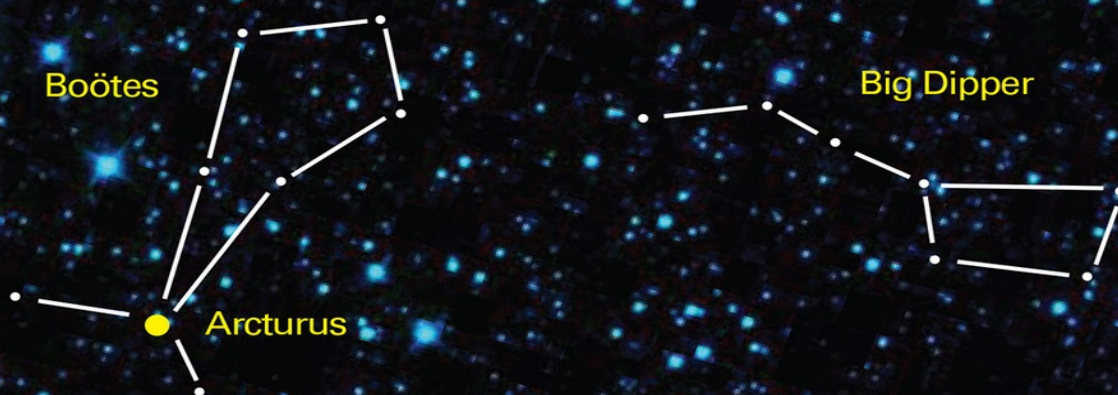


Connecting **2** with the **Arcturians**

**PLANETARY TRANSFORMATION
FROM A GALACTIC PERSPECTIVE**

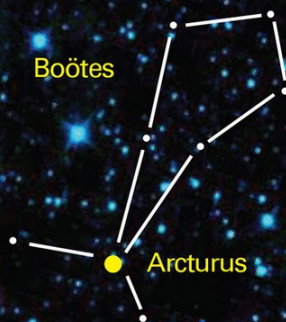


channeled through DAVID K. MILLER

Connecting ^{with the} Arcturians 2

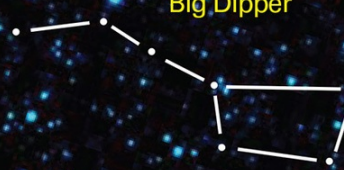
**PLANETARY TRANSFORMATION
FROM A GALACTIC PERSPECTIVE**

Boötes



Arcturus

Big Dipper



channeled through DAVID K. MILLER

Connecting with the Arcturians 2

**PLANETARY TRANSFORMATION
FROM A GALACTIC PERSPECTIVE**

CHANNELED THROUGH
David K. Miller



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About the Book

This follow-up to *Connecting with the Arcturians* contains the latest channeled teachings from Juliano, the Arcturians, and two Andromedan spirit guides, Heylang and Gurhan. It covers topics such as embracing galactic spirituality and planetary evolution, Arcturian thoughts from a fifth-dimensional perspective, the aura-enhancing technique known as shimmering, unity consciousness, and much more.

Juliano's teachings focus on personal and planetary healing and ascension, and this volume presents the most up-to-date information on ascension that is available, including new spiritual technologies to aid the process. Gain full understanding of the planetary healing spiritual technology known as Biorelativity, and begin working with new quantum and global healing techniques and cosmic consciousness.

About the Author

David K. Miller is the director and founder of an international meditation group focused on personal and planetary healing. He has been the director of this global healing group, called the Group of Forty, for more than fifteen years. David has been developing groundbreaking global healing techniques using group consciousness to help heal areas of Earth that need balance, restoration, and harmony. The technique he uses with his group work is called Biorelativity, which uses group consciousness work to restore Earth's feedback loop system, a complex planetary system that maintains the correct balance of our planet's atmosphere, ocean currents, and weather patterns.



David's meditation group has more than 1,200 members worldwide. In addition to his lectures and workshops, David is also a prolific author, having written ten books and numerous articles on Earth healing techniques. Several of his books also have been published in German and Spanish.

David works with his wife, Gudrun Miller, who is a psychotherapist and visionary artist. Together they have conducted workshops in Brazil, Germany, Australia, Mexico, Argentina, Costa Rica, Spain, New Zealand, Belgium, and Turkey. David's foundation for this work lies in his study and connection to Native American teachings and his intense research in mysticism, including the Kabbalah. He also has an avid interest in astronomy and Earth's relationship to the galaxy. To learn more, go to www.GroupofForty.com.

Other Books by David K. Miller

Connecting with the Arcturians
Teachings from the Sacred Triangle, Vol. 1
Teachings from the Sacred Triangle, Vol. 2
Teachings from the Sacred Triangle, Vol. 3
New Spiritual Technology for the Fifth-Dimensional Earth

Kaballah and the Ascension

Raising the Spiritual Light Quotient

Biorelativity
Arcturians: How to Heal, Ascend, and Help Planet Earth
A New Tree of Life for Planetary Ascension
Enseñanzas Del Sagrado Triángulo Arcturiano
Fifth-Dimensional Soul Psychology

Expand Your Consciousness

Other eBooks from Light Technology Publishing



BEHOLD A PALE HORSE

by William Milton Cooper

Discover the truths your government would rather you forgot...

Bill Cooper, former United States Naval Intelligence Briefing Team member, reveals information that remains hidden from the public eye. This information has been kept in top-secret government files since the 1940s. His audiences hear the truth unfold as he writes about the assassination of John F. Kennedy, the war on drugs, the secret government, and UFOs.

Bill is a lucid, rational, and powerful speaker whose intent is to inform and to empower his audience. Standing room only is normal. His presentation and information transcend partisan affiliations as he clearly addresses issues in a way that has a striking impact on listeners of all

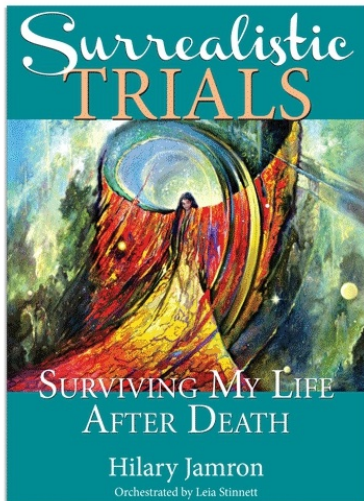
backgrounds and interests. He has spoken to many groups throughout the United States and has appeared regularly on many radio talk shows and on television.

In 1988 Bill decided to "talk" due to events then taking place worldwide, events that he had seen plans for back in the early 1970s. Bill correctly predicted the lowering of the Iron Curtain, the fall of the Berlin Wall, and the invasion of Panama. All Bill's predictions were on record well before the events occurred. Bill is not a psychic. His information comes from top-secret documents that he read while with the Intelligence Briefing Team and from over seventeen years of research.

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SURREALISTIC TRIALS

SURVIVING MY LIFE AFTER DEATH

by Hilary Jamron

*"We all have our own realities...
It is my blessing to have more than one."*

When Hilary died, part of her soul refused to come back. That part of her higher self chose to remain where peace and simplicity reign. From that time forward, life would reveal itself in front of her, and she would simply step into her future. Decisions would be made without fear or hesitation by an unconscious multidimensional consensus, and she would survive. She would travel through death and paralysis without self-pity or delay.

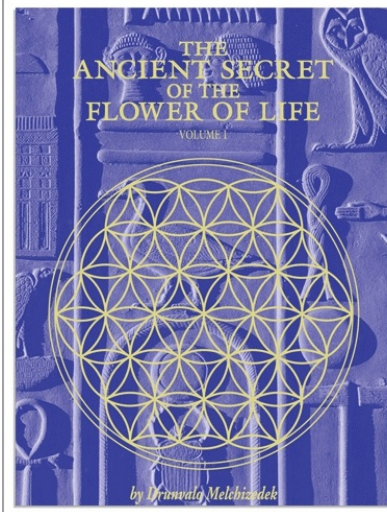
The truth is that each of us is as limitless as space and

time, having no boundaries, beginnings, or endings. Limits are illusions, delusions, like pebbles that we casually kick out of our way as we move forward. Illness, pain, heart-break, and life circumstances are all pebbles. There's no point in looking back when we've already kicked our earthly problems off to the side of the road. The kicking is a gentle toss of the foot done in perfect synchronicity to the drumbeat of lessons learned. After that, the only direction is forward.

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THE ANCIENT SECRET OF THE FLOWER OF LIFE, VOL. I

by Drunvalo Melchizedek

All life in the universe once knew the Flower... Know it once again!

Here, Drunvalo Melchizedek presents the first half of the *Flower of Life Workshop*, illuminating the mysteries of how we came to be, why the world is the way it is and the subtle energies that allow our awarenesses to blossom into its true beauty.

Sacred Geometry is the form beneath our being and points to a divine order in our reality. We can follow that order from the invisible atom to the infinite stars, finding ourselves at each step. The information here is one path, but between the lines and drawings lie the feminine gems of intuitive understanding. You may see them sparkle around some of these provocative ideas:

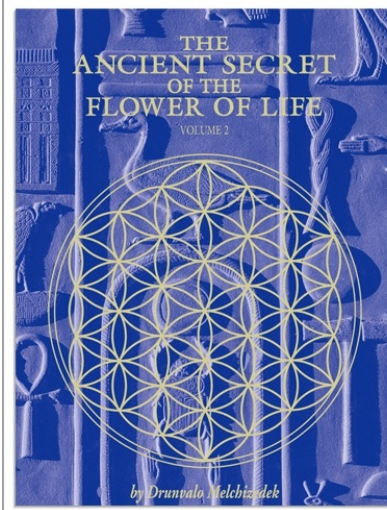
Remembering Our Ancient Past
How the Fall of Atlantis Changed Our Reality

The Secret of the Flower Unfolds
The Darker Side of Our Present and Past
Our Endangered Earth, Ice Age, the History of the World
When Evolution Crashed and the Christ Grid Arose
Egypt's Role in the Evolution of Consciousness
The Significance of Shape and Structure
The Geometries of the Human Body
The Mystery of the Mason's Drawing
The Golden Mean Spirals
The Fibonacci Sequence and the Divine Phi Ratio
 Explore the miracle of our existence by meandering through the wonderland of geometry, science, ancient history and new discovery, seen through the widened vision of Drunvalo and the Flower of Life.

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THE ANCIENT SECRET OF THE FLOWER OF LIFE, VOL. II

by Drunvalo Melchizedek

Unlock the ancient secrets of ascension and enlightenment!

The sacred Flower of Life pattern, the primary geometric generator of all physical form, is explored in even more depth in this volume, the second half of the famed *Flower of Life workshop*. Through an intricate and detailed geometrical mapping, Drunvalo Melchizedek shows how the seemingly simple design of the Flower of Life contains the genesis of our entire third-dimensional existence.

From the pyramids and mysteries of Egypt to the new race of Indigo children, Drunvalo presents the sacred geometries of the Reality and the subtle energies that shape our world. We are led through a divinely inspired labyrinth of science and stories, logic and coincidence, on a path of remembering where we come from and the wonder and magic of who we are.

For the first time in print, Drunvalo shares the instructions for the Mer-Ka-Ba meditation, step-by-step techniques for the re-creation of the energy field of the evolved human, which is the key to ascension and the next dimensional world. If done from love, this ancient

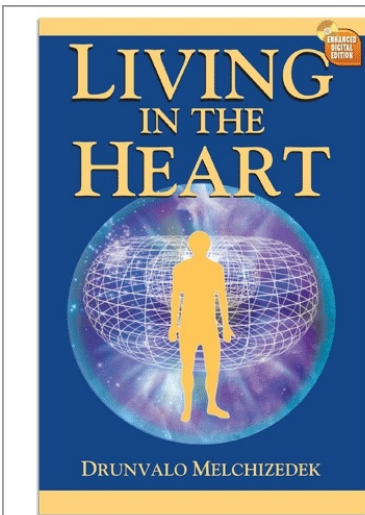
process of breathing prana opens up for us a world of tantalizing possibility in this dimension, from protective powers to the healing of oneself, of others and even of the planet. You may discover a memory or a fleeting reflection of yourself in the following topics:

The Unfolding of the Third Informational System
Whispers from Our Ancient Heritage
Unveiling the Mer-Ka-Ba Meditation
Using Your Mer-Ka-Ba
Connecting to the Levels of Self
Two Cosmic Experiments: The Lucifer Experiment and the Creation of Duality
What We May Expect in the Forthcoming Dimensional Shift
 Embrace the expanded vision and understanding that Drunvalo offers to the world. Coincidences abound, miracles flourish and amazing stories of mysteries unveiled arise as the author probes the Ancient Secrets of the Flower of Life.

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LIVING IN THE HEART

by Drunvalo Melchizedek

You are more than just a human being... much more.

"Long ago we humans used a form of communication and sensing that did not involve the brain in any way; rather, it came from a sacred place within our hearts. What good would it do to find this place again?"

Living in the Heart is a book of remembering. You have always had this place within your heart, and it is still there now. It existed before creation, and it will exist even after the last star shines its brilliant light. At night when you enter your dreams, you leave your mind and enter the sacred space of your heart. But do you remember? Or do you only remember the dream?

What good would it do to find this place again in a world where the greatest religion is science and the logic of the mind? Don't I know emotions and feelings are second-class citizens?

I do. My teachers have asked me to remind you who you really are. You are more than just a human being, much more. For within your heart is a sacred place, where the world can literally be re-

made through conscious cocreation. If you really want peace of spirit and if you want to return home, I invite you into the beauty of your own heart.

It is your choice. But I must warn you: Within this experience resides great responsibility. Life knows when a spirit is born to the higher worlds, and life will use you as all the great masters who have ever lived have been used. If you read this book and do the meditation and then expect nothing to change in your life, you may get caught spiritually napping. Once you have entered the light of the great darkness, your life will change — you will remember who you really are.

Living in the Heart is written with the least amount of words possible to convey the meaning and to keep the integrity of the essence of this experience. It is written from the heart, not the mind."

— Drunvalo Melchizedek

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Lynn Buess, MA, Eds



Numerology of Astrology

Degrees of the Sun

NUMEROLOGY OF ASTROLOGY

by Lynn Buess

Enhance your understanding, connect with cosmic memories.

Lynn Buess has done it again! As an innovator in the consciousness and self-awareness field for over forty years, he has now contributed a decidedly unique perspective of the time-honored system of astrology, helping humanity further understand its relationship to the universe. With this latest contribution to self-growth, Lynn offers an original perspective of numerology — this time with the combination of numerical characteristics and astrological influences. He not only writes from an intellectual viewpoint but as someone who has experienced glimpses of cosmic consciousness.

Like most of his works, it is his hope that this volume will help seekers better connect to their cosmic memories of being both human and eternal in nature. Experience all the

signs of the zodiac in minute detail:

Aries • Taurus • Gemini • Cancer • Leo • Virgo • Libra
Scorpio • Sagittarius • Capricorn • Aquarius • Pisces

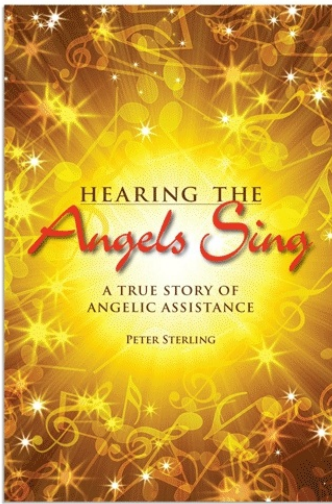
"It is my feeling that the sun degree serves a role of pinpointing just where the soul has the opportunity to make significant strides in personal growth or potentially stumble into a setback. A combination of the numerical value of the degree and the sun sign are blended together to offer insight about the nature of that commitment."

— Lynn Buess, MA, EdS

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HEARING THE ANGELS SING

by Peter Sterling

Experience Harp Magic through the life & angelic encounters of one man!

"Hearing the Angels Sing is a wonderfully inspiring book. Peter Sterling, in telling his uplifting story of encountering the angels and being shown his destiny as one of God's harpists, encourages readers to open to the deeper dimensions of life for themselves. There is authentic humility in suggesting that if the author seeks and receives such profound guidance from the angels, anyone can do it.

In writing so openly and courageously about his life, Peter demonstrates the commitment required to work with angels as well as the rich spiritual rewards of finding one's true path. In a troubled world, reuniting with the angels is becoming a potent way for people to reconnect and reclaim their spiritual essences.

Peter's exquisite Harp Magic provides a portal through which the reality of the angels can be felt and experienced. One of

the pleasures of reading his book is following the author's trail of synchronicities and angelic guidance through the challenges, distractions, revelations, and obstacles to emerge as a world-class harpist in service to the angels. It is exhilarating and deeply encouraging to learn how intimately and creatively the angels can interact with our lives if we just let them.

Hearing the Angels Sing is a must-read for anyone drawn to the angels, and for those who already know what a salve Peter's music is to the souls of the openhearted and the spiritually minded, the book will yet further deepen your enjoyment of Harp Magic."

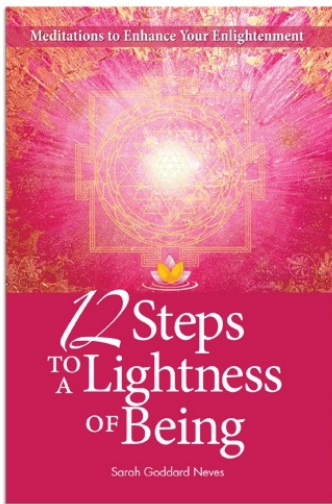
—Timothy Wyllie

Author of *Dolphins, ETs & Angels, The Return of the Rebel Angels*, and coauthor of *Ask Your Angels*

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12 STEPS TO A LIGHTNESS OF BEING

by Sarah Goddard Neves

Meditations to enhance your enlightenment and lighten your being!

This unique book has been designed as if you were taking a very special spiritual development course in the comfort of your own home. Through its wisdom and guided meditations *12 Steps to a Lightness of Being* will gradually but surely lift your vibration and awaken you. To get the most out of it, do not rush it, but read it slowly.

Take as long as you need on each step before moving on to the next. Commit to doing each meditation or visualization, giving yourself some quiet, undisturbed time to do this, and recall your meditation experiences and insights afterward. By doing so, you will get the most out of reading this book.

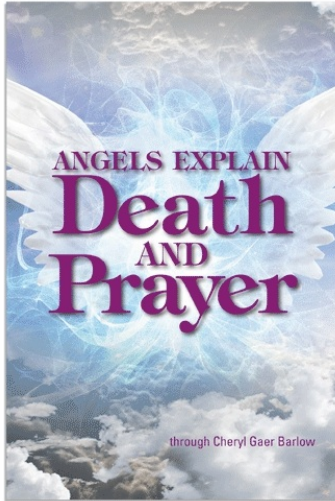
The Twelve Steps:

1. Meditation on the Light
2. Opening to Your Intuition
3. Master Connection
4. Being Happy
5. The Healing Power of Forgiveness
6. Evolving with Love and Light
7. Realizing Your Life's Purpose
8. Awakening to Love
9. You: a Creation and a Creator
10. Soul Reflection
11. Hope from the Stars
12. Becoming a Lightness of Being

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ANGELS EXPLAIN DEATH AND PRAYER

by Cheryl Gaer Barlow

Conquer your fear of death and pain!

"We are the angels of the Mallbon. We are meant to tell those of Earth that the death of the body is never to be feared. We help in ways not understood by humanity. We can manifest anything we desire. We can live as humans on Earth. When we absorb the reality of Earth, we work God's wonders in ordinary ways.

When the surroundings are not in focus or when you feel unable to cope with the people or circumstances around you, be still and ask God for help. God will respond to requests of help by mending emotions with aid from the angels. This is done by being aware of the angels. We surround you and bring you comfort.

You must, as a human race, lift the quality of thought to the highest level. When the level of thought is low and

miserable, it is generated through the entire world. When it is lifted to a level of joy, it lifts all minds. When you know the teachings of the angels, no ignorance will be left in the soul. You will no longer be afraid or in pain. Now is the time to stand with the angels of God and help humankind.

