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# Interview with JZ Knight

## Channeling Ramtha



Phyllis Galde and JZ Knight.

by Phyllis Galde

**W**hat would you do if an eight-foot tall glowing, handsome male being appeared in front of you?

As a young married housewife, Judith Darlene was stunned, nearly in shock, and speechless.

This radiant being, who called himself Ramtha, became a very important part of this woman's life and spiritual development. She is now known through-

out the world as JZ Knight, and has come a long way from a hardscrabble life in the South. She was born in 1946 in Roswell, New Mexico, and moved with her family to Texas where work in the cotton fields provided a meager sustenance, living in a state of poverty in a poor shack.

JZ grew up with many hardships and obstacles. Loneliness, disease, and prejudice were some of her teachers. She has been married three times, and has two sons.



She had an extraordinary UFO experience in high school, underwent a miraculous healing, and now can see into other dimensions.

JZ overcame the challenges in her youth and went on to become a successful businesswoman. She has encountered her share of controversy over the years.

Friend to many celebrities, her most important companion is the spirit being Ramtha, a 35,000-year-old Lemurian warrior. He has been with her since 1977, guiding her path and enlightening countless others at her school in Yelm, Washington.

I was invited to her home for an interview, and found JZ to be a warm and gracious hostess. Although she claims to be a simple, common woman, she has much wisdom.

### Spirit and Science

Ramtha, through JZ, coined the term "channeling" and brought it into the American lexicon. It was important to introduce a proper name for what JZ was experiencing. Even so, the meaning is often misunderstood.

When JZ channels Ramtha, she does not go to sleep or into a trance. "I leave my body, like a near-death experience," says Knight. "I didn't like the cosmology of New Age concepts on life at the time I began channeling because that wasn't what I was experiencing... I'm actually having an NDE, and I'm going to the light. I go down a tunnel."

Ramtha has told her, "When you're

out, you're down that wall of light, that tunnel, then the body is being kept alive and I am going to use the body. I am not in the body; I'm just working the program in the brain." Ramtha operates JZ's body like a programmer on a computer.

Early on in their work, Ramtha predicted: "One day people will come and they will test me and they will test the message and they will prove my existence." In 1996 this actually happened: a study was begun with experts from Saybrook Graduate School & Research Center. JZ underwent a battery of tests. Dr. Stanley Krippner and religious scholar J. Gordon Melton were involved.

Melton identified Ramtha's teachings as Gnosticism, an ancient wisdom tradition wiped out as a heresy by the early Christian church. "Melton saw him teach in three hours what has been lost to scholars for ages," relates JZ. "The Tree of Life... God as in one's being. He saw a brilliant display of Ramtha teaching that for three hours without notes." Melton was convinced that Ramtha was an extraordinary entity.

Melton invited scholars of every persuasion that Ramtha teaches, "From history to biology, to neurobiology, to quantum physics, etc., because Ramtha talked about the kingdom of heaven in terms of quantum reality. The god within in terms of the observer effect in physics."

JZ agreed to undergo one of the most sophisticated lie-detector tests available at the time. She was wired to electrodes that monitored various physiological pa-



rameters: blood flow, temperature, and other physiological responses beyond conscious control.

"We have you wired," the researchers announced when all was ready. "You can go into a trance."

"Gentlemen," JZ told them, "I'm leaving my body. I'm not going into a trance."

When JZ left her body and Ramtha took over, there was confusion. The readings dropped off the scale and the computer shut down to reconfigure, as if a completely different individual were now being tested. The scientists thought it had to be a malfunction. They had already done baseline readings on JZ several times.

Suddenly Ramtha was present, looking at them through JZ's eyes. There was a new user on the computer.

The researchers panicked. "There's another being here," they said. "This is crazy. This is not happening."

"So he talked to them," says Knight. "He was telling them about their lives and what they should be doing."

After this was over, JZ returned to her body. Melton was smiling.

"How was it?" Knight asked.

"One thing we know," replied Melton. "It isn't you. We just eliminated the possibility that you're faking. There's no way."

JZ agreed to further tests, which were conducted in different locations to make sure there was no environmental contamination or influence. The readings were the same in all three tests.

