

Group of Forty
Workbook



by David K. Miller

Other Publications 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

Raising the Spiritual Light Quotient

Kabbalah and the Ascension

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The Arcturians' Earth Mission

The Arcturians have been connected to Earth for 150,000 years. We have been very involved in the affairs of Earth for the past 20,000 years.

“Forty Groups of 40 will be formed for personal and planetary healing, bringing us to the 5th dimension!” — The Arcturians

A group of 40 is a unit of consciousness created to build up the necessary energy to ascend. Forty as a unit is important because it provides the energy frequency and the energy acceleration needed to move into the 5th dimension. Clearly, it will require a great deal of energy for you to move into the 5th dimension.

The 5th dimension is a higher dimension of existence that is above the 1st and 3rd dimensions. We currently live on the 3rd dimension. On the 3rd dimension, we are bound by the laws of cause and effect and the laws of reincarnation. The 4th dimension is the astral realm and also the realm of dreams. The 5th dimension transcends this and is the realm of infinite energy and love and can be compared to the Garden of Eden.

The powers of numbers increase dramatically when you are adding and increasing the overall numbers. Even a small group can accomplish and create a powerful energy. You already have created in the first Group of Forty, a foundation for other groups. The other groups may be more powerful and more close with each other or may be doing more energetic things. It is always the founders or beginners that carry the burden, because they have laid the groundwork. This concept of the Group of Forty is groundbreaking. There are others on the planet now who are working very intensely with the Arcturian energy. Do not believe or think for a moment that you are the only ones who are working with the Arcturians. But, you are working with us in a special way that is going to help manifest a planetary healing.

You have heard before that those who are appearing in 3rd dimension have the ability to take on karmic ties or burdens with the Earthlings. The way we are setting this up, with your meditations and interconnections, our coming into your dimensional space and appearing, will not be affected by the laws of karma. You also will not interfere through karma. You will not in any way suffer from our coming into your space. We are very careful about this whole issue of karma and of outside influences. We are very respectful of your work and your free will. We feel that it is of utmost importance that all those beings outside of the 3rd dimension respect and acknowledge your free will. And to work with you in a way that you can comfortably interface with them. In this way there will be total evolutionary freedom.

The Group of Forty provides that framework of freedom and non-karmic interference for all of you. Thus it will be easier for us to appear to you. You will be able to assimilate this encounter. You will not have your mind blown or be agitated. You will not be thrown off balance. With the preparation that we are providing, such encounters will not dramatically change your life. You are slowly evolving with us because you are interfacing and interacting with the 5th dimension.

At the point of an appearance by us, you will be able to take it in stride. This includes, if it becomes necessary, for us to actually intervene in any matter relating to your personal danger. For example, if you were going to be at risk for a car accident and then suddenly called on us, you can expect that we will be able to be of assistance to you. Your car could be removed and be sent 50 miles in front of the potential accident site. You might not even remember that it happened. These kind of things could occur and they would not be an interference in your karma, assuming of course that you have been working with us. It would not be a burden to us in any way.

The American Indians talk to you about the possible collapse of the 3rd dimension and we have also talked about that, but just as importantly, the conduits and openings to the 5th dimension must be maintained.

You are talking about a planetary Ascension. Do not think for a minute that suddenly everything is going to open up instantaneously and you are going to be able to go to the 5th dimension. There is much preparation. Not only preparation on a personal basis, but also preparation on a planetary basis. People will be "disappearing" up corridors with which you have been working. These corridors must be maintained. It is like other things, if you do not maintain something the weeds overgrow. A lot of this depends on how powerful the conduit was in the first place, but even a powerful conduit, if it is surrounded by negative energies, by forces that are negative, then the energy comes around and the conduit will close. There needs to be a bigger exertion to keep it open.

The Nature of Energy Fields

Juliano: I want to speak of the Cosmic Christ energy. As you are coming into your perfected energy confirmation, there is an energy exchange that can occur on the cosmic level. The Cosmic Egg refers to the perfect shape of the human aura for maximum healing in an energetically perfected state. You are able to resonate with the Cosmic Light of the Sananda Christ Light. You are also able to visualize his Cosmic Egg energy field. When you see His Cosmic Egg in the etheric level, it is like an activation of your own Cosmic-Egg energy. It is a remembering, a communication, of how energy is resonant in higher beings. Visualize the Cosmic Christ configuration in a manifestation. It is cosmic because it relates to galactic consciousness and it relates to all beings in this planet, all beings in the galaxy. All higher extraterrestrial beings have this configuration.

By seeing the perfected energy of Sananda, you are able to duplicate that perfection in your energy field. Perceive that energy and then see how it is shaped. See its coloration. Duplicate that to your best of your ability in your own energy field. (Tones: HOOoohhOOHH.) You could say that to enter the 5th dimension, you must have a perfected energy field. Now there are various aspects of the Cosmic Egg related to your chakras — the energy centers in the body. We want you also to connect the cylinder-like shapes of your chakras to the Cosmic Egg, back and front. In truth, the chakras go through you. They are not just in the front. They are related to other dimensions. In particular, connect your Crown Chakra to your Cosmic Egg.

I want to speak about the concept of other higher beings sharing your energy field. Part of the assistance being offered by the masters, by the angelic realm and by the higher extraterrestrial masters includes an acceleration of your energy. This acceleration is often accomplished by what can be called a co-habitation. It is not the co-habitation that you might have originally thought about it, which is that some spirit enters your physical body and you are “possessed.” Higher beings do not possess. They are able to come into your energy field at your request and provide an acceleration, a communication with you and provide suggestion and guidance. Therefore some are finding natural guides or teachers who are residing with them in their energy field. They are allowing other beings to assist in the repair of their energy field.

Cleansing Your Energy Fields

Greetings. This is **Juliano**. I am here to speak to you about the importance of the cleansing of your energy fields. Many of you have requested healing. Many of you are experiencing physical and emotional problems. Many are becoming burdened by the densities. We are very compassionate to your situation. In many ways this is also a time of great burden and difficulty. You have wanted this moment. You have wanted to walk through these corridors. Many of you have had to make significant sacrifices along the way. You have gone through significant accelerations that have stretched you. We want to help you in your healing. I am bringing the Starship Athena energy over the Group of Forty now.

I, Juliano, am bringing multitudes of cones of light. They look like upside down ice-cream cones. These are special cones that are descending down the corridors of light over each of you. They are coming in cones of blue streams of light. They are enveloping each of you in Arcturian blue light. Feel the blueness. Feel the cone of light descending circular-like. They engulf your entire energy field. The top is the pointed cone. It is an upside-down core. It is a cone that is absorbing all your energy field that is in density. Your entire energy and etheric body is in this cone.

We are asking the cone and your etheric body to rise together, leaving the physical body in its present place. I have opened up a huge corridor of light to serve as a travel corridor directly to the Crystal Temple. Follow me in your cone. It is a Merkabah cone of light. In Hebrew, Merkabah means chariot and in modern spirituality, it refers to a chariot in etheric form that is used to bring spiritual seekers to the higher dimensions.

Travel with me now at lightning speeds through the corridor to the Crystal Temple, which is an etheric temple on the 5th dimension that has been made available for our use by the Arcturians. The Crystal Temple contains a lake more than one mile in diameter and houses a huge crystal half the size of the lake itself.

Your etheric body is enveloped in the cone. Now we are arriving at the shoreline of the temple. All that is dense in your energy field, all that is problematic, all that is in need of healing, all that is not of the light is transferred totally into this cone. The cone is now lifting off your etheric body as you are in the Crystal Temple. Those who have requested healings have been brought here. We are offering the same healing. The cone is lifted and each of the cones goes inside the Crystal Lake. You are lifted in spirit, as all of the dense, negative, slower vibration was absorbed into your cone and put into the

waters of the Crystal Temple. The lake absorbs all that is of density and transforms it into light and higher vibration.

Hear the Arcturian clarity of healing sound. See healing light, healing vision, acceleration. Sense telepathic connection. All of these energies are now being charged and transmitted into your particular cone. The cones now emerge out of the water and I, Juliano, am directing the cones to now descend around your energy field again. All of the healing energy drops with this cone around your energy field.

You are experiencing a magnetic charge of healing light from the Arcturian Crystal Temple and from the crystal itself. The etheric temple on the 5th dimension has been made available for our use by the Arcturians. The Crystal Temple contains a lake more than one mile in diameter, which houses a huge crystal half the size of the lake itself. Send it to any areas of your Earth life that need this light directed into them. Go even deeper. Scan your body. We need you to be of the highest vibration during this alignment energy time. The cones again absorb any densities or projected problems that you may have.

The cones are lifted off and are brought back into the Crystal Lake. They are easily absorbed into the light of the lake. The cones are charged one last time with a special genetic energy that will be used only by the Group of Forty Starseeds to activate corridors connecting the stargate. I am placing those cones back on your etheric bodies. In the name of *Adonai*, in the name of *Metatron*, in the name of the Arcturians and our mission, I activate you to a higher frequency now as the cones envelope you!

Now we will descend back down the corridor with your etheric body and cone of light together. This cone will ensure the maximum function of light energy into your physical body. As you are descending, you will notice no significant decrease in your vibration. Because you are enveloped in this special cone, your energy vibration remains at its maximum. Now you descend back through the special light corridor into your Earth body. The cone of light is still around you. There is a transfer of energy light into the physical. All healings necessary are being maximized. The energy transcendence is almost complete now as this higher frequency is being maximized into the physical-ness of the Earth.

The alignments necessary for you to have in the coming time of intersection of dimensions are present. The emotional, the mental and the physical are all brought into this alignment. The genetic codes allowing you to access the special corridor to the stargate are activated in your physical body. The cones are being lifted away from you very slowly, absorbing any last-minute energies that do not belong with you. They are rising. You are sitting in maximum light energy. All the cones are gone. You are in full light, connected to all our many friends in the Group of Forty.

Boosting Your Energy Field

Juliano: The process of bringing down a corridor first entails the visualization of a tunnel of light coming from another plane. It is also helpful to visualize the 5th plane. It is important that your concept of space become altered. The 5th dimension is simultaneous with your dimension. Space is also simultaneous. Because of the difficulty of this type of visualization in your linear reasoning and logical mind, I am going to suggest that you visualize the 5th plane like a huge ball. The ball is becoming attractive to the Earth. At one point there is going to be an intersection. In fact, we are very close to the intersection. The intersection happens once every 22,822 years. Earth is coming into alignment with the Central Sun, at which point the 5th dimension intersects with the 3rd dimension, allowing a total downloading of 5th-dimensional light. This comes with a super alignment with the Galactic Sun, allowing higher light, higher thought processes and higher ability to transform every system on this planet. This year the downloading has already begun. This alignment is so close. You are on the cusp of it. So when people say that there is an upturn, it is because we are close to this 2012 alignment, which is going to be completed in the Winter Solstice of the year 2012. Different synchronistic events are occurring.

When you are visualizing the corridors, you can call on the higher energy source, such as the Arcturians, Sananda or Archangel Michael. We, the Arcturians, are designated to help you with the 5th-dimensional energy because we are already existing in this 5th-dimensional energy. When you ask to bring down energy, there are different levels of energy you can bring down. The first energy is a general energy of acceleration, which I have already brought down to you. I think you have enjoyed that boost to your energy field. Then there is the energy of knowledge, where you are asking for certain knowledge or thought forms to come in. Advanced thought forms can overcome certain diseases. I want to emphasize that connection with these corridors is also enabling you to accelerate your own personal evolution. When you are doing this work, you simultaneously assist the Earth and bring the 5th dimension close to the Earth.

At the same time, you are assisting yourself and your own evolution. You have certain problems, darkness, holes in your aura and lessons to learn, which can be healed through the higher energy that you help bring down. You would certainly want to have those lessons accelerated. When you are in the presence of the corridor, do not be shy. You can ask for personal energy, personal healing and personal thought forms, as well as healing planetary thought forms. **Please understand, you are Starseeds and the mission of the Starseed is to work with the planetary thought forms.**

In addition to this, you can use a corridor to connect to certain healing thought forms and send healing thought forms and send healing energies into the planet.

You can call on certain higher beings to come into the corridor. In particular we are working with the Galactic Kachina and other higher devas, which are energy forces.

Cosmic-Egg Meditation

0. Every morning, connect and align with purpose.

1. Set intent: Verbal or silent: “I open sacred space using *Zohar* light and call on my spirit guides and mentors for assistance.”

2. “I bilocate to Helio-ah’s Holographic Healing Chamber on the Starship Athena.”

3. Look for the flat screen on your right with no dials. Place your hands on the screen.

“I cleanse, balance and align my chakras for my best and highest good.”

“I re-create my Cosmic Egg in the perfect shape of an egg and it is the perfect thickness to protect me.

Affirmations:

1a. I AM the alchemy consciousness and the alchemy of consciousness and the alchemical master. The alchemical master — that I AM.

1b. I AM the power and presence of perfection. The power and presence of perfection — that I AM.

1c. I AM honesty, truth, love and joy! Honesty, truth, love and joy— that I AM.

1d. I AM my perfected self. My perfected self — that I AM.

1e. I embrace my human-ness without judgment and I embrace all other humans without judgment.

Color Therapy:

1. I AM the clear light of the invincibility arrow in the outside of my Cosmic Egg. The clear light — that I AM. (for protection)
2. I AM the violet ray of light in my Cosmic Egg. The violet ray — that I AM.
3. I AM the red ray of light in my Cosmic Egg. The red ray — that I AM.
4. I AM the orange ray of light in my Cosmic Egg. The orange ray that I AM.
5. I AM the yellow ray of light in my Cosmic Egg. The yellow ray that I AM.
6. I AM the green ray of light in my Cosmic Egg. The green ray that I AM.
7. I AM the blue ray of light of AA Michael in my Cosmic Egg. The blue ray that I AM.
8. I AM the indigo ray of light in my Cosmic Egg. The indigo ray that I AM.
9. I AM the white ray of light of purification in my Cosmic Egg. The white ray that I AM.
1. 10: I AM the gold and silver ray of light in my Cosmic Egg. The gold and silver ray of light that I AM.

(Combined: I AM the rainbow rays of light in my Cosmic Egg(s). The rainbow rays of — light that I AM.)

Cosmic Egg exercises: Connect to the crystal of your choice while you: Make the Cosmic Egg very small like size of a jelly bean, pulse with the crystal energy, pulse, pulse, pulse. Repeat as needed: make very large, pulse, pulse. Repeat as needed. Repeat entire exercise as many times as needed.

Closing:

“Thank-you, Helio-ah. I bilocate back into my physical body in perfect alignment to my body and to Earth. I close sacred space and thank all who have helped me!

Explaining the Cosmic Egg

Juliano: The beauty of the energy field is that it is very sensitive and responsive to healing work. No matter how many attachments, no matter how many cords are attempting to suck energy from your field, know that the energy field is very responsive to higher intervention and to correction. It is a matter of becoming aware that there is a way to access your energy field. You can, through the special techniques of sounds, healing, tones and visualizations, accelerate and repair the Cosmic Egg energy field. Seek to become aware of this energy field around your body and also as I am toning, I ask you to visualize the perfect shape of an egg field. (Tones: HHOOOHHHHH.)

This particular tone does accelerate and modify the Cosmic Egg to a perfected state. (Tones: OOH HH MMMM.) Bring this field into the perfect shape — the state of health, the state of cosmic awareness. Know that it is called the Cosmic Egg energy field because when you are in this state, when you are shaped in the proper manner I have described, then it is only natural that you develop your cosmic awareness. (Tones: OOH HH MMMM.)

In reality, you are going to transfer your energy field to the 5th dimension. The path of Ascension is through your energy field. The Ascension is a point of transformation reached through the integration of the physical, emotional, mental and spiritual self. The unification of the bodies allows one to transcend the limits of the 3rd dimension and move into a higher realm. Then, when you are controlling your energy field, you can bring the body to a higher vibration. I want you to vibrate your Cosmic Egg. I want you to become aware that the Cosmic-Egg energy field has a particular frequency. We are going to increase the frequency of that field.

The energy field will be brought into the proper shape of form. Then, we are going to accelerate it. As the “egg” is vibrated and as it is increased in energy, the body will increase its higher energy field. (Tones: OH Hh Hh Hh H.) All energies that are attached, but are not belonging to your cosmic energy field will be leaving as you increase the perfection of your shape and increase the frequency. (Tones: EWWwWwW.)

Arcturian Pulsing Technique

Meditation: Aura Contraction

Juliano: Think of your energy field. You can control the shape of your energy field by your thoughts. Thoughts are the most powerful energies in the universe. Thoughts travel faster than the speed of light. What is most important today is that you understand how your thoughts can shape your energy fields. This is part of the new evolution of humankind.

In the galaxy there is a special powerful shape of an aura. All spiritual beings in the galaxy know of this shape. We call the shape of your powerful energy field the Cosmic Egg. The shape of the egg represents perfection in the higher realms. Begin to visualize a line around your energy field. This line is approximately seven inches from your physical body. It is shaped like an egg around your body. Any holes in your aura are immediately repaired. Any attachments to your aura are immediately dissolved. I, Juliano, send a special blue light into your Cosmic-Egg energy field so that this egg energy field fills with blue light from the Arcturians.

Let us meditate together, holding this blue light in your energy field. I, Juliano, open up a corridor connecting this room to the 5th-dimensional Starship Athena. This corridor is like a tunnel and the tunnel connects from the 3rd dimension to the 5th dimension. I now send down more of this beautiful light into the room. This beautiful light comes down through the corridor and into your Cosmic-Egg light body. You are all beautiful in your Cosmic-Egg-shaped energy bodies.

This Ascension includes personal and planetary healing. Ascension has been defined as a spiritual acceleration of consciousness, which allows the soul to return to the higher realms and thus is freed from the cycle of karma and rebirth. First, we want to work on your personal healing. You have evened out your Cosmic-Egg energy so it is very smooth. You can control your aura by your thoughts. If I say to you: “connect your aura,” you can take your Cosmic Egg and contract it within one inch of your physical body. Right now, it is about five to seven inches from your body. When I say, “expand,” then bring it back out seven to nine inches from your body.

