground again?

**Treb: Uh... It is just... nothing in the ground is able to use this. If it is put in the ground it will be a waist and this is the respect that we wish to give back into the planet.**

Jefferson: Oh, I see. Now talking about planets, ours is a blue planet. What color is your planet when seen from space.

**Treb: It is of red and green. Much of the vegetation is red and the green comes from the color that the water looks like when it is under the red light of the star, so it is mostly red with spots of green.**

Jefferson: Oh I see. I have a lot of other ideas I would like you to share with us from your planet. Before though, tell me something, how are you enjoying this communication?

**Treb: This is a great communication! It is always great for me to reach out and to communicate to others. And the idea that this would be recorded and given out to people, is one that makes the host (channeler) very excited. So this brings me joy to see him in joy.**

Jefferson: Now, do you think that this can help our planet, in any ways, to make the first contact happen sooner?

**Treb: Not in the same way of the way of changing mind. For the most part those who will see this will already be at a level of understanding and will already be open to this. But it will greatly help in the exchange of information.**

Jefferson: I see.

**Treb: And as I wish too, if you are doing this in different sectors of the book, building up with different parts...**

Jefferson: Yes.

**Treb: I would like to ask you a favor...**

Jefferson: Yes.

**Treb: ...if this is possible?**

Jefferson: Sure!

**Treb: In one of the sectors of this book that you are doing, I wish to dedicate it to a specific type for me to speak about some spiritual issues that I find to be important in the helping of the race.**

Jefferson: Absolutely, yes! That would be our next chapter. I had that in mind. I wish to know about the philosophies that you have; the “religious ways” of guiding yourselves; how you sort out interactions from child to adults and to elders... Yes, absolutely I had that in mind and I will dedicate some time for me to ask questions about that but not to worry, I would definitely like to have you... and this is my question to end this chapter... I would like you to... if possible... to call the other two advisors that you have on the south, the southern part of your planet, you know(?)... that work with you?

**Treb: Yes.**

Jefferson: Yeah, so I would like to, please, ask you, if at all possible, for our next meeting, to call them to talk to us and then you prepare something that you would like to give to us, like a speech that we give here? But you could divide fifteen minutes to each one of you, to speak about

something. And after that, I would like then to follow up with potential questions that I might have, is that possible?

**Treb: Yes, this is possible! I can arrange this. I will speak of this to both of them...**

Jefferson: Lovely!

**Treb: And it is a possibility of all of us to be at the same place, at the same time, with the same availability. It is much easier for us to make ourselves available, for it only takes a portion our consciousness to do. So even if we are, what you might think of as busy with other things, this is very easily achievable. And if they are willing to do this, we will all share what we have, yes!**

Jefferson: Fantastic! Let's try and do that, then I will allocate a time for you guys, perhaps fifteen minutes for each one of you to share all that you want to, as far as... whatever topic you want to talk about(?)...

**Treb: Yes.**

Jefferson: ...and if there are more things, we can always do another chapter for that. I am very excited about this and on the next chapter that is definitely what I would like to be going for.

**Treb: Yes. That is a great idea, I do believe that this will benefit greatly, yes.**

Jefferson: Well, fantastic. So, Treb, do you have any parting thoughts for today?



**Treb: It is just my gratitude in the way of having this communication. When you open yourselves up to the possibilities of all, when you open yourself up to communication with others, regardless if the ideas are similar or different; whether you can agree or disagree, you will open up to what we say as the heart loves. You will open up your mind, and when ideas are exchanged in the way of great gratitude and of great acceptance, or even acceptance to not accept the ideas but to let others to express them in the way that they feel. This is always the greatest way to have communications with each other. And I want to express my gratitude with you, and the host and to all that are involved. I want to thank for my son as well, and he wants for me to wish you all a good journey.**

Jefferson: Oh lovely!

**Treb: And this is what I have to say for today.**

Jefferson: Well, fantastic. Just perhaps before I say good bye, I have a little question to ask.

**Treb: Yes.**

Jefferson: To move from a place to another above the water, we usually have ships for long distance travels and boats for short distances. (In the end I didn't ask this question because you said that your lakes are not... I am not sure if they are even rivers... all I know is that they are small in relation to ours), but how do you travel distances over water?

**Treb: When I expressed the fact about what you would consider my wife's brother(?), that he works with small crafts that are the size of buses(?)...**

Jefferson: Yes.

**Treb: The reason that they have the electromagnetic fields around this is to neutralize and withstand pressures of all nature. This includes going under the water. So, this is the same craft we would use, or one that is exactly like this but on a smaller scale to transport ourselves not only around the planet but across the water or under the water in great lengths if we do not swim this off ourselves. But as we expressed, the size of them are small enough where it is possible to do this with no craft.**

Jefferson: Oh, I see. You don't have any aquariums, or restaurants or houses under water. (?)

**Treb: Oh, no. This is not done, it is only used for the purposes of housing the life and to enjoy ourselves in this way. There is nothing specifically used for this. There is no aquatic equipment that you might see this as. It is not any different for us to travel under, over or across with the same crafts that we use because our crafts are designed to go to any pressure, any type of atmosphere, which includes atmospheres that represent much greater pressures than you humans have, even at the bottom of your ocean.**

Jefferson: And when you said you don't use the waters for fun as we do, does that also means you don't have beaches

in your world?

**Treb: No, the waters are spread throughout and it is very common to have waters within the area of the places that you are living. So it is near to go to the nearest body of water. The fun idea that I said we do not do is the fishing and the boats... of this nature. The exercise and the fun in swimming, yes, but we do not have per se, beaches. There are gathering sometimes within families or communities that takes place on the spot. This is not decided this way, this is where it tends to come together.**

Jefferson: And do you play volleyball or any water sports?

**Treb: No, there are no sports in the water. There are several games that the young ones might use. In the distances of going up and down, who can stay down the longest, or sometimes they try to find each other in the greatest of depths. Yes, many of the children do this but there is no sports or competition in that sense in the water.**

Jefferson: Alright lovely, at some point I would like - perhaps before the end of the book -, to have you to get a couple of children to talk to us.

**Treb: Yes, this will be very easy for me to do. I will have them to speak to you whenever you are ready. Make the host (channeler) aware of the time that you wish to do that so I can make sure that they are present and if not as they are able to, we make a telepathic connection that works greatly though great distances so this is possible even if I am not there in**

**the home planet, this is very possible too. So, either way make him aware previously in the night. Then this is fine.**

Jefferson: Well, I think that at this point our reader's curiosity is satisfied to a good degree. So now we can go onto deeper concepts on other chapters, with ideas that we can discuss and learn more about with you.

**Treb: Yes.**

Jefferson: Okay, so for today I thank you very much and then I look forward for our next time together this way.

**Treb: Yes, I appreciate your time as well. I leave you in love and light. And I will speak to you again very soon.**

Jefferson: Much love to you.

**Treb: Much love to you and thank you.**

Jefferson: Bye.

**Treb: Good bye.**



*10th of August, 2011*

## **CHAPTER 3**

A conference day:  
Three spiritual advisors.

**Treb: Good afternoon Jefferson!**

Jefferson: It is a lovely day!

**Treb: Yes! It is and how are you doing on this day?**

Jefferson: Fantastically well, and how are you?

**Treb: I am doing well. Thank you! It is great to be with you again. As to my understanding the other two spiritual advisors are now ready.**

Jefferson: Yay!

**Treb: They are not physically here now but they are ready to link on. I will be having the connection with the host but I will be able to transmit their portion of consciousness, that which comes from within them(?)...**

Jefferson: Uh huh.

**Treb: ...so you are going to be able to speak directly to both of them, when it is time for this to happen.**

Jefferson: Sure!

**Treb: I do not know if you have any preference on how you wish to do this but if you do not mind any order...**

Jefferson: No, however you prefer.

**Treb: ...because I am the youngest of the three, I might go first, after it will be the one who is older and we will finish with the oldest. If this is okay with you, this is the way that we will proceed?**

Jefferson: Absolutely! Great!

**Treb: Yes! I wish to speak of the spiritual evolution and this is the way of the ones who do not understand the levels, and the way of the progression in the spiritual way throughout the densities, not only explaining the densities. I believe that this is done very well and mostly the ones that understand this material, will have an understanding of this.**

Jefferson: Yes!

**Treb: Yes. Let us begin with the evolution of the soul. Consciousness, is an energy that is most powerful to any degree of electric or “power” that you can see or perceive. The consciousness comes directly from the non-physical world. This consciousness is perceived as what you would think of as a soul or the higher self of one. This consciousness decides to go into the physical existence. It does this for a reason: to experience. The physical existence is a great existence. The soul decides to do this for the reasons to understand and to have the experience of doing everything within a physical matter. It is much like if you are on a ladder... the highest form of consciousness is the Creator. What you would call one who makes all! He is not just one who makes all, but He is all. It is everything and everything is one. So to give this consciousness the desired... what is the word(?)... the desired feelings or experiences of everything that there is. He branches off his consciousness into several smaller parts of consciousness. And this continues to go down into the lowest form of consciousness which would be what you would consider non-physical things... being the rocks that you see, the fire that is burning, the electricity. All of these things are considered to be elemental and this is what most see as the lowest form of consciousness.**

**This is on the lowest level of the evolution, or want to experience everything that there is to experience in this level does not take very long to do. Being elemental involves existence and only**



**existence and feelings of energy. This is not a very long time for you then to have to feel this. So the existence from this level of consciousness to the next is a very short time. And the next level of consciousness, is one that you might think of as “the living”. And it goes from very small parts of life that are considered to be primitive in bacterias, in animals. The small animals all the way up to the larger or more smart animals... and it is everything that is in between. Because there is such a variety within this consciousness; because there is such a great degree of difference from the smallest which is the single cell bacteria or the single cell ameba as you see, and all the way up to the dogs or monkeys or any of these animals that you consider to be a higher grade intelligence. This is a great degree.**

**This is why when you see on the evolution of your Earth, that you see a great degree from the beginning of life to humanity. If humanity is looked at as a part of the history of the Earth in a progressive time or linear time set, it is but one second of a very long period. It is only the blink of an eye so to say. And this is the next level of consciousness as to be self aware, to understand that you have a spirit or a soul. To be self aware within reality and consciousness. This is the degree of which you are at now. You are only at the ending stages of this awareness. It is not as long as period of either of the two. But still a long time for your race to become ready to move to the next step. Within this, you have varying degrees of life. You have from the beginning of your time, what you might see as the cave man, anywhere this all the way to the present day. And you can see the advances within a race due to the time**

line that is here. You can see the beginning of life being very short with not very many things to do, as I have explained this; and now you live the longer lives because you have more things to do; more connections to make with others.

There is a higher degree of population within this density, or within this time period, so you must make more relations. You must experience more in life that there is to experience. Then you take the logical way, you have advanced greatly within a short period of time. This also goes to show the willingness to want more; the willingness to want to further yourselves. Unfortunately as some of you noticed, this technology can go into both ways. Because you are of opposite polarities and because you still have the good and the bad, as you would see this, as negative or positive within your one being. It is hard to have the conflict within yourself to make your decisions in which way you want to go with everything in life. But technology is one of the greatest parts of this. Some see that technology can be built for great reasons to help others. Some use this for the bad ways, the destruction, the killings, the wars. And this is the fight that you are having now. This is towards the end of this for that reason alone. You are in your last stage of your evolution so that you can work these problems out to which a degree of your problems are. It is not uncommon to have a struggle within. And this is what gives you the daily, or day to day problems within yourselves.

But let me assure you that this will not always be this way, and this is going to greatly depend on yourselves. If you are loving and willing to help others, you will progress into what you might see is in

**the positive way. In positive ways of loving, the positive way of sharing. To be one, not only with your surroundings of nature, but with the community of the fellow man. And if you cannot get past this part of yourself and you can only love yourself, then it will be much like it is now... it will be more energetic in a way. You will have more issues to deal with loving yourself. Other technologies still come either way. And you use this in the progression of positivity or negativity. As you work through this, you develop what we call fourth density. This is where your soul consciousness is greatly improved or greatly added onto. As I explained to you, the difference in the amount of consciousness that is given from the soul to you, will be more increased than the way of a small animal to you now. This is the greatest amount of consciousness that is different than this. So this explains to you how much more of your soul you can use in the next density. This next density is very harmonious in a positive way of this. In the positive density of the fourth, it is much, greatly harmonious. This is where you learn to use your heart to the fullest extent. This is where you are able to love all. Even the ones that you see as negative or ones who do not mean the best for all and only themselves. You are still able to love them, and receive them and accept them. Many of you are working now on this. Many of you are trying to find out all of these issues that are with you inside; and once you accept love, you see to what great benefit this is. And in this fourth density you will continue your evolution of technology in the positive, where you will be in the technology and raise this very greatly to a degree that is beyond some individual's imagination.**

**Some would express the difference in being a hundred times (more), better than it is here. Things happen for a reason and in the fourth density you begin to see this. You begin to see that everything becomes harmonious. There are no needs to try to make things happen, because they do happen; they are meant to happen as your soul desires them.**

**In the progress of this soul into the next density that you go, is in the density where I am now. And this is the fifth density! This density, to us, is very different than the fourth, not because we do use the heart to love all. This is something that is mastered within the fourth density. But this is more a progression of learning. Learning all that we are able to learn and being able to do this for the benefit of all others; so we do this. This is why when I speak of the jobs that we have. I mean to say, there are responsibilities to us because we decide to do this to help others. We take this very seriously.**

**I spoke to you of the war that we have had in the fourth density before we came to the fifth density. This war was a great war that was with the ancient reptilians, and this war was one that put us in place to evolve into the fifth density. The reason that this helped us evolve is because before the war, we were all in loving, but we were not taking things very seriously. We were only doing things that were fun for us, and in things that were of love for others. And this is not bad, but this is where we were at. And because of this war, we understood that of the destruction of our planet, that we all had to have specific duties. That we all had to have specific jobs that we do, to help others in a more stable manner. Even though we picked the odd jobs; even though we all had**

**everything that was needed to be done, done, this made this imprinted into us even more. So we learned! We try to learn more technologies. We try to understand the workings of the universe, even better than we do in the fourth density because we continue to learn.**

**And this is where I am now, in the next density that is above us. This is specifically for our race, we do split the density that most consider to be fifth into two different parts because they are so very different. Some consider a non-physical existence to be in the sixth density, but this is not the way that we have this. There is one more step after ours before the non-physical existence begins, and this is greatly for the reasons of the things that we are doing. The greatest reason between the fifth and sixth for us, is the ability to not only love and learn, but to explore more areas. Usually, we stay within the galaxy. This is where we feel that our home is. This is where we feel that is more important to help others. In the sixth density, there begins to have more traveling outside of the galaxies. We have more meetings with other races. There are certain laws that dictate specific galaxies. Not laws in this way for there is only one law in the universe. But as in specific leadership areas, there are different ones per galaxy. These are the ones that we use that are outside of the galaxy, this is the connection that we make with sixth. The sixth density is about a more... about a widely spread communication with other races that are not only in our galaxy alone. And this is the main difference.**

**Some races see no difference in this, but this is important to our race, because going outside of the galaxy is something that is not done at the beginning**

**of what you would see as the fifth density perhaps, or in the fifth density in our way of seeing this.**

**After the sixth density is over, it comes back to the non-physical existence. This is where your soul goes back to. This is where you are able to understand every existence that you have had. This is where you are able to perceive everything. In one way it is said that you are plugged back into the full existence, all of creation, to everything in physical and non-physical existence. This is where you reemerge with your soul. When you live your life and say, "how can I reemerge into my soul, I am my soul(?)", but the life that you live now is one small portion of your soul.**

**When I speak of growing consciousness with every step of growth that you take, it is because you use more of your soul in this existence. As different from fourth to fifth, you use much more of your soul. In the difference from fifth to sixth you use more of your soul, but you never use all of this. The way that you understand time is not the true way of time. The time is not a solid linear idea. It is one that is flexible and it is sliding in all directions. So you are able to see all of this when you get into the higher densities. But this is important to understand because in the soul's way of seeing this, all existence that you have, happens right now. It is not about previous lives or past lives or future lives. They are all lives that are existing now. And this is hard for one in your density to understand or to see sometimes, but this is the true nature of what it is. And this is why you do not have all of your soul in The One consciousness.**

**Further on throughout, you begin to manifest yourself into physical reality once you have**

**integrated into that seventh density, And there are many levels you do this with. In physical existence you will become what is equivalent in the physical existence to a star! Sometimes your consciousness spreads throughout several stars. Once you evolve throughout this non-physical at this physical manifestation of your existence, you are able to grow consciousness into complete galaxies! And this does not happens soon. This happens over stretches of what, in your time, seems to be billions of years. So you grow your consciousness still in the non-physical existence.**

**The point that I'm making here is this: it is not that you're existing just to exist! This is not a game! This is the evolution of your soul. The evolution of you as a spiritual, physical, non-physical and energetic being! All of the evolution that is within this is from your soul. The days that you see hard times coming, or the days you see or feel that you are disconnected, I want to assure you, that you are not disconnected at all! You are always a part of all that will be, and all that is now. The only difference that you will experience is, is how much closer to this that you feel. Every density it becomes easier to feel this connection. When you get into non-physical, you have this existence and you feel this and even throughout the non-physical, while you manifest yourself into physical, you understand more! You understand and feel more of the connection of the Creator.**

**I want you all to know that when you feel hopeless and you feel that things will not work out, this is a part of your growth. This is why you feel this way, it is because you must! But when to start to use your heart, to truly love and when you start to**

**understand that you are part of all of this, that you are the same as all of the things that you see as bigger than you, it becomes much easier to handle this. It becomes much easier to accommodate these feelings and know that there is hope. This is all I wish you to understand. This is what I want all of you to experience: the connection that you do have! This is what I wish to share for today.**

Jefferson: Lovely. Thank you very much Treb!

**Treb: Thank you. Yes I will hand this over now. I know for name sake, you must have a different name for the different entity?**

Jefferson: Yes.

**Treb: So we will call this one Tyke Bor Yit-NE, and he will be the one that is older than I am.**

Jefferson: Yes.

**Treb: One moment and I will let him receive the energy through the host.**

Jefferson: And can you tell us perhaps his age?

**Treb: Yes. He would be in the age of your four hundred ninety, four, ninety, four hundred ninety and one, Yes!**

Jefferson: Yes; thank you.

**Treb: Yes; one moment.**



Jefferson: Yes; thank you.

**Tyke: Hello?**

Jefferson: Hey... and how are you?

**Tyke: I'm doing well.**

Jefferson: Thank you very much.

**Tyke: Thank you very much for having me communicate with you as well.**

Jefferson: Yay!!!

**Tyke: I will go by the name of Tyke Bor Yit-Ne for you.**

Jefferson: Yes.

**Tyke: I wish to speak to you today of the relationships with others and the way that this connects you better to your soul. For this is one of the greatest reasons of the impediment of the growth of your race. The ones who are disconnected from themselves within this race, are highly disconnected from the ideas of fear or hatred; hatred comes from fear. The reason I wish to speak of this is that you can overcome this with connections, when you have relationships with others. I will explain this better now.**

**When you have relationships with others you build them to have love. Subconsciously without the understanding of this you actually grow a connection with yourself. When you have a connection with**

**another, it is truly a connection with yourself. For the other one you build the connection with is truly yourself! You manifest your reality in a very specific way in a physical existence. Every entity that is on the planet that you are standing on now is together. They are of one collective consciousness. This collective consciousness has different representations of all.**

**As Treb Bor Yit-NE explained when he explained the non-physical existence, each one is connected to their own soul. But the level that is above these souls is what you would call the collective consciousness. This collective consciousness allows many souls to be together as one, plugged back into the oneness. The communication between all souls is what causes the collective consciousness of all beings. Because all of the souls that are on Earth now have chosen to be there, as a group, growing together: you are all the same! So building these relationships with others... and it is important to see that the ones who are, “others” for you and different from you, these are the most important relationships to grow for one reason: because when you go with relationships with many, many, who are not like you, who have opposing views or “issues” from them, then this lets you adapt to parts of yourself that you are not willing to accept. This is the importance of collective consciousness and a gathering of friendships. The love that you feel for these others is very important because of the way that love helps your soul. When you love it is not just the physical acceptance or a physical betterment of you. It is a full soul betterment.**

**There are many different ways that love can make you physically improved, if you will say it as**

**this, (yes, improve is probably the best term to use for this); when you love in the body, your physical body is not hurt. Unlike when it is a different way for fear or hatred: it breaks down the body. But love helps improve the health. It helps make the organs that are within stronger. Because once again, the physical is a manifestation of the soul. The soul experiences this love and because of the love being such a great way to express these feelings, that it outwardly manifest better physical existence. It becomes healthier for you. But not only in a physical way, the spiritual way is just as important if not more important.**

**When you connect with these ones that you love, it is happiness that is with inside you. And this is the way of the manifestation of yourself into the positive ascended difference. When you do this and when you love, you are giving yourself off pure conscious desire to connect with others. This love is what helps you ascend in the positive way. This is the existence of the positive ascension: is love! This is the main ingredient for this.**

**Love is one that is through every system you know of, and every system that you do not know of. Love is the only thing that exists in all densities, dimensions, worlds, galaxies, universes. This is the only thing that exists in all of this, besides light. This is why Mr. Treb Bor Yit-NE and the Rob, both use the term of love and light because these are the only two things that go into different systems. When I mean systems, I wish to explain that systems are any different existences that you are not aware of or used to. Different dimensions, different densities, different universes as I said.**

**Now this light and love are there for a reason. This is because this is the energy that the Creator is made of. So that when you are using something that you are made of to your benefit, this promotes healthiness in relationships and in any ways of living in general! I wish to express this mostly for the relationships that are understood in many of other lives that Rob has been connected to, and that Treb Bor Yit-NE has connected to, there has been many broken relationships. When you break relationships and when there is friction or disharmony in the relationship it is for one reason, because this is the part of yourself that you cannot yet accept. This is a part of you that you are not willing to look at. In the density that you are in it is very hard, for you have two sides: one that is of love and of one that is disconnected from the love.**

**I do not wish to say that I envy this because I do not. I am happier to be where I am now, because I understand the hardships that come with this. But you must understand that going through these hardships makes you who you are. I know that the Rob has many issues that he has had in his life, the severed relationships through many different experiences that he has had; and this is the general consensus. Many people that we have made contact with, within many different third density realities have this issue. It seems to be most prevalent in people who do not love and whom it is harder for them to love, and in building relationships built of love in a positive way... this is the greatest point that I wish to express to you(!): when you look into these relationships, you will see more of yourself. By seeing more of yourself, this might help you to accept more**

**of yourself because this is another issue of disconnection. Not accepting who you are or what you are doing, where you are at in an emotional or in an evolutionary way. This is the way most do not accept but should. It is important that when you see inside, you see love and you see happiness. This is the way to progress.**

**It is not bad if you do not for your own purposes. I cannot express that I do not wish to see any one in this state, but this is your "issue", if you are not able to love. Because this is where your soul is and this is where your soul is. I do not want to come across as if I am judging anyone. My understanding is not very well accepted there. So I am not judging in this way. But this is the better way if you do not want to have... a word that has two forces that fight against each other; what is this word(?)...**

Jefferson: Hmm.

**Tyke: ...this is the conflict that is within, and this is what I do not wish for anyone. And this is why the relationships with others... the ones that you do love and the ones that you do not consider that you might love: to build relationships, to keep them strong, to love in all times. This is what the expression is meant to be. I cannot think of a better word... this is the first time in the connection with one from your race. I will not dwell on this. Do you understand the meaning sir?**

Jefferson: Yes! Thank you!

**Tyke: Yes. To make your connections stronger. It is how to make yourself stronger in this way. This is what I wanted to say.**

Jefferson: Okay. Well, we still have a couple of minutes to go with you. I may as well, perhaps, ask a couple of questions then(?).

**Tyke: Yes.**

Jefferson: So what you are saying is that we must respect where we are and take it from there.

**Tyke: Yes. This is exactly correct! If you do not accept where you are, you are not accepting yourself and not loving yourself. And the connection of love is the important one. This is what makes you progress.**

Jefferson: And then when you say love other people, you don't necessarily mean to go up to those people you disagree with or you dislike. That is the part where you say respect yourself, loving the others as you work harder on yourself, so that tomorrow you can approach other people in a loving way?

**Tyke: Yes. This is what you must do! Even if you do not love them as you love your family.**

Jefferson: Yes.

**Tyke: You must still respect them and do what you can to help them. Whether they agree with you or not is not the issue. If they do not agree with you and it is something that is very abrasive against you, there is**

**reason for this as well in this. It is because it is something that is inside of you that you are either afraid to be, or you do not like about yourself in most ways.**

Jefferson: So when we have negative emotions then, it's because we are looking at the situation the way our higher mind wouldn't! (?)

**Tyke: Yes. This is a very good way to say that; yes!**

Jefferson: I see. So in that sense, we have to acknowledge that love is all there is. Then, all we have to do actually is to feel love for another person. Respecting where we are if we can't get close to that person today. We have to respect where we are. We don't get close to that person. But then we work harder on ourselves so that tomorrow we can get closer to other people, respecting and understanding them while we are the example they need of that excellence we can't immediately find in them.

**Tyke: Yes. That is the best way to put it. But if there is something to add in this, I would say whether you are able to contact them or not. With certain relationships, you cannot stay in contact with certain ones.**

Jefferson: Uh huh.

**Tyke: Because they bring out the worst parts of you. They make you upset or go against your love. So you love them from a distance. Just because you do not agree with them or do not feel love for them in a way that you consider to be loving or respectful. Love**

**them from a distance. Still send them love whether you would like them or not, is the best word I can say. Send them love and respect that they are different from you. This is the way you grow.**

Jefferson: And when you speak about past lives and collective consciousness, do you mean to say that the soul, when it is going through the rebirth process, to reincarnate in a physical world, it chooses the environment which it can grow with, right?

**Tyke: Yes. It picks out the greatest point of growth or the best way that it can grow within the parameters of its own wishes.**

Jefferson: Yes.

**Tyke: Some souls want to live in existences in universes that you would not see as physical.**

Jefferson: Yes.

**Tyke: So they manifest themselves within this universe. Or that they see a system that is of physical. Every different universe has different laws as you see physics. But the one constant is love and one other constant is light. So whether a soul wishes to do this or not, it will go into a system that is most prevalent for its growth; and better accepted in the way of full potential growth, yes!**

Jefferson: But then when the person reincarnates for instance in the same planet. Say for example, myself or Rob... These individuals that come to a third density Earth;



they usually are born in places where they can find the people that they have lived with in another opportunity, so that they can “catch up” on things that they did wrong in the past or in order to work out some ideas that the people would help them with, in that particular life. So in that sense I mean, that when we come into this physical incarnation, then we set up the environment so that we can grow spiritually. (?)

**Tyke: Yes; this is the way to see this. This is true! It is very well explained. When in-between lives, you have to do this if you are looking at this in a linear way. You have to work out all of the issues. This is why that you have the “ghosts” (disembodied souls), that are on your planet and walk around. These are... spirits who have not made peace with their previous (departed) life. When you look at this in a linear fashion. You are correct! They have not made peace! They have not even attempted to go back to the soul or to go back into the area of after lives and work this out; yes. Once this is worked out, it goes back into the next existence, so that it can experience something that “it did not have a chance to” in the previous incarnation.**

Jefferson: So when the person comes here and lives a situation that they consider to be negative or a bad situation, some people attribute this to karma or the hatred of God (punishing his creation), but it is not really that right(?), it is our consciousness that put ourselves in these situations, so that we can work out our short comings of past times and previous uninformed choices.

**Tyke: Yes. So you can see what it is like to have this**

**experience and to try to figure out how to overcome this “shortcoming” as you say. Yes! This is a very great way to express this!!! But along with this, you must also add that if it is not worked out in one lifetime, it is definitely experienced, but might be experienced in a negative way, that you see it, for a reason; because it needs a negative experience as well. Not only to overcome it, but to experience the negativity for the negative experience's sake.**

Jefferson: Oh I see. So sometimes you don't come necessarily to live a negative experience because you need it. But so you can have that as an experience for you, because once you go through a particular experience and overcome it, then you know for sure you are above that, yes?

**Tyke: Yes! This shows you that you are not willing to “ascend to” a negative density; yes.**

Jefferson: Wow! I see. So do you have any parting thoughts that you would like to share with us?

**Tyke: I just thank you for your time and if you take anything from what I said, know this: all issues and differences dissolve, for they are you! To make peace with others is to make peace with yourself(!), and this is an easier way for progression. Not only for the soul, but the way you feel on a daily basis, yes!**

Jefferson: Lovely, fantastic! Thank you very much for your visit and have yourself a wonderful life.

**Tyke: Yes! You too as well. It was very nice to meet you sir.**

Jefferson: Yes! Likewise!

**Tyke: I will have to call upon for name's sake the oldest: Kye Bor Yit-NE for you. I will get him now for you. He will speak to you. One moment please.**

Jefferson: Thank you.

**Tyke: Thank you!**

**Kye: Hello Jefferson!**

Jefferson: Hey! It is lovely to speak to you.

**Kye: It is very nice to speak to you as well.**

Jefferson: Would you mind to tell us your age?

**Kye: Yes! I am 799 or 800 of your years depending on the month of what time it is here, yes.**

Jefferson: Wow!! Thank you. Please go ahead.

**Kye: Yes. I wanted to mostly talk to you all of the degradation of the soul in fear, and what fear does.**

Jefferson: Yes.

**Kye: I see that this is probably the most worst issue that you have on your planet as people that are not willing to not be afraid. It is also an issue within their**

**selves that destroys. So I wish to speak of what the degradation of the soul is in respects to the fear.**

Jefferson: Please.

**Kye: Fear is the worst... it is considered as a virus in the soul. What this does to your soul is, it disconnects you from every ability to connect to your soul. Your soul in the non-physical sense is who you are. A larger part of who you are. When this connection is made, fear is the greatest dis-connector of this message throughout. Fear causes all of the other negative emotions. Fear causes greed. Fear causes hatred. Fear causes anger. Directly or indirectly, all of this comes from fear. Most don't see this connection in this way. So the way I will explain this... when you fear or when you hate someone, you hate them for a specific reason in your mind. You rationalize this to a point that you make yourself believe it, but it is not valid. If you hate someone for the reason that they have done something to you. You do not hate them for this reason. You hate them because you are in fear that they might do this again to you. You are in fear that you will have to experience what has been done to you again. It is not really hate. It is not truly hatred. It is fear in an indirect manner. Every negative emotion that you have you connect to this. For example jealousy; if you are jealous of your spouse, your wife or husband and you say: "I believe that they are cheating on me!", it is because you are afraid to be without them. You are afraid not to be in their presence or to have them sexually adulterate their selves. This comes from the fear.**

**Greed comes from the very basic lack or fear of**

**lack, not having anything for yourself! It comes in fear that you will not have the extravagant or the best possible experiences that you can have. This is where it comes from. This issue is one that is high in your society. People who contact through Treb Bor Yit-NE... one of the greatest concerns that he has told us about is through meditation. They cannot take care of meditation in a way that is comfortable to them. It is because of the fear that causes this. Fear of them not being able to do it right. Fear of small things. The fear of small things all the way to large things is not important.**

**If you look at the control system that is setup that is based on fear on your planet... the money system... the government systems sets up the money and makes you afraid that they will run out of it. So that you are under their control. If you break the spheres you break this control to a way. But the fear is what holds you to all of these negative things. Not only control in this way, but a fear of change. They get you to do something in your life in a repetitive fashion and make you afraid to change. These things are set up because they are all fear based. They know that fear can be a powerful controller. When you give into this fear, you are giving into all the things that give yourself freedoms. These freedoms are important for you to have, because this is the way it is designed. The free will is the way that it works. It is the way that you are supposed to be as a spiritual being and as a physical entity. You should have the right to choose. When you choose to have fear, this limits the rest of your choices in very great ways!**

**The fear that you experience physically will attack, as Tyke Bor Yit-NE had spoken of previously.**

**The fear issues can break down the body in negative ways. This is where all of the diseases that you have come from, is from fear, even though they have ones that are manufactured. All of these sicknesses within your body and the way they react to your body in a negative way is caused from fear. Fear is a disease of the body in a way that one other person had said that it is a dis-ease of the soul and a dis-ease of the body. This is why the body breaks down. You have what you would say ulcers in the stomach. It is from cause of worry. The energy belt around your stomach, the chakra that is within your stomach area... when you get nervous and upset, this is the one that becomes blocked so that all that negative energy is there. It causes the stomach to not react in a proper way to make the holes that go within the stomach, this is the ulcer. It causes heart diseases from the rapid pulsations of the heart because in the chakra is where you love from. If you are stopped from loving because of fear, this interferes with the physical heart itself. All of these fears can be linked. All of the bad issues within the body can linked to fear itself.**

**You can see very many different ways: the strokes, the heart attacks, heart diseases, ulcers. All of these come from fear. So you ask how will we defeat this fear? What is a way that we can overstep this and move on(?). It is of two ways, it is by understanding and it is by love. When you love, it is an energy that will overcome fear in a physical sense. When your body is not working right, it helps. Understanding is the other way! You must understand that you must take care of your physical self. You must not put bad things into this, and it is not even that foods are bad in the sense of what is bad for**

**your body and not this, it is the intent of the food. Because your belief systems are around unhealthy foods, like sugars, conservatives, the ones who manufacture this say natural is bad. So all of the negative intent of their making foods that are bad for your body.**

**The energy itself goes within the food and then the food enters the body and has negative effects because of your beliefs on this. So you are feeding yourself negativity. Nutrition is not a way of sustaining the body as much as it is showing the body intent of taking in positivity. This is why when you think of positive foods you tend to be healthy. When you think of negative foods, you tend to be sick. This is the reason. It is not the food itself. It is the intent and the energy that is put in this. We manifest our own foods on our planet and we do this out of pure love. We collect what you might think of as collecting the atoms out of physical existence to make this food, and we do this with love. This is what gives us the proper health that we need because we only let love into our body.**

**So the love is the best overcomer of all the negative effects of the negativity and fear. When you learn to harness this love, it becomes more strong than any energy that you have. This is the greatest way to overcome all issues of fear. When you have someone who is completely living in fear like in paranoia, they tend to also step outside of the boundaries of the now. They tend to see themselves not in today, not in what they are doing now but in what they should be doing or what they should have done in life. So they step outside of the now and now is the natural place to be! This is where love occurs:**

**in the now. You cannot love in the past and you cannot love in the future because you cannot send that emotion there. You can only have memories of love or you can send good intentions into the future.**

**This is why people who are paranoid, who are constantly thinking outside of the now also tend to get physical or spiritual issues because of the fear. It blocks off the ability to have your whole consciousness here with you in the now. When this is done, you take away the full effect that love can have, especially when you are not using it to overcome the fear. The fear is the worst regressive and degrading issue to the physical body and the soul. When you remember that all the body is, is a manifestation of your soul. Those who have imbalances in the body, have imbalances in the soul. This is the way it has to be. This is the way it must work because you create the body with the mind or with the consciousness. Once you learn to harness this love to overcome things you will see.**

**Understanding your race now, better than I ever have, I see that it is very important for you to understand the negativity of fear. If you cannot look at love in a positive sense, then look at fear in the negative sense as you do not want to do this. If this book helps you embrace the way of love and even if you do not want to embrace love for love's sake. It is still okay to embrace it because you do not want negativity or fear. This is an acceptable way for this path. But it doesn't matter how you love; it matters IF you love. Love is the best ingredient over the fear. This is what I wish to speak to you or with your people.**



Jefferson: Fantastic. We still have a couple of minutes to go. If you don't mind, I would like to ask you a couple of questions?

**Kye: Yes; I do not mind at all.**

Jefferson: All right. On our planet... (and this is more of a comment and a confirmation from you), some spiritual teachers say that we are born with only two fears. They say the first one is loud noise and the other one is fear of falling. Then they go on to say that everything else, every other fear we learn as belief system as we grow up.

**Kye: Yes. These are natural born fear for your race. Yes, falling and loud noises! It is not learned as you can see in a book. It is not in that fashion. It is learned from the vibrational fears of others. If you stand next to someone who is constantly in fear, the negative vibrations of that person are taught to you. It is almost memorized within yourself, within the makeup of your physical body. It is memorized and this is how it is taught along with being afraid of other things. When you are raised to watch your parents cry and fight over money, then you become afraid to not have it.**

**Yes! This is very true in this way. When you are born, your soul is fresh into a physical existence. You are most connected at the time of birth to your higher self than you ever are throughout your life, unless you work on this extremely. Even if you are what your people consider gurus or higher spiritual people, it is still never as clear a connection as is on birth. So in a way, you are very correct in that way of seeing it, yes!**

Jefferson: Awesome, thank you. The other thing I would like to say is that when we are born into this reality on Earth, we understand from day one that we must obey others, otherwise we are not going to have enough. It starts at an early age with our parents when they say: "you will either do this, as I am telling you to, or else you are not going to have something!". So, then we learn to function in that way.

And from there, as we grow up, we reproduce that understanding of life in society. Even for jobs that we don't like because we fear that we are not going to have enough and then we are happy with anything we have, even with this corrupt and outdated system; you know(?), the monetary system(?). So what is your suggestion then for us and for those of us that are parents, as far as education goes to educate their children not to respond to menaces, that we "have" to do but to live freely and teach us freedom.

**Kye: This is mostly going along with the ability to let your children think freely and express themselves. Not to place those fears on them by arguing it in front of them or expressing those needs. Do not dominate the child. If you treat the child as a young adult or as child should be treated, then you treat them with the respect that you would give to your wife, brother or parents. You must respect them and treat them as another human instead of as a subordinate. You must not hold things over their head. You must not punish them. You express to them what is right or wrong.**

**The way that as punishment goes, I understand that this is done differently around the world. But you cannot put them in fear to lose things or put them in fear of physical harm. You must show them that when they make bad decisions, that there are consequences; but show them in a way that does not**

**devastate them in that fashion, and do not break their will. I understand that some people treat the children as they do animals and there is a reason that this is done, it is because it is how it's taught. Like: "you do not do this or I will hit you or I will take this away!". Let them make decisions. Even if you know that they are bad decisions, be there with them to support them through this. If they do not express who they truly are and if they are suppressed that they are always worried, it goes into exactly the conversation of fear.**

**When you make them afraid by showing them these simple things, as you were explaining, and taking jobs that you are not happy at because you are afraid to not have. All of these things... the human brain picks up all on these things at an earlier age. Most things that are learned as far as behaviors are learned well before a child is even what you consider a teenager. So all of these things have to be looked at carefully. You must treat them with respect! You must treat them as an equal because they are your equal. They are just a younger version of equal.**

Jefferson: So the real job of parents then as you are saying, is basically to teach them to follow their own emotional guidance system. You know(?), the guidance from within! (?)