At the press conference at the end of the meeting, the researchers announced their startling conclusions. "We can't tell you that's Ramtha, because we don't know Ramtha. What we can tell you is that this was another being. This can't be you. There is no yogi in the world, there's no one we've ever tested that went that fast to that low."

From that day on, JZ has rejected being called a cult or a fraud. The facts had shown that Ramtha was another entity.

### High Standards

"When Ramtha made it on the American scene," says JZ, "everybody who had been a medium or a psychic was now a channel. The unfortunate part of that is when you switch signs outside your office, it doesn't mean you know any more."

Knight would like to see higher standards in the field of her work. "If you really care about the quality of information you are giving to people, you should be tested like I was. Pay for it, and have the best scientists available to clear you. Clearly define that this is not you when you're channeling."

Scientific scrutiny must be welcomed in order to validate the reality of channeling and its benefits, says JZ. "The criteria should be, what does the other personality offer, other than pablum? Can you do a remote view? Can you do sending and receiving? Can you advise on health? Can you meaningfully ascribe this person to wellness in terms of depressions, without



having to go back into a past life which is nebulous and often nonconfirmable? What is the source? What is the reason?

"Science will go into partnership with new thought the day that new thought approaches science and is willing to participate in a new frontier of the mind. When we start producing methodologies of mind and thought that can be corroborated through scientific ventures, scientific studies, then we have a place at the table of the new frontier."

### Aging Is an Attitude

JZ has left her body thousands of times during the last 32 years. Some out-of-body sessions have lasted up to ten hours. While channeling, her body fills up with water. "It's just an electrical conduit...you can watch my neck, my feet, and my hands and you would see them swell up. The whole body becomes the conduit, the whole body is a system."

When Ramtha leaves, Knight has to get 10 to 20 pounds of water out of her body. Her clothes don't fit. It hasn't gotten any better in 32 years.

JZ feels that going out of body has accelerated the aging process. "You don't really stop aging," she says, "until you are out of this time. We have a biological code in our DNA that's working against us in this time. Being out of my body as much as I have has certainly promoted it because I have an ageless being using it, and the program he calls up has always benefited my physical body. If he's made ad-

vancements in helping me, I through my ignorance and my emotional addictions to things have torn it down. So it's repair, tear it down, repair, tear it down.

"I think it's worthy to note that science has promoted the concept that we have an immortal gene. Ramtha said that even before science acknowledged it. Humans have a gene for human immortality; he's always postulated that.

"Why are we aging? Why does our DNA continue to produce proteins that are ineffective as we grow older? We only grow old if our DNA keeps opening at the same gene level, the same code.

"Ramtha has taught us that the neuronet in our brain that we describe as our identity, as our personality, is based upon an incarnated program. We've incarnated with this program. We hardwired our fetus's brain in utero. The program is from the soul. This is our report card. This is what you did before. A plus, you're wise. B minus not so wise. D you're a little stupid. F you failed this class; you need to take this over. Therefore we're going to imbue your body with all these emotions you haven't owned yet, so you're going to wear the F. But yet you're going to enjoy the A and the B and the C.

"We incarnated with a plan to make known the unknown, to own our emotions. When we own them we complete the experience that began ages ago."

Most people, says Knight, get stuck in emotional patterns developed early in life, and this is the reason for physical aging.



"When we hit our 20s, we're prone to depression, hysteria, jealousy, envy, fear, and heartbreak. After age 20, our DNA rarely opens to a new code. To feel is to be human, but if our emotions define us, it means we're unwise."

People fail to learn from mistakes and vain pursuits. "We're supposed to be wise after that. 'I'll never do that again.' But we got addicted to 'Let's do it again.'"

"When one's heart is broken one will often receive a lot of affection. So sadness and love are connected. We're always going to be a victim, because victimization serves us. We get addicted to the chemistry."

"After 20, the mechanisms in the genes that we keep reproducing for our addiction start to break down. We get inaccurate copies from DNA because we're still searching for our long-lost love. We're still addicted. We're still in pain. We're still possessive. We age because we never move on, we never get clear. We never change. We never construe a future. The DNA mechanism of that particular emotional code breaks down, and as it does, insufficient copies organize bad proteins that contribute to aging because they don't have enough information."