Believe me, a one-inch contraction raises your vibrations quickly to a higher level.

We take this one step further and contract the aura into a place inside your body, and all of your consciousness comes into your stomach. Then as you expand, all the lower vibrational energy in your body is discharged. This is a powerful healing. Diseases or blockages in your body are discharged out and sent out to the cosmos. Are you ready to begin the pulsing?

Using the special blue light from the Arcturian corridor, contract your aura to one inch from your body. Hold that contraction. Now release and expand it six, seven, eight, nine inches outward. You can reach out that far. Now contract again. Bring this energy within one inch from your body. Then come into the body. All lower densities and all blockages are pushed into the stomach area.

Maybe you have a problem with your lungs. Push the energy into the center of the stomach. Contract it into a ball or light in your stomach. Hold that energy and now expand. Contract it into a ball of light in your stomach. Hold that energy and now expand. Expand out and all of the densities are released out to the aura one to seven inches from your body and even 10 inches. The energy that is of a lower vibration is discharged. Do one more cycle.

Contract your energy into the center of your stomach. Hold the energy. Now expand — expand outward. Your aura is pulsing. There is a cosmic cycle of your aura, just like you have a pulse in your veins and so there is a pulse in your energy field. The pulse in your energy field has been raised. You are ready for light work.

Expelling Negative Energy and Illness

Juliano: The question is how do you know that the negative energy or illness has been expelled properly?

When the negative forces been expelled, then you feel a relief. You feel as if there has been a burden lifted from you. Please remember that in some cases, there are layers and layers of this illness. So in the case of cancer one must understand that the first layer can be expelled. However, there may be layers underneath the first layer. So that it would sometimes require several or numerous pulsings. But you should feel a sense of relief or an improvement.

The question is can this pulsing be done for someone else? It can be done, but it is more difficult. Remember that the pulse *scene* is based on the principle that you are going within your self and going outward. Therefore it would be harder for another person to do this. It would be easier for you to help the other person's external aura or energy field. This would be a better method if that person you wished to help could not participate consciously. The question is: is their ideal place to do this work? Yes, there is an ideal place. The ideal place is such as the North Rim of the Grand Canyon or any place that has a free energy — energy that is not attached energy — that is not mixed. That is energy where there are clear energy fields. This would include many high spots or high energy places. However, we recognize this cannot always be done and therefore you must do the best and choose the most likely place as possible.

Can you ask for guidance and assistance from your teachers when you are doing this and would this be helpful? Yes, you can ask for assistance and you can especially ask for the assistance in terms of this *shrink* of the pulsing. The stronger the pulsing, the

more that can be expelled. This is an energetic method that has great possibilities for you. This is **Juliano**.

Tomar's Golden-Ray Cleansing Meditation

In Connecting with the Arcturians, the Arcturians say they are all very connected to the music of Mozart, who of course, was an Arcturian Starseed. “Many of you will sense our presence while listening to the beautiful work that he did, bringing so much light to the planet.” It also says that if Mozart’s music is listened to for a period of 48 to 96 hours, the vibrations will help dissolve negative implants. Thereafter, it’s recommended that you spend a short amount of time daily cleaning your subconscious.

Obtain the Mozart music you like. One option is to load the music onto a music-playing device such as an iPod. Then listen to the music and say a prayer to Tomar asking him to shower you with his golden ray, cleansing your subconsciousness. At the end of the listening period, give Tomar thanks.

An Example of an Invocation to Use

“I call to Tomar to shine his golden light upon me, my subconscious, conscious and unconscious, the Group of Forty, all Starseeds, all Lightworkers, all of humanity, the planetary conscious, subconscious and unconscious and the 3rd and 4th dimensions to cleanse them, in the name of the I AM Presence.”

As you play the music, take a moment to really see or sense its impact on your bodies. It’s Arcturian down to its harmonics — mathematically. If you prefer to sit and listen or meditate on Mozart, you may sense that the music will gently vibrate through your aura, setting those implants free and consuming them. It’s pure, refined energy and even the densest of your bodies responds to it.

See the golden light shine down from your Crown Chakra throughout all your bodies. If you’ve never imagined where your subconscious mind is, see the light descending around your head and shoulders, around your hips to your feet and below. Imagine a basement and the light is reaching down and lighting it up. The light reveals clutter and the clutter is melting. It’s disappearing. Imagine scrub brushes cleaning up walls, floors and all the things in the subconscious that don’t belong there.

The negative implants easily can be picked up from television – from graphic scenes of violence and crime, adult content, from TV shows designed to appeal to the least common denominator in viewers. Or the implants can come from the radio — trash

talk or loud, dissonant music. Sometimes you catch them just by being in public places. They've been described as ticks stuck onto the walls of your subconscious. The golden light makes those walls smooth so there's nothing for them to grapple onto. The walls are bright and shining and the ticks are gone. But it needs to be emphasized that it's a daily cleansing that's needed to keep your subconscious clean.

You can time yourself or if you can give this exercise a few more moments, you can play the music until you receive a prompting that the work is finished. Or perhaps you finished your listening. In any case, at the close of your visualization, simply send your thanks and gratitude to Tomar for his golden light upon you, the GOF, the Starseeds and Mother Gaia.

Accelerating Your Karmic Lessons and Integrating your Earth Body with your Higher-Dimensional Bodies

Sananda/Jesus: What does it mean to be complete, or to be whole? Do you feel whole in your heart? Do you feel connected to our Father? Do you feel connected to this brotherhood/sisterhood that Mary has described? It is this feeling of connectedness and belonging. This is the force that will attract you to your Higher Self and to the highest realm, the 5th realm to which you are ascending. I have ascended and I have overseen many people's Ascension. You have so many skills and so much light already. Your Ascension is a foregone conclusion. Your Ascension is an accepted karma. I bless each of you and I ask that you also bless the Creator and that you bless your life by calling on the blessings that are due to each of you.

You can accelerate your own development. Part of the intervention that I can assist you with is the acceleration of your karmic lessons and integration of your Earth bodies with your higher-dimensional bodies. The greatest path to this acceleration is in a blessing. Ultimately we will meet as a group in the 5th dimension and we will bless the Earth together. Blessing implies the incorporation of *Adonai* Light into that person for the highest maximum push, the highest maximum healing and evolution that the being, the vessel, can hold.

I send a blessing to each of you. I use the Hebrew word because it is an especially powerful code, which will accelerate this. I ask that we work together to bless the Earth as well and to bless the solar system and your Sun. You must put yourself in a special frame of mind and be ready to receive the blessing. Remember: this blessing is an acceleration of all the points I mentioned above and even more. *Baruch*. (Hebrew for Blessed.) (Tones: *Baruch*). It is a powerful energy that you are receiving into your Earth

body. It is a fulfillment of the wish of the Creator, a fulfillment of *Adonai*, that you process this as an Earth being. Mother Mary stands over the Earth. Her arms are outstretched at this moment. Now with the power and light within you, listen as I say that word again and visualize your focus and your acceleration going into Mother's being, helping her send out this blessing to the whole planet. This is the power of the Great White Brotherhood/Sisterhood. This is the blessing to all. The lessons that need to be learned by the Earth as a whole planet can be accelerated for the greatest good and the least harm, accelerated quickly, so that the light of Shambala, the light of Gan Eden, the Garden of Eden, fills the planet. *Baruch. Baruch* (Singing: *Baruch*.) Blessed Mary, send this light out as a blessing from the Starseeds, from *Adonai*, from the Galactic Council, from all the Lightworkers. Bless Earth now. Receive not only your individual blessing, but also receive this energy of blessing from the Earth. You are part of the Earth and the blessings that come to Earth also trickle down to you.

Remember the integration of the Sacred Triangle, for it becomes unified as a circle in the center. The center is filled with the brotherhood, not only the Earth beings, but of galactic brothers and sisters.

Project the Energy of Repair into the Earth's Subconscious

Project the thought and energy of repair into the subconscious of the Earth. Recent earth tragic events can be overwhelming. There has been a tremendous release of pressure. Some say that this means that other events will occur. Catastrophic events can be viewed on a global scale as a release of pressure so that there can be a repair.

Begin to send the energy of repair into the Earth's subconscious. Focus on that energy of repair and know that the Earth's subconscious will process this energy.

You can connect to the etheric crystals. You can project this energy of repair into the crystals and the crystals can be projected, for example, into Southeast Asia, where the tsunami occurred. Truly, there is a huge gap in the energy field there and in the biosphere there. The biosphere of the whole area was in danger of collapsing. If that area had collapsed, then it could have affected other parts of the world and set up a greater biospheric collapse. The tsunami wave flowed into different areas around that whole Indian Ocean. In a similar way, the biospheric collapse energy could have propagated around the whole planet. Fortunately this did not happen.

Project the energy of repair now. We project light from our Starship Athena into the biospheric energy over the area affected by the tsunami. At the same time, we can

use your thought patterns from your energy to send in the repair light into the Earth's subconscious.

When you are finished with this meditation, with right hand above your head and your left hand facing downward with the palm being flat, just spin around seven or eight times and think of the word "repair" as you are spinning around. This spinning energy will set up a dynamic flow of repairing.

Activating your Luminous Strands of Light

Open up your thought strands. Activate and increase your strands with amperage and your connection to your 5th-dimensional self on and to the Crystal Lake now. Feel yourself vibrating. Feel yourself shimmering in your 3rd-dimensional body. Shimmering is an energy exercise that allows one's 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 5th dimension, causing a back-and-forth or "shimmering" modality. As you are connecting energetically, you are beginning to feel yourself as a vibrational being. Allow your 3rd-dimensional body to shimmer in place.

Feel and visualize thoughts of the 5th-dimensional being streams or strands, or waves of blueness and energetic packets. These packets (which are thought-projections) are now in a somewhat arc-like fashion connecting from your Crown Chakra on the 3rd dimension to the 5th-dimensional you and the Crystal Lake and to your 5th-dimensional Crown Chakra in your body there. The Crown Chakra of your body is activated and an arc of light forms over it.

The wattage and the amperage of the Earth strand intensify, making it even brighter. You can do this. That strand of thought energy is activated. It is brighter. It is more charged and as it is more charged, know that the energy is growing from you to your 5th-dimensional body and thought. Also there is energy coming back. This is an exponential increase so that the energy that you put in is returned back to you three to four times in terms of shimmering energy, which causes you to be able to think in a higher amperage or a higher wattage.

If you are able, send a second strand of thought light to your Crown Chakra on the 5th dimension. So in essence now you can have two thought strands and you have just gone from 110 volts to 220 volts using the analogy of electromagnetic energy.

Hold this connection.

Visualize Earth's Etheric Crystals

When you do Biorelativity exercises, which focuses on group thoughts working together telepathically to send healing energy to our planet, you want to have that image of the Earth as a Blue Jewel in your visual field so that you project thoughts and healing energy to the spirit of Mother Earth.

We have downloaded some very large crystal structures into the Earth. These are etheric crystal structures. We have used our interactions with you to teach you the power of an etheric crystal and how to use the etheric crystals to generate healing energy necessary to unblock the Earth's meridians. This energy can be used to bring forth healing energy and to help stabilize the Earth's bio-magnetic energy field.

Visualize the etheric crystals that are in Lago Puelo in Argentina, and in Grose Valley in Australia and also the one in Lake Moraine in Canada. Then picture one in the Bodensee area, which is in southwestern Germany on the Swiss border with Germany and also the one at the Volcán Poás in Costa Rica, and the one at Mt. Shasta in California. If you do not know exactly geographically where these places are, then you can think about their names and then visualize these places. As you visualize the crystals, see them as crystals that are one mile in diameter and also about a half mile tall. They have energy that resonates with the Arcturian Stargate, (a multidimensional portal into other higher realms) the Arcturian Crystal Temple and with higher magnetic energy coming now from the Galactic Council.

The Galactic Council at this moment sends a powerful ray of energy and higher vibrational light to these crystals. This light is to help balance the Earth and all its inhabitants and all those who participate with these crystals. The Galactic Council includes Sananda, the Arcturians, the Pleadians, representatives from the Ashtar Command and other great beings of light. They all are focusing and sending light and energy to these etheric crystals at this moment. Can you telepathically communicate with this crystals because you have projected your thoughts visually to these etheric energy crystals?

Everyone can say this affirmation: **"I am there in the etheric crystal."** You telepathically use two methodologies. You use the affirmation: **"I am there in the etheric crystal,"** as you also visualize yourself there. You move your consciousness beautifully.

The crystals interact so that when you are in one crystal, there is an automatic link to all the other crystals at the same time. With your energy there, you receive the telepathic energy that is sent from the Galactic Sun. Telepathic energy being sent from higher beings is a powerful energy, yet you still have to be a sensitive soul to receive this energy.

What is important to acknowledge is that being in an etheric crystal is like being in a high-frequency antenna field. It is like being in the largest satellite dish you can imagine on Earth. However, this time you are in a crystal, which is like a large receiving dish. It is the receiving antenna for energy from the Galactic Council. You now telepathically transmit your

thoughts and energy to the crystal. You have the ability to receive on a high-level energy coming into this planet directed from the Galactic Council.

Downloading of the Mt. Fuji Crystal

I ask you now to get into a meditative state in which you can prepare your body and your spirit to separate and I am bringing down a cover of Light over each one of you so that this cover of Light is going to join and connect to a huge circle of light that is over the North Pole. Wherever you are, you begin to feel that in your spirit. Your spirit body can leave your physical body and go through a corridor that will lead you to a beautiful interdimensional space above the North Pole. We are sitting and will join in this huge circle of light as we sit above the Earth.

Feel your spirit ascend out of your physical body and join us in this huge circle over the North Pole. Now sitting in this huge circle is an invigorating and spiritually activating experience. It is in great consciousness and great energy that you can reach your full potential. It is not a contradiction because on Earth, there is a belief, especially in the Western religions and the Western culture, that you give up your individuality to join a group, but actually in our conceptions, in our workings of groups, your individuality is actually enhanced because you feel the wonderful support of the groups. Those of you who have been in the Groups of Forty meetings and conferences have known and can attest to the great wonderful support that you feel and how that makes you feel more individual-like.

We are sitting together in this beautiful circle of Light above the North Pole.

Now I have placed a corridor of Light above the North Pole and this corridor is connected to Crystal Lake and the Crystal Temple. We will all travel together to Crystal Lake. As we are traveling through this corridor of light, know that your 5th-dimensional body is waiting for you at Crystal Lake. There are many people sitting around the lake and there many Groups of Forty members sitting around the lake, but your 5th-dimensional body is there and we are traveling through the corridor now.

As we travel through the corridor, you again enjoy this feeling of being in a state of suspension and a state of no-time and now we come into the beautiful Crystal Lake. We travel through the dome and you find your body, your 5th-dimensional body and begin to enter that body.

Begin to shimmer in the 5th-dimensional body as you are feeling higher energies and you begin to understand the nature of 5th-dimensional energy and the nature of

your 5th-dimensional powers. In the 5th dimension, you have telepathic powers that include teleportation. Teleportation is the ability to move objects with your mind and this is a wonderful asset. This is a wonderful ability for doing 5th-dimensional work.

I, Juliano, begin to raise the crystal out of Crystal Lake and as the crystal begins to rise, you, with your powers of teleportation and telekinesis can now raise the crystal. You can now raise the crystal with me and as we raise this crystal, a huge galactic cosmic energetic light of cosmic consciousness and ancient light and ancient energy — connecting links and codes to ancient time, which are locked in this crystal — are now being elevated. We raise the crystal together out of the water.

As this crystal comes out of the water, I, Juliano, with the powers of the spiritual technology of this 5th dimension, with the powers that are given to us to assist Earth, on the count of three, I am going to produce an exact duplicate of this crystal that will be right on top of this crystal. You can help me also to visualize and remember that we can do this together in our thoughts, because on the 5th dimension, what you think is what is created. This is the fantastic power of the 5th dimension. This is the fantastic energy, but it is a guarded energy because we cannot let just anyone come into 5th dimension and think and then create, unless they are in higher powers and higher thoughts and pure light.

One, two, three. A duplicate of the crystal is now exactly on top of this crystal. This is what I call an etheric double.

Remember that you have the power of telekinesis and teleportation. Teleportation is the ability to move your body to other places and telekinesis is the ability to move objects to other places. In the 5th-dimensional energy, in the 5th-dimensional light, we can think and begin to move, so I want you to think. I am here with you and I want you to think that this etheric double crystal is rising out of the etheric lake, the Crystal Lake. Go through the dome and together we are carrying it and we are transporting it through the corridor and together we transport it at the speed of thought. Remember that thought is faster than the speed of light and the speed of thought can bring this crystal back over to the North Pole.

We teleport our 5th-dimensional bodies to that point above the North Pole where we were originally sitting. We are sitting around approximately 10 miles above the North Pole with this crystal. Then enjoy in meditation this energy, so let us sit in silence while we hold this energy of light.

This crystal is absorbing powers from the Inner Earth. You know there is an opening at the North Pole to Inner Earth, so the ancient light and the ancient energies of Inner Earth are now coming into this crystal, this etheric crystal and now we will

teleport this crystal to the area of Japan and to the area of Mt. Fuji, approximately two hours away from Japan. On my command at the speed of thought! We will teleport and use telekinesis and we will bring this crystal over to Mt. Fuji.

One, two, three, *whish* . . . The crystal is now over Mt. Fuji, way above the top and some of you are perhaps even connecting energetically with them and the other 80 people who are there. They are very excited. They are drumming. They are laughing. They are celebrating and they are doing exactly the same exercises that you have just done. They are following a very similar pattern and the crystal is above now. Since we are above them, I will command and you will, with your powers of telekinesis and teleportation, cause and allow this crystal to descend into Mt. Fuji.

Slowly it descends on top of the mountain. It is going to go into the mountain, deep into the mountain for they are not on the top of the mountain. They are in a place and a plateau away from the top. That is a sacred place and this crystal and crystal energy goes into the plateau, into the depths of Mt. Fuji and we are helping this crystal go down in now.