**Kye: Yes; and to support them when their decisions end up causing issues of fear or pain and when they make a bad decision in yours eyes. Even if they make a bad decision in your eyes, it might not be a bad decision for them. But you are right, treat them with respect and support them, and teach them that they are the ones responsible for their actions and**

**consequences, yes!**

Jefferson: And for the children that are reading this book then, would you then perhaps suggest almost the same thing? To treat their parents kindly and love them. Because if they (parents), knew better they would do better(?).

**Kye: Most definitely! This is something that is seen from the youth, of treating the parents more disrespectfully and more harshly. If your parents are loving and they have your greatest concern in their hearts for you, even if they do something that you do not agree with, even if they do something that is not normal to your perspective, it is because they are only trying to do the best for you. Just as how anything goes, really. Just because they don't understand your specific issue, it does not mean that they do not care or love you.**

Jefferson: Awesome! Would you say that our examples are the best teachers?

**Kye: Yes, experience is the teacher. That is why the physical existence is made as it is, for us to experience and to teach the soul. And in trade, the soul will teach the higher entities this and then those (unfoldments) teach the Creator himself. That is why the physical existence is here for the Creator to be taught everything that they have been taught. That is why there are infinite universal systems and all of this.**

Jefferson: But Mr. Kye; I understood, alright. But I think more in the way that we must lead by the power of our own

examples, right(?), if we are parents, we must give good examples and if we are the children or the young adults, we need as well lead by example and be as Gandhi said, "the change that we want to see in the world".

**Kye: Yes. You are exactly correct! This is the way, because so many people have spoken to Treb, and the man I am speaking through now, about: how do I change others. Don't change them! You cannot change others. What you do is that you show that you are the greatest one that you can be. They look at you and sometimes they almost envy. They say: " how can you be so happy? How can you live in such a great existence?", and you tell them it is by loving others; and you show them and that's when they will open up to your suggestions and advice. That is when it will open up and see what worked for you, what loving yourself can do, and how fear gets in the way of doing greatly and all of this.**

Jefferson: You know I look forward to the day when we can teach in our schools the art of waving an exceptional existence. Can't wait! (Laughter).

**Kye: It will be a great time for your race.**

Jefferson: Anyways, I thank you very much. Do you have any parting thoughts? Yeah, we are approaching the end...

**Kye: Yes. Just that we love you all and we are here for your support and Treb Bor Yit-NE is a great man, and who will help you along the way in the best ways that he can. We are all here for your support because we are you and you are all us! When the world as a whole**

**sees this, then you will see us also with your own eyes.**

Jefferson: Awesome!! Fantastic!! Thank you Mr. Kye Bor  
Would you be so kind as to allow Treb Bor Yit-NE to come back so I can say goodbye to him as well.

**Kye: Yes. I will do this. I will get him now for you. Thank you for your time and you're helping others because your heart being pure is what helps as you said: "leading by example!". So thank you for doing this.**

Jefferson: Thank you for your timelessness!

**Kye: Yes. Goodbye.**

Jefferson: Goodbye for now.

**Treb: Jefferson?**

Jefferson: Hey! My friend... welcome back!

**Treb: How did everything go for you?**

Jefferson: For me excellent! And I am sure for our readers too.

**Treb: Great. I wish to express the gratitude. Not just from Tyke Bor Yit-NE and from myself and also from Kye Bor Yit-NE, but from all of our people. We wish to express great happiness that you have opened your heart to us. It is hard for some humans. Even the ones who have the belief systems that are greater in**

**the ways of understanding that our existence is true. But because of our appearance and because of the ones that appear to be similar to us who are not in such a loving predicament as you would say. (Ancient reptilians).**

**I appreciate you for opening up your heart in this way to us and trying to look into our lives to see things that might help your's and your people's lives. I wish to express for this the greatest of gratitudes and I want to say thank you for doing this, to take your time out to do this.**

Jefferson: Well, from my perspective, this is a great joy for me and whatever I can do in order for us to get closer to the best "us" that we can be, I will. I am the one who has, really, to thank you all, because being from a higher expression of existence, you definitely could have so much more that you could be doing that would be of fun, and excitement and a joy for you to do instead. Yet you are here, sharing your knowledge and helping us out. So thank you very much!

**Treb: Yes. You are welcome! This is my joy as well. This is why the job that I do is fun. This is an expression of my greatest enjoyment as well. So thank you once again. Was there anything that you needed before we go?**

Jefferson: Perhaps just to know where and what you are up to now?

**Treb: I am still at the home planet right now. I am speaking to one of the medical advisors. Someone has wished for me to come into the medical and to get my energy and support, because they are ready**

**to have one of the offsprings of their own. This is where I am at this time.**

Jefferson: Well, how do you help?

**Treb: I do not help in anyway but giving my love, as much as you might see a blessing from someone. It is where you ask the parents of the wife that you wish to marry her, and it is a blessing, and it is one of love. It is an expression of gratitude for the new offspring that they bring into the existence here. It is our fellow beings that are coming back to us.**

Jefferson: But it is not like a help in energy that helps the physician crack the egg. (?)

**Treb: No. It is more of a being here for their support in the emotional and in a loving way.**

Jefferson: Fantastic! So yes. Lovely! Thank you very much for sharing that and I look forward to talking to you again!

**Treb: Yes. I look forward to speaking to you again as well. I will leave you now in love and light. We will speak again very soon Jefferson.**

Jefferson: Fantastic! Thank you.

**Treb: Thank you. Goodbye.**

Jefferson: Goodbye. Take care.





*16th of August, 2011*

## **CHAPTER 4**

*Earth as a school room:*

*The graduation process.*

**Treb: Good morning, Jefferson!**

Jefferson: Good morning Treb!

**Treb: How are you doing this morning?**

Jefferson: I am doing great this morning Treb, how are you doing this morning?

**Treb: I am doing well, thank you for asking! Yes, if you would like to take from where we left off, it is fine.**

Jefferson: Hey Treb, before we take over where we left off, let me ask you... do you know(?), today we are on the fourth chapter of our book...

**Treb: Yes.**

Jefferson: ...and on Earth we have a field of knowledge called numerology. Are you aware of this?

**Treb: No.**

Jefferson: By the patterning of numbers we can tell things...

**Treb: Yes.**

Jefferson: For instance, for some the number “four” signifies society and social obligations.

**Treb: Yes.**

Jefferson: Now, I came to be aware that since what we put out is what we get back, the kind of society we have is the one we created... mostly with our uninformed choices. We have today - as you might already know -, a few people deciding for the majority.

**Treb: Yes.**

Jefferson: ...and in that, we create room for corruption. How do you structure your government in your planet and what do you think about our governmental structures?

**Treb: Well, the governmental structures that you have are very imbalanced. I see this in the way of... all of**

**the world that is imbalanced in the ways of money, in the ways of relationships, in the ways of wars... all of these are very imbalanced because of the imbalance that is given. When you tend to give ones who have power or money, control over everything, they tend to use greed and this greed creates more of the same. It is the negative that feeds back off the negative.**

**As far as the structuring of our society, it is not a structure that is what you might consider to be as very well structured at all. There are people who understand that certain jobs must be done. It is what you might see as the basic form of communism without ones who are in higher power. Everyone does for everyone else. And in this way if you are able to give what you do in love, and when you are able to choose what it is that you do in this job, it creates the positivity within the society that you wish to have. Like you said. It gives out what you put in. Yes!**

Jefferson: So... on our planet basically, we could then be ahead in what concerns providing for everyone if we were to follow - not only the path of least resistance -, but follow the heart in the sense where we can develop our technologies with no greedy intentions and then have every human being to have their basic needs fulfilled.

**Treb: Yes, this is the problem with the society that you have...**

Jefferson: Uh huh.

**Treb: The ones who have the greed, or power, they do things that are not to the best of all.**

Jefferson: Uh huh.

**Treb: A great example is the power that you use to power your cars, to power your homes. The electricity is brought from a technology. Even though it is considered to be advanced, it is also known to give nuclear waste so it is destroying the planet that you have.**

Jefferson: Uh huh.

**Treb: ...in order to do this. There are much more ways, natural ways to harness this, all of this power, as well. Now you are aware of this. But it takes back to the idea that the companies who are in control of this will not give their power up... power in the sense of money and control...**

Jefferson: Yes.

**Treb: ...to give power in the sense of electricity or whichever power needs you have. And this goes the same with the oil companies.**

Jefferson: Uh huh.

**Treb: You give this fuel that is used that is not clean and it destroys all while it only keeps very few rich successful. If you go with what is in your heart, and you decide to follow this as a clear path, this only gives you joy. So there is no negative feedback in this. When you give what you want to have, out of pure love, pure heart, this makes it easier for you to do this so it no longer seems to be a job, but it seems**

**to be that of everyone doing what they love to do. And when this happens, harmony seems to run very much higher on very many levels. Not only in the economy or the way of everyone being provided for, but general ways of people expressing this through their emotions. There is no one feeling that they must keep a job, for fear to lose things, for they know that everything will be provided and they also know that they are able to do what they love. And there is no regrets or bad feelings on this.**

Jefferson: So in a more advanced society, where people follow their heart, you are going to be doing all you can for the benefit of the all.

**Treb: Yes. It is not just to the benefit of small groups or the one who are in your... a specific neighborhood or areas, states or countries.**

Jefferson: Uh huh.

**Treb: There are no boundaries. You are willing to help whoever it is that you need to help.**

Jefferson: So yes...

**Treb: ...the betterment of society is given to all. So, yes!**

Jefferson: Now, there is also the other side of the coin right? For instance... if we have these shadow governments and institutions and corporations...

**Treb: Yes.**

Jefferson: ...it is because it is an expression of what we allow to happen.

**Treb: Yes! It is allowed to happen within. Because there is not the love that is given out within the work and it is also allowed to happen because people do not care to speak their hearts. They feel comfortable! They are afraid to lose things so they do not state what they think or do not say what is on their minds. They do not take control back in this way.**

Jefferson: Uh huh.

**Treb: And this is why when speaking of these ones who hold power, it is always expressed to show great love and show what is in your heart. If you express great love and do not fear, then you take the power away from them, the power that they have over you. When it comes to the fear, yes.**

Jefferson: So, the power that they have is the power that we give them!

**Treb: Yes! It is much as if you asked someone to do yourself a thing as a favor, even when you do this, you only expect certain things back to you so you sit and wait and if the favor is not done, then it will not get done. It is much like this because it is not giving yourself the opportunity or ability to do these things, to give that away to someone else to do this for you.**

Jefferson: If we have discipline on an individual level and we do the best we can - even though we are still this corrupt

system -, we can change it from within if we do our part.

**Treb: Yes. And this is the concern of many. Many who are starting to open up and awaken, they see their self as small or insignificant.**

Jefferson: Uh huh.

**Treb: They do not see their selves as having power. But this what it takes! It takes for individuals to do this on an individual level. To change things from within so that is manifested outward. If you are not happy, if you are in fear you are not able to make those changes. So once you change from within, you are able to manifest this outward. And this is all that the system is! It is an outward manifestation of the imbalances and fear of not having for material reasons. What you would call greed in some sorts it is fear of not being able to have or not being able to enjoy.**

Jefferson: I see. So it is like... things are definitely changing on a daily basis because we are changing. And it will come to a point where we can no longer ignore, look to the other side and pretend we are not better.

**Treb: Yes! This is very true! If you are able to look, you will see the changes on a daily basis. And some of the ones who see this are thinking that this change is not one that is a true change because they are changing their perspective! They are trying to open up so they see the world as opening up as a whole. But this is not true either. The reason that they are seeing this is for all reasons. Because they changed**



**from the inside, because they are willing to “give up” their selves and to try to love, they see the manifestation outward into the rest of society. I know that specifically in the host's (channeler) mind there are struggles with this idea: “is it that the world is actually getting better or is it because I am trying to better myself?”. Where the answer is: both reasons. It is because you are attracted to change yourself that you see the betterment and also that you see the results in the world that is changing because of the individual that is changing within.**

Jefferson: And then, as have many philosophers, we have so far have tried to convey to the whole humanity that the purpose of life, is not simply to survive but to seek perfection in yourself!

**Treb: Yes. It's to grow. This is what the spiritual evolution is.**

Jefferson: Uh huh.

**Treb: Not only in a single life but in multiple lives. As well as the whole array of densities through the growth. Yes it is to grow, it is to try to be the best that you can be in every aspect of your life and to do this with joy and love and this is what makes us thrive, if you will. Even in our race, some see that our race is so much more advanced, or higher. And this is not true because we are all in the same level. We have learned lessons from larger times of existence but it is more about the thriving, wanting to know, wanting to learn. And doing this with love in your heart, to manifest the greatest possibility and**

**outcome from the greatest part that you can do to help this. Not only in love but in the knowledge and in the maneuvering to do, the wants, the drive. This is what makes us grow, all of us!**

Jefferson: There is a book called: "The Tao of Physics" (*The Tao of Physics: An Exploration of the Parallels between modern Physics and Eastern Mysticism - Fritjof Capra - 1976*), where the author in a nutshell says: "Physics and spirituality are two sides of the same coin".

**Treb: Yes.**

Jefferson: So in a sense, that is what we've been talking about for all this time. Is that when you do the best you can, it doesn't matter if you believe in whatever superior power there might exist. You are doing your part and that is reflecting on the physical world in the sense where you will take advantage of your actions and you will do good to others too.

**Treb: Yes this is the greatest way! It is sometimes not understood well enough. That reality in physical life that we have is all manifested from within. So if you are the greatest that you are from within, not only as individual but as a society too, this is manifested into the day to day life. And this is the part of greatest importance. Because of the physical reality coming from the consciousness... this is a great way to express growth: it is from the growth within. You are very correct!**

Jefferson: So in that sense, some also say that we exist to learn the higher truths about our relationship with God which

is, in that sense, All That Is.

**Treb: Yes! That is a very great way to put it! Because All That Is, because God, or whichever way you wish to label this...**

Jefferson: Uh huh.

**Treb: ...the Creator of all is everything. Then you can do this in many ways. You can also feel this and express this through your daily life, through relationships with others, in loving and doing the best that you can. Because in a sense all relationship that you have, every job that you have to do, every action or expressed emotion that you have is God, is the Creator. So, having the best connection with it can also mean to have the best connection with the world around you and to have the best connection with you as yourself, as your own soul.**

Jefferson: Sure.

**Treb: So, this is expressed through many levels, at many varieties of layers because this is so important to do, yes!**

Jefferson: And also - to say in another way -, we could also state that we express respect to the world by taking responsibility for our lives!

**Treb: Yes! Because in favor you are taking care of your own life, you are taking care of the world itself because you are one and the same. The world is here because you have chosen to manifest your life here.**

**So by doing your best, you are giving the positive energy back into all that is. And it is exactly correct what you said: “what you put in is what you get out”. This is a great expression. If you see that your life has imbalances and is not seen to be even the greatest that you can make. The efforts are not put into it. In a way, you see this expressed throughout your life. When you do not take care of yourself you know that you are not taking care of everything that you could and should! And once you do this, this creates respect no only for your planet but for yourself and for others too. This is the greatest lesson that you want to learn and to have. Sometimes people are stuck in the area of helping others at a great degree without taking care of their selves. But they must understand that... this is a role that you must take, to take care of yourself for the same reason. If you are helping others and not helping yourself then your are imbalanced, this is also you are not taking care of them, you are not giving them the hundred percent love and care that they deserve because you are not giving this to yourself. And when you are doing things that are good for others... just for, in the name of to do this or to say that you have done something good, if you are not putting your whole energy and love into that then it is not being given in the way that it should be. So you are not truly helping them, you are only giving them a part of what you are and by helping yourself you are helping them as well. It goes with the way that most in your planet see the separation from themselves to the others or from their selves to the world, or from groups to the other groups. The separation must be broken down in order to see the importance.**

Jefferson: So it is like saying that we grow by shining a light on the mind's dark places, you know(?), it is NOT like looking for fixing other people, more than it is, shining the light that you bring from within in order for other people (around you) to be able to see farther!

**Treb: Yes! Yes! This is a great example! There are many ones. The host explained this to one before, that there are many people who come and say that it is time to help others. But this cannot be done like this.**

Jefferson: Uh huh.

**Treb: You cannot change them, is what I mean! To help them, you cannot change them. You show them by example as you are doing well, that you are helping them with aspects of your life and by doing this they look at your (life) for an example. Yes!**

Jefferson: Hey Treb, in the Book Chuang Tzu (*The book of Chuang Tzu - by Chuang Tzu, 4th century*), in a nutshell, the author says that "the best life is one that is in accord with the unseen universal order or Tao". Now, when we talk about unseen universal order, or Tao, or... people that read this, may start thinking about what would be these orders or laws or... and... and... there are four laws of creation that the other extraterrestrials that I've spoken with, namely Ishuwa, Arvantis and also Adronis have shared with me. The four laws of creation! Would you like me to share them with you?

**Treb: Yes, this would be a great excitement to hear! ...the concepts that comes from others! Yes!**

Jefferson: Lovely! So they say, and in this Bashar (Hybrid Human channeled by Darryl Anka) also says the same thing. It actually seems to be an idea that originally comes from the Association of Worlds or what some might loosely call Interstellar Alliance (which all the other extraterrestrials I've spoken with are part of).

**Treb: Yes.**

Jefferson: So the “Four Laws of Creation”, according to them, go like this:

Law number one: You exist. The way that you exist can change but you always exist in some way, shape or form.

Law number two: The one is the all and the all are the one.

Law number three: What you put out is what you get back. Some people call this law of attraction, action and reaction...

Law number four: Change is the only constant, except for the first three laws that never change.

**Treb: Yeah! This is greatly said! Yes! There are no other laws beside these and the norms you might make for your own society. This is a great way to express the true nature of reality.**

Jefferson: So in that sense there is balance in every thing

that we do. In the sense, of course, that what we see today shows imbalances in many ways. But the balancing element that balances the imbalances that we express - when we are still uninformed -, are expressed on the third law that states that what you put out is what you get back. So, in that sense whatever you do with the level of consciousness that you have, will cause something in the universe that will bring back to you opportunities of growth (challenges), so in the future you can know better, do better and in that sense choose better.

**Treb: Yes, this is very correct! The way that is expressed is in a truly... great way! The constants in reality of physicality is exactly this. That it is very important to put in good if you wish to receive good out, in a positive way. It is the same with love, whoever puts in love receives love. The law of attraction is what - as you said that is called -, some have a very great understanding of this, but it is not to such a high degree. Some make it more difficult than it must be. This is why I enjoyed the way that this is expressed!**

Jefferson: Uh huh.

**Treb: ...because it is simply put! Because the law of attraction is very simple.**

Jefferson: You know(?), I like reading a lot so if I pick up some ideas that I remember from books it is to...

**Treb: Yes.**

Jefferson: ...you know(?), it is to provide more depth to our

conversation (meaning that I may not remember the details of sources of all quotes or thoughts that I might share with you as I say them but I will try to look for their sources for the readers later on).

**Treb: Yes. Correct.**

Jefferson: There is a book called "An Autobiography" (*An Autobiography: the story of my experiments with Truth - Mohandas Ghandi - 1927*), which in a nutshell says: "Life is not a series of events but a series of revelations about truth". Now, what do you have to say about that?

**Treb: Yes, it is because... I believe this is expressed from differences that some see in the way that life happens and these truths. I believe what is meant to be said here is that in life, to understand and reevaluate about these "truths", going to life there are no accident, you might say...**

Jefferson: Uh huh

**Treb: ...it is well played and thought out by the soul. And you have the choices of doing what you wish. And as you go through life, it is not what happens to you that matters, it is the way that everything exists in the way that you see the truth to be. You can have the event for one person and have one for the similar next to them and they will both reveal them as separate truths, even though they see it as the same event, they are given separate truth of this. Some see things in a way to be negative. If you have an event that seems to you painful then it is negative but it always teaches its lessons. For instance, the one that**



**I have explained several times before. As if you are in a car accident?**

Jefferson: Yes.

**Treb: ...and you are to break your leg.**

Jefferson: Uh huh.

**Treb: ...you lose your job, or you are out of work for several months and this tends to be very negative, but the truth that we see in the end is the truth that it brought your family closer to you. Because your wife or husband was afraid that you'd almost die. They tend to have a closeness or higher, more intense love connection with you. You meet a new person that is in the room next to you, that you become friends for life. Even in physical therapy there are people that you come to meet who are great friends. You end up caring more about your health because you understand what it is to be in the hospital for several months. You start to believe that life is more important because you feel that you could have died in these ways. So for one that is sure that this is a bad incident the revelation after all is that it is a great experience. Even though one can see this as negative there are always lessons to be learned from this, and I do believe this is more to the point of what is meant by this.**

Jefferson: Yeah, lovely! Yeah. As you were saying that, I also agree and I think that a series of revelations about the truth happens, as we live our lives, right(?), considering we get back what we put out!

**Treb: Yes.**

Jefferson: Then we realize that whether there is within us room to believe in a higher power or not, the universe will not going to change and the three first laws of creation will not going to change as change will continue to be the only constant. So in that sense, if one believes in gravity or not, it is going to exist and it is going to be there. So in that sense, life is not a series of events... right(?)... but a series of revelations about the truth! And it is not that there is “one” and only truth. There is “us” (we) growing, and at each point (we) being able to see what we couldn't see before!

**Treb: Yes, and this is the greatest thing in the revelation of “the truth”. To see the varying degrees of truth. It is also a great experience to see these things unfold in front of your eyes if you will. This is a very important lesson in life. Yes!**

Jefferson: So our relationship then to All That Is, is that we learn how to handle ourselves in order to be able to exist in the higher densities.

**Treb: Can you say this once again? The speaker of your technology is cutting.**

Jefferson: Sure! So the relationship that we are learning on a daily basis with these... with All That Is, is that we – by experience –, understand the love of Creation and learn how to manage ourselves so we can start existing on higher densities.

**Treb: Yes, it is much like the children learning things**

**in school. Once you see that specific rules are set in place and you see that they work well for you, time after time after time...**

Jefferson: Yes.

**Treb: ...then you are ready to move to the next grade. Yes that is very good expression. It is much the learning... you have to see that the way that things were very prevalent to you in order. If you do not have these experiences, if you do not have this growth from within, then the existence would be very boring or dull, as you might say, because you are experiencing the same thing over and over. But once you realize that this is of great importance to see that all of these four laws are truth, you can start using it for your benefit. You can start putting in good and seeing the response you can see that there are always the changes; that existence is true, yes, you can see all of this and use this to your benefit, use this to reflect... reflect the picture that you wish to have, given back to you in... not only the day to day existence, but in your true spirituality or true existence in general, yes!**

Jefferson: In the book: "The Profet" (*The Profet - Khalil Gibran - 1923*), Khalil Gibran advised to: "take a broader view of your life and recognize that you are a spiritual being having a human experience". Now... we've been talking about - a few minutes ago -, that physical and the spiritual are just two different sides of the same coin, right?

**Treb: Yes.**

Jefferson: ...so, and in the metaphysical community, people also say a lot that we are spiritual beings having a human experience, correct?

**Treb: Yes.**

Jefferson: So, connecting this to what you just said, there is then a progression, like a schoolroom which we can call planets, where the soul goes. And these schoolrooms and the grades are related to the soul's level of consciousness and of scientific development.

**Treb: Yes! The idea of the development within each existence when you spend it going through, whether it be every density, every incarnation, cycle or just in a planet that you stay with to do this on, you are learning a different lesson!**

Jefferson: Uh huh.

**Treb: The Earth is one of the harder planets to go, because of the - as we spoke of -, the polarity, the great distance in polarities where one can kill and come home to love his mother or child, as we spoke of in previously(?)...**

Jefferson: Yes.

**Treb: This is to such a great degree that is not par for the course. So the Earth is one of the greatest classrooms to attend, it is one of the hardest to graduate from, if you will... so, this is why I explained that once you go through this Earth process, the ones that go through the program or classroom of being on**

**the Earth for their existence will learn a great deal from this. This is the greatest learning mechanism that we have, the day to day existence, and it is done that way for the soul's experiences. And as you said it is two different sides of the same side of the coin. As you go through physical existence your spirit will grow and develop as well from the experience that you manifest from the spiritual side of yourself, if this make sense.**

Jefferson: So we live in a world then that we “have to” go through, work, experience sorrow and pain, prosperity, freedom, good and evil, prayer, the divided self and then the boundless self.

**Treb: Yes. Correct.**

Jefferson: Now, do you in your world also have to work? You said you have careers but do you have scheduled works... like jobs that you have to do?

**Treb: Yes, these are responsibilities that go along with what we choose to do, yes.**

Jefferson: So, it is... you don't work in order for you to have the basic needs fulfilled. (?)

**Treb: Basic needs for food you mean?**

Jefferson: Yes, food, shelter, water, clothing...

**Treb: Yes, the basic needs for all of us are taken care of from the work that we all have done. The basic needs in the ways of shelter and clothing, yes!**

Jefferson: Did you know that we have technology on Earth, today, that can take care of the basic needs of every human being?

**Treb: Yes, and this is the imbalance that I have spoken of previously. It is from the ones who wish to have money or control, that there is no giving... all must come for a price. And the money system is set in this way for that reason, so that the ones who will be under control or do what is wished of them, to do the jobs that they do not love, that no one wants to do but they feel that they must, yes. If they do not play ball - I believe it is the expression you use -, they do not get these things. And the technologies that you have is great enough to sustain your entire population, yest to the point where there would there be no hunger, no starvation and so on. I understand that in the continent of the Africa that you have...**

Jefferson: Uh huh.

**Treb: ...that many children and adults die from not eating. The simple basic need of food is not met. This shows a great imbalance. A thing that a society allow your fellow brothers, your fellow human beings, brothers and sisters to “vanish” because “they are not able” to get something as easily available as rice or corn or food. Even the food that you have. Yes, this is a great sadness in this.**

Jefferson: You spoke about Africa... I wonder how much could people do for their planet if they were given appropriate education...

**Treb: Would you repeat please?**

Jefferson: I think there wouldn't be any limits to what people could do for the planet if they were given relevant education!

**Treb: Yes, correct! If they were taught what they wish to do or what is important to be done - as I understand this -, sometimes you must make a sacrifice of yourself for the better good in a way, maybe learning something that is second to that which you love as the first thing that you love is not immediately available to do. Anything with these goals, doing something that would have some sort of appreciation or love or any way that... to give them basic education. Yes, things that are of this simple nature could increase the wellbeing and the productivity of all. And this is something that does not cost anything to provide, as far as financial goals. You could have one person teach many, standing outside. In one of what you might say, public meeting area or a park or an area, a building that is made for free. There are so many different ways. And others that use their knowledge, that use their capability to what they know how to do to help others, there is no limit in what can be done! The sky is the limit that you would say! Simple things in the education and food... solar power... this is something that you have technology for, now, that is very, very simple to do and you can provide the whole world with electricity. It is very easy to teach someone to do the drilling of wells for water for all. All of these are basic and simple things that should be given to everyone. There**

**shouldn't be any need to have to earn a basic right for life.**

Jefferson: Yeah. I think the work that we have to do today is also good in the sense that it helps people develop their abilities in order to serve humanity in some way. Even though they are working for money, the existence of a job or work - to a society that is not evolved -, is important so they can work out scientific, practical personal intelligence and better their abilities. So there is a positive side to "work".

**Treb: Yes.**

Jefferson: Now I would like to talk about the idea that I said about sorrow and pain, which are... to some degree... self inflicted, right?

**Treb: Yes. In this existence that you have, it is important to understand that you "have to" go through all sides of things.**

Jefferson: Uh huh.

**Treb: This is that the third density itself has the need to exist within polarities, as in polarized(?)...**

Jefferson: Yes.

**Treb: You have to have the good and the bad so you can experience the growth. It is very important! When you go through the incarnation cycle, it is almost mandatory that you have to have love; you have to have hate, you have to killing, you have to be killed, to be father, to be mother, all of these experiences...**



**because the density is negative and positive, you cannot truly go to the next step unless you have experienced both. If you only have the positive experience then there is no great need to go through anything else in the life of the one who is in the third density, but this is not true. The negatives and the positives, both have to be experienced. It is said that you must experience great darkness to see great light...**

Jefferson: Yeah. So they say.

**Treb: ...this is not true for all. But it is very, very true in a deep way, subconscious way, whether you understand it or not, you have experienced this. Even ones or those who say they have had the lives that are very great or perfect and that they are very well in the spiritual or mental way, this is true, but then at one point in the incarnation cycle from this entity there was negative experience, because you must have them both. This is the purpose of the third density, just as in the non-physical, it goes back to the negative and the positive. It is one expression that the host has heard in one part that greatly resonates with the idea I wish to express.**

Jefferson: Uh huh.

**Treb: And that is that if you are going into a room that is full of darkness and you take one light with you, you can easily overcome this darkness with the light. But when you go to the same room and it is covered in great light, you can never bring enough darkness to darken this light!**

Jefferson: Awesome expression!

**Treb: Even though this is a great expression, what it does not go on to say is that you have to be in that dark room at one time in order to see how important the light is. That you never see darkness if you do not know how important the light is. If this make sense to you.**

Jefferson: Sure, sure! It is like saying that there is no such a thing as evil... that there is light and that there is absence of light, which is evil, which is actually lack of information. Evil doesn't really exist! As you said, shine a light on evil (or on lack of information which can also be perceived as darkness), and it will disappear without resistance.

**Treb: Yes.**

Jefferson: That is simple yet a powerful concept!.

**Treb: Yes, and this is a great expression that I enjoy from the host's (channeler) mind, from this idea. It is easy to take away the dark which is the evil or the disconnection from higher self or from All That Is; as you say, and to give that light is the ability to take away this disconnection, to give the light of knowledge, THAT love, this is a very great way to do this! But you must sometimes experience in this density the feeling of that disconnection so that you understand how important the connection is.**

Jefferson: So, Treb, the other big thing that we have here, and even for us to get onto the next level of evolution which

is to harness the power of our planet as one as an equality within a society (that helps one another), through the use of technology to create a self sustaining planet... the next step in that sense would be to get over the idea of property, because... you know(?).. it is all just like the prophet warned us it could be, he said: "guard yourselves against the love of material things for these thing... you know(?)... these "comforts" erode the strength of the soul!" What have you got to say about the idea of the love of things of this world?

**Treb: This is a great disconnecter from your higher self, from who you truly are. This is how I describe the ego. It is one part of yourself that loves to be in the physical existence. It brings you to this. When you start to care more about the material that you have, the physical things that you have, the land, the specific cars, houses, you get carried away. All these things are important so you can live at some place, important so to have a way to get around, but once these become more important than anything else; once these become ingrained as a part of you; once you have anything that becomes more important than who you are, you give these power to function in your life like the greatest disconnecter of higher self. This is one reason that the drugs and the money... all of these things are used in the society: for disconnection!**

**It is what disconnects you from your soul. So, it is very great subject that you have just spoken of. It explains this very well. It is very important that you understand what you have as a material that it is part of existence, it is part of all of it... All That Is! So, in a way this is part of you but it is also a part of your neighbor. You are all one and there is no reason to**

**claim ownership about this. When you can stop worrying about doing four things or having the obsession about things... this can be a great benefit because you only have to worry about the benefit of the all instead of yourself! Because this is what it boils down to be! When you have material and things that are very extravagant you claim them for yourselves so there is no helping of others, it is only the helping of yourself, it promotes service to self, it promotes greed! And this is something that you must relinquish from your daily life or society in general to be able to move on to the next step.**

Jefferson: Hey Treb, there is a concept you just helped me to create here in my mind with that explanation of yours!

**Treb: What is it?**

Jefferson: We go through life on Earth and we learn that we must strive to survive, we must work ever harder and that those who have the most are the best and then we go through life longing for a sort of freedom - which is not outside of us -, yet that longing for freedom becomes itself a kind of slavery!

**Treb: Yes! This is a great realization! Yes!**

Jefferson: Because you think you don't have everything. And then, once you go look for it, and work hard for it and why not(?) fight for it... you eventually get it. Then, once you have it, it is no longer enough for you, because now you raised your level of comfort, your life style, the things that you like now are more expensive, they are farther from your reach. So, now you have to work even harder and do worse

things to yourself, to others and to your planet in order to satisfy a manufactured desire, right(?)... a desire that didn't need to exist to begin with!

**Treb: Yes! This is very correct! When you are doing this, when you are longing for more, you can't receive everything that you have. And as you say this, there is always more to get. So, if you are chasing your tail, so to say, you are chasing or running in cycle a (car) race that will never be won. This is a great realization! Once you disconnect yourself from having all of these things, this is when you can grow inside. The physical world is brought, or, is part of one of the worlds that disconnected from being who you are in the higher self, or just into your higher point of consciousness. And this is why ones that you might consider to be great spiritual people on your planet: the monk or the nuns, the priests, all of these people, give away what they have so that they can live a life without the need or greed for material things. So, they do not have that as a temptation or a retractor or a blockage of the way that your energy and spiritual power can go through. It can be fully explained and grasped.**

Jefferson: So, in other words: don't allow your vanities to sabotage your life purpose!

**Treb: Oh, yes! This expresses the idea in a great way! Because all of this does is put you to doing things that you are not necessarily in best shape to, in will, it is a great race for nothing, as you said before, it is something that you can get and it does not help others, it only helps yourself to have all of these**

**things. If you are getting all of these things to share them with others this is different but this is not the way that it is done. If you do not feel that you can have them for yourself then it is a feeling of emptiness or lack. And this is not what motivates or makes a race evolve, yes!**

Jefferson: There is a small little book in our planet Treb, it is called Sidharta (*Siddartha - Hermann Hesse - 1922*), and it says in a nutshell that instead of striving for great spiritual heights, we should gain peace and power from the acceptance of life as it is. Now, when people say accept life as it is, there are two sides to that, that I would like to discuss with you here.

**Treb: Yes.**

Jefferson: One side is to do nothing that you are able to do, and ignore the power that you have, which would be a negative attitude to have towards this idea. Now, the positive attitude to have towards this idea then would be: accept life as it is in the sense that you are just getting back what you put out, now work harder on yourself so tomorrow it can be different!

**Treb: Yes, Yes! I understand what you mean with this. The differences in these two are great! I see what you mean in this.**

Jefferson: Yes.

**Treb: The first idea that you spoke of.. can you repeat the sentence one more time? I do believe I got the concept but I am not sure of the wording of it.**

Jefferson: Sure! It is said, instead of striving for great spiritual heights, gain peace and power from the acceptance of life as it is!

**Treb: Yes. Yes, thank you! Yes. It is exactly as you said from before. If you understand the true nature in the rules of the cosmos or the universe or physical existence at all, yes you do see that what you put in is what you get out.**

Jefferson: Uh huh.

**Treb: So if you accept this, you do understand this. Yes.**

Jefferson: Awesome!

**Treb: I see the concept that you are making here yes!**

Jefferson: Now, you understand that the human beings are creatures of habits, do you?

**Treb: Yes, of great habits, yes!**

Jefferson: Now, we do have great habits that build our society and build our characters but we also have bad habits.

**Treb: Yes. I did not mean great in the way of awesome, but great in the way of many habits. Yes.**

Jefferson: Oh, I see! So in the sense of having many habits that do not assist us or support us in going where we would

be better off at...

**Treb: Yes.**

Jefferson: What would you have to tell us about the idea of habits and how to change them for a better me, for a better planet?

**Treb: The idea of habits... all this is, is an acceptance within yourself to repeat something. Discomfort with changing things!**

Jefferson: Uh huh.

**Treb: And so the greatest way to avoid this is to see reality for what it is. If you wish to have a happy existence, you must look at your belief systems. And once you see your belief systems are set up in the way that you must repeat the negative things that you are doing, then you must try to explain to yourself, try to rebuild your thought structure, your permanent and core beliefs. You must understand that when you change this... this is a very difficult way to do this. It is a difficult thing to do but it is something that should be done if you wish to have an existence with no habits that are bad or actions that do not promote evolution of yourself; so what you have to do is, you have to understand the way reality is. The four laws you've spoken of are a great guide for this.**

Jefferson: Uh huh.

**Treb: But also you must look down and see all of the**



**things that you are doing that are the bad habits. The ones that are not productive or that are stopping the evolution withing yourself. Exam this and once you see that these are not healthy, in ways of promoting growth within yourselves. The first step is already taken: acknowledgement. Once you understand this you need to work on ingraining this in your life and the way that you do this is when something works you continue to use this, you continue to go for what works. If it does not, you must try to remind yourself that this is an impediment of it. An impediment of your progress.**

**The whole idea is that, when you are ready to progress, when you are ready to drop these bad habits, you will have the motivation to do so because you will be tired of having the failures or the... the bad parts of the bad habits that you speak of, the consequences of those in your life. So, it is one of personal choice. Once you understand that you have to use your own consciousness and soul to revise these habits, this is the great starting point. And every time inject this new system in them, you must put in through yourself in the way of beliefs, if you have a belief that is false then get rid of this. Replace with the one that seems to be better. If one is not better, then replace with another one. You will finally see that when you put in the good and you stop living in habits that are self destructive, then you will progress. When you see the progression within itself, this is a great motivator to continue or to exam other bad behavior or habits, yes!**

Jefferson: Hey, there are some spiritual teachers on planet Earth, that say that a belief is just a thought that you keep

thinking.

**Treb: Yes! Yes! That is truth.**

Jefferson: (Laughter). So, in order to change a belief, you just have to...

**Treb: ...to change your thoughts! Yes. (Laughter).**

Jefferson: (Laughter).

**Treb: It is a very great way to see this, yes!**

Jefferson: So, once you change your thoughts about an idea and you keep thinking that new thought, you will have a new belief towards that particular issue.

