



# ABOUT THE AUTHORS

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## Judy Carroll



Judy Carroll was born in Queensland, Australia, in 1952 into a family of Creole, English and Romany (Gypsy) heritage. A participant in ET contact since early childhood, Judy feels strongly that this unique blend of cultures helped her to assimilate ET encounters into her daily life.

Judy left high school at 15 to pursue a career as a professional flamenco dancer, following in the footsteps of her grandmother. During a 1983 encounter with ETs, she was instructed to study Reiki. She spent several years as a practitioner before completing the master level, which qualified her to teach. She also teaches Qi Gong and Tai Chi.

Judy's lifelong encounters with Greys, or Zetas, have given her deep insight into the field of ET/Human contact. At 30 she had a fully conscious daytime encounter in which she recognized the visitors as "family." In 1995, during an encounter at a sacred site in England, the visitors asked Judy to write two books, one about her contact experience and the other about sharing the Zetas' perspective of Earth human reality. *Human by Day, Zeta by Night* is the story of the Greys and their connection to us.

In 2000 she "coincidentally" met Helene Kaye, with whom she co-authored *The Zeta Message*. Judy also wrote *Looking Through Eyes of Love* and *Looking Through Eyes of Wisdom*.

## Helene Kaye



Helene Kaye was born in Brisbane, Australia. After attending business college, she saved enough money for a six-month trip to Europe, where she met her future husband, also from Brisbane – one of many coincidences that would occur in Helene's life.

The mother of two children, Helene chose to be a stay-at-home mom. In 1996, when both children started suffering from asthma, she learned Reiki and achieved master level in 2001. Helene continued her training, learning levels I and II of Brain Gym, studying Feng Shui, and completing a course in Australian bush flower essences.

The diary she kept during the height of her children's contact is a model for any mother, whether their children are experiencing visitations from ETs or some difficult sleep patterns. Her techniques are perfect for allowing children to work through their fears and/or inner terrors without losing their imagination or self-empowerment. This diary was also a key component to her contribution in writing *The Zeta Message*.

After selling a family business in 2005, Helene became a practitioner and teacher of Reiki. Today she and Judy Carroll teach seminars and present joint conferences to help others with similar ET experiences move forward from a place of fear and into Oneness.