The crystal has descended into the mountain and as the crystal descends into mountain, there is a great joy and there is a great celebration among the people. As it goes into the mountain, it is like one of those pinball machines that lights up. It is beginning to connect with all of the other crystals and little pathways. These are like neurons forming; new ley lines are forming, connecting Mt. Fuji to the other etheric crystals. It is connecting first with Montserrat and then going through all of the other crystals.

The wisdom of the ancients, this is the Ancient Crystal. This is the Crystal of Ancient Light and the Ancient Ones who came to Earth many, many 1000s of years ago, with great secrets of Light and energy. Now all of the crystals are connected to Mt. Fuji and you can feel a sense of joy. They will be on the mountain for at least a couple more hours. They are really enjoying bathing in the light.

As Above, So Below

Greetings, I am **Juliano**. We are the Arcturians. We have developed methods to override the earlier downloading. That means that there are ways to use spiritual energies, spiritual technology to supersede, to transcend, to override earlier lower downloading of affirmations or thoughts, ideas or beliefs about the nature of reality and about the nature of who you are. There is a new spiritual technology that will allow you to circumvent and to override reality, which is not based on the higher truth. We have discovered the use of the Omega Light. The Omega Light is a specialized energetic light that comes from the highest sources which, when used in our methodologies, can directly input the subconscious in a way that far exceeds normal thought and normal concentration. Using this way will help to resolve the transformation of false beliefs. It will help you to transform false beliefs about yourself, false beliefs about the nature of the planet and also, the Omega Light can be used to transform the lower astral plane. The light known as the Omega Light can purify the lower 4th-dimensional realm in the right way so that a new clarity, a new spiritual paradigm can emerge on the Earth.

Let the Omega Light fill your energy, your cosmic aura so that you can move into the highest refined consciousness. Remember that the 3rd dimension, for all its beauty, is not a refined energy the way the 5th dimension is. Remember that the level of the 3rd dimension can be viewed as somewhat crude in comparison to the 5th level. The 3rd level is very polarized, filled with duality. At the time that you are now living, there is increased polarization, increased roughness and increased crudeness. The Omega Light helps you to perceive the true refinement of nature. This means that the 5th dimension, the higher dimension where we the Arcturians come from, is a more refined level. That level of energy, that level of experience can flow into the 3rd dimension. In this interpretation, when you say “As above, so below,” then when you and I look at the higher realm, we look at the 5th dimension instead of the 4th dimension. We say ‘yes,’ the 5th dimension is a very refined level. The 5th dimension is in a beautiful energetic state. Frankly, the 3rd dimension is not matching that level of refinement.

From the new perspective, we can say “As above, so below” must be formulated with the 5th dimension in mind, ‘so below’ must be created and refined. Then the energy of the lower 3rd dimension will be challenged to be transformed so that it can be “as above.” ‘As above’ in this paradigm is the 5th-dimensional “above-ness.” The two ways of looking at this is that you will understand that there is without a doubt a continual interaction from every level in the universe into the 3rd dimension. From this perspective we can say that the 4th dimension does continually interact with the 3rd dimension. From this perspective we can also say that the 5th dimension continually

interacts with the 3rd dimension. And, the 5th dimension even interacts with the 4th dimension.

Because these levels of interaction are not apparent, one can easily overlook them. It may not be apparent that the subconscious affects the conscious. It may not be apparent to people that the lower 4th-dimensional energy affects the 3rd dimension. It may not be apparent to many people that the 5th dimension affects the 3rd dimension. In fact, it does. On every side we say that corridors are exactly being created so that the 5th-dimensional light and energy can be brought down.

You can be personal corridors for the Omega Light. Your thoughts can help to transform the nature of the 3rd-dimensional reality. Your understanding of how the 5th dimension connects to the 3rd dimension will allow you to receive the Omega Light for your personal healing and for your personal repair. I know that each of you on the physical level may be struggling with health issues. You may be struggling with financial issues. You may be struggling with getting along in your own way in this difficult time. Many problems that are manifesting now are direct results of the lower astral realm. These are inputs of lower animalistic energy, of ego energy — energies of domination and energies of control are so powerfully inputted into the lower astral realm. With that energy, it often comes in unfiltered into the minds of the world leaders. Many people are not even trying to grasp the nature of the universe and how the universe and the spiritual laws of the universe work and how the influence of other realms affects the primary realm upon which you exist.

For example, it is well known that in the lower astral realm, there are unattached spirits. There are wandering spirits; they're confused spirits and discarnate spirits. Those discarnate, unattached spirits are stuck in the lower 4th-dimensional realm. They cannot leave. They don't know how to follow the way out. They don't have people instructing them. In fact most people of a higher light wish to avoid going into this lower dimensional realm. This would be like going into a dark cellar. Nobody wants to go into a dark cellar. Even if there is a flashlight, you still don't know into what you may run into. These discarnate spirits look down on the 3rd dimension to find the light. That is the only light they see. The only energy that they see is what is below. They look for ways of attaching in the same way as a parasite would attach to a host so that that parasite will find the life force in the host. That allows the parasite to exist without fear. We see many examples on Earth now of these lower astral discarnate spirits that attach and even control the actions of people on the 3rd dimension — especially people who are using drugs or alcohol in great quantities. They also attach to people who are mentally confused and don't have the proper shaped aura. These people become susceptible to parasitic attachments from these discarnate spirits. This is why we have repeatedly asked you to work on solidifying and reformulating your aura into the shape of the

Cosmic Egg. When the aura is in the shape of the Cosmic Egg, then these parasitic discarnate spirits bounce off. They can't penetrate. Even now, as we are speaking, recalibrate your aura into the shape of the Cosmic Egg and I, Juliano, am going to send Omega Light to coat your Cosmic Egg with a new light.

Feel the Omega Light reformulating your aura into the shape of the Cosmic Egg. As it comes into that shape, it will build a great energy boost into each of you. You feel a new vibratory thrust into your spirit and into your physical body as you are connecting with this 5th-dimensional light. Meditate for a few minutes as you work on receiving this light and then I will return to explain more about the other levels.

What is downloaded from other realms affects the physical reality. The lower astral plane can bring down energy and that lower energy can become manifested. In the middle and upper astral realms, there are some wonderful energies and there is some beautiful light. There are guides and teachers in the middle and higher astral realms. Also, when you go into the 5th-dimensional realm, there is even higher light, higher vibration. That higher energy is what we, the Arcturians, are working with. We know that you want to work with 5th-dimensional energy. We can download greater energy and light and that energy and light can come into your subconscious. Then that energy and light can manifest into your reality the same way that lower astral light, lower astral energy manifests in a parasitic host. This is an increase in vibration when you work with the Arcturians and the 5th-dimensional masters. It is a higher downloading.

To download, you must have a connection and you must make a space in your energy field for this new light and new energy. Expand your Cosmic Egg. This can be done in a way that the whole aura and the lining around the cosmic aura are pushed out two or three more inches. Maybe your aura is six inches or seven inches away from your body. Now make it 10 inches. Expand! Expand! Now as you expand that, realize that you have created a space. That space is now going to be filled with light that I am going to send down to each of you. That light is going to fill the space that you have expanded. Then we will give you instructions on how to use that new light.

I, Juliano, now raise the crystal in the Crystal Lake. As that crystal is raised, there is a tremendous amount of new Omega Light being transmitted. I, Juliano, transmit, transform and download this new light coming from the etheric crystal into each of your auras so that the space that you have made in your aura is now filled with the Omega Light from the etheric crystal. Receive this downloading of light into your Cosmic Egg and you will experience it as an upliftment. Let that light stay around the expanded portion of your aura. Let that whole part of that energy field that was empty fill with this beautiful light. Now on my command, let that light from this newer etheric light gently interact with all of the energies of your own aura. These are energies that reflect your

current state of consciousness. These are energies that reflect your current physical health. These are energies that can be reflected in your emotional energies, your emotional body and all of this energy will be encompassed in your actions now and in the future. You are going to be affected by this Omega Light that is going to mingle with your energy. It will mingle with you slowly, through a process that we call “spiritual osmosis.’ This enables you to receive this light better. Now, on my command, mingle and let the Omega Light enter into all of those aspects of your energy field now.

If you have a particular problem, say in your physical health, then let this light now interact with your physical body. Let this light interact with your belief system about this physical problem. This light is a higher vibration. This light is a healing light. This Omega Light is a special vibrational energy that I have in particular brought into you so that you can use it now. Let this light interact and it will bring a beautiful healing to you. As this light fills up the darkness, the other concerns of a lower vibration are going to be pushed out of your aura through your feet. These lower energies are all unnecessary because now the higher light is coming in. All the thoughts of concern and worry and tenseness would be discharged through the feet because this new light is coming to your body. This new light is a higher vibration. It is the Omega Light.

Now I want you, please, to visualize the screen in the front of your forehead. This is the screen through which you can download certain affirmations. I would like you to put the first affirmation in today: **“I receive Omega Light continually.”** Place this affirmation on the screen. See those words emblazoned in bright letters on the mental screen. **“I receive Omega Light continually.”** Now that affirmation, that new message is going to be dropped into your subconscious on the command of three: one, two, three, NOW! This means that you can enter updated affirmations into your subconscious because you are continually receiving the Omega Light. You can continually use that Omega Light on your mental screen. Realize that any message that you put in now is going to manifest for the highest good of you and it is going to use this great energy in which we are involved.

Let us go into a second level with a second affirmation: **“I have a continual connection to downloading 5th-dimensional light. I have a continual connection that allows me to download 5th-dimensional light.”**

As light and reality of the 5th dimension is above, so here below, I will be living. This is one of the most important concepts in your Ascension work. Know that you are so connected continually with the 5th dimension that you can download that energy into your 3rd-dimensional consciousness and into your 3rd-dimensional subconsciousness so that you can update the subconsciousness. **“I send a purifying light now to my subconscious.”** This is another important message. It is not exactly like a rebooting of the computer, but it is a clearing. It is like placing a coat of beautiful vibratory light that

will be a calming and will be a great sensitivity making energy that will help your subconscious attract and hold higher thoughts from the Omega Light. Omega Light is a purifying light. **“I receive this purifying light now in my subconscious.”** Emblazon those words on the mental screen.

This light makes your subconscious very receptive to higher vibrations. Remember that these higher thoughts, this higher energy can overcome years of imbalance because the imbalanced energies that have been downloaded were on a lower-thought vibration. A higher thought vibration such as we are now using can supersede the lower thoughts. **“I allow the higher vibrational thoughts to supersede the lower vibrational thoughts in my subconscious now.”** What a beautiful affirmation.

Unifying As Above, So Below

Hey ya ho ya hey. Hey ya hooo.

I am the **Chief White Eagle**. We are all one with the Star Family. Your work is helping to unify the interaction of “as above, so below” and the energies of the Star Family are going to be coordinated so that the higher light of the Central Sun, the energy of that light will be distributed in a similar methodology through all the crystals and then it will be downloaded into the Earth.

We have always, in the Native people’s tradition, felt the necessity of bringing down the star light into the planet Earth. This downloading of star light holds the keys to the Earth’s Ascension. To that purpose, we will be working more intensely with you all. We love Mother Earth. All my relations. *Ho!*

The Etheric Crystals and the Planetary Tree of Life

Greetings. I am **Juliano**. We are the Arcturians. Thinking is the basis of the formation of the creation and thought is the basis then of the creation of the 3rd dimension. We understand that there are different levels of reality and the physical level of reality may be called the “material world.” On this world in which you live, there are polarizations, there are densities and there are certain laws of physics that dominate and control the nature of the actions on the physical world.

It is equally true that there is another world that is made up of thoughts and the thinking world. Believe it or not, it is the basis, the forerunner, of the physical world. The basis of our interventions on the Earth focus on creating a new reality and a new paradigm. This new paradigm will allow a unity consciousness and a cosmic consciousness to emerge in, on and around the Earth. What is particularly important is the cosmic consciousness.

Cosmic consciousness is a way of explaining that the energy from outside of your solar system influences your planet or that the energy from outside of your solar system can be amplified to influence the planet. In particular, we look at the Central Sun as an extra-solar energetic source, which if amplified and is correctly received, will provide new cosmic energy to the planet.

This new cosmic energy will allow people to think cosmically. To think cosmically means that you will have at your disposal energies from other galactic civilizations. It means that you will have thoughts and inventive ideas from other higher galactic beings. It also means that you can go on the etheric level for music, for art, for poetry and, of course, for channeling, which will allow you to bring down a higher vibrational thought field.

We can summarize the entire intervention that we are working on with you. We can summarize this intervention as creating a new thought force field for the entire planet. To that end, we try to describe the connections that you have with the 5th dimension and with such places as the Crystal Temple. We have said that each thought is like a projective, luminous strand of light that goes from your physical body to this 5th-dimensional temple that we have described to you as the Crystal Temple.

There is a corollary to this paradigm. This paradigm is focused on thinking. The corollary to this paradigm is the fact that your thoughts and especially, the higher thoughts, create a web of strands of light around the planet. Some of these thoughts that are strands of light go into the subconscious, the universal unconscious of the planet. They serve as purifications because we know that the consciousness has a corresponding unconsciousness and we know that the thinking is really still a relatively new aspect in the frontal lobe of the brain.

We know that the thoughts and consciousness are like icebergs and that you see the tip of the iceberg. You know that the tip of the iceberg only represents maybe 5 percent of the total iceberg, but the majority of the iceberg is under water. It is the part of the iceberg that is under water that really is affecting that top part.

And it is the same way in the unconscious. The majority of the energy of the mind is unconscious and it is affecting the top part. The strands of light are based on higher

thinking. They can coordinate projections into the unconscious. This can create an energy of purification for the unconscious. After the unconscious energy is purified, then the conscious energy, which is more of the reality that you experience in your waking life, you will improve, will be going to a higher dimension or higher realm.

In this lecture we want to explain that the strands of thoughts are actually like an umbrella of luminous strands that are being projected around the entire planet. In this way, our thinking and your thinking affects the conscious world that you see. In this way, your thinking and the thoughts that you project become, in essence, like a Creator-energy thought. The Creator made the creation through thought. After the thought, the Creator made a statement and you describe that statement as, "Let there be light."

Before the Creator could say the words, "Let there be light," there was the Creator's thought about what the formation of light would look like and how the development of the universe would unfold. The thought comes first and then the words.

In the methodology that we are teaching, we are looking to transform the planet. We are looking to transform you as well on a personal basis, so that you can move off the planet into the higher dimension. Let us look at the planet. Each of you is on a soul mission for planet Earth. Each of you has a great Love and a great desire to "heal" the planet.

Some of you have been perplexed because you have wondered, "Well, what is my soul mission and what is my planetary mission?" Maybe you have found some comfort in your own personal development, but maybe you have not really found how you can manifest and deliver to the planet.

You have joined the Group of Forty with the intention and with the hope of maximizing your participation in planetary healing. You are thinking. **Your sending out luminous strands of thought around the planet fulfills your planetary mission.** Participate in the energetic waves of thought that begin to encompass this reality. You have begun to understand the basic teachings of the levels of the interventions. You have come to understand that one of the major levels of interventions in creation is in the thinking world. For in the world of thought, in the world of thinking, strands of thought can be projected around a planet. These strands of thought are actually etheric strands that become physical. They are setting up an energetic pattern that will allow a manifestation of the thought energy into the physical.

I believe that every Group of Forty member wants to see a healing on the Earth and wants to see a manifestation of the healing. The pattern and the process for the manifestation start in the world of thought. The manifestation for your Ascension starts in the world of thought. But the healing of a planet becomes more complicated.

When I use the word healing for the planet, I want you to understand that the word “healing” in this context means **unification**. It means coming into a unified balance. I think when you use that definition, then you and other people will agree that this planet is out-of-balance. You would say, “Well, what evidence is there?” The planet is out-of-balance. If everything were left to where it is going now without an intervention, then the planet and the biosphere would collapse and life, as you know it on this planet, would end.

It is true that many people use this argument that there would be some aspects of the biosphere that may survive. For example, (we are not saying this to be humorous), you might find that the cockroaches would be able to survive in a collapse of the biosphere. You might find that the planet would be ruled by insects, for example. That means that the biosphere would not totally collapse, but I think from our standpoint, that would represent a near total collapse of the biosphere. Our definitions of the biosphere focus on an energetic sphere of light force that supports higher life. We do not consider cockroaches to be a higher life form. This biosphere, as you know it, is in danger of collapsing, or to put it another way, the biosphere will not be able to support higher life forms like yourselves if there is no intervention.

Therefore, this could be considered a collapse unless there can be a rebalancing. The rebalancing requires a re-thinking. The rebalancing requires an energetic thought field that would encompass the whole planet. This thought field and energetic field would be amplified and be imported by many people on the planet and by the planet itself. One of the basic ideals of Biorelativity and planetary healing is that the planet has to receive the energy. The planet exists and is formulated with a balance. If that balance goes out of control, then certain energetic patterns must be reintroduced that will allow the retooling, so that the energy of the planet can define and return to a higher balance. Again, we define a higher balance as a balance that will allow higher life forms to exist on the planet. The ultimate goal of the Biorelativity is to keep a balance on the entire planet that will allow it to sustain higher life forms. That then becomes the main thought pattern and that becomes the main thought-projection and thought intervention that will be used to bring the planet into a balance and will allow higher life forms to be sustained.

Of course, then the question is, “What thought form is that?” I will try to explain that thought form and how the thought form or energetic light strands from those thoughts can be encompassing the entire Earth.

I seek the vibratory tone and energy to connect us all to the vibrational thought field of the Earth.

The etheric crystals are being downloaded into the Earth for the purpose of holding the thought field patterns. The thought field patterns are very high, etherically thin light energies and I can tell you that in the current condition of the planet, it is hard to find energetic places that are centrally located that can receive, that can hold and that can transmit the thought patterns, the new cosmic consciousness, the new Biorelativity healing thought patterns that we are encouraging you to work with. Another way to say this is that it is difficult, in the current conditions, to find places that could hold the powerful 5th-dimensional thought fields that are necessary to ensure the biosphere can sustain higher life forms. For example, we could look at Jerusalem, which is, of course, a very high energetic place, but there are so many conflicting energies in that city. Therefore, it might be hard to hold a certain light frequency there of unity, of brotherhood, of cosmic consciousness that would be necessary to sustain.