**Treb: Yes! And then you examine that belief by letting it manifest into reality to see if it works. Yes!**

Jefferson: So other people say that in order for you to kill a habit, you must be able to educate yourself..

**Treb: Yes.**

Jefferson: ...and make yourself clear about the prize in the end of the road! Because if you can see the prize, the price is not hard to pay. You know(?)... you become someone willing to pay the price when the prize is big.

**Treb: Yes... Yes! It is what you see... the carrot that is in front of the rabbit... if you will?**

Jefferson: Uh huh. Treb, is that in front of the rabbit or the

donkey? (Laughter), anyways... continue please!

**Treb: ...when you see this you understand that the final result is best. But it takes wanting as well. You have to want to have this prize in order to be able to overcome the issues that you are going through as well.**

Jefferson: Yeah. I hear you.

**Treb: I understand that not all habits are easily broken or even addictions, but you change this in the way to the bigger things. If you have a personality or a part of you that is easily... addicted, or addicted behaviors...**

Jefferson: Uh huh.

**Treb: Use this to your benefit! Use this addictiveness for benefit instead of saying: "I want to eat and I want to do this", then use to: "I want to help people and use this to your benefit", instead of to your detriment, yes!**

Jefferson: It is true that when we allow ourselves to help other people we forget that we have problems. Because we see what problems really are. Right?

**Treb: Yes! This is true! When you express this through... this is very true. The host does this as much as he can with help of others, because it tends to give you a relief of the heart, it tends to make things that you might have issues with, seem to disappear. Because you are giving of yourself. When**

**you give of yourself you are also giving away all the negative energy that you have as well. Not giving it to the ones you help in that sense but giving it away off of yourself. So this is a great way to do this.**

Jefferson: So, back to the idea of the carrot! Say... you are a donkey, and someone puts a carrot in front of you, right?

**Treb: Yes!**

Jefferson: And then you understand, you know(?)... a carrot doesn't really move you any longer, as it did in the past...

**Treb: Yes.**

Jefferson: So, what I am saying then, is that it is your job, your responsibility to then change the carrot for something else that would move you inside so you can go forward.

**Treb: Yes!**

Jefferson: Right?

**Treb: Exactly! This is a great way to express this as well!**

Jefferson: Cool!

**Treb: When you look at this, in a greater way, everyone is aware of what they want in their lives...**

Jefferson: Yes.

**Treb: ... what they want to be better.**

Jefferson: Uh huh.

**Treb: But to truly examine this. This is the way that will benefit the most. Because you see that the prize is different. Every obstacle you overcome will have a different prize!**

Jefferson: Yeah.

**Treb: ...and this is what moves most people at one's specific starting point. If they have many problems they start at one... for one of two reasons. One of them is because it is easier to do one than the other. Or for two, the prize in the end of it, is much greater.**

Jefferson: Uh huh.

**Treb: So, whichever words for your benefit, this is fine. As long as you are doing what it takes to get this done.**

Jefferson: And self-honesty, in that sense, would be a key for you to find guidance from within!

**Treb: Yes! Correct!**

Jefferson: Very good! Now, Treb, we've spoken a lot about in depth ideas... I would like to... we are approaching the end of this chapter... I would like to ask you now to tell us some extraordinary things, some extraterrestrial things... you know... things about your planet... uh... for instance... who created your world?

**Treb: Who created our world?**

Jefferson: Yeah... was it God?... was it a highly evolved spiritual being?... who was it?

**Treb: The way that this works in our planet itself... it was created through the manifestation of a non-physical being.**

Jefferson: Oh, I okay.

**Treb: When a world is created, it is created through two levels.**

Jefferson: Uh huh.

**Treb: ...from a physical way and from a non-physical way. Just as the thoughts that you make...**

Jefferson: Uh huh.

**Treb: The expressions that you have within your consciousness are created, the planets are created as well.**

Jefferson: Uh huh.

**Treb: When it comes to the planet itself. Whether it be any planet, this are all created from a consciousness that is higher than the one that you consider to be a soul.**

Jefferson: Sure.

**Treb: When you have a soul, this is what you would consider one of the first level of the non-physical existence. This is where your higher self is.**

Jefferson: Ah haaaah.

**Treb: ...above this is your collective consciousness. And within this collective consciousness... there are many groups and different connections or group entities. The levels that is right above this is what... where the ones who manifest their selves as planet, whether it be a group consciousness for living planets or a singular consciousness for one planet. This is where this manifests from. But they manifest their selves in the ways that the Earth did as you would see it in a linear fashion...**

Jefferson: Uh huh...

**Treb: ...the elements that come together. So you see this in two different ways. In one way it is a physical existence a physical coming together of this planet with material and gravity, using the different forces of nature.**

Jefferson: I see.

**Treb: ...but on the other level it is a consciousness that has manifested itself into this planet. So it is just as everything, there is a non-physical and a physical level within.**

Jefferson: I see. And in our planet the four forces that integrate our planet, as far as we know are four... and they

are gravity, electro-magnetism, radio-activity and the nuclear force, anyways...

**Treb: Yes! That are in your planet... the forces that are commonly known in the realm of physics. Yes, the gravity and the electro-magnetism and the atomic forces, the weak and the strong ones, yes!**

Jefferson: Now... where are you located right now?

**Treb: Where am I at this moment?**

Jefferson: Yes.

**Treb: I am on my planet as well. I am in my house, dwelling.**

Jefferson: Ah, I see. And what do you see in front of you?

**Treb: I am sitting on what might be considered to be a chair. I am sitting in the room where our family gathers. So right now I see the wall... it is given many colors, as a decoration and it is given the colors that you see as red, violet and blue and it is almost as you might paint a wall. This is expressed and done from the children to express their selves in this way. Almost in an artistic way an artist would do?**

Jefferson: Uh hmm.

**Treb: They express their selves this way. I am sitting in with two of the younger children.**

Jefferson: And...



**Treb: Yes, I see them here as well and they are sitting. It is not a very complex living area.**

Jefferson: Uh huh.

**Treb: It has the walls that are there. They are not flat walls but rounded. It is a very simple structure, yes.**

Jefferson: When you leave your home, how far do you need to walk in order to get to the first public transportation?

**Treb: It is one that we all have our own, personal transportation. Not in the way of personal but... we each have our own for our families to us, to go into the areas that are more populated.**

Jefferson: Uh huh.

**Treb: There are not many of what you might say cities, but there are a few major places where all in our planet tend to gather and large events or different things that there come together.**

Jefferson: So when you leave your house, you have like... a "car" outside waiting for you.

**Treb: Yes, it is not a car but yes, it is a transportation. It is one... remember when I explained about my wife's brother, about how he travels?**

Jefferson: Yeah.

**Treb: It is a small transport like this. Yes.**

Jefferson: I see. It is like a space craft that is small.

**Treb: Yes, very small. It can fit two people in the driving area. Yes.**

Jefferson: Does it go on the ground like ours(?), or it just flies?

**Treb: Yes, it flies. We do not need to take this to any high elevation. And this is fairly not very hilly or mountainous region as some of yours. We do have mountain ranges but these are not close. These are all far away. We tend to travel very low, close to the ground as you would see(?).**

Jefferson: Uh huh.

**Treb: Almost in your idea of... perhaps the hovering craft(?), one of these.**

Jefferson: Uh huh.

**Treb: But it is not as low as what your hovering crafts would hover like.**

Jefferson: And has any craft crashed against another at all?

**Treb: As hitting against? Like in car accidents that you have?**

Jefferson: Yeah.

**Treb: No, this does not happen, no.**

Jefferson: How come?

**Treb: (Laughter). They are designed with technology that are not... if they are coming too close together... it pushes out the electro-magnetic field that is around it(?).**

Jefferson: Uh huh.

**Treb: So it isn't able to hit each other. It is the field that would hit.**

Jefferson: I see. Now, talking about that...when we meet the first society on planet Earth. I believe they will help us with the idea of technology, don't you?

**Treb: Yes. It will help you understand yours to a great degree. But it is also not very common to share great amounts of technology.**

Jefferson: Oh.

**Treb: For instance... in the density that I am from. If I want to go back into the time that our race was originally into the fourth density, the technology would be much greater. So we do not share technology to a degree that is more than what they have readily available to them or that they already have a basic understanding of.**

Jefferson: Uh huh.

**Treb: It goes for the same reason that you do not**

**want to evolve faster or in a different area but you can give them enough of what is helpful, of what they already have that will benefit them as a race, yes.**

Jefferson: So it is almost as if the extraterrestrial beings wanted to respect our level of development, help us out and yet allow us to be responsible for what we do, so we can also take the credit for it!

**Treb: Yes. It is not only a way of respect but it is a way of the... idea of natural progression and this is why we do not interfere with races when they are not ready. It is a great belief in our society, very much so, that technology is not shared to a great degree, unless the need is great and the free will is there from all.**

Jefferson: Oh I see. I understand. Alright! So... I thank you very much for today's ideas and thoughts that you shared with us.

**Treb: Yes, you are welcome.**

Jefferson: Would you tell me, if any of the children or both of them that are around you would like to tell us something from their minds or their hearts?

**Treb: Yes, give me one moment and I will ask them?**

Jefferson: Sure!

**Treb: Yes. The youngest of the children that we have which is my daughter. She is very shy. She just wishes to say: "hello!"**

Jefferson: Cool.

**Treb: ...and the one that is older than her, which is a female, a daughter. She wishes to say that she is one day hoping to come to your planet and speak to you. And she is interested in to sharing ideas and her love with you. This is the basic idea. Yes.**

Jefferson: Wow. Tell them I thank them very much. How about your oldest son? Where is he now?

**Treb: He is gone for now. He is on the ship. He is heading towards... do you recall when I spoke to you about a meeting we were having with the...**

Jefferson: ...feline?

**Treb: ...feline, yes, entities that are the beings that are almost to a cat degree?**

Jefferson: Yes I remember, the feline hybrid beings!

**Treb: Yes! They are going there to lend support in the way of love and going to there to see how everything is going on the planet. Whether it is going as well as it should be. Much as we do to you on your planet there.**

Jefferson: I see so they didn't start open contact with them yet.

**Treb: No. This will not happen for some time...**

Jefferson: So...

**Treb: ...it was agreed that it is too early in the progression of things, but we are not completely able to make this decision on our own. We must speak to other sectors of what we call the galaxy, councils(?)... the galactic council?**

Jefferson: Uh huh.

**Treb: There are many decisions, but this is not up for us as a race, it is up for us as a collective group or races. Yes.**

Jefferson: And so, within the protocols that you have you are able to communicate with them as you are communicating with us for instance. (?)

**Treb: Yes, yes, to a great degree it is similar to yours, yes!**

Jefferson: And so, do they have channelers there?

**Treb: Ah, it is not as channeling as in the way that is done right here, through the host. It is more in a way... of a “telempathic” communication. They have the leaders or what you in your ancient tribes might consider to be a holly man. Something in the way of this. And he is given the vision by a telempathic communication.**

Jefferson: Hmm.

**Treb: He gives out to the tribe or the group that he is**

**in, what the visions are and it is highly accepted because he understand his connections, yes.**

Jefferson: Okay, well, there is a lot of life to be lived in the universe, huh?

**Treb: Yes! There is such a great amount of life in creation...**

Jefferson: Very well.

**Treb: ...this is why the interest in communication with all of you is high for me because this gives me a great joy.**

Jefferson: Very well then. Do you have any parting thoughts my friend?

**Treb: Just for everyone to continue to make your own reality and do this by love, do this by the way of helping others. Be in service to others for when you help others you tend to help yourself and the planet as a whole and this is a great idea, it is what we have spoken of today.**

Jefferson: Fantastic. I thank you very much, and I thank your daughters and... and... everybody from your planet that is directly or indirectly involved with our communication and the teachings that you have given us.

**Treb: Yes! As they wish love to be sent to you two as well. Thank you for your part in this, of sharing communication with many others.**

Jefferson: Thank you for your timelessness!

**Treb: You are very welcome. I leave you in love and light. And we will speak again soon! Good day Jefferson!**

Jefferson: Yes! Thank you. You too! Have a nice day!

**Treb: You too. Great. Good bye!**

Jefferson: Good bye.





*18th of August, 2011*

## **CHAPTER 5**

The beauty of diversity in function.

**Treb: Hello Jefferson?**

Jefferson: Hello Treb.

**Treb: Good afternoon. How are you doing in this day ?**

Jefferson: Is this Treb Bor Yit-NE?

**Treb: Yes this is Treb.**

Jefferson: I'm doing very well. How are you doing this morning?

**Treb: I am doing very well. Yes. I have brought some of the ones who work on this planet for you, and I have them gathered here with me. We do not have the number of six that you wished, but I do have the number of five. Two of them I invited from the other side of the planet, the other parts in the quarter as we break it up in parts. So I wished to have them come from a great distance, and the other ones I chose from the local area. Ones who are here in the gathering area today. So this is why I have five instead of six. I wanted to bring the two from across because of their specific jobs and possibly in having an interest to you. This is why I set this up for this today. Any specific way that you wish to do this?**

Jefferson: Yes. First of all I want to ask you are you excited about this little project of getting to know the occupations you may have in your planet by their respective executers directly?

**Treb: Yes. I am very excited. This is the first chance to share our daily life... the actual parts of our planet and in the ways of our planet with you.**

Jefferson: Cool.

**Treb: It is very exciting to share all of this information. And not only for information sake, but for a general understanding of our people in a greater way.**

Jefferson: Lovely. So you are all like... for instance, in your house, physically present?

**Treb: No. We are now at the gathering area, which is in what you say is the town. We are in this gathering area. Not all of the ones who I have here to speak with you will be able to connect on with the host. So this is the way that I wish to do this, is through speaking from me to them. So there is no interruption or misunderstanding.**

Jefferson: Sure.

**Treb: Some of these have never left the planet or have not communicated with ones who are from your planet or any other. So it will be easier for me to do this in this way.**

Jefferson: Oh lovely! So, what I'm going to do then, I'll have the questions that I wrote down asked to you first, so as they hear you answering, they can have an idea of what will come later their way?

**Treb: Yes.**

Jefferson: Okay. So the first questions to measure and focus on one individual in particular would be this one. I will ask you your name, your gender, your age, your hair and eye color, height, weight, whether you are single or married and if you have children. For instance; my name is Jefferson. I am of a male orientation, I am 31 years old, my hair is brown, my eyes are brown. My height is 1.83 meters. I think this is 6.1 feet. My weight is 76 kilos. I am single and I have no children. So that would be my first question. From there, we

know exactly who we are talking to, with a little bit of what you look like, imagery in that sense. So let's start by that so to make sure if there is any detail about yourself that we didn't get, we can also have the opportunity now to get it. So your name we know very well, we know that you are of male orientation. Would you confirm your age?

**Treb: Yes. The age of myself in your years is 369.**

Jefferson: What about your hair?

**Treb: We do not have hair. There is not a hair that grows through the skin. This is one of the humanoid traits that do not come through in our race.**

Jefferson: Now instead of hair, is there anything else other than the tail that comes through your skin that is different in male and female or in every person?

**Treb: The one characteristic of us that is distinguishing from other members of our race, are the patterns of the red dots that are on our skin. All of us have a different density of them; a different number of them within an area of our body. This is what I mean... others have different patterns throughout the body. This is the greatest differences in distinguishing characteristics, yes.**

Jefferson: So is there a way that you can describe the patterns on your skin or would there be too much detail?

**Treb: It is possible. But for time constraints, I am not sure if this will be of great help.**

Jefferson: No it is alright!

**Treb: In which way would you like me to describe this?**

Jefferson: I don't know if the patterns in your skin are vertical or horizontal for instance.

**Treb: Yes. On most of us they are all... what you would say symmetrical and this is the same for me. I have probably in the area of fifteen in three rows that go from the nose and under the eyes back to where your ears would be. It is not fifteen, it is seventeen at the counting of it. Then there are ones that are stretching across the forehead of two rows of what you might say from the inner eyebrow of what yours would be. In a looping way, a half of a circle, up into the top. It is more dense on me than certain members. It is more dense or less dense per say for all of them. It is very distinguishable. It is harder to explain in a way that would be understanding to you if you have not seen it. I am not sure of if the way that I explained it is well enough for you to see in your head.**

Jefferson: Sure. That would be great. Like it goes from this place to this place and in... from one place to the another we have so many dots. That replaces the hair idea.

**Treb: Yes.**

Jefferson: What is your eye color?

**Treb: The eye color for all of us on the one side the light side is a light purple and on the black side is a**

**darker.**

Jefferson: Oh; I see.

**Treb: Yes.**

Jefferson: What is your height?

**Treb: For me specifically it is 7 feet and 6 inches perhaps, very close to this.**

Jefferson: And the weight?

**Treb: 370 pounds of yours perhaps. Approximately this weight.**

Jefferson: You are married; right?

**Treb: Yes. I do have a mate. As a matter of fact, I do not want to ruin a surprise. But she is one that I have here to speak with you.**

Jefferson: Oh, fantastic. Lovely! And you have children?

**Treb: Yes. Three of them.**

Jefferson: Okay. Well any further questions about the marriage idea, I will ask her later then. Now the question number two would be; What is your occupation and what remarkable event brought you to enjoy such career?

**Treb: The career that is loosely translated in your English language, would be: *spiritual advisor*, and this has a great many details within the job. But the**

**greatest idea of this is to not only teach my people but the people we are in contact with our ideas of what connects you to the earth and what spiritualism is. This has interested me since I was a child. It is not a very thought over... well it is hard to explain. It is not a very well received from most, because it is a job that is not necessarily needed for our race alone, but to reach out to other races it is. But in the way of wanting to reach out to other races, there are many more jobs that are able to do this without having to keep the subject just on the spirituality. So I suppose this is why most do not accept this as a job. There is not a very large number of us that do this.**

Jefferson: What do you remember that in the past that made you want to do that? Like, did you see your father talking to extraterrestrials? What made you want it?

**Treb: Okay. If I were to take myself in a way that would say one specific event more than others...**

Jefferson: Yes.

**Treb: It was the event with a race that I explained to you, that often visits our planet. They are the ones that are descendants of the Nihal, the ones that we are hybrid from(?). A race that is the pure race of the Nihal descendants are the ones who visit. When they visited, there was one specific man who did this job. In just the stories that he would tell(?), in a way that he would explain this to us(?), it appeared greatly in my soul!**

Jefferson: Fun! I hear you. That's great! Now what are the



main responsibilities of your position and how it relates to other important departments(?), in your planet? Like... can you name for example, three main responsibilities? I understand that one is: you're communicating with other planets and making your planet aware of other planets, correct?

**Treb: Yes. That would be one of the three. The other two would be to invite (rationally helping), the other ones and of other planets to grow with the understanding. Not just in a telepathic sense, but in a vibrational sense to uplift them by example. The third would be in communications with other races I suppose. The best way to explain it is to communicate a sense of love and an expression of caring, so that they will understand that we do not have our best interests in the whole idea of this. Many races that come from a third density are still in the negative and positive mindset. So sometimes they believe that there can be good done. But behind all good must come evil, because this is the truth within the third density to an extent. It is what you might call as Karma(?). So, getting this idea through is a very, very important part of the job as well.**

Jefferson: And could you explain just a little bit more of the idea about helping the children grow vibrationally?

**Treb: It is not much of a complex idea besides the way that I explained. To better explain this, I will put it in this way... when you are physically around children, not only are they picking up on your movements and not only are they picking up on your conversational thoughts, but they pick on the level of which you**

**vibrate. We are all vibrational beings, as you understand, and the greater your vibration is, the higher level of consciousness you have availability to. So on my planet it would be considered very highly vibrational, in that sense. So just in the way of being around them, they pick up on this vibrational cue which helps them pick up the interest, pick up the want to have this spiritual connection. If this make sense?**

Jefferson: Yes. It does.

**Treb: Yes.**

Jefferson: Now, what is the most exciting part of the job you do and the least exciting?

**Treb: This is the most exciting to share ideas and get to understand other races in the way that they believe, the way that they think and the way that they live. This is the greatest excitement for this job. The least favorite one is... this is hard to say! Because there are no great parts of this that are not exciting in one way or another. But if it has to be from the least excitement(?), I would have to say in the conventional way of teaching within the school system. When you go to that system to teach the children, it is very structured compared to being free in a non school type of environment or not in that learning environment. There are so many communications that are going all around and there is no time for the one on one. It is more of a group, and this is fine, but it is not as personal. It is not as connecting in this way.**

Jefferson: Just to make sure I understood. You are speaking about the ways that the educational system in your world is set up, which is made by... where a large number of people are gathered, and they get together in small groups, which doesn't allow you to have a one on one conversation, right?

**Treb: Yes. It is similar to a school structure of yours, but it is a large building and inside of this large building there are several groups, each with what you would say as a teacher. The children go to the teacher about the subjects or issues that they wish to learn on that day; if they want to learn at all. But honestly, it has to be taught at one point or another. But you understand what I mean(?). If it not of their interest at this day, then they go to the next and in the next time that they are available. So when they do this, sometimes they are in a large group or a larger amount (in numbers). So when you speak to them, you speak to them all as a great group. It is not as much as the one on one. There is always time for questions and communications in a personal way. But yes, the idea of not being able to sit down with each of them and do this, can be frustrating in a sense. You are not giving all of yourself to that one person at one time, if you understand what I mean by this(?).**

Jefferson: True. Now what is your preferred color?

**Treb: The preferred color for me?**

Jefferson: Yes.

**Treb: Yes. The shining of silver. This is a great color.**

Jefferson: Flower?

**Treb: From your planet?**

Jefferson: From your planet. What is your preferred flower?

**Treb: It is hard to say. There is not many of what you would consider to be flowers there. It is more of a loose vegetation. But it is not the true vegetation in this way, so there is not a connection from that second density level, as you do with your plants and grass, there is more of a built in part of the consciousness of the collective. So, as for connecting to it, it is not the same as connecting to the life forms as you would be able to go, and communicate with trees on your planet. It is not built in this way.**

Jefferson: So what is the part of nature where you connect the most?

**Treb: It would be the water. This is a great joy. It is part of our primitive self I suppose, as you would say.**

Jefferson: Sure.

**Treb: To always want to go next to the water, more dense water. It is very calming.**

Jefferson: What is your preferred pet?

**Treb: We do not have pets in a sense that you do. There are only a very few animals that are on the land and they are not in a friendly nature. There are ones**

**that are close to insects that we welcome within the house in and out as they wish.**

Jefferson: So what is the insect that you like the most?

**Treb: It does not have a name, but I will describe this for you if you wish.**

Jefferson: Yes.

**Treb: It would have eight of the legs and not as the spider or the arachnid that you have on your planet. But it has eight straight legs and it walks on all of them as if your dogs would have straight legs; kind of like this. It is about eight or nine of the inches of yours long, and about five inches off of the ground. It has almost a fuzzy skin, if you will, and one that is similar to an animal that you call a caterpillar.**

Jefferson: Yes.

**Treb: Similar to this, yes! And with the texture of the skin... the colors that are on them are red and purple, but they have different patterns to distinguish them.**

Jefferson: Oh I see, and do they fly?

**Treb: No. They are only on ground and climbing our trees.**

Jefferson: What is your preferred sport?

**Treb: I like to have the competition. It is much of your martial arts in a fighting way. But it is not meant to**

**hurt. It is meant as a style of competition, yes. This is my favorite exercise that is not considered to be beneficial only to the body but to the mind as well.**

Jefferson: From your childhood, what was your preferred game?

**Treb: There was one that was done in water where we would dive to the bottom and we would look for various objects, or try to find each other in the depths. This was always a great joy of mine.**

Jefferson: Is there a type of woman and I know your wife is there, but is there a type of woman that you prefer over others?

**Treb: Yes. Similar to the one that I married. She is very smart, very strong, very proud of what she does... very committed! She is also interested in similar work to mine. It is not the same, but it is very similar.**

Jefferson: But as far as looks go, do they look all the same?

**Treb: It is not all the same. It is different heights and different weights and body mass. But this is not the general issue of all of us. This is not one that we look at. It is one of the soul connection and not one of the body.**

Jefferson: What is your preferred weather?

**Treb: The weather is generally the same and it is mostly calm and collective. All of the weather is fine**

**by me because this is just part of the cycle of the planet. So there is not really a preference for myself.**

Jefferson: What is your preferred place to be. You can choose it to be of your planet or off your planet?

**Treb: I do enjoy them both but when I am off the planet, it gives me a sense of adventure, as you would say, a sense of going out and about and this is a very high level of joy for me.**

Jefferson: What place do you like to visit?

**Treb: Yes. There is a star system that is close to us and this is a very small star and it has a planet that is within our density, but it is not inhabited. So sometimes it is of joy to go there and to look around. It is much, much warmer than our planet which is very comfortable, and it is very attractive to the eye.**

Jefferson: Now what was the last present you received?

**Treb: This is a hard one to say as well because every moment of the day is a present. If you are speaking of the physical gift?**

Jefferson: Yes, in a sense that we receive little tokens to remember people or dates.

**Treb: It would be that from my son and it is the one who I spoke to you of who does the traveling with looking into doing this.**

Jefferson: Yes.

**Treb: Yes. He was given a gift of metallic of what you say jewelry from another race off planet that they had met on a long time ago. Not a long time ago but about, in your time, a year or what we have here.**

Jefferson: Is that for you to put on your neck?

**Treb: No. It is to put around the head. You might see as a band head.**

Jefferson: Now my last question is: what is the meaning of happiness for you?

**Treb: It is to be comfortable within yourself. It is to be living in the highest vibration.**

Jefferson: Oh great! Okay so these are the questions basically; that is it!

**Treb: Yes.**

Jefferson: Did you enjoy it?

**Treb: Yes. This was great!!**

Jefferson: Fantastic! So let's go on to the next guest.

**Treb: Perhaps you would like to speak to my wife next?**

Jefferson: Fantastic!

**Treb: As I said before, instead of using the techniques**



**or teaching in a specific way to connect to the host, I will ask any questions and answer for them.**

Jefferson: Great! But for the purpose of the book, instead of saying they are saying, try to answer as if I was speaking to them directly.

**Treb: Yes. If you wish that I can set up a system within myself that allows the consciousness, instead of being above her to directly connect. It will not be in a way that I have created this with the other spiritual advisors but they are aware of the technique. But yes, I can do it in this way, yes.**

Jefferson: Fantastic!! Thank you.

**Treb: Yes. One moment and I will bring her to you.**

Jefferson: Yes.

**Treb (Wife): Hello Jefferson.**

Jefferson: Hey! How are you?

**Treb (Wife): I am doing well and how are you doing?**

Jefferson: Great! What's your name?

**Treb (Wife): In the way that the names have been structured(?), I would also be Treb Bor Yit-NE. But the family name that I come from would be different. So we can say Son Bor Yit-NE. That is the family name that I was given by my family from my father and mother.**

Jefferson: Now we understand you are of a female orientation, right?

**Treb (Wife): Yes.**

Jefferson: And what is your age if I may ask?

**Treb (Wife): 361 of your years.**

Jefferson: Can you explain quickly the patterning of the dots in your face?

**Treb (Wife): Yes. I have one band of the red dots that go from nose to ear and with six on each side, and I have three that go up and down, rows, where my chin would be from the bottom lip to the top of the neck. In each of these there are twelve and on my head I have three rows on the right side that have fifteen, and sixteen of them go from the eyebrows to the back and the same on the left side.**

Jefferson: Lovely! And your eye color?

**Treb (Wife): It is purple.**

Jefferson: Okay. Height?

**Treb (Wife): I would be in your height approximately 6.8 feet to 6.9 feet.**

Jefferson: And your weight?

**Treb (Wife): 228 pounds approximately.**

Jefferson: And you are married of course and you have three children?

**Treb (Wife): Yes.**

Jefferson: Can you tell us, particularly of your marriage; how it happened?

**Treb (Wife): We grew up in the same specific area on the planet and through doing this, I met him as a child and we grew up together. There was always a connected feeling and our interests were always the same. So we have spent a lot of time together.**

Jefferson: Lovely. What is your occupation?

**Treb (Wife): What I do is I study the barriers or differences of cultures in the difference of the beginning of the non spoken language. For instance, if the race is becoming more telepathic or beginning to not use languages as a spoken language. I interpret the thoughts that are between them for communication purposes in differences of cultures or differences of complex ideas. If this makes sense?**

Jefferson: Yes. So basically the entire society is speaking in a particular language and then they evolve to telepathic communication. But not all of them, so you make the bridge?

**Treb (Wife): Yes. But in more specific ways, I make the bridge from the non spoken language. I am not one who interprets the spoken. When all races get to the non spoken or the race that does, then I use my**

**ability to take one non spoken language to the other and transfer the idea patterns and the thought patterns, so that they are less complex and have a better understanding from both sides.**

Jefferson: Wow! I didn't know that we still need translators when we are telepathic.

**Treb (Wife): Pardon me?**

Jefferson: When we use telepathy, we then still need translators from one language to another?

**Treb (Wife): When they are in what you might say the infancy stage of their telepathic communication, yes.**

Jefferson: Oh, I see. Now... what remarkable event brought you to enjoy such an occupation in such a career?

**Treb (Wife): When my husband as you see this(?), decided to take on the role that he did, I always had an interest in this. In seeing him do the work that he did, I realized that there was the troubles that existed between those communications. So I decided to do this.**

Jefferson: Can you share with us how it was your first day at work?

**Treb (Wife): The first day of work? How it was?**

Jefferson: Yes.

**Treb (Wife): It was a day with a race that is in fourth**

**density that uses its telepathy. A race that had just transferred there and they did not understand the full idea of this; the full telepathic concept. The symbolisms that they use, were not used by the other race that I was transferring for, because their systems were so different. So I used this. It was hard to try to get the angle at the first time. It was odd for me, in the job that I had, it was one that is made from necessity or from something that I enjoyed. So there was no learning curve (period) for me. The only learning that I had would be to have experience with the spiritual advisors. So I would spend time with them to do this and when doing this, it was difficult to understand the brand new race to this density because they were not able to communicate telepathically in ways that was understandable to the other race. So it was not frustrating but it was hard to get the messages across at first. But after they started to understand the differences, I was no longer needed.**

Jefferson: Wow!! So what are the main responsibilities. I know you have spoken already a little bit about them. But what are perhaps the 3 main responsibilities of your position?

**Treb (Wife): It is only the one. There is no other part to it but this... It is not needed for very long. As I said, once the races begin to understand the cultural differences. If they do not understand specifics in a race, it is only temporarily. So it is not used in a day to day manner and it is also not needed for anything more than this function.**

Jefferson: So one of the responsibilities you could say that it is, is for you to make sure that you can assimilate and understand their way of communication, and then translate it into your way and make people from “your own side” understand as well.

**Treb (Wife): Because it is not our side that needs to be understood. Our side is a way of both, of the differences and both of the cultures before we would then use the translational type of communication. So basically, it is... we have had exchanges with both in our ways and their ways and this is what helps do this communication.**

Jefferson: What is the most exciting part of your job and what is the least exciting?

**Treb (Wife): The greatest part of this is the communication in meeting of several different races that are in different stages of the spiritual evolution. The least exciting part is when there is frustration within differences or lack of understanding between the races. This can be frustrating to the point that when the frustration begins, the vibrations drop and this is an uncomfortable feeling for all.**

Jefferson: Can you tell us the last time it happened if it happened already?

**Treb (Wife): Of which specific are you speaking of?**

Jefferson: The last time it happened when you went to your work and people started to get frustrated and the energy

dropped?

**Treb (Wife):** Approximately four and one half or maybe five of your years ago, in between this area.

Jefferson: What happened?

**Treb (Wife):** It was more of a misunderstanding. The race that was new to the way of telepathic communication, because they are of non sexual beings of nature, they did not understand that there was different ways to speak to a male or a female of the other. But then it was disrespectful to their culture to speak to them in the same manner.

Jefferson: Oh wow! Alright. And then, how did you solve the problem? You spoke with them and then everything got well or did they leave?

**Treb (Wife):** No. It was worked out. It usually is worked out. It was explained that because the senses are still used in the race, that there is a difference and the differences were explained and the communication was patched up, so to say.

Jefferson: So what's your preferred color?

**Treb (Wife):** My favorite color?

Jefferson: Yes.

**Treb (Wife):** Yes. It is silver.

Jefferson: Lovely. And what flower do you like the most? If

you don't have flower, what connection to nature do you have the most?

**Treb (Wife):** The trees that we have or what we call trees. They are very similar to a tree that grows in the south of the ones with the coconut that grow; palm trees(?), it is much like this, the trunk or the part that goes to that, not the leaves, just the part where it is serrated and met at different levels. And on the top is more of a hairy or fluffy texture. The closest texture that I can see would be the one plant that you have where the pod is broken and they have the little fluffy seeds that fly around; milk weed(?). It is similar to this on the leaves and this is my favorite and we have many in the area that we live in; yes.

Jefferson: Now what insect or little animal is that you like the most?

**Treb (Wife):** There is one small that swims in the water; what you say a fish. It is very small but it is very, very colorful in a blue and then reddish-blue and this is very beautiful. The way that it swims is very unique(?).

Jefferson: What does it look like?

**Treb (Wife):** It is about three or four of your inches long. It is wide to an inch and it has one eye on the front and two that are up on the top of each side of it. Similar to the side of your fish and with mouth opened, it makes it looks like it has lips that are very wide and big. Those are bright, bright blue and it is very shiny.



Jefferson: What sport do you like?

**Treb (Wife): In the sports sense, swimming is great.**

Jefferson: What is the game that you remember and that you enjoyed or still play that you like?

**Treb (Wife): There are several games that I enjoyed as a child. The one that sticks out to the mind, is one game that maybe is called hide and seek. We would go within the big city and try to block off the thought process so that others could not pick up where you are, and this is a way to hide from it.**

Jefferson: What type of man do you like?

**Treb (Wife): The ones who are spiritual in nature. This is very, very important to me. We have very many... what you might say as strong willed(?), men are very prideful. This is not something that appeals to me. Someone who is more relaxed or not so prideful that it overcomes the niceness within them. If you understand this?**

Jefferson: Yes. Well the weather is always the same, so you don't have much to choose on that... but what kind of weather do you like?

**Treb (Wife): It is not a preference perhaps. That is something among our people that is not very much thought of. Unless it comes to the point, that is in between the light and the dark side that can be very violent in nature. So it is very much different to us on**

**the planet but for some it appeals to them. But it is not thought of much by our race. It is not something that is important because it never changes to a degree that makes it different from the rest. I Do you understand?**

Jefferson: I sure do ma'am! What place do you like to visit the most?

**Treb (Wife): I enjoy to go into the nearest town that we have. It is very great there with meetings and great places for all of us to meet. This is the greatest joy that I have.**

Jefferson: Is there any place off planet in particular that you would like to share and enjoy visiting?

**Treb (Wife): There are several planets that I found that I enjoy. But if I have to pick one, it would mostly likely be one that is maybe twenty five or twenty six light years from us. It is one that surrounds a great blue star and everything is very huge and their cities are very large with the races that lives there. The whole planet is almost as a great city. It is great and there are so many types of beings and types of personalities that are there.**

Jefferson: And what can you do there? Like, do you just walk around?

**Treb (Wife): There are many things to do that you can find to do there. You mean things to do there specifically you mean?**

Jefferson: Yes.

**Treb (Wife): I enjoy the company of others. As you might see a vacation where you take your family with you? This is the best way for us to do that.**

Jefferson: Wow!

**Treb (Wife): Yes.**

Jefferson: Okay. What was the last gift that you received or the one that you liked the most?

**Treb (Wife): The gift that is greatest is not of a physical nature.**

Jefferson: But if you were to say like we have people give you things, what was that thing that someone gave you?

**Treb (Wife): Yes, One thing that means very much to me is something that all of the children have let them give as gift to us. It is, what you might say is a crystal. It is put on the table that is within the gathering room of our dwelling. It is shaped in a semi-circle with the bottom where the crystals are pure in its form and sharp at the bottom. But it was made to look like a half of a planet sitting within the crystals. It is very beautiful.**

Jefferson: Wow! Now what is the meaning of happiness for you?

**Treb (Wife): To be in positivity.**

Jefferson: If you were to teach a person how to be within positivity, how would you do this?

**Treb (Wife): To live every moment doing what you enjoy. If this is not possible, to help others around enjoy that moment just as much.**

Jefferson: Wow! Fantastic! So do you have any parting thoughts before we talk to our next guest?

**Treb (Wife): No. There is nothing to say besides it was nice to have communicated with you.**

Jefferson: You enjoyed the conversation, did you?

**Treb (Wife): Pardon me?**

Jefferson: Is this the first time you have spoken to a human being?

**Treb (Wife): To a human. Yes.**

Jefferson: Great! It is the first time I speak to a Yit girl as well, so thank you very much.

**Treb (Wife): You are welcome.**

Jefferson: Goodbye.

**Treb (Wife): Goodbye.**

**A new Yit person: Hello?**

Jefferson: Hello! How are you today?

**A new Yit person: I am doing fine and how are you doing?**

Jefferson: Doing great! Would you care to tell us your name?

**A new Yit person: Yes. I am Tri Nor Yit-NE. I am of a female gender. It is not Tri Bor Yit-NE it is Tri Nor Yit-NE with the "N" sound. This is because I do not live on the same portion of the planet that Treb Bor Yit-NE lives on.**

Jefferson: Oh I see. So you are from the dark side?

**Tri Nor Yit-NE: No. I am from the northern hemisphere of the light side.**

Jefferson: What is your age if I may ask you?

**Tri: In your years? 1116.**

Jefferson: Wow! You are really old.

**Tri: Yes.**

Jefferson: Now, as far as age goes, is your body weakened as the time passes?

**Tri: In a physical sense, yes. In a spiritual or energetic way; no. It is not that the physical breaks down as much as you don't need to use it as much for the physical parts of the things that you need. They are not needed as highly.**

Jefferson: Oh, I see. So your spiritual evolution allows you to have the body that you wish to have, but getting old is an experience that you enjoy! (?)

**Tri: Oh yes. I enjoy it greatly at this time.**

Jefferson: I see. And is it a fact that the red dots become purple or something different as you get older?

**Tri: No. They become a less bright red to what you might consider to be a duller red.**

Jefferson: Oh! I hear you. Would you care to explain this how they sit on your face?

