

# Human Evolution and the Three Eras of Zeta Consciousness

Sasha through Lyssa Royal Holt

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*Q: Is humankind educated and evolved enough so that the gifts that the Zeta Reticuli have given to us through their contacts is something that we can work with in a new multi-dimensional way?*

The Zeta energy is returning in a very different way. For those of you who remember the contacts from the 80s and 90s, the Zeta energy was more fearful - abductions and trauma. However, as you see through the *Galactic Heritage Cards* as a model, there are three primary eras of Zeta consciousness that have something to do with your galactic history.

The first Zeta era had to do with a dying civilization and the emotions of fear, survival, desperation, etc. The first group of Zetas who were contacting humans were from that era. Thus, because the contacts are a mirror, they triggered panic, fear, and trauma for humans -- for the higher purpose of processing and releasing that trauma. That was the first era, or phase of Zeta contact. This was the phase when humans helped the Zetas even though, for the most part, humans were not always aware that they were helping.

Remember, even though we are outlining them here as First Phase, Second Phase, and Third Phase, it is not linear. At any given time on your world you can experience Zeta contact from different time streams.

The second phase is when the Zeta species had begun healing their species trauma. They were recovering and were in a healing and purging process. In this phase, they felt very grateful to humanity for helping them move through this very significant part of their cycle. In terms of how humans connect to this idea, humans are thus on the receiving end of this gratitude, having to learn how to receive that type of gratitude that they might not even know how to understand. For humans, as strange as it sounds, have difficulty receiving -- especially if you don't see the direct link. When you go in the store and pay .50 for some gum, you then take the gum. But when it is something more abstract, humans have a more difficult time receiving. From this second era of the Zetas, the lesson there has to do with teaching humanity about receiving -- not just about getting something but in recognizing and receiving the love from the universe. The love isn't just from the Zetas. It is also that humans have to recognize themselves as the universe itself -- God itself -- thus worthy of that deep love. Love isn't something that needs to come to you and be received. *You are it.* That is the second era.

The third era is quite significant. It is the era of enlightenment or awakening. This is referring to the future time stream when the Zeta species became enlightened or awakened. It is when they recognized themselves as consciousness itself -- the consciousness of the universe itself expressing itself through many bodies. They learned that all of the pains and fears they have gone through up until that point was a way to burn away what needed to be cleared. There is a concept in yoga called "tapas" -- the burning away of karma or blocked energy in order to move to that totally awakened, fully self-realized state.

The third era of the Zetas is coming to Earth strongly now. Why now? It is coming now because whether or not you perceive it by watching your evening news, there is an awakening happening on your world. It is happening on a very individual level. Some people are experiencing it and don't realize it. They don't know how to label it. It is a very different way of perceiving reality. It has to do with being the Observer -- the eyes of the universe -- which is a true definition of enlightenment.

The Zeta interaction with humanity from that time stream of phase three (as expressed in the *Galactic Heritage Cards*) is for the purpose of reflecting humanity's potential for awakening. This is *very* significant. If humanity was not able to get to the level of connecting with that level of consciousness that is coming to you, you wouldn't be manifesting these encounters at such a high level.

If you had a way to statistically figure out how many contacts are coming to you from the Zeta first, second, and

third eras, you would find that there is a spike in the contacts coming from this third enlightened era. However, as we've said, whenever you encounter beings who are of that frequency, the human mind/personality has difficulty perceiving those contacts from the human paradigm. So in that way, there is not a uniform manifestation of it right now. Everyone is not seeing these contacts as being the same. For one person, this type of contact with this type of 3rd era Zeta would manifest in a more shamanic way, for example. For another person who is devout Christian, they might have an angelic encounter that shifts them. Those who are more ET-oriented might perceive the encounter as one with ETs. When you are dealing with consciousness interacting with you from that level where there is no hierarchy or separation, you have to look underneath the *way* the contact manifests to you.

At this level of contact that points you toward enlightenment, you are really not even talking about extraterrestrials. That isn't even an accurate perception. It is simply *universal consciousness*.

To sum it up, there has been a shift in human interaction with the Zetas. The shift has come not so much *from* the Zetas, but from humanity itself. Humanity has already begun moving to this new frequency, this new expression.

In Tokyo, Germane (through Lyssa) did a session called "Welcome to Fourth Density." In that session, Germane was talking about how 2012 is a marker point where humanity has begun the trajectory into its evolution to fourth density. You are on your way. Thus, there has to be some type of an awakening for that trajectory to continue.

*Q: Are you talking about awakening on an individual level or a mass level?*

That is a really good question. It is actually both. Looking at it from an "ET anthropological view," it depends upon the planet. If you have a planet that already had a high degree of unity consciousness (like dolphins, for example), then you wouldn't necessarily see individual awakening vs. group awakening. But on Earth, you have been so fragmented. The ego construct is the driving mechanism that maintains that fragmentation. Because of that level of fragmentation, you are going to see the awakening happening on multiple levels. You are going to have to see it on an individual level. The individual level will also feed the energy to the mass conscious level. It is all connected. If the human ego, on an individual level, does not loosen the grip on its perception of reality, it stops the whole process.

What is really interesting is the idea of stress and multitasking -- being so busy that you are juggling too many balls. On one hand, one can look at this happening planet wide (because it *is* happening planet wide), as being much worse than any other time in history. Many people are ready to snap. You can look at this on one level as a negative thing. However, anthropologically speaking as we view it, we see it as a *symptom*. In species evolution, species go through crises. There is always a higher-level reasoning for each crisis that forces the species to take a leap to move to its next level of development. We see this planetary crisis regarding the ever-increasing stress levels on Earth as an evolutionary *opportunity*. The only way your species will get through this is by surrendering.

It is like juggling. You start off with three balls. Then they throw you another ball, another ball, another ball. Then a plate, then a monkey, then a banana. At some point, you can no longer juggle. That is when you surrender. That is when the shift happens. The same mechanism is at play now. Each of you, on a daily basis, and then on a yearly basis, and on a decade basis are being asked to juggle more and more; there is going to be a point where it snaps. Some people have already snapped. Some have snapped by going on shooting sprees in public places. That is the negative manifestation. As a positive manifestation, many people are snapping in such a way that they are allowing themselves to finally disengage from the old way of doing things and surrender more; to stay in the flow while still honoring the agreements they made in their physical lives. They are learning to have a different relationship with the flow of their lives. As more people make that shift, it affects the whole species evolution. The situation moves from a species crisis to a species opportunity for evolution.

When you see these things on TV about people "freaking out," know that it is a sign of this increasing pressure. What happens when carbon is under pressure? Diamonds! This is an opportunity for you, as a species, to begin refining yourselves into diamonds -- diamonds of course being a metaphor for awakened consciousness. In this way, you will never have to repeat the difficult road that the Zetas took during the first era of their species development. Instead, you can move with grace and confidence into your future, supported by the loving galactic family whose lessons you have learned as your own.

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**Lyssa Royal Holt** is a well-known channel and the author of the books *The Prism of Lyra*, *Visitors from Within*, *Preparing for Contact*, and *Millennium*, and the soon-to-be-published *Galactic Heritage Cards* by Light Technology. She has been a trance channel and seminar leader since 1985 and is a certified Hatha and Taoist yoga teacher. She travels extensively (spending a lot of time in Japan) and offers seminars around the world. For more information, see Lyssa's web site at [www.lyssaroyal.com](http://www.lyssaroyal.com).