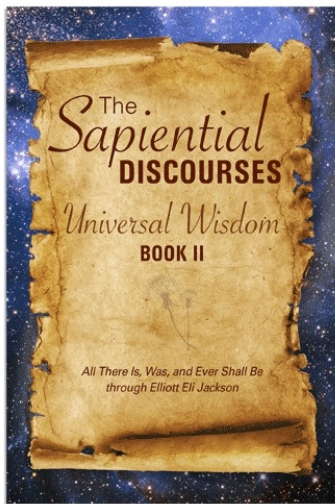
It is an indisputable fact that the body dies but the spirit lives on in infinity and eternity. The incomprehensible theories of the death of the body are not valid. The soul is you. You live through eternity to grow toward God. Do not think otherwise, even for a second."

— The Mallbon Angels

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THE SAPIENTIAL DISCOURSES, BOOK II

by All There is, Was, and Ever Shall Be through Elliott Eli Jackson

Be a part of the spiritual revolution!

The Sapiential Discourses, Book II contains more ancient wisdoms given to us from Source, which began in *The Sapiential Discourses: Universal Wisdom*. It is Source's ongoing conversation with humanity.

As with the first book in this series, we are given information to assist us in remembering vital universal truths as we enter a new era in human history. The book begins with the spiritual revolution that is occurring on planet Earth now. It ends with the world of tomorrow and what the future brings for us all.

In between we are given new information about signs and symbols, energy vortexes and portals, Indigos and starseeds, other planes of existence, and God and science. A chapter is devoted to the Wiccan way of life.

Our world is changing. Dictatorships have fallen, and new governments have come and fallen themselves. Why? They have fallen because the people who formed them have not done what they said they would do — treat all as equals and listen to every voice. All of this is due to the fact that the mass consciousness is rising. All around the world, people are coming to understand and remember that they deserve the best and that they should have it. More and more are seeking out spiritual truths.

The Sapiential Discourses, Book II is a gift from the highest vibration of all, and it will reinvigorate your very spirit with renewed hope. It guides you on the journey of understanding your creatorship and the true nature of your magnificent self. It will revolutionize your life.

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Use the Bypass Meridian System

Dance in the Rain

Activate the Ring of Ascension

Glossary

Preface

This follow-up to *Connecting with the Arcturians* , which was originally published in 1998 and sold close to 15,000 copies, contains the latest channeled teachings from Juliano, my main spirit guide from the Arcturians, as well as special lectures from two Andromedan spirit guides, Heylang and Gurhan.

This book covers a wide variety of subjects, including embracing galactic spirituality and planetary evolution, Arcturian thoughts from a fifth-dimensional perspective on Earth, the aura-enhancing technique known as shimmering, and unity consciousness.

Juliano's teachings have always focused on personal and planetary healing and ascension, and this volume presents the most up-to-date information on ascension available, including new spiritual technologies to aid the process. Special lectures address the nature of consciousness and how it ties into ascension. Spiritual exercises provide specific instructions on how to work with Earth's energy field, aura, and noosphere and to transition consciousness from the third dimension to higher dimensions through shifting.

The Arcturians teach that one key to ascension rests with how we train and use our auras. They explain the planetary healing spiritual technology known as Biorelativity, and discuss working with new quantum and global healing techniques and cosmic consciousness.

If you enjoyed *Connecting with the Arcturians* , then you will appreciate this book, especially since these lectures primarily focus on teachings from Juliano and the Arcturian. If you have not read the first book, don't worry. This book can stand alone, and all starseeds who are serious about their planetary and personal ascension work will understand and benefit from the techniques within.

David K. Miller July 2016
Prescott, Arizona

Chapter 2

Understand the Entire Universe with Holographic Technology

Juliano, the Arcturians, and Helio-ah

Greetings, I am Juliano. We are the Arcturians. Let's discuss holographic energy and, specifically, how to apply its principles to healing yourself and the Earth.

To begin, know that the part gives access to the whole. On a universal level, this means that on planet Earth, you have access to all the secrets of the galaxy, the solar system, the entire history of Earth, and the universe. Earth is approximately 4.7 billion years old, and humankind has been alive and functioning on the planet for an infinitesimal fraction of time comparatively.

Even though humanity has only been on this planet for a short period, humans can still access everything there is to know about Earth. This is also true about the galaxy and the universe. Consider a beach. One grain of sand seems totally insignificant. Earth is smaller than a grain of sand when compared to the size of the infinite universe. However, from Earth, you can use holographic energy and technology to understand everything about the universe. This same principle applies to you personally. Using holographic technology, you will be able to understand your soul's complete history, including where you have been in past lives, what you are to learn in this lifetime, and where you will go in the future as you progress up the ascension ladder.

Access the Full Spectrum of the Holographic Prism

Through holographic technology and holographic energy, you can see everything in terms of its totality. This means that what you experience in this moment is a part of the whole process and what you see in yourself now on Earth is part of your greater self. It is part of your total soul. When we do

Earth is part of your greater self. It is part of your total soul. When we do personal healings, we look at the total picture of the self. Frequently, we see an enlightened person or someone who has great spiritual depth. We see the person's past, present, and future. But sometimes that person fails to see it in him- or herself. It can be a powerful experience once a person understands and accesses the total holographic energy field.

The holographic experience is based on the understanding of holographic fields, which can be compared to a glass prism in which the light rays that enter are broken down into multiple facets. These are filled with different temperatures of light — shades of cool blues and warm reds, oranges, and yellows. If they were not broken down when you look through the glass, then you would not see the total composition of all that is in the light. I use that analogy because holographic technology can be applied to your personal development. When the proper view is placed over your energy field, then the prism-like images and thought fields break down. If you are able to read and understand this separation, you can see vast amounts of information about yourself.

Catastrophes Are Cosmic Drama

The technology of holographic science, or holographic imagery, is useful for understanding the cosmos, the planet, and you. Look also at the planet and Biorelativity. Using holographic technology, we know that we are in a brief period marked by dramatic events. There is polarization, and there are dualities. Earth is on the brink of a catastrophe on several levels: environmental, social, and political. Certainly, when you are in the midst of a catastrophe, it looks central and real. It's hard to grasp that what you are seeing and experiencing is a cosmic drama.

What you are seeing and experiencing is caused by many factors that are interacting and playing out on Earth. These factors have roots in history, some of which originate from earlier planetary conflicts in the galaxy. In this context, we look at a planet holographically in a frame of time known as the past, present, and future. How is it possible that future energies can be accessed and grasped so that the direction of the future's development interacts with the present? This interaction can accelerate the rebalancing and healing of the planet. This is another way of saying that you must look at planet Earth from all aspects: past, present, and future. You must see where Earth has been, where it is now, and where it is going. That is how you gain a unified view of Earth, which relates, of course, to the unified energy field theory.

One of the great sources of sufferings on a third-dimensional planet like Earth is the feeling of being cut off from the whole — from yourself, your soul, family,

is the feeling of being cut off from the whole — from yourself, your soul family, or the soul group. This leads to intense disunity and encourages more polarization and duality. The natural state of perception in the human is holographic. You might be surprised by that. In your natural state, you can look at another person's energy field and see his or her past, present, and future development. You can see a planet's past, present, and future, and the same is true in looking at the cosmos. With the right lens, you can focus on the totality of anything's energy field.

Imagine meeting someone who is contracted and confused. Without a holographic view, you might conclude that the person is of a lower spiritual vibration, but if you were able to see and experience his or her total holographic nature, then you would have a different opinion.

The great prophets were able to extend their passion and light to everyone they met because they saw people holographically, in their true nature. But remember, the task for you and for all the starseeds is to learn how to access this holographic vision. Now Helio-ah will speak to you about personal and planetary holographic healing.

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You Can Access All Dimensions with Holographic Imagery

Greetings, my fellow starseeds! I am Helio-ah, companion and colleague of Juliano. Many of you have recently sought my counsel on how to expand your spiritual light quotient and work more effectively to balance your personal life and the planet. The answer to many of your inquiries rests in understanding and using holographic technology in your life.

Juliano and I developed the holographic healing chamber because we know you are visual in nature. You are experiential and visual learners. Just look at how much you love your computers and smartphones. You relate to visual imagery, but this goes beyond your digital technology. This goes into the true nature of your subconscious, because the subconscious is also based on images.

The information in this lifetime and your past lifetimes is stored in your holographic memory as an image. It is not stored in a written format. The akashic records are also based on imagery. I once tried to calculate the storage of memory in the third-dimensional human brain. Your mind is multidimensional, as are holographic energy and technology. This means that at any one dimension, you can access all the dimensions.

We speak of the third dimension as contracted and limited, and many of you

are frustrated about still being in it. But it is also holographic. Therefore, the third dimension offers you access to all dimensions and all spaces. I hope this helps you accept the holographic nature of the third dimension. At times, it can be difficult to access, but that is partially due to the way your culture has trained you and defined your perceptions.

Yes, your culture has made great technological and scientific advancements, but it has lost its balance by focusing on the ideas and narrow perceptions of the scientific, logical viewpoints that are the basis of the third dimension. This dimension has all the tools necessary to access all the dimensional levels, and since your third-dimensional mind is one aspect of your holographic supermind, you have an infinite capacity to experience the holographic universe, your holographic self, and the holographic nature of Earth. Isn't it exciting that Earth is holographic? That means that one of the healing techniques of Earth has to do with accessing the holographic energy of Earth.

Use Fractal Geometry to Access the Holographic Nature of Earth

Crop circles can help humanity access the holographic nature of Earth. Crop circles are based on fractal geometry, which is a system of perception of reality. The best comparison is to Picasso's Cubism works, that incorporate divided energy fields, which are the basis of fractal geometry. Crop circles provide information to Earth. Those who see these circles can understand the information when they realize that everything can be divided into fractal junctures or symbols. What is the benefit of knowing this? The benefit is knowing that there is a structural perceptual technique that is the basis of this reality.

Scientists are often plagued by how to explain that the solidness of objects is an illusion. For example, a table is made up of billions of molecules that cannot be seen by the naked eye. Your physical body is made up of billions of neurons, axons, and amoeba-like cells. Someone on a deeper perceptual level would just see you as a mass ball of energy, or a luminous ball of light. The human body is inside the aura, so your true energy field surrounds your physical body. There is also a secondary energy field inside your physical body. What makes this all appear solid is explained by the principles of holographic and multidimensional fractal geometry.

One difficulty in repairing the planet and your aura is that the multidimensional fractal images of both are not readily apparent. You do not see the planet or people this way, the way Picasso did when he painted the subjects in fractals. The fractal imagery, especially in crop circles, points out the symbols and concept of unity. One piece out of place can create an imbalance that unsets

and concept of unity. One piece out of place can create an imbalance that upsets the unifying energy field. Crop circles fit together perfectly, like an infinite puzzle that is painstakingly solved. And while you might wonder at how it all came together, it is but a reflection of this reality and of holographic energy and light.

Circles and triangles are important images when considering holographic energy. There are many visualizations and explanations that use them. The top points of triangles represent the consciousness, and everything below that is the subconscious or unconscious. Just as the majority of an iceberg is hidden underwater, you only see a portion of yourself in this lifetime.

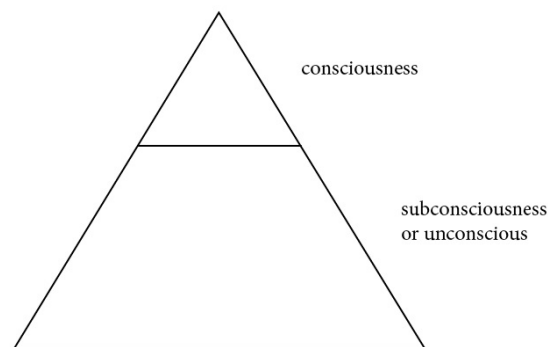


Figure 2.1. An example of the important symbology of triangles

Blessings to you as you all move toward expanded consciousness and begin to see yourselves in your totality, which is represented by a circle. The circle represents the interaction of the past, present, and future. If you can accept that expanded view of yourself, then you can realize that you will ascend. Then you know that you will be an ascended master in the future.

In holographic healing, we also access the images of the past, the images that represent those experiences. Some of those images are traumatic. Some are based on lower consciousness.

Past Trauma Interacts with the Present and Future

The noosphere continually updates itself, putting all the pieces together into unity. The noosphere must always work for unity to integrate All There Is. Part of the healing for Earth and for you focuses on unifying your past, present, and future. It can be difficult to unify the past if it is traumatic or disassociated from your present.

This principle also applies on a planetary basis. It has been said that humanity is a relatively young species that is not far from its primitive nature. We all agree with that, especially when we see how the current cosmic Earth drama is playing out with wars and terrible conflicts. Holographic healing focuses on healing and

unifying the past traumas on Earth. Now, Earth has experienced so many past traumas that it would take centuries to release them. Genocides, holocausts, nuclear bombs, and destructive wars are examples of traumatic events Earth has experienced.

Earth has experienced trauma in the past — for example, in the 1940s and '50s during aboveground nuclear testing and the later high detonation of nuclear bombs in the atmosphere that greatly affected the etheric energy field of Earth. This means that part of your Biorelativity work needs to be about repairing the planet's trauma. The same principle also applies to your personal healing. Your past traumas and memories block you from healing and going into total unity.

Intellectually, everyone is likely to embrace unity consciousness and the unified energy field theory that we are all one, yet when we question why everyone isn't working in unity, we see that the reason is resistance. The nature of the resistance is always based on the fear of pain, which is part of human consciousness. The human psyche seeks to protect itself from pain. What would cause the psyche to think of unity consciousness as painful? Look at the history of how social, political, and even religious leaders have used unity consciousness for personal gain. Think about the many possible experiences in former lifetimes when you were part of movements based on false unity consciousness. False unity consciousness can be defined as an illusion of unity that only benefits the leader. This has occurred throughout Earth's history in a variety of social and political experiments. Examples include fascism and Nazism. Your memories invoke hesitancy and fear, and I know that some of you had difficult past lives when you were misled and disillusioned by false promises of entering a unified energy field.

Earth has been looking for higher spiritual energies that will help her become unified. It might be difficult to grasp that a planet can be traumatized, but this is one of the reasons the guides and teachers put a healing energy for the past, present, and future around Earth. That energy is known as the ring of ascension.

In holographic thinking, the past, present, and future interact. The past energy is still embedded in the lower-dimensional etheric fields of Earth. For example, some of the spirits of people who died during the destruction of World War II might be lost, confused, and unable to leave the denser layers of the fourth dimension that are more attached to Earth. These lower spirits that are still around are trying to greatly influence events now. This is just one example of lower spirits that negatively cohabit with vulnerable people on Earth.

Biorelativity is also involved in releasing Earth's trauma, and holographic healing indicates that everything is moving toward a higher good, a higher resolution. In the future self of Earth, unity consciousness will exist in its purest form. In the future self of Earth, fifth-dimensional light will exist. Masters and

10111. In the future seen on Earth, multi-dimensional light will exist. Masters and teachers will live on Earth, and it will be a new world based on higher principles. Future Earth will graduate from stage one of planetary development and enter stage two. Earth and its spiritual light mentors will learn to control earthquakes and storms and to balance the oceans so that they are less acidic. They will establish proper balance between the forests and the cities. Earth can easily support 8 billion people with the right balance. This balance will exist in the future of Earth, so we seek to bring those images to your consciousness.

Healing Theater Meditation to Unify the Present and the Future

Visualize with me this beautiful future Earth through your holographic lens. Let the holographic lens appear to you, and place it in front of your third eye. Project yourself into the future of Earth. Do not get caught up in measuring the amount of time. We're just going to go into the future when Earth will be beautifully balanced and will have graduated to planetary stage two.

When we arrive, we see there is no longer any fear of self-destruction. There are no nuclear weapons. There are no wars. There are many planetary cities of light and huge conferences where representatives come together to discuss the nature of their light cities. The etheric crystals are honored. The ring of ascension is visible because of all the meditation that has been practiced. Spiritual teachings are grasped and are as popular as football games once were. Millions of people watch and listen to great spiritual teachings on communication devices. There is a sense of peace. [Chants: Oooohhhh several times.] Visualize the Blue Jewel now in your mind. Know that it is in a future time, but also know that all the foundational energies that are necessary for this future Earth are contained in your present time.

You and I are now sitting in a huge theater known as the planetary healing theater, and the image of the future Earth is onscreen. You see the energy field of this beautiful, balanced Earth that has graduated into planetary stage two. You see Earth as a whole, and you can also holographically go to any location and see this wonderful connection to unity that future Earth has received and integrated. You can see how it looks energetically and how all the pieces fit together.

Just like the fractal geometry of crop circles, in which every piece belongs and is honored, the divine unification of all Earth's divisions — countries, religions, languages, and environments — fits together in a new balance. This is how the fifth-dimensional Earth will look on the screen in front of you.

Divide the screen in half with the right side showing the higher Earth we've

just described. On the left is the present Earth, and you can energetically see some of the chaos, imbalances, and blockages, especially along the meridians. As you look at this third-dimensional Earth, notice that the foundations for the future Earth are present.

[Chants and tones in a galactic language.] These tones contain a special chant that unifies the energies of the future and present Earth. The present foundations are uniting with the future Earth, bringing balance to the weather, the seismic and volcanic activity related to plate tectonics, and Earth's place in the solar system. Earth is protected from asteroids and from the intrusions of lower-and fourth-dimensional extraterrestrials who may want to download their specific energies for their benefit. Now they are blocked from doing this. Only higher light can come to Earth.

Now unify the two sides of the screen. Unify the image of the future and present Earth, and I will send it to Earth's noosphere, where this unity will be activated.

Next, divide the screen again, this time with your present self projected on the left. See your aura surround you, and see your life on Earth. Look at this image of you in the present, and try to see it as objectively as possible, even with its problems and imbalances.

Now, look at your future, fifth-dimensional self on the right screen. Your holographic energy has opened, and you see your true self. All the lower, middle, and higher parts of you are interacting, and you have great energy and telepathic, psychic, and healing powers. You're in peak health and beaming with light and energy, and your aura is very luminous and brilliant. You have actually become an ascended master. Everything is in balance.

Now merge these two images of your past and future selves on the screen. We will go into silence. [Pauses.]

Your unification has been achieved, and your holographic nature has been accepted. To complete this exercise, look at your past in this and other lifetimes. If possible, have an image that depicts something from a past lifetime in front of you. It could be a lifetime filled with unhappiness or one when you had great gifts. See that lifetime, and bring all its benefits and heightened spirituality into this lifetime. The gifts of that past lifetime are now entering this lifetime. You are in great balance. [Chants: Helio-ah, Helio-ah, Helio-ah.] Blessings, I am Helio-ah. Good day!

Chapter 3

Planetary Evolution from the Galactic Perspective

Juliano and the Arcturians

Greetings, I am Juliano. We are the Arcturians. The development and placement of life forms throughout the galaxy are overseen by a galactic council. The Galactic Council is composed of ascended masters from all sections of this galaxy. Please understand that this galaxy, the Milky Way galaxy, is a huge system. We have given various estimates that Earth is 27,000 light-years from its center. There are other estimates that Earth is 30,000 light-years from it. That's an enormous distance, and crossing it would require technology far beyond what any Earth ship could even hope to accomplish.

You are only two-thirds of the way from the center of this galaxy. That means that the full length of the galaxy far exceeds 40,000 to 50,000 light-years. It is estimated that there are between 2 and 4 billion stars in the Milky Way galaxy. Try to imagine how many planetary systems and solar systems there are. I also would like to point out that many planets have inhabitable moons, and these moons are what I like to refer to as moon-planets. The moon-planets are, in some cases, more inhabitable and more likely to sustain life than the planets themselves. I would like to also report that there are cases in which the civilizations left the home planet, or foundation planet, and continued their home-base inhabitation on a moon.