**Tri: Yes. I am what is a not very normal. As Treb Bor Yit-NE explains to you there are symmetric and non-symmetrical and the symmetric is most common. I am not symmetrical. The right side of my head and face have much more dots in scattered patterns. The left side has the rows or flowing rows of four in a waving pattern from the forehead to the chin and over the ear and back as a wave.**

Jefferson: I see and your eye color? Is that purple?

**Tri: Yes, purple.**

Jefferson: And do you guys have ears?

**Tri: It is an ear but it is not an external ear. It is just what you say a hollow inside under the skin that picks up a vibration. So we are able to hear sounds, but not in the same exact way as you would. It is a lowering**

**and humming sensation.**

Jefferson: S, you don't have the little hole to hear?

**Tri: No. There is no opening there.**

Jefferson: Oh! Now what is your height?

**Tri: My height is approximately 6 feet 11 inches.**

Jefferson: And what is your weight?

**Tri: It is 278 pounds.**

Jefferson: Are you single or married?

**Tri: I am definitely having a mate. Most of us do in the adult life. It is very common and very uncommon not to. Yes. It is a husband. He is 1007 of your years.**

Jefferson: Oh I see. Do you have children?

**Tri: No. This is something that we do not wish to do. It is not the type of lifestyle that we both chose to have.**

Jefferson: So what's your occupation?

**Tri: The occupation is what you might relate to the... historian perhaps(?). There is a local group of stars that are what might be considered the ancient history. That there is a following. So I keep the information of this.**

Jefferson: Yes. How are the stars that you keep track of relate

to your society?

**Tri: It is not the stars themselves. It is the history of all of the beings that were within this. What we consider our ancient history.**

Jefferson: So those are the stars that you come from?

**Tri: Those are the stars of the groups of beings that we have grown with throughout the last densities.**

Jefferson: Oh I see. And they are more reptilian like or more human like?

**Tri: They are low reptilian types in this area besides us as what you see as a reptilian.**

Jefferson: Oh. I see, and what type are they?

**Tri: There are only three other types that are within this ten star system. The three are the conventional humanoid and one of them is the one that would be most appearing to your... the animal that has a flat nose(?), like a pig(!), it is very common to this.**

Jefferson: So it is a hybrid human pig. (Laughter)

**Tri: Similar to this, yes.**

Jefferson: And do they have the little tail that curls? (Laughter)

**Tri: No. The way that it looks as a pig is the way that the nose is structured. It is not truly a hybrid of this.**



**It is a pig appearance and the skin is very thick and a color that would resemble pink to you?**

Jefferson: What remarkable event brought you to enjoy such a career?

**Tri: The idea that the written spoken language is not very much thought of or used. As a child this would be the last Era, if you will, of this types of communication. It has fallen from the ideas of main stream society. So that I wanted to make sure that it would never die in a complete way, even though I understand that our archives are very good and have been written very well, for me to study this was of interest.**

Jefferson: What are the main responsibilities of your position?

**Tri: Just to keep the information in an archive and to teach at the school for children who wish to learn.**

Jefferson: So that children that wish to learn about the story or history of other races that you grew up with?

**Tri: Yes. It is not just of their history but of ours as well.**

Jefferson: Oh I hear you. So do you guys have visitations from the pig people for instance?

**Tri: No. They are no longer part of this area. They moved to different parts of the galaxy when they made a transfer through the densities.**

Jefferson: From fourth to fifth?

**Tri: Yes.**

Jefferson: Understood. Did you look into the archives at all about our planet?

**Tri: It was not studied because it was not within this ten star range.**

Jefferson: But are you aware of our planet?

**Tri: Vaguely, yes.**

Jefferson: I see. So you have an idea of what we look like?

**Tri: Yes. This is understood through the communication of Treb Bor Yit-NE.**

Jefferson: Very well.

**Tri: Because I am linked on through him I understand what he understands of your race.**

Jefferson: Oh I see. What is the most exciting part of your job and the least exciting?

**Tri: It is all of great excitement for me. The best part is just to keep this alive as I have said. It does have a more negative side, just from a lack of interest from the generations that have grown up since. This is disappointing to me but it is not a devastatingly negative thing, as you might see this.**

Jefferson: What happened to the interest of the new generation? What are they interested about in these days?

**Tri: They are not as interested in the aspects of the written or the spoken language that we used a long time ago?**

Jefferson: Yes.

**Tri: There is always a general interest in history for our galaxy. This is part of the fifth density role, is to learn as much as you can. But it is those aspects of it that they are not interested in it as much. There are other teachers that go to the meeting school that teach history in a wider or more large variety.**

Jefferson: How do you say "be in joy" in your ancient language.

**Tri: It is hard to translate in your tongue, but I will do the best that I can.**

Jefferson: Yes.

**Tri: Seehladsss... seehladsss... That is the best way that it would sound.**

Jefferson: Interesting. The society of human like beings that will most probably meet us first on Earth for open, peaceful contact say "Be in Joy" this way: "Yah Oohm".

**Tri: Ya-Uhn?**

Jefferson: Yes. Yah Oohm.

**Tri: Yes; yes. This (word I spoke), is in the primitive language of our personal third density before, density history, yes.**

Jefferson: Wow! So what is your preferred color?

**Tri: I prefer... it as a blue. But with like a pearl glow?**

Jefferson: What part of nature do you connect to the most? Like... do you have a preference for a particular thing from nature?

**Tri: Oh, as in one specific that I prefer?**

Jefferson: Yes!

**Tri: Yes! I would say it is the one that we walk on. It is like the grass. But it doesn't look as the grass that yours do, it is more red. A reddish color!**

Jefferson: Oh smooth!

**Tri: And it is very comfortable to walk on .**

Jefferson: Oh, uh huh. And do you kill it when you step on it?

**Tri: No. It is just to the dragging or walking with the feet. Yeah.**

Jefferson: Uh huh. Now, what insect or little animal that you admire or like the most?

**Tri: Uh... there is one that is specific that always catches my eye.**

Jefferson: (Laughter).

**Tri: It is one that always flies. It has the wide wings. It is like what you say insect. But it is really in the wide wings... very flat and square. More square than the ones that I see are sharp.**

Jefferson: Uh huh.

**Tri: Having sharp edges, on your planet, it is not like that. It is more square but a little rounded on the edges. And it flies but it is silver, shining silver.**

Jefferson: Wow! Okay, to you, what kind of sports did you like the most or you still like in your life.

**Tri: The sports?**

Jefferson: Yes.

**Tri: Do you mean as in competitions?**

Jefferson: Competitions can be in running, swimming who drinks the most. (Laughter)

**Tri: Oh! Yeah... the swimming is very nice. Yes!**

Jefferson: Uh huh. Do you like fighting?

**Tri: It is fun to see, the people who do this. It is fun to watch them compete, but personally it is not what I**

**would prefer to do.**

Jefferson: What would you prefer to do?

**Tri: To learn, to understand history.**

Jefferson: Lovely, what game did you like or do you still like the most?

**Tri: In the games?**

Jefferson: Yes!

**Tri: There is a game that we use, that in swimming, and it is to go the deepest that you can go.**

Jefferson: Oh I see. Now what type of men do you prefer?

**Tri: The type of men?**

Jefferson: Yes.

**Tri: The husband that I would have that is the name of yours. Is very, very tall compared top the rest of them. And he has very strong will. He does the job of the more wide variety of the history, and learning and teaching. And this attracted me to him greatly for his knowledge is high in this area.**

Jefferson: Oh! I see! [sound of a dog barking] I hear a dog barking. Do you have a dog there?

**Tri: Uh... Yes! The one who lives here has a few of the dogs, yes.**

Jefferson: What about you?

**Tri: No! There is no dogs here.**

Jefferson: Oh, but can you not bring one form another planet?

**Tri: The density of the being that would come here, would not survive.**

Jefferson: Oh. What place do you like to visit the most?

**Tri: What place do I like to be at the most?**

Jefferson: To visit!

**Tri: Ah, I do not leave the planet a lot. I've only been a few times and the times that I have, was for my husband's gathering of information and this is not something that I enjoy to do very much.**

Jefferson: What about in your planet?

**Tri: The greatest largest city is on the side that I am at now with Treb Bor Yit-NE, and this city is a great place of gathering.**

Jefferson: Good. Now what is the meaning... oh wait before I go there. What was the last gift or present that you received?

**Tri: It was an information crystal that is found on one**

**of the planets that are in this ten planet [star] area. My husband brought it to me. He traded it from someone who was in that area at that time who found it and he gave this to me as a gift, and I found little bits of information, most of it was already known, but it was great information to have.**

Man: Wow, do you remember what... or did your husband tell you what he gave in return?

**Tri: What he gave what?**

Man: What did your husband gave in return to have this gift?

**Tri: He gave a chunk of the metal that we usually make the houses out of. I'm not sure if you are even aware of it but this is very shiny, and it comes in two colors a silver-ish and gold-ish but the one that he gave was the silver.**

Jefferson: What is the meaning of happiness for you?

**Tri: Happiness it has no other meaning but to be happy. To smile inside, to smile and enjoy, that is the best human expression.**

Jefferson: Thank you! Can people in your race know before they die, the day they will die?

**Tri: I could not hear again I'm sorry.**

Jefferson: Can your people in your race, when they get really old, understand the date that they will die?



**Tri: It is known to an extent of probability, but it is not certain until it happens.**

Jefferson: Alright, do you have any parting thoughts?

**Tri: Yes, I just want to make sure that, I apologize that I cannot understand certain conversations very well, but I hope that everything you wanted to know was given to you in a proper manner as you would use this.**

Jefferson: It was absolutely fantastic my lady. I thank you very much for your presence and for your timelessness!

**Tri: Yes, thank you for your patience and understanding of our differences and for the communication.**

Jefferson: Much love to you good lady.

**Tri: Thank you and much love to you my friend.**

Jefferson: Yes.

*18th of August, 2011*

## **CHAPTER 5 - PART II**

Driven to live THAT passion.

**A new Yit person: Hello, is this Jefferson?**

Jefferson: Yes!

**A new Yit person: Hello, I am pleased to meet you.**

Jefferson: It is lovely to meet you too. How old are you?

**A new Yit person: I am 973 of your years old.**

Jefferson: And what's your name?

**A new Yit person: It would be Sy Sor Yit-NE and the Sor is the different part of the name which you are not aware of the meaning yet. It is for a southern hemisphere of the opposite side, so it is exactly on the opposite side of the planet, as we are now, located on the “dark side”.**

Jefferson: Awesome! So, it's a pleasure to meet you, you know?

**Sy: It is a pleasure to meet you as well.**

Jefferson: Now you are of a male or female orientation?

**Sy: I am a female.**

Jefferson: Of female orientation... Great. How do the red dots sit in your face?

**Sy: I do not have many on the face as opposed to most. I only have five of them on each side from the nose to the ear and three that go from the eyebrow to the top of the head.**

Jefferson: Wow, now your eye color?

**Sy: It is purple**

Jefferson: But there is a difference in hue right(?)... in coloration. (?)

**Sy: Yes, the difference from one side of to the other is a tint of the color.**

Jefferson: Why?

**Sy: I'm not sure if it has to do with the specific pigmentation or the lack of the amount of sunshine that we get. This would be the greatest way to explain that in the best way.**

Jefferson: What's your height?

**Sy: Pardon me?**

Jefferson: What's your height?

**Sy: I'm about seven feet, one of your height.**

Jefferson: And your weight.

**Sy: two hundred and ninety or three hundred of your pounds**

Jefferson: Are you single or married?

**Sy: I do have a husband.**

Jefferson: Do you have children?

**Sy: Yes, three children.**

Jefferson: Is that the most people can have?

**Sy: No, no. There are families that have fifteen or sixteen of them, that is a high number.**

Jefferson: Thanks. What is your occupation?

**Sy: The reason that I made this trip is that on this planet I'm the only one who has this certain job. It is to coordinate what you might see as an army or military(?), defense is what we would say better, for our planet.**

Jefferson: A woman?

**Sy: Yes, is this not normal in your eyes?**

Jefferson: (Laughter). For sometime hasn't been, it would be today. My country is led by a female president today, but for sometime it hasn't been. Is it well accepted in your planet, I guess. (?)

**Sy: It is preferred.**

Jefferson: Why?

**Sy: The female of our race has always been more warrior like class as you might see this.**

Jefferson: Oh, and...

**Sy: It is the ferocity in which we used to defend, - what you might say even though we do have the same mothering things that you have -, but it is the capability to protect. So, as you would see this(?), it is somewhat a mother trait.**

Jefferson: Now, how long did you take to travel?

**Sy: How long did what?**

Jefferson: How long did you take to get from your place to Treb Bor's?

**Sy: It does not take very long, in your time, it would be three, two and a half hours, about three hours.**

Jefferson: Wow, then it was really far.

**Sy: Yes, very far. It is the projection that we have there. If it was not for the one mechanism that limits you on your planet in transportation should you travel like we do, your body would be destroyed by the sheer force and the lack of understanding of propulsory fuels. This is not an issue. When we have the covering, the electromagnetic force field, if you will, that is around this to also stop the gravitational issues or G forces that you have we are able to maneuver a craft in ways that you cannot and also this works with the speed of the craft as well.**

Jefferson: So why can't you just locate yourself like other races do? They disappear from a place and appear on another and they are guided by the vibrational signature of the place that is the destination?

**Sy: This is the way that we travel outside of our planet. It is more, if you are to see the scenario(?), it is preferred because it is slower, it is more in tune with daily life that we are used to. When it goes outside the planet, to go very far distances, as you would see far distances, it is more of a instantaneous travel.**

Sy: So you are the first seat of command, like a commander in an army?

**Sy: ...a defense system, yes.**

Jefferson: Why would you need a defense system if everybody is loving?

**Sy: It is not with us that issue there are negative beings that do not mind doing what they wish to other places and this is what we seek protection from. The council, the galactic council that is spoken of, has rules that go against having protectionist armies for this reason: Because they see it, in a way that, if you are to put up a defense, then you are bringing an attack to you in the ways that you see the law of attraction, if you will.**

Jefferson: Yes!

**Sy: This is what prevents us from being a specific part of the galactic council. This is why we have to be a sub-category, because we use this. But we never had an army before the ancient reptilians - that you know of -, attacked us in the last density. We did not bring that upon ourselves, so "we do not see" the logic in this as a collective consciousness when they did not have to care about our freewill. We understand this now to a great degree, that's why we have defense systems.**

Jefferson: So is basically what happened to you in the past which you understand you did not necessarily deserve that you now keep up a sort of barrier of defense, so it won't

happen anymore for any reason whatsoever. (?)

**Sy: Yes, whether it is deserved or not. It is not about being deserved. It is about whether it's attractive or not. We understand the law of attraction and the way that they are taught, but in the way of our seeing this that collective consciousness is, are all part of a non-physical system. And in this non-physical system, there is a positive and negative, so even if we are being positive to our greatest ability and doing what we can to be positive that a manifestation of negativeness can be made from the non-physical existence. Hence the availability to infringe on our freewill at their leisure. This is the expectation or the result of the negative entities that don't mind to infringe on this.**

Jefferson: So let me see if I understood, within the collective consciousness of your planet, there is a certain number of people and within this certain number of people there are those who are not necessarily highly evolved; so by the way they live their lives through freewill they are free to create a vibration that will cause an attraction from negative beings which is not necessarily wanted by the collective consciousness but it is part of the package of the freewill of people that are living inside that collective consciousness whether these beings are incarnated or in spirit form.

**Sy: Yes, but not just on a planetary level. The planetary level that we have existence on, mostly everyone here is at the level that they are, because their evolution is where it needs to be otherwise they could not be where they are. I'm speaking of a collective consciousness throughout the galaxy. The**



**collective consciousness of this galaxy is made from entities that are positive and negative and the ones who are negative interact within the collective consciousness, so it is not on a planetary level that I speak of, it is on a galactic level.**

Jefferson: So basically if the galaxy attracts something, - which they can because of some planets as yours have freewill to vibrate whatever that they are vibrating and the choices that they do -, by that, they can attract to the galaxy other races that don't really care about love and compassion and about respect of others. So in that sense, when they get to understand and find your galaxy.. Kaboom! They can then go to wherever they pick and do whatever they want.

**Sy: Yes, this is better understanding. What you have to see is the main issue that we have is with the ancient reptilians, that Treb Bor Yit-NE uses and that he speaks to you of. They are not from this galaxy. They are not from this existence level. They are at a particular stage in evolution that even though it is on the negative path, it is greater than ours. They have the ability to transcend the different areas of consciousness that we cannot and so when they do this they are not from this galaxy and this is what causes so much trouble with them.**

Jefferson: Wow, so have you ever had that happen to you when during the time that you've been serving there?

**Sy: No. The attacks have never been since we moved into the density of the fifth. There has not been ever had an attack on this planet, no.**

Jefferson: And do you sometimes receive visitations from the peacemakers of the galactic council for you to give up this idea, commander and chief of defense, Sy?

**Sy: Yes, this has all been done. This is the only part. There is a great part of our planet that does not wish to remain with the army and the small portion that does; but the resolution is one that must be decision of all, if you understand what I mean(?); a particular group of people cannot make their mind up either way! There has to be an agreement and this is a process that has taken several thousand of your years to play out. I do believe that before my children are all at the end of their cycle that this will no longer be, but because it is on yet, we must fill the functions.**

Jefferson: Now, what percentage of your planet agree with the existence of an army?

**Sy: It is, as you might see it, it is the ones who are older, the ones who are closer to my age. And... as you see every generation of yours getting smarter or more technologically advanced(?). It is still the same with us, so the newer ones who are coming up have a better idea. They see it as this was a fourth density issue, they suggest to leave this in the fourth density! This was an issue when we were not as spiritually involved or evolved as once that this happened. So, this is not an issue for us to remain with. But for the ones who look at it in the other way, it is not a necessity as much as it is a comfort, a comfort level, a protection; not because they are in fear. This is not a great way to explain this, but it**

**goes against the idea of this happening. There was a great part of the percentage that was lost within the old density. It's hard to explain the details in so little time. It is less of an idea of worry and more of an idea of ritual of this. It is the way it always been; this is the way it should be explained from that. Do you understand?**

Jefferson: Yes! How are then organized the individuals, do you recruit young men and young women, is that part of.. is that mandatory?

**Sy: No, it is for whoever wishes to do this, and this is also a reason that the protection unit that we would have is not large in numbers. It has more technology than more of the ones who roam the solar system just as a precautionary issue; but the ones on the planet are... they are giving up their selves (volunteering) to do this and it is because they are taught in the ways of the fighting that you hear of, and not just this but as far as it goes with all the technologies and for defense.**

Jefferson: Once they are accepted join the army do they have to pledge allegiance to the flag?

**Sy: No there is no allegiance to anyone but their self and to the betterment of everyone.**

Jefferson: Yes, pledge that kind of allegiance, yes?

**Sy: Yes, okay, if this is what this means, yes.**

Jefferson: So do they have to pledge allegiance to the

country... to the planet?

**Sy: I'm not sure if it's this simple. It is something that they tell to their self but that's an agreement. It is beyond a contractual obligation, it is beyond this. This is the level that we have this, it is almost the reason why the army exists; because it feels as an obligation to keep this upheld to keep the jobs upheld. Much as it is for the function per se.**

Jefferson: So, mostly you don't work with force as you work with technology?

**Sy: Yes, there's no force involved in that way. This is why instead of saying the army, I would say defense because it is more making sure that nothing is around.**

Jefferson: So you don't have to undergo an endurance process of body building?

**Sy: No, no. It has been official for us all to have trained in the style of competitive fighting but this is a mindset, not a physical requirement.**

Jefferson: I see.

**Sy: As in your race, the women are weaker than the men, so it is not about the physical part.**

Jefferson: So, do you have guns to protect yourselves?

**Sy: It is not guns, as the way you see this, there is a technology that is more of the old, that you consider**

**a propulsionsary system that is much like... it's hard to explain, it is almost as a gun as the way you see this; because it projects pieces of metal, but it is not a chemical reaction. It is used with the electromagnetic field that pushes along; the electromagnetic field throughout the gun goes on a loop and it continues to speed up until it is in high speed and once it is, it connects with the metal and projects it. I do not know if you understand what I mean, but I see that you have technology that is similar.**

Jefferson: How does that harm the other person?

**Sy: It is not as harming, it is as a deterrent in the physical body, it is not the same as your physical body, but there can still be what you might say energetic... energy transformation, does this make sense to you?**

Jefferson: So, you stop the people from doing what they are doing and you don't necessarily harm them. (?)

**Sy: Yes, there is no need to do that as long as they are not infringing; which they haven't for all of this time. This is why I say this is an outdated system, within our system, for this reason alone.**

Jefferson: Uh huh. So, what are the main responsibilities that you have in your position?

**Sy: To go around in the solar system region, to make sure nothing enters that is of a negative issue.**

Jefferson: But isn't that already assured by the love that you

give to other people and the law of attraction?

**Sy: Well yes and this is why this is as I said, this is why there are two different trains of thought.**

Jefferson: I see, because from your perspective there are other planets in your galaxy that could very well attract this kind of beings to your galaxy.

**Sy: Yes, a great amount of them. In the galaxy there are several levels of positive and negative and different densities that have positive and negative and because one is a positive and loving and only tries to give and receive this does not mean that they do not come in direct contact with negativity.**

Jefferson: Okay. Now lets talk on a more personal level with you.

**Sy: Yes!**

Jefferson: What is the most exciting part of the job that you do?

**Sy: Just as the protection area, this is not the benefit of it. The benefit is to make sure that the function is replayed throughout the generations. As I have said this is not... ah... the reason I get into this is a feeling of ah... responsibility! And a feeling of love, for my planet. And because my planet wants this, or a small portion of my planet wants this, then I fill this position. So it is to help others to be happy as well. The ones that are struggling with these issues.**

Jefferson: So it's more like an assistance for the elders that can not get rid of these ideas, so they can feel alright, and not worry about these ideas?

**Sy: Yes! Because they must be in the positive vibration as well.**

Jefferson: So it helps them in that sense! (?)

**Sy: Yes! That is the reason it is believed that it will be done soon. The thoughts and the ideas of this, and this is not meant in a way that seems disrespectful, but the thought system and process of this, will die with the last group of what we would say are elders. Because I am very old myself, but I am at the youngest point of this thought, paradigm nature.**

Jefferson: Yes. What then is your preferred technology?

**Sy: The technology that is generally used, has to deal the hydrogen, that is compressed in great amounts. This is how all of the systems run. This is how the technology works. It is compressed to such a great amount, that it has a high conductivity of electricity. It is hard to explain, there is not enough scientific information, at the terminal (channeler) to explain this. The atoms that are within can be positive and negative. And when it comes pushed together, it becomes neutral. So the conductivity, of all the currents that we put in through, with electricity, there is no loss of the connection, if you will. This is the greatest part of most of the technology that we use on our planet, or anywhere to do with things that we have to do with or are parts of our lives. Your**

**scientist, and Treb uses the word... liquid metallic hydrogen. Yes!**

Jefferson: From all the technology that you have, like I have here an iphone, I have a radio... I have... computers. From all the technology that you have there, which is the one that you like the most?

**Sy: They all serve different functions that are important. What function do I enjoy the most?**

Jefferson: It can be.

**Sy: Ah... It would have to be... well... it is too hard to say... I enjoy all of them. It is not enjoyable to have technology as much as it is a necessity. If you understand what I mean?**

Jefferson: Sure. You are not attached to any technology since their reason to be is met when they serve the purpose they were created for.

**Sy: They all play their part, yes.**

Jefferson: Now what color do you prefer?

**Sy: The color of my preference is a gold-ish color.**

Jefferson: Now what part of nature do you connect with the most?

**Sy: As a sense of nature on our planet... I would have to say... it would have to be water. There is a great love of our people about it. We enjoy swimming and**



**things of this nature.**

Jefferson: Now, the dark side... how do you see each other in the dark?

**Sy: It is not dark there, we have the artificial lights that are like you would say, a flashlight. But in a greater degree.**

Jefferson: And is it colder than where you are?

**Sy: Yes! Colder than where we are now, yes. Not of a drastic amount of cold, but probably in the twenty or third Fahrenheit degrees maybe(?).**

Jefferson: So where you live is colder than where you are now?

**Sy: Yes!**

Jefferson: How much colder?

**Sy: Approximately twenty of your Fahrenheit degrees.**

Jefferson: Is there any game or sports that you can play there that you can't play where you are?

**Sy: No! It is able to be played on both sides.**

Jefferson: Is there anything that you can do on the dark side that you cannot do on the light side?

**Sy: Ah, yes! You can “deprive” yourself from the light in the natural way.**

Jefferson: (Laughter). Good one!

**Sy: Deprivation of sight, in an outside setting. This can be used for different techniques of meditation and what not, yes! That is the only difference that I see in a great difference.**

Jefferson: What sports do you like to play?

**Sy: I enjoy the... the... it is like the throwing. How do you say? It is like a ball?**

Jefferson: Throwing... Ball... American football? Brazilian soccer?

**Sy: Yes but it is thrown and kicked. It is a game that you play almost by yourself, with the kicking, and throwing the ball in the air. I do not know if you have the thing, but this as a child is what I enjoyed the greatest. And as of now, the one I most have interest for are competitions of fighting.**

Jefferson. Oh. What type of men do you like?

**Sy: Uh, the ones that are very, uh... showing themselves, their emotions in a way that is expressed, not so sharp, or not so... well less dominant if you would say this?**

Jefferson: Uh huh.

**Sy: This is the best way to translate to your thought.**

Jefferson: What was the last present or gift that you received?

**Sy: I do not have many of the possessional things. If this is what you are speaking of?**

Jefferson: No, someone, sometime, has given you something!

**Sy: Oh! Yes, It would be, well the last one or my favorite one(?), which are you speaking?**

Jefferson: Well lets talk about both. What was the last one?

**Sy: The last one that I got was a piece of plant, form another planet, that was like what you might say, is a flower. It was given to me as a present. And the other one that is the most recent would be... it is the one... it is hard to explain. It is like a what you might call a cellular phone but it is on the wrist. And you can use this to communicate... to boost the telepathic wave. And send it to a further area. It is a boosting of this. This technology that is used by Treb and the other spiritual advisors, if they are going over longer distances, with the consciousness, and sending messages in this way. It is a small version of that.**

Jefferson: Oh. I see. Now what is the place that you like to visit the most?

**Sy: There is a planet that is near. And it is one that is all of water and it is very warm. This is a great place to go for the swimming. And it has more life that is more... larger and it is fun to go around them and to**

**do this.**

Jefferson: Sweet. What is the meaning of happiness for you?

**Sy: To live in the light without an expressions of discomfort.**

Jefferson: Do you like to feel fear?

**Sy: No! Fear is not felt by us. There is no reason for fear.**

Jefferson: So fear in that sense as you explained it is not the reason you defend your planet. It is mostly a culture issue?

**Sy: Yes! To a great, or... better said, to an exact degree! Yes!**

Jefferson: Fantastic! Do you have any parting thoughts?

**Sy: I just wish to express the gratitude, that we have a communication. But I also would like to explain the rarity of this communication. For it is not often, and probably towards the future time, of any more. As I said, even though this is a cultural issue for cultural and comfort purposes, it is a better to let it go, so that people will be more open to accepting us. This is a great reason that it is not, or that we are not widely accepted in this area, just for this reason alone. And I am grateful that you are able to put your thought about this aside enough to communicate with us. As you would say in the galactic sense, I am not in a position that is not most popular. So it is not very common for me to have an open and accepting**

**dialogue, and I give gratitude for this.**

Jefferson: And myself as a “representative” of Earth, speaking to your race at this timing, I also thank you very much for your timelessness, for your wisdom, and know that we understand, that everybody has the rights to choose how to behave or interpret any particular idea. And also we respect that everybody has the right to enjoy their culture, until they don’t enjoy that idea anymore so they can get rid of it considering they don't harm anybody. Its an internal idea and an internal cultural issue, and it should be handled by the inhabitants, on a local, planetary level. Right? And with the respect and love that we communicate with you, we say to you, much light and love, good luck on your efforts.

**Sy: I appreciate this too and I send this back to you in a great degree, and I will look forward to explaining to Treb the goings ons to give you this message.**

Jefferson: Lovely!

**Sy: It is very nice to have met you!**

Jefferson: It is! So you have a great day and thank you for your trip to us.

**Sy: Yes and thank you for your acceptance!**

Jefferson: Thank you!

**Sy: Good Bye!**

Jefferson: Good bye!

**A Yit child speaks:: Hello?**

Jefferson: Hello child!

**A Yit child speaks: Hello! How are you doing?**

Jefferson: It is lovely to speak to you!

**A Yit child speaks: Yes it is very nice to speak to you. Are you ah... are one of the humans?**

Jefferson: Yes... (Laughter). I am one of the humans! Yes!

**A Yit child speaks: What is... ah... your name is Jefferson, but what do you look like?**

Jefferson: Oh, ...in meters, I am 1.83. I have two arms and two legs. And one head, and in my head I have hair, two eyes, one nose with two little nostrils; a mouth... I have within my mouth: teeth, on the top part and the bottom part. And I have lips! On my hand I have five figures, and on my foot as well, I have five fingers. Yeah... that's about it. Oh.. and I have external ears as well, and in my ears I have a little...ah.. hole(?).

**A Yit child speaks: (timid chuckle) I have... I have seen those before...**

Jefferson: Oh (laughing). Oh... Okay...where did you see it?

**A Yit child speaks: It is one that has come to our planet. Uh... but I think you are a little... a little... bigger.**

Jefferson: Oh. (Laughter). Okay, yeah! I think I am. (Laughter). [Jefferson had in mind a race similar to Nihal humans Treb spoke of that are much smaller in size than those of our race, who visit their planet].

Jefferson: ...can you share with me your name?

**Bor-Bor: The one that I want to give to you? Can I make it up?**

Jefferson: Yeah...

**Bor-Bor: Uh... Bor-Bor! Bor Bor Yit-NE!**

Jefferson: Okay...

**Bor-Bor: I like that one better.**

Jefferson: Bor-Bor Yit-NE?

**Bor-Bor: Yeah. 'Cause Treb Bor Yit-NE says I have to have for Yit-NE. Because of where I live. So I like that Bor sound!**

Jefferson: I see. Now, what is your age?

**Bor-Bor: If (it is) your age, its thirty... five of your years.**

Jefferson: Wow, your really young!

**Bor-Bor: Yes. Uh... I am younger than all of the ones in the room.**

Jefferson: So, where were you when Treb spoke to you about coming here today?

**Bor-Bor: I am here with my... what you say is uncle. My uh... mom's brother?**

Jefferson: Uh huh.

**Bor-Bor: ...and he was coming to the place together. The... on what you say is town. And he comes to have fun and to talk, so I wanted to come with him.**

Jefferson: And do you work already?

**Bor-Bor: No!**

Jefferson: What do you do?

**Bor-Bor: Uhhh... I do things at school that help... other kids. When we get to get older we have another job, but when we're young, we get to have jobs too. Like the one that I have is the creating art, making pictures, of different colors. And I teach some of the other ones at school to do this.**

Jefferson: Can you ask your uncle if you can do a piece of art. Like a painting, or a picture of you, and have it sent to me on my planet?

**Bor-Bor: If he can do that for you?**

Jefferson: If YOU can do it for me.

**Bor-Bor: Oh! Okay, let me ask him for a minute.**



Jefferson: (chuckles).

**Bor-Bor: He said that you wont be able to get it.**

Jefferson: Why?

**Bor-Bor: Because the paper doesn't work. The paper doesn't work in your place.**

Jefferson: Oh okay. Now, how tall are you?

**Bor-Bor: It is.. the one that uh... Treb Bor Yit-NE links to it is uhmm... Six parts one... and I am almost Two thirds size, so I am... four parts?**

Jefferson: (Laughing), Okay. (laughing more) uh... and what's your weight?

**Bor-Bor: About one hundred weights... Yeah the one pounds you call pounds... yeah!**

Jefferson: Okay. And are you married? (chuckles).

**Bor-Bor: No! Not for a while.**

Jefferson: Do you have children?

**Bor-Bor: No!**

Jefferson: What do you like to play?

**Bor-Bor: A lot of things... that we play.**

Jefferson: What do you like the most?

**Bor-Bor: ...the most, the one that I have, is that I try to hide something that's from my sister, and then I go as far away as I can, so she doesn't know uh... then she cant tell where I put it.**

Jefferson: Why do you go far away?

**Bor-Bor: Because if I go far enough, she cant know what I talk about.**

Jefferson: She can read your thoughts?

**Bor-Bor: Yeah. Yeah. But if I go far away enough, because she is younger than me, she can't do it, that that far.**

Jefferson: Oh. (chuckles). I see. Have you been to another planet already?

**Bor-Bor: No. This is only... five times I come to this city.**

Jefferson: Oh, have you spoken to a human being before?

**Bor-Bor: No! I don't talk to the other ones that come and visit us very much either.**

Jefferson: Why?

**Bor-Bor: Cus' they look really different, from my mom and dad, so it is not... it is hard for me to talk to them.**

Jefferson: (Laughter) uhmm... do you have a best friend?

**Bor-Bor: Yes!**

Jefferson: Who is it?

**Bor-Bor: It is a girl that is at my school.**

Jefferson: So now what sports do you like the most?

**Bor-Bor: Uh... I like to run.**

Jefferson: Very well. And do you obey your parents?

**Bor-Bor: They don't tell me what to do... like with the other kids that you have, sometimes you say, "don't do that!"**

Jefferson: Yeah.

**Bor-Bor: That's not how it works here.**

Jefferson: Oh good, so when was the last gift that you received?

**Bor-Bor: My mom and dad give me ones all the time!**

Jefferson: Which was the last one?

**Bor-Bor: Last one was a really, really shiny one. A bowl. The way that we eat food is different, But we have to make it by uhmm... Its not... not thick and chunky like yours. So it is more... drinking.**

Jefferson: what does your feet look like?

**Bor-Bor: There big compared to yours... And not as many toes.**

Jefferson: Okay... do you have anything that the children do that you want to tell me?

**Bor-Bor: Uh... sometimes, when the teachers don't look at us at our school, we do ah... faces, we try to make our face look like theirs. When they are talking to us.**

Jefferson: (Laughter) Okay. I will speak to uncle now because we are running out of time. But perhaps we can talk to you again at a later time, okay?

**Bor-Bor: Ok!**

Jefferson: Before you go Bor-Bor, what place do you like to go the most?

**Bor-Bor: I like to go to my uncle's, because he goes to a lot of places. He goes to a lot to ah... one place at his job. I can't go there. That's where I want to go really bad.**

Jefferson: Why?

**Bor-Bor: Uhhh... Because I see him going there all the time, and I can never go with him.**

Jefferson: (Laughter) Alright. Thank you very much. I'll ask

him what place is that. So I'll talk to you perhaps on another opportunity.

**Bor-Bor: Yes!**

Jefferson: Thank you!

**Bor-Bor: I'm glad I talked to you!**

Jefferson: Me too!

**Bor-Bor: Bye!**

Jefferson: Bye!

**Treb: I will bring in one more?**

Jefferson: Yes let me speak to uncle for a moment, will you?

**Treb: Yes.**

Jefferson: [We found out on a later time that uncle's name is Kren Bor Yit-NE].

**Kren: Hello?**

Jefferson: Hey unclleeeeeee!

**Kren: How are you doing?**

Jefferson: Its lovely to speak to!

**Kren: It is lovely to meet you as well!**

Jefferson: What is your age uncle?

**Kren: I am 216 of your years old.**

Jefferson: Oh, you are very young as well huh?

**Kren: Ah... young in a way, yes.**

Jefferson: So you are single or married?

**Kren: I am not married as you would say, there is no specific ceremony, that we use, but in that connection I do have a female counterpart. That is very interested to me, and I with her as of now.**

Jefferson: So you are dating! (?)

**Kren: As the way you would see this, yes!**

Jefferson: And how tall is your nephew?

**Kren: He is approximately four feet and two inches of yours.**

Jefferson: He said that he wants pretty bad to go to a place where you work.

**Kren: Yes!**

Jefferson: Why don't you let him go there?

**Kren: It is because of the environment... is not one that I believe he can be used to or properly being safe about. The area that I use in the job we have to go on**

**to the moon of our planet, is what you call or a satellite, and we have to be very careful there. We have to not interfere there, with either life that is there. So there are many protocols in this.**

Jefferson: Understood.

**Kren: He is not old enough to understand about protocols that go along with this.**

Jefferson: Is there anything that he has done that you remember that is fun to share?

**Kren: Yes he is fun all of the time! He is always very creative. He is very helpful. He tends to make little pieces of art for us, and the one time he made one of the elders of the race that is well acquainted with our race. In fact we share their heritage. And these are the same as you but to a smaller appearance. And he draw one of them. But the way that he drew it was very disproportionate.**

Jefferson: (Laughter).

**Kren: So in a way you would say that this is very fun.**

Jefferson: Oh okay. Does he do sculptures on sand?

**Kren: What it is, is a metallic liquid that is put on a compressed like... stone if you will. And these can be put up on the walls as you do your paintings or it can be transferred directly to the wall, when the liquid is not completely solidified. And this is the form of art that he does.**

Jefferson: Fantastic uncleeee! What is your name again?

**Kren: My name is Kren Bor yit-NE.**

Jefferson: Fantastic! So its been lovely speaking to you today and we are going to talk again another time...

**Kren. Yes! This is a great idea and I will be in this area tomorrow. Treb Bor Yit-NE has explained that you wish to speak to me more tomorrow, as well.**

Jefferson: Yes. So your boss won't be mad if you don't go to work some day?

**Kren: (Laughter). The only bosses that we have in that sense, is ourselves. The coordination perhaps is a job, that can be done by a certain one, yes. But this is not in the same way that you see bosses, or leaders. There are just ones that coordinate, and ones that do.**

Jefferson: Fantastic! So thank you very much for your participation in this day.

**Kren: Thank you very much for your communication today.**

Jefferson: Thank you!

**Kren: Thank you.**

Jefferson: Bye!



**Kren: Bye!**

**Treb: Jefferson! I wanted, before I left, to make sure, to wish you a great evening.**

Jefferson: Yes Treb, thank you!