We have worked to establish, to explain and to download etheric crystals. The etheric crystals that we have worked with have certain characteristics that are beneficial and are certainly useful in the planetary healing or planetary unification. The first requirement is that the crystal be multi-dimensional. That is to say that the crystal has the energy and the ability to connect and to receive thought patterns from the 5th dimension and the 3rd dimension. The second aspect of the etheric crystals is that they can hold these thought patterns and higher energy and are not subject to the polarizations and densities. Many of you here already work with crystals, especially some of the ancient crystals that you have worked with, which are referred to as the ancient skull crystals. These crystals are examples of crystals that hold energy no matter what the surrounding life force energy is or what the surrounding force field is.

In the planetary healing and the planetary work, we do not want the thought waves to be shut down. We want the thought waves to continue to go through the entire planet all the time and at the greatest amplification. This is why the etheric crystals are becoming vital. They can hold the thought waves and they can continue to amplify and to send thought signals around the planet.

We are talking about the thinking world and how the thinking world can affect what is manifested in the material world. Thinking has to be at a certain frequency and a certain signal strength and that signal strength has to be continual. Etheric crystals can hold and transmit thoughts so that they can be continual.

Each etheric crystal has a different energy and a different function in this whole thought pattern. What is interesting is that the functions of the crystals also are shifting as new crystals are added and also as new energy is being downloaded. For example, the crystal at Lago Puelo, which may have been the first crystal, had a primordial energy, an energy of beginning and an energy of activation for the whole planet. I am **Juliano**.

Greetings, I am **Archangel Michael**. These attributes or spheres in Hebrew language are known as the *Sephiroth*. They are holy spheres and in the teachings of the Ancient Ones, of the ancient rabbis, each sphere emanates an energy from God. Each sphere on the Tree of Life has an attribute that you seek to express in your lifetime. So, for example, some of the attributes are wisdom, understanding, balance, beauty, judgment, compassion and mercy. These are called divine attributes. If you hold those divine attributes, then you will look at and understand how you can transform and be in divine energy and divine light.

The Tree of Life is balanced in the male and female. Some of the spheres are feminine; some of the spheres are masculine. Sometimes in certain planets, the spheres of energy are too masculine. When they are too masculine, the energy of the planet becomes too harsh or too critical. Sometimes the spheres are too feminine and they are too surrendering. There is too much compassion. For those people who are bent on evil, sometimes compassion is not what they need. Sometimes they need judgment. Sometimes they need rectification. So you see, there has to be a certain balance. Juliano has told you that when looking at a planet, you would have to evaluate which attributes are out-of-balance.

(Toning.) *The Tree of Life on Earth is crying. It is crying. It is crying.*

The Tree of Life contains a divine influx of light. That light strikes the first Sephiroth, the Sephiroth known as Kether. It is also known as the head of the Tree of Life. The divine influx is compared to lightning. This divine lightning immediately goes to all of the etheric crystals. It creates a re-alignment so that a new balance will hold the energy. It contains a new thought energy that can sustain higher life forms in the biosphere.

The Tree of Life is called *Etz Chaim* in the Kabbalah. It the major branch of Jewish mysticism. The Hebrew word kabbalah is translated as “to receive.” It contains a blueprint for personal transformation and also a blueprint for planetary transformation. We introduce this planetary transformational energy as a paradigm that can be used for the interaction of the sacred crystals or the etheric crystals that are being downloaded. Mt. Fuji, in essence, becomes the crystal that would hold for this day the illuminating life, thunder and lightning bolt that will go through all of the crystals to bring everything into alignment.

We would find that the attributes that the Tree of Life speaks can be used for personal transformation. Its traits include wisdom, beauty, understanding, retribution, judgment, compassion, Christ Consciousness and universal awareness. These attributes have to be modified for planetary work. The essence of each crystal will come to different members’ consciousnesses. Every member will explore the crystals. Each will

know what that crystal offers and what that crystal's role is in the whole Tree of Life for the Earth.

We are going to expand the Tree of Life for the planetary healing to 12. For this time, it is a great honor to hold the energy of the crystals for this represents, in part, a completion, and then the 12 crystals will open up a new dimensional aspect to the Planetary Tree of Life!

I, Archangel Michael, crown the Planetary Tree of Life and we will welcome it in this day and, of course, will be working with you to download that crystal in a few hours.

I call on the *Zohar* light, the brilliant light from the Creator, to illuminate Mt. Fuji and to start the process of the rebalancing of all of these crystals for the planetary healing.

(Toning: *Zohar* light.)

I am **Archangel Michael**. Good day.

Journey into the Ring of Ascension

We are also committed to planetary healing. We are committed to your personal healing as well. Any increased level of personal healing will make you better planetary healers. Doing the planetary healing has an important side effect. That is, you will be able to extend the planetary healing energy into your personal healing field.

Let your DNA be activated when you hear the rapid firing sounds: *OOOhhhhhhh. Tat tat tat tat tat*. This input tones into your DNA, thereby expanding you. Physically, each of you will gain an expanded energy field that will enable you to go to another level of personal healing.

I, **Juliano**, call on each of you now to go with me to the Ring of Ascension, the etheric halo of light that appears similar to the rings of Saturn. This halo around the Earth is being activated by the Arcturians, Helio-ah, Tomar and many of the other higher space brothers and space sisters, including Sananda, the archangel energies and many other higher beings with whom you are familiar.

They now bring in a golden-blue light into the Ring of Ascension. This Ring of Ascension has an aspect of harmony and power. This helps to raise the halo of light around each person and around the planet. You, with your 3rd Eye, can project pure healing light into the ring.

Despite any feelings of disharmony you may have, each of you projects a powerful healing light into the Ring of Ascension. You are projecting your energetic healing light from your 3rd Eye into this beautiful Ring of Ascension around the Earth. The ring becomes more activated because you, as Starseeds, are interacting with the higher planetary beings.

Simultaneously, the beings of light, the Great White Brotherhood/Sisterhood, work to download energy into the Ring of Ascension and download energy and light into your Crown Chakra.

You may experience a phenomenal connection. You also upload light from your 3rd Eye up to the Ring of Ascension to help activate this halo.

Simultaneously, a circle of energetic light is emitted from the halo, the Ring of Ascension, back into your Crown Chakra. As that occurs, you experience a beautiful halo, a harmonizing golden light around you. Focus on that at this moment.

I, Juliano, activate each of you and each of your DNA structures through the Ring of Ascension connection. The more you focus on sending light from your 3rd Eye, the more we are able to return to you an energy that is twice as powerful as the energy that you send up.

This activation of your halo produces a version of the Ring of Ascension around you. Suddenly, quantum levels of golden healing energy encircle each of you now. This etheric energy is called nanolight.

As you breathe in, hold your breath for at least three seconds and then release it. As you release, you will find a huge discharge of any negativities or densities that have accumulated within you. I take this discharge of densities and send it back up to the Ring of Ascension where it is disposed of safely.

Looking for 1,600 Corridors

“But what I want to see with the Group of Forty is at least 1,600 individual corridors around the world.” — Juliano

Juliano: People need to understand what the corridors are: stairways to the higher planes and a good symbol to use. **The goal of this project is to establish a network of Forty Groups of Forty throughout the world.** The formation of 40 groups will enhance the energy of all group meditations, provide powerful Earth-healing energies and aid all members in raising their consciousness to the 5th-dimensional level. Each Group of Forty will provide the basis for building the energy necessary for group Ascension.

A newer technology for corridors came to this planet with the Starseeds. The newer technology stated that corridors can become personalized and integrated around a Starseed. You become a connecting corridor. This is a newer technology. You then can have a corridor link over your house.

You then have a corridor link in your car when you are driving. You have a corridor link where you meditate. The Starseeds who entered the planet are now coming into fruition and the new Starseeds have this wonderful ability to activate corridors. Your personal ability to connect to a new corridor means that you can link to the 5th dimension and you can link to the Galactic Corridor. You could link to the Iskalia Mirror, an etheric mirror above the Earth that attracts and brings down higher light from the Central Sun, and you can link through the Iskalia Mirror to the Central Sun. You also can link, as we have been teaching, to the etheric crystals and to the sacred spots. Eventually, we are working towards the construction of an Arcturian temple that will be a powerful 5th-dimensional corridor.

We, the Arcturians, can help you download connections to the Central Sun, but also we can help you download some of our own spiritual energy and spiritual technology, which, of course, would be uplifting for you.

To have the ability to create a personal corridor we feel is a great spiritual advancement. That means that you do not necessarily have to travel to a sacred spot. Some of you are not going to be able to travel to Argentina, for example. Some of you will not be able to travel to Canada, England or Israel. I want to emphasize that it is still helpful to go to those spots if possible. But the links by the Starseeds through personal corridors now can become equally activating for the planet. Through group contacts, the corridor links you make become more effective. (Tones: *OOOOOooooohhh.*)

I, Juliano, call on the light from the Central Sun to be sent streaming through the Iskalia Mirror, amplifying it and then that light is shining over the entire Earth. Each of you where you are has the opportunity to immediately create a corridor link to the Iskalia Mirror. You may visualize a cone or a tunnel over your head. That cone or tunnel then links to an area above the North Pole of the Earth. That area above the North Pole is in a geocentric, synchronistic orbit where the mirror is. That means that it is approximately 18,000 to 22,000 miles above that point, give or take 1,000 miles each way. It is above the point of the North Pole so that it is always over the North Pole as the Earth is rotating. Now connect to that mirror from where you are. I, Juliano, am going to continue to download light into that mirror and you are able to activate and to receive it. Now we will go into a brief meditation while we download this energy to you.

This downloading is immediately raising your Spiritual Light Quotient, or the amount of 5th-dimensional light that is in your physical energy field. Try not to measure your quotient in a percentage. Realize that you are downloading the energy necessary for a quantum-light activity. The downloading of this Central Sun Light also is setting a pattern within your energy system that will allow an acceleration. This corridor work and connection with the Central Sun and with the 5th dimension through the corridors, is important now because of the critical energy and processes during the next three-to-four-month period. You have already seen some critical activities on the planet. There is certainly a likelihood of increasing disruptive energy. At the same time, there is a now greater ability to bring down this 5th-dimensional energy through the corridors. That means there are activations of the corridors. The corridors can provide through these activations a rebalancing of the Earth energies. That means that going to the etheric crystals and even the energy in Egypt and the pyramids, is highly charged at this point. One or two of you in this group are going to visit the pyramids during the next several months. You are serving a great purpose by retooling the spiritual legacy of the Egyptians and the Egyptian pyramids. A reawakening of the Merkabah Light will occur.

I want to see in the Group of Forty corridors of 37 or 38. However many are in the group now, in the house. Perhaps each one of you might wish to develop around other areas. Then you are helping to solidify the dimensional interface. You are helping to connect the 3rd dimension with the 5th dimension. Believe me, this is nothing more powerful that you can do now. I know that we could talk about cleaning the ocean, about saving the forests, all this is so important, but each one of these things is a small portion. The Earth needs to be connected. We are looking at the big picture, which is that the Earth needs: more 5th-dimensional energy. The Earth needs higher vibrations. The Earth needs to connect to these types of thinking. When you are in the corridors, then you can generate — you can send about — powerful energy.

Q “n” A

How do you close a corridor?

The corridor will itself close. The corridor that is open cannot harm anybody. For example, people in a room are watching TV and they are playing negative music and getting drunk. That kind of energy will close this corridor. There need to be numerous corridors open. The big ones are like the ones in Sedona, Arizona.

The issue is to reopen a closed corridor. There are big corridors in different parts of the country that need to be activated. That is why groups are meeting at certain places throughout the world — to activate those corridors. This a service. Then you are solidifying the dimensional interface. You are helping to connect the 3rd dimension with the 5th dimension. The Earth needs to be connected even more to the 5th dimension. The Earth needs higher vibrations. The Earth needs to be connected to these types of thinking.

Take a minute to connect with this powerful corridor we are in. Golden beams of light from one of our ships overhead is filling this corridor in bright light and the corridor is totally expanded to encompass the entire living area. (Toning.), I, Juliano, help to open this corridor wider and help you receive more of the energy in this corridor.

I ask you to look into the corridor with your 3rd Eye and you will see an image of me standing there. I am surrounded by a golden halo as you see me. This halo is as much a protection for me as it is a sign of higher energy from your perspective.

A person who is frequently in the 5th-dimensional energy would be emitting a higher magnetic field. You need to emit a magnetic power that you can obtain from your involvement in the 5th dimension. The 5th-dimensional energy is a phenomenal energy with which you can interface. We prefer to work with a small group so that individual issues can be dealt with better. It's too easy to get lost in a larger group.

You can emit the magnetic energy that you are receiving from the 5th dimension. Thus you can open up your chakras and open up your heart. When you have a magnetic sense or field of energy connected with the 5th dimension, then you will attract other Starseeds. The magnetic energy fields that you receive from the 5th dimension is a different vibration from energy that you might receive from the 3rd dimension.

The first Group of Forty began by sending out thought waves through the 5th-dimensional corridor to the Group of Forty prospective members.

People need to understand what the corridors are: Stairways to the higher planes are a good symbol to use. The goal of this project is to establish a network of 40 Groups

of 40 throughout the world. The formation of 40 groups will enhance the energy of all group meditations, provide powerful Earth-Healing energies and aid all members in raising their consciousness to the 5th-dimensional level. Each Group of Forty will provide the basis for building the energy necessary for group Ascension.

When the negative forces have been expelled, then you feel a relief. You feel as if there has been a burden lifted from you. Please remember that in some cases, there are layers and layers of this illness. So in the case of cancer, one must understand that the first layer can be expelled. However, there may be layers underneath the first layer. So that it would sometimes require several or numerous pulsings. But you should feel a sense of relief or an improvement. This is **Juliano**.

Working with Corridors to Download Energy from the Central Sun

Greetings, I am **Juliano**. We are the Arcturians. A newer technology for corridors came to this planet with the Starseeds. The newer technology stated that corridors can become personalized and integrated around a Starseed. You become a connecting corridor. This is a newer technology. You then can have a corridor link over your house. You then have a corridor link in your car when you are driving. You have a corridor link where you meditate. The Starseeds who entered the planet are now coming into fruition and the new Starseeds have this wonderful ability to activate corridors. Your personal ability to connect to a new corridor means that you can link to the 5th dimension and you can link to the galactic corridor. You could link to the Iskalia Mirror and you can link through the Iskalia Mirror to the Central Sun. You also can link, as we have been teaching, to the etheric crystals and to the sacred spots. Eventually, we are working towards the construction of an Arcturian temple that will be a powerful 5th-dimensional corridor.

We, the Arcturians, can help you download connections to the Central Sun. Not only that, but also we can help you download some of our own spiritual energy and spiritual technology, which, of course, would be uplifting for you.

To have the ability to create a personal corridor we feel is a great spiritual advancement. That means that you do not necessarily have to travel to a sacred spot. Some of you are not going to be able to travel to Argentina, for example. Some of you will not be able to travel to Canada or England or Israel. I want to emphasize that it is still helpful to go to those spots if possible. But the links by the Starseeds through personal corridors now can become equally activating for the planet. Through group contacts, the corridor links you make become more effective. (Tones: *OOOOooooohhh.*)

I, Juliano, call on the light from the Central Sun to be sent streaming through the Iskalia Mirror, amplifying it and then that light is shining over the entire Earth. Each of you where you are has the opportunity to immediately create a corridor link to the Iskalia Mirror. You may visualize a cone or a tunnel over your head. That cone or tunnel then links to an area above the North Pole of the Earth. That area above the North Pole is in a geocentric, synchronistic orbit where the mirror is. That means that it is approximately 18,000 to 22,000 miles above that point, give or take a thousand miles each way. It is above the point of the North Pole so that it is always over the North Pole as the Earth is rotating. Now connect to that mirror from where you are. I, Juliano, am going to continue to download light into that mirror and you are able to activate and to receive it. Now we will go into a brief meditation while we download this energy to you.

This downloading is immediately raising your Spiritual Light Quotient. Try not to measure your quotient in a percentage. Realize that you are downloading the energy necessary for a quantum light activity. The downloading of this Central Sun Light also is setting a pattern within your energy system that will allow an acceleration. This corridor work and connection with the Central Sun and with the 5th dimension through the corridors, is important now because of the critical energy and processes during in the future. You have already seen some critical activities on the planet. There is certainly a likelihood of increasing disruptive energy. At the same time, there is a now greater ability to bring down this 5th-dimensional energy through the corridors. That means there are activations of the corridors. The corridors can provide through these activations a rebalancing of the Earth energies. That means that going to the etheric crystals and even the energy in Egypt and the pyramids, is highly charged at this point. One or two of you in this group are going to visit the pyramids during the next several months. You are serving a great purpose by retooling the spiritual legacy of the Egyptians and the Egyptian pyramids. A reawakening of the Merkabah Light will occur. This is **Juliano**.

Greetings, this is **Archangel Metatron**. I am happy to greet each of you as a 5th-dimensional being. I am happy that each of you is connected with your 5th-dimensional light body through your personal corridor. I am happy that you can understand the powers of the Merkabah and the power of the pyramids. Some of you are already using the pyramid energy field, even before we have spoken. Let your Ascension Codes be reactivated by these tones. Remind yourself that you have the ability that Juliano described to quantum-light activate your energy. You can increase your light field so that your light quotient is elevated by these tones. *Kadosh, Kadosh, Kadosh, Adonai Tzeva'oth* (repeat three times). Your Merkabah vehicle, the light of the Merkabah, is recharged in your system. This is like a battery. The battery needs to be recharged periodically. Your Merkabah energy field and your ability to access and unlock the higher codes, so that you can travel spiritually through the corridors, have been

recharged during this time. (Sings: *Aur ha Merkabah . . . light of the Merkabah . . . alyiah, alyiah, light of the Merkabah, aur ha Merkaba . . . alyia, Ascending with Merkabah, Light of Merkabah.* This is **Archangel Metatron**.)