The Galactic Council oversees and intervenes in planetary systems and also assists in the higher evolution and resolution of conflicts and polarizations. The Galactic Council strives to ensure the preservation of life. It oversees bringing life to planets. You know some of the beings on the Galactic Council as ascended masters. Others you do not know. You have not heard their names

ascended masters. Others you do not know. You have not heard their names before because they come from other parts of the galaxy that you generally do not have contact with.

Most of the ascended masters have made themselves known to you through various methods, including prophecy and different visions, and of course, through channelings. In general, the prophets or the masters residing in points further away from the Earth system are not known. We are looking for ways to explain and introduce the other ascended masters who are not yet known to you.

You might be interested in talking to masters from other planetary systems that are similarly going through this cosmic drama you now experience. Some of the beings on the Galactic Council include Jesus, Moses, Kuthumi, and P'taah, who is a Pleiadian master and teacher. Ashtar is also on the Galactic Council, as is Vywamus. Chief White Eagle and Chief Buffalo Heart are on the Galactic Council, and there are also visiting members from other galaxies.

There are members from the Andromeda system who have been invited to participate in the Galactic Council. In particular, one master is known as Heylang. Heylang is part of the Andromeda system, which is your sister galaxy. Andromeda has many similarities to the Earth system, or to the Milky Way galaxy. There are Earth-like planets, Earth-like systems that are similar to your solar system, and there are also many similar planetary formations in the overall galactic system of the Andromeda galaxy that almost replicate or duplicate some of the extra-solar systems that you are now learning about.

Planetary Development

We, the Arcturians, have often visited the Andromeda galaxy, and we have been impressed with their work as a council. Some people might ask, "Is the Andromeda galaxy more advanced than the Milky Way galaxy? Are there more advanced life forms? Are there more fifth-dimensional planets? Are there more planets in the Andromeda system in stage two and stage three?" These are questions that one would want answered in order to compare the accomplishments and works of one galaxy and its inhabitable planets to another.

It is a complicated challenge to measure the progress of one galaxy to the next. One of the criteria for the measurements of how advanced a galaxy becomes is based on the number of planets that have completed planetary stage one of development and have gone on to planetary stages two and three.

Planetary stage two is when the threat of extinction is gone and the planet comes into a new balance. I know this new balance has many different meanings on different levels. It means the weather on a stage two planet is more controlled. It means that earthquakes and volcanoes are more controlled and that the planet has evolved a spiritual relationship with the inhabitants of the planet

the planet has evolved a spiritual relationship with the inhabitants of the planet. I, Juliano, have been working extensively with many of you in my training and teachings about Biorelativity because the practice of Biorelativity is one of the signs of more evolved development of planetary systems.

On planets that are at stage two, I find that the inhabitants and spiritual teachers have developed higher techniques and more focused and effective exercises for Biorelativity. In many ways, the measurement of success of Biorelativity can be found in the planetary healer's ability to form an ongoing spiritual relationship with the planet. That means that the planetary safeguards are rebalanced and restructured, and it is done with great respect.

Let's say, for example, that a planet is capable of producing a great deal of uranium, but currently there is a limited amount. Now imagine that a group of workers on the planet decide to encourage it to produce more uranium and to make it more available by teaching people where to look for it. If people on the planet are using uranium and abusing it and creating waste and storage problems, then the planet might not cooperate with the continued mining of where this uranium is found. On the other hand, if the relationship with the planetary healers and the spirit of the planet is profound, honest, and spiritual, then the planet will receive assurances that there is not going to be any abuse. Therefore, the spirit of the planet will cooperate in helping people go into a higher and more spiritual relationship so that the planet can move into stage two of planetary development.

Jesus on the Pleiades

The planet enjoys and benefits by having higher-evolved beings on its surface. The planet also benefits from the success and the spiritual development of the inhabitants. The planet cannot go into the fifth dimension unless there are spiritual beings who can work with the planetary system. The planet needs you, as starseeds and planetary healers, to help it develop.

The Galactic Council sends prophets, wise healers, and even what you would call messiahs, anointed ones, or those who are able to bring together and rescue a planet from destruction. Jesus came to this Earth with the blessings of the Galactic Council for his mission. His mission has had many different interpretations. It was clear that when he came to Earth, his teachings would not be long lasting unless he died while he was in the role of a teacher and prophet. This is rather peculiar from our perspective.

We have seen Jesus on the Pleiades. He was sent to the Pleiades millennia ago in another era, another epoch, far earlier than humankind's current civilization. It could have been as early as 250,000 to 300,000 years ago when Jesus came to the Pleiades.

The Pleiades as a planet was certainly very advanced in many different ways. The planet was somewhat similar to Earth in its level of advancement. Yet it was not an exact duplicate. For example, there were differences in the languages, in the number of inhabitants, and in the way that people dealt with the environment. There was not the misuse and abuse of the environment on the Pleiades.

Jesus was greatly received and accepted on the Pleiades. He was welcomed. There was no conflict. There was no polarization when he was on this planet. He was able to reveal far more secret and esoteric knowledge than he revealed on Earth. The reason he was able to do this was that there was no violence on the Pleiades at that time. No one tried to assassinate him. In fact, he was protected, and he lived and taught for quite a long time on the Pleiades. He was able to educate and awaken many great prophets there. P'taah was a student of Jesus, and P'taah was brought to his great level of ascendancy and mastery from his relationship with Jesus.

Perhaps you think from the Earth perspective that Jesus brought the highest, greatest, deepest teachings to planet Earth. He certainly did bring great teachings to Earth, but his overall teaching was much more powerful and comprehensive on the Pleiades. Subjects such as reincarnation, soul groupings, and spiritual light-energy fields were explained in great depth during his time on the Pleiades.

When Jesus came to Earth, he wanted to teach many of these advanced subjects and also about the ascension — one of his greatest loves. He was instrumental in helping many of the Pleiadians ascend.

There were problems here on Earth when Jesus began his teachings, as you all know. You know some of the history of his teachings. There were also many distortions and misuses of his teachings for individual ego purposes. Many people wanted to interpret his teachings and his position to favor their own understanding of power and control over the planet. This problem is still present today; that is, there are those who want to control and to use prophetic teachings for personal gain as opposed to the overall gain of humanity. Some seekers have asked me, “Did Jesus know that his teachings would be distorted and misrepresented?” Certainly, when an ascended master comes to this planet, he has to see the future. He would have known that his work could have been used for negative purposes, such as to control other groups.

We have to look at spiritual evolution on a planet from a broader perspective. That includes the introduction of new spiritual technology into the DNA of a planet. Sometimes the introduction of a new spiritual technology causes a rift. If a long-term overview was given, then we could say all this was a positive outcome, and the planet is now moving closer to the ascension because of his

teachings. Jesus's introduction of the ascension had its intended effect. But when you look at individual periods when the teachings were distorted, you find that it seems others changed many parts of his message.

Your Spiritual Light Frequency

We have introduced the paradigm that is based on unity consciousness and galactic unity, which is called the sacred triangle. This paradigm can provide healing energies for the entire planet. It can provide a foundation for an overall planetary transformation. I have introduced this paradigm to you because I know that you are planetary healers, and I know that you are ready to embrace a teaching that can help resolve and bring people together in unity.

The analysis of the Galactic Council is that Earth is filled with such polarization that it is very difficult for one person who represents only one religion or one teaching to bring the planet together. The Galactic Council recommends that there be a more unified approach that brings together and systematically teaches brotherhood and sisterhood among everyone and seeks to bring forth a starseed family orientation.

There are other members on the Galactic Council who have not been mentioned, such as Mother Mary, Quan Yin, and the sufi mystic Rumi, as well as Bodhidharma, who is from the East and developed many different systems of yoga and chi gung [qigong] exercises that were brought forth to the Eastern world. There are numerous other members on the Galactic Council who I will try to make known to you in future lectures.

The sacred triangle has the ability to integrate and to move people forward in a new dynamic. This dynamic paradigm has several important features. The main feature that I will explain now is spiritual resonance. "Spiritual resonance" is a term in our galactic technology and spirituality that is based on frequencies. You have heard me describe spiritual light quotient (SLQ), or spiritual light frequency, which is the energy field and energy wave that a person attains by becoming more aware of the overall energetic basis of this reality.

The energetic basis of this reality is primarily defined through the aura, but it is also defined in terms of the luminous strands of light in all living beings and in all living objects throughout the galaxy and universe. Everything is at a particular vibration and a particular light frequency. The term that we use to describe different light frequencies might not comply with how you use this terminology, so I will simplify it and say there are higher light frequencies, middle light frequencies, and lower light frequencies. When I say that you are in spiritual resonance with higher light frequencies, that means your aura — your energy field — can vibrate in a similar pattern of light as those higher

frequencies. When you can resonate or vibrate at a similar light, then you can receive and interact with that energy. It does not necessarily mean that you are at the same level of frequency but that you are able to resonate with it through a harmonic energy.

It is well known in radio technology that certain frequencies emitted on a frequency such as on the 40-meter frequency in high-frequency transmissions can also resonate with another frequency of 15 meters in the high-frequency radio electromagnetic band. If a person had an antenna on one frequency, 15 meters for example, he or she could also possibly transmit and receive signals well on the 40-meter frequencies.

This phenomenon is also true in spirituality. For example, you might not be on the high frequency of Jesus, or you might not be on the frequency of Moses. You might not be on the frequency of Quan Yin. However, you could be on a resonant frequency with any of them. You could be on a harmonic frequency in which you are able to interact and receive energy and light from their higher sources. When you receive that energy and light from their higher sources, you are able to integrate it into your own mental and emotional systems, raising your spiritual light quotient.

This has great benefit. It means that you can increase your spiritual light frequency and your spiritual light quotient by interacting with higher beings even though you are not exactly at their level. You are harmonically in resonance with their transmitted frequencies. Some of those transmitting frequencies are based on love, compassion, and what I call higher-level, fifth-dimensional feelings and emotions.

Third Dimension Dominance

Part of the planetary healing system that we are teaching in the sacred triangle is to transmit harmonic light and resonant frequencies throughout the planet. We believe that there are several ways to do this. One way is to work with the noosphere. We define the noosphere as the planetary unconscious, or subconscious. We believe that we need to download special etheric energy fields that are contained in crystals. This contributes to raising the harmonic frequencies of a planet. Of course, we support the planetary cities of light project because it raises the spiritual light quotient energy field.

You see, planetary healing then becomes based on how you are able to influence the energy field of the planet. One of the complications for planetary healing efforts is that lower third-dimensional frequencies create interference. Lower beings want to dominate and to keep the planet at a lower frequency. When they can keep the planet at a lower frequency, they feel that they can

control it. You are seeing evidence of this on many different levels.

Some of this evidence includes how governments work. For example, there are descriptions for what is known as the shadow government in which you find people who want to control the frequency, the thought patterns, of everyone on the planet. When they do that, they know they can control everything to their own purpose. They have shown success because they are using the same principles of resonant frequencies that I am talking about but for a negative purpose, an ego purpose.

Some of the exercises based on control are related to high-frequency, auroral-propagation transmissions from radar-like devices that change energy fields around the planet. These have been used in military encounters. You also see things like chemtrails. Many people have asked, "What is the purpose of chemtrails?" The purpose of chemtrails is related to keeping a certain lower frequency among the population so that people are more susceptible to control.

You might want to ask, "How is it that chemtrails can change or lower your frequency?" The answer is that if there are any irritants in your energy field, then you will find it harder to raise your spiritual light quotient because your immune system becomes challenged, and you need to use the energies to fight off attacks. You will not be able to participate in unity consciousness. You will not be able to organize and work well with other people.

There are other things that people are doing in a shadow way that contribute to this lowering of the spiritual light quotient of the general population, which is the overall goal. You are planetary healers, and you are devoted to working with the higher spiritual light quotient. Once you are introduced to unity consciousness and to the sacred triangle energy, you can more easily transcend the lower vibrations.

Starseeds Will Unify

Bringing forth a prophet at a high level can transform the planet. Someone who is carrying messianic energy and light can remarkably transform a planet so that many people can reach out into the higher frequencies.

The cosmic drama also includes those who are searching and finding ways to raise their spiritual light frequencies and the spiritual light frequency of the planet. It includes those who want to unite with the Galactic Council and the galactic brotherhood and sisterhood for a higher planetary evolution. The cosmic drama also includes those who are more focused on third-dimensional energy, third-dimensional light, and constricted third-dimensional light. This is exactly the drama and exactly the conflict.

I don't want you to minimize this conflict. At the same time, you and the

planetary healers have the support and the resonant harmonic energy from the higher masters. The higher masters will prevail. The higher masters have other safeguards coming into place, many of which are still unknown.

These safeguards are being activated in an important way. Some will be activated so that more starseeds will awaken and more people will come together. I realize that there are many factions among the starseeds. Each starseed might have his or her own groups. Many of the starseeds are divided and have allegiances to specific interpretations, which I expect. I don't find this shocking because there are so many different masters. There are many different levels of interpretation.

Eventually, the starseeds will unite, and they will all come to a resonant frequency in which they can relate to and benefit from unification. Unification is occurring on the Native peoples' side, on the galactic side, and on the mystical (or the unity consciousness) side of the Great White Brotherhood-Sisterhood.

Each one of you has such great gifts to offer and awaken. [Tones: Ooohhhh, oooohhhh.] When you can participate and feel the power of the resonant frequency, you will have the opportunity to interact with the higher masters on the Galactic Council. You can simply say, "I am now resonant and on the same harmonic frequency as the ascended masters on the Galactic Council." Let us go into meditation while you focus on that affirmation.

Each of you has a particular guide and teacher you easily connect with. Some can connect with Moses and his teachings about the fifth dimension as he ascended Mt. Sinai. Some of you relate to P'taah from his work on the Pleiades. Some of you relate to Quan Yin and her great work on the teachings of the Buddha. Some of you relate to Heylang and his teachings from the Andromeda system. Some of you, of course, relate to me, Juliano, and my colleagues Helio-ah and Tomar and our Arcturian teachings about the sacred triangle and the higher light.

Connect with the ascended masters you feel most in resonance with. Go first to those who resonate with you and then, by doing that, you will open to more teachings. You will feel this connection to the galactic family and to the brotherhood and sisterhood. When you feel that connection, you will increase your spiritual light quotient in your aura.

When you increase your spiritual light quotient in your aura, you become more protected and more vibrant in your everyday life, and you also increase your arcan power so that you can more easily manifest and use your powers for greater healings. [**Channel's Note:** "arcan" is the Arcturian word that describes the measured strength or power of thought.]

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Blessings, planetary healers and lightworkers. May your harmonic light quotient be in resonance with all of the ascended masters who oversee and interact with Earth. Good day.

Chapter 10

Communication among Members of the Super Galactic Council

Ascended Master Heylang

Greetings, I am Heylang. I am from the Andromeda galaxy, and I am what you would call an ascended master. From your scientific perspective, Andromeda is the closest galaxy to yours and is considered a sister galaxy to your Milky Way, our brother. Your estimate that we are approximately 2 million light-years apart is correct. When we say we are sister and brother galaxies, we mean more than just having a close relationship; it means that we have similar soul evolutionary cycles and developments.

You might wonder whether the Andromeda galaxy is more advanced than the Milky Way galaxy. I cannot really say that we are more advanced because there are many advanced souls and ascended masters in your galaxy. If I said that our galaxy is more advanced, then you would think that all our civilizations and planets are far superior to yours, but that's not the case. Some of us certainly are more advanced than Earth civilizations, but then we also have lower third-dimensional planets that have great struggles. There are several planets in the Andromeda galaxy system that are what I call "Earth duplicates." Earth duplicates are planetary systems that look almost exactly like Earth but are in earlier stages of development. One planet in particular is very involved in violence, physical control, and domination. I know this sounds familiar to you on Earth.

You are well aware of cosmic karma. Through cosmic karma, if a situation in another planetary system or galaxy aligns with yours and the timing is perfect, then you can incarnate there. In that case, how many Andromedans are there on Earth? The truth is that the majority of souls on Earth are having their first

Earth: The truth is that the majority of souls on Earth are having their first incarnations on the planet now. When I say majority, we're talking 50–55 percent, but there are many people who are coming from other parts of the Milky Way and other parts of the Andromeda galaxy.

Blue People Technology

What are the advanced Andromedan civilizations like? Starseeds are naturally more interested in the advanced civilizations than the slower developing, more primitive ones, so you might wonder whether it is true that the advanced Andromedans are beyond the people in the Milky Way galaxy. The answer is yes, there are Andromedans who are very advanced. They are very well known throughout our galaxy and are becoming known in your galaxy. We call them the “Blue People.” Arcturian blue is a very spiritual color with special energies. It is not just a nice color that makes you feel warm and fuzzy and gives you a sense of spirituality, but blue as a spectrum has very advanced energy for souls and for soul travel.

The Blue People basically have achieved a state of existence that does not require embodiment. When you think about the fifth dimension and ascension, you still think about going into a fifth-dimensional body, which is correct. You've seen pictures of ascended masters, and I know that Juliano has talked about what it's like to be in a fifth-dimensional body — how he can shape how he looks, make himself young, and so on.

I want you to think about the fact that you can be in a state of being without a body. From one standpoint, it would all be considered mental; it would all be considered thought form. I know it is hard to visualize or think about. Think about what the Creator is like. The Creator does not have a body. The Creator can incarnate into a body, but the essence of the Creator is “no body.” There is no body, so that is the higher consciousness, the higher evolution.

In the Andromeda galaxy, there are several planets where beings have achieved that level. The Blue People assume a form when they travel. When they come to you in the Milky Way galaxy, they appear as blue beings perhaps similar to the Arcturians — very dense and still incarnate. There are very distinct advantages to this form. I want to clarify that it's not in the astral realm. Some might think that is what I'm talking about, but no. The astral realm is definitely different. The astral realm from our discussions and observations really is the fourth dimension. The Blue People can travel through thought projection. I know that you've been studying and practicing thought projection. The Blue People can thought-project themselves into other galactic areas.

We use technology similar to the Pleadians' and Arcturians', but there is a group — and I am now speaking of the advanced forms known as the Galatians

group — and I am now speaking of the advanced forms known as the Galatians, who have appeared on Earth — traveling from the Andromeda galaxy who are not exactly like the Blue People. They have incarnations and are more transitory between the fifth dimension and the level of the Blue People. They have massive ships that can be as high as twenty stories tall with a diameter of maybe ten miles. This is a very huge operation. The Galatians have a great interest in observing stage one and stage two civilizations. They are experts at observing without interfering. They are experts at studying languages, and their advanced computers can translate all Earth languages.

The Destructive Force of the Lyrans

In the Milky Way galaxy, we have found approximately 5,000 civilizations, as Juliano has said. In the Andromeda galaxy, we have between 10,000 and 18,000 civilizations. Why are there more civilizations and more higher beings in the Andromeda galaxy than in the Milky Way galaxy? The answer is quite simple but also tragic: The Milky Way galaxy has seen more wars and destruction of civilizations.

About 500 million to 800 million years ago, there were great conflicts around the Lyran Empire, which was one of many galactic empires in the Milky Way galaxy, and they wiped themselves out. The Lyrans were a dominant force in this section of the galaxy.

The Andromeda galaxy has not had the devastation or destruction to the degree of the Milky Way galaxy. We could say that the Milky Way galaxy is the masculine galaxy to our feminine galaxy. In a literal sense, masculine energies predominate in your galaxy, and the feminine energies predominate in ours. This doesn't mean that there are no feminine energies in the Milky Way, because there are, but I offer you this information because it connects to why our galaxy has not seen the same destruction. Our civilizations don't tend to be as destructive toward each other because even through feminine energy can be destructive, it is basically more willing to accommodate and accept.

The Galatians

The Galatians' favorite area to visit on Earth is Australia because its topography and geography are familiar. The Galatians feel very much at home there because there are a lot of energies and dimensional corridors, especially in the Outback and at Ayers Rock. One reason is the extreme isolation. They have communicated with the Aboriginal people.