**Treb: And leave you in love and light, and look forward to the next communication.**

Jefferson: Me too! And you have yourself a great time within no time.

**Treb: (Chuckles). Thank you! You have a great time, living in existence as you do as well!**

Jefferson: Lovely!

**Treb: Thank You!**

Jefferson: Bye!

**Treb: Good night! Bye!**

*19th of August, 2011*

## **CHAPTER 6**

Help another and find yourself.

The heart always knows!

**Treb: Hello, Jefferson. How are you doing this morning?**

Jefferson: It is lovely to speak to you again.

**Treb: Yes, it is great to speak to you as well. I am glad to be with you again. Yesterday we left off with the one that you know as Bor Bor's uncle and I was wondering... is this is where you would wish to begin?**

Jefferson: Yes, absolutely, let's talk to him and then... did you

invite other two or three people today?

**Treb: Yes. Including Krym Bor, Bor Bor's uncle? I have a total of four.**

Jefferson: Fantastic!

**Treb: Yes.**

Jefferson: Let's make it happen!

**Treb: If you wish to speak to him...**

Jefferson: Sure.

**Treb: I will get ready for you.**

**Krym Bor Yit-NE: Hello Jefferson.**

Jefferson: Hey uncle!!!

**Krym: How are you doing today?**

Jefferson: It is lovely to speak to you again.

**Krym: Yes, it is great to meet, once again.**

Jefferson: Where is our young friend located right now?

**Krym: Right now he is at this home dwelling, with his parents at this time. He enjoyed the conversation with you greatly and has spoken to everyone that you shared information with him. He is very excited to have spoken to the first human and he was very**

**excited to know about you and your way of looking and planet.**

Jefferson: (Laughter). Awesome. So, now.. just so we can remember well. You are two hundred years old(?)...

**Krym: Two hundred and sixteen...**

Jefferson: Very well. And, how the red dots sit on your face?

**Krym: The red dots that are on the face are the rows of four on the head going from the eye brow to the back and down below the eyes there are two rows that go down on each side, and the ones that go from the neck and the chin are twelve on each row. There are two pieces of rows on this.**

Jefferson: Very well. And your eye color is purple.

**Krym: Yes.**

Jefferson: How tall are you?

**Krym: I am approximately seven feet seven of your inches perhaps?**

Jefferson: Okay. And what is your weight?

**Krym: Two ninety or three hundred of your pounds.**

Jefferson: Very well. Now, can you speak a little bit of your occupation?

**Krym: Yes. What I do is I study one of the moons that**

**we have on our planet. It consist of what you would see as second density life. Even though we have what you might see as second density life on our planet it is not true second life as we see it. The life that is on this planet, because it is in the fifth density and because it is manifested from our collective consciousness... this is more of a second density life that is created by us. It is not considered a second density life that is created from another energy of sorts. And this is the life that is on the moon that we have here.**

Jefferson: What is a second density life?

**Krym: The second density to our consideration is what you would consider any life that is not elemental, but is not fully self-aware or self conscious as yourself.**

Jefferson: Oh, I see. Like animals and plants...

**Krym: Yes, bacteria. Anything that is alive. All things are alive if you think in the way of consciousness but living as the way that you might see.**

Jefferson: Uh huh. So in the moon you have animals.

**Krym: Yes, there are second density lives... it is a lot of what you say plant but there are fishes as well. It is a moon that has ocean. It is almost twenty five percent of the whole moon is covered by water and there is life that lives within this. And this life is not directly created from us. It is a life that is existent on the planet without the manifestation of our race. And**

**this is what makes it so special and different from the second density life that you would see this as on our planet. We understand that each second density beings would have its own consciousness. Whether it is from our planet or another; but we understand that those on our planet are manifested from a specific collective consciousness in whole. And this is not the same as on the moon. And this is what distinguishes the two, as far as differences in our eyes.**

Jefferson: So basically, like... your planet was created by a spiritual entity of a position in hierarchy that is highly evolved in the spiritual world.

**Krym: Yes.**

Jefferson: Now... the moon, I'd believe that that same thing happened, but you are saying that the second density life, which are plants and animals that there are in the moon were not created by your collective consciousness.

**Krym: Right! Correct. The collective consciousness that is directly responsible for our existence is that... it is a mixture with the collective consciousness that created the second density type of beings in our planet. So in a way that we see they are indirectly responsible for creating it. The life that exists on this moon is of a second density nature but not from the same exact energy that produces the consciousness of our race and this is what makes it different. Some might see this a little different. Some might see that all existence that is elemental or in nature of second density, is second density regardless. But this is a distinction that is in our race that is used to help**

**ourselves understand the differences within this.**

Jefferson: So your job then is to go to the moon and...

**Krym: The specific job is to send love and support to the density beings, to inhibit the growth or to better the growth and to ensure that there are no external, outside influences that disturb this. I usually don't go directly to the surface and I am going into what you would say the "atmosphere". And we use the love and support vibrationally to give this life a support in an indirect manner, as we would to you; but it is not in the same way that Treb Bor Yit-NE connects to the man that he speaks to. It is in a different way. Because there is not an understanding or an exchange of conscious information. There is only a raising of vibration; and this allows the second density life to understand that there is the possibility above where they are at now. And this helps them grow in a spiritual manner.**

Jefferson: So your intention activates the physics of the universe which in a sense give them some sort of life or extra life force so they can grow well and fine?

**Krym: Yes, it is almost as giving your plants outside, water.**

Jefferson: Uh huh.

**Krym: It is not just for water that is given its nutrition but it is the love to them that helps them grow as well. You do this in a very similar fashion on your planet but it is not giving it specifically love in all the**

**senses. Most of it thinks of taking care of that, taking care of the planets. There are many in your planet that do have a deep connection to this life but they do not think of it in the way of supporting the physical existence of life with love and emotional vibrations to help create the betterment of that life. If you understand exactly how I am trying to explain this?**

Jefferson: Yes. Our intention creates constructive energy.

**Krym: Yes.**

Jefferson: I see. So, then you leave your planet and you go the atmosphere of the moon where you stay within your space craft and then you do a sort of meditation technique where you focus your attention to the things you want to accomplish and the laws of the universe takes care of the rest! (?)

**Krym: Yes. But it also has an amplification that we use. Because our crafts are, in a sense, a part of our consciousness... because you understand how the manifestation takes place, correct?**

Jefferson: Yes.

**Krym: Yes, because it is part of our consciousness, the craft... because we put our consciousness in this, it helps us amplify the signal that we use with love and connection. So when we use in the meditative state it becomes enhanced and this connects directly to them, so it is not just my conscience alone but the consciousness of the technology combined with the**



**consciousness of myself to enhance this. Just because the technology is made from manifestation of us, it is directly responsible for adding the consciousness because of the amount of “consciousness” we put into manifesting the craft and the technology that enhances this in the beginning.**

Jefferson: So it is more than one person that does this then?

**Krym: There is not many that go to this specific moon but in ways of manifesting the craft and technology we use, yes, there are more in the specific mind of the ones that do this. There are only forty or fifty total combined from both sides of the planet that goes to this moon to do this at various times. And we all have an expertise of different consciousnesses, specific frequencies of love, specific entities that we are with on this planet that we all tend to attach to more and this, all of this is done once throughout... as you might see as the chakra of your planet?**

Jefferson: Yes.

**Krym: As how you have the lines? Yes. This is how it works with us as well... So we all make sure that we are on a specific chackras of this moon to enhance the thing throughout the... I do not know how you would call it, but the field that the consciousness survives with inside of this moon. It is like... it is like an atmosphere but it is not. It is a consciousness that is within this.**

Jefferson: What happens if you stop doing that?

**Krym: It would just... it would not increase its growth. It would grow at a regular, natural or progressive rate. But we do this just to wish, to support with our love. It is of interest to us. It will not hurt any of the beings if we were to stop it but it would not help them grow in the same way that we wish.**

Jefferson: What remarkable event brought you to enjoy such carrier?

**Krym: Just the looking up to the moon, perhaps, as a child, always having the interest in looking out into it. Within the meditation, astral traveling as you might think of it, and going to visit this with my consciousness. This was very exciting for me as a child or as a young adult you might see it, less of a child.**

Jefferson: And how long does it take you to travel to the moon?

**Krym: We can do this in the crafts that we have, that we use to get around on the planet. It can be an instantaneous travel but in the crafts that we use on the planet, we prefer to have the traveling time and distance because this is a lovely part of the journey. So we can get there in no time, or we can get there in hours or months as you might see it. It greatly depends on which way we wish to feel this.**

Jefferson: I see. What is the color of your moon?

**Krym: The vegetation is very red, just as ours is but the water is very blue. So in the mixture of the**

**purple, or the red and the red lights from this, it gives off a very blueish, red and a bit of purple-ish tint to the actual surface. So it will be a bit of red and a bit of purple where the water is appearing.**

Jefferson: What is the most exciting part of your job?

**Krym: The communication with the entities! When you connect with these entities, it is hard to explain from a view that you might understand, but if you are aware of meditation and feeling with other entities... yes... one moment... you are a channeler, correct?**

Jefferson: Uh... I guess.

**Krym: Yes. When you connect to that consciousness, when you connect to other entities there is a joy that is greater than when one is not doing this. In my perspective. So when this happens it gives us great joy. And one can also feel the movements and feel the actual experiences of these entities. It is very unique and it is very wonderful.**

Jefferson: Let me explain you why I replied I guess, as far as channeling goes.

**Krym: Yes.**

Jefferson: The books that I've written, I have written with other channelers such as this one I am writing with: Rob. So, I haven't been the person who have channeled the entities. I am merely the person who asks the questions. But I said I guess, because I understand there is that possibility within me to go ahead and work with Arvantis, the feline human, in

that sense of channeling, you know(?), I just haven't explored that very much yet.

**Krym: Yes, you have connection there, that is a great connection with him.**

Jefferson: Yeah.

**Krym: So you understand this connection?**

Jefferson: Yes, yes. Absolutely! So... then, why do you call the animals and the plants entities?

**Krym: Because everything that has consciousness is an entity. Even those things that you might not think that will be alive, as in the way that your race normally perceives it, has consciousness. So it is an entity within itself. This is the word used by Treb Bor Yit-NE, this is the word for consciousness that manifest itself in any form, physical and non-physical.**

Jefferson: What is the least exciting part of your job?

**Krym: There is none. It is all greatly exciting!**

Jefferson: I wouldn't find traveling for a month time, kind of boring.

**Krym: If you are enjoying the journey, if are truly in the journey it does not get boring. If there was a feeling that this is not pleasurable for us, we would not have to experience it. It is just part of our race that enjoys living in the moment as we look and see the scenario. It is a way that we can go back to the**

**old feelings of traveling. It is not done with all. It is done with a great population of our race but it is not done with all. Some do not prefer this so they do not experience this.**

Jefferson: Can you tell me about an insect or animal or whatever animal that you like the most?

**Krym: Yes, on the moon that I deal with the greatest animal is a plant, as you might see it(?), but it has a combination... a sort of animal way. Because when it collects, what you see as bugs or small little creatures... rodent perhaps is what you would see that(?), they collect that when they go again to this plant, into the stock of it, it can digest it in that way. It is almost like eating it since it uses the nutrition from it. So, if you are able to see this, or your scientists you might see this as a plant and an animal combined. And this is the most interesting for this reason alone.**

Jefferson: Awesome! Now, what is the place that you most like to visit?

**Krym: Yes, it is the same place. It is the moon!**

Jefferson: It is the moon. And how is the weather there?

**Krym: Similar to yours where it has condensations and raining and different weather systems but it is generally cold, much colder than our planet, but it is not too cold for the life to be abundant. It is not full of life as you would see one of your tropical areas but it has much. And the weather tends to be sporadic.**

**The energy is still manifesting itself into that way of energy so it is still constantly shifting and constantly maneuvering, is not very stable in that way.**

Jefferson: Now, what was the last gift that you received from someone?

**Krym: The last gift that I received is from my nephew. Remember how I explained the way that he makes the colored picture? Well, he has given me one of those very recently.**

Jefferson: And the one he gave you... what does it look like?

**Krym: It is the one of the men that I explained that comes from the Nihal descendant which he draw in disproportion. It is the one I spoke of with you yesterday.**

Jefferson: Sure. Lovely!

**Krym: This was very funny**

Jefferson: Now, what is your definition of happiness?

**Krym: To be in constant high vibration!**

Jefferson: Uh huh. And how to achieve such happiness?

**Krym: To do what you greatest feel. When you feel in the moment... I understand that this is not done in your race so it is not... this is a very simple idea for us, but it is not translated over so easily. Because it is simple to us, it is second nature to do what is in the**

**best for us, in the way we live each day. So when you go on the highest vibration, to be happy is normal as it is normal to us. But for you perhaps doing things that you love and not accepting negativity, in so many ways... I understand that there is negativity that is around you constantly, it is about denying that negativity and trying to do things that you enjoy. This would be the best way to explain.**

Jefferson: So, basically, follow your highest excitement!

**Krym: Yes! That is a great way to say it, yes!**

Jefferson: Do you have any parting thoughts uncle?

**Krym: I just want to let you know that everything here is great and we appreciate your time with sharing your ideas as well.**

Jefferson: Fantastic, thank you very much and you have yourself a great time there, with nephew.

**Krym: Thank you. I will do that. And you have a very great time as well.**

Jefferson: Thank you.

**Krym: Yes.**

**A new Yit person: Good day!**

Jefferson: It is a good day here on Earth, how is there for you?

**A new Yit person: It is very good. It is very good, thank you.**

Jefferson: (Laughter), What is your name?

**A new Yit person: Sol Bor Yit-NE. This is the best way to explain the name.**

Jefferson: And how old are you?

**Sol Bor Yit-Ne: Of your years, maybe four fifty five.**

Jefferson: Oh, so you are quite young too!

**Sol: Yes. In the midst of the regular perhaps, on the younger side, yes.**

Jefferson: What is your height?

**Sol: Around seven feet, nine, or ten inches.**

Jefferson: Your weight?

**Sol: About four hundred of your pounds.**

Jefferson: Are you single or married?

**Sol: I do have a wife.**

Jefferson: And do you have children?

**Sol: Yes.**

Jefferson: So, what is your occupation?



**Sol: What I do is greet visitors from races that come to visit our planet.**

Jefferson: Cool!!!

**Sol: Yes!**

Jefferson: That is lovely! How do you do that?

**Sol: Just to show up there when they come to us. It is kind of... much like at stores where they have standing people welcoming, saying hello, but much more in depth. It goes to the lines of helping, accommodating every need of theirs, making them feel welcome or at home. And just having them enjoy their selves.**

Jefferson: What is the last race that you welcomed?

**Sol: Do you mean as in a new race?**

Jefferson: Yeah.

**Sol: Okay, the new race... the last one we received was a hybrid race. One that you see as having a "bigger" head and the gray body? I think it is called: "The Grays".**

Jefferson: Oh. And do you usually know why they come to your planet?

**Sol: Uh... there are many different reasons. Just because it is of curiosity nature. Whatever is in their**

**best interest... to be curious, to meet us. We have what you might see as diplomatic visits. The issue with our army is not well accepted so sometimes we do have other races that come to talk to some of the elders or the ones that have been around the longest, there can be reasons just as curiosity, all the way to wanting to interact with our race in general.**

Jefferson: You are a young person, what is your opinion about the army?

**Sol: My opinion?**

Jefferson: Yes!

**Sol: This is a difficult way to explain. I see it in the sense that it fulfills its function but I do not see as a personal necessity. In the way that it does not need to be. But if it was removed, a comfort level for some might be reduced. I do not think it is going to last much longer. This is the only road block that prevents our race from joining into the higher elevation of the councils and this is a great issue that is on our planet and we try to get through this. It is hard to talk about it to other races because some do not understand at such a high knowledgeable understanding that they can almost see as judging, so it is hard to speak about with other races. It is hard for me to understand how you consider this to be, coming from a planet whose armies are very different, are very violent and very used to killing in different ways, having different reasons that might not be the real reasons that they are fighting...**

Jefferson: Sure, here on Earth we kill for moneeeeeeeey. (Political corporative interests).

**Sol: Yes, one of the very reasons. Yes. So, ours is not really an army in that way, but you understand.**

Jefferson: Sure.

**Sol: This is the only real situation that is in our planet that causes... not conflict but lack of agreement.**

Jefferson: What does the place that you work at look like?

**Sol: Oh, I work wherever they have decided to come. There is no one specific place they came, so it takes me all over this part of the planet. Because we might see it as breaking it up into different sides. The light and opposite side. I usually stay within the area where I know any visit will come to that area.**

Jefferson: So, usually they come on a space craft correct?

**Sol: Yes.**

Jefferson: And you then, have all over, places that they can land?

**Sol: Yes. There is no one designated area.**

Jefferson: But do they have to land or they can simply teleport themselves from the space craft to the ground?

**Sol: Yes, they can do this as well. It is traveling... It is hard to explain. You do have an understanding of the**

**way that it works, correct?**

Jefferson: Yes!

**Sol: Okay, then you understand that it is easy to do this. It can be landing a craft on the planet as you might see that, or it can be a telepathic manifestation of their selves. That is the best way to describe it for people who do not understand.**

Jefferson: I see. Now what is the best and most exciting part of your work?

**Sol: The differences between all. All of the races that visit, even into all of the different ideas or enjoyments of the ones from our own races. To see how this interacts with each other and to see how every communication goes with that. It is great!**

Jefferson: Have you ever had to call Treb Bor's wife for telepathic translations or such ideas?

**Sol: No. Her job is more of one that is not needed here in that way. Because if we are connecting to a race and they are here to visit and to see us, the majority of the time they are already very familiar with us and our race. There have been communications that are not necessarily made on this planet.**

Jefferson: So, basically before a race goes to your planet, they tell you before.

**Sol: Some do and some do not. But if they do not, it is**

**not, not accepted. It is well accepted for anyone to visit. But what I mean it is normal, if they come to visit, they do so because they already have, either a vibrational connection or a communication connection with us from a previous time.**

Jefferson: I see. And did you ever had a race that when they got there, they brought children with them?

**Sol: Oh, this happens frequently!**

Jefferson: And are the children sometimes scared of your lookings?

**Sol: Uh... not afraid. More amused, more... it depends sometimes as well just from the personality of the one who does, for some it might seem as fear if they are more shy and sometimes it seems as great excitement or curiosity that you would see it as.**

Jefferson: Ah, so they find it funny!

**Sol: Yes, in some ways, yes.**

Jefferson: Now, which race have you met that is closest in height and looking to us?

**Sol: There is one race that comes from the area that humans call Pleiadians... That are form The Pleiades...**

Jefferson: Yes?

**Sol: There is a race that is there that could be... they**

**could walk amongst you! If they could walk among you there would be no difference... the looks. And they visit here often.**

Jefferson: Oh, so your race is already aware of what we look like exactly then.

**Sol: Not all. The ones that come here are usually the ones that come and speak to the specific reasons of the army issue.**

Jefferson: Oh.

**Sol: So it is usually the ones that go to the place where the military headquarters are.**

Jefferson: And then you go there and receive them.

**Sol: No, they come to our area but they come also specifically into the area of the southern plane which is in the dark side. This is the area that all of the connections with the military... all of this is done there, that is the spot on our planet where all of this is done. So they only go to this. So if you are not an entity that is from that part, you do not necessarily get the experience to meet them or see them.**

Jefferson: Oh, so you also don't welcome everybody that comes to your planet, you just welcome those that goes to the side that you live.

**Sol: It is most common to do this this way, yes. I have been to every part of the planet to greet and to do this but it is more common for me to do this in my**

**area, but yes. I have been to all sides of the planet that I can do this job.**

Jefferson: But there are then other people that work with this as well or sometimes they can go for specific reasons that you don't necessarily greet them.

**Sol: Yes, either way they are greeted but not only by me. There are a few of us here that do this. And when we do it, just depends where we are at and this is something that happens at a timing we are always available to do this.**

Jefferson: What happens if they arrive and nobody greets them?

**Sol: There will always be someone there to greet them.**

Jefferson: (Laughter).

**Sol: It is the way it works out. Because we have this time experience, because everything happens... It isn't like you see that you make schedules and do what is on your check list. It is more of what happens happens and it happens because it does. And all of us who are a part of what happens are a part of it because that is how we are on the vibrational level. I don't know if this makes sense to you but this is the best way I can explain it.**

Jefferson: Yes. It is synchronicity.

**Sol: Yes. That could be a word that you use, yes!**

Jefferson: Now, what was the last present, gift that you received?

**Sol: That is not common among our people. I mean it is common to give and to receive but I am not exactly sure what you mean with this.**

Jefferson: Say for example someone come from another planet and say: “hey look, this is for you!”

**Sol: Oh and this is the gift then? This is what you mean and you want to know the last time this has happened to me?**

Jefferson: Yeah.

**Sol: Yes. The last time I have received something of that nature, it would have to be a little... I do not know the word. It is something that looks like something, but is made of something else. It is made to look like the ancient version... the third density animal that we were created from and mixed from the Nihal race. So it looks like this but it was made from one of the metals that we use that is of a shiny golden color(?), this is something that I was given.**

Jefferson: Uh huh. Is that like a little toy that looks like human?

**Sol: No, quite the opposite. It looks more like the animal that you would see we come from.**

Jefferson: ...a reptile?



**Sol: This is the second density animal that they used to acquire us into the third density. It looks like a reptile. This is why it gives you the common name of reptilians when you describe us. Because of this creature that we were made with that is part of our complete history.**

Jefferson: Okay, what insect or a little animal that you have in your planet, or that you already saw that you like the most?

**Sol: The ones that come from the Pleiades system. The one that I described that looks very much like you(?). Because we speak of them, they have these animals that you might see as pets, but they are not like a pet that you see. They are like little... uh... what is the best way(?)... it is almost like a Guinea pig thing, but it doesn't look like that; it is similar to the size of this, but it looks more like a cat but not just like a cat because it has different legs and different tail sizes. That is just the best way I have to describe your way. It is hard to explain. You have seen certain ones of this from your planet in the culture that makes the pyramids, they have the pictures of what these animals might look like.**

Jefferson: Did you ask them to give you one?

**Sol: No. It is... If I would want one I am sure I could receive one but it is not in my best interest to have an animal in that way. We do not have ownership in that way. If one were to come here the environment would not purely accommodate the living of this in**

**this way. Because of the way that the second density animals have the nature of being within the field that gives it consciousness that is created from the race, it would not have the right support for its life and energy.**

Jefferson: Very good. Now, what would be the most exciting part of your job... oh you said, it is greeting the different races from different places all the time, right?

**Sol: Yes.**

Jefferson: ...and the least exciting part?

**Sol: I would say to... when there is time that it is not needed to be done. Then there is no job to do and that is the least exciting because I am not doing that job at that time.**

Jefferson: What are you doing when you are not doing your job?

**Sol: There are many different things to do. I can talk to them, speak with them. I can walk with them. Any wish that they have to accommodate to have them leave in a happier way. Some races care to be around the water, some care to be in higher elevations. So I would take them and show them the parts of the planet that are the greatest to their fitting. It is several things that are done. Whatever is of their highest wishes and vibrations. Even though they are allowed to do this in the way that they wish to do it, it is a custom for us to help them to co-create that experience. That is the best way that you might**

**understand it.**

Jefferson: I see. What is the preferred place for you to visit?

**Sol: I would have to say... there is a planet that is within the system of our star. It is one that is closer, not the closest, but the second planet that is in the system. It is one that to your eyes you would see... uh... what is the way that you would say?... desert, but having rocks inside of it. It is very warm and it is a very great place to visit.**

Jefferson: Very well. What is your definition of happiness then?

**Sol: To be happy! I do not know of a better word for it in your race.**

Jefferson: How do you teach someone to be happy, what do you tell them to do?

**Sol: Uh... to do what makes you happy, so it is hard to say that because that is the best word. When you do something that makes you happy, that is how you obtain happiness. Uh... I am not sure how to break the barrier of language to that world. It is the only meaning that sticks out in my mind.**

Jefferson: What extraterrestrial that came and visited you, that you think it is the one that is the most beautiful you have ever seen before.

**Sol: They all have a beauty to them because of the differences. But if you mean appealing in the sense of**

**attraction in the physical way, perhaps another race that is a reptilian hybrid race. That is one of the ones. They look similar to us but not exactly. They are more of the reptilian type than we are considered. But they have very attractive parts of them. Because it reminds me of previous incarnations of us from where our original part comes from. They have more piece, types of features.**

Jefferson: Very well, do you have any parting thoughts?

**Sol: Thank you for speaking with me. I hope that one day I will be greeting your race here as well.**

Jefferson: (Laughter). Let's see what happens! Let's hope to that!

**Sol: Yes.**

Jefferson: Thank you.

**Sol: Thank you!**

**A new Yit person: Good morning!**

Jefferson: It is a good morning here on planet Earth, it is a blue planet. It is a sunny day... How is your morning there?

**A new Yit person: Uh... it is always morning here. And it is beautiful. If you see it, in the way that the Sun is up, it is very beautiful. It is always beautiful here so it is always a great morning. If this... perhaps I was not... It was an attempt for what you say as humor. I am sorry it did not work very well.**

Jefferson: (Laughter), no... it is all right... (Chuckles). What is your name?

**A new Yit person: It would be Nod Bor Yit-NE.**

Jefferson: Okay, and how old are you?

**Nod Bor Yit-NE: Six hundred and sixty four of your years.**

Jefferson: Wow. I know your eye color is purple. How tall are you?

**Nod: Oh, it is seven feet, eleven inches, perhaps eight feet.**

Jefferson: And the weight?

**Nod: Uh... perhaps four hundred and seventy or seventy five of your pounds.**

Jefferson: You are single or married?

**Nod: Yes, I do have a wife we have several children.**

Jefferson: How many?

**Nod: Twelve.**

Jefferson: (Laughter). That is lovely, that is awesome!

**Nod: Yes, it is very exciting.**

Jefferson: Do they play a lot at home?

**Nod: Yes, all of us play a lot.**

Jefferson: Even the adults?

**Nod: Yes. We always are trying to have fun with one another.**

Jefferson: Now, do you have more boys or girls?

**Nod: We have exactly seven of the female and five of the male.**

Jefferson: I see. And why did you want to have so many children?

**Nod: Ah, it is just what we felt was good for us. It was a great joy.**

Jefferson: Nice, do they work in things that you do?

**Nod: No, not in the specific job, no.**

Jefferson: What is your occupation then?

**Nod: Well... exactly what I do, might be how you say it is a gopher... anyone who needs assistance with anything in the town that I am in. That is what I do. So I do everything that can be done that needs having someone to do it.**

Jefferson: Are you someone like... a helper?

**Nod: Yes.**

Jefferson: Do you help the old ladies?

**Nod: Yes, and the young ones, and the children ones. Yes! (Chuckles).**

Jefferson: (Chuckles), but I mean to cross the street...

**Nod: Well, yes, if it is needed assistance, yes.**

Jefferson: What kind of assistance are you called for?

**Nod: Everything! If some of the ones that are sitting here, that are speaking all with us or if Treb Bor Yit-NE needed my assistance, I would help them. Sol Bor Yit-NE, Gayle Bor Yit-NE... any of them that are here with me... I would help them in a willing way.**

Jefferson: But like... lifting things?

**Nod: It is... lifting is not usually an issue. But yes if someone wishes for me to do that I will.**

Jefferson: Why did you say that lifting is not an issue?

**Nod: You do not need to lift anything. It is done... how you might see it with zero point gravity technology.**

Jefferson: Oh, I see. Okay, oh if you do not have to lift anything then... you can help, perhaps with your presence.

**Nod: Yes! Like supporting. Maybe a supporting, one who lends energy. Maybe as you see, the best way to**

**put it, is a battery. Like, I can be of use to increase the energy of what others are doing.**

Jefferson: Oh, I see. Hmm. And what was the last three people that you helped(?), I don't need their names (because names are complicated a little bit for us...) but I need...

**Nod: What I... the last people I helped?**

Jefferson: Yeah.

**Nod: Yeah! Treb Bor Yit-NE I am helping him now by speaking to you.**

Jefferson: Yaaay!

**Nod: Yeah! I am doing that with Sol Bor Yit-NE. This is why I am here now. I was coming here and because he wanted to have company, I joined him as well, so I helped him.**

Jefferson: (Laughter). That is interesting!

**Nod: Yes, it is a very simple concept but it is... it involves anything and everything. It is like one who does odd jobs at your planet but in a different way. (Laughter), in a very different way.**

Jefferson: It keeps you busy though, huh?

**Nod: Yes! It lets me do what I like to do. This is lending my support and help for others.**

Jefferson: And do you allow people to help you too?



**Nod: Well, if it is needed yes! I would accept the support from anyone that wishes to give it.**

Jefferson: When was the last time that someone helped you?

**Nod: Hmm. Today! If you want to see in a way that Treb Bor Yit-NE helps me connect to you so that I can experience this, then it is right now.**

Jefferson: I see. But are you not, right now, connected to me through the consciousness of Treb?

**Nod: Yes.**

Jefferson: So you are not connected directly to the channeler, you are connected to Treb.

**Nod: Yes.**

Jefferson: And Treb is connected to the channeler.

**Nod: Yes.**

Jefferson: So you are saying that he helped you to learn how to connect with him so you can talk to me.

**Nod: Yes, in that way I can have this experience, to share this information of me, my home planet and also learn information from your people. Because I connect to Treb Bor Yit-NE and Treb Bor Yit-NE is connected to Rob, I am learning things about him, things about you and things about the way your planet works. So he is helping me this way.**

Jefferson: What is the most exciting thing that you learned about our planet, that you would like to share, that you learned now?

**Nod: Uh... just the way that you see jobs and responsibilities, time... all of these things are very unique. I understand the perspective of time from your area of experience but just the specific way that time is experienced on you planet: with the making appointments, going to them, doing things, if you are not there it can be bad. All of these things are very interesting to me. It is not something that would be very fun to experience but in the way that you are used to it, this is very odd to me, so this is exciting.**

Jefferson: Wow.

**Nod: Yes.**

Jefferson: Now, what was the last gift that you received?

**Nod: I received the rocks from the moon, from Sol Bor Yit-NE.**

Jefferson: Did you like it?

**Nod: yes!**

Jefferson: What is the kind of insect or animal that you like the most.

**Nod: They are all a great connection. But if I have to choose one specific... uh... are you speaking of any**

**second density or are you speaking more of what you think of as animal?**

Jefferson: Yeah, what we think is animal.

**Nod: There is one that is the biggest animal on land. They are very powerful. They usually eat just other plants, but they can clean up other things too. And they are very strong and I always like to watch them do what they do because it is very unique to see them.**

Jefferson: When was the last time you helped an old lady?

**Nod: An old lady? Uh... all the time! The last one, in your time, it was a couple of days ago, perhaps?**

Jefferson: How was it, what did she need?

**Nod: She needed to send healing to another race so I helped her with this.**

Jefferson: Oh, I see. And in this process, you learn many things, right?

**Nod: Oh, yes! Yes. This is the fun part about doing so many different things with people from my race.**

Jefferson: And what is the least exciting thing then in your job?

**Nod: I have not experienced non excitement.**

Jefferson: That is very good!

**Nod: Yes.**

Jefferson: What games do you like to play the most with your children?

**Nod: They have all sorts of activities that they do but in your eye it is wrestling... almost. A connecting of force, of grabbing on to each other and play around in that way. That seems to be the most popular with the children.**

Jefferson: Okay, I would consider that a sport.

**Nod: Yes.**

Jefferson: Now, can you tell us about a game that they play?

**Nod: There is one game that all of us play, it is almost a ritual game. When one from the ones from our race pass on in their existence, we try to have a... what you say talking into the consciousness that leaves their body into returning into our family. This is commonly done. This is... it does not have a direct effect on how they incarnate... but it is something that we want to do to express our gratitude, love for them, in every aspect of their life, what they have done. To have many people wanting to rejoin their family or their circle of specific family niche. That is a great reward, it is a great way to express happiness to the entity for what they have done. This is very common with us.**

Jefferson: ...so that is a ritual. Now, in that ritual you... like...

after you do that, the spirit comes back and greets you?

**Nod: Yeah, there can be a direct contact with that but it is more in the way that we wish for the spirit to join into the physical embodiment of a new family member. It mostly is done when they are ready to get their bodies ready for... the way that children are born here is different than yours. Are you aware of this? Treb Bor Yit-NE says you have some knowledge?**

Jefferson: Yes. Like you come from eggs!

**Nod: Yes, but in the way that it is done, the body has to have time to manifest itself before the consciousness is in this. So whoever has the bodies that are nearly ready for that, that is the ones who will spend most of their energy in praising and showing wish of the return of consciousness to our... direct people that we have. The new children that we have, we try to get them to come into the incarnation of that.**

Jefferson: Oh I see. Well you know, from our perspective, at least from my point of view, that doesn't sound really nice because... uh... you are like... asking that consciousness to be your son without allowing the consciousness to have the time to chose for itself.

**Nod: There is no way that we control the consciousness. The consciousness has its free will as does everyone else.**

Jefferson: Uh huh.

**Nod: It is not about wanting them to make that choice. It is a way for us to show them our gratitude for what they have done in their life. It is a way of saying thank you for what you have done and what you have accomplished and we would be happy to have someone like you in our family. This is what it means.**

Jefferson: Oh okay. That is nice to do then!

**Nod: Yes! (Chuckles). It is different in your eyes but it is not... it is more in the way that I explained. Yes! (Chuckles).**

Jefferson: Sure... well, you know(?), it sounds much better put like that. It is more like an invitation: “hey come over! Whenever you want, if you want to, we are ready for you!”

**Nod: Yes, we understand the free will of all entities that are going to the next part of their lives. Yes.**

Jefferson: Now, what place do you like to visit the most?

**Nod: Uh... there is a place that is a planet named: Hasnib. It is a water planet where there is an aquatic race. If you look at it in your time period or time way of looking at distances. It is fifty two light years from us. It is a great planet that my wife and I like to visit.**

Jefferson: What do they look like there? Like us?

**Nod: No, it is more like... not a fish, but animals that look similar like a fish and the one breathing air, water ones?**

Jefferson: Like amphibian race?

**Nod: It might be, I am not sure of that term.**

Jefferson: Okay well, do they have two eyes?

**Nod: Yes.**

Jefferson: And two arms?...

**Nod: Yes.**

Jefferson: And two legs...

**Nod: Yes.**

Jefferson: Hmm. Sounds familiar somehow.

**Nod: Oh, is this what you mean by that?**

Jefferson: Yes.

**Nod: Oh I am sorry, I thought that you say an Abhsybian race. The technology that you use is still primitive in the sound communications so it is not easy to hear the words.**

Jefferson: But do they look like human?

**Nod: No the face is different, has a long nose. I am trying to figure the animal, it is a porpoise, or a dolphin perhaps?... It looks like this, mixed with a human.**

Jefferson: Oh, I see. Okay, nice! Now, do you have any parting thoughts my new helpful friend?

**Nod: It is great speaking with you, and I hope I helped you in some way, because then this is part of my job as well.**

Jefferson: (Chuckles). So, thank you very much, you did a great job!

**Nod: Oh thank you very much, I did appreciate speaking with you.**

Jefferson: Me too!

**Nod: Good bye.**

Jefferson: Good bye.





*19th of August, 2011*

## **CHAPTER 6 - PART II**

Ethics of ET contact:  
The Yahyel Society.

Jefferson: Greetings to you from planet Earth.

**A new Yit person: Greetings to you from that of the Yits.**

Jefferson: (Chuckles). What is your name?

**A new Yit person: I am known as Gayle Bor Yit-NE.**

Jefferson: And you are of a male or female orientation?

**Gayle Bor Yit-NE: Female.**

Jefferson: and the other two that I just spoke?

**Gayle: All of the previous that spoke today were of male orientation.**

Jefferson: Oh I see. Now, your eye color is purple.

**Gayle: Yes.**

Jefferson: But do your eyes look like ours?

**Gayle: Uh... more as the animal that you see as a cat, in the way that the colored part is shaped, and more pointy. Not in the round way it has more of a point on the side.**

Jefferson: Ah I see. So, how tall are you?

**Gayle: Uh... I am approximately seven feet even.**

Jefferson: What is your weight?

**Gayle: Two hundred and twenty five pounds of yours perhaps.**

Jefferson: So you are pretty thin.

**Gayle: Yes.**

Jefferson: What is your... are you marriage?

**Gayle: Yes.**

Jefferson: Did I ask you your age? How old are you?

**Gayle: Eight hundred and nine of your years.**

Jefferson: Do you have children?

**Gayle: Yes.**

Jefferson: How many?

**Gayle: Five!**

Jefferson: Wow. Are you going to have more?

**Gayle: No, I believe that we are at that part of our life where this is done.**

Jefferson: How old is the oldest of your children?

**Gayle: The oldest one of ours is three hundred ninety, around this age.**

Jefferson: And the youngest?

**Gayle: Uh... A hundred and fifty.**

Jefferson: Ah, all right. Can't your children be born at the same time?

**Gayle: If we wish yeah this is done.**

Jefferson: Hmm. Now, what is your occupation?

**Gayle: What I do... I was brought in from Treb Bor Yit-NE to help explain my job better, because it is one that his son is wanting to do. We are the ones who pilot the crafts to other areas and meet with new races, communicate with new races.**

Jefferson: Wow. That is truly exciting!

**Gayle: Yes.**

Jefferson: Now, when you go meet other races there is a protocol, correct?

**Gayle: Yes.**

Jefferson: Who prepares that protocol?

**Gayle: The protocol is given from the council, the one that is in charge of this.**

Jefferson: The council of the galactic race or the council of the planets.

**Gayle: It is called... the best word is galactic council. The one that you referred to is a group that is within the galactic council. It is a sub group. I believe that you are speaking of the one of the entities that you spoke through Treb Bor Yit-NE?**

Jefferson: Yes.

**Gayle: Yes, they are an independent group that is within the large groups, yes.**

Jefferson: The ones that take care of the army?

**Gayle: What is this?**

Jefferson: I am not sure I follow you... sorry. So, you have many councils, right? One council is the one that takes care of the galaxy and the other takes care of the planet.