Create Your Own Corridors

Juliano: Perhaps you wish to establish corridors around the area in which you live. By establishing new corridors, you are helping solidify the dimensional interface and helping to connect the 3rd and 5th dimensions. There is nothing more powerful that you can do now. The Earth needs more 5th-dimensional energy and higher vibrations and it needs to release its dense negative energy.

Waking up to Channeling

Your Crown Chakra is a powerful antenna, rising up through the ethers to the higher realms and from that vantage point, you receive information and energy and you bring it down. Remove your ego and step out of the way and remove the censor — that internal voice that tells you this is not real or that you are making it all up or that it is not very good. Be supportive of yourself and you will see that your ability to connect will increase.

First enter a meditative state. Say prayers that are special to you such as prayers calling on the energy of the *Elohim*. Second, enter a trance state and ask to be connected to a healing entity or energy from a higher dimension, such as angelic presence. Third, once feeling connected, begin to transmit healing words and tones or energy movements.

Those who are pure of heart and aware of the Ascension can quickly assimilate and do karmic work that might have taken two or three years, but because of their purity, they complete incarnational work rapidly. It comes down to intention, focus and spiritual preparation. Practice releasing and cutting the cord. Practice freeing your soul. Be comfortable with that. You are much lighter. Please pray and meditate as much as possible.

Bringing the Galaxy's Energies to Earth

Chief White Eagle: This evolution requires connecting to the Galactic Sun and the Galactic Kachina. The Galactic Kachina represents not only the Central Sun, but she also represents the soul and spirit of the galaxy. There is a soul-spirit of the galaxy, just like there is a soul to Mother Earth, which you call Gaia. There is a soul presence of the entire galaxy and the Galactic Kachina represents this soul-spiritual presence.

The Arcturians and the Ascended Native Masters have helped to bring down the Galactic Kachina. She is in a form to which you can relate. You may not have the vision of relating to a whole galaxy. Yet, I feel that you have the ability to relate to the Galactic Kachina. (Tones: *Hey Ya Hoo Heya Galactic Kachina HOOO.*) May the presence of the spirit of the galaxy, as represented by the Galactic Kachina, appear in this room. She is of the fiber and presence of the Shekinah, the Divine Mother Light. This aspect of the Galactic Kachina is an overseer of the galaxy. She speaks and she listens. She says that divine energies of the most powerful nature originate from the Galactic Center and undulate in waves to the outer realms of the galaxy, reaching Earth. These undulations of energy can be expressed through the Sun and other planetary events. The Sun has the power to release Earth from a 3rd-dimensional density and allow her to move into the 5th-dimension. (Tones: *Hey Galactic Kachina HO!*)

The Galactic Kachina wishes to hear from everyone. We will make a talking circle now. You can assist by awareness, by realizing the connection you all have with the center of the galaxy. Consider that there are intermediaries to the spirit world. Sananda is an intermediary to *Adonai*, because it is hard to grasp and communicate with the God energy directly. In the same way, it may be hard for you to connect to the concept of a galaxy, a galactic presence, a galactic image or a galactic body. She, as the Galactic Kachina, can serve as an intermediary to that spirit presence. She is not the presence of the galaxy. She is a representative, an intermediary of that presence. Think about her. Speak about her. You need not pray to her, but only speak to her. Tell her you are willing to work in connecting the energies of the galaxy to the Earth — especially the energies of the Central Sun. (Tones: *Hey ya hoooooo. Hey, hey, hooo.*)

Interacting with the Galactic Kachina

Hey ya ho ya hey. Hey ya heyyyyyyaaa! Greetings, I am the **Chief White Eagle** and blessings to my soul brothers and sisters. Blessings to all my brothers and sisters who are part of the Star Family. Blessings to all who are acknowledging the work of the Native energies, not only of the Americans, but in all parts of the planet. The Native peoples have always looked at the stars. The native peoples have always known that the energies for the life on Earth came from the star systems. The “enlightened,” or the newer energy, will continue to come. This is a critical difference between how the Native people think and perhaps how the traditional civilization thinks. The Native peoples understand that the downloading of the light and energy from the galactic sources continues. It is not stopped. The Earth is not an isolated planet from the galaxy, but rather the Earth is interacting with it on a much deeper level. The interaction is not just on the level of comets and asteroids and gamma rays from imploding stars. It is also a spiritual interaction. This spiritual interaction culminates in the Central Sun and the alignment with the Earth in 2012.

We have been very fortunate to activate and work with the Galactic Kachina. The Galactic Kachina is a spirit guide that interprets the energy of the Central Sun. The Galactic Kachina is like an intermediary. You also can speak of Jesus as an intermediary. The light from the Creator is so intense that you may not have the tools to keep yourself intact from its intensity. To put it in another way, connecting directly with the Creator Light may blow your circuits out because of the high, intense light energy. Jesus came to the planet to acknowledge that there is a way that the energy from the Creator can be stepped down so that you can reunite with that energy. This in itself is a major advancement spiritually. Without connecting to the Creator Light, many of you could have been lost through the aeons. When you have died, some went into a semi-chaotic circumstance on the astral realm. It might have been similar to a roulette wheel where at one time you came into a lifetime in America, the next time you came into a lifetime in India, then a lifetime of Native Americans. The lifetimes were not necessarily consistent advancement. Going through the energy of Jesus now offers you a guaranteed advancement to a higher energy that would include the 5th dimension.

The Galactic Kachina is an intermediary offering advancement. I am not saying that the Galactic Kachina is a religious intermediary. The Galactic Kachina is a spirit guide that helps to step down the energy from the galaxy, the Central Sun. What is this energy from the Central Sun? The Central Sun provided the birth of many souls on the Earth. The Central Sun is where there are many high planetary systems that are in existence. The Central Sun planets house many of the homes that some of you came from many aeons ago. The Central Sun area houses some advanced spiritual planetary systems. Some of these systems are in the 5th and 7th dimensions. You would have to

consider that the closer you are to the Central Sun, then the closer you are in terms of birth of the galaxy. You on the Earth would be considered to be in a young position whereas those towards the center would be older. The energy from the Central Sun contains new wisdom, new spiritual clarity and new spiritual energy. Juliano talked about traveling in a rocket at the speed of light and the energy needed for such a journey would be enormous. He said that the spiritual energy that you would need to Ascend would be enormous. He implied that you would need an untold, indescribable amount of spiritual energy to lift you up into another dimension. Now, the energy from the Galactic Sun does have that level of energy that you need and you can tap into that level of energy. You can find and receive an upliftment that would not be available to you normally. *Hey ya hey yaaaa!*

I, the **Chief White Eagle**, call on the Galactic Kachina to appear in a vision to each of you. To many of you she will appear as the most beautiful divine woman with a beautiful halo and beautiful stars around her. To others, you may see her as a Native American goddess. To others she may appear in a form that can only be described as extraterrestrial, being perhaps as a Pleiadean source or as some 7th-dimensional being that carries a light frequency. You know that in a vision when you see a higher energy, then that energy raises your energy. People who have had visions of Mother Mary often have been changed for life. This is the level of intensity of the light carried by the Galactic Kachina. For most of you there are not words to encompass or to describe how you would relate to this type of energy. The closest that there is in the Native systems is the discussion of the White-Buffalo Woman. The White-Buffalo Woman in some ways is comparable to the Messianic energy of Jesus. The two are somewhat different. The healing power is so strongly activated by White-Buffalo Woman. White-Buffalo Woman is connected to the Galactic Kachina. The Galactic Kachina activates White-Buffalo Woman. The Galactic Kachina also activates Messianic Light onto this planet.

Many of you might be surprised that Chief White Eagle is speaking about Messianic Light in terms of the Galactic Kachina, in terms of the Central Sun. Messianic Light is a fantastic healing and activation energy. (Tones: *HOooOOhooo heyyyyyy.*) In essence, White-Buffalo Woman, Jesus and Messianic healing forces, light and energy come from the higher 5th dimension. The Pleiadeans, the Arcturians, the Andromedans and others, all participate in the energy that is being brought to the Earth by the Galactic Kachina.

I feel the energy of the White Eagle with each of you. The power of the white energy field is strong as each of you have activated in your own corridor. I am **Chief White Eagle**. *Ho!*

The Galactic Kachina Activates the White-Buffalo-Calf Woman

Hey ya ho ya hey. Hey ya heyyyyyyaaa! Greetings, I am **Chief White Eagle** and blessings to my soul brothers and sisters. Blessings to all my brothers and sisters who are part of the Star Family. Blessings to all who are acknowledging the work of the Native energies, not only of the Americans, but in all parts of the planet. The Native peoples have always looked at the stars. The Native peoples have always known that the energies for the life on Earth came from the star systems. The “enlightened,” or the newer energy, will continue to come. This is a critical difference between how the Native people think and perhaps how the traditional civilization thinks. The Native peoples understand that the downloading of the light and energy from the galactic sources continues. It is not stopped. The Earth is not an isolated planet from the galaxy, but rather the Earth is interacting with it on a much deeper level. The interaction is not just on the level of comets and asteroids and receiving gamma rays from imploding stars. It is also a spiritual interaction. This spiritual interaction culminates in the Central Sun and the alignment with the Earth in 2012.

We have been very fortunate to activate and work with the Galactic Kachina. The Galactic Kachina is a spirit guide that interprets the energy of the Central Sun. The Galactic Kachina is like an intermediary. You also can speak of Jesus as an intermediary. The light from the Creator is so intense that you may not have the tools to keep yourself intact from its intensity. To put it in another way, connecting directly with the Creator Light may blow your circuits out because of the high, intense light energy. Jesus came to the planet to acknowledge that there is a way that the energy from the Creator can be stepped down so that you can reunite with that energy. This in itself is a major advancement spiritually. Without connecting to the Creator Light, many of you could have been lost through the aeons. When you have died, some went into a semi-chaotic circumstance on the astral realm. It might have been similar to a roulette wheel where at one time you came into a lifetime in America, the next time you came into a lifetime in India, then a lifetime of Native Americans. The lifetimes were not necessarily consistent advancement. Going through the energy of Jesus now offers you a guaranteed advancement to a higher energy that would include the 5th dimension.

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Calling Up the Ancient Ones to Interact with Us

Hey ya ho ya heyyyy!

Greetings. We are all brothers and sisters. All my words are sacred. I am the **Chief White Eagle**. At a time when dark clouds come to the sky, we gather in a circle and we begin to chant; we begin to pray. At the time when it looks like darkness and contractions are on the planet, we call on the Ancient Ones. We call on our ancestors to help us connect to the force field of transformation, to the force field of light. We seek in our circle to uplift ourselves so that we are in greater communication with the Ancient Ones, so that we are in greater communication with our grandfathers and grandmothers, so that we are in greater communication with the wise ones. When we begin to do what Metatron and the Arcturians call the shimmering, we of the Native peoples find that we simultaneously are connecting with the Ancient Ones, with our Star Family, with our lineage of grandfathers and grandmothers, with ancient uncles and aunts, with our brothers and sisters and with our soul families. When this happens, then we are feeling more personal power. We are feeling like we are not alone. We are feeling like the Ancient Ones are connecting with us and are sending us energy to perform the sacred duties, the sacred tasks of the shimmering and the connecting to the 5th dimension. We know that we do not stand alone. We stand in a lineage and that lineage is enhancing. Then we are downloading the soul essences of our own Higher Selves and the soul essences from our lineage. Some of you stand in the lineage of Natives, but also some of you stand in the lineage of Starmasters and your Star Family. Open now to your lineage.

Heyeeeh, Hey Ya HeyYaAaA YaYa.

Oh Grandfathers, Grandmothers, we open to your light from the 5th dimension. We receive your knowledge that will help us to unlock these codes within our hearts, within our mind. Give us these 5th-dimensional abilities. Oh Grandfather, Grandmother, we know that the ultimate healing sources for this planet come through the connections to the Star Families and the Starmasters who are now connecting. Oh Grandmother, Grandfather, we are with you. Since we know, oh Ancient Ones that you are in a higher place than we are. Oh Ancient Ones, we know that you are in constant communication with the Star Teachers. We open ourselves up to you, Grandfather, Grandmother, so that we can receive an energy that is more refined than what we could usually access by ourselves.

The star Sirius in the sky near the constellation Orion was a source of great enlightenment for the Ancient Ones. They ask that all of you that can see that star connect with your eyes to open and receive the light of Sirius, for Sirius is connected with many ancient civilizations. Sirius is connected with many ancient star energies. Oh Grandfather, Grandmother, you teach us that the star energies are transformational.

The star energies are 5th-dimensional. The star energies contain new energy and light. The star energies are encoded. They can be activated and they can activate the crystals. The star energies also can seal the fractures in the Earth's aura. We say let the star energies, Grandfather, Grandmother, that you are helping us to connect with, help to seal and connect the fractured Inner Earth. We focus on the healings of the aura of the Earth and its outer level. On this point, we are given instructions through you, oh Grandfather, Grandmother, to send this healing shimmering light to the Inner Earth. (Author's note: for information about the Inner Earth and Telos, the underground city beneath Mt. Shasta in California, go to www.DianneRobbins.com).

For we know, Grandfather, Grandmother, that the Inner Earth has also been greatly affected by the nuclear energies and by the other cosmic rays and radar rays that have been activated by the military people. We know that the Inner Earth now needs our thoughts and prayers. *Hey ya hooooooo. Hey yey. Hey hey yoooo.* Let the Inner Earth receive the shimmering light from the Starseeds. The Inner Earth is glowing. The Inner Earth is filled with the 5th-dimensional light and the Telos cities of light in the Inner Earth receive our blessings from the Lightworkers on the surface and from the Grandfathers and the Grandmothers of the Ancient Ones that are connected with us tonight. All my words are sacred. *HO!*

The Clearing of Cellular Memory

Greetings, I am **Juliano**. We are the Arcturians. Bring yourself to the highest vibrational energy now as we will now embark on a cleansing and clearing. Bring yourself to your highest light frequency and blend and bond with all who are participating now in this exercise so that you will gain an upliftment energetically in your vibratory light. You will now be able to participate to the fullest extent possible in this exercise.

Feel a blue corridor of light above each of you. This blue corridor of light is connecting you and your energy to the 5th dimension. Your spirit body is lifting out of your physical body — lifting out from the Crown Chakra. As your spirit body, which we also will refer to as the spirit-astral body, is lifting out of your body, it will carry the imprints and memories in your emotional body, your physical body and in your mental

body. All those memories and all those imprints are now coming with your spirit-astral body. Even those memories that may not be in your awareness now are still being called upon to come in this journey. Your spirit-astral self rises out of your physical body and follows the blue corridor of light. You travel through the blue corridor of light to the Starship Athena. As you connect with the Starship Athena, you enter our huge healing room. In the healing room, there are your personal holographic healing chambers. You may enter your own personal chamber that we have set aside and programmed for you. Each chamber has an appearance somewhat like a telephone booth. It has a comfortable chair and a computer screen and other advanced spiritual technologies. Enter your own holographic booth.

Become aware of all the cellular memories in your four bodies. You can energetically project these memories into our holographic computer and its holographic computer screen. These are cellular memories so they are directed by your thought-projection and your commands. As they are projected onto the screen, notice that many memories and images are simultaneously, or in nanoseconds, going through the screen. You are looking at them with intense interest. You are processing them with lightning-like speed. Take a moment to allow this fantastic energetic light from your cellular memories to pass through the screen. Some of these images are from other planetary systems. Some images are from other lifetimes that you participated in and may not even remember. You are, for the most part, old souls.

Rest assured that all these memories are now into the computer and I, Juliano, am bringing down a beautiful light, cleansing energy into your Crown Chakra. This cleansing energy in your Crown Chakra is tied into all of your cellular memories that you have projected onto the screen. The older negative patterns, the compulsions that lead to lower vibrations, lower energies, can now be cleaned and cleansed. I want to explain this. It does not mean that they are removed or forgotten, but rather, the compulsion energy to repeat them in any way is now neutralized. The energy of wisdom and transcendence that would come from that memory is enhanced and integrated with this light I send down to you now as you are sitting in your holographic chamber.

You have all received and integrated this energy of cleansing and the memories. The cosmic ones that are of a lower vibration are neutralized and cleansed. Now, as you look at the screen, only those higher images, those higher vibrations, those transcendent energies now come to the forefront. Perhaps some of you who are knowledgeable with computers know of the energy called “defragmentation” where the computer attempts to put together all the certain files and certain patterns. This defragmentation image would be one possible image that you could use now to understand that all the positive images, all the positive memories, all the positive experiences are now “defragged” and placed together into this beautiful pattern of light. The other ones that are of lower vibration

and have some compulsion for repetition are now moved into another section of the screen that doesn't have any power. This allows you to be in the highest vibrational state.

If there were a necessity for you to recall those memories, you can still do that. There is no need at this point to do that because you have gathered all the learning, all the higher perspective from these previous events. Now your whole computer screen is filled with these positive memories. Hold that vision now.

Now you have integrated and balanced all of this beautiful energy from the cleansing and you have done it while you are still in this incarnation! This brings you a step closer to a higher evolution, through what we have called the "*reinigung*," the cleansing. Prepare to step out of the holographic chamber. As you step out, you feel the light and energy of our healing chamber from our 5th-dimensional Starship Athena. You will take with you this memory of being in the 5th-dimensional spaceship. You will take with you this energy of being in the healing chambers, where there are these many healing rooms. Follow me as we leave the starship. Come down through the corridor, following the blue light. Then travel through a corridor back to Earth and come to a place above your body. You are about 20 feet above your body. We will do a realignment, a recalibration, so that you will come into your physical body in the correct perfected alignment. Remember, as you come in, all of the higher energies and higher memories are now coming back, giving you new healing energies, new healing abilities for yourself and others. You have a greater perspective and also greater protection. Do a perfect alignment now into your physical body and then rebalance, download and come back into your physical body now.

It will take several days for all of this energy through spiritual osmosis to go through your system and upgrade everything. In cellular memory, the higher vibration transcends the lower vibration. All the memories in your structures are now being updated from the beautiful work we have done in the holographic healing chamber.