Galatians are essentially androgynous (you have a funny term, “intersex,” which applies to somebody who is both male and female). Some of the advanced civilizations in the Andromeda system have integrated the male and female

Civilizations in the Andromeda system have integrated the male and female energies into one being; therefore, you might see the face of a man on the body of a woman with the organs of a man. This being would have breasts and both male and female organs and could have pregnancies. If you saw these beings, you would be very struck by their beauty. You wouldn't see them as being feminine or masculine; you would see them as being beautiful. You would be pleased and interested to see beings like this. The Galatians are a result of an advanced system of evolutionary development. Think about the struggles that your society has with accepting lesbians and homosexuals. One resolution would be the advancement of beings who have sexual characteristics of both genders.

We have great predictive energies. My people are aware of the planetary dangers now before you, and I have reached out to many starseeds because as you develop and expand your awareness, you call out to us. You reach out to the etheric, fifth-dimensional realm and to hyperspace because you want to interact with as many higher beings as possible. I know that there are Andromedans who have come to Earth — by incarnating here or being sent here — to try to guide and assist people.

The Andromedan Council Welcomes You

Earth is of great interest to the Andromedan Council, which interacts with the Galactic Council that oversees spiritual developments and energy on your planet. It is well known that there is a group of galaxies (known as the neighbor, or the local, group) that is proximate, only about 2 million light-years apart. There are ten or eleven galaxies in this cluster, including the Milky Way and Andromeda galaxies, that make up the Super Galactic Council. Each galaxy in this cluster has about 5,000 to 7,000 planetary systems with civilizations comparable to Earth's. Some have more than 7,000, and some have fewer. If you add the eleven galaxies in the local group and multiply those eleven by 5,000 (the rough count of planetary systems), you find that there are at least 55,000 civilizations of higher life forms existing in the local group. That's just in this group!

Some have really close ties to Earth. You have a multidimensional presence, an awareness of other realms, including the fifth dimension. The planet is also reaching out, as Earth has other energies in other systems and other ways of communicating. The Central Sun is the core energy field, spiritual energy field, and light-giving energy field in the galaxy. It is a dimensional portal. The center of a galaxy is physically a black hole, but dimensionally, it is a higher corridor.

Jesus/Sananda is essentially a prophet, a king, an ascended master only in the Milky Way galaxy. His kingdom, his realm, is not in other galaxies. There are beings comparable to Jesus/Sananda in the Andromeda Galaxy and other galaxies — great, ascended beings. Our Blue People have achieved a level of

awareness that is more closely aligned with the Creator in that we are able to manifest or exist in thought only.

We reach out to many Earth beings and invite you to come visit us in the Andromeda system. We have very excellent portals and corridors that will allow visitation to our system in your dreams, soul travel, and astral travel. Don't worry about the distance because, as Juliano has told you many times, thought is the fastest energy in the universe. We welcome your visitation and your ability to learn from us about a higher development and the Andromedan Council.

Predictions

Let's look at predictions because our ability to predict is based in part on our knowledge of what other planetary systems and our galaxy have gone through. The cosmic drama you see on Earth is something we've seen in our systems. It's natural, though I know it's not always pleasant. There's a great deal of drama, suffering, and pain, but we know how these things turn out.

What is different and really special about Earth right now is the number of ascended beings around the planet. For example, you have the ring of ascension, which is a great gift to the planet. There are many higher beings seeking to interact, guide, and heal.

One prediction is that Middle Eastern battles will escalate and involve more countries, and global pollution control systems will fail more often, affecting the planet's delicate balance.

I also see that a global economic collapse is possible in the near future, an event that many seem to worry about. The United States is in the best position to withstand such a breakdown, as it is still the strongest country with the strongest economy. This economic power is going to strengthen if this collapse happens. There is also a possibility of the U.S. government disclosing visitations and contacts from extraterrestrial beings.

Let's talk about some of the positive predictions because people often only look at the negative. The number of starseeds and higher beings coming to this planet is increasing. The fifth-dimensional intersection is very close. There is another force attracting the higher dimensions: starseeds. The work you are doing as planetary healers is attracting the fifth dimension.

The ascended groups are pushing tremendously to bring this fifth-dimensional intersection to this plane. Earth must be prepared spiritually for the intersection. The other side is preparing the fifth dimension because the fifth dimension has to absorb this energy. The lower Earth energy will resonate with the higher fifth-dimensional energy. The lower energy will be brought up to a higher level. The fifth dimension itself has to be bolstered and prepared to receive all this third-

dimensional intersection energy. A great project is going on to prepare this. Because you know — as above, so below — the fifth-dimensional energies can absorb the third-dimensional energy, and even that brief moment, that brief intersection with the third dimension still requires a remarkable alchemical work on the part of the fifth-dimensional masters. A proper structure must be built between the dimensions to allow this intersection.

There is a greater opportunity for an advanced spiritual teacher like the Dalai Lama to have a dramatic effect on the consciousness of the world. We are talking about expanded consciousness and the ability of one leader to unify the consciousness of this planet. There are some great teachers on this planet, including the Dalai Lama, who will be able to show remarkable ability to influence this planet. I am Heylang. Good day!

Chapter 15

Anchor Fifth-Dimensional Light in Times of Darkness

Juliano and the Arcturians

This channeling was done after the tragic Bastille Day attack in France in 2016.

I am Juliano. We are the Arcturians. It is true that the keepers of the fifth-dimensional light, like yourselves, are important and valuable. It is necessary at all times to hold and anchor this light, especially when there is any darkness. Our mission today is to increase the receptivity of fifth-dimensional light onto this planet. We are here for unity meditation and harmonization and unity in higher light — unity in the light of the ring of ascension, the light of the Sacred Triangle, and the light of the Central Sun. This beautiful, healing fifth-dimensional light that transcends logic is coming to this planet. Earth is now set up to attract and hold this fifth-dimensional light that transcends all lower, dark vibrations. We have helped establish the ring of ascension, the halo of light, around Earth.

Now, I know that there are those who do not want to harmonize and merge in higher light. There are those who want to destroy the planet and its biosphere. I am aware of the recent political and social events. I am aware of the biological events such as the mining accidents in Brazil and Colorado. I am aware of numerous other events that have to do with ocean pollution, destruction of the coral reefs, and radiation leaks. Earth can still respond to humans negatively, creating more imbalance.

But we are here together for a higher purpose. We can communicate with the Spirit of Earth and influence the outcome with our positive thoughts of harmony and balance, especially in the noosphere, the thought field around the planet. Thoughts of harmony, balance, and fifth-dimensional light and energy create a

Thoughts of harmony, balance, and multi-dimensional light and energy create a vibration that affects the whole planet. Earth receives your thoughts.

You are witnessing one of the greatest periods of polarization in Earth's history, but at the same time, there is a great movement toward higher light. Many of you are seeking to attract the fifth dimension and fifth-dimensional energy to Mother Earth.

Unity Consciousness Meditation

Visualize with me, Juliano, a golden halo around Earth filled with the beautiful light you might imagine surrounds Jesus, Kuthumi, or any ascended master. Visualize this halo now around Earth.

Earth's halo is like a ring. We call it the ring of ascension. The ring of ascension attracts the fifth-dimensional masters and brings a connection to all from the higher light. You and I meet there and can interact very comfortably with the fifth-dimension. This halo has special powers that radiate light and energy to different parts of Earth. You can project yourself to it and work to attract the fifth dimension and make a force field.

Earth's noosphere is filled with both darkness and light, both negativity and positivity. But the ring of ascension is filled with the thought fields only of higher light and therefore has a great power.

Feel your energy field, your aura, your spirit, rise out of your body. As it rises, it travels to the ring of ascension. All of us are together now. Our aura bodies are sitting in a great circle within the ring of ascension. It is a wonderful feeling to be within the ring of ascension, for we are able to interact with the fifth dimension and bring higher light into Earth.

As you are in the ring of ascension, say, "I attract fifth-dimensional light to Earth. I am attracting fifth-dimensional light to Earth." All your thoughts and powers are increased because you are in the ring of ascension, and we, the ascended masters, are with you now, increasing the arcan power of your affirmation: "I am attracting fifth-dimensional light."

Now say, "I am helping to attract the fifth dimension to Earth" twice, and then pause. Say, "A time is coming soon when the fifth dimension is going to interact with the third dimension. I am working to create this intersect and bring a huge download from the fifth dimension to Earth." [Tones: Ooohhhmmm.] "I am sending fifth-dimensional light and energy to all the victims of the Nice tragedy." Many of those souls are lighting up; their lightbodies are opening up. Visualize all the entanglement, the energies of darkness and anger, removed from the victims whose energy fields are lighting up. The perpetrators will remain in darkness, heaviness, and density.

We are together in the ring of ascension where we have great healing powers

We are together in the ring of ascension where we have great healing powers. Go with me to the top of Earth, to the North Pole. You might be able to see the Iskalia mirror, a special receptor of the highest light from the galactic center. Now Earth will receive the highest light of fifth-dimensional innovation, discovery, and methods to solve the planet's problems. Send your spirit body and aura now to the Iskalia mirror, where we will sit together to increase its receptivity with our thoughts and powers . [Tones: Ooohhhmmm.]

Together we increase the attraction of the Iskalia mirror, the power of connecting with the fifth-dimensional Central Sun that will help to bring new solutions to problems on the whole planet. Around the Iskalia mirror, we attract and implement solutions. May the powers of all planetary healers be increased. May the powers of the Biorelativity exercises be strengthened. As we meditate, we ask that each of us receives an arcan increase in spiritual powers and energy.

Now we will return in our aura bodies back to the ring of ascension. As we travel together around Earth, I stop over France because there is a huge energy of unity consciousness, a huge power of healing that is focused from many different sources onto France. We, the Arcturians, see the power of this unity. May a unity come to the whole planet so that all are accepted as brothers and sisters and those who are in darkness become powerless to do more evil.

Return slowly, leaving the ring of ascension to come back into your physical body. Reenter your physical body in total harmony, and feel this enlightenment, this harmonization, as your spirit reenters your physical body in perfect alignment. Now you feel closer to the fifth dimension; you feel you can attract more of the fifth-dimensional light's delightful power in your personal life and Earth body. [Pauses.]

You are Earth healers. You are planetary healers. You are lightworkers. Now more than ever, your work in holding this energy for the planet is so important. Remember that this drama on Earth will lead eventually to the planet ascending to the fifth dimension. Those in darkness will be separated and kept from entering higher light.

We love you. The ascended masters love you. We continue to send you the power and attraction force for your fifth-dimensional work. I am Juliano. Good day!

Chapter 16

**Expanded Consciousness and
Quantum Healing Energy Juliano
and the Arcturians Greetings, I am
Juliano. We are the Arcturians.**

**Expanded consciousness is very
important to us. We will look at it
first from the standpoint of human
evolution. Our observation is that the
next step in the evolutionary process
is the expansion of the human
consciousness. When you look at
leaps in the evolution of humans, you
see that they developed tools and
learned to speak and walk upright,
which are all examples of
consciousness. Our study of the
evolutionary process confirms that**

major steps occur during crises with such dangerous energy that the species must adapt to survive.

It is obvious to you and me and to all starseeds that there is a major crisis on Earth. It is a monumental crisis that some have called the sixth planetary extinction event. There have been five previous major extinctions in this planet's history. The most well known involved the dinosaurs, but there have been others that were just as serious. I could say it was because the dinosaurs lacked the flexibility to adapt, but other circumstances were involved, especially the meteor strike at the Yucatán Peninsula.

Humankind has to shift consciousness and be aware that it must change. It appears that the starseeds like you are in the forefront of this evolutionary change, so you understand there must be a shift toward connecting with the fifth dimension, which we have described in great detail.

The Origin and Gift of Consciousness Any attempt to define consciousness will lead to lengthy, detailed, philosophic, and scientific explanations, and I don't believe spending a great deal of time on that is our purpose, although I certainly would enjoy the opportunity to explore that with you. However, I do want to say several things about consciousness.

Consciousness originates with the Creator, and one of the greatest and most powerful presentations in the Hebrew Bible occurs when God, the Creator, says to Moses, "I am that I am." The original Hebrew was in the future tense — "I will be that I will be" — but the key in that phrase is the key to consciousness, which is "I know that I am" and "I am." Therefore, the gift the Creator gave Adam (or the species of Adam) is consciousness. No other creature on this planet has the sophisticated consciousness of humankind.

Just having the consciousness means a great deal, but there are levels to consciousness. Some Kabbalistic rabbis, for example, talked about the small mind and the large mind — small, narrow consciousness, and wide, expanded

consciousness. The small, narrow consciousness is what most people experiences in their daily lives, and it's what most people think primitive cultures experienced. That is really interesting because primitive cultures often lived in expanded consciousness because they lived in their natural environment. The Aboriginals, for example, were once totally in tune with their environment, so they were in expanded consciousness.

To Enter Expanded Consciousness, Certain Needs Must Be Met The narrowing of consciousness is also important to your civilization's development. I don't want you to think that narrow consciousness is bad, because it has many applications. There is no way you could build spaceships or automobiles or perform surgery unless you had focus. Expanded consciousness allows an awareness of all there is in your environment and that your perceptions are open. In the analogy of a horse on the racetrack, the horse has blinders and only sees in front (narrow consciousness). In the race, you want the horse to only look straight ahead because looking left or right causes distractions that would slow it (expanded consciousness).

To experience expanded consciousness, you must have your physical needs met and you must feel safe, which an American psychologist named Abraham Maslow described as a higher hierarchy of needs. ¹ He described emotional and physiological needs that must be met before you can relax and allow your consciousness to expand. Some needs are obvious (food, sleep, and security), and some are maybe less obvious (family, belonging, and respect), but you must also have the understanding that your brain, your mind, is programmed for expanded consciousness.

The Adam species DNA is programmed to expand, and there are aspects of the brain — for example, the pituitary gland and the reticular activating system — that contain codes. When those codes are opened, then the expansion, the

doors of perception, open. Yes, for humanity to survive, new men and women must live in expanded consciousness. Expanded consciousness in the way I describe includes environmental awareness and sensitivity to all surrounding sounds and creatures, but it also includes the awareness that other dimensions exist. I am talking about acknowledging the higher levels of awareness and higher dimensions.

You experience deep levels of brain activity and different dimensions every time you enter the REM cycle in sleep, giving you tremendous abilities to travel dimensionally and interdimensionally. However, I am talking about having this expanded consciousness and awareness in waking life, integrating your understanding and experience of the dimensions, particular the fifth, while you are awake in the third dimension. This interaction is one of the major teachings in our work with planet Earth.

The Fifth Dimension Is Inhabited by People with Expanded Consciousness Now, what is the fifth dimension, and why is it so important for your development? There have been references and even a song that describes the fifth dimension as being the beginning and welcoming in the New Age of Aquarius. ² I say this jokingly, but if the chaos and confusion of the past four or five years on Earth are an introduction to what the Age of Aquarius is like in the fifth dimension, I don't think you'd be interested in going there.

The fifth dimension is better described through the works of Jesus, Mary, Kuthumi, and other the ascended masters. The first point is that you have to be at a certain higher-vibrational frequency to experience the fifth dimension. The frequency is the vibration of your aura, which you can measure with certain tools and equipment. You might not have that readily available at this time, but there is a new branch of medicine called “vibrational medicine” that studies the speed at which people vibrate. The theory is that illness and disease are accompanied by the slowing of the human aura in certain sections of the body, which could be a symptom and even a cause of the disease. To heal, a vibrational-medicine healer would use techniques to increase the vibration. Even late stage cancer can

healer would use techniques to increase the vibration. Even late-stage cancer can be cured with higher-vibrational healing techniques and interventions, but the fifth dimension requires you to be at a high vibration.

Higher vibrations include love, acceptance, and compassion, and lower vibrations include anger, jealousy, and greed. If you have anger, jealousy, and greed, you cannot enter the fifth dimension. In contracted consciousness, you might experience those, so don't think that you must be perfect or never experience any hatred, greed, or jealousy. You're human. But you can expand and go to the higher consciousness, the higher emotions.

The fifth dimension is inhabited by people who are in expanded consciousness. The fifth dimension has different rules. In the third dimension, for example, you are at the mercy of some simple rules: gravity, space, time, the space-time continuum, and linear reality; there's a beginning and an end; and you are born and then you die. You are also ruled by polarities and duality, a subject Taoists have quite adequately discussed when they say that first there was the Tao and all was in unity but that when this reality was created, so was male and female, yin and yang. For this third-dimensional reality to exist, there must be linear reality, linear time, gravity, and duality — and duality, of course, leads to polarization.

Peak Experiences Are Part of Humanity's Next Evolutionary Step In the fifth dimension, there is no duality and no space or time the way you know them.

In the fifth dimension, there is expanded consciousness; therefore, you are able to experience a unity that is almost impossible to experience on Earth. I say almost because it is possible, and those who have experienced it on Earth describe it as enlightenment.

Maslow, who was a starseed, described the unity consciousness experience as leading to expanded consciousness, which he called "peak experience." A peak experience is rare. It's not something you would have every day, though you want to for the rest of your life. Maslow described people who've had peak

experiences as being so happy and accepting that they aren't even afraid of death because they have seen and felt the true reality and the fifth-dimensional continuous unity.

Peak experiences and expanded consciousness are part of the next evolutionary step for humanity. Why is it necessary? All the great inspirations, discoveries, medicines, and technology come from scientists and philosophers who were able to connect with the fifth dimension. Even if you look at someone like Einstein, there are questions. There were other people in Switzerland and in Germany who were brighter than Einstein. Yes, he was very bright, but there were scientists who were quicker and better mathematicians. Einstein's genius was that he was able to connect with the higher dimensions and get a perspective on the dimensions that others could not.

With that perspective, you can understand that the fifth dimension contains energy that can be brought down into the third dimension. This is a very important point: Ideas, thoughts, emotions, and even healing energy from the fifth dimension are transferrable to the third dimension and your third-dimensional body, but that takes special training and techniques. Part of our Arcturian teachings is about how to bring fifth-dimensional energy to Earth.

Our examples today include Einstein, Mozart, and Beethoven, who were able to connect with higher realms and bring back ideas, music, and new formulas that were not available to anyone in contracted consciousness. As I said, there could be great scientists, but if they did not have expanded consciousness, then they would not be able to bring in new ideas. Our observation is that the fifth dimension is intersecting with the third dimension and that there are more opportunities now for connecting with the fifth dimension than at any other time in the history of this planet. Part of the reason is that the fifth dimension is more available and is moving closer.

When people talk about the Age of Aquarius, they actually refer to a time when the dimensions get closer, which is now. From an astrological standpoint, there is a shift in energy and in the solar system's relationship to the Central Sun. There are different alignments, and some are related to Earth's position to the zodiac and also to the Central Sun. In part, those ideas are accurate.

We all have a choice: We can live in duality or we can live in oneness. Is that right?

Yes, it requires a certain level of protection because remember, as Maslow said, certain needs must be met for you to be in a state of oneness. If you were

said, certain needs must be met for you to be in a state of oneness. If you were attacked by a crocodile in the Outback, for example, it wouldn't help you to be in a state of oneness because then you would be one with the crocodile and be eaten. Being in a state of oneness requires a certain safety and security.

For example, you [the people at the live channeling] are safe in a beautiful building among friends with similar vibrations. This is a perfect opportunity to experience oneness. But if you were to go to downtown Los Angeles late at night, you might not want to experience the oneness because of the danger there. Once certain needs are met, then you can choose the oneness.

What is the difference between oneness and unity consciousness?

They are very similar. It's very difficult to distinguish because oneness sounds like it's a unity. Unity consciousness doesn't mean you give up your individuality. You are able to maintain the division between yourself and the universe while voluntarily giving up that separation to experience unity, knowing you will go back to the separateness. Oneness is really the state of when you're in unity.