**Gayle: Yes, the big one is the one that takes care of galactic matters in general. Each subgroup or sub area is responsible for certain areas within the galaxy and those are the ones who would directly decide the protocols to meet with these people. It is often given specific rules from the galactic council throughout all but it is left up to the experience and knowledge of the groups within because they are more aware of the specific races that they come to deal with in regards to their mental and spiritual development within these races.**

Jefferson: So, usually the council prefers to allow a race that looks like the one they are going to visit, to visit them, right?

**Gayle: Yes. That is what is often done.**

Jefferson: In the case they have never met an extraterrestrial being for instance. (?)

**Gayle: Yes, but if they are going to meet one they will be ready for it in that way, that is why the quarantines, as you say, are put in place so once that is done they will be ready for this. So they are in understanding that they will be meeting one outside of their race by that time. They will already**

**understand that other life exists beyond their own.**

Jefferson: I see. Have you studied our planet at all?

**Gayle: Somewhat, yes.**

Jefferson: Are you aware that we are in a quarantine timespan?

**Gayle: Yes.**

Jefferson: That for the most part, as a race, we don't believe that there exist extraterrestrials in other planets?

**Gayle: Yes. The great majority of your planet is not believing or mentally ready to accept this. And this number of collective conscious, grows up every day because of your understandings of not only sciences, but in the way of how big that the universe is per say. So it is made more every day. But yes, there is still a good majority that is not willing to accept that for reasons of sheer belief, religion, politics, medias, etc. Yes.**

Jefferson: Now, do we have also a council for the Mil-Way galaxy?

**Gayle: Yes, that is the galaxy that we are in. Yes!**

Jefferson: Oh so you are part of our galaxy!

**Gayle: Yes!**

Jefferson: Ahhhh... I didn't realized that... Well I never

asked...

**Gayle: Yes the star that you are aware of that is called... uh...**

Jefferson: Capella.

**Gayle: ... Capella.**

Jefferson: Yes.

**Gayle: Yes, this is where we are at and this is only approximately forty light years away from where you are. We are well within the galaxy. In ways of thinking we are very, very close. You are able to see the star of Capella that you would see manifested from your density with your bare eyes in most places that are not highly populated. You would be able to look out at the night sky and see where we are.**

Jefferson: How many light years, did you say?

**Gayle: Approximately forty.**

Jefferson: Forty.

**Gayle: Well, forty, forty one... or forty two, more exactly but approximately forty, yes.**

Jefferson: Now, you have technology to come here, if you wish to...

**Gayle: Yes.**



Jefferson: But we live in different densities, would you be able to break through those densities' barriers?

**Gayle: We would be able to manifest ourselves within your density, yes.**

Jefferson: Okay, but in order for you to be allowed to do that there must be an authorization from the galactic council of the Milky Way galaxy.

**Gayle: Yes, the galaxy that you are in now, which you call Milky Way and we call Cluster-I-zation. Yeah. It is not... the third density is not allowed for us to be as part of their daily life. So, that is why we do not interact in these ways. That is why the fourth density is that barrier level. Because energetically it is one and the same. Not in a specific energetic level but a fourth density being would be able to experience us as if we were in the same area. Within the sixth density, this is a higher harmonic level, what you consider to be specific harmonic levels; we are where you are, two above the Earth but one above the fourth. But the fourth density consciousness is large enough to be able to see us or to experience us in a way that would be more physical than the way that you could. Because the density is so hard, so highly compacted; and not only for this reason but because of the fact that you are not able to experience us at all because this is why the quarantine has been set up. As a way that is not progressing to your race in that way. That is why you are not ready, because you do not have that energetic movement. Or, the mental acceptance for us, if you understand.**

Jefferson: I follow you. Well, yeah, you look pretty different from us. So, it would be shocking for us to find out that there are extraterrestrials by the first impression of the looks of a reptilian being.

**Gayle: Yes.**

Jefferson: But, are you aware of the Yahyel society, which is the society from the being I've spoken with called Ishuwa (Extraterrestrial entity channeled by Shaun Swanson)?

**Gayle: Is this the name that they would use, galactically, throughout?**

Jefferson: Yes, they are the Yahyel society. The Sassani society call them the Shalanaya, “the ones that will come first”.

**Gayle: Yes.**

Jefferson: According to Bashar (Extraterrestrial entity channeled by Darryl Anka), this is the race that will come first for open and peaceful contact with us. They are part of the Association of Worlds or what some loosely call: Interstellar Alliance.

**Gayle: Yes.**

Jefferson: Are you aware of this race?

**Gayle: Yes.**

Jefferson: So comparing to the Pleiadians that our friend just spoke about, do you think that the Yahyel looks more like us

than the Pleiadians?

**Gayle: No. Not even close to the closeness of that. No.**

Jefferson: (Laughter). I see. So, how do you know what the Yahyel look like?

**Gayle: If the Yahyel are the ones that are considered to be the ones that are most likely to have the first contact with you...**

Jefferson: Yes.

**Gayle: ...this would be a sub-species of what you would see as the grays aliens. One of the hybrid mixture of the human and them.**

Jefferson: Yes, that is what I think they said, yes.

**Gayle: Yes.**

Jefferson: So, you are saying that other than that race there are other races that look really, really just like us.

**Gayle: Yes, but perhaps those races are not in the area of your location. Perhaps that this race is the closest not only in the ways of looks but genetically that would be compatible to your race. It is best to let go for contact first the one that looks most like or is more alike in appearance, but seen that your specific planet is taken care by this society, by this subgroup, it is more likely that they will use one that is within their own group. And these are the ones that will appear closer to you than some of the others.**

Jefferson: Oh I see, there is a new understanding here.

**Gayle: Yes.**

Jefferson: The Association of Worlds then will have the Yahyel society to meet us first, not because from all the beings in existence they are the ones that look most like us, but because from the ones that are part of their Association and have genetic linkage, link up, connection to us, that one is the race that is closest in proximity to our energetic vibrational harmonics, all things considered. (?)

**Gayle: Yes, that and the idea that they are descendants, because you are family, genetically speaking. But they do have... they would not pass for a twin for your race but they are very close in the way of having two legs, arms and eyes and one mouth. So these are beings that would be more accepted than that of a reptilian nature or one that you would see that might appear to be more like an insect or many other different ones. So this would be the one that they count on. Because as you said, there is a vibrational match, a genetic match but also because this race has spent many, many time with your race, learning your race, understanding your race and experiencing support to your race.**

**We do not have direct... the area that we help assist, because we are not a direct part of this, we are in a specific subgroup. We help assist the subgroup because they understand that we are willing to help and that we are not in a negative way so we help this group and this group is not responsible for the area that you are within. So, we'd**

**like to have contact with you but this is why contact is not very high in that way, this is why the one that is Rob, Treb Bor Yit-NE can speak, but there are very few humans that have the ability to contact our race because it is not... the spiritual advisor job takes him outside of that area where we normally would do. Do you understand the concept of this?**

Jefferson: I sure do ma'am!

**Gayle: Yes, so this is done in this way, and this is why this group will specifically be the one that contacts you, yes.**

Jefferson: Oh, I see, now I have a greater understand about these ideas. It is almost like the galaxy has different sections that are separated by locations and these locations are taken care by different groups that are connected to the galactic council.

**Gayle: In one way you can call this sections but in another way you might say that our approximate place in the way that you see time and place existence...**

Jefferson: Uh huh.

**Gayle: ... is closer to you than some other races that would be in this Association but because it does all vibrational sensing and they sense the way that it is truly structured with the basic levels of existence that they are vibrationally and more specifically directed to your planet and area of your existence. If this makes any sense(?). The way that it is used to**

**explain is not... it is one one thousand of the information that I would need to build an explanation that would fit a structuring of the exact appropriate content but this is a general idea.**

Jefferson: Yeah I understand one one thousand of what you mean. (Laughter).

**Gayle: Yeah, (chuckles), space is exactly the challenge here.**

Jefferson: But it is good. For the purpose of the book it is pretty good!

**Gayle: Yes.**

Jefferson: Now, how did you find out about the Yahyel society?

**Gayle: It is just a part of the societies that work together. It is a chain of groups... there are specific groups that do this... uh... it is just as if you are in the country where Rob lives in (Michigan), he knows, even though he has never been to California, Texas, Tennessee, West Virginia, North Dakota... he is aware of all of these places, even though he has not visited them. It is a common knowledge because of the line of work or the existence that he is in.**

Jefferson: I see, so how do you guys from Yit refer to their race?

**Gayle: To which race?**

Jefferson: To the Yahyel society, the first race that will meet us.

**Gayle: The word that you have described, the one that the Sassani use.**

Jefferson: Yeah.

**Gayle: ...that is a familiar term.**

Jefferson: Oh, the Shalanaya?

**Gayle: That is the one that is used mostly in the generic or galactic sense. That term is known to me. Yes! It is understood by my consciousness in the spoken word.**

Jefferson: Sure. Thanks. And then what are the most exciting parts of your specific job?

**Gayle: Every part of explaining new information, as I am doing now. Contacting the races that are now ready to move on to this part of their evolution. In all of this there is growth, not just from our race to be able to experience it, but it is the greatest way to look in a general sense. Because our galaxy is one entity that feeds its existence throughout all of our existences and all of our consciousness. We are all the same; so to help another race is to help ourselves, because we are one. And it goes further than the galaxy but this is where we are set at this specific time and focus for now.**

Jefferson: Do you think it is possible that a future self can

communicate with a past self?

**Gayle: Oh, yes. It is more common than it is understood amongst your race.**

Jefferson: So this is what I would like to get some idea from you too. However, I will talk to Treb something else about this idea another time so I can enjoy your presence and hear you talk about your occupation.

**Gayle: Yes.**

Jefferson: So basically... you set up a time, for instance, you say, “I will go tomorrow to that feline race”, – in the example of that feline race that you are meeting that is a human and a cat mixture.

**Gayle: Yes. Even though you are seeing time schedule the way that you build this, we understand at what point at present that these quarantines expire and then we have the discussion if they are ready at that point in our opinion. And like I said this is one of a group, and there are groups that are aware of this. And then we go there, make the contact after this been discussed very well.**

Jefferson: So how is it usually done or is it different in every case?

**Gayle: Yes it can be greatly different for all but the general idea is that, that I spoke of now. We understand in which period of time the quarantine exist for each specific race that we are up to deal with. Once this is up and it is discussed amongst the**



**group and as we are here to assist and not part of the groups, our input is used but we do not have that final saying, perhaps. It is less about the saying of the council and more of the feeling of the energy of the collective consciousness within that planet. This is also a job that the spiritual advisors would use to go into the field that holds the consciousness of the collective consciousness around that planet and to feel that field going and they will then understand whether that group or collective consciousness is ready for this next step as a whole and obviously because in this third density where there is negative and positive there will be no complete agreement. It will be more than a portion of the energy that is ready. Once this is established, then the communication can take place.**

Jefferson: Hmm. So, what was the last race that you met?

**Gayle: I believe that if you are talking to the Treb son, in what is just a few days ago or a week ago, or so, he explained to you of the feline group(?). Even though we are not able to truly meet them, we are able to feel their existence and to monitor them. But if you are speaking in a way of pure communication it would be in the time of yours, several weeks back. There was one that was made with the group that is a hybrid type of the human and the smaller version of the human but not... do you understand the race that looks like small humans but is much wider and has deeper features(?)... not so rounded but more flat features(?)... this race was a hybrid with one that looks similar to you and this is the last one that we have contacted.**

Jefferson: So, what did you do? You went there and stayed in sky for one hour or two hours so their televisions could broadcast you?

**Gayle: What it was, we go into the area, into the craft and we go to land in a place that is not greatly inhabited and we make sure that they are accepting and willing and then once they open up a line of communication, whether it would be with their military or with people who are of the nature of speakers... politicians (not so much), but that is what is close to your level of leader of the community(?)... open their lines of communication and once this is done we use our thought processes to use the words to communicate with them in that way, and once this is done they will either accept us and then wish to learn from us or they will not and if they do not they ask us to kindly excuse them and we leave. But most of the time we understand that they are ready for us so there is not the issue of being not accepted.**

Jefferson: In your space craft, do you drive, pilot it or is it automatically piloted?

**Gayle: In one way we do take it to the places that we go but it is not driven like a car of yours is. It is used from the mind. And it is not driven in the way that you see driving... the craft's collective consciousness from ourselves. Not the collective consciousness but the conscience from ourselves through manifestation. And this is difficult to explain because your race is not used to these ways. But because we can manifest things in an instant way we are able to go with no**

**time in between, with no traveling time in between places. So, we use the actual part of the universe, the vibration and we use that to sync into coordinates to move from place to place so there is no driving. It is just directed consciousness into the place that we want to go that is linked from the communication, from the craft to the mind. That is the best way I am able to explain.**

Jefferson: I see.

**Gayle: I don't know if you understand the way that I am meaning...**

Jefferson: I think to some extent... yeah, we understand. And so in your case... basically you could also say that you locate yourself, you put the coordinates of some particular place, like the vibrational signature of a place in time and then you stop being here and you start being there!

**Gayle: Yes. And what you would say no time: instantly! Very good.**

Jefferson: Now, as a curiosity I have about your race, do you guys teleport yourselves?

**Gayle: No. It is not a teleported way. We use the craft to make this traveling so we stay within this craft until we are available too. So, some races use a teleportation technology. When it comes to the next harmonic level that is above us, their crafts are not needed, because their consciousness are so evolved that they can do teleportation just by the thought process but when it comes to our, even to the top or**

**four levels of harmonic we can only train ourselves to go within this manifestational craft because the consciousness is not that evolved yet. And when we do this there is technology that you can use that will transport yourself from the ship to the area that is on the planet that you are above or any area that is ready to the local area that is within the consciousness range of the ship. Just as the ship has our consciousness, our consciousness has a specific part of it that is strong enough to make this jump. But if one goes outside of the area that is strong enough for the connection to be made, then there is no ability to teleport because the connection and vibration is not that strong.**

Jefferson: Hmm.

**Gayle: It is hard to explain this. I understand that it is very hard for a race that is not aware of this technology... it is very hard to explain and I do apologize...**

Jefferson: ...oh don't!

**Gayle: ... but this is part of our differences.**

Jefferson: Yeah, yeah, yeah! I got it. Don't you worry about it. I was thinking about something else when I said: hmm. I do understand... I think I do understand to a good extent because I've been speaking to so many extraterrestrials and they've given me details in other books too. So, don't worry about it. Now, is there anything in particular about your job that you find interesting to share with us at this timing?

**Gayle: I want you to think about your race, where they are now. I want you to feel this, close your eyes and feel your whole race.**

Jefferson: Uh huh.

**Gayle: And once you feel this, then you understand that once a race that is different from yours comes to you they come with love and peace in the existence and wanting to share all that is with you. Now feel the joy that you would feel in your heart. Now, this is the same joy that I wish to share with you for it is the same with us to you. In the same way, if you were the race that were to come this would be the same joy. This is what I want you to feel and understand. This is the level of excitement in that we live in, and this is what I want to express and share.**

Jefferson: Wow. Fantastic! So, yeah, absolutely, from our part, as far as I am concerned, I look forward to the day that will have many different races in our planet. And the other thing is, are you aware that there are already reptilians in our planet?

**Gayle: Yes, but they are not of very large numbers. The ones that are there are not... they only have control of what you give them. It is not... we try not to speak to races that are at your level about this for that reason alone. It causes more fear than help.**

Jefferson: Yeah.

**Gayle: It is not something for you to worry about. The one that speaks to Treb Bor Yit-NE, Rob, the**

**vessel(?)...**

Jefferson: Uh huh.

**Gayle: He was taught too about different things, about something that was supposed to happen for your planet and it is expressed that much information that is given through others, not only of channeling sources but sources that are everywhere in your planet are specifically designed for that reason. To spread fear. Because if you are doing a negative vibration then the energies that are negative feel that you are in their existence. That is the way that they work. Do not fear! This is not the way to do this. So any entity that will be on your planet, with your planet or around your planet can only give... you can only give them power through fear.**

Jefferson: Fantastic! Thank you very much for sharing that!

**Gayle: Yes. You are welcome.**

Jefferson: Now, you are the commander of Treb's son.

**Gayle: Yes, I am the one, not in the top area but I am doing the job that he is wanting to do. So it would be on the second command of the ship of the parts that we... one who is second in charge of the whole operation of meeting races. Yes.**

Jefferson: Wow. You don't need to leave your position for him to start working there, right?

**Gayle: No. There will be different areas and different**

**things for them to do as well. The more races that we find, the more races that we communicate with, the more races that are ready... no one can be worked out of a job. It happens because it happens and you feel the job because there is need. So if he would not be interested in this job then there would not be a job for him to have. It would not be available. Does this make sense to you?**

Jefferson: Absolutely my friend. I think you became a very wise person. For how long have you been working with this?

**Gayle: Since when I was about one hundred and twenty five year.**

Jefferson: Wow. Quite a long time, huh?

**Gayle: Well, in your standards yes, and even from our standards this is a very respectable time to be doing something that you love. But it is not felt for me as a long time because it is a joy in every minute.**

Jefferson: Can you then quickly speak about your preferred little animal or insect like creature?

**Gayle: To the awareness of an animal that is here. It is very well like feeling the energy though Treb Bor Yit-NE of where the vessel is, there is a dog animal and those are very great, are very nice. I like the feeling that is given from them.**

Jefferson: Yes. Cool. How about your planet?

**Gayle: Even though I understand that this is how you**

**see it, it is not how we experience it. There is no true preference in one over another. It is only the way that we are and the way that we are manifests through the things that we do.**

Jefferson: Sure.

**Gayle: Because the things that we do are the best for us at that time. So there is no true preference among entities that are on this planet, because we are all from the same consciousness level and even though we are separate as individuals we don't experience that quite like that. So it is very hard for our race to understand these concepts.**

Jefferson: I usually ask this in this way of preference so that we can get to find out about the existence of different little creatures in your world.

**Gayle: Yes.**

Jefferson: So is there any creature that comes to mind you would like describe to us?

**Gayle: There are ones that looks close to insects, there are ones that are large on the land that you might see as a reptile type, there are a few that you might say as fish and there are several different vegetational. And even what you call bacterias. If you choose one I will describe that one for you.**

Jefferson: Is there a bird?

**Gayle: There are insects that fly but not birds as you**



**see them, no.**

Jefferson: Uh... okay, it is alright! So, do you have any parting thoughts?

**Gayle: I want to make sure to express the idea of not being afraid of news and these news because this is a great concern of mine. When I understand some of the stories that are intentionally given out on your planet to use to make you afraid, I understand perhaps why you fear them but I do not understand in the full picture of why you would fear the things that you do. Because there is no rationalization to fear of anything. You are who you are. You are what you are and the closer to yourself that you become, the less amount of fear that you need to have, because there is nothing to be afraid of if you are being who you are supposed to be. And everything else is just a matter that is put aside. If you are not able to control another's action then let go of trying to control it, because it is not for you to control. Just live this way and this will benefit you greatly!**

Jefferson: Fantastic! Thank you very much for your participation, much love to you Gayle.

**Gayle: Thank you for having the time to speak to me. And letting me explain the different ways that we see it.**

Jefferson: Fantastic, that was great! Thank you.

**Gayle: Thank you!**

**Treb Bor Yit-NE: Hello Jefferson.**

Jefferson: Yes!

**Treb: Yes you have spoken to everyone that is here now, is there anything that you would like to speak of in the next ten to fifteen minutes?**

Jefferson: Yes, Treb can you speak for us from Earth, a little bit about the idea of possibilities of existing a communication between a human being and a future self? How is that possible?

**Treb: It is very much possible to do this. In fact many connections that are made in the way that you see are channeling as, are made from ones who are considered to be future selves. It is done for a specific reason. Because the soul is in the density that is higher than the physical existence, it all branches out throughout itself. So if you see it as one way, if you take a gallon of water and pour it into many small glasses, really, really tiny where you are putting the few drops into one. Some are bigger and some are huge where it goes most of the gallon. The whole gallon then would be the soul.**

**First density consciousness could be a small thimble, what you consider a thimble of water. The next level up, would be a cap that you use in the drinking water to put on the top of it. And the third would be a small cup and in the fourth, and fifth, and sixth level there is the cup still. So as you see it like this the soul is working at once. Because there is no time in the way that you see time it is all happening at the same time. So for one to channel its future self**

**only means that it is connecting from one cup of water to the next cup because it all comes from the same gallon. This is how it makes communication easy with future self, or past self for that matter, in the way that you see it. But time, as you see it in linear fashion does not exist in that way. It is hard to grasp this fact for some but it is the truth of the matter. So when you are channeling or communicating with future or past self, this is all you are doing. It is pouring one small cup back into the other small cup which is all poured from the same gallon.**

Jefferson: I see. So, it is like saying that the future also already happened.

**Treb: Yes, it has already happened. But because the laws of time as you see it makes it where you cannot understand what is in front of you in time perspective, only what is behind you, then this is the way you feel this.**

Jefferson: So, it is like... you know our cameras(?), we have our script of films. So it is like looking at each frame knowing that each frame is a lifetime, but actually they are all pictures separated that are at the same roll as though they were happening at the same time when the whole story is already finished in some way.

**Treb: Ah, yes. You could see this that way, because the way that true existence is... you are looking at all of the films at once so every picture within is happening here and now and you can see them altogether. But when you are the density of the third**

**and you are an existence of this harmonic level, of this density, then you only experience it from the first picture to the last picture. You cannot experience it from the last to the first nor can you start in the middle and go either way. You have to experience it from the first picture to the last. And we do not have that limitation. So it is easier to understand. And when you go into other spots, in the future or past, we look at this as if it were all one picture. So we are able to maybe see one of the picture in one part and the other in the other and go back and forth between the two. There is no set perspective that we must use because the time is not experienced in the same way.**

Jefferson: So from where you are and given your level of consciousness, when you look at a human being... say we are talking to each other right now, are you able to see my script of film?

**Treb: I am able to see your energy, I am able to see what your perspective would be. So, I understand what you mean. I am able to see part of your film, only the part of consciousness that I can feel through the vessel that you know of as the host (channeler). That is the only way that I can experience that energy from you. And because he is not advanced in that way, I feel a portion of what your consciousness is. So the host has an ability to feel this but not in the same way I could if I were there directly linked. If I want to take my own existence and look at my own script of film then I would be able to see your film in the way if it is in direction of vibration or connection if our existences or paths were to ever meet, whether be it future or past then yes I am able to then connect**

**yours and see the whole difference, yes.**

Jefferson: Do you see your path meeting with Robs?

**Treb: Uh... yes, in a way, yes.**

Jefferson: In the future. (?)

**Treb: Do you understand the race of the Nihal that I spoke of?**

Jefferson: Yes!

**Treb: This race is very, very closely connected to the human race. It is not much that I can explain past this. So the relatives of my race are directed affected by your race in that way and because of this interaction the existence of my race is what it is now. It is hard to explain in that way.**

Jefferson: Are people from the Nihal civilization more spiritually advanced than what you are?

**Treb: In the time of now, if you are looking at this time, now, they are already into the non-physical existence now. But it is a different time setting. It is not in the same way that you see time. Their physical presence has met with yours. If you want me to be very specific, I can. But I do not wish to break the free will or knowledge of anyone, but as for those who are experiencing that knowledge that I pass, no one will directly experience this but part of their consciousness can and will experience. And this is why I do not try to explain it in this way.**

Jefferson: Sure.

**Treb: The human race advances into the next harmonic level and they become in the same types of jobs that we do and a race that is made, just as we are able to make other races, genetically and through our consciousness, a human does one of these things and I will not say in which specific manner.**

Jefferson: Uh huh.

**Treb: That is the Nihal existence. The Nihal that I speak of. And because they are able to transcend the time, something have happened in their area of the solar system at the present time where they were trying to advance so they had to bring their selves behind in the time line, so in a way that you would see this, after you have made them in your future, they are put back into the past. And when they go onto further, this is where our race comes in the way of seeing that and that is why... we have existences from them and they have existences from you, if you understand.**

Jefferson: Yeah... Hmm. Interesting! So, from now on as you look at the time line for Earth you definitely see us going from third to fourth density. (?)

**Treb: I see that the fourth density is inevitable for all races who go through this journey.**

Jefferson: Uh huh.

**Treb: I am not trying to be truly specific. But I must... If I explain too much in specific about one individual or one as a race it can impede the progress or it can make... I understand this... when I have to explain something that it is happening in the past or is a possibility of the future through the host to other humans, their expectations become so great that if they are not feeling this existence at the time, it messes up their ability to manifest it.**

Jefferson: Oh.

**Treb: Because their expectations are so excited from this perspective. So I try to explain that it is not permanent... it is a probability because of free will there is a possibility of different things that can happen but there is higher, greater probability and on the higher realm of great possibility, that is what I see. But it is not so much that I want to shake the bowl, if you will, because this creates that same... whether excitement or fear, either way it can impede the progress of your self as one or as a race.**

Jefferson: Now, taking advantage of your evolution in consciousness I have a question to ask you. I understand that I have been visited by other extraterrestrial beings physically on planet Earth.

**Treb: Yes.**

Jefferson: And that once they go away they erase your consciousness so you forget the meeting.

**Treb: Yes.**

Jefferson: Why would they do that?

**Treb: Some races can do this because the quarantine is so that it is not a direct contact to development.**

Jefferson: Uh huh.

**Treb: But some do this because they feel that they must or is a part of curiosity as they see that you are a part of their direct “strip of film” as you say...**

Jefferson: Uh huh.

**Treb: There are many different reasons for them to not follow directly this specific procedure of the quarantine but it is more of an idea of thoughts not having your... expectations as I spoke of earlier. You do not want to know too much of what could be ahead because it can be detrimental to you in a great way. I imagine that their... just their appearance and just their communication with you...**

Jefferson: Uh huh.

**Treb: ...and connections in vibration, especially being from a past part of yourself, could be detrimental to you in a great way if you understood that they were a part of you but in the future...**

Jefferson: ...or in the past.

**Treb: Or in the past! Because you cannot see the time as we explained.**



Jefferson: I see. There is another extraterrestrial: Bashar. He said that by around the time of 2017 or a little bit in the future from now we are going to - or even before first contact happens -, we are going to start to remember these contacts we've had with extraterrestrials.

**Treb: Yes.**

Jefferson: Is that one way to make it easier for people to accept the first contact?

**Treb: It is a way of that but it is also a part of the quarantine issue. Because you are not able to experience anything before quarantine time and you are afterwards, they give you back the experiences that you have had, so that you are more willing to do, to accept this but also, in the rules of the quarantine, it is after the quarantine is up. So you are unable to remember this because of the quarantine. Because time is not in the same way on our existence, if we visited... let's say if we visited you directly five years before the quarantine and then take away that ability to remember; then after the quarantine is up we can give you back that feed into your experience so it is not "illegal"... it is more of what you would say a loophole but it is done for specific reasons among specific races. And the reason of acceptance, experience and lack of fear - so you are not too fearful from that experience -, that all has a great deal to do with it.**

Jefferson: So basically the individual that is reading these lines right now could very well have already met one or

several extraterrestrials and not even have a clue about it.

**Treb: Yes, this is very, very common and happens very often really. And it is hard for the human mind to wrap its head around this idea because of the way that you feel and experience of time, but yes.**

Jefferson: Fantastic. So, Treb, would you please tell me your parting thoughts and yeah... well... say where you are at right now, perhaps?

**Treb: I am in the same physical place as I was yesterday of your time. In the town in the general meeting building.**

Jefferson: Okay.

**Treb: But the wishes I want to express in this way for today is this: through your communication, not only with yourself as a race but other races, there is a great lesson to be learned. That there are several different ways to see and experience and to feel... there are several different truths. If you lock your mind onto one truth, if you lock your mind on only one way of existence then you limit your reality to this. When you open yourselves to the vast amounts of infinite existences, and infinite probabilities then you give yourself the opportunity to manifest, whatever it is you wish to be, in your existence. And this is the way that it is done. The consciousness building your existence. So do not limit yourself in that way for if you do, you have a chance to limit your experiences and opportunities to live in widely fun, exciting experiences that there are to happen. And I**

**do believe that this is your same intention Jefferson? To let the people who are reading this understand this.**

Jefferson: Absolutely!

**Treb: That the only way to experience greatness is to open your mind, and to try to see into other's perspectives and this will help in the limitation of judgments. If you are able to not judge, if you are able to step aside of the issue, and look and see what the experience brings, this alone benefits you as a consciousness, as a soul, as a planet and as group of beings that are from Earth. Let it be Earth the planet of ones who do not judge, that understand and that experience all that there is to experience. And if you do this, you will only be happier in this experience. So I hope that this has all helped you all to understand this point directly.**

Jefferson: Absolutely it helps a lot Treb. It is alright for us to be where we are but then to use all material, not only the one that you are giving but all good stuff that they resonate with in order for them to grow in consciousness and science and acceptance that existence is present everywhere, every way and that truth has many perspective from which to approach, as the now present unfolds through each and every single choice, right?

**Treb: Yes, and not only is the life and the existences and consciousness all over the area and with many different types of view but many different probabilities, many different existences. The future is not set! You have your own future to build! And if you**

**are doing this in the ways of non judgment then you build a future that is more wide, that has more probabilities. And this is the excitement to choose your own making.**

Jefferson: Greeeeeat, lovely! So, thank you very much my dear friend.

**Treb: You are welcome and it's been great to speak to you again.**

Jefferson: It has been a fascinating experience! Now, for the next session, as it might be perhaps the last one, we will see...

**Treb: Yes.**

Jefferson: How would you like to, perhaps, bring me a couple of... different... beings from different planets?

**Treb: Uh... I believe that this is very possible as I am doing the channeling through the host I can connect to other entities at the same time. I have done this one time with the host and a higher density, but I am not sure if he is ready for that connection again. So it would have to be entities that are within my density or lower densities. This is of your choice and preference if you give me any that you would like and specific densities or specific types of beings... let me know and I will make a connection with any of them that I can.**

Jefferson: Sure. So the idea basically would more be one of... I know that the contacts with other races "live" might not be

as easy to do, so what you could do perhaps is you could get a spiritual advisor from other races to write a letter, a message from their race to our planet, so we could make the next chapter with two, three or four letters... all you do, you get the letter from them and then you read to us.

**Treb: A letter of a specific example of their planet's or of what type?... what are you speaking of? Experiences?**

Jefferson: No, the content of each letter would be a message from their planet to Earth.

**Treb: Yes. I see what you are saying, yes. So, to gather these messages for you. Is this what you are saying?**

Jefferson: Yes, from as many planets as you know that is aware of Earth that wants to help us in some way. So, for instance. I am writing to Earth to tell you (earthlings), that you are on the right track, that you are loved and that there is perhaps a future that we will be able to enjoy together... right? ...something like that.

**Treb: Yes. Then I will make sure that these existences are from the density of fourth or the fifth in the way of contact.**

Jefferson: Yes.

**Treb: If I give this to other third density entities it might be harder for the communication because they might not be in the same place that you are. So I will put ones who perhaps have been through what you**

**are going through in a way of speaking... of one sort or another?**

Jefferson: Absolutely!

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**Treb: Yes and then I will do this. If I am to get one from each entity (race) that I constantly get in touch with, this would feel more books that you have time to do...**

Jefferson: (Laughter), that is for sure. True!

**Treb: So if you limit them to a specific number, amount, I will make sure that this is prepared for you.**

Jefferson: Yes, three, four... not more than five you know? Like... three should be alright.

**Treb: Excellent.**

Jefferson: You know(?)... try those who are in close proximity to our vibration and who knows(?), perhaps you could get a Pleiadian, who knows(?), perhaps an Arcturian, someone from Andromeda(?)... I don't know... that would be cool!

**Treb: Yes! I will make sure to get a few of them. There is one specific... I do not know if you wish to have from the whole race or from as you say maybe other spiritual advisors but there is one, who I am aware of who has very high experiences in other galaxies that I have communications with in a telepathic way, from a density that is considered higher. He is from a place that you call Denab, so I would pick one from him. This will be very interesting for you I believe.**

Jefferson: Fantastic!

**Treb: Yes, I will work on this idea and next time that we have that chance to connect and communicate, everything will be ready to go.**

Jefferson: Fantastic! The chapter will be called: "A message to Earth"

**Treb: Excellent! This is a great way to express this, yes!**

Jefferson: Lovely! So thank you very much Treb!

**Treb: You are welcome. I will speak to you soon and I leave you in love and light and we will speak very soon.**

Jefferson: Thank you very much for your timelessness!

**Treb: You are welcome! Good bye Jefferson.**

Jefferson: Bye.

*30th of August, 2011*

## **CHAPTER 7**

*A message to Earth.*

**Treb: Good afternoon Jefferson!**

Jefferson: Good afternoon Treb! How are you today?

**Treb: I am doing well, and how are you doing?**

Jefferson: It's lovely to speak to you, did you know that you are my first hybrid human reptilian friend?

**Treb: Yes! I would imagine that this so. It is not known very well, from your race that there is much more than the**



**reptilians that seem to be presented in the negative light. And this is quite disappointing, but this is why I hope that we can illuminate people in the light of knowledge together.**

Jefferson: Is it true that there are also reptilian beings that visit humans... I mean decent, nice people that are from a reptilian race, that visit human beings during the night, or at some point, and then they erase their memory and go away doing good for the person?

**Treb: Yes! This is sometimes done. But it is not as often done; for the amount of reptilian hybrid races that are here, in this galaxy, that tend to deal with either parts of galactic council or sub groups of this, are not very high in number. So it is not as common now. But I am assured that they do have visitations to your planet before, interacting with some, yes.**

Jefferson: Treb, are you aware of life in any of our eight planets, here, in our solar system?

**Treb: Oh yes! You mean within your density? Yes?**

Jefferson: Like Mars... (?)

**Treb: Yes. There is life that are within different densities in this solar system. You have ones that are second density nature, that is within your solar system as we speak. They are the ones that are from a moon that is on Jupiter. I believe that you call this moon Europa. It is an Ice moon. Yes and there are several fish type of animals, that live there; that is in your density, that you would be able to experience on**

**a first hand nature. Yes!**

Jefferson: Wow! That is interesting.

**Treb: Yes!**

Jefferson: So, now, what have you got to share with us?

**Treb: Well as you had requested, I have brought messages from different entities, from different races, different levels, of different densities. I wish to share these messages with you. There is one that is very short, and one that is very long. And one is of a medium nature. I gave them varying degrees of time, giving them the ability to say what they wished to you.**

Jefferson: Sure, lovely! Can you perhaps start by saying what races they are?

**Treb: Uh... yes, the first race is a race, that is within our area, it is within six light-years from us. And they are a race that is in their mid stream of fourth density. We call them the Lukt-Neeb. But they are not a fully advanced fourth density race. They have a very short message. There is another that hails from a star that you call Deneb. This is a very close personal friend of mine, who has given me many teachings. And he is very, very knowledgeable of the extent of the entire universe, for he travels outside of the galaxy often. He has given me several informations about other life forms and other things. He wishes to share some of his knowledge with you as well. And the third that I will give you is from a**

**star that you might know, as Wezen. And this star is a race that has just started their fourth density journey, and they wish to share a few things of what it is like to transfer to this density. And in a general nature of getting over, or overcoming some of the third density issues.**

Jefferson: Fantastic! I am really excited to hear them all. How have you planned to give them to us? Did you want to start from the smaller one, or from the bigger one?

**Treb: I will start with the one that is small. It is very short. It is just a message that is given from the ones that are close to us, and it is very short in the way of very small amount of words to give. But the message is very great, and this is what they felt you must have, or understand, as a gift to you, for your race.**

Jefferson: Awesome.

**Treb: One moment so that I can capture this in the correct terms.**

Jefferson: Sure.

**Treb: It is more of a message to Earth, and I will speak this in the true nature of the way that they described this to you:**

**"A message to Earth. For I hope that you enlighten yourselves and fully comprehend the metaphysical coalescence. One must attain enlightenment of absolute existence, because of the limited capacity of individual human cognizance; comprehension of the**

**immensity of the metaphysical universe may be attained only through contemplation of your soul; this is created for traveling through the different dimensions and different densities and different existences in whole. You all should know that everlasting gift that you were given shall never diminish nor fade away. For you will be journeying through the metaphysical universe. You are forever experiencing everything there is to be experienced in a perfect form of creation. The one spiritual source might know this creation man, or the one who creates in various terms. Using terms as, The Absolute, Infinite Being, All That Is, The Logos, God. The term Infinite Being encapsulates the idea of infinite consciousness, beyond which nothing else can exist. Nothing exists beyond the consciousness of the Infinite Being. The universe is formed within, not outside of the consciousness. The spiritual source is the spring of life. The Infinite Being, is therefore a great universe which is created within itself. In multiple amounts of universes to look through. The spiritual concept of God employs terms like omnipresent, omnipotent and omniscient to express the idea of infinite consciousness. And from the expansive point of view, The God, or the Original Creator is greater than all manifestation, and yet, is a part of all of the manifestation within. If you look at dimensions and lateral and infinite densities, they are vertical and they are seven densities, in a state of awareness, of vibration and harmonic sense. Furthermore the higher density that you are aware of, in multiple dimensions beneath you, many entities at the seventh level can see all of the dimensions that are below them. The ones that are what you see, as**

**positive, do have your best interest in their thoughts, as they look upon you. The ones who you consider perhaps negative, do not necessarily have your best interests in group. But this is to not be worried for, for if you show love, in unconditional form, they will not be able to affect you. For your own love is the tool that you would use for this. Now when they look down at you, perhaps they would see you as you would see insects, or animals, but not looking down at you as lesser than them. They look at you as a smaller portion of the consciousness. Now all of this being told, is only a small part of the metaphysical universe that I see. And what message am I trying to relate(?), not all entities are going to know or experience each other within this area and through God or The Creator; we all have a chance to experience each other without having to meet all of the ones that are in this system. You do this in the relationships that you have; and you do this by meeting and connecting to other entities, which is what we are doing now. So please, grow spiritually, and know that your soul will never disappear and never stop traveling, make sure that you enjoy the journey!"**

**Treb: ...and this is the message they wished to give to you.**

Jefferson: Wow Treb, that was a lovely message. I enjoyed it very much!