"How do we stop that? First we just need to know that if we're addicted, we're addicts to our own emotions. As long we live by our feelings and not our pursuit of a future, we have no future. It's consumed by the past."

"Aging is an attitude."

### Male and Female

Why did Ramtha, clearly a male being, choose to appear in a woman's body?

"Women are also God," says Knight, and it was important to demonstrate this point. "In all religions, except for paganism, the god is a man, the son is a man, and women are conscripted servants to men. In some societies they are soulless. Even today, in some Jewish synagogues, women cannot worship with men. In the Middle East and in other regions, women must be covered. Recently the Southern Baptist national convention voted that women must vote according to their husband's direction. They all approved this dictate. This suppression is still going on."

Ramtha used a woman as a channel to bring a new definition to God, says JZ. "Ramtha's message couldn't come in a man. It had to come in a woman to show women and the world that woman is god as well. Equal. It had to include women because they have been excluded."

Knight does not characterize the path taught by Ramtha as a religion. "Religion is the study of god, and man puts together the laws according to their interpretation of God. In this school, there are no laws in that context. It's just an educational school. Ramtha's teaching is to liberate."

"If God is within you, why do you need a superior? If God is within you, why do you need to go to church? Why do you need to go to a building? The most perfect temple is you."



Knight has learned much since the day Ramtha first appeared to her, and she has come to appreciate the profound love he has for his students.

“He’s taking them on an amazing journey and the journey is about their own mystery. Ramtha isn’t the great mystery; you are the great mystery.”

About Ramtha, she says, “I can hardly wait to see him all the time. I still see him.

“We have a neuronet in our brain that we can hardwire through discipline. We have the ability to actually pick up the frequencies of different levels in the room. I see that because the program in my computer is hardwired; I bring it up and suddenly I can see what other people don’t see. Our whole student body is learning to do that. We have students that can do that all the time. They can do extraordinary things.

“People get jazzed in this school because they can see they can make reality. The first day they are sending and receiving. We didn’t have to fast, we didn’t have to wear white and dangle crystals, chant and burn incense. You can just do it. You don’t need any of the trappings. You are beautiful enough as you are. So Ramtha is Ramtha and JZ is JZ.”

### **Ramtha’s Predictions for 2009**

“I want to see my reality through the lens of the future,” says JZ. Everyone is capable of predicting the future if that ability is awakened, she asserts.

On the Dave Ross radio show in September 2007, she predicted that Hillary Clinton would win the Democratic presidential nomination (which she did, says JZ, if you go by the popular vote rather than the delegate vote). She said that Joe Biden would be the vice presidential candidate, which no one else foresaw at that time. And she predicted that the Democrats would win the election.

She also said that World War III is in the making. Iran has nuclear weapons now. Israel will start the war by making a pre-emptive strike.

Ramtha predicted the Iraq war in 2000. The current war will have no end because people are too complacent, or will be until the draft is reinstated in a few years.

We would have had universal health care, but it has now been ruled out because of the war. However, we can heal ourselves.

The economy will not be any better by the fourth quarter of 2009. Unemployment will not go to ten percent as some predict; it will go to 12 percent. The soup lines of the 1930s are coming again.

But economic difficulties in the world at large don’t necessarily mean you will lose your house or your job. “You have your own reality to create,” says Knight. “Just because Rome is burning doesn’t mean your house is burning.” ♥

For more information, visit [www.ramtha.com](http://www.ramtha.com)



# Exercise for FATE Readers

## Creating a new you in 30 days



JZ Knight

© JZ Knight

by JZ Knight

**H**ere is a simple exercise that JZ offered for our FATE readers.

We invite you to try this fun and easy reprogramming for the next 30 days.

Write to us and let us know what if anything changed in your life, or your health, or your state of mind.

### Create a New Me

What if every day I created a new me? How would I do that?

"I've always been filled with joy." All right, let's say that. We've always been this,

because that is my new self.

What if I say, "I've always been radiantly healthy?"

What if I say, "I've always been 30 years younger." (Take your age and divide it in half. If you're 60, say '30 years younger'; if you're 40, state that you're 20 years younger.)

