

THE HUMAN LADDER – Judy Carroll

I have been an experiencer of contact with the extraterrestrial and inter-dimensional beings known popularly as “Greys”, or “Zetas”, since childhood back in the early 1950s. At times this contact has been fully-conscious, and has always been positive, with some wonderfully informative and uplifting messages and teachings being passed on. One of the most important of these was given back in 2001, on what the Zetas refer to as the “Human Ladder”.

The Human Ladder is a term used by the Zetas for the cycle of human evolution upwards through the vibrational energy frequencies which comprise the universe. It has 10 “galactic levels” (another Zeta term), which are not physical localities as such, but rather a series of gradually ascending, broadening and deepening levels of self-realization and conscious awareness.

All of creation, from a universe down to an atom, has its source in the energy of thought/mind. This can be individual mind or group mind, such as the mass consciousness of a national or planetary culture. In this way, what one is able to perceive as physical, mental, emotional or even spiritual reality depends entirely upon one’s level of conscious awareness. Thus it is our mind and consciousness that creates and limits our perception of reality.

It is the deepening and expansion of this mind/consciousness that evolution within the Human Kingdom is all about. Humans of Earth are on the very first “rung” of the Ladder, as is Planet Earth Herself, for the inhabitants of any planet must remain in harmonic resonance with their home world. There are approximately 1,000 different human-type species resonating at this level of the universe. Planet Earth is now in the process of stepping up to level 2 on the Human Ladder, which is what the 2012 Earth Shift is all about.

As level 1 humans the average Earth person can access approximately one-tenth, or 10% of their full potential of conscious awareness. This is intrinsically linked to our 10% of active DNA. The remaining 90% of our consciousness is buried within deeper layers of subconscious or super-conscious mind, and therefore cannot be readily accessed by the average person in their wakened state. The key to accessing this other 90% lies in our so-called “junk DNA”, and much of the work being carried out by the ETs during so-called abduction experiences in which humans are taken on board the discs, is to do with initiating this process.

The shift upwards to level 2 will enable Earth Humans to access 20% of their potential conscious awareness through the activation of an additional 10% of their DNA. This more expansive level of conscious awareness will allow access to higher dimensional frequencies. In fact, a human who is able to consciously tap into 20% of their mind awareness would be considered a genius by Earth standards. They would have easier access to extra-sensory perceptions as well as past-life and between-life states, which in turn would bring about a much deeper level of self-realization. They would also have a broader conscious awareness of higher dimensional realities. Some of the “Star Children”, those ones being born on Earth who are the result of a greater infusion of ET genetics, are now displaying these enhanced abilities.

However, trapped as most Earth Humans still are within the narrow and confining limitations of third-dimensional 10% conscious awareness, an average person on Earth simply cannot conceive of anything that could possibly exist outside of or beyond what they perceive “reality” to be. The result of this is that when they’re confronted by other realities outside of this

boundary such as occurs during an ET encounter experience, their mind immediately closes itself away in an impenetrable cocoon of fear and denial, thus blocking any attempts at communication by the ET Visitor.

There are many human-type ET species operating at first, second, third and fourth galactic levels, able to access 10% through to 40% conscious awareness respectively. The so-called Zetas (I prefer to call them Grey Guardians) are at levels 5 through to 8, able to access 50 to 80% of their potential conscious awareness and are therefore much more centred in mind than in body, hence the larger head and very basic, simple body which is rather different from the complex makeup of an Earth Human body. Those beings thought of down here as “Angels” are at levels 9 and 10, and can access 90 to 100% of their conscious awareness.

Such expansion of consciousness involves the breaking down of limiting barriers of fear and ego within the human psyche, for it is fear and ego on the mental/emotional level that blocks the evolutionary process. Such fear and ego tends to create a “false ceiling” upon an individual’s perception of reality.

The key here is to understand that evolution is not just a physical process. The spirit and soul aspect is extremely important as well, for humans are not only physical but rather multi-dimensional beings. The physical body is simply a “vehicle” through which Soul can undergo a physical life experience.

Our DNA is intrinsically linked to all aspects of our being, not just the physical part. A question was recently put to one of the Grey Guardian (Zeta) Teachers – “Is our DNA a “recipe” for our form, or is it more like an antenna that resonates with previous (past life) patterns?”

The answer given was: “Both, but DNA contains everything – soul essence, karma, soul memory. It is the building blocks for body, mind and spirit. It records vibrations of past, present and future and opens consciousness.”

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

<http://granitepublishing.us/dox/Zeta/Zeta.PR.html>

Authors’ websites are – www.ufogreyinfo.com < <http://www.ufogreyinfo.com> > and www.thezetamessage.com < <http://www.thezetamessage.com> >

For further information, please contact Eileen Duhne:

415.459.2573 or eduhne@comcast.net

Statements and opinions expressed in articles, reviews and other materials herein are those of the individual authors and not necessarily the views or opinions of OPUS.