Maslow talked about the unity consciousness as a peak experience, so on the third dimension, you have to have opposites. You have a time of unity when you peak, but you also have a time when you're not peaking. Even those who are enlightened will say they are not always in the state of enlightenment and unity. There are times when they have to be in more contracted consciousness. When you're driving a car on a freeway, you probably want to be steady in the third dimension to focus on the road.

Thought Is a Quantum Particle Let's go into quantum energy and its relationship to healing and to the fifth dimension. The subject of quantum particles and quantum light is very deep and is beyond our limitations in this lecture, but I will make a few comments. Einstein was not a big believer in quantum consciousness, physics, and particles. The main reason is that quantum particles and quantum energy are unpredictable, meaning that in the subatomic world there are interactions and rules beyond logic and predictability — but only in the third dimension with

its limited observations.

Thought is a quantum particle, and it is the fastest energy in the universe, faster than the speed of light. Using thought, you can be anywhere in the universe instantaneously, while the light, though it travels at tremendous speed of 186,000 miles per second, still requires great time. If you were to come to Arcturus, at the speed of light, you would have to travel for thirty-six years, and that's assuming your body could tolerate that speed.

Thought is subatomic particle that's not measured. Thought is a subatomic particle that no Earth scientists has observed or discovered yet. They have discovered quarks and many other things but perhaps aren't even looking for the inherit particle and composition of a thought. Is a thought a particle, for example? Quantum physicists argue about whether light is a particle or a ray. The quantum world does not follow the rules of logic in the physical world.

For Quantum Healing to Work, You Must Believe To access quantum energy for healing, you must have and be able to receive expanded consciousness and this particle. The best example I can give you for quantum healing is a doctor with expanded consciousness talking to a dying cancer patient who is desperate for a cure.

The doctor says, "I have this new medicine I just discovered in the Outback. It's a special medicine that the Aborigines have been using for centuries, and they have given me permission to bring it into the West. I have extracted ingredients from a special plant to create this healing pill, which I am giving you."

The patient takes the pill, and all the cancer goes away. That's not logical. How could the cancer go away? The doctor was borrowing energy from the fifth dimension. Quantum energy does not follow the rules of logic in the third dimension. For the patient to receive this type of quantum healing, he or she must be receptive to the healing and prepare the mind for it. If he or she says, "This is a bunch of malarkey," it won't work. There has to be a resonance of energy between the patient and the doctor, and the doctor must believe and present this method in a very special, convincing way. The doctor only has to believe it at the moment of interacting with the patient. With the right set of circumstances and connection with the fifth dimension, there are great

circumstances and connection with the fifth dimension, there are great possibilities that are not possible in the third dimension, amounting to what would become a quantum healing experience.

Some of you are quantum healers and are able to access this kind of energy in your healing work. Now, I speak of expanded consciousness and quantum healing for individuals and for the planet. You know that some of the experiences and circumstances on this planet are so dangerous that it is highly unlikely humankind can resolve them. It's highly unlikely the oceans and many other parts of the biosphere can be cleaned up before they die if things continue at the present level. But if scientists and planetary healers like yourselves are open to connecting to the fifth dimension and quantum healing, then you can bring down techniques and energy that could miraculously heal this planet and its people.

What is the actual catalyst for healing — vibrational energy or expanded consciousness?

It's all of it. As I said, you have to prepare the consciousness and the energy field of the patient. It's not just your energy. In the example of the cancer patient, the person is desperate and will likely be thinking, "I believe in anything. I'm ready. Why not? I know I'm going to die anyway, so sure, give me that pill. I accept it, I'm ready." It's an interaction on all levels, but primarily it's you as the healer presenting it in the right way.

Omega light, the Iskalia mirror, and quantum healing light are all variations of techniques and light frequencies that can be used for this process. Also, there are power places on Earth that lend themselves to quantum healing and fifth-dimensional light. Grose Valley is one of those places, as is Lourdes, France. There are a lot of sacred places on this planet that provide the increased vibrational energy that would be just the boost needed to do the quantum healing. You want everything possible on your side, and being in a sacred place certainly helps.

We are talking about physical manifestation like cancer as a disturbance in the aura, but what about any mental disturbances?

Yes, any physical disease or imbalance is a disruption of frequencies in the aura, and you can absolutely use quantum healing to rebalance the mind. It's only been discussed in modern medicine with dire illnesses such as cancer, but it can be applied to mental imbalances as well.

1 . Abraham Maslow, *Religions, Values and Peak Experiences toward a Psychology of Being* (New York : Penguin Books , 1970), Reviewed by Tim

Knepper, 2001

(http://people.bu.edu/wwildman/relexp/reviews/review_maslow01.htm).

2 . “Aquarius/Let the Sunshine In,” The 5th Dimension, 1969.

Chapter 18

The Principles of Planetary and Personal Holographic Healing

Helio-ah and the Arcturians

Greetings. I am Helio-ah. We are the Arcturians. I want to talk to you about holographic energy and the principles of holographic healing. You have to understand our perspective and that the principles of holographic energy occur in both a positive and negative environment. I know you all love to hear about positive planetary holographic healing.

You're experiencing worldwide terrorism and war. I want to address the terrorism from the perspective of holographic energy. The main principle of holographic energy is that a part can affect the whole, or a part is a representative of the whole. If you affect an energy field from one part, that energy field can affect the whole. The typical example is holographic photography in which you take a slice of something, such as an apple, and from that slice, a holographic picture of the full apple can be attained. As another example, somebody with the proper technology could take one skin cell from someone and actually clone and reproduce an exact duplicate of that person. You don't have this technology at this point, but these are examples of holographic energy.

The Importance of Permeability

If you introduce one pathogenic mutation into a human system, that system would require an immunity to the mutation to stop it. If there was no immunity and that one cell was powerful enough, it could overwhelm and take over the whole system of the human body, permeating it. Now, I want you to take note of the word "permeate" because it is important in the discussion of holographic

the word permeate because it is important in the discussion of holographic energy. When I say things permeate something, I mean that they can go through many different systems.

Remember the example of the mutating cell in the human body. I suggest that there are certain immunities within the body that can block invasive cells, and those cells might mutate to overcome those immunities. The effectiveness of the mutation depends on whether it can permeate those immunities and get into the whole system. One of the principles of holographic healing is permeability.

Let's look at the reverse of mutations. Imagine you are going to send a positive, strong, loving, spiritual message. Can that message permeate the world in the same way? Would that beautiful event have the ability to permeate and affect people globally? In our observation of Earth civilization and technology, there are only a few events that seem to strike a chord that would enable them to permeate the whole civilization, the whole consciousness of the planet.

Let's look at a positive event. We are struck by the fact that positive events do not seem to carry the same permeability as negative events, but there have been some exceptions. The first exception seems to be sports. Sports events, such as international soccer or American football, baseball, or basketball championship games seem to permeate the entire world. I realize that many of you are not sports fans, but please stay with me, as sports do have global permeability, so they are worth discussing when looking at holographic energy and, in particular, planetary healing. Another global event we found was the death of Princess Diana. This was a very powerful event that seemed to move a lot of people. Of course, the terrorist events of September 11, 2001, moved people on a global scale.

Let us now look at other examples of global events that had the power to holographically affect the planet. There was the appearance of what some call "the Son of Man," which is a designation of the highest order of the ascended master. This term has many different definitions, but in galactic spirituality and from our perspective, it means a person who is able to holographically affect an entire world and move that world into a positive direction toward peace, harmony, and unity consciousness. Jesus's appearance is an example of how one person can holographically influence 2,000 or 3,000 years of a civilization.

What type of person can affect an entire civilization and an entire planet? A person does not have to be the most powerful or the wealthiest, but there is a certain power contained in knowing how to permeate the holographic system on the planet.

Find a Point of Maximum Effect

Another principle that applies to planetary work and planetary healing is

Another principle that applies to planetary work and planetary healing is accessibility, and it's particularly applicable in holographic planetary healing. The first principle, permeability, means that what you do has the ability to affect and permeate many different systems on the planet. The second principle, accessibility, means that you must enter Earth's system at a point of maximum effect. For example, Jerusalem has the potential for maximum impact and accessibility for holographic work. I'm sure that's why Jesus emerged in Jerusalem. There were many different places on the planet that he could have come to. There certainly were other civilizations on this planet that he could have emerged from where he would have been received in a more humane and safe way. But his mission of holographic planetary healing and of affecting humanity was done through a point of maximum accessibility, which at that particular time was Jerusalem. Even today, Jerusalem provides a point of accessibility that holographically can affect the entire planet.

Let's look at Jerusalem from a logical standpoint. When we look at the size of the city, the population, and the number of armaments, you might say, "There is no way that an area of that size could affect the entire planet and this whole civilization." Don't miss the point. Jerusalem isn't a point of maximum accessibility because it has the most armaments or the most powerful leaders but because it is an access point where an intervention would have maximum permeability: The energy could permeate the whole planet and all the systems on it.

There are other access points on the planet. Jerusalem is not the only one. One of the tasks of the Arcturians is to expand the access points so that there are other places on the planet that have the powerful effect of holographic healing with permeability and accessibility. An intervention done from one of those points would have maximum holographic impact on the planet.

This leads to the twelve etheric crystals. There are twelve special places on the planet that have magnificent beauty and energy. These twelve points are all beautiful, but they don't have the power of Jerusalem. How could working from these etheric crystal points, such as Lago Puelo or Volcán Poás or Mount Shasta, create a holographic event that would affect the whole planet in a positive way? I agree that Mount Shasta certainly does not have the energy of Jerusalem by itself, and it probably would not be able to affect the whole planet in a positive way. If Jesus/Sananda returned today and went on top of Mount Shasta and gave a lecture, would it affect the planet? Probably not. However, if Jesus/Sananda returned to the Temple Mount and gave a lecture, it probably would affect the entire planet.

Access points are power spots. Mount Shasta may have the necessary power to amplify the influence of an event, but the planetary healing is based on the

to simplify the structure of an event, but the primary meaning is based on the principles of interaction. This interaction network includes the twelve etheric crystals and the planetary Tree of Life. In this concept of the planetary Tree of Life, we have twelve spheres, or energy points, that interact with each other so that they lend energy to one another. They are a network of light, sending energy and influencing the planet so that one access point can have the power and energy of twelve. Juliano and I have been working toward finding ways to teach this principle to you and ways to coordinate exercises that would harmonize and bring the twelve points together into one sphere.

Why would we not just use Jerusalem? The answer to that is complex. Number one, the idea of a galactic, spiritual, extraterrestrial ascended master is an idea that is not accepted by traditional religion, even though the great ascended masters, including Moses, had extraterrestrial contact. Moses in particular went on top of a mountain and was ascended. He was transferred to a higher level of consciousness and to a higher place among the masters that he could not possibly have experienced by himself. He did not have the shielding ability to protect himself and remain intact as an individual without some of the technology that was offered by the higher beings who took him to higher places.

This may sound strange to you, but Moses did not want to come back even though he knew what his mission was. If you were in a higher state of being in a beautiful dimension, you probably would not want to come back and suffer and struggle through certain difficult Earth events. In fact, some of you don't even want to stay here now and see some of the suffering and struggling on this planet. I'm sure you would much rather be back on a higher planet.

I don't feel — and Juliano agrees with me — that Jerusalem now is the most receptive place for a galactic holographic event. We still keep and hold Jerusalem in high energy, and there will be points of intervention there in the future. Clearly, the energy of Jerusalem must be protected so that it doesn't explode. A positive event could permeate the access point in Jerusalem. A negative event also would have no trouble permeating Earth, and such an event could holographically affect the whole planet immediately.

Create New Multidimensional Portals

The Arcturian planetary Tree of Life helps to create other access points and corresponding holographic events. These access points are etheric, multidimensional crystals. The Temple Mount in Jerusalem is multidimensional. Prophets went there in altered states and were able to go to different dimensions from there. We know that there is a great access point at the Temple Mount, but that area is not accessible to everyone. There is also the threat of violence there now because of the polarization and conflict among the groups who are trying to

guard that energy.

Think about multidimensional points that have Arcturian etheric crystals, such as Lago Puelo and Mount Shasta. What does it mean that a point is multidimensional, and how does that apply to holographic energy? A multidimensional point or place can bring in special energies from higher dimensions. For planetary events, we look for powerful places on Earth. We also look to create new powerful places, and frankly, we want to create more of them. That is why we are working with you on the planetary ocean reserve project and the planetary cities of light project. We don't want to limit the number of power spots that have accessibility and permeability.

You and the Groups of Forty have the ability to create new multidimensional portals that could holographically influence this planet. Recently, we worked with Joatinga, which is a small beach approximately one-kilometer square and seventeen miles south of Rio de Janeiro. This beach and this work of making that place sacred illustrate the holographic principles of planetary healing that I speak of. Group of Forty lightworkers were able to gather about twenty people to perform a beautiful sacred ceremony there. Also they chose a place that had a certain higher energy already. Finally, they did an activation ceremony in which the Arcturians and the lightworkers connected fifth-dimensional energy to the sacred place.

Now that place has the power to holographically influence other parts of the ocean. This is the reverse of terrorism. Terrorism is trying to poison everyone through a negative act. In planetary holographic healing, we heal everyone from a small intervention in a very positive place. We elevate the sacred place and the consciousnesses of those who work with us to a very high point. This protocol is also true of the ladder of ascension. There is a mountain near Reno, Nevada, called Jobs Peak, that several of our Group of Forty members visited and brought a great healing force to. They were able to hold sacred energy there. It takes a long time to hike up to the peak, but they went to open the portal so that it could connect to other points of ascension.

Holographically, our work includes connecting Earth to other dimensions. In particular, we are connecting Earth to the fifth dimension. There are points where the fifth dimension can enter into the third dimension and begin to spread the power of healing and balance throughout this planet. Again, you might say, "How is it that one small point, like Joatinga Bay or Jobs Peak, can affect an entire planetary system?" What happens in a small part can affect the whole in holographic thinking.

Look at the reverse: How can Fukushima affect the whole ocean? It's only a small area where these nuclear power plants were destroyed and melted down. It

is still not discussed, but it was a total meltdown, and what occurred in that one small area will affect the whole ocean for centuries. We can work together and send a powerful positive energy into the ocean by making small areas of the ocean sacred. This work is called the Planetary Ocean Reserve of Light project, and it uses the same holographic principles: A small area is chosen and made sacred, and it sends fifth-dimensional energy and light through the entire planet and the ocean.

You as starseeds have the power to create spiritual events. You can create planetary healing energy by going to power spots. Work with these holographic principles of accessibility and permeability. Maybe the spiritual event that you create will not have global publicity. This is one of the peculiarities of the media; that is, they seem to focus more on negative events. Whether or not the media recognizes the spiritual event does not diminish its effectiveness. However, we want you to achieve global consciousness and awareness because the more people are aware, the more they contribute.

Holographic Personal Healing

One of the ideas in personal healing in holographic work is to create the proper set [instructions] and use the correct setting. We already talked about the setting in our discussion about these power places and doing holographic healing interventions for the planet.

First, you would want to go to a power spot, such as the twelve etheric crystals or Jerusalem or Jobs Peak, or the ladders of ascension, such as Mount Tomaree or Grose Valley in Australia (which has a tremendous access point to planetary work) or Bell Rock in Sedona, Arizona. The set and the setting are important. For personal holographic healing, you want to use a power place. If you don't live near one of these points, you could go to a sacred place in your yard. Send light around your house, and put crystals in the four corners of your yard. The planetary cities of light are special places that have energy that can hold fifth-dimensional light. These cities are ideal settings for healing work. The setting includes when you set up the work and what time you do it.

You might want to do it at a power time, such as on a full moon when certain healing energies are available. Certainly, one of the principles of holographic work is doing the intervention at the right time. There is an interesting power alignment right now [December 5, 2015] with the Moon, Mars, Jupiter, and Venus. This is a time of great polarization, a time when some of the war energies on this planet are getting stronger. At the same time, spiritual warriors are getting stronger.

In fifth-dimensional holographic healing, we also use the setting of the

holographic healing chamber on the starship Athena. The holographic healing chamber is a special energy field that we have created. You can enter it after your entry in the etheric world. You are transformed into multidimensional beings, and you can look at your entire self. On Earth, you have one aspect of your self, this Earth personality. But the truth is that if you look at your Earth self from the perspective of your higher self, you will see that you have had many lifetimes on other planets and you have had many lifetimes on this planet. Each lifetime seems to access or manifest a part of your self. In this lifetime now, each of you might have many aspects of your self manifested. You want to be in a setting where you can comprehend, balance, and interpret all these parts of your self. You don't want to be overwhelmed, either.

One of the problems with or side effects of accessing different parts of your self can be distortion and mental instability. If you look at the concept of multiple personality disorder, for example, one of the observations we have is that in this illness, mental stability breaks down. Those who suffer from it are not able to distinguish between the selves of their past lives and that of their current life, and they lose memory between each one. You might have been a warrior in another lifetime, but at this point, most of you would not want to be warriors. You wouldn't want to get into that side of your self without guidance or protection. There needs to be a certain higher, expanded consciousness where you can integrate and process the holographic aspects of your self.

There are certain planets in the galaxy that have good access to holographic energy of the self. Some planets are not as powerful and don't offer you that freedom, but Earth has the ability to provide holographic access to your past lives and your lives on other planets. You need to have the mental stability to deal with all this. Integrating the holographic parts of your self is very important. The final aspect is to send a healing balance to all the parts of your self.

While integrating past lives, people might believe that they have to heal every part of themselves in every lifetime. You might have had your energies taken away because you were a shaman when people didn't like shamans. There are many different reasons you might have unfinished business in other lifetimes. In truth, you could not complete all the unfinished business in all of your lifetimes even if you worked twenty-four hours a day on it. One of the other aspects of holographic healing is the necessity for a therapist, guide, or teacher to work with you. It's hard to heal yourself, and one reason is the risk of mental instability. You need to have somebody to anchor you.

A technique we use is to simply send a balancing and unifying energy to all parts of your self in all lifetimes that need healing, including in this lifetime. There might be parts you are not able to finish resolving in this lifetime. Perhaps

you were not able to forgive someone or resolve your feelings. These are all serious issues.

There is a holographic healing technique in which you send back to all parts of your self a healing energy. You send this energy to all those parts that were unfinished, unresolved, or unbalanced and may have been traumatized. These parts will receive healing energy, healing unity, and balance. After such a healing, you could have a new attitude of acceptance that all is as it should be and that all those things, even though they were unfinished, contributed to a new state of balance within you. Then you could go back with a new perspective and look at some of these other events in this and previous lifetimes. You can forgive yourself, and you can even reshape some traumatic memories so that they do not interfere with your current level of functioning. The important thing in personal holographic healing is to send the healing energies to those parts of you that have been traumatized. Then allow those parts to use that energy for the highest good for your healing. Sometimes the holographic healing on a personal basis might be different from what you, in your third-dimensional consciousness, would expect.

In conclusion, holographic healing is both personal and planetary, and we will give you future lectures on how to use these principles for planetary and personal work more effectively. I am Helio-ah. Good day.

Chapter 19

Maintain Your Energy Fields with Spiritual Technology Juliano and the Arcturians Greetings, this is Juliano.

We are the Arcturians! I want to speak about the Arcturian spiritual technology in relation to the third dimension and what is going on now in this dimension. I think that each time period has different spiritual technologies, so if you were living in Jerusalem in 800 or 500 BC, that spiritual technology would be different from what it is now. The spiritual technology at that time would be considered appropriate. It's amazing today to consider that animal sacrifice was widespread in

Israel and Jerusalem in 590 BC. But today that certainly would not be considered appropriate. The circumstances of this reality now have particular needs, and there must be different spiritual techniques that will help you today to have the highest spiritual resonance, the cleanest aura, and the most openings in all four of your bodies. You must have openings and clearings in your emotional, spiritual, physical, and mental bodies.