**Treb: Yes! This is a great message to have, and it is one that is very important. The words that I am giving you are the best expressions of the communication, for as we have no written language, it is transmitted**

**from their languages into thought formats. So using these thought formats, there is much that might be lost in translation, with lack of vocabulary from the host, but this gives you the general idea of what they wish to share, to explain as the gift.**

Jefferson: Wow! That was amazing! Do you have an idea of how many people live on their planet?

**Treb: It is a small populational planet comparative to yours. There is only one point three or one point four billion.**

Jefferson: And do they visit your planet?

**Treb: We are visiting theirs. Because they are in the fourth density, when they experience us, they have to do this on a spiritual level, unless we are able to do a manifestation throughout their density. And when we do this it is by invitation; we do not try to interfere with them, for they are still progressing at the rate that they wish but we do have interactions with them. Yes!**

Jefferson: Fantastic! Could you then perhaps quickly just tell us what they look like?

**Treb: Yes! They are very tall; a skinny race. One that would look much like the grays to you, but they are not gray in color. They have an orange skin. But they are built much like the ones that are gray. They have the skinny and the tall appendages, and large eyes. They look much like this. They are approximately six feet and a half of your inches, six feet and six inches**

**of yours.**

Jefferson: Awesome! Fantastic!

**Treb: Yes!**

Jefferson: Please, if you have an opportunity to tell them, as a representative - in this moment -, of Earth in this conversation, I send them as well love and light and I thank them very much for caring about us and for teaching us the way they do.

**Treb: Yes! I will give this information to them. Yes!**

Jefferson: Fantastic Treb, whenever you are ready...

**Treb: For the next one that I wished to share with you, I am able to link this one on to me, so that he may express his ideas, from his own view.**

Jefferson: Lovely!

**Treb: Yes! One moment and I will get him to receive this transition.**

Jefferson: Very good. Thank you.

**Treb: You are welcome. [long pause]**

**Unknown Entity: Hello Jefferson!**

Jefferson: Hey my friend, it is lovely to speak to you!

**Unknown Entity: It is lovely to speak to you too! Yes**

**my name is Aridif. It is a presentational name. I want to express my gratitude to you for doing things for Treb Bor Yit-NE and his race, and communicating. Much of the things you speak of are of a great nature or in depth spirituality. And I want to express my gratitude to you. He has been a great friend of mine. Through many parts of his life we are linked through several lives. And there is a way that we have communicated for several life times. I from a higher density than he; I come to him much as most channelers of your world receive information. On a level that you might see to be spiritual or... sometimes meditatively and this is how Treb Bor Yit-NE and I communicate to one another.**

Jefferson: Wow! So just before I go ahead... I would like to tell you that as you express your gratitude, I would like to say that it is, for me and certainly for they who are reading this now, an important treasure this conversation and the knowledge that we receive from you guys extraterrestrial beings. So it is I and us who actually thank you very much and express my and our gratitude to you and your timelessness as you give so much to us.

**Aridif: Well thank you Jefferson, and I do appreciate the time you take to share with the other members of your race. This is very important to do, so that all may grow together. Your planet will see the importance of this soon enough.**

Jefferson: Fantastic! Would you like, then, perhaps to tell us, a little bit of your race?

**Aridif: Yes, what is it that you want to know of our**



**race?**

Jefferson: What is the name of your race?

**Aridif: The name that you would see it for, would be as Denebians.**

Jefferson: How far approximately are you from Earth?

**Aridif: We are quite a ways. We are approximately seventeen hundred of your light years; a little further but this is close.**

Jefferson: Very well! And what does your race look like?

**Aridif: We are small, to your size we are four foot, approximately. And we have a blue skin and large purple eyes and we have hair that is very, very long and this is bright purple color as well. And we all have very much looks of the same! We all have very similar appearances.**

Jefferson: Very good. So, I would like to give you the stage, so that you can address my entire planet considering the hypothesis that everyone is going to read this book. What is it my good friend(?), the message that is in your heart that you would like to share with my humanity?

**Aridif: Yes, thank you for giving me the floor. I wish to read to you something that I have prepared for you. And as we have a written language still, I use the ancient language more to set up this in correct appearance for you! So bear with me as I read thorough my preparation for you.**

Jefferson: Fantastic. Think you so much!

**Aridif: I will start by saying my name is Aridif. In your spelling perhaps it is “A-R-I-D-I-F” And this is it spelled. And as you know we do not necessarily need names in our type of environment, because we are all together. This is a name I give you for representation of Earth. I am from a race that Originates in the Pleiades. So some have called us the ancient Pleadians, although we do not remain in that area of the Pleiades at that of the present time. We moved because there is more room in the star that is called Deneb. And we now take this name as the Denebians, or the Deneb race, after the star your planet knows as Deneb. Treb Bor Yit-NE has spoken of Deneb Cygnus before in some of the sessions. And because of the specific region that we reside in now, this is the name that we take. We now reside in the area that you would see as the Deneb Star. The star is a hundred times the diameter of your Sun. It is very large, and it is approximately slightly more than seventeen hundred light years away from your area. I am a density of fourth but to what Treb Bor Yit-NE sees, well, he would call this the sixth density. We do not have the same density levels in consideration as Treb Bor Yit-NE's race. But I use this term for a purposeful sake, so that there is no miscommunication or no misunderstandings. We live and exist in the time that you do; and we lend much love and support to your race, and the races that support you as well. We are a peaceful race. One that is close to the graduation of physical existence all together. The insight we have for you, is very great**

**for you to pass on. We passed this on, as we do to many other races that are at the point of your spiritual existence. For the simple reason that it is easier to move through this, with more knowledge. Even to Treb's people, or Treb Bor Yit-NE himself, we give (them) many supports and information as well. As we pass it on, you might think of us to be highly advanced in technology, and spiritually, or intellectually. But I beg of you, please do not do this! Please see us as your equals. The only difference we have is the existence of time that we have been put in. We have lived through physical existence much longer and the only difference is experience; and besides this, the harmonic level that we exist at; and please realize that you are only a portion of a much greater existence. An existence that is so vast and so different from not only planet to planet, but also galaxy to galaxy, system to system, dimensions upon dimensions... and so many different levels, that you can consider it to be quite infinite! Quite... forever... is a word you might see better fit and what do justice to the meaning. You think that word to mean foreverness and forever. So think of this word. Think of this word greatly! And try to picture what it is to be infinite... I will tell you, that even in our race, a race that has several fold of consciousness, the word infinite... is truly extraordinary, TRULY extraordinary! It is greater than any mathematical problem that you have. Even if an existence of one single life would have you having billions and billions of years to explore, and to go to every planet instantly in the way that we do, with no time in between, stopping at one planet every second, you will NEVER ever be able to come close to experiencing all that is in the system**

**of our own universe. Even if you take this time, and put billions of years, you will not be able to experience what that is in our our own galaxy. And then you think... this is one galaxy upon billions, upon trillions. The observable universe that you have, is only a small portion of what is out there. Understand this when you think of the word infinite! And it is because these differences and these vast amounts of realities, that we know we can come together. Now, through my great reptilian friend, through two men from Earth, on a small blue planet, quite frankly in the middle of nowhere, in a very small galaxy, we all make this connection. We can start to have a small understanding of what infinity really means.**

**If we take a minute, or a fraction of a percentage of the realities, and the levels of existence, just in your ideas of the observable universe, It is still hard to comprehend this level. Now especially at your level of growth, you seem to be disappointed, dis-heartedened, or still believe that you are so small and so insignificant. But this is what I am here to explain. You think of everything as much bigger than you. But what I want you to see, is that you are at the same level as we all are. That YOU are one with all! Even with the parts that you cannot observe, even with parts that seem to allude to you constantly, without you, that existence can not be who and what it needs to be! Because you are a very important part to this whole existence, you have to be there for the rest of us to exist! I am one that is indistinguishable from you. That means I can walk and talk and be among your race as one in spirit! And I know that this does not truly matter when you are going through this level any possible way. But if I**

want to send you the message, that is that we are so greatly connected, that without you, the rest of everything that you see bigger, means nothing! And as I finish that thought, then I want to turn to a non-physical reality. I know that Treb Bor Yit-NE has spoken to you all about the different densities and different levels, but I feel that if it is not explained to a higher extent that fully shares the understanding of your place within the universe and of how your being a part of all of this will allude (make reference to) you.

Let's explore the non-physical realm because this is the way, that the physical existence works. It works from the top, to the bottom. From non-physical existence to a physical existence. This is the best for you all to see and understand. If it comes from top to the bottom. Now because I explained that there are infinite amounts of realities and levels; I will explain for the first level. The top level of God, Creator, or whatever name have given to this deity. This is where all consciousness exist. This is from where we all come. Let me tell you now, it is widely believed, among some higher density races, or what you see as higher density races, that the creator of all, is one of many creators. That there is a level of creators among creators. This is not a personal belief of ours, but it is one that I will share with you, so you might see that even the biggest levels can go beyond and extend. The Creator is a great consciousness, and as I have said nothing more than what He is. Because He is, not only everything of physical reality and outside of physical reality, all exist within Him, He IS All That Is, physical, and non-physical reality. He is living and "non-living" substance that makes it up. His is not

only all or parts of closeness, he is also in parts of relationships, and love: every joy, every tear. Everything that IS... with and in all. And I know that sometimes this is hard for your human race to comprehend; but everything that you can imagine, and everything that you can not imagine, is what the Creator IS. The reason He made physical reality is so that he could understand and experience everything that there is to experience for Himself. The best experiences to the worst, and everything in between. He is a part of all, and he is all, experience, energy, feeling and emotion, and again, every part of physical and non-physical existence. Now as He “breaks himself down”, in the way you might see it to be understandable, the next level down, would be considered the brain, or the connectivity center. All other entities that connect to the Creator must go through this next level of existence. Some have called this the God Brain, some call this a direct connection to the Creator. Treb Bor Yit-NE refers to as the twelfth density. The ONE where all smaller consciousnesses feed experience directly into the Creator. And as I say, I refer to these densities as Treb Bor Yit-NE does to avoid confusion and misunderstandings. I assure you that no differences of wordings or differences in levels that everyone must say, is a difference in the truth. The truth remains as it is, and we all have a different view of this. This deity that is considered twelfth density is the deity that has no true density. It is just what it is. It is a collection of thought and experience for all smaller levels of consciousness. So they feed this energy directly into the Creator.

And as we go from there, we will go down to the next level. And the next level is harder to explain, but

**I will try and explain it in terms that you might understand. What I mean is that there are systems that are set up and that carry their own laws and dictates their own ideas of existence. There are infinite in number and kinds; but to give you a better idea, I will give you small examples. As I do, close your eyes and imagine all that distracts you from this and think of different forms than ours. Do not think of the universe in physical nature as we have, but think in a general sense. This is a GREAT way to show you the dimensions or densities that we consider as eleventh. There are more levels than can be explained and the examples I give you will be these... examples will include systems that are so vastly different from one, that they are made only with love and only with light, and only with sound waves. So this whole density is only made of these three basic elements. That is one example. Another example is that there is very high gravity, love, perhaps negatively charged particles, and light. This is another system. This is another universe. This is another sewerage eleventh density entity. And yet another example that I will give you, is that one system only has love, and only has light. And the reason that I repeat love and light in example, is because all of this is part of the Creator. This is something that he hands all densities as a gift. The love and light is physical light, but it also is wisdom. And He hands this into every level of consciousness that He produces from himself as a gift. There are no exceptions to this rule. Every system has love and light. The difference is, that some consciousnesses that are in each one, accept this gift or do not accept this gift. This is the difference. Now, that being said,**

**include in, love and light in all new examples I will give you. And I will give you a few more (examples) just for the understanding.**

**In some systems, consciousness exists in structures that appear to be material to you in some form: rock, metal, fire, electricity, certain ones of these elements. And the last example I will give you so that it might make more sense, is that there are many systems that are similar to yours. Only slightly different with rules (planetary agreements). Perhaps gravity is a dominant force, unlike it is here in this universe. Slightly different rules, slightly different consciousness, there might only be small differences but there can be great differences as well. Now understand that as well with every system of consciousness, there is one separate from another. They all have the different laws, different makeups, different amounts of consciousness, and they are all different sorts of consciousness from each other. They all have different laws and dictations for this. The preference of each entity that creates them. As I explained before because there are an infinite amount of these, it is impossible to traverse some of these. Some systems are similar in the “rules” they have and some are not. Some you cannot travel to, because consciousness will not fit in to the laws that are made there. I understand that this is complex and hard to comprehend, so I will try to move on as quickly as I can in these matters. But the eleventh density is what you might consider to be an entire universe, entire cycle and the time that exist within itself of consciousness; it evolves, much as we do in our densities and evolutions here. Now I will explain to you the decrease to the next level of**



**consciousness, because these are the most relevant to your existences, at least in a physical, non-physical existence for that matter of this universe. It is more prevalent and important to you. The next level down is one that Treb Bor Yit-NE explains to be the tenth density. And this entity of the tenth density is a collective group of consciousnesses, a large amount of consciousnesses that are grouped together. They manifest their selves into what you see in physical reality as complete and entire galaxies. These are billions of stars with many multi billions or trillions of planets depending on the size of the galaxy. This is very self explanatory. This is what you see as complete galaxies.**

**Under this level is one that you consider to be the ninth density. Each of these galaxies or part of the galaxies, from the previous or higher densities, but is made from densities that are collective from, a lower density from below this. And these are the ones that manifest their selves as the galactic center. The one that gives this energy out. Much as the energy that is connecting to you as you make an ascensional move to the higher density. This part of your physical and non-physical evolution for your consciousness, one that you will go through in your cycle, that this part is one that is very, very small senses of individualism. It is more of group consciousness connecting together. They still are separate, but you have a few of high connection into these. And that must be explained here. Now we move to the next.**

**The next level is entities that are definitely non-physical still. And they are a density that is known to Treb Bor Yit-NE as the eighth density. They manifest their self in a physical way, as you see stars. Every**

star that has planets around them, that we live on in physical reality. These are where these consciousnesses come from. This is one of the TRUE last points of individualism in the area of consciousness, that has started as smaller groups of collective consciousnesses from planets. The one consciousness that makes the planets, which is the next level. It leads us to the seventh density. This represents a density for collective consciousnesses that are made up of all entities that create the planets to physical reality, that manifest themselves in that way. And they group up together to make up planets or solar systems. So as they connect their consciousnesses, they help manifest the next level upward. There is a buffer area or a buffer time too, that is between graduation in physical and non-physical existence in this way. There is connecting of these consciousnesses that form your planet at the end of the incarnation cycles of each race. When the incarnation cycle of your planet Earth will achieve completion of physical existence, all the consciousnesses gather, as the collective consciousness of the higher seventh density, and then moves upwards. And this is the level that is in the lower seventh. Some split this into two different densities, but we are not going to do this here.

I believe that Treb Bor Yit-NE has explained all of the densities below this very well, but we will do a quick description as well. It is important to know this because this gives you the proof of how great the systems are, of great reality, the physical and non-physical existence, and how your consciousness plays a part of this.

The sixth density is where I am now. There is no

**boundaries that are within the system. We can move from one direct part (of space) to another, with no space ship or craft needed. And even though you can do the direct traveling in fifth and parts of the fourth density, it is not done with a ship as you must need for these. We are more of a level of semi-physical. One that you would not recognize to be physical from the density you are.**

**Now we go down to the fifth density. And this is where Treb Bor Yit-NE exists. It is a level of learning of physical existence. It is a great period of connection and action. And there are two different ways, two different parts of this. One that learns for their self, and the other one that learns for a greater aspect, for a greater cause, for the need of all and not one. There are only two sides to this density, as there is the sixth and the fourth.**

**And the fourth is dealing with love. And once again, it can be, either for yourself or for others.**

**The third density I do not need to explain because this is where you are now. This is what you are feeling now. This is how you are and what you are doing at this time. The second density has been explained. It is any consciousness or alive being, as you would see alive.**

**And everything below that, is what you do not consider to be alive, that makes up the physical existence. I am sorry that I must go through this but again it is a part that must be explained so you understand.**

**And now that we have spoken of the ideas of densities we will go into the part of the universal structure. Because the densities are not all of levels of existences that you have; I will have to explain to a**

**different level of consciousness. This is an evolution of vibrational, and harmonic differences; but now I will explain the differences within the physical structure. Where in each universe you, as you might see as the tenth density entities, or an amount of densities that are considered quality universes, have different ones. But in this one there are twelve different levels, matrices if you will, that have different realities. So when you hear terms as parallel realities, parallel existences, or parallel universes, some of these terms explain this. Because this is a twelve different levels of existence within one universe. This is where there are twelve different versions of yourself in higher or lower form. And within these twelve there are still all of the six physical and the multiple non-physical. They have the same rules and the same laws, but there are twelve different ones. They can be traversed through higher density existences or higher density entities. And those can be traveled very easily, and that is what you consider to be parallel existences, or parallel universes. And this is what some mean by referring to dimensions. This can be one explanation of the word. As Treb Bor Yit-NE has spoken to you of before; there can be many different meanings for the similar words. This is one separate perspective.**

**And now that all this complex stuff is over; I want to explain to you that one more element exists within your reality. And this is a consideration of time. And it is a separate dimension, a separate part of your existence. At the level that you are at now, yourselves, you experience it in a different way. But in the densities that are higher than yours, time is experienced in a much, much different way. The**

future and past can be traversed, but this is the way you see the future as fluid. And when you see the future as being fluid, this means that there are different amounts of possibilities or infinite amounts of possibilities. And so they are able to be experienced, not always permanently or solidly in reality, but there is more, many different experiences, and many different outcomes. When you travel through these, none of these are put solidly. But there are mostly guarantee that they have been manifested in one of the twelve separate parallel levels, or they would not exist for us to travel through. And now that this is the end of the evolution lessons that I wanted to speak to you of... and if you take this, and you read this over and over and over, and you look; you will see that all of these thoughts, all of your perceptions of who you are, the way that you see itself at the bottom of the list, of such a long, loooong list of various makeups, universes consciousnesses... sometimes humanity tends to be very upset, or maybe you feel like you are intimidated. But I want you to understand it, and I want you to feel the complete opposite from this. This is the way that it is meant to be experienced. This is the way that I want you to feel this excitement! But when you feel the way of loneliness... it does not benefit you in this growth. I did not want only to show you the greatness of the universe, how the show is set up and that this truly exists, but also, so that you feel a way that you see yourselves to be TRULY a part of all that is. It is the best way to see this. If you know that you are one part and that part is not full without you... this way can ease all of those feelings. I know that humanity has these feelings in a great

**way. It is from the top down, and you see that that's the reason I started there. When you look at consciousness from the top, down, you realize that it goes from the bottom to the top as well. So you do not only become a part of something larger, you have a chance to be a part of everything above you, or "larger" than you, as you might see this. I want you all to understand the great significance in all of this.**

**When you look at yourselves you might see yourselves to be small or insignificant as you might look at a rock. Then you say to yourself, "In this rock, how is this important? How is this significant?" But when you think about it, it is what makes the planets that all of life stands on. So I want you to understand, even if you feel that you are this rock, you are more brilliant and more beautiful than anything you could EVER imagine! You are a part of ALL That Is! And sometimes when you see yourself, in this way, then you understand your true nature and role in this reality. You understand the transitions and explanations of all of this into a greater picture.**

**And I would love for you all to truly feel a part of this! Now I understand that I spoke about many ideas of the great existence and your place in it, but now I want to speak to you of your world and things that are going on now and the way that you might be able to be helped within this system. For this is truly important to you. You have levels that you see as financial levels where money is being made by a very few. And they are not giving things to the others. And I understand that this frustration is from all of these things but when you focus on this negative you bring down to a vibration that fits this life style. So when you can see past all of these things that are bad, or**

**that are not good in your eye, then you live in your best way, to your greatest happiness and greatest vibration; you come above and beyond all the things that you see as pushing you down. You see that you, yourself, have a chance to make a difference among the world. All of the wars, all of the diseases, all of these things are very negative and bad things. But when you focus on them, you manifest them to a greater degree. The best way to get through this, to the next level, so that you can all feel in a better way, and to progress in a higher vibration or higher level of consciousness, is to love, to accept, to open your hearts and minds, and to open yourself up to all possibilities of all of the greater things that we have spoken of. The way that it is best done for humanity is through meditation. Some times when you do this meditation you connect to the energies in the chakra lines of your planet. This consciousness is fed into all other higher consciousnesses. So when you learn to do this, you are able to go into the depths of space, you are able to go to visit different races, in a soul or astral projective way as some might see it. And if you do this, I invite you to come. I invite you to come to my planet and to feel us. That is very easy to find! When you go on the planet that is next to yours, it is called Mars, go to very top of the planet and look directly up. Sit there for a while until you see the stars moving around. Look into the sky... and when you see two stars that are at the very top, that only move slightly, that only move around each other, go to the brightest one. And when our people feel you, and we feel that you come in love, and we feel that you come with an open heart, and ready for experiences, we will be there to greet you. Thank you**

**for listening to me and I do appreciate all the time and consideration that you all have given. And I want to express our true love and our true want for your betterment and our support there. And we will always be there for your support.**

Jefferson: Wow! Fantastic. I have to say that I am amazed by all the knowledge that you are able to shared with us in so little time.

**Aridif: Thank you... I was glad to do that.**

Jefferson: Now. May I ask you a couple of questions?

**Aridif: Yes.**

Jefferson: When you travel, in order for you... for you, yourself to come to our planet... uh... it wouldn't be possible for you to do that, right?

**Aridif: What do you mean?**

Jefferson: Sorry, I am still dazzled by your message. Can't formulate the question properly. (Laughter). Alright, for instance, you can travel to third density but only spiritually right?

**Aridif: Well our physical body can manifest itself into a third density, but it is not really us. It is a projection of a portion of our consciousness within the third density, correct.**

Jefferson: So you are able to do that then?



**Aridif: Yeah. We can physically interact with you in that way.**

Jefferson: Have you ever done that?

**Aridif: I have never experienced connection to any people on your planet, in this time period, that you see as now. But in the past I have had interactions with many of what you say are the ancient tribes, or the native people.**

Jefferson: If I were to ask you to come and pay me a visit, how would you go about doing that, with all the protocol that they have here today?

**Aridif: Now with the protocols, I would visit you on a spiritual level. There is one way to do this that we can, but it is not done unless we are a direct part of the ascension process in your people, and that is to make a physical visit, but almost to remove this from your thought; to take it back until after the time is up. But this isn't done very often because we do not directly relate to you. We are on the ways out of physical existence. We are on the last levels of this, so instead of doing this we are helping others orchestrate better ways to do this so that they may do this, because that is a part of the evolution of them; to be more ready, to help others in a higher way. So this is what our role is in this.**

Jefferson: Absolutely, fantastic! So, I thank you very much, and all the people of your planet for your kind hearts, and your knowledge and everything that you've shared with us today. I wish I could hear much more from you!

**Aridif: You are very welcome.**

Jefferson: You have yourself a wonder time within no time, again... (chuckles). I hope we can at some point talk to each other in some way again.

**Aridif: I would love to.**

Jefferson: Thank you.

**Aridif: Thank you Jefferson. Good Bye.**

**Jefferson: Good bye.**



*30th of August, 2011*

## **CHAPTER 7 - PART II**

*A Message to Earth Continues*

**Treb: Jefferson?**

Jefferson: Ouuuuuuuuuu. (Yes in French).

**Treb: Yes... how did you enjoy meeting a great friend and a personal... one that you might say is a soul mate to me(?), one that has traveled through many lives? How did you enjoy with the visitation of him?**

Jefferson: I don't think I can describe with words how much I enjoyed and how thankful I am to you to have made this connection; since it is, certainly, something extraordinary.

**Treb: Yes I thought that you might enjoy this.**

Jefferson: (Laughter).

**Treb: He is a great inspiration, information, and guidance giver. But I am afraid that he perhaps held back a little bit of what the information that he had, for reasons of the connection through the host. The explanatory reasons for the inability of the host to comprehend what he was trying to express. And so I do believe he held back, but in the way of the limitations that he had, and through the limitations of myself through connecting from him to you, this is a very great, a great way that he expressed this. And I do hope that every part of information that you have, is very useful for your purpose of sharing with others.**

Jefferson: Ah yes! Absolutely! And I also believe that synchronicity allows us to get as much information as we are ready to, right?

**Treb: Yes... Yes. This is very true! The information that is needed will always be shared when the time that it is ready to be given is up. And this is why the preference of channeling or communication with channeling entities is not done by some people on your planet. It is not ready for their mind, or the timing of this, is not correct. So they do not have the synchronicity, as you call it, to have this information at that time. And this is why it does not become available to them, until they are ready to have this.**

Jefferson: So your relationship with this friend of yours is... as one of you said, is more of a spiritual nature?

**Treb: Yes. It is one of a spiritual nature, but it also is one that is transcendent levels of different lives. And even though we are able to go backwards and forwards in the amount of time as you see it. We are still not given all of the access to every part of all of our different lives. We are able to see back into them; but as it is we cannot sit and observe all of the lives because of the time it would take us would be longer than the life that we have, ourselves. Unless we do this in a very general way. But to do this... this, is not truly known to us until our physical existence is over. But from what we do understand, and him having a much greater understanding than I, our consciousness have been connected throughout many of the lifetimes. The amount of time that he has in physical existence... well not only this but the amount of consciousness he has, when you understand that your consciousness grows, in some cases greater than three to ten fold, between certain densities; when you understand this you see the equality of all life... in the same way, his consciousness is much greater than mine is in this way as well. So his understanding of all of this is much greater than mine. He has more of himself to connect to higher self with.**

Jefferson: And I do know that someone that is studying these materials, they would be able to perceive the distance and the reach of the channelers consciousness, yours, and then his. I think we can establish somewhat a difference and see, with some degree of clarity from our perspective his greatness, yes!

**Treb: Yes!**

Jefferson: And that is very exciting you know(?), it just adds more power to the idea, that THIS (dialogue) can... not only be real, but worthwhile... yes, very much so!

**Treb: Oh yes! This is very true! As each consciousness steps up with information, and the availability to higher self. And there is also a greater degree of understanding that goes along with each. As I have expressed, I try to express, the physical and non-physical natures, as best as I can in my way. But through each level that goes down as you may see this, more limitations are put on. So as I said, he has the greater way to express this than I do, and it is why it is very easy to see the differences in the amount of consciousness “per unit”, if you will.**

Jefferson: Great... very good; let's go ahead and see who else we found and would want to share their message to the people of Earth.

**Treb: Yes! And this is from the people that are considered to be the Wezen, and they are from a group, who has just graduated... the consciousness from the level of the third and now are getting into the fourth. So there is a true understanding that they have in the differences of being able to transfer from this level into the next level.**

Jefferson: Uh huh.

**Treb: And it is very important that this is understood, because it is very hard for some races to remember**

**that part of them that has had to struggle through this - as I said -, with greater degrees of understanding or not understanding; there are greater degrees of issues that go within. So this is very important to understand as well. That this group and this race has been able to do different perspectives perhaps than we would. Yes. One moment here, and I will relay the information that is given.**

Jefferson: Sure!

**Treb: Yes, I will begin with this message... it is going to be, once again through me, but will be the best idea and the best way I can express this message... through the eyes of yours, and through the communication and language of the host.**

Jefferson: Thank you!

**Treb: Yes... We are the Wezen people. Our name, in our language is Porparteese, but, we are known to you as the Wezen, for this is the area of space we are located. We are very, very far way from your planet. In ideas of your light years. We are approximately two thousand light year away from you. We are very far, but we are closely connected, to the race that speaks to you for us. Treb Bor Yit-Ne's race, was the one of the first who have contacted us, to help us along after our quarantine was removed. We are very grateful to them for teaching us and giving us love and support throughout, and all of the time. This transfer was very hard for us to have. In our system, we are very far away from the star, compare to where**



**you are. We are very, very far. Your star is approximately two hundred and fifteen times smaller, than ours. So we are very, very far away... maybe twenty times further of where you are from your star. So it is hard for us in the third density to travel just in our system alone, let alone to move outward of the system. This is very important marker to us as a people. Being a race that its from a large solar system, we have contact to other races from our own density, and this was made possible by traversing or by going through this area, at levels and with things you might consider spaceships or rockets that you use to go back and forth, from one to another. Through this we grew up as a team; both races of us, going through... even though we are different in appearance and believe system we learn to communicate with each other. Treb Bor Yit-NE and his race explained to us, that this connection with each other, was the connection that we needed to get to other people to get to the next level of consciousness together. In this... connecting to each other, gave us common purpose, a purpose to move forward, a purpose to ascend to another level. And this is what joined us together for this common purpose.**

**Treb Bor Yit-NE's race helped us through the differences of culture, and the differences of all of our different belief system. It is hard to do this because, - as we understand on your planet you have many differences form one area of the world to the next -, this is not as common here. There are differences but the amount of them are much smaller. But coming from different world to another, these differences are very great; and through these great differences, we found one common link, and we took**

**this link and moved forward.**

**Our message to you, is that you must take a common link, that you must all find together. You must take this link and use this, to transcend all the ideas of money, and all of the ideas of not helping each other unless you are given something in return, that is of equal or greater value. This can destroy systems to a greatest degree. Doing things for pure love, doing things form pure heart, is the greatest way to do this. Work together! Do not worry what planets you are from, or the way you see as, from a different continent, or a different country, or different city, or different providence, or state you are from. Remember that you all are humans, and that you are all trying to make a better life for yourselves. We still struggle with certain issues in our new found ability in the higher densities, but we are making this through very well. And with a communication, with other races, such a yours, such as Treb Bor Yit-NE's, and such as the race that is found within our own solar system, we are able to all communicate with each other, to do this, together. So I wish for you all to try to find that common link. Try to find the one thing, that makes you all try to look forward. There are several things that will get in your way. But the idea is not to focus on this, to an extent that will make it worse. We understand that technologies are getting much better. Use those technologies that will not harm your planet. Because the planet you are living on, is a very great part of your people, of your race, of your complete group together. If you damage her, there will be nothing left for you to have in the sense of connection. Use this for a connection not only with each other, but to nature and higher self, as**

**you will.**

**We hope that one day, we will be able to visit you in the same way that you are hoped to be visited soon by other races, and they will communicate with you as well. And we hope to do this soon. We appreciate every part of your understanding in this communication, and we thank you greatly.**

**[silence].**

**Treb: This is the message.**

Jefferson: Hey Treb?

**Treb: Yes.**

Jefferson: What do they look like?

**Treb: They are two different races. One of them is very similar to what your humans would look like, but they are much taller. And the other race that they have there, has very dark skin, much of the race of your African or Indian and they are much much shorter... in the three feet area.**

Jefferson: ...and they are from different planets. (?)

**Treb: Yes! But they have gathered together as one group, one collective group, to push through the ascensional race together. Yes.**

Jefferson: So, now they are on the fourth density.

**Treb: Yes!**

Jefferson: How again did they both get from third to fourth?

**Treb: In the same way they all do. In their part of their area, the energy that goes through when the consciousness together is ready to move consciousness, when the consciousness as a collective is made of a higher purpose or a higher service. When the whole collective consciousness of one planet is ready, they use this energy to manifest their selves within this density.**

Jefferson: Oh I see. Interesting! And how did you convey to them that we wanted to... perhaps receive a message from their planet?

**Treb: It was the same way, that we connect with you here, through spiritual meditative type of communication, and because there are several of them going from a spoken language to a more... what you call this(?)... where you are using the mind instead of the words... I am sorry, the words escape me now...**

Jefferson: Uh huh. “Telepathic” communication?

**Treb: ...telepathic. Yes! They are going from a written and a spoken language, to a telepathic. And as they are doing this, their ability to connect to me is becoming much easier to them. But our race it is one that manifests itself within their physical reality at the end of the quarantine as well.**

Jefferson: I also want to receive the message form your people but there are only a few minutes to go. Is there any chance that we can connect with one of your spiritual advisors? Perhaps the oldest one so he can share a quick message with Earth?

**Treb: Yeah, one minute let me try...**

Jefferson: Thanks.

**Treb: You're welcome. This connection is not able at this time.. he has several parts of his consciousness that are fixed onto other duties at this time.**

Jefferson: Wow!

**Treb: If you want..**

Jefferson: He might be truly busy.

**Treb: Yes! When I do a connection to the host. I use a small part of what is my consciousness. But there are several times that I can't use the other parts of my consciousness at the same time. For example, if I were to connect to the different ones in the same way that I do the host, I could do a tenth or more. And sometimes when I do this, the consciousness it is too full for the kind of communication that is needed.**

Jefferson: Uh huh.

**Treb: Because he can connect straight to the host, he needs a larger portion of the consciousness.**

Jefferson: Oh. I see. So I would suggest... can you perhaps connect to another extraterrestrial?

**Treb: Which one you wish to do?**

Jefferson: Uh... I don't know... an extra terrestrial that is not from your planet, that is the easiest for you to connect and share with us a message; one that would enjoy the idea?

**Treb: There are several that I can connect to; as far as their willingness to connect or to communicate, yes, I can try this...**

Jefferson: Great!

**Treb: Is there are preference to race?**

Jefferson: Well, try one, perhaps, that knows more about Earth.

**Treb: One moment... [silence] There are a few that have the idea of Earth and know about her, but none at this time that are directly connected to the process of connecting to your Earth as far as it goes, in a way.**

Jefferson: Oh.

**Treb: The one that is the... your future self\*, his race is directly connected to the consciousness of the group that is connected directly to Earth that helps in the ascensional process. None of those races that are directly connected are available at this time. \*[Treb meant Arvantis from the Arkoreuns race, the tall,**

**light blue skin, green eyed feline humans from 357 years within the future].**

Jefferson: Uh... I see. Do you have any Pleiadian?

**Treb: Yes there are many races that are considered Pleiadians, many from this area. The Pleiades is a very large cluster of stars. So there are very, very many races that are in this area.**

Jefferson: Is there one that looks like us that you can connect to?

**Treb: Yes, there are several that do.**

Jefferson: Oh Gosh. Could you pick one to connect to?

**Treb: One that has the greatest knowledge of Earth?**

Jefferson: Yes. That would be fascinating!

**Treb: Yes, one moment!**

Jefferson: Thank you.

**Treb: Your welcome, one moment. Yes, what would you like to ask him, whatever you wish to ask him, I will connect through him.**

Jefferson: Yes.

**Treb: Yes, what do you wish to ask him?**

Jefferson: First of all whether he is... well, about his planet,

his race and his age, gender, etc.

[Note by Jeff: Treb connected me to the new friend and I didn't think of asking his name. We found out later on, that this individual from the Pleiades has no name as we do but given his energy, if he were to have a name, it would be: Haldo.]

Jefferson: Hi there, how are you? Where are you from my friend?

**Haldo: I'm in a star cluster considered the Pleiades, there is one star that you know of, called Alcyone; it is a very small star, that is behind this star that you see and I am on a connection to this star.**

Jefferson: Could you speak a little bit about your race?

**Haldo: Yes! The race that I am from is much... it is hard to distinguish from yours! We are very, very much alike. The only difference is the majority of our race is that of a light skin, and very blue eyes and light colored hair and there is no variation from this.**

Jefferson: Wow. Very well. And are you a boy or girl?

**Haldo: I am of a male orientation.**

Jefferson: And for how long do you guys stay in your physical bodies?

**Haldo: We stay in our physical bodies for approximately two thousand five hundred of your years.**



Jefferson: Wow. And how old are you?

**Haldo: Right now I am that of one thousand and nine hundred years old. Around this, of your years.**

Jefferson: How can you establish this connection to me through Treb?

**Haldo: I connect to the one you call Treb Bor Yit-NE, as the same as the one vessel that he communicates through. So it is just the linking to him and communicating this message in spoken language through him.**

Jefferson: So you're thinking a thought and he's picking up on that thought and he is speaking, as if he were you?

**Haldo: Yes well it is more... he sends a thought to me that has a question and I send a thought to him that would be considered an answer... and he speaks this through his body into the consciousness of the vessel.**

Jefferson: I see. Hmm. Very good. So would you... do you know Earth?

**Haldo: I have heard of this. I have known certain facts from this. I'm aware of it but I do not know it in a personal way.**

Jefferson: How did the knowledge that you have of Earth come to you?

**Haldo: Your solar system is one that is unique, because of the ideas of your people in their importance... almost to say that it is looked upon greatly because of the differences genetically in your people, that deal with DNA, and the differences within how the structuring or creating of your people caused a serious difference in the types of consciousness that you have.**

Jefferson: I see. Is there anybody from your planet, that you know of, that has already come to Earth?

**Haldo: Yes many. Our race is direct part of, what the one you call Treb Bor Yit-NE calls, Galactic Council, yes.**

Jefferson: Are you also part of the Association of Worlds?

**Haldo:No the Association of Worlds deals with entities that are more directed to the Alcyone star itself. The one that we are in is one that you would see is a categorical under link of the Galactic Council, but would be a brotherhood of the Federation of the Planets.**

Jefferson: I see. Now would you please, perhaps, give from your heart a message from the Pleiades to our people?

**Haldo: Yes, there are many messages that I wish to give you; but the greatest one is to understand yourself, when you are understanding yourself you understand that this is the vessel that creates... your own thoughts that create consciousness; so when you see this you understand,that these thoughts that**

**create consciousness create every part of reality that you have.**

**I understand in the density you're from there are many struggles of polarity, many struggles of highs and lows of goods and bads, but the struggles are only made from the self; when you become balanced is when you accept what is truly you! Judgment is not something our race looks on, so we do not see your race as good and bad, we just see it as a race as a whole, and as individuals in a collective consciousness.**

**So ones that do very bad things, murdering and raping and killing from your planet are the same as the ones that you would see at the top of the holy levels; there is no difference in you except in your understanding of who you are. When you understand that you are of an energy that is so great. That you can produce whole worlds in a thought that you can produce every part of your reality just because you think it, with this great power, you have the power to be what you want.**

**So if you do not want to be a murderer, or if you don't want to be one that teaches in a church, then you do not have to be that. Look inside yourself to see who you are and manifest who you are into your physical reality because it is YOUR reality.**

**This is one of the most grossly understated or grossly under spoken words to your planet and to your people: is the understanding of truly... a thought, nothing more but a thought, and the true belief on this thought is all it takes to create reality. Some use so many different ways to explain this; they use the manifestation, attraction laws, things like this where they say it is very important for you to believe**

**in certain things or to love or to not love and this is the only way to do this, but this is not true, the only way to manifest is by thinking and believing in what you think. It is this simple! And it is made to be more complex in some instances on purpose, so you can have to work on all the complexities of what you want to do before you do it, and this is the worst part of the information and how it gets to your people. There are so many filters that are through so many different vessels, that it is hard to express something in such a simple way, but this is what I want to express to all.**

Jefferson: I've realized that the more you speak through Treb Bor Yit-NE's the more our channeler picks up on your mannerisms?