Would that make a difference?

### The Watcher

Who is going to see what I'm saying? What is in my head? The God within, or the observer. Why do we have thought?



Who's watching me say these words?

This is the process for contemplation.

Are thoughts the root of things? Are they are the construct of reality? Science will say they are, absolutely.

### Try This

If you download the future today, you cancel out the emotional past.

Here's a suggestion for a scientific experiment: Every day for one month, say these words three times, in the morning, afternoon, and evening: "I have always been 30 years younger. I am filled with joy." Speak these words slowly, with meaning, out loud.

Do not recite this in rote. You must be completely, totally present as you speak. If you're not present, start over.

Before doing this exercise, go to the doctor and get a routine checkup, including a blood test. Then get a checkup afterward and compare. This is pure science.

Visualize each word. Don't do it in rote. Say it as if it's the first time you've seen the word. Look at it.

Somebody is looking. Who? Your God? What do you want to call it? Your higher self? The holy spirit? Science calls it the observer. There's something in us that's observing.

"I have always been 30 years younger."

Say it three times, very slowly, and let that mysterious something look at it.

By doing this, you interrupt the daily grind of repetitive DNA coding that is causing age, because the mechanism is breaking down.

What would your DNA do if you did this correctly? Would it open to the old self, the aging self? Would it suddenly have a revolution and say "No, I don't care; I'm not going to listen to you. We're not going to be 30 years younger." It doesn't do that. It's intelligent. It's tied into the code. What we think, we are.

The art of cognitive thinking is the art of enlightenment. The DNA is going to open to 30 years. We live in the future now. Here's the code: *I'm 30 years younger, I am filled with joy. I am downloading the future. I am radiantly healthy.* Got it!

RNA comes in and it says, "For the first time in a long time, we've got a complete transfer." RNA takes all of this, arranges the amino acids in your cell, and says, "Hey, guys, we've got a new thing here." RNA runs the little factory that organizes the amino acids according to the code. It's all about information.

You only have to do this for for 30 days to hardwire what you have said. Now your body feels better than it has in years. And you don't need any chemical high to get there. You just need to know that you can make a new you and a new future.

### Creating Reality

Why do we construct frozen thoughts out of streams of consciousness and make holographic pictures? Who's looking? Who's watching? Science will say that our observers collapse energy into particle reality.

All energy is information. Is there energy out there that suggests you're 30

UMMO



years younger? Absolutely. It carries the information because information frequency is what the brain's neurons process. They're little factories that process information.

Science will say, if you observe that you're 30 years younger, the energy in you unravels and reconfigures to fit the observation. We make matter, not out of nothing, but out of energy that is information. **UMMO**

Science affirms that you do this continuously. If you are an emotional creature, living every day for your emotions, you're going to create the reality that will cause you to have those emotions.

### Summary

Visualization is not a placebo. It really works.

Your observer is watching the words you're making. The words you're making become a law of reality.

Who is the observer? Ramtha calls it your god within. Jesus called it your father within you. You can call it whatever you want to call it.

Here are some other visualizations to try out:

"I have always been fabulously wealthy." If that's too hard to choke out, you can say, "I have always had my needs met." Needs, money, job, whatever; that has been self-determined by you.

"I have always had excellent health for as long as I can remember."

Say this three times a day, just as with

the first exercise.

"I flourish. I have always flourished. I flourish in bad times."

"I am joy and I download the future. I will always know it."

Focus on the words in your frontal lobe. That will put you in a light trance. (A trance just means "now.")

Repeat each sentence slowly three times a day. Take a look at each word.

As soon as you finish you'll start seeing the results. You will start feeling great. If it works in physics, it will work for you. ♥

*FATE readers, write or email the results of your experiment/exercise. We will publish your experiences in a future issue of FATE.*

"JZ Knight experiences so much courage. She's walking in several worlds and has so much energy coming through her."

"My life has been changed forever. The impact can't be measured. To know that I'm an incredible person. I like myself so much more, because of the experiences JZ and Ramtha have offered us. We use the teachings every day. We live our lives to the best of our ability."—Friends in Minneapolis