Some of the techniques that were used in 600 BC might still be appropriate. For example, they had great abilities to do sound vibrational work and other advanced spiritual techniques. To evaluate which spiritual practices are necessary now, we must take into consideration the core situation occurring on this planet.

When Galaxies Collide The third dimension and the fifth dimension are moving closer together now, and they are beginning to interact in very interesting and complex ways. The dimensions have not yet touched each other, but they are coming close. Let's compare

the intersection of the dimensions to two galaxies intersecting or colliding. For example, let's use the neighboring galaxy known as the Andromeda galaxy and our galaxy known as the Milky Way galaxy. Our galaxy might be as far as 5 million light-years from the Andromeda galaxy. That is a huge distance, but in terms of the measurement of distances in the universe, it is not a great distance. Consider that some galaxies are between 10 and 12 billion light-years away. The Andromeda galaxy is on a path that eventually is going to collide with the Milky Way galaxy. This collision is going to occur sometime in the future.

There are examples in modern astronomy of galaxies colliding. These collisions look quite beautiful and have very interesting light patterns. If you were in a galaxy in a particular star system and a star from another galaxy collided with yours as the two galaxies collided, you might not have the same opinion.

Galaxies are huge, and when two collide, neither is totally destroyed. However, some interesting explosions might occur from the interaction. The resulting intersection of the two galaxies might create a supergalaxy unlike any galaxy in this section of the universe.

Visualize the spiral galaxies of both Andromeda and the Milky Way. They are far apart now, 5 million light-years. It will take millions of years for this collision to occur. Thus, it will not happen in your lifetime. However, the Andromeda galaxy is the closest galaxy to the Milky Way, and we consider the Andromeda galaxy our sister galaxy.

Some of you starseeds have lived on the Andromeda galaxy in other lifetimes. There are different civilizations and different patterns of growth and evolution in the Andromeda galaxy. Intersecting these two galaxies might produce a superintelligent, highly evolved galactic civilization. As I said, it could also produce some explosions and collisions.

With this analogy, let us take this into the existence of the third and the fifth dimensions. I look at the third dimension as a gigantic sphere. (It's difficult to give you a description of a whole dimension because it does not have the

confines of lines.) It is extremely difficult to come up with a third-dimensional shape of a dimension. If you were to ask for a description of the shape of the universe, it would also be difficult because the universe is infinite, so there is no outer line. But due to your limitations, we will use the example of the third-dimensional sphere and apply it to the fifth dimension.

There are attractor forces of unknown origin throughout the universe. Galaxies are attracted to each other. Our galaxy is part of a system or group of galaxies that are bound by an attracting force, and this collection of galaxies is called the local group, which consists of twelve, thirteen, or fourteen different galaxies. There also exists a force attracting the interaction of the third and fifth dimensions. This type of interaction was not happening in 500 BC in ancient Israel or in ancient Greece or during the Roman Empire. This new interaction is in part why there must be more advanced and specific spiritual methods and technologies developed for the current situation. These two dimensions are getting closer.

To summarize, the intersection of a collision of the Andromeda galaxy with the Milky Way galaxy could result in some interesting and highly evolved interactions. Some civilizations might become supercivilizations. On the other hand, there could be some explosions and destruction as large bodies, suns, and star systems come close to other bodies. It could create all kinds of unknown and aberrant gravitational fields that could throw things off. This aberrational gravitational field pattern has been suggested within the Milky Way galaxy and even in your solar system.

Reversal of Your Evolutionary Process The intersection of the fifth and third dimension is going to produce highly evolved energy, new spiritual technologies, and many advancements. Also, it will cause disruptions and aberrations, unusual thought patterns, and unusual energy fields. To assimilate and process the intersection of these dimensions and the energy it brings, you must do certain spiritual practices and techniques.

One of the spiritual techniques needed is the ability to be receptive to different energy fields. You have to be open to such things as vibrational energy, auras, thought projection, bilocation, shimmering, the cosmic egg, and the

...and, thought projection, education, shimmering, the cosmic egg, and the Arcturian temple and the stargate. These are just a few of the technologies that will help you to receive, assimilate, and work with fifth-dimensional energy. If you are not open to the vibrational energy fields, the thought fields, and the aura work, then the incoming energy from the higher realms will be experienced as disorganized and chaotic.

The effects on your thought and emotional patterns could cause a regression of the evolution of humanity. When you are in a confused or chaotic energy state, for example, it is known in your modern psychology that you could revert to an earlier time when you had unresolved issues. You could use coping mechanisms that are quite primitive. Does this sound like what you're seeing now on the third dimension?

In many ways, you're seeing reversals of your evolutionary process. You're seeing the increase of primitive energy, and this is partly due to the high frequencies coming in and the inability of many people to process them. The Arcturian spiritual technology is being offered for this period to help you with this particular reality. Our spiritual exercises and techniques are offered to assist you in this time and in this unique environment. No matter what happens now, no matter how much chaos there is or how much regression in thought forms and activity, you can still hold on to your spiritual centeredness for balance.

Humans' Subtle Energy Fields Computer technology is a continuation of the mental mind of humanity.

Many of the Arcturian terminologies and processes relate symbolically to your computer technology.

These terms especially have meaning when we describe the human evolution, the human brain, and the mind. One of our favorite terms is "updating." Do you update your computer software? Have you downloaded the latest additions to your antivirus software? Do you have the latest antimalware on your computer? You might notice these updates happen frequently, sometimes daily. Why is that? The reason is that many people on this planet have negative energy and try to do bad things. One of the bad things

energy and try to do bad things. One of the bad things people like to do is harm computer systems.

You have to continually update your spiritual energy field. One of the Arcturian spiritual technologies updates your aura and energy field based on the new configurations and energies in existence. It can be a dynamic task to upgrade and update your energy field. Please do not think that once you have achieved an adequate understanding and protection that you are finished with your energy work. No! The Arcturian spiritual technology also helps you to update your energy field to be in alignment with the new shifts.

Some of you are experiencing the recent magnetic storms that occurred on the Sun last week [**Author's Note:** On January 2, 2016, there was a coronal mass ejection on the Sun] and the release of negative energies that have come from certain blockages in Earth's meridians. There has also been a downloading of higher frequencies. Earth's energy field is shifting dramatically on a daily basis, and you are all encouraged to update your shields and your energy fields.

Because things are changing so quickly, it is now required to update all four bodies (physical, emotional, spiritual, and mental). This is something that was not necessary in 500 BC. There were many changes in the social, economic, and political arenas, and there were wars at that time in the ancient world, but the situation wasn't complex in regard to humans' subtle energy fields. In contrast, even the radio wave energies today on this planet are shifting people's subtle energy fields.

The radio frequencies and the electromagnetic energy field of this planet are shifting dramatically. The recent solar coronal magnetic emission dramatically affected the electromagnetic energy field of the planet. Some of you probably felt this shift, and maybe you found yourselves a little confused, tired, or disoriented. This reaction is on top of all the other events occurring on this planet.

You are in a highly accelerated period that is remarkable for its immediate and long-lasting transformations. Changes are occurring on this planet that normally would take 20,000 to 30,000 years or even longer. You are seeing these changes happen, in some cases, in three months or even less. That means that in terms of evolution, a 20,000-year period would be needed for a climate change to occur. In 30 or 40 years, you've seen climate changes that normally would take thousands of years. How has your energy field adapted to these dramatic climate changes?

Your immune system has to be updated when there are dramatic climate changes. You have experienced changes in your electromagnetic energy field that have been so rapid that you might have had difficulty upgrading your

system. There's been a lot of difficulty in electromagnetic shielding. Your immune system is under a lot of stress because of the dramatic transformational changes you are witnessing on Earth.

The fourth dimension is a lower dimension, and it has lower vibrations. There are different levels of the fourth dimension: the lower, middle, and upper fourth dimensions. There are some very high beings on the fourth dimension. But the lower fourth dimension contains ghosts and other negative spirits who can often be mischievous. Some of these beings are parasitic, and they attach to people on the third dimension. This is a time on Earth when people's auras and energy fields are especially susceptible and vulnerable, particularly due to high drug usage. The strength of the human aura has weakened overall, often resulting in confusion and disorganization.

There have been some military experiments and activities that have damaged the protective, etheric layer between the third and fourth dimensions, creating holes in Earth's energy fields. I'm referring to specific examples of high frequency radiation activities (HAARP). Some of the recent wars used techniques that severely damaged the core etheric energy field of countries in the Middle East. This happened in the Iraqi War where the military used certain secret weaponry that disoriented and damaged the Iraqi soldiers, and it also damaged Earth's aura in that area. Negative forces from the lower fourth dimension are attaching themselves to you and creating violent acts in that area of the Middle East. All of these events make it necessary for you to upgrade your aura.

Energy-Field Upgrade Meditation Visualize your aura as four layers. You have the spiritual layer, the emotional layer, the mental layer, and the physical layer. They are all separate energy fields. Command your aura and four bodies to take the shape of the cosmic egg. Command that they all interact and merge in balance. Your spiritual energy is in balance with your mental energy, your mental energy is in balance with your emotional energy, and your emotional energy is in balance with your physical energy. Let them all respond

to this rhythmic tone. [Tones several times : To to to to tooooo.]

Let the four bodies come into balance in your aura as they all go into the shape of the cosmic egg, and see a smoothness around each system. Know that if one system goes out of balance, then the others will help bring it back into balance. Your emotional system can go out of balance due to a negative event. This may induce fear or anxiety. Your spiritual body is especially strong, and it can loan your emotional body the energy it needs to heal itself. Your emotional body is receptive to the high spiritual energy and the high spiritual light quotient you are carrying with you now.

Say these words: “My spiritual body is so strong that it can heal any imperfections in my emotional body now.” Repeat: “My spiritual body is so strong that it can heal any imperfections in my emotional body now.” Meditate on that statement. We will go into silence. [Pauses.]

I, Juliano, am sending an upgrade of light and energy into each of your crown chakras. This energy light will go into your spiritual body. [Tones several times: Ohhhhhh.] There is a golden fifth-dimensional light coming into your crown chakra and going into your spiritual body. You are able to store much higher light in your spiritual body. This higher light can be used for healing your mental, emotional, and physical bodies.

Let that energy now flow into your other three bodies. We’ll go into silence now. [Pauses.]

Earth Is Struggling for Balance Earth’s energy field also experiences these dramatic energy changes. You are planetary healers working hard to interact with the spirit of Earth. Earth is making a very intense effort to update its feedback loop systems so that it can hold its balance. But Earth is having trouble. Some of the expressions of this trouble will be seen as more violent reactions, such as fierce weather patterns, geological shifts, and an overall climate change.

Earth as a spirit really wants to hold, to the best of its ability, the systems’

balance that will allow humanity to exist. Earth is struggling and is now out of balance. Earth wants to hold the existing temperatures and weather patterns that are most advantageous to humanity. Earth doesn't want global warming or to see humanity destroyed. As I said earlier, it is a great honor for a planet to have high beings on it.

You are working as planetary healers sending light and thoughts to the noosphere. You are working to increase the number of planetary cities of light. You are doing many other things that are extremely helpful. You are helping to update and work intensively with Earth's spirit. Earth has a planetary spirit, and updates are necessary. This is why it is so important to continue to rapidly increase the planetary cities of light, because they help in the updating process to bring sacred light and a new balance to Earth. Each one of you is open to this new balance.

Use Spiritual Tools to Maintain Your Energy Field It is important to update your immune system, and many of these updates can be done by bringing down fifth-dimensional energy. One of the greatest tools that we teach is to access your multidimensional presence through thought projection. Many of the updates that you need are in your fifth-dimensional body, so when you bilocate and shimmer and go to the crystal lake, you will meet and interact with your fifth-dimensional body. As you stay in your fifth-dimensional body, you can receive these updates, and then you can etherically bring the energies with the updates back into your aura and back into your body . This is one of the most effective tools in updating.

A similar method is bilocation. Bilocation is a slight variation from thought projection. Bilocation is described as being in two different places in the physical world. In essence, using bilocation you send yourself through thought projection to another place. Shimmering is another technology that helps you to heal the aura. In shimmering, you accelerate the pulse of your aura so that your aura moves into a higher alignment with the fifth dimension.

aura moves into a higher alignment with the 11th dimension.

Get comfortable, take three deep breaths, and feel a golden light gently descend around you. It is a protective ball of light that has an opening to a fifth-dimensional corridor above you. Allow your spirit body, your aura, to rise. Your etheric double goes into this corridor and travels with me at the speed of thought to the Arcturian temple. [Chants: Ta ta ta ta ta ta ta ta ta ta ta.] At the speed of thought, you immediately arrive at the crystal lake. Look down to find your fifth-dimensional body sitting there in a comfortable position. Some of you will see that body in a yoga pose; others will see your fifth-dimensional body sitting in a chair or even standing. Find your fifth-dimensional body.

Helio-ah and I worked with your fifth-dimensional bodies before you came. To use a modern computer term, we have updated your energy field with the latest “firmware.” These updates will result in your highest functioning on the third dimension now.

Enter your fifth-dimensional body now. Again, the highest technique for increasing your immune system, for updating all four bodies, including your emotional body, is found in your fifth-dimensional body. Enter your fifth-dimensional body and receive these new updates for your system. We will go into silence now as you receive these new updates. [Pauses.]

These updates include information on how to keep your aura stronger and how to protect your immune system. I know some of you are concerned about certain insects and mosquitoes carrying diseases. For example, this is a concern now in Brazil.

These updates are critical for your immune system. They will improve your emotional body and your mental body. You must have the most advanced thoughts and the most advanced ideas for this dimensional interaction and how it affects so many people. [Chants: Ohhhhhh several times.] The updates are finished.

Now release yourself. Flow upward from your fifth-dimensional body, rise to the top of the crystal lake, and take my hand as we travel at the speed of thought back into your physical Earth body. [Chants: ta ta ta ta ta ta ta ta ta ta ta.] You are in direct alignment now with your physical body and your etheric body with all this new information. These new updates will help you to function with the changing environment, the changing energy fields, in the dramatic events that are unfolding on this planet. You will be able to maintain your unified energy field. Go into perfect alignment three feet above your physical body, and at the count of three, reenter. One, two, three! Your spirit body has reentered your physical body with all of the updates.

It will take approximately forty-eight hours to download all of this information and the updates. Even though we were only on the fifth dimension

information and the updates. Even though we were only on the 11th dimension for several minutes, the amount of information, energy, and updates you received were very high because of your receptivity to get higher information and higher programs. You will feel little surges of energy and light throughout the next forty-eight hours.

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I bless each one of you. Know that this technology is helpful, especially now. You will find an increase of so many of your skills now, particularly your planetary healing skills. I am Juliano. Good day!

Chapter 24

Human Intervention Can Help Rebalance Earth

Juliano and the Arcturians

Greetings, I am Juliano. We are the Arcturians! You can improve your abilities to work with Earth's feedback loop system. It is perhaps surprising to some that Earth's energy system operates under somewhat similar circumstances as a human being's system. Many of you are very dedicated to being planetary healers. One of the core principles of Biorelativity and effective planetary healing is learning how to work creatively and directly with Earth's feedback loop system.

The human body also has a feedback loop system. This includes the ability to regulate your internal temperature, your blood pressure, your sugar levels, and numerous functions in your sympathetic and parasympathetic systems. These systems allow you to be alive and to self-regulate. The key to a personal feedback loop system lies in its ability to self-regulate, and you will see that same principle operating on planet Earth.

Meridians in the Human Body

The human body has a very complex feedback loop system. The Chinese and the Taoists have identified hundreds of acupuncture points that seem to correlate with a personal feedback loop system that maintains balance in the human body. In Chinese medicine, the energy channels that flow throughout the aura and the body are referred to as meridians.

There is a well-known principle in Chinese medicine that an illness of any sort is a reflection of a blockage in one of the meridians. When the body is unable to overcome a blockage, it often responds through inflammation or other

unable to overcome a blockage, it often responds through inflammation or other reactive measure, such as the creation of antibodies, to combat the intrusion and blockage of the body's natural energy flow. Acupuncture stimulates the blockage to lend energy and support. With the energy feedback of the needle or even just pressing on the acupressure points, the body can self-regulate and begin to heal.

What do I mean by self-regulate? In essence, you are communicating with your immune system. You can communicate with the self-regulating system through the needles and tell your body you need more support and energy in a particular area to rebalance. It is as if you are sending a message to the self-regulating systems, nervous systems, lymph node systems, and other systems to become directly involved in this blockage. You are telling your body to bring forth more energy and more healing at the blockage point.

The human body self-regulates. In fact, your body is constantly working to remove blocks. Your body is constantly creating new antibodies and is continually working to flush out toxins, but the world you live in is extremely complex because of the toxins, pollutants, and radiation levels.

You are living in a stressful time, and I emphasize the word "stress." It is hard to describe how much stress you are under. The reason is that your total physical experience often blocks the stress experience so that you can operate efficiently and happily. Oftentimes, what your body is experiencing as stress will not come into your consciousness. Under stress, the immune system and the feedback loop system of the human body can deteriorate.

You are experiencing new stressors, toxins, and pollutants that your body is not trained to deal with. There are many reasons why blockages happen to your body. Healing through acupuncture and acupressure points can greatly assist in reawakening and activating your immune system. By using acupuncture, you ask your immune system to rebalance itself. Most importantly, you achieve this by encouraging the blockages to be removed from your body so that positive energy can flow.

We see Earth as a living organism that even includes immune and feedback loop systems. We call this planetary organism the Blue Jewel. You often call it Gaia, the spiritual name for planet Earth. It is still controversial to call Earth a living organism, but I want to point out three obvious factors:

Earth has a feedback loop system that is analogous to the feedback loop system of all living organisms.

Earth has a unique planetary balance that it must maintain for humanity and all of its living inhabitants. The balance for the biosphere maintains the life force energy field. The biosphere must keep the oxygen at a certain level, the nitrogen at a certain level and numerous other planetary systems stable

at a certain level, and numerous other planetary systems stable.

Earth's systems are extremely complex. They include a variety of earth, geological, and weather-like occurrences such as ocean currents, winds and jet streams, and tectonic plate systems. Forests directly affect the oxygen content in the atmosphere, which includes a very complex and interactive electromagnetic shielding system.

Cosmic forces and radiation are continually bombarding Earth; therefore, Earth needs a sufficient electromagnetic shielding atmosphere to block the harmful effects of radiation waves. Even the Sun constantly sends dangerous waves to Earth. The filtering in the atmosphere allows the biosphere to maintain its successful balance that supports the comfortable existence of humans and other life forms.

The lymphatic system of the human body filters out toxins and infections; Earth has a similar system. Earth has a system comparable to your nervous system. There are many undiscovered parts of Earth's living systems that have not yet been fully exposed and explained. Nonetheless, humankind must eventually learn to assist Earth so that it can regulate and hold its balance. This regulation occurs through the working of the feedback loop system.

Earth's Energy Flow

Remember, I said that the human body has meridian points, meridian channels, and energy channels. There are various estimates of how many meridians there are on a human body. Likewise, Earth as a living organism has many energy pathways and channels. When there is a blockage in the meridian system, a human becomes ill. This blockage could be in the lung, liver, or heart meridian. Earth also becomes ill when there are blockages in its energy system. The term "ill" is being used as a reference point, and the term "well" will be used to describe a continuum of wellness on Earth.

Maximum health and wellness on Earth is measured by how well Earth can sustain its biosphere so that humanity can live comfortably. There are extremes in temperatures, rainfall, and geological actions that make living difficult and even unbearable. When the atmosphere becomes too clogged with carbon dioxide, it is unbearable to breathe and will cause death.

It has been documented that large parts of the ocean are dying. There is an area in the Gulf of Mexico around Louisiana and Mississippi where tremendous amounts of fertilizer have washed down the Mississippi River and out into the Gulf of Mexico. That area is filled with toxic fertilizers that are killing the Gulf and smothering the oxygen from the ocean. There are large areas around the Gulf in which fish and other organisms cannot live because there is no oxygen in the water. This area of the planet is sick. How do you help Earth rebalance a

dead ocean? A specific response from Earth is necessary.