**Haldo: Yes!**

Jefferson: I would believe that that is natural with this type of this communication, yes?

**Haldo: It is with this one, this vessel of information. It seems to be a higher connection not only to the one he calls Treb Bor Yit-Ne, but to the ones that are communicating through to you, yes.**

Jefferson: And also perhaps the alignment of the planets and all the other details of that sort may help as well, right?

**Haldo: For an energy boost perhaps, but consciousness does not become impeded by these things. Consciousness can move directly through any material.**

Jefferson: Did you expect to receive this communication today?

**Haldo: No. I was in communication with the one you call Treb Bor Yit-NE, and he asked if I would like to speak to someone, he has done this a few times too while in meditative states with his vessel here.**

Jefferson:Very well then, do you have any parting thoughts?

**Haldo: To use your thoughts and to use your belief and to manifest what you want. Try not to judge, try not to label, just try to BE. And when you are, you will find happiness; no more imbalances.**

Jefferson:What business do YOU specifically have with the Yits?

**Haldo: The specific is... preparation for a removal of the army system that they have.**

Jefferson: (Laughter), very well! So what's your opinion about their army?

**Haldo: It is not needed. It only can attract bad things to them.**

Jefferson: Oh, that the army is not needed?

**Haldo: Yes! Their race is a very unique race. There are so many of the reptilian type breeds or some would call dinosaur type of breeds, that are very detached from their higher selves or very attached to a negative thought system. But their race is truly**

**unique in that way. That they are very aware of their selves from their higher ones, the ones that connect to them, to make the race themselves... were very, very highly intact spiritual beings and I believe this is part of it that helps.**

**But some people do not understand all of the reptilian type races. Even though they are good they still have high amounts of pride and they still have a... not warrior senses in the way of fighting, but to be very ready to be defensive and to be very dominant. All of the races have this as a trait; the negative and positive ones as well. So sometimes this is taken to be as negativity when it is not. Sometimes it is just a trait of their people.**

Jefferson: And... uh... are you making any headways? Are you managing to convince them?

**Haldo: Well, its not really a convincing that is needed; it is to show them the way that we think on this. It is highly accepted that it will no longer be needed, but for now the ones who have their thought in this in a different way, will remain with their thoughts.**

**It is just like any entity... what they believe its true in their heart you cannot change it, no matter what; until they understand or see it for themselves. This is all we do, we go to them with love and wisdom and try to show them that the way we do is just as important; needing no defense works just as well because we are not attracting trouble to ourselves by making defense for something that is out there.**

Jefferson: So what you are saying is that by having a defense

you create a window of opportunity and possibility, for an event, where you need that defense to exist?

**Haldo: Yes that is exactly the way it is thought of by many races. Many races have this understanding that army is not needed. There is many technology that is made to be able to protect yourself, but protecting does not need to happen if you are not bringing the attack to yourself. This is the way that is seen by most races.**

Jefferson: So in your planet then, you do no have an army?, of course.

**Haldo: Yes, we do not.**

Jefferson: What if someone goes to your planet and tries to destroy everything, kick the dogs and burn your houses?

**Haldo: Oh, it will not happen.**

Jefferson: ...because of the laws of the universe?

**Haldo: Yes, because we do not give any calling to this. We do not have any ill will or bad intent, and there is a way to think that... the ones you call the Yits, they have an understanding of the positive and the negative coexistence in the larger picture, and this is right; this is correct. But this is not... negativity will not be attracted to positive unless there is a part of life needing them... almost negative inspiration to come there, and if you build an army, it attracts ones who like to wave wars.**

Jefferson: (Chuckling), Of course, right. So... now, since we are talking to you, I will take advantage to ask you a question of clarification... there is a young man, on the planet of the Yits, that receive extraterrestrials, as a host(?), who welcomes others as part of their kindness when you guys go there physically.

**Haldo: Uh huh.**

Jefferson: He said in our conversation about some of you visiting his planet and coming along with a particular pet that you guys have that looks like a cat but it is not really a cat for it has two tails(?), or something on that note.

**Haldo: This is probably not our race.**

Jefferson: So that implies that there is more than one Pleiadian race that speaks to the Yits about the army. (?)

**Haldo: Ah yes! There are several but the only animals that we have that might be seen as a pet, is more like ah... it is like a cat but it has longer legs and it does not have two tails; it has one tail, but it is very wide and furry like an animal that you call raccoon. A tail that is more fit to this.**

Jefferson: Ahhh, I see. Well perhaps that is the pet he was speaking about and I misunderstood the tail idea.

**Haldo: Perhaps.**

Jefferson: So, Thank you very much for this connection.

**Haldo: You are very welcome. I do appreciate it and**



**its very nice to finally have experienced a connection directly to the energy that lies within your planet, through the information and connection to the vessel of information. You have a very beautiful planet!**

Jefferson: Awww, lovely! Thank you very much.

**Haldo: You are very welcome, it is very nice to have met you and if you have a chance to tell this vessel that it was great to experience this, I would wish you to do this, if you will.**

Jefferson: No problem, consider it done!

**Haldo: thank you.**

Jefferson: Thank you.

**Treb: Yes. Jefferson.**

Jefferson: Mr. Treb?

**Treb: Yes! Was this connection one of your liking?**

Jefferson: Absolutely so!

**Treb: Great!**

Jefferson: Thank you very much for your kindness.

**Treb: You are welcome. I am glad to help you make this connection.**

Jefferson: You knew that I would enjoy that, right?

**Treb: Yes! I understand, much as I do, your affinity for love of other races, and a connections to any race that even has a difference that might be considered very slight in nature... Yes!**

Jefferson: I enjoyed... what I enjoyed the most is about that they speak to you about the army issue.

**Treb: Yes, yes! I did notice that this subject was a part of the conversation. But do you have a better understanding now into this issue of the army?**

Jefferson: Yeah. Absolutely! I thank you very much for that.

**Treb: Yes!**

Jefferson: Well that is the end of our lovely chapter in our first book of the series, Treb...

**Treb: Yes.**

Jefferson: ...and, you know(?), we'll see whatever the future reserves; but for now, we are going to conclude today our initial communication.

**Treb: Yes.**

Jefferson: So I would like you to convey to us a final message from you as a representative of the Yits to the Earth.

**Treb: Yes! The information that I wish to convey as one final thought, is that we love you. We do not only**

**love you as a personal connection, but as a love of the part of a whole. We find parts of ourselves in parts of your race, as I am sure, that you will find different parts of your race in ours, and within the different people in the race that you have spoken to. Not only this, you will find this connection in many different races. As my friend from Deneb Cygnis has said, the greater idea of COMPLETE connection, is one that is very great.**

**I hope that these connections are not only found on a personal level, but at the level that goes deeper within yourself. And when you look into yourselves, and find the true love of what you wish to do, use this to help manifest your own consciousness and your own reality within. There has been many great entities that I have been able to bring forward, and they all share a very unique perspective. Just as many on your planet share a unique perspective with other ones that you love, ones that you might not think you love.**

**We are not judging any in any way when we say of negative and positive, but there is an expression that I wish to use. If you are what you think of as negative, and you are trying to make a positive change within your self, the idea is to not try, to simply love. This is not the only way, this is not the right way, but it is what we endeavor to live by. In fact it works out very well for us. Endeavor to love, strive to unconditionally love every one that you can, because understand that when you are loving them, you are loving yourself. Because they are all a part of you. So use this love to reach out to your fellow man, and try to not judge.**

**Keep your mind and heart open, as I have said**

**many times, to open your heart and mind is the key to life and the key to love. And once you do this, you will be able to perform this without judgment. And as I said before, when you are judging others you are judging yourself as well, because there is a part of them that you see that you might not be very comfortable with, or a part of you that you do not want to manifest, so you use your thoughts of dislike or hatred or anger towards them. But understand, it is not them that you hate, it is a part of yourself that you don't want to see.**

**So think of this in your connection, for your connection; and the relationships you have, is a very great part of making this change into the next part of the evolution of humanity. And with this next step in evolution, we wish to extend our love and our light again and we will see you all, one day soon, if it is also your will, and if it is the same appreciative way that we look at all facets of existence, and that your consciousness brought you to this reality.**

Jefferson: Wow Fantastic! So for my part Treb I want to definitely take advantage of this last message of yours as well to back our thoughts, in a sense, as I think other people (in my planet) would enjoy to express at this point of our book:

...that we love you so very much, and thank you so very much for the connection you made; for the teachings you brought forth; for the new ideas that we explored and discovered with you, and through you, that definitely will and IS already making the difference in the lives of so many people. Because in the end of the day, that's what I want. I know that that's what you want: is to create some room, so that other people can, not only see farther, but know better

and DO better, right?

**Treb: Yes!**

Jefferson: So I thank very much, your wife, your children, the children from your planet, uncle, the spiritual advisors, and all of those loving individuals involved in our communications for the joy that they are; the knowledge that they could share with us, and the taste they provided you know(?), the feeling of a new planet; of planet from our Milky Way galaxy; of people that are just like us: working for their own self development, towards greater consciousness, helping one another, loving one another, and teaching all that they can.

Seriously, this has been a gift to all of us and I personally feel that this is going to be very positive to all of us; thank you very much again!

**Treb: You are welcome. And I wished to explain my gratitude to you too; for as a personal connection that I have with the host, I am aware of his personal growth within this project as well. And this the idea is to all grow together; and I appreciate that I am able to be a part of your growth and all the ones that I have connected to for you are all grateful and it has helped us all grow.**

**For all of us that connected to you, some of them, have never met you or connected to a human. So it expands their life, and their knowledge, and their connection to "All That Is" as well. The creator is a great one, and every part of it that we are not aware of, that we become aware of, is another part of yourself that awakens.**

**There is a great, great expression of love back**

**to you and you are welcome to any help that I might have given you. But understand that you have given me this help as well. And in that, the love and gratitude is just as great from our side as it is from yours.**

Jefferson: The last thing that I wanted to say to you... truly, is that: I wished that every time, - as our friend from the Pleiades said, that if thought creates -, I wished that with this thought that I am going to elaborate now, the creation of what I intend happens in your planet!

So, it is my desire that every time someone, ANYONE finishes reading this book, a rainbow of gratitude appears on your planet.

**Treb: And it will!**

Jefferson: (Chuckles). Thank you very much Treb. It's been lovely talking to you! Let's see what the future reserves for our future communication... perhaps.

**Treb: There is a guarantee that I will communicate with you again, whether it is through the host or not. I have made a connection to you and I will keep that connection. And I do wish to express my love and light to you all, and I will see you all again.**

Jefferson: Fantastic! Thank you very much and...

**Treb: And thank you as well!**

Jefferson: Good bye for now!

**Treb: Good bye!**



*30th of August, 2011*

# **CHAPTER 7 GRAND FINALE**

The true message  
from the Lokt-Neeb.

**Treb: Hello... Jefferson?**

Jefferson: How are you young man?

**Treb: I am doing well. How are you doing this afternoon?**

Jefferson: It is a great afternoon here; also because we get



this opportunity to exchange more knowledge and get the message on track, so we can see what they truly meant to tell us.

**Treb: Yes! Yes! ...and I do apologize for the issues earlier. It was a rough idea of the written language, to the language that is one more of telepathy. And the telepathy issue... it is like when you are reading a book, it is not the words that you always receive or perceive; it is the ideas and the feelings that are within the entity that places it there. And sometimes when I pick up on these feelings or ideas, they are expressed through a verbal message. So it happens to be not the exact idea that they wish to convey.**

Jefferson: Yes.

**Treb: Yes. So I do apologize for this and I am ready to get this... - as you said -, back on tracks the appropriate way with them. Yes!**

Jefferson: Fantastic! Yeah, I'm really glad, for this also gives me another chance and opportunity to expand my experience with extra terrestrial dialogues.

**Treb: Yes! Do you wish for me to call upon them now(?), to speak to you?**

Jefferson: Yes! Yes! If you will perhaps just to tell us really quick where you are?

**Treb: Right now I am on my home planet. I am having a meeting, with a few of the ones on the planet. The issue of contact with you, has forced certain**

**members, of our society, to look more into this detail of the defense system that we have here. When we see a perspective that is new, from thinking of your ideas and the host's ideas, of what it is for the army, ah... I just wished to express some new ideas that are given and received to them. To hope that this helps them with the part that they might feel or understand in a better way so that they can make other decisions based on more knowledge. Because obviously, the more knowledge that you have on any issue, makes it easier for decisions that are made.**

Jefferson: Sure, and when you are informed about the thing that you are going to deal with, you can also have a more responsible and a sustaining choice and a more oriented decision, right?

**Treb: Yes! Exactly! This is a great way to look at this!**

Jefferson: Fantastic, let us talk to our orange people then! Friends.

**Treb: Yes! One moment and I will transfer the consciousness to a direct link.**

Jefferson: Thank you.

**Treb: Yes. Thank you.**

**Unknown Entity: Hello. Jefferson.**

Jefferson: How are you friend?

**Unknown Entity: I am doing well.**

Jefferson: Are you a boy or a girl?

**Unknown Entity: I am a female.**

Jefferson: Lovely, and what is your name ?

**Unknown Entity: It is Lon To.**

Jefferson: Very well. That is a beautiful name, you know?

**Lon To: Thank you.**

Jefferson: Would you tell us again the name of your race?

**Lon To: My race, my people, are called the Lukt-Kneeb.**

Jefferson: Hmm, and how long do you stay in your physical body?

**Lon To: Approximately 400 years.**

Jefferson: Then can you tell us the average size for you. How tall are you?

**Lon To: The average size of our race is around the same size as one that you might consider to be tall. Six feet. Perhaps six and one half feet.**

Jefferson: Do you have five fingers?

**Lon To: Four.**

Jefferson: Four fingers.

**Lon To: One that you see as a thumb, and three that you see as not a thumb.**

Jefferson: Uh huh. And do you have hair?

**Lon To: No.**

Jefferson: So you look like the grays, but orange?

**Lon To: Yes. We have been considered to look like them.**

Jefferson: Do you have noses like ours, or ... (?)

**Lon To: There is only openings in the face. That is the only way it would be considered a nose. Breathing holes, in the front of the face.**

Jefferson: Do you guys have teeth?

**Lon To: Yes.**

Jefferson: How about ears?

**Lon To: No. The teeth are not like yours. They are shorter and wider.**

Jefferson: And do you have ears?

**Lon To: No.**

Jefferson: How do you hear?

**Lon To: It is vibrational hearing. The way that we communicate is through vibrations of the throat, just as you do in speaking. Vibrations are picked up in sensory areas that are behind the lower eye.**

Jefferson: When you say the lower eye, how many eyes do you have ?

**Lon To: Two.**

Jefferson: So what about the other eye?

**Lon To: As you would see the bottom part of the eye that is connected to where your nose area is, that is the bottom portion, and that is where the part or the organ that picks up the vibration is.**

Jefferson: Oh I see. From one side to the other of your eyes, lets say the right eye in your face for instance, the part that is closest to your nose is lower than the other part?

**Lon To: Yes.**

Jefferson: All right. Would you like to tell us, before you tell us your message, any particularity of your race, I know you are orange; what particular trait in specific do you see that your race has that we don't necessarily see in other races?

**Lon To: As far as it is with the races on your planet ? Is this what you are speaking of ?**

Jefferson: Yes, it could be.

**Lon To: The amount of fingers that we have. I am not aware of any beings on your planet that have the same one.**

Jefferson: Uh huh. Yeah. But I mean on a cultural level, like do you guys have building and cars ?

**Lon To: We do not use buildings in the way that you have them. There not permanent structures. There are structures that we use that we also use to travel in. So we set these in areas that are together, all of them placed in one area. When we communicate and when we leave, and come back, these areas are appropriately refilled with others, or put back out into space when we leave. So it is a movable area or city that you see.**

Jefferson: Are you a part or aware of the Association of Worlds or Inter Stellar Alliance?

**Lon To: The specific name is not known to me.**

Jefferson: Are you in any way... does your race related to Earth?

**Lon To: Not directly.**

Jefferson: Uh huh. Have you been here before?

**Lon To: No.**

Jefferson: Has anybody form your planet ever been to Earth before?

**Lon To: Yes, a few of them have.**

Jefferson: What for? What was the purpose?

**Lon To: Just to see what it is about. It is well known through local areas. Many groups take interest in this planet. So just to see the difference.**

Jefferson: So when you say local areas are you from the Milky Way galaxy?

**Lon To: Yes I am from a star that is very close to the one who connected us. The one that you call Treb. We are very close to his star.**

Jefferson: What is the name of your solar system or planet ?

**Lon To: The name of our planet is Hok-Ni.**

Jefferson: And the name of your solar system ?

**Lon To: It is the same name.**

Jefferson: All right. Very well. Good. When Treb contacted your race for you to share with us some information, did he contact you, directly?

**Lon To: Yes.**

Jefferson: And how was it? Did he call you? Did he send you a text message?

**Lon To: The communication that we have is open in ways, that you see frequency... collecting of waves, of**

**sound and electricity or light, in communication of a digital way that you would see. And there is also meditative communication that is made too.**

Jefferson: I see, so he has spoken to you through telepathy!  
(?)

**Lon To: That is how we speak to each other.**

Jefferson: Very well, would you then, please, be so kind as a representative of your planet to give your message to the people of Earth?

**Lon To: Yes. A message to Earth for I hope you can enlighten yourselves. And you fully comprehend a metaphysical coalescence. One must attain enlightenment of absolute existence. Because of limited capacity; individual human cognizance, comprehension of the immensity of the metaphysical universe may be attained only through contemplation. Your soul was created for traveling through different dimensions and different densities. You all should know that this everlasting gift that you are given, shall never diminish nor fade away. For you will be journeying through the metaphysical universe forever. Experiencing everything that there is to experience, and our perfect Creator. This ONE spiritual source is known by various terms that include, Absolute, Infinite Being, The Logos, God, or All That Is. The term Infinite Being encapsulates the idea of infinite consciousness, beyond which nothing else can exist; nothing exists beyond the consciousness of the Infinite Being! Then the universe was formed within, not outside of The Infinite Being's**



**consciousness. The spiritual source of all life, The Infinite Being, is therefore greater than the universe that it created within itself. The spiritual concepts of God employs terms like omnipresent, omnipotent and omniscient to express the ideas of infinite consciousness. From this expansive point of view, God, the Original Creator, is greater than all manifestations and, yet, is aware of every part of that manifestation within! Dimensions are made of lateral and infinite energy, and densities are vertical, and are only seven. And density is not only a state of awareness, but can be known as a vibration. Furthermore the higher the density, the more aware that you become that you are in, in multiple dimensions, and that they are “beneath” you. Many entities at the seventh level can see all dimensions, which not all have your best interests in their heart. They look upon you sometimes in the dimensions beneath, as you might see animals or insects. Also there are entities that try to feed off of your consciousness when it is in fear. So without your fear they could not exist. These entities try to keep your soul from reaching the different dimensions and densities, so that they can keep you in a perpetual conscious stasis, were there is no growth nor development,so there souls are not in jeopardy. Because when they lose you, they think they are losing their life, because they have thought of you as some type of food to feed on. There is only a purpose of trying to keep you to stop your spiritual growth, for if you do not spiritually grow, they tend to gain for they figure that you are a lower consciousness. You have nothing to fear from these types of entities, because it is simple, when you do not fear them, then**

**they have nothing to feed from. Only your fear can make them stronger. We want to explain this because it is just one small piece of the metaphysical universe that we see. So what message that I am truly trying to relate to you is this, not all entities are for the betterment of all people. And there is a God even though you cannot comprehend, perhaps, what it all means. Do not fear the ones whom do not have your betterment in mind and know that you are able to grow spiritually. And to know that your soul will never disappear; and your soul will never stop traveling. Please, enjoy the journey!**

**And this is the message, in the exact terms that we wished to share.**

Jefferson: Wow! That was amazing.

**Lon To: Thank you.**

Jefferson: Absolutely! Fantastic! Fascinating! And salutations to the idea that you emphasized, that consciousness, in some way shape or form, will always exist. Eternity being our theme park, the environment for us to play with other races, with other beings as we grow through densities is infinite...

**Lon To: Yes!**

Jefferson: It is refreshing.

**Lon To: I hope that you enjoy the message. It is not that it was given in a bad way. It is just that it was not given in the direct way that we wish to share. We wish to share it in the direct way, because we feel the importance of the message, it must be put in the**

**exact way. If you were to explain to us, that you needed something from us, but the message was not given properly, then we would not bring the proper things that you need for us to bring. And when you put it in a comparison of this, then you understand the importance for this.**

Jefferson: Yeah, absolutely! It's been a great message and great idea, and I do believe that understanding the things that you shared with us today, will increase the ability for people to manage their emotions better; express their thoughts and feelings and act accordingly. ...with reason!

**Lon To: Yes.**

Jefferson: Because they will understand that the future is whatever they build today, correct ?

**Lon To: Yes. The future is non existent unless their are actions in "now".**

Jefferson: (Chuckles) What is your occupation on your planet? Are you a priest?

**Lon To: No. I just... It is my job to help some... the ones on our planet to understand a wider variety of spiritual nature through the exchange of the last density to now. We are in what some races have said, are mid way through, and there is still work that needs to be done. Many people have become so happy and joyous of the new changes, that they are coming to be so happy and excited that certain aspects of their lives are all that they focus upon. So what I try to do is I try to help them express this in a**

**healthy way; to make their joys better. To make their joys more useful for them and for everyone around them. So in a way, maybe the job that you have is a problem talker; counseling, a... councilor(?).**

Jefferson: I see. So what density are you from?

**Lon To: We are in... what Treb Bor Yit-NE says is four.**

Jefferson: Fourth density?

**Lon To: Uh huh. (Yes).**

Jefferson: I see. Well that was truly a unique experience with you and this knowledgeable dialogue. I wish at some point our race still gets to meet one another and that we enjoy more and more wisdom that you can share with us.

**Lon To: Well thank you as well. And I want to assure you, as an individual and as a race, that once you overcome, the area, as a whole, that you are in now; once the wall is brought down, the quarantine wall is brought down, and once humanity accepts other races, you will have a chance to experience what you would think of as more races than there are colors in the universe. And when you do this, you will be very happy; and you will feel full. Its an understanding that sometimes your race has an emptiness, well, that is because you feel alone. And this is what will be taken care of, this emptiness can be gone. It can be gone now, but obviously it is about finding yourself in this time. But what I mean is for ones who cannot get past that alone feeling. They will experience much better understanding at a later**

**point.**

Jefferson: Yeah absolutely. And in that you have gone from third density to fourth in your planet, and we are going through that; do you think that we are also going to increase the life span of our people?

**Lon To: Yes. The lifespan undergoes a natural increasing. Not just form every density but even from generation, to generation, to generation. The way that you look at the history of your planet, if you notice just within the same density you have growth in lifespan. But it just becomes greater at every next level.**

Jefferson: I see! Fantastic . And how old are you?

**Lon To: I am myself, 235 of the years that you know of.**

Jefferson: And do you get old like we do ?

**Lon To: Not the same, no.**

Jefferson: How is it that that happens with you then? You just stay young forever?

**Lon To: No. We age but it is not as drastically. The body is not weakened at the old age that (the body) you use is. It is much harder on the physical aspect. So yes we do age. Yes we do get older, but the body does not pay for it like it does there.**

Jefferson: Amazing. Fantastic! Once again I thank you very

much and I look forward to speak to you in some other way, or in this way again at a point that today we understand to be the future.

**Lon To: Yes. Thank you; we are looking forward to understand how well this communication is accepted among others.**

Jefferson: Wow! Amazing. I am sure that they will be delighted if they understand it.

**Lon To: Yes. And we will look forward to understanding how well it is taken.**

Jefferson: Fantastic! Thank you!

**Lone To: Thank you.**

Jefferson: Have a great day.

**Treb: Jefferson?**

Jefferson: Treb!

**Treb: How is everything going? Well? To your liking?**

Jefferson: Everything is going beyond expectations!

**Treb: Yes! This is a great idea as well. For if it goes above your expectations, then you are very, very happy for you feel you have gotten more... for your “money” is they say? Is the right term?**

Jefferson: Uh... I am Brazilian so... I think Americans would

say that I have gotten more than I have bargained for!

**Treb: Yes! That is the word. Yes!**

Jefferson: (Laughter) Absolutely! Yes. So once again Treb, I want to express my gratitude for this connection, this communication... the knowledge that you shared. The people that you connected to us. All of the beings, wise beings; their understanding, those who came from all over the galaxy. I do have to tell you that I am persuaded, I am even sure that everybody that will read this book and understand it, will be different in some way.

**Treb: Yes! That is the hope that I have! And as much love and appreciation that you send to me, I hope by now that you understand, it is sent back in the same manner; and that the love that we have for your race and for your betterment - in any way that you choose, even if it is not in the same way, that we see betterment, as long as you as a race is happy -, we are very happy to see you grow! And it is a great way to express that we have given our information to you in many different varieties, and different ways, so that you can experience a small part of all the differences that there are. And this is a great opportunity for me as well.**

Jefferson: A new planet, new people, new experiences, new ideas and ways of knowledge, that All That Is can express itself.

**Treb: Yes, this is very true.**

Jefferson: (Laughter). Fantastic. So we are going to finish the

connection for now and you know, the main idea then... I will, perhaps, emphasize only what you said at the beginning of our book, - for my brothers and sisters from Earth: to relax about the whole otherworldly aspects correct?

**Treb: Yes!**

Jefferson: ...about extra terrestrial beings; what they are doing, where they come from, and what are their intention.

**Treb: Yes.**

Jefferson: As long as we are focused on doing the best we can, with all we can, we will all have a happy end.

**Treb: Yes. Because if you are doing the best you can to try and understand, and open your mind and heart, and be open to all things and do not judge them prematurely, to only judge them with the experience that you perceive and receive from them, this is the greatest way to do this. Because once this is done, you are able to experience much more things in a greater way. And when you do not place that judgment, or concern and you do the best you can in love and in light, then in what you are doing you are free from the influence of what others are doing. Because you are doing what you are focused upon and nobody will interfere with you, if you are not concerning yourself with fear issues. I hope this made sense to you.**

Jefferson: Yeah!. Absolutely! Just like my future self, Arvantis from the Arkoreuns society, and my good friend Ishuwa from the Yahyel society, as well as Adronis from Sirius, others and



now YOU Treb say: "follow your heart. That's all you need to do!" (Laughter).

**Treb: Yes! This is a great expression. When you do this you can not go wrong because when you follow your heart, and you learn the difference between the heart and the ego... if you follow your heart, your heart is connected directly to your higher self and soul. And your soul knows better than anyone, for you. It knows better than the wisest, or longest living entity in this universe. Because it IS you, it is part of you and it is what you need. So follow the heart and you will never be lead wrong.**

Jefferson: ...and the highest excitement, right(?), will always put us in the right place, at the right time, with the right people, for the experiences that will help us be more than we were before, or without that experience.

**Treb: Yes, because it puts you in that place you need to be; this is why the ideas of not making plans, this is how it is done in our race. Because it is better to let the things that need to happen, happen, because this is why they need to happen, yes.**

Jefferson: It has been absolutely fascinating talking to you and to all our extra terrestrial friends.

**Treb: Yes!**

Jefferson: And I thank you very much, and I look forward to talking to you again, in this way, or in any other way, at some point, if possible in that of what we consider today, our future.

**Treb: Yes. And we are very, very grateful. And we are looking forward to further communication with your race as well. I will continue to send messages through the host (channeler), as I hope that you will continue to send messages through him, for us, so that we are aware of your personal progress in all areas as a race and as individuals. For there is a connection that last through many lifetimes. And we are grateful for this connection with your race, and with you personally. Thank you my friend. I leave you in love and light, and I will speak to you again soon.**

Jefferson: Absolutely. Thank you very much. I look forward to that.

**Treb: You are very welcome. Good bye.**

Jefferson: Bye for now.



# CONCLUSION

Live your highest excitement

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We can learn a lot from others. The degree of freedom you will ever experience will result of what you believe yourself to be, your thoughts, your feelings and the actions you choose to take every step of the way. You cannot get that which you are not already. Your soul exists within a system of love that creates the illusion of time for you to evolve through many different planets, and lifetimes as you acquire inner stillness and refine your definitions about Creation itself, and your role in the universe as a co-creator.

Life is an ever changing flow of experiences that is omnisciently interconnected and lives in every particle of physical and “non-physical” matter and essence. As we evolve through the “classes” we assist and “schools” we visit we meet many friends and unforgettable people we can choose to eternally be in touch with. Once we graduate we are able to give back the “favor” to life and become the teachers to other students that are as keen to occupy their rightful place in the great scheme of things and follow through with the present they too have been given.

The greatest and most valuable present anyone could ever receive from Creation is: to exist. With that comes the fact that one can never be alone, unworthy or disconnected for that matter. They are conclusive our studies: life never ends nor does the number of planets or races that BE in this infinite universe of diversity and grace.

We are here to express our gifts as we help others refine theirs. We are an evolving light because THAT is truly, where reality (love) happens. Enjoy every minute you have to inspire others. Take advantage of every opportunity you have to live your highest excitement and know you are LOVE.

Jefferson Viscardi (co-author).

"Life never ends nor does the number of planets or races that BE in this infinite universe of diversity and grace". Jefferson Viscardi

# ABOUT THE AUTHOR

Jefferson Viscardi

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[www.jeffersonviscardi.com](http://www.jeffersonviscardi.com)

Jefferson Viscardi is recognized by University of Metaphysical Sciences, (distance learning facility), as Ph.D., Philosopher of Metaphysical Life Coaching, Certified as a Reiki healer, level III, in the Usui System of natural healing by the International Association of Reiki Professionals.

He teaches on topics related to extraterrestrial intelligences; our galactic family; the Christ consciousness; the progressive evolution of the embodied spirit and other leading edge concepts and ideas. Jefferson speaks five languages and currently (summer 2011), lives in Brazil with friends and family.

Books written by Jefferson:

- Avatars of the Phoenix Lights UFO - Ishuwa & The Yahyel (Co-authored with Shaun Swanson).
- Feline Humans - Arvantis & The Arkoreuns (Co-authored with Shaun Swanson).
- Insights with Adronis from Sirius - Adronis (Co-authored with Brad Johnson).
- The Circle of Light & The Philosopher - Another magnificent day. (Co-authored with Georgia Jean).

I returned to Earth in 1980. By 1994 I had many questions and not that many real answers. For the sincere

students, books are that kind of jewel that provides different perspectives to compare ideas and learn from, right?

However in them, there was something strange I couldn't quite put my finger on without enough growth. For the most part they would teach what to wish for and how to get it. I thought it would indeed be great to have all things money can buy but something about the part where one would end up wanting more incessantly and never be truly satisfied, while millions starved every day made me back off from being your average guy, living your average life: the average dreamer. I thought that life should be simple and I suspected I would not be alright following the herd.

We are born full of debt; we grow up learning we are alone, that others want to take from us and that we'd be better off learning asap how to defend ourselves from our brothers by killing first so to be valuable to the market place and hired to thirst for more. What a horrible joke!

Found out true life can only exist beyond our manufactured never ending search for a fake designed dream that can never truly be satisfied by stepping over other people's need for the basics in life, as means to achieve individual prosperity while the world dies hard daily.

Thought my life would be useful to my fellow humans if I dedicated it to know better and share ideas of self-responsibility that leads to environmental sustainability and a true inner peace which affords us all higher standards from where to take important, impacting decisions that intends to benefit all indistinctly. I imagined if we learned we are more than what we were taught and that it is alright to love our brothers we would live the good life in the present that Creation gave us to expand our consciousness and evolve.

In that, my next idea was: sure enough our older brothers from Space could give me a hand; ...and so they did!

## ABOUT THE AUTHOR

Rob Gauthier

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<http://www.trebchanneling.com>

I was born in 1980. In 2007 I went to a spiritualism church. I went there because I decided to get my life back on track. I was looking into the dark for too long. Now I went there because this was the only place in the area that I could express my beliefs openly and meditate and be taught by many, many great psychics. As a child I was blessed with psychic abilities but as I digressed so did they. As I started learning from the great psychics in my area I learned many things. Including many experiences that I had as a child which were not figments of "just my imagination". And when I had thought I met my grandmother for the first time when I was nine, after she had been dead for over twenty years, I was right. This all started making sense to me. Something made me continue. So I continued to learn more meditations and after a couple years of working with my abilities every day, and really being dedicated about them, I met Treb Bor yit-NE.

I remember the first night I met him. I met him one night as I had a very usual night of feeling so disconnected from everything. I had been working on myself so hard and I looked at the night sky and knew that there is so much out there. I felt like I was in a prison (a great and beautiful one) on Earth. I just felt so much more should be felt. So I went into a deep meditation. That night I went further into my consciousness than I have ever gone before. I knew I had gone beyond the level of just going out of the body.



I met him! And as he stood before me, the empty feeling I had before meditating, and the otherwise worried feeling I should have had while seeing this huge odd looking alien, vanished. All I felt was love and happiness. I asked him who he was and he stared, talking to me.

He explained that reality wasn't how I saw it and that there is so much more to the universe. He also told me that I can take my newly found meditation ability and use it to permanently remove that loneliness. I did feel so alone. He also told me there was so much more evolution in not just the physical ideas, meaning that of the soul. I asked him about many things like the after life and his people.

After he answered me, and we met for the third time, I asked him, "what can I do to know if you are real, or a part of my mind?", he replied, "talk to this individual (a friend of mine)." I didn't know why. My friend had no knowledge of anything, I mean I know if he did, I would have heard. So I did, and he led me to a video, that led me to a book called "Seth Speaks, the Eternal Validity of the Soul" by Jane Roberts. I cried that day. The reason? ...even though it's greatly seen as very different views, all the information was so much alike; they were similar in very many ways. And then I figured I had my answer (also through many other synchronicities I would need a book to write them all). Since then, I have built a relationship of trust and respect with this brother of space. Now I feel it is my duty to share the information Treb Bor Yit-NE is willing to impart to our humanity. Information that saved me, sparing a lot of unnecessary psychological and physical suffering and delusions which I would definitely have gone through otherwise. I wish you all the same, a life fully lived with love and light (as Treb says), and that is how I wish to serve in my humble way too as I allow myself to be the host, the intermediary between him and us.

# ACKNOWLEDGEMENT

Jefferson Viscardi

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I want through these few lines to acknowledge every person in embodiment and in spirit, that has directly or indirectly contributed to the dissemination of light as information, connected to this and any other planet, in this and any other reality and time frame. To you my heart of love and appreciation!

My thanks to Rob Gauthier, “the host” who accepted my invitation to allow this dialogue to happen with the ET he channels: Treb Bor Yit-NE from Capella. Without Rob's ability to intermediate my conversations with Treb, this book you read would not see the light of completion.

My equally deep gratitude to Treb Bor Yit-NE. A very interesting fourth density benevolent reptilian human, who provided a lot of in depth teachings for the production and compilation of this fascinating piece of art that I receive and enjoy as a gift we and I was given by life, by Creation itself. I feel blessed to be called upon to the co-creation of this wonderful source of knowledge and inspiration.

Finally I wish to thank you. Nothing would really have been possible without the momentum YOU, dear reader, have helped to build up - in this historical decisive moment of the evolution of our planet -, with your inner questions and your sincere desire to know more, to do your best every day and to be all you can.

There is truly no end to that sincere feeling of gratitude one is able to feel at the completion of another page in the history of one's brief incarnation. This is how I feel after I am through with every book I dedicate myself to write for you with each extraterrestrial entity that I "interview", (converse). The greatest feeling, in my opinion a man can express through actions is that of being useful to his fellow brothers and planet. In fact, I truly believe that no other reason for a lifetime would make more sense than that of being of service to others.

May THAT inner peaceful and creative gratitude existing in each of our hearts BE the engine that moves our civilization forward or upward (if you prefer), to that regenerating era where Earth is going to exist as: the home of the meek land of the wise.

I wish us all THAT extraordinary evolution!

Jefferson Viscardi.

# ACKNOWLEDGEMENT

Rob Gauthier

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I want to thank my wife Rashelle and my son Jeremy. They are the reason I wanted to change my life for the better. They have both given me so much love and encouragement when times become hard. Also to the rest of my family for their daily love and support. I love you all.

I also want to thank Jefferson Viscardi for teaching me so much about myself, and helping me get this message to all of you. He was very patient and loving throughout this whole process and is a great man. He is also a loving teacher. If it was not for him, this book would not be here. Thank you my friend.

I also want to thank many friends who have helped me in the process of doing this book who took time away from their life to help spread this message of love. Thank you Sister Sue, Ana, Lisa, Amy, Trenton, Akasma. I also want to give a special thanks to my friends who help me learn more, so that the message comes out clearer. Thank you Adam. And a very special thanks to you Scott.

My Great thanks to my great friend and great teacher: TReb Bor yit-NE. He has taught me all I know about the true nature of life, physical and non-physical reality. But more than anything, he has taught me, about myself. Thank you Treb(!), for all of your love, acceptance, and want for us to better our own selves. You are my friend and brother. I love you.

And most of all, I want to thank everyone who is reading this book. Whatever reason you have to read this, whether it is curiosity, or looking to find out more about yourself, you are here for a reason. And the reason was to be here. I know that all material has an audience but I want to thank you all for giving Treb a hearing heart too. Love and light to you all.

At last I want to thank everyone here on Earth and everyone outside of Earth. We all make this reality together. Let us make it better together. Also there has been many friends, and many supporters of Treb's work that have been supporting and sending love to us both as we share the messages. There are many of you. If you feel I have missed out on sending you thanks for the support of our messages, this thanks is for you personally for there are too many to list. You all have played your part in my growth, and the message as well.

Thank you all.

Rob Gauthier.

We are grateful for this connection with your race,  
and with YOU personally through this book.

Thank you my friend!

We leave you in love and light.  
Treb Bor Yit-NE