In working with cosmic justice and cosmic memory, we could make the argument that you are returning to complete your positive karma for your Ascension. There are peculiar circumstances in this Ascension energy. First, there is the energy of potential catastrophic implosion of a planet. Yet, at the same time, there still is the doorway to the Ascension. You are planetary healers as well. The exercise that we just did for your personal benefit also can be used to do a cleansing on the planet and the planetary memory. Planetary cleansing is more complicated because there are so many different sources and so many different energies intermingling on Earth.

Helio-ah's Holographic Healing

Greetings, I'm **Helio-Ah**. We are here today for instructions and teachings about the heliographic, holiographic healing chambers. Our work is both for personal and planetary healing and we are looking at the whole picture of the self, which includes the past, present and future self.

So naturally, this appears as a circle. The time on the 3rd dimension as you are experiencing it, appears to be linear in nature. That is to say that you have a past on the horizon line, you have a present on the horizon line and you have the future and in this model, they are not touching.

In our conception of time, which we see as circular, the present, the future and the past do interact because time is a circle. This changes a great deal the way you see reality and in particular, the way you see yourselves. If this is true, the time is interactive in the fashion of a circle, then you will Ascend, you have already Ascended and this future time is interactive with the present time. In your future self you have made the gains, you have made the necessary growth for your Ascension. More importantly, that growth in those gains are now available for your access or to put this another way, the future self is accessible to you. Equally important is the past because the past, since it is part of the circle, is also accessible to you. But what we find particularly interesting is that the past is accessible and the imagery and the recordings of the past and how they affect your present, can be altered through certain imagery work in the holographic healing chamber. In our conception, the events of the past are stored in the brain as holographic images.

Another way to look at these images is that they are slides or individual photographs and each event, each experience, each trauma, each joy is stored as an image in your mind. The storage of images creates and contributes to who you are and how you think. They contribute to your belief system, your basic foundation itself. And this is also important when we are talking about certain traumatic events, certain deficiencies that may be contributing now to your self-image or perhaps even distortions about yourself that are causing limitations and even an emotional suffering. That is to say the events that are not pleasurable or traumatic are recorded, stored and appear on this image designation that we are describing.

We refer to the serious images that are part of the storage system within your mind. We refer to this system as a deck of cards. The only reason why we are using the term deck of cards is because it does metaphorically show you that there are many cards and that they all are packed in alignment like a deck of cards. When you look at cards in a normal deck you have 52 cards, but in this metaphorical description I'm offering you,

your deck of cards, which represents your experiences in this personal incarnation and lifetime, could be as many as 60,000 or 70,000 cards. So each card signifies an event, especially in your childhood, but also including you as a teenager, in adulthood and even your recent events. All are stored in this deck of cards — events in the beginning of your life are in the deck of cards and they do influence your personal self in the present.

If you have certain issues or problems that are maybe related to self-instinct or limited abilities, it is possible that this is related to events of trauma in the early years of your life. Now, because the events are actually recorded in the mind, the mind is reacting to the imagery on the cards. If the imagery or the image shifts in any way, then it may influence all of the cards in the deck and all of the selves issues related to a particular image. So before I go on with the exercise, I want to make sure that you understand the concepts and the deck of cards. Do you have any questions about this? So I can assume that we all understand it, correct?

Yes.

To do a healing using these concepts and tools requires the holographic healing chamber because it requires a methodology of being able to access the images easily. It will be able to bring the images up and also to change the images. So the holographic healing chamber is a device that we have developed to call up these images, work with them and change them.

So if you imagine that the deck of cards holds all the images from your lifetime, that we can go back at any period and bring up the deck, the card of that experience goes on to the screen and once it is on the screen, we can look at it. At this point, after we look at it, we have the ability to modify the image. If the image is modified, then we can insert the function very similar to what is known in your computer world as the function of “save.” So it’s very similar to a document you call up so you can re-edit or put some additions on the document. Then you press the save button and the image is saved. It replaces the old image that was there. When you put the image back, the image is replaced. Now, once the image is replaced and goes back into the appropriate order in the deck of cards from which it originated, then the effects of the new modified image are felt and all of the future cards — especially those cards that are related to the situations of the original modified image — are updated so that you get a positive effect that comes into the current present self.

So, that is a description of how the past is used in a holographic healing chamber. Because of this, there comes the healing, when you go back to modify the original incidence. Now, let’s say or let’s talk about an incident. Let’s say you were physically abused by someone as a child and it could be a physical beating, for example.

Well, that really did happen and modifying the image doesn't mean that it never happened, but you can modify the image. And so let's say that you were beaten by your father and now you could modify the image to put an angel in the picture and as your father or the image of the father beating the child is brought forth, then the secondary image of the angel sending light to the child can be shown. Then the light that is emanated from the angel fills the aura of the child and the light becomes so strong that the father stops the physical beating, maybe not even knowing why he is doing it. The child then has a vision, has a feeling of being protected by the angelic presence.

So there are certain principles that this modification exhibits: for example, the whole image can be modified but the rest can't be modified without a certain range of limitation. You can not just erase the image, I mean it's possible, but we are not suggesting that the image be erased, but that it is modified in a way that is favorable to your outcome, is favorable to you and also that is within a certain range of limitations and reasonableness. This is very important that you understand that the modification that you do in the image be within the range of limitations that I have described. So when we are in the holographic healing chamber you are able to go back to any situation that you think is an unresolved situation and the old results of this situation have been particularly painful and that you would like to modify within the limitations that I have described.

And then that image is placed back into your deck and then updates all of your fields in yourself and you have an ability to express the healing that you will feel in the present — a very powerful healing.

Helio-ah: So, is this clear and are there any questions about the modification of the image part of this exercise?

Is this something that you can also use for events in the past that were very positive and you would like to bring that positive engine into the now?

Helio-ah: Yes, you could enhance the positive-ness you could make. That's a very perceptive question. You could enhance it so that it becomes more powerful, you could make the colors brighter and you could have the event be more striking. The overall intention is the card itself then becomes more powerful so that it is updating all future cards and it becomes more saturated with the light and energy of that experience. I think that's a very reasonable proposition. But, again, we would say that it is modified within range.

Now, let's talk about the future. The future is also in the deck of cards. In the future self, if we project your time line, then we can see you in a year from now, in six months from now and what you have accomplished. You have completed certain tasks,

you have completed a certain lesson, there is something that you are working on that you want to have as a result and then that has resulted in the future. You can bring the images of that future event onto the deck of cards' imagery in the front of the computer screen. Then you can upload so everyone gets to see that image placed into your current deck of cards, so that you are receiving the energy for that future work. It might be a way of bringing the future self energy into the present.

Now this holographic healing chamber also calibrates so there is a huge dial on the screen. We look at the holographic healing chamber as a booth, perhaps the size of a phone booth, but it is round on the top. Each booth is small. You go in and there is a seat. Then there is another top. We are looking for the word that would describe the controls on the front of a kind of table. Above the "table" is the screen. We hope I can find a better word but, at least for now, you get the picture.

On the table is a huge dial. The dial is calibrated and begins at 12 o'clock, which represents the now — at this moment. Turning the dial to the left brings it back to 6 p.m., so from 6 p.m. to 7 p.m., 8 p.m., 9 p.m. and then midnight in the center. That left side of the clock represents the past in this lifetime. Going to the right side, 1 o'clock, 2 o'clock, 3 o'clock, to 6 a.m. represents the future in this lifetime.

Now, there is a special setting in the holographic healing chamber where you press a button and then the calibration of the dial shifts, so that turning the dial to the left represents your past lifetimes and turning the dial to the right represents your future lifetimes. But for today's work we are going to use just the past in this lifetime and the future in this lifetime. We are not going to work with past lifetimes at this point unless there is a need or there is time for us to do that. So this work is done within the confines of the holographic healing chamber.

Now, to get to the holographic healing chamber we are going to work with your energy field spirit and we will gather the spirits together. We will travel through the corridors to the Arcturian Starship Athena. We will enter the lower level of the ship where we set up the healing chambers for you and then we will direct you individually to your healing chamber and begin the exercise. So are there any comments or questions so far and are the instructions clear for you?

When you were talking a little bit earlier, you said when you use a future benefit to bring back to now, then you bring it into your now life and this changes the future benefit.

Helio-ah: If that changes the futures? Well, I guess it depends on your perspective. Let's just say that in a future time you have \$100,000. So find the image of you having that money.

Let's just say that having \$100,000 makes you very happy, makes you feel wealthy, but you can not bring the \$100,000 into the present. That feeling, that energy of having that wealth, that image, comes into the present. Then having that image downloaded into yourself in the holographic healing chamber gives you the feeling that future feeling engenders. So you would start acting accordingly from that feeling and set in motion energetically the events that would lead to that. But I don't want you to think that this exercise for the future is about the getting of the material wealth, because it's not.

It's really because it's not so much about the material wealth anyway. It's the feeling that you have about yourself.

So again, the answer to the question is to enhance and accelerate the likelihood of that event becoming a reality and bring it closer to you. Is that clear to you?

Now, I want to give a clarification. We have the personal holographic healing chamber and we have the planetary holographic healing chamber. The planetary holographic healing chamber is much larger than the personal holographic healing chamber and the same principles apply only on a planetary basis and we have used the imagery for the planetary healing chamber of a theater — as a large theater.

So, instead of a small computer light screen, we now have a big screen and the images of the planet are projected onto the screen using exactly the same technique that is a calibrated dial. We have begun to experiment and use this technique for planetary healing on the Earth, but it requires more participation and more fine work on the imagery and we are actually tying into the concepts in the planetary holographic healing of the collective unconscious. So, remember that Juliano was talking to you yesterday about the change of cosmic events that lead to something and that what you are seeing is just one presentation, but that there are many things that need to happen before we would set it up. In the planetary healing holographic chamber, we are beginning to dial with the collective unconscious and the 4th dimension and the imagery of that. So we are trying to shift the imagery that goes into the wheels of the collective unconscious so that this imagery, a new image, for example, can be downloaded in you.

An example would be using the same principles as I have talked about in the personal holographic healing chamber. In the planetary chamber we can calibrate the future event and in the future event we can use the concepts of the miracle or the Omega Light and say that we would look at the nuclear accident in Japan and we would see that the event has been stabilized, the event has been cleared up and that the area has been restored to its normal environmental integrity before the accident. And we would all work in that event, that image, in the future. Then, through the techniques that I have described, we would bring this image back into the present and hold that image onto the

screen with great intensity, so that the likelihood of an earlier resolution of this problem can come into the reality. But I have to say that the planetary holographic healing chamber is more advanced and a complicated technique for Planetary Healers and, eventually, this technique needs to be done on a very large scale. There are many people participating. For example, 1,000 people participating and this should be coordinated with amplifications from crystals, etc. We do want to introduce and we want to practice also the planetary healing techniques that I have described using the holographic healing chamber and actually the holographic healing theater. But our first step today is to do the personal holographic healing. So are there any questions before I begin the actual exercise?

What would be the minimum number of people we could work with to be helpful? What would help?

Helio-ah: Well, the minimum number is actually one, but the intensity of the exercise is a factor, the uses of arcan energy amplification is a factor, because we are dealing on a planetary system that has complex interacting variables. An arcan is thought-form energy, described as going out in an arc wave. I think Juliano was referring to that yesterday — because of the complexity. It requires a lot more intensity and more interpretations and more presentations, but you know, it can be done on a minimum of one and also as a group here and we can practice that as well.

Helio-ah: Yes, it can be added but again everybody has to have this unusual introduction, I mean, it does require a little bit of time, a little bit of practice and now that we are together in an intimate situation. Here where we will be able to work slowly and go through each perspective exactly then we are in a much better position to do that. So if it's assuming that everybody has the initial training, then yes it can be done and could be done on the phone calls, yes.

Helio-ah: yes, for the highest good of everybody yes, for the cleansing and the clearing of everybody. And so that the karma is orderly and goes into the highest good, yes, that's a good point. But remember you are putting the image back and then the image is being updated in the files. So let us say, if I can use the computer model again, you download and you program into the computer. Everything is updated, but it is updated within the ramifications and within the parameters of that program. So, you would ask that and it will be done as a healing chamber that it would be updated within the parameters that are acceptable and most beneficial for all.

If you can even use this in terms of the 12 etheric crystals becoming stronger and this is also used in the development of the Group of Forty that in the future time there will be 1,600 people, in the future time. Now, the highest more effective benefit would be that you had a large theater room on Earth and you had 1,600 people in the room and

you did the imagery in the room. Then that will be ultimate, but we realized that something like that is very complicated to achieve on the 3rd dimension.

But the development of this film, the Group of Forty film, is a movement towards that goal, so are you ready now to do the first stage of the personal healing, holographic healing, in the holographic healing chamber?

Yes.

(Tones: *OOOOWWWW.*) Feel the room begin to go around in a circle, like a merry-go-round. As the room goes around in a circle, your chair is going around in the circle, but you all experience no disease and you become more relaxed and as you become more relaxed, the room continues to go around in circle and very gently your spirit rises out of your Crown Chakra and goes to the top of the room. I, Helio-Ah, set down a golden corridor of light into the center of the room and you see me there, right above the center of the room. For this is a corridor, a 5th-dimensional corridor and I'm able to appear to you in the corridor and if you have trouble seeing that and experiencing it, then just follow and listen to the verbal instructions and follow these instructions to the best of your ability. For everybody has different levels of ability. But even listening and following the instructions verbally has a very high benefit for you. So, we enter the corridor and we begin to travel, at the speed of thought, through the corridor to the Starship Athena, which is now in the Jupiter Corridor in your solar system. So let us begin to travel at the speed of thought.

Tatatatatatatatatatatata

Wshhhh

We travel through the corridor. It's a wonderful journey and we come into my doorway of our ship, the Starship Athena. Welcome to our ship. As you walk in, you feel a sense of joy, unity with your Star Brothers and Sisters, unity with us, the Arcturians. Looking around the ship, looking around we are right in the healing chamber, the healing center. We have set up special healing places for you. Now, look to the left and we will see a series, a small phone-booth-like chambers that we call the holographic healing chambers. They are very attractive booths. Some of them are colored and I have prepared a booth for each of you. So go now into your own personal booth, follow your intuition and your telepathic nature and you will reach your individual booth.

Enter the booth, close the door and turn on your personal holographic healing booth. As you do, this is like a computer — everything turns on. You are in your own personal healing chamber. You are in a chamber that is connecting you with your holographic self. This in and of its self is a very important operation, very important experience to be able to contact and connect with your own holographic energy field.

Now we add the dials at the 12 o'clock position and I want you to turn the dial back to an experience that you wish to modify from your past. It is up to you when, where and which experience you choose. You can choose experience of the immediate past or the past five years or you can go back to your earliest childhood. Perhaps you have been in some type of healing therapy experience and you have not been able to resolve this certain issue — even after years of therapy or months of therapy. Whatever you choose, maybe it was something that happened in your adult life that was an unhappy ending to a marriage that's greatly affected you.

The important thought is that we have you go back to the image of that event. That is the strongest image in your repertoire — in your deck of cards. As you turn the dial, because remember, the dial is from 12 p.m. going left 11 to 6 p.m. Six p.m. is representative of when the life started. So you have to turn the dial back appropriately. So if you are going back to when you are old, it would be going back approximately 1 minute after, think it would be 6:30 p.m. approximately, but you understand the calibration. So, turn the dial back until it comes to the calibrated proximal area of the event you wish so that the event, the image of the event, is now on your holographic screen.

Now, look at that image and study it. It could be an image where you were unhappy. You might have decided you wanted to choose an image where you are happy, but you wanted to make a stronger effect so it can be that. Then the image that you have chosen: look at the image, and now, modify it. So that the modification that you are going to make will upgrade and enhance your overall total functioning and the total state of wealth being. So even if you had an illness, the effects of that illness can be modified on the ways you are now and you are going to be in a greater healing state.

So modify that image in a way that it gives the highest benefit to you, now.
(Tones: *OOOMMM, OOOMMM, OOOMMM, OOOMMM.*)

Beautiful work on each image, enhanced to make it brighter, make it stronger, make the effects the highest possible benefit to you. Now, when you are done with that image, press the "Save" bottom on the right, so that the image is safe. The image is saved now. Look at the image, have the image deeper in your inner being and now we are going to put the image back into the deck of cards, in the same place where the original image was. At the count of three, the image is reinserted into the deck of cards: one, two, three. It is reinserted. And as it is reinserted, you have experienced a surge of energy of light as you are totally upgraded to your current self. This energy of the modified image has created a chain of enhancement that is sending a huge energy flow of light into your current self. You are enjoying the surge of energy and light into your current self.

Now while we are here and until we have finished this part, please take the time to correctly finish this part.

We will go and turn the dial to the future and I'm going to just work with you between now and 2012. So you only can turn the dial as far to the future as is appropriate for the 2012 time. But you are all working very hard on your selves, you are all working to make great progress in yourself, so turn the dial to a time in the future between now and 2012. You could be at the end of the year, Dec. 22, 2012. Turn the dial to that point where you have a new yourself, with the greatest gains and the greatest advancements. Then hold that image, choose that image and bring that image up on the screen, then press the "hold" button and see the image with as much detail as you can. Make the image as bright as you can and greater as you can and make that image in really strong on the screen.

Now, as you turn the dial back to the now, you are going to bring that image back exactly into the present. So turn the dial now very slowly as it comes through all the future back into the present and now it is in your present. Look at the energy of the imagery of that and then press the button "Save" again and it is downloaded, the energy of that future advancement, the energy of that future self is downloaded now, into your current self. And you feel a great surge of joy and a surge of happiness and all of the energy from that future advancement is brought into this present self.

(Tones: *OOOMMM.*) So you have completed this round of the holographic healing work.

Look at everything. Now we are going to shut the machine off, your holographic healing chamber. We will, then, stand up and leave the chamber, come out of the chamber and meet me in the center of the healing platform in the bottom of my ship where we started. Then we gather together and we are going to begin the journey back to the Earth body. Follow me through the golden corridor of light, traveling at the speed of thought.