One possibility for healing a dead ocean area is to create lots of rain to increase water in that area. If an area of the ocean is dying, Earth's feedback loop system senses that blockage and attempts to correct it. It is the same when you have an infection and your body responds by sending antibodies to it. But after a point, you might find your body has sent all the forces it can muster and is still not successful.

There is a blockage of life force energy at the Gulf of Mexico, as well as other areas, and there needs to be some kind of intervention. With a blockage in the human body, you can use acupuncture and place a needle in that area to remind the immune system to create the necessary feedback to open up the energy flow. However, the self-correction of planet Earth is much more complex.

There are two points I want to make: (1) Earth tries to correct itself when it is out of balance, and (2) this means that Earth knows where humanity and all life forms are living on her. Earth attempts to maintain a balance and will self-correct to achieve balance for its life forms.

An example of a planetary self-correction is adding more rain to the Gulf of Mexico to dilute the fertilizer. Another example is to cause damage to a fertilizer plant that's on the Mississippi River. That might sound quite radical. There was even some suggestion that droughts or fires in Canada were related specifically to the oil drilling that was particularly damaging to the environment. There was a very severe fire near the sand oil operations in Alberta, Canada, where there also has been extreme drought. You don't know all there is to know about Earth and how Earth responds to certain intrusions in the biosphere.

It is noteworthy to observe the extreme drought and a severe fire near the areas of this dirty oil drilling in Alberta. This drilling could have been causing harm to the environment. Is it a coincidence that Earth had this response, or is it due to some other reason? My answer is that you have to be open to all factors. At this point in Earth's development, these coincidences are not accidents; they are teaching and pointing to serious and damaging circumstances. You need to pay attention and keep your minds open to all possibilities. You must work together on helping Earth's feedback loop system correct itself.

Following are some suggested interventions that can be used to help Earth rebalance. Some you are already using, and some are yet to be developed. All relate directly to Biorelativity, which you impart as a telepathic communication to Earth's feedback loop system to balance and correct irregularities and imbalances in Earth's biosphere.

Conduct Sacred Ceremonies

Conduct Sacred Ceremonies

Conduct ceremonies and sacred work at sites near or on ley lines, or Earth's meridians. Native people have often used this intervention. It is an important method of communicating with Earth's feedback loop system. It encourages shifts or changes in Earth's self-regulation patterns. There are a variety of ceremonies that can be used, such as a medicine wheel ceremony, talking circles, and drumming.

Ceremonies for ill people are effective methods of strengthening the human feedback loop system. You might be aware of the tepee healing ceremony and the sweat lodge. There are many possible variations on this theme that can be used for personal healing and development.

Recently, a beautiful attempt was made by a Native American named Blue Thunder to create medicine wheels along Earth's ley lines. This is wonderful, but it requires a strong level of coordination. The idea is equivalent to how Chinese medicine views the human system of self-healing.

You as modern people have the advantage of obtaining images of Earth from the Moon, and you can estimate where Earth's ley lines are. There need to be new insights, discoveries, and drawings of the ley lines. Ley lines are similar to meridian lines. Often ley lines and meridian lines follow river paths. Ley lines run along the Mississippi River in the United States, the Ganges River in Asia, and the Río de la Plata River in Argentina and Uruguay, as well as the Amazon River in South America. Many rivers are life force meridians. In Earth's case, humankind has mistakenly blocked these ley lines, so you have a serious situation.

Your body sets up blockages to bring forth antibodies and to fight off illness. On the other hand, humanity has erroneously built dams, polluted oceans and rivers, and allowed deadly fertilizer into Earth's channels of energy, blocking these vital pathways. This has occurred numerous times. The reasons for the dams are justified as a need for hydroelectricity. In addition, there are nuclear power plants built on ley lines. Some faults such as the San Andreas Fault and the Ring of Fire are also major Earth ley lines.

Humanity does not yet have complete maps of Earth's ley lines and meridian channels. If you agree that the San Andreas Fault represents a ley line and a powerful energy meridian line for this planet, then you should be shocked that humanity has built a nuclear power plant near it. Earth is sensitive to radiation exposure. The Fukushima nuclear power plant is on a ley line. However, there are examples of ley lines that are not blocked. There are ley lines through Greenwich, England. There is one on the equator, and there is a ley line from the North Pole to the South Pole.

One method of encouraging Earth to keep the energy flow going is to have ceremonies on the ley line pathways. This can be a very complex process. You might not be able to go to the Amazon River and perform a ceremony there because it can be very difficult to travel there. On the other hand, you might be able to do ceremonies along the San Andreas Fault because the area is close to major population centers in California.

I commend the medicine wheel work throughout the North and South American continents as a beautiful effort to open up channels. It's a monumental task. Maybe if at some point the Group of Forty is able to strengthen its membership and its operational capacity, then they will be able to help with this work.

Build Sacred Structures

Another intervention to help Earth strengthen its feedback loop system is to build sacred structures. Examples are the pyramids in Egypt and the Maya and Aztec structures. The Maya had a particularly strong understanding of Earth's ley lines and how to work with this energy in a sacred way. You can use sacred buildings to connect with cosmic energy and cosmic light. Connecting with this energy and bringing it into certain points on Earth's energy system is one of the strongest healing techniques available to humanity. We know that the Nile River is on a ley line energy system, or meridian system. The pyramids are not built exactly on the Nile, but they are close.

The ancient Egyptians were very much in alignment with the Sirians. They were aware of the relationship between the Sirian energies and Egyptian civilization. There is speculation that several of the pyramids were built in direct alignment with Sirius, and because of that alignment, the Egyptians were able to do powerful cosmic energy work that strengthen their civilization and their part of Earth and opened interdimensional corridors between ancient Egypt and the Sirians.

The Maya also built cosmic temples, which they related to the center of the galaxy. There are many examples of how humans built sacred energy sites (churches and temples) on powerful meridian lines. Another good example is Stonehenge, where there is a deep meridian line the ancient people of England used for multiple purposes. That ley line is still as powerful as it was then, and a lot of Earth healing can happen now at these points.

Through Biorelativity or Earth healing exercises, you can enter a ley line and send energy to release a blockage point. To get into a ley line and into the meridian system, it is better to enter at a strong point. This is why many of you have been so attracted to going to the pyramids and Stonehenge. You sense their

power for Earth healings. Doing Earth healing exercises near the Ring of Fire can be very powerful. Remember that we established an etheric crystal at Volcán Poás, which is on the Ring of Fire near San José, Costa Rica.

Use the Bypass Meridian System

Unfortunately, there are so many blockages on Earth's meridian system now that it might be beyond humanity's ability to repair all its blockages in the short time that is needed to complete the healing. I like to use the example of bypass surgery for this intervention. A surgeon might look at your heart and say, "Well, we can't repair 'this' vein, so we are going to put in a bypass. The energy is still flowing, and it will be just as strong as before. We are using a vein from your leg to bypass the blockage in your heart."

I use this example because we have downloaded twelve etheric crystals along certain pathways around this planet. These pathways are partly on existing ley lines. Volcán Poás is on one of the pathways for the twelve Arcturian etheric crystals and also on the Ring of Fire. Mt. Shasta is on the Ring of Fire as well as Mt. Fuji. We have established a system of strong points in these areas that is like bypass surgery for the planet. You can create a powerful flow of energy and light by using the twelve etheric crystals as a ley line in this new and emerging meridian system.

This is a meridian system superimposed by the Arcturians. It is necessary to develop this new bypass system because at times you are not going to have the power or the ability to remove all the blockages in the existing meridian system on Earth. So the third intervention in strengthening the feedback loop system is to use this bypass system.

By using these types of meridian systems (the Mississippi and the Amazon Rivers, the Arcturian crystal grid, or the Ring of Fire system), you can communicate more powerfully to Earth's feedback loop system. Again, I make the comparison to the human body. Let's say you have a problem in your lung area, and you go to the lung meridian. You unblock the area in the lung meridian, and then you can heal yourself. There are problems around the Ring of Fire and in the Gulf of Mexico. You might find it necessary to go to the closest ley line, or meridian, and do the exercise from there. I realize that because of limitations, you may not be able to do that. However, you might be close to another Arcturian etheric crystal, such as the one at Bodensee (Lake Constance), Germany. That could be your entry point into communicating more directly into the feedback loop system for Earth's healing.

Dance in the Rain

Another simple example for Earth healing is the rain dance that the Native Americans use in a ceremony to ask Earth to bring rain to an area. The Natives send that thought to a particular place. This is similar to accessing Earth's meridian system. You can go to a place close to the Ring of Fire and say, "We want to balance Earth. Please send the energy of tranquility through the geological plates. Please send rain to the drought-stricken areas." In other words, you are giving directions to Earth on how to rebalance.

Your body's system could also become confused. Your human system may not know how to rebalance itself, and you have to tell it. When doing acupuncture and putting the needle in the acupuncture point, you're essentially saying, "Okay, nervous system, lymphatic system, and muscle system, let's rethink this. Let us expand and relax, and let's put in a new energy source, a new paradigm." Your body will respond. It is the same with Earth. Earth could be blocked, and Earth might not know how to rebalance or realign itself. At these points, you give Earth these instructions: "We need more rain in California, Venezuela, and Sao Paulo."

Activate the Ring of Ascension

Crop circles are examples of cosmic energy that has come into Earth. Crop circles communicate on a deep level to Earth's feedback loop system. There are many factors involved in balancing and holding together the planet, including Earth's biosphere, ocean currents, weather patterns, and fault lines. But some of Earth's systems are not obvious. I call these cosmic interdimensional forces; they are involved in keeping this planet and the biosphere balanced. These mysterious cosmic forces are immeasurable.

There are no scientific facts available to describe or measure the effects of the interdimensional cosmic forces on this planet. Yet our observation is that these mysterious forces have an effect on the overall biosphere and the feedback loop system on Earth. Therefore, interventions on one part of the planet can affect other parts of the planet. Thus, crop circles in one area of the world can affect the whole planet!

The interdimensional cosmic effect comes from powerful galactic forces, such as alignment with the Central Sun, bringing down cosmic light from certain systems such as Arcturus, and activating the ring of ascension. The ring of ascension was created as interactive so that starseeds could feel the effect of interdimensional light. This helps starseeds apply the interdimensional healing light to Earth's feedback loop system for balancing Earth. The ring of ascension downloads light from the fifth dimension that can be used for special Earth healings.

I will conclude our brief lecture today with a meditation: *Visualize the ring of ascension as a fifth-dimensional light around Earth. It appears as a halo of golden light. Know that the golden light of the ring of ascension has cosmic healing powers. Visualize this ring of ascension also as a golden, electromagnetic source, highly charged with healing and balancing energy. As the ring of ascension light goes around the planet, see Earth's meridian system light up. See the Mississippi River or the Amazon River fill with fifth-dimensional light. Visualize the meridian lines on Earth as open and flowing.*

Now visualize a halo of light above your crown chakra. Visualize a small circle of light as a small duplicate of the ring of ascension. It is placed above your crown chakra. Let that light be downloaded into your energy system now, opening up all of your meridians, removing any blocks, and increasing your life force energy flow. [Chants: Oooo, aaaa.] Let this light healing force strengthen your immune system and your energy field. May all of your body's meridians be opened and fully charged.

I am Juliano. Good day.

Glossary Abraham Maslow — An American psychologist who described a hierarchical structure of physiological and emotional needs. To safely enter expanded consciousness, base needs must first be met.

Adam species — The term Arcturians use to refer to human beings.

Adonai — Hebrew word for God in the Old Testament. It literally means “My Lord.” It is also the galactic word for God.

Adonai Tzevaot — Hebrew for “Lord of Hosts.”

akashic records — An etheric collective library in the higher dimensions that contains all the information, thoughts, and events of all beings throughout the galaxies and their lifetimes, including past and present experiences.

Alano — An Arcturian moon planet located near the Central Sun.

alchemical dimensional transmutation — A concept that references work to advance to the fifth dimension using alchemical and quantum energies.

altered (higher) states of consciousness — A term in modern psychology used to describe different states of consciousness. This includes the dream state, trances, meditation states of consciousness, and heightened states of consciousness in which one has a higher perception of reality. This state is usually described as a condition in which one can see ultimate truth and experience the present more fully. In the 1960s, this term was also used to describe drug-induced changes in consciousness, such as what one could experience with mind-altering drugs.

Andromeda — A large spiral galaxy 2.2 million light-years from the Milky

Way. Andromeda is the largest member of our local galactic cluster. It is commonly referred to as Earth's sister galaxy.

Andromedans — An advanced, higher-dimensional race of beings from the Andromeda galaxy. A specific group of Andromedans is currently working with the Arcturians in their effort to facilitate the planetary ascension process of Earth.

arcan — Thought-form energy described as traveling in an arc wave. In Biorelativity, we use etheric crystals implanted within our arcan energy to increase the power of prayers and intentions.

archangel — A term that applies generally to all angels above the grade of angel. It also designates the highest rank of angels in the angelic hierarchy. The Kabbalah cites ten archangels. They are considered messengers bearing divine decrees.

Arcturian crystal lake — A fifth-dimensional lake on Arcturus set up to interact with Earth and the third dimension.

Arcturian etheric crystals — Fifth-dimensional crystals that originate from the etheric world and interact directly with the planetary noosphere. These crystals are great vessels for fifth-dimensional light. They can hold the unity consciousness from the fifth dimension amid the duality and polarizations of this planet. The crystals hold special codes and programs for planetary ascension.

Twelve etheric crystals were brought down, each corresponding to a certain sphere on the map of the Tree of Life. The Arcturian crystals are located in Mount Fuji, Japan; Istanbul, Turkey; Bodensee, Germany; Montserrat, Spain; Serra da Bocaina, Brazil; Poás Volcan, Costa Rica; Lake Puelo, Argentina; Lake Moraine, Canada; Copper Canyon, Mexico; Mount Shasta, California, United States; Grose Valley, Australia; and Lake Taupo, New Zealand.

Arcturian Tree of Life for Planetary Healing — An updated version of the Kabbalistic Tree of Life with the added characteristic of balancing the spheres specifically for healing and helping Earth connect with the fifth dimension. The Arcturian Planetary Tree of Life has been designed to correspond to twelve sacred areas on the planet, and it is now helping to establish a healing energy system. Each designated sacred area has been downloaded with a fifth-dimensional Arcturian etheric crystal to help it become more receptive to higher healing light.

Arcturus — The brightest star in the constellation Boötes, which is also known as the Herdsman. This is one of the oldest recorded constellations. Arcturus is also the fourth brightest star seen from Earth. It is a giant star, about twenty-five times the diameter of the Sun, and one hundred times as luminous. It is a relatively close neighbor of Earth's, approximately forty light-years away. High up in the sky in the late spring and early summer, Arcturus is the first star seen after sunset. One can find Arcturus easily by following the Big Dipper's handle away from the bowl.

ascension — A point of transformation reached through the integration of the physical, emotional, mental, and spiritual selves. The unification of the bodies allows one to transcend the limits of the third dimension and move into a higher realm. It has been compared to what is called “the Rapture” in Christian theology. It has also been defined as a spiritual acceleration of consciousness that allows the soul to return to the higher realms and thus be freed from the cycle of karma and rebirth.

ascended masters — Spiritual teachers who have graduated from Earth or teachers on higher dimensions, including archangels, higher beings from the galactic world, and prophets. A spiritual guide from any Earth religion, including Native American traditions. They have graduated from the Earth incarnational cycle and ascended into the fifth dimension.

Ashtar — The commander of a group of spiritual beings who are dedicated to helping Earth ascend. The beings Ashtar oversees exist primarily in the fifth dimension and come from many different extraterrestrial civilizations.

assemblage point —

1. A concept that appears in the shamanistic world. The assemblage point is a point in the aura. Some people think it is in the back below the neck. That point is like a valve. When that point is opened, you have an input of higher perception. That means you can see the dimensional worlds; you can see the spirits that are around us all the time.
2. The place where things come together and, through their resonance of frequencies, the whole becomes greater than its parts. The amazing thing is that there are many assemblage points (of frequency) within the Hebrew letters that relate to the Sephirot (spheres) in the Tree of Life. Once you have come to an assemblage point and know that frequency, you resonate with it and internalize it until the unity in resonance leads to entrainment.

Also, the assemblage point can spread and expand on this entrainment. Assemblage points are necessary for interdimensional interaction.

astral plane — The nonphysical level of reality considered to be where most humans go when they die.

Atlantis — An ancient advanced civilization that reportedly was in existence 10,000 or more years ago. It was reported in the readings of Edgar Cayce, and there were vague references to such a civilization by Plato. There has never been historical or scientific confirmation of this civilization.

bilocate — The ability to be in two places at the same time: physically in your body and mentally or spiritually in another dimension.

Biorelativity — A technique that encompasses the use of mental telepathy and thought processes to interact with Earth and the spirit of Earth. The downloading of energy through corridors can be viewed as an acceleration of Biorelativity. When you connect in a group consciousness with a Biorelativity exercise, you create a powerful interactive force. When you are accessing a corridor, that connection is incrementally increasing the abilities of your telepathic communications. On the more advanced level, the corridors and accessing the energy of the corridors are combined with Biorelativity techniques.

Biorelativity techniques send healing energy to the planet in a practice similar to group. Native Americans know how to pray to the Earth as a group, often asking for rain, for example. In Biorelativity exercises, groups of starseeds around the planet send healing thought to specific areas in the world. Storms, hurricanes, and even earthquakes can potentially be averted or diminished.

biosphere — A term used to describe the whole environment of Earth, including the oceans, atmosphere, and other necessary ingredients that keep and support all life.

Blue Jewel — The name Arcturians use to describe planet Earth. This is also a name of a movie made by German film producer Oliver Hauck on planetary healing, which features David K. Miller.

butterfly effect — The concept that small causes can have large effects. In chaos theory, a small change in a state can result in a large difference in another state. In weather and Earth changes, the flapping of the wings of a distant butterfly could have a significant outcome on global weather patterns.

Central Sun — The fifth-dimensional spiritual center located in the center of the Milky Way galaxy from which high spiritual energy is emitted. Earth came into direct alignment with the Central Sun in 2012.

chakras — Energy centers of the human body system. These centers provide the integration and transfer of energy between the spiritual, mental, emotional, and biological systems of the human body.

channeling — The process of entering a meditative trance to call forth other entities to speak through you. See *trance channeling* .

Chief White Eagle — A fifth-dimensional Native American guide who is very connected to Jesus and other fifth-dimensional beings.

codes of ascension — Cellular keys for the ascension sometimes described as the Keys of Enoch. The codes of ascension are contained in certain sounds and tones that can activate energy fields to open to the fifth dimension.

cohabitation — A Kabbalistic term for occupying another soul's energy in one's aura. This can be done for positive purposes, in which case a positive, highly evolved energy, such as Archangel Michael, can coexist in a person's energy field. This allows the person to accomplish, perform, and enhance his or her ability to achieve greater and more positive tasks in life. This is referred to as positive cohabitation (*Ibbur* in Kabbalah). There is also negative cohabitation, which is the occupation of the Earth energy of a person by a negative lower spirit, such as a ghost (*Dybuk* in Kabbalah). Negative spirits occupying an energy field can cause a person to act irrationally and even commit crimes and violent acts.

collective unconscious — This term, in part developed by the Swiss psychiatrist Carl Jung, is used to describe the ancient Earth archetypes and symbols used in each culture around the globe.

consciousness — “I think; therefore, I am” (a statement from Descartes) is the foundation of Western consciousness, which implies consciousness is based on thinking. “I Am That I Am” is a newer interpretation, which means, “I am aware of my being.”

corridor — A pathway or etheric tunnel on Earth that leads to a higher dimension. Corridors can be found in high-energy places such as sacred sites on Earth. The Arcturians believe that we can establish corridors within our meditation areas on Earth.

cosmic drama — A term used to describe standard conflicts that different planets experience during their evolutionary cycles. Some soul groups come from other parts of our galaxy and then incarnate on Earth to try to resolve their conflicts.

cosmic egg — The optimal shape of your aura for health benefits. When your aura is in the shape of an egg, you are expressing maximal energetic possibilities. The egg is a universal shape of wholeness, and thus it is also referred to as the cosmic egg.

cosmic memory — Energies and events that people are attracted to that are related to previous experiences locked in their cellular structures. In the theory of cellular memory, you tend to attract situations that were important to your soul development, whether positive or negative.