(Tones: *Tatatatatatatatatatatata.*)

We come above the room where we started and you see your body going around in a circle, align your spirit body exactly over your physical body, but do not reenter until I tell you. Then perceive having the exact perfective alignment. Tell yourself upon Helio-ah's comment: I will reenter my body in perfect alignment. One, two, three — reenter in perfect alignment now.

The circle in the room stops and you are back in your original position, you have reentered your body in perfect alignment.

Take some time to reorient yourself and know that everything in your system in your workings has been updated with the very powerful work that you have done.

Please open your eyes and you are back in the room and I will be returning to work with you some more about the effects of this, but the channel is telling me that we have to take a break. Allow your physical bodies to move around a little bit.

I'm **Helio-ah**. Good Day.

Calling in the Cosmic Light into Your Tree of Life

I hope you are familiar with the Arcturian Tree of Life and have worked with its spheres.

Visualize the light and the energy at the top of the Tree of Life. The highest sphere is connected to the famous Mt. Fuji in Japan. Visualize that sphere above your Crown Chakra. I, **Juliano**, am calling on the cosmic light, the Undifferentiated Light, to come into each of your chakras. This great sphere of light is over each of you now. Ask your Crown Chakra to open to this great cosmic light so it can fill your whole energy system now. Your whole system receives this cosmic light.

It is undifferentiated. This light goes to places within each cell, within each etheric part of yourself, within each part of your Cosmic Egg. It goes there and charges each area with beautiful cosmic light.

Remember, we called your energetic egg shape the Cosmic Egg because you are also cosmic in your origin. Feel this connection. I send you this cosmic light. It is a light of the Pung energy. It is a light of the protective energy field shielding you and keeping out other lower vibrations that may be attaching to you for any reason. Feel your energy field breathe. Feel any other body deficiencies strengthen. Feel your immune system also receiving this wonderful upgrade of light. Most importantly, your newly updated program within is saying: **“I am able to adapt to the changes occurring in the Earth. I am able to adapt in a most healthy expanded way to changes occurring in my body and on Earth.”** Micro-organisms and any bacteria are easily pushed out of your system because you have vibrancy with this cosmic light energy.

Now, with the same intention and with the same visualization, let us go to Earth. The Earth is ready and able to receive cosmic downloading at the same time because Earth also has the ability and is continually receiving cosmic energy. Even those people who deny the Earth's self-regulation process will readily agree that the Earth continually receives cosmic energy. It is well known that even the light from the Big Bang, 13½ or 14 billion years ago in Earth time, is still being received around the Earth. The energy of the initial Big Bang, the initial expression of all there is and all there will be, is around the Earth now. The energy from the Central Sun is, in an undifferentiated way, coming in this moment to Earth. That means that new codes and a new regulatory process in the Earth's system also is possible and available. The key link is that man and in particular, Planetary Healers, need to participate in the downloading of this new code for Earth.

Earth, too, can expand and also can regulate itself with a newer energy. This will allow Earth to maintain this existing homeostasis that allows man to live on Earth — even with the many disharmonies and blocks now present. We still must try to clear these blocks. We must try to bring a greater sense of purification to this planet. Earth does not have to experience change at a chaotic, catastrophic level even though such change from a causal connection seems likely. The Earth is capable of transcending the causal energy field. The Planetary Healers can assist in this process. Connect with your mind and with your visualizations the energies that you know as Mt. Fuji at the top of the Arcturian Tree of Life. Visualize that Mt. Fuji, which is also connected deeply to Mt. Shasta, is directly receiving this planetary light upgrade from the Central Sun. This is taking advantage of the powerful alignment of this sacred time. I will be speaking more about the sacred light and sacred spaces. I am **Helio-ah**.

Connect with this newer planetary light from the Central Sun and feel it downloading into Earth. I will now ask Sanat Kumara to speak briefly to you and then I will return. Continue to hold this connection to the Central Sun, Mt. Fuji and Mt. Shasta in your mind.

Greetings, I am **Sanat Kumara**. I am the Planetary Logos. I am the planetary overseer of Earth. I am working with the Earth's Codes of Ascension. I am overseeing the Ascended Masters' work with the Earth's Ascension. You are absolutely correct in understanding and believing that Earth has a presence in the spiritual world. You are absolutely correct in understanding that Earth has links to other dimensions. These links to other dimensions are, as Juliano has said, with luminous strands of light. Know that the higher beings in the galaxy and in other galaxies know how to find these luminous lights that are emitted from a higher planet such as Earth.

Maybe you will ask yourself this question: "How can it be that extraterrestrials can find the Earth? The universe and the galaxy is so vast, it would take centuries to locate a planet with any type of higher advanced life." The way the higher beings find

Earth is through connecting to this cosmic energy that Juliano called the luminous strands. Now you also can connect to other planetary systems by using the same method.

Remember, the cosmic light is a light of harmony and I, Sanat Kumara, call on you to reignite your interest in the Ring of Ascension around this planet. Remember that the Ascended Masters and guides through our work with Juliano have asked you to work with the Ring of Ascension. We have called this Ring of Ascension a halo. It is a halo in which the guides and teachers are placing their energies and where you can mix your energies with the Ascended Master's energies. You can then send a halo of harmonious light to Earth.

I, Sanat Kumara, say: allow the energies from Mt. Fuji and Mt. Shasta to go into the Inner Earth core through all the meridian forms on the meridian lines. Help Earth receive this new upgraded light, the upgraded vibrational energy. I will be giving you more directions about the overview about the planet. This is the time for the planetary healers to step forward and manifest and let their healing skills and their intentions be known. May all of the 12 etheric crystals in the Arcturian Tree of Life be activated with great harmonic balls of light. May all the Planetary Cities of Light be activated, including the city of Taos and the other beautiful Planetary Cities of Light. May the energies of the sacred sites on this planet be activated. May new sacred energy fields be created. It is our intention to create more sacred Planetary Cities of Light and more sacred areas. The balance of the unsacred and the disgraceful abuses to the Earth will be counterbalanced as quickly as possible. A new balance will be created by the designation and by the energies of the planetary healers, who will create and hold more sacred sites on Earth. These sacred sites, some of which we call the Planetary Cities of Light, will be able to hold higher cosmic light.

I, **Sanat Kumara**, tell you that the power of the sacred sites are going to become phenomenal in counterbalancing the other energies.

Balancing Polarities – Tree of Life

Juliano: I would like you to visualize these 12 etheric crystals that are around the planet and I want you to try and visualize that they are all standing vertically up in the Earth so that they are forming a holographic image that is participating in inter-dimensional space on Earth. These 12 beautiful places, if you cannot remember all the places, that is OK, just visualize the linkage and visualize the name, Arcturian Tree of Life, and it will help you. Visualize that you are standing on Earth. At the same time, you can receive and hold the Arcturian Tree of Life in your etheric Cosmic-Egg energy field. At the same time, you are participating in the Tree of Life in your own personal energy field. At the same time, you can visualize the Arcturian Tree of Life on Earth. You can use both of these energies. I want each of you to know that we want you to use this energy. We want you to use this system for your own personal development as well as the planetary development.

At the top of the Arcturian Tree of Life on the Earth, the top one which is known as Mt. Fuji, I, Juliano, am connecting the energy of the No. 1 top crystal. Don't think of them as number one being the most important. Just look at it as No. 1 having that position. I am connecting with that crystal now and that sphere with the moon-planet Alano, which is a moon-planet close to the Central Sun. I am providing a corridor link between Alano and Mt. Fuji and I am trying to put into words what the message is that Alano is giving to Earth.

Perhaps you and I will meditate together as we receive this message for Earth from the moon-planet Alano, which is a 5th-dimensional planet in the Central Sunbelt, near the Central Sun. The first message is: Planet Earth can balance these dualities for a higher evolution. The moon-planet Alano says to Earth, "Earth, you can balance these polarities. You can balance these dualities for higher evolution."

Now I ask, when you are looking at your Tree of Life and you are at the top of your Tree of Life, receive that message for yourself. Tell yourself, "**I can balance these dualities, these polarities for higher evolution. I can balance these polarities for higher evolution.**"

Now, Earth has received this and, what is so beautiful is that Earth is receiving this message from another planetary system. The language that one planet communicates to another is not in the verbal words that I am speaking. I, Juliano, am able to transpose or transcribe the energy into these words. There is a second message that is coming from moon-planet Alano. "Earth, you can hold more 5th-dimensional energy and light because you have so many Starseeds on you now." This energy message is coming through the top of the Arcturian Tree of Life. Now it is going down into all of

the spheres. As it goes down into all of the spheres, it goes down to all of the places on the planet.

You can tell yourself with your own personal Tree of Life that **I am able to receive and I am able to hold 5th-dimensional light because I am a Starseed.** Everyone who is listening to or is reading these words is a Starseed because if you were not, then you would not be attracted to listening to or to reading these messages.

For your own personal Tree of Life, I would like you to modify this affirmation to say, **“I am connected and am participating in the evolution of humanity and in the evolution of the higher consciousness for humanity. I am participating in the higher evolution of consciousness for humanity, with humanity.”** Now, hold that thought for your own personal Tree of Life, just as the planetary Tree of Life is receiving that thought.

The Arcturian Stargate is also a spirit being, just like Gaia, just like planet Earth is a spirit. The Arcturian Stargate is a spiritual place, a spiritual energy that is sending energy to Earth NOW. I am going to work with that energy. The message is that the Arcturian Stargate is opening a special portal and corridor to Earth to receive Starseeds. In particular, that portal is now in alignment with Brazil and this 12th etheric crystal. This alignment will facilitate the Ascension for the Starseeds who have permission to pass through the Arcturian Stargate, if they wish.

Alignment with the Great Central Sun

In your mind, visualize the Central Sun. The Central Sun is the center of the galaxy and it sends out a beacon of light and energy. It is available to you in your 5th-dimensional body and in your 3rd-dimensional body. The 3rd-dimensional body, which you are now in, can send out an etheric antenna from your Crown Chakra.

Please visualize an etheric antenna being raised from your Crown Chakra. As that antenna rises, try to visualize and receive the higher-dimensional energy from the Central Sun.

Now you say, “What does this energy feel like? What am I supposed to look for?”

Look for a sensitive, energetic beam with a pulsing frequency. This pulsing frequency is faint, but it is also steady and it can be interpreted like a heartbeat. Take a moment with this etheric antenna. It is being raised from your Crown Chakra. Expect to receive this special energy from the Central Sun.

Project yourself to go to Lake Moraine in Banff, Canada, where an etheric crystal was placed. Note the amplification of that signal. You are thought-projecting into this etheric crystal. Experience your alignment to the Central Sun, to your Higher Self and to your Earth body. Then call on all of your past lives on this planet to come into this alignment. Call on your galactic families. Call on your galactic self to come into these alignments that we now establish.

Visualize these alignments. This can be alignment of all past lives, all galactic lives, lives on this Earth and with the Central Sun.

Accelerating 5th-Dimensional Activation in your DNA Codes

Feel your abilities now to thought-project and to bilocate yourself into Inner Earth and the inter-dimensional space where I, **Adama**, am waiting in the garden, directly under Mt. Shasta, California. This is approximately, in Earth measurement, two to three kilometers below the Earth at Mt. Shasta. This is a beautiful inter-dimensional garden from where I am speaking to you. I am inviting each of you now to thought-project your energy into the garden where there is beautiful sunlight from the Inner Earth. I ask you to join me now in this garden, in the Inner Earth and in the inter-dimensional Earth. You all are appearing here in your Light Bodies. As you enter this inter-dimensional space, you immediately transform yourself and enter into your 5th-dimensional Light Body. You have a 5th-dimensional Light Body that also is here in Inner Earth. As you come into this 5th-dimensional Light Body in the garden where I am, you can feel a huge acceleration of 5th-dimensional activation in your DNA codes.

Kadosh, Kadosh, Kadosh, Adonai Tzeva'oth. Let those sounds activate the DNA within your Light Body to help you be more connected to Inner Earth and the inter-dimensional Earth. Call upon me, Adama, and I will send you a special healing light that you may direct to any part of your 3rd-dimensional body when you return. Hold this healing light in your Inner Earth body.

Access to the DNA Codes

Juliano: You have learned that one of the secrets of making your physical, emotional, mental and spiritual body 5th-dimensional is to connect with the DNA within these bodies. The 5th-dimensional light coming from the corridors and from the crystal at Crystal Lake can serve as keys to opening doorways and allowing entry. Even the spiritual body, which has access to the higher self, has DNA Codes that can be accelerated. You reach the DNA Codes through mind intent and through the sacred codes that Archangel Metatron has taught to the Starseeds, which is “Holy, Holy, Holy is the Lords of Hosts.” That is one example of a coded phrase that allows the doorway to your DNA structure to expand. *“Kadosh, Kadosh, Kadosh, Adonai Tzeva’oth.*

You get direct access to your DNA codes by placing the letters DNA on the screen of your mind. Hold that image of DNA. As you do so, pull those letters into your deeper inner recesses of your mind. Go into a deeper tunnel within your structure energy. Go deeper into the layers of the unconsciousness, the subconsciousness, the universal collective unconscious. Go deeper into your inner “computer,” your inner master link. When you arrive there, you have a connection with 5th-dimensional energy from the crystal. This force has brought you into a deep recess, allowing access to your DNA. When you are inside this powerful entry point in your energy field, feel an acceleration of spiral light as the DNA becomes a spiral energy force. This spiral core becomes circular. This circular energy opens your mental, physical, emotional and spiritual body to the 5th dimension. It allows your 5th-dimensional connections to be received and assimilated at the deepest level. You can then gain the powers of the Ascended Masters, who have direct access to all 5th-dimensional powers, energies and 5th-dimensional light. You are healing sources. You are Starseeds who, with your 5th-dimensional unlocking, will become important players in the transformation of the Earth. (Tones: *EEEEOUUWEEE.*)

The crystal itself is now spiraling over the lake. Keep the spiraling energy within you. The lake energy is spiraling streams of water going up like a plume, up to the crystal. The crystal is creating a mild centrifugal force. Within you, there is a centrifugal force of energy caused by the spiraling. Those aspects of the mental, physical, emotional and spiritual bodies, which are of lower density, are falling away within you. All the dense energies are falling. As the crystal and the lake are spiraling, it accelerates your spiraling within. Meditate on this connection.

Ascension Codes Remain Open

I, **Archangel Metatron**, call on the Omega Light to come down on each of you who are hearing or reading these words. Project these onto the screen of your mind. **“Let the Codes of Ascension remain open for me.” (Singing.) “Let the Codes of Ascension be open for me.”** See those words emblazoned upon the visual screen before your eyes, and in particular, try to place that screen directly in front of your Third Eye. And now I send the Holy Omega Light. *Aur Ha-Kadosh*. Omega Light. O-o-mega Li-i-i-ght . . . Let the Omega Li-i-i-ght shine on your affirmation now. Remain open for the Keys of Ascension.

The Omega Light comes down now and emblazons your screen. Let that powerful affirmation drop deeply into your subconscious. We will go into a short meditation as you hold this light. And keep this light into your subconscious with this powerful affirmation.

The Omega Light is coming from your Soul Light. The Omega Light is unifying your soul energy with your 3rd-dimensional incarnational energy and unifying your affirmation into your 3rd-dimensional unconscious. Your Higher Self and the Omega Light together are emblazoning down this affirmation and helping you to hold this powerful message into your subconscious. (Softly singing.) *Omega Light*.

Sacred Triangle Codes

Sananda: Let me speak about the codes. Each side of the Sacred Triangle has codes. First, I will speak of the codes of the Father and of the Mother energy.

The code for the unification and mastery of the 3rd dimension is expressed through the name of *Adonai*, the Lord! Open with this side of the Sacred Triangle for yourself. Be in harmony with the dominion, with the Father, with the Mother energy of *Adonai*. From *Adonai*, then you can move to the creation and you then bring in *Elohim*.

The energy of creation is the source of the light. You must connect with the creation. From the creation comes your soul. You were unified and then you separated as souls. And now you can come back together in unity. Each side of the Sacred Triangle provides an aspect of coming together of these soul energies. Within you, my brothers and sisters, is the Code of Life, the Code of the Ascension and the Code of your Higher Self. You know that code is I AM THAT I AM. It is the sacred name of the Lord. This name was brought forth so that you can understand that the Lord is part of you. When

you hear the code I AM THAT I AM, you can connect with that aspect of the Father/Mother energy.

Hear these words and allow an energy light to burst up your spine and up to your Crown Chakra. Go to a high light, a high place. As high as you can go! As you go up, concentrate on the wonderful connections we can make. Know that many Ascended Masters are available to you. Know that the Arcturians, the Pleadians and other extraterrestrial masters are there.

There is life throughout this galaxy and there is life throughout this universe. There are other dimensions and there are beings existing in inter-dimensional areas. It is time that the Earth beings understood the existence of the dimensions. You are going to connect with the dimensions so you can graduate and move up to a higher dimensional realm. It is more exciting and expansive than you can imagine. This is **Sananda**.

Integrating the Sacred Triangle Energy to become Planetary Healers

Greetings, I am **Juliano**. We are the Arcturians. Let us look at the unification of the Sacred Triangle. Let us look at the Great White Brotherhood/Sisterhood energy in particular. When you are able to integrate all three sides of the sides of the Sacred Triangle, you are uniquely strengthened. We are speaking about gathering a certain power within you. This power can be described as an acceleration of your “personal power.” Personal power refers to the abilities to master dimensional laws. It relates not only to mastering these laws for individual purposes, but also to affect the planetary manifested realms. When you have gathered personal power energy, then you can affect individuals for healings and shifts in energy and also affect the planetary process.

This planetary process is a very complex matter. Powerful individuals have come to Earth. These individuals you have called religious leaders and prophets. They have knowledge of the galactic realms and of the spiritual sides of the Sacred Triangle. The purpose of their coming to the planet is to effect a change and shift in the Earth energy. This has to take into consideration the laws of karma and the laws of this realm. These leaders also have abilities to transcend the laws of karma by taking on the karma of the individuals with which they are working. This proved to be successful in many cases. There are people who, no matter how much you teach and inform them, no matter how

much you allow them to grow, will not be able to finish all their work or necessary lessons them to Ascend.