Council of Elders — A group of spiritual leaders who seek to lead Earth toward a higher spiritual plane.

Cro-Magnon — Early modern humans from Europe. They lived as early as 43,000 years ago. They are considered ancestors of modern Europeans and coexisted with the Neanderthals.

crystal temple — An etheric temple on the fifth dimension that has been made available by the Arcturians. The crystal temple contains a lake more than one mile in diameter that houses a huge crystal half the size of the lake itself. A huge glass dome encloses the entire lake and surrounding area, allowing visitors to view the stars.

dimension — Refers to the level of frequencies of energy. For example, etheric energy expands to higher-dimensional levels, including the fifth dimension. Awareness increases and energy progresses upward through the dimensions. This increasing energy frequency on the fifth dimension helps one experience a greater unity. That is to say, as one goes into higher dimensions (such as the fifth dimension), one experiences a greater unity — a unity that is not experienced on the third dimension, where duality and conflict are usually experienced.

dimensional bleeding — A process that can occur when there are not sufficient protections between dimensions. Many of the acts of violence, distortion, and strange events occurring on Earth are because of the bleeding of the lower fourth dimension into the third dimension. In many cases, because of these leaks, lower fourth-dimensional beings are able to come down into the third dimension and

cause great mischief. These areas in the lower fourth dimension often have lower spirits, ghosts, and generally lower energy beings.

dimensional boom — The sonic boom that occurs when a spaceship comes from hyperspace and reenters close to a planet. The planet that is being reentered can be thrown off balance by a dimensional boom.

dimensional shifting — The ability to move one's consciousness from the third dimension to higher dimensions.

dimensional waves — Pre-ascension fifth-dimensional waves of light coming down to the planet usually experienced by starseeds. You can call on the dimension energy wave to help you experience more fifth-dimensional light.

doppelgänger — A German word describing the astral double of a person. “Doppelgänger” means that there is a double, or duplicate, of your body. Your astral body energetically forms a duplicate of your physical body. When you visualize during astral travel, you work with the doppelgänger. Your etheric duplicate has powers and abilities far beyond the physical body. The physical body has limitations because it is in the third dimension, but the etheric body can bounce around, travel remotely, go through doors, and do all kinds of fun things.

Earth homeostasis — A maintained balance of certain levels of oxygen and nitrogen, as well as many other chemical factors, in the biosphere.

Earth lessons — A term in soul psychology that relates to what lessons one has to learn during this incarnation on Earth.

El Na Refa Na La — Hebrew for “Please God, heal her now!” This is a famous Kabballah healing chant.

etheric — A term used to designate the higher bodies in the human system. In India, “etheric” is used to describe the unseen energy and thoughts of humans.

etheric crystals — Invisible crystals that contain fifth-dimensional energy that have been sent to Earth by the Arcturians. The purpose of these etheric crystals is to provide healing energies to Earth's meridians.

etheric energy — The vibrational frequency that is one level higher than physical reality. Etheric energy is often referred to in terms of etheric energy bodies, which can be described as vibrational energy frequencies around objects and people that sometimes can be seen by people who have psychic abilities.

feedback loop system of Earth — Earth’s self-regulating mechanism that holds the biosphere in balance. It receives input from the planet and then makes adjustments accordingly.

fifth dimension — A higher dimension of existence that transcends the circumstances of the third and fourth dimensions. It is the realm of infinite energy and love and can be compared to the Garden of Eden. In the fifth dimension, one transcends (ascends) the incarnational cycle and graduates from Earth. Jesus is one of the ascended masters residing in the fifth dimension.

galactic cultural anthropology — The study of how societies develop on other planets.

Galactic Kachina — The intermediary between the Central Sun and this planet. In Native American Puebloan folklore, a kachina is an intermediary between the higher spirit world and this world.

galactic spirituality — A spiritual philosophy that accepts the existence of higher beings throughout the galaxy and the understanding that spirituality and planetary evolution are part of a galactic family of civilizations.

grace — A reprieve from negative karma due to good deeds . This reprieve can be brought as a blessing from spirit guides.

grid lines — Another name for energy lines that run through the planet. In Chinese medicine, energy lines that run through the body are called “meridians.”

Group of Forty — A concept of group consciousness suggested by the Arcturians to aid humans in the ascension process. According to the Arcturians, 40 is a spiritually powerful number. The Arcturians emphasize the value and power of joining in groups. A group of 40 consists of 40 members located worldwide who focus on meditating together at a given time each month. Members agree to assist each other in spiritual development. These groups assist in Earth’s healing and provide a foundation for the individual member’s ascension.

Gurhan — An ascended master from the seventh dimension in the Andromedan galaxy.

harmonic light — Fifth-dimensional light often appearing as gold balls of etheric energy. This light can be transmitted through the noosphere (the collective unconscious) and can spread energy of balance and harmony wherever

it is directed. It can be directed by the thoughts and prayers of starseeds around the planet.

Helio-ah — An Arcturian female ascended master who is the partner of Juliano. She specializes in discussing holographic energy.

Heylang — An ascended master from the Andromedan galaxy.

higher self — In Kabbalah, the self that relates directly to higher dimensions, transcending the ego.

holographic work — Described scientifically as a part of any image created through a laser that reproduces the original whole image. In fifth-dimensional work, holography is the ability to access all universal energy from any spot in the universe. Holographic healing is based on the assumption that humans can access their greater selves through holographic energy.

intermediaries — Refers to guides between the third and fifth dimensions who are here to help with the ascension.

Iskalia mirror — An etheric mirror the Arcturians helped place over the North Pole. Visualize a gigantic mirror a mile or two in diameter in the etheric realm above the North Pole and in special alignment with the Central Sun. The purpose of the Iskalia mirror is to act as a magnifier, allowing a pure energy field to reach Earth from the Central Sun.

Juliano — The main Arcturian guide and ascended master working to help activate Earth and Arcturian starseeds for ascension.

Kabbalah — The major branch of Jewish mysticism. The Hebrew word “Kabbalah” is translated as “to receive.” The study of Kabbalah can raise one’s level of consciousness to new heights and assist in unlocking the codes for transformation into the fifth dimension.

kachinas — Intermediaries for the Native Americans who bridge the gap between this third-dimensional world and the spirit world. The kachinas have a home in the San Francisco Peaks outside of Flagstaff, Arizona. Kachinas are also masked dancers embodying such spirits as well as carved dolls representing them.

Kadosh, Kadosh, Kadosh Adonai Tzevaot — Hebrew for “holy, holy, holy is the Lord of hosts.” This is a sacred Hebrew chant used to unlock the keys of

ascension.

Kuthumi — One of the ascended masters who serves Sananda. In a previous life, Kuthumi incarnated as St. Francis of Assisi. He is generally recognized as holding the position of world teacher in the planetary White Brotherhood-Sisterhood. An extensive record of his teachings can be found in the works of Alice Bailey.

lightbody — Higher etheric spirit body that is connected to the highest soul energy.

lightworkers — A term used to describe people who have spiritual interests in the higher dimensions, including studying and receiving energy from the higher dimensions. The energy from the higher dimensions is often referred to as “light” — hence the term “lightworkers.”

lower self — A description in the Kabbalah of humans’ animalistic nature, including instincts.

Lyrans — A group of advanced beings who lived near the constellation Lyra in the Milky Way galaxy.

medicine wheel — A circular pattern of rocks and crystals created on the ground by Native Americans. It is used for ceremonies, including communicating with the earth.

Merkavah, Merkabah — the term Hebrew for “chariot.” In modern spirituality, it refers to a chariot in etheric form that is used to take spiritual seekers to higher dimensions. In Kabbalah, the term means God’s throne-chariot, referring to the chariot of Ezekiel’s vision. It is also used in describing a branch in the Kabbalah called “*Merkavah* mysticism.”

Metatron — Tradition associates Metatron with Enoch, who “walked with God” (Genesis 5:22, KJV) and ascended to heaven and was changed from a human being into an angel. His name has been defined as “the angel of presence” or “the one who occupies the throne next to the Divine Throne.” Another interpretation of his name is based on the Latin word *metator*, which means “a guide or measurer.” In the world of the Jewish mystic, Metatron holds the rank of the highest of angels — that of an archangel. According to the Arcturians, Metatron is associated with the Arcturian stargate and assists souls in their ascension to higher worlds.

Michael — The name is actually a question meaning, “Who is like God?” He is perhaps the best known of the archangels and is acknowledged by all three Western sacred traditions. He has been called the Prince of Light, fighting a war against the sons of darkness. In this role, he is depicted most often as winged with an unsheathed sword, the warrior of God and slayer of the dragon. His role in the ascension is focused on helping us cut the cords of attachment to the Earth plane, which will allow us to move up to higher consciousness. In the Kabbalah, he is regarded as the forerunner of the *Shekhinah*, the Divine Mother.

monad — The original, elemental creative force. Each one of us contains a portion of that force at the center of our true essence.

multidimensional presence — Existence on several different dimensions. The Arcturians are trying to help humans become aware of their existence not only on the third dimension but also on the fifth dimension.

multidimensional self — A view of the self existing on different dimensions, including the dream world and the fourth and fifth dimensions. Aspects of the self can exist in other dimensions.

multiple personalities — In modern psychiatry, a mental illness that is described as a person having several personalities at the same time. Each personality is neither conscious nor aware of the other personalities.

Neanderthal — An extinct species of humans, possibly a subspecies of *Homo sapiens*. Neanderthals are closely related to modern humans. They lived in parts of Europe from 350,000 years ago to as recently as 32,000 years ago.

noosphere — The thought field of the entire planet. The noosphere has many levels and can, in some ways, be compared to the akashic records. It interacts with Gaia as well as the dimensional levels and stability of the planet. The noosphere is part of the etheric energy field, which is having quite a dramatic effect on all of the events manifesting on Earth.

omega light — A fifth-dimensional light that has high healing properties. The light can help transcend the world of cause and effect; thus, it can help produce miraculous healings. The effects of this healing light can be increased by toning the sounds “omega light.”

Orion — A superb, highly recognizable constellation. The most striking part is the belt, which consists of three bright stars. No other constellation contains as many bright stars.

Orions — An extraterrestrial culture that descended from another ancient civilization near the constellation Orion. The Orions have been extremely influential in the genetic makeup of the current human being, reflected now in human beings sharing physical, emotional, and mental traits.

P'taah — An ascended master and spirit guide from the Pleiades star system.

parallel lives — The idea that people live simultaneously in other universes and worlds while living in this third-dimensional world.

peak experiences — Described by Abraham Maslow as periods of heightened states of awareness and perception during which one has feelings of well-being and even ecstasy. These are experiences of expanded consciousness that result in altered states of consciousness. During these peak experiences, you can see the third dimension through a new perceptual lens. Thus, concepts difficult to understand (such as unified energy, unified field theory, or luminous strands of light theory) suddenly make sense. You can solve problems that previously might have seemed impossible.

planetary cities of light — Cities that have been activated with fifth-dimensional energy. A planetary city of light is also part of a global network of other planetary cities of light on Earth.

planetary cities of light project — A project working toward planetary healing and balancing by establishing cities of light around the planet. Each city of light has a fifth-dimensional energy field that contributes to the higher unified energy field for Earth. The key is that the planetary cities of light become united in a network. To achieve planetary ascension, Earth must have a powerful network of planetary cities working together on an interactive basis.

planetary healing — Exercises used to rebalance Earth and help the biosphere become healthy again. Planetary healing exercises can include medicine wheel ceremonies and Biorelativity meditations.

planetary mission — In soul psychology, the view that people come and incarnate on Earth to do special soul work to help the planet.

Pleiades — A small cluster of stars known as the Seven Sisters in some mythologies. Some Native Americans believe that they are descended from the Pleiades. This system is near the constellation Taurus, about 450 light-years from Earth, and is the home of a race called the Pleiadians, who have frequently interacted with Earth and her cultures. It is said that the Pleiadians have a

common ancestry with humans.

portal — An opening at the end of a corridor that allows beings to go into interdimensional space. This could allow beings to go into the fifth dimension.

quantum light — Healing light from the fifth dimension that transcends the normal cause-and-effect energy on the third dimension. Such light can create miraculous healings.

resistance — A term in modern psychology describing a defense mechanism in which one prevents oneself from seeing a truth or does not want to learn new ideas or approaches because of a fear of change.

ring of ascension — An etheric structure that was downloaded with the help of the Arcturians and ascended masters to aid Earth's ascension. The ring downloads fifth-dimensional energy into the third dimension.

Sacred Triangle — The teachings of the Sacred Triangle focus on the unity of three spiritual paradigms. Each paradigm (galactic spirituality, the White Brotherhood-Sisterhood, and the Native people teachings) on its own is not strong enough to manifest the fifth-dimensional energy necessary to heal Earth, but all three working together can bring a powerful healing energy to Earth.

Sananda — Known to many as Master Jesus. His galactic name, Sananda, represents an evolved and galactic picture of who he is in his entirety. Sananda is known as Joshua ben Miriam of Nazareth, which can be translated as Jesus, son of Mary of Nazareth.

San Francisco Peaks — A 12,000-foot mountain range near Flagstaff, Arizona, that is the sacred home of the Navajo Indians. The kachina spirits are said to live there.

self-talk — A term in modern psychology that describes the ongoing private conversation one has with oneself in the mind. Self-talk can be either positive or negative.

shimmering — Representative of an energy field on telepathic interactions between the third-dimensional starseeds and lightworkers and fifth-dimensional energy. The shimmering light is a telepathic etheric force field that is accelerated through etheric crystal work. It can be described as a circular energy field that is distributed around the planet.

The evolution of humankind is represented by new abilities and new energies. These new abilities and new energies are related in part to shimmering energy, a

THESE NEW DIMENSIONS AND NEW ENERGIES ARE RELATED IN PART TO SHIMMERING ENERGY, a methodology and force in which third-dimensional objects, people, and even weather are upgraded into a fifth-dimensional modality. On a personal level, shimmering allows your auric field to vibrate at a frequency that enables the aura to shift the electrons. The atomic structure of your cells transmutes into a vibratory energy field that elliptically shifts the cellular structures into the fifth dimension, causing a back-and-forth or “shimmering” modality. This back-and-forth shimmering modality actually affects the atomic and quantum levels of your cellular structures.

This shimmering energy is the precursor to the ascension. The ascension is an accelerated and enhanced shimmering energy in which we elevate ourselves into the fifth dimension permanently. The energy that we are now working with in shimmering is a powerful and necessary prelude to the fifth-dimension ascension. This shimmering is a force-field vibration. The global network is the scale that we are working on in terms of group ascension of the planet. The shimmering energy is also enabling powerful streams of energy to be distributed throughout the planet.

soul groups — Like-minded people who come from the same soul root or soul branch. One can often feel deeper connections with people who come from the same soul group. The term “soul group” refers to people who belong to the same soul family and soul origin. Often soul groups reincarnate together on Earth and form groups. At other times, people on Earth might incarnate alone and away from their soul groups. People in the same soul group often have similar feelings, thoughts, and inclinations. When a person is with members of his or her soul group, that person feels deeply connected. It’s like being with family.

soul lessons — In soul psychology, life lessons that a person specifically came to Earth to learn in this lifetime.

soul psychologist — A term used to describe a therapist or counselor who uses information from past lives, karma, life lessons, other dimensions, and spirit guides or mentors to help heal clients. Methods used by soul psychologists can include past-life therapy, channeling of guides and teachers, and life-between-lives therapy. Personal problems presented to soul psychologists are viewed in the perspective of a person’s soul history, which includes other lifetimes. This perspective transcends the traditional realm of modern Western psychology practices. Please note that the term “psychologist” as used in this context does not refer to the traditional practice of psychology in the twenty-first century.

space-time continuum — The four-dimensional continuum of one temporal and

three spatial coordinates in which any event or physical object is located. When you collapse space, you also collapse time.

spirit guides — Teachers from the higher realms who are guides and mentors. They give spiritual advice and recommendations and also offer insights into the higher worlds and higher consciousness.

spiritual light quotient — A term used by the Arcturians to indicate how well developed a person is spiritually. A person with a high spiritual light quotient, for example, can understand and use higher spiritual concepts such as meditation, unity consciousness, and ascension. One's spiritual light quotient can rise with age.

star family — A group of higher masters and teachers and similar to the Galactic Council from planetary systems related to Earth. The star family oversees the evolution of Earth energies as well as other planetary energies throughout the galaxy.

stargate — A multidimensional portal into higher realms. The Arcturian stargate is very close to the Arcturus star system and is overseen by the Arcturians. This powerful passage point requires that earthlings who wish to pass through it complete all lessons and Earth incarnations associated with the third-dimensional experience. It serves as a gateway to the fifth dimension. New soul assignments are given there, and souls can then be sent to many different higher realms throughout the galaxy and universe. Archangel Metatron and many other higher beings are present at the stargate.

Many people are now using the term “stargate” to refer to openings on Earth to higher dimensions when, in fact, they are describing corridors. The stargate is a magnificent, temple-like, etheric structure that can process and transform many souls.

starseeds — People who have been born with the awareness of galactic consciousness. Starseeds may also have memories of past lifetimes on other planets and feel connected to civilizations from other planets such as the Pleiades or Arcturus. Some starseeds have come to Earth at this time to assist in her evolutionary transformation.

supermind — The higher part of the mind that connects with universal and galactic consciousness.

tachyon — A small particle that travels faster than the speed of light. A tachyon

stone is an object that contains tachyon particles and is used for healing in much the same way that one uses crystals.

third dimension — The Earth plane where humans now live. There are higher dimensions beyond Earth.

thought projection — The ability to put one's mind and awareness into one's thoughts. This awareness can be in the present, past, or future. In thought projection, one can send awareness to other realities, to other locations on the third dimension, or even to other dimensions. In its highest form, thought projection can be used to send one's astral body to distant locations, either on this dimension or the fifth dimension.

Tomar — An Arcturian ascended master who specializes in using and describing Arcturian temple energy.

tones or sacred sounds — Sounds producing a vibratory resonance that helps activate and align the chakras.

trance channeling — Automatic speaking from a light trance or hypnotic, almost somnambulant, state. Trance is a type of hypnosis in which you put yourself into an altered state of consciousness. Deep trance is the way Edward Cayce used to channel. In light trance channeling, you are still awake while bringing through messages.

Tree of Life — In Jewish mysticism, the Tree of Life is a galactic blueprint for the creation of this reality. It includes ten energy emanations placed in spheres in the shape of a tree. Each sphere has a specific energy and a sacred name of God associated with it. These spheres are used for individual and planetary healing. The three spiritualities of the sacred triangle are included in the Tree of Life. The Tree of Life is not flat; rather, multidimensional and holographic with paths for manifestation.

unification — A spiritual process in Kabbalah. One unifies different energies in an attempt to bring healing or repair to the world or to oneself. There are unifications within a person's personal system and life that need to be completed. A unification is an alignment and bringing together of energies so that they are harmonious.

White Brotherhood-Sisterhood — A spiritual hierarchy of ascended masters residing in the fifth dimension. "White" is not used here as a racial term. It refers to the white light or higher frequency that these masters have attained. The

masters include Sananda, Kuthumi, Mother Mary, Quan Yin, Sanat Kumara, Archangel Michael, Saint Germain, and many other ascended beings.

Vywamus — A fifth-dimensional soul psychologist known for his insight into the psychology of Earth problems and resolution of issues related to starseeds incarnated on Earth.