There is a limited amount of time left on the planet. When a person with personal power can accelerate a karmic lesson for another person, then this is a gift for that person. This is a technique you can learn when you are integrating the Sacred Triangle energy. Use galactic energy and the energy of the Great White Brotherhood/Sisterhood and Native shamanistic energies in unison. When you move in and out of these three realms, your personal energy level and your ability to reach into other dimensions to affect healings and transformation is greatly accelerated. This acceleration transfers into your ability to become a planetary healer. I will say that the ability to be a planetary healer is a new technology on Earth and is not a “done deal.” Everyone assumes that the magic chariot will land on the Earth and Sananda will step out. And suddenly everything is transformed.

This would be the culmination of the healing energy and transcendence of karma for the Ascension. The alignments, different lessons and the coordination with the other dimensions are tremendous. Timing is important. I do not want to underestimate the technical knowledge of the coordination required, for it allows a transformational skill to emerge with you. The participation of you, the Starseeds, makes the transformation possible. Even the great work you are doing sometimes does not seem enough. The great powers you are working with and gathering sometimes do not seem enough.

We must look at the galactic hierarchy of masters who are overseeing all spiritual development in the galaxy and the energy that these masters have assumed.

This is Juliano. Let me say that the activation of the Sacred Triangle becomes more real and more powerful when we begin to see the power of the 5th-dimensional light that is going to complete this energy. Coming together will become more powerful and healing. The polarity when you join in the triangle becomes a healing polarity. We are in service to you, brothers and sisters of the galaxy, and we see your love of the crystal energy.

My message is short: Work and accept the activations of the Sacred Triangle energy. Know that each part will come together and that there will be a new and powerful unity from each part. We will teach you more about corridors. We will teach you more about connecting to these inter-dimensional places. From these inter-dimensional places you can bring down light that is so powerful that it will correct earlier problems on Earth and inside yourself. The 5th-dimensional light can overcome so much. This is **Juliano**.

Teleport Yourself through the Stargate

Archangel Metatron: You will not be able to pass through the Arcturian Stargate today because you still have an Earth embodiment. Visualize that you are able to teleport yourself there through thought-projection to the doorway. Based on the energy field, amplification and powers of the crystals, you can thought-project yourself to the entranceway.

Sometimes we refer to entranceways as the vestibule of the stargate. I stand right in front of you as a group at the doorway and I am allowed to open the doorway perhaps 1/5 of an inch — a very small amount. As I open this doorway, the light and beautiful energy of the 5th dimension come out so powerfully, bathing each of you in a beautiful warm ray. We hear the Cherubim, the little angelic hosts, singing the famous phrase: “*Eh’yeh, asher Eh’yeh.*” This phrase “*Eh’yeh, asher Eh’yeh,*” is translated as “I Will Be That I Will Be.” Use this phrase to hold this thought: “I will be on the 5th dimension.”

We telepathically help you project your consciousness in the future to here. With the energy and focus that you now have, you are able with these thoughts and visual images to hold the energy to create a great pathway. **“I will be on the 5th dimension. I will be on the 5th dimension.”**

As the light comes out of the doorway, we hear the little cherubs singing, “*Aur Ha-Kadosh.*” Holy Light. Light of the Holiness. “*Aur Ha-Kadosh.*” Now use your telepathic powers to visualize this light as a holy light. It is a light that is so powerful that it balances you. It is a light that is so powerful that you feel in communication with God. You feel in communication with all the Starseeds. You feel in communication with Jesus/Sananda. You feel in communication with all the higher beings. Most importantly, you have a connection to your eternal presence — your eternal divinity within.

This holy light has special healing powers. The healing powers are for you. Also, there is enough of the healing light and the holy light that you can bring it back with you into the etheric crystal. When you transport yourself back to the etheric crystal, you will have the energy of holy light.

Many of you may not know how to use the holy light in its most effective way. You are conduits for this light and the training and energy that you now have before the doorway, have allowed you to receive and be a conduit for holy light. Then the holy light will be transmitted.

It is necessary for transmitters of light to be on the planet in different areas. Say this affirmation: **“I now activate my higher self to be always in consciousness**

on Earth.” In Hebrew this higher self is called the *Neshamah*. Redirect your consciousness now back to the crystals that are placed in the Earth. As you redirect that consciousness, you are filled with the presence of this light. Know that you have helped your process by placing your consciousness here. You have helped to lay another foundation stone for your Ascension.

Mother Earth can come into this balance because this is a combination of energy and light that is extraordinary. It comes from a higher source. You are the transmitters of this bright light, Starseeds. I send the brilliant light from the source into the community of the galaxy. This light is known as the *Zohar* Light. On your return back to the crystals, know that you are riding on the brilliant *Zohar* Light. This is **Archangel Metatron**.

A Moment to Meditate

This is why we call you Starseeds, because you have incarnational roots, incarnational paths and even incarnational lifetimes on other planetary systems. You are part of the Star Family. That means that you have not been restricted to Earth lifetimes. You have been involved in other planetary systems. It is no surprise that you have come to an Arcturian group. This is enhancing your Starseed consciousness. — **Juliano**.

The primary role of the Arcturian Stargate is to assist in soul work, including soul transformation, soul transmigration, soul birthing and also soul remembering. One of the primary missions of the Group of Forty is to solidify a corridor of light to the stargate.

Know that in your dreaming you are experiencing yourself as a thought form. In some ways I can say that the dream life is an opportunity to experience yourself in your true nature. There is a great deal of subconscious emotions and unbridled passions in these thought forms that you know as dreams. Dreaming gives you the experience of a thought form and of existing in a thought form.— **Juliano**.

Juliano: Meditate on the fact that the planet has a Spiritual Light Quotient. Meditate on the fact that the Starseeds can accelerate and raise the light quotient of a planet. Meditate on the fact that you, as Starseeds, have the mission of helping raise the light quotient of a planet so the planet can Ascend. You can help raise the light quotient so the planet can Ascend. This is one aspect of your mission: working toward raising the Spiritual Light Quotient of your planet.

This was the very first light in the Garden of Eden. You open up the top of the *Merkabah* chariot and you see this light. It is a combination of morning light, mist and multi-colored light, multidimensional light that you have never seen on Earth.

The incarnations in the 3rd dimension are in a series. There is a series of lifetimes in which the soul has these goals: 1) the experience of duality, 2) integrating the duality, 3) experiencing unity and unity consciousness, and 4) experiencing the self-realization of soul. This is a big homework assignment to come into a planetary system with those goals. Each lifetime can be viewed as a slice from a pie. The center of the pie represents a corridor that is interlocking all lifetimes.

I, **Archangel Metatron**, call on the Omega Light to come down on each of you who are hearing or reading these words. Project these onto the screen of your mind, **“Let the Codes of Ascension remain open for me.”** (Singing.) **“Let the Codes of Ascension be open for me.”** See those words emblazoned upon the visual screen before your eyes, and in particular, try to place that screen directly in front of your 3rd Eye. Now I send the Holy Omega Light. *Aur Ha-Kadosh . . . Omega Light. . . O-o-mega Li-i-i-ght . . . Let the Omega Li-i-i-ght shine on your affirmation now . . . Remain open for the Keys of Ascension.*

The Omega Light comes down now and emblazons your screen. Let that powerful affirmation drop deeply into your subconscious. We will go into a short meditation as you hold this light and keep this light into your subconscious with this powerful affirmation. The Omega Light is coming from your Soul Light. The Omega Light is unifying your soul energy with your 3rd-dimensional incarnational energy and unifying your affirmation into your 3rd-dimensional unconscious. Your Higher Self and the Omega Light together are emblazoning down this affirmation and helping you to hold this powerful message into your subconscious. (Softly singing.) *Omega Light. . . Aur Kadosh. . . Aur Kadosh*

All souls were created simultaneously in the universe.

My Perfection is handling all my imperfections perfectly.

“I AM contributing to the evolution of mankind and Earth to the 5th dimension.”

Ask for gifts that you feel are necessary for the completion of your work.

When you are emitting or toning the right frequency, you can change yourself and others.

We, the Arcturians, believe that there needs to be more sacred sites on the planet because when the places are made sacred, then they have local protection that allows the balance of the biosphere to be maintained so that it can support higher life forms.

You are refining your ability to receive. You are receptive. Use this affirmation: **“I am receptive to the Arcturian frequency.”**

Sananda has said he is eager to cohabitate with any soul who wants to be with him. The Arcturians also are eager to cohabitate and to invite humans into corridors so that they may cohabitate with them.

B'nai, B'not Elohim: The sons and daughters of *Elohim* or a special soul family that is directly related to the Adam blueprint. You will evolve to be a co-creator Master. There is a great calling (job openings) throughout the galaxies for *B'nai Elohim* Masters.

I AM able to make changes in my 3rd-dimensional bodies to stay in the 5th-dimensional light.

“I am able to adapt to the changes occurring on this Earth. I am able to adapt in a most healthy expanded way to changes occurring in my body and life and all life’s bodies on Earth.”

The Arcturian healing energy allows us to be in a state of resonance with the galactic source.

Visualize your heart energy becoming white, powerful, expanded and large like a buffalo heart.

These cities of light are going to be 5th-dimensional portals of light.

“I am living in accordance with the Divine Mother and Father. I am healing and unifying all parts of myself continually in preparation for my Ascension. My spirit and etheric energy field are unified with the total harmony of the 5th-dimensional energy.”

“My thoughts and my awarenesses transcend the material 3rd dimension.”

Meditate on the fact that the planet has a Spiritual Light Quotient.

Meditate on the fact that Starseeds can accelerate and raise the light quotient of a planet.

Meditate on the fact that you, as Starseeds, have the mission of helping raise the light quotient of a planet so that the planet can Ascend.

You can help raise the light quotient so the planet can Ascend.

This is one aspect of your mission. Work toward raising the light quotient of your planet.

Meditate on the fact that the planet has a Spiritual Light Quotient.

Meditate on the fact that the Starseeds can accelerate and raise the light quotient of a planet.

Meditate on the fact that you, as Starseeds, have the mission of helping raise the light quotient of a planet so that the planet can Ascend.

You can help raise the light quotient so the planet can Ascend.

This is one aspect of your mission. Work toward raising the light quotient of your planet.

Also, this stargate energy will help you to become better Planetary Healers.

Again, we define a higher balance as a balance that will allow higher life forms to exist on the planet. The ultimate goal of Biorelativity is to keep a balance on the entire planet that will allow it to sustain higher life forms. That then becomes the main thought pattern and that becomes the main thought-projection and thought intervention that will be used to bring the planet into a balance and will allow higher life forms to be sustained.

The unlocking of the Codes of Ascension is related to the unlocking of the shimmering abilities.

Awaken to your Arcturian mission. Awaken to your Arcturian connections. We are preparing you to raise all your vibrations so that you receive and activate new coded energy within you. Part of this activation is in the Group of Forty project. You can become activated towards opening up codes within your own mental, physical, emotional and spiritual bodies. When you open up a code, there is always a doorway.

“I AM able to hold this newer vibrational field in my immune systems and general health. Lower energies cannot attach themselves to my immune system and use my DNA. My DNA will only be used for Ascension and acceleration into higher energy fields. My DNA will only be used for

accelerating my Ascension and higher energy fields.” Hold this light. Hold this thought now in a brief meditation.

The energy light of Beloved Archangel Raphael is filling all of my immune systems and four lower bodies now with golden light, unlocking the codes for a highly advanced immune system. Archangel Raphael is the great healer and his Light is now coming into me, Mother Gaia and the GOF 1) to heal, 2) to help us align and balance overall 3) to advance our immune systems, and 4) to surrender the lower self, the 3rd-dimensional mentality, the unconscious, the subconscious and the consciousness of Mother Gaia for higher and bigger realities — that all may function as it does in the 5th dimension.

In unity there are overriding thoughts, overriding principles that say things like, **“I accept all the unresolved parts of myself.”** I call on all of those lost parts of my soul to come back to me at this time in a way that I can process them, completely and consistently — consistently in a way that will not overwhelm me, but consistently in a way that will be to my highest good.

Sananda: I ask each of you to release your inner chatter, the inner self-talk. Consider replacing it with a modified, but powerful message to yourself. That message could be as simple as, **“I am living in accordance with the Divine Mother and Father. I am healing and unifying all parts of myself continually in preparation for my Ascension. My spirit and etheric energy field are unified with the total harmony of the 5th-dimensional energy. My thoughts and my awarenesses transcend the material 3rd dimension.”** These are healing thoughts and beautiful affirmations.

Sananda: This is a healing and I know that you are all receptive to receiving healing. Let this healing that I am sending you now over the phone through this channel, let this healing be an activation for higher unity thinking. You will be a tool for transcending duality.

Know that you are powerful beings and that you are on a mission to create a bridge to the next dimension.

If we look at what is the purpose of the Starseeds, we always come back to the fact that the Starseeds are helping to activate and keep alive the corridors. As we get into the time of darker energy, more material energy and denser darkness, then the activation and use of the corridors becomes more important. You all know that there are some very nefarious activities that are going on in the planet. You all know that there are dominating, negative forces that have to do with chaos and upheaval. The bringing

down of light through the corridors becomes an essential counterbalance and the use of the corridors actually becomes an important tool in Biorelativity.

I must underline the importance of the relationship between your mind and your spiritual body interacting with this shimmering energy.

What we are suggesting is that the complex use and understanding of shimmering energies eventually can be used to transmute the Earth into the 5th dimension.

Feel yourself shimmer in your 3rd dimensional body. It is a wonderful feeling that we call vibrational bliss.

The crystals can be programmed for deeper tones. For example, the Tibetan monks are able to vibrate on a very low frequency and a low sound. Paradoxically, the shimmering energies can also be expressed by slowing down the frequency.

Man has not, from the scientific point of view of shimmering, understood that there is an overall general frequency that keeps this planet together.

You could shimmer cities, you could shimmer locations, your home.

We also recommend the exercise of contracting the Cosmic Egg, which is an aspect of the pulsing where you bring in, contract your egg, and as this egg is contracted, you bring it into a small ball in the center of your stomach. Then you hold it. Then you release it and let the energy expand out. As it expands out, any blocks, any dense energies that you have been holding on to are dispelled and your Cosmic-Egg aura is cleansed.

Bring the lower energies in with you now. Hold those energies into the center of your stomach. On my command release all the densities of lower vibrational patterns now! They will be thrown out of your aura. Next, feel the acceleration of your cosmic pulse.

Now, when contracting to a point in a country or a city, it is preferable to contract it to a power spot.

You can move the center to a power spot that is in the vicinity of the center. It is good also to have one person in the center.

“El na Re fa na la.” This is also a code for unlocking the immune system so that the changes can occur. Now, you can say this affirmation, “This is my intention. My higher energy will unlock my higher codes in my immune system so that my immune system will raise to a higher vibration. *El na Re fa na la.*”

"Blessed Mother Earth: come into this balance because this is a combination of energy and light that is extraordinary. It comes from a higher source. You are the transmitters of this bright light, Starseeds. I send the brilliant light from the source into the community of the galaxy. This light also is known as the *Zohar* Light. On your return back to the crystals, know that you are riding on the brilliant *Zohar* light. — Archangel Metatron.

In the meditation, project this energy outward from your Crown Chakra and it will go to the correct places. Just focus on the affirmation, **“I am contributing to the evolution of mankind from here on Earth to the 5th dimension and beyond.”**

Increase your SLQ by bringing energy down to the Solar Plexus

Take a deep breath. Let your energy sink into your Solar Plexus, into your Navel Chakra known as the *Dan Tien* in the Chinese world. As you sink your energy, be aware that your sensitivity becomes more open around your Crown Chakra and your 3rd Eye Chakra. These chakras become more open and more sensitive. We will stay in silence for a few moments to allow for the experience of this sensitivity.

The Chiefs White Eagle and Buffalo Heart Speak

Chief White Eagle:

Mother Earth, we come here to bring you into the 5th dimension. Mother Earth, we bring the light of the Arcturians into your spiritual realm. Mother Earth, we love you and we commit ourselves to unlocking your codes so that you may move forward.

Chief White Eagle:

By embracing the consciousness of our Mother, we are in harmony with her. We are opening our heart to her. “Mother Earth, we are your children! Mother Earth, we will listen to your needs. We will take care of you. We love you. We are going to be in your bosom by bringing Mother Earth into our hearts.”

Chief Buffalo Heart:

We ask you to connect your heart in compassion to the vision and spirit of this powerful white buffalo as I sing a song for it. (Sings: “White Buffalo we salute you. In the name of White-Buffalo Woman, we send you our love today. You are a brave buffalo. Our hearts open to you in your mission of peace and harmony.”)

Chief Buffalo Heart:

I am aware of the tremendous openings in the heart energy, of the many from this act of violence. I know that the White Buffalo is now back in the spirit world with its family. There is still a tremendous need to handle such energy and there are many animals and many people who are very devoted to the mission who will be working to transform this type of energy into higher light. My love to all, this is Chief Buffalo Heart.
Ho!

Chief White Eagle:

We ask the soul light of the dolphins and the whales to be of assistance in developing and creating a 5th-dimensional filtration system in the oceans and in the waterways and to guide us in developing and implementing this new vision. We work on a 5th-dimensional filtration system for the Earth’s water and we connect with the dolphins and the whales in the 5th-dimensional activations. I see the beautiful oceans clear and purified. I see the beautiful rivers of the 5th dimension. I see the beautiful waterways.

Native Ascended Master Prayers

Heyya Hoya Hey. Heyya Hoya Hey. Heya Ho Heya Ho heyya Ho!

Greetings! I am the **Chief White Eagle**. I am an Ascended 5th-dimensional Native American Master. We are all brothers and sisters on this planet and I welcome you with open heart as we are together here on this beautiful Earth, which we call Mother Earth.

We are seeking to unite our spirits with the spirit of Mother Earth. We are seeking to call on the ancestors to receive their wisdom and their knowledge. And we are using the sounds of the drums and the chants to call on the spirits. Know that the spirits need to know that we are sincere in calling upon them. And that the more sincere, the more committed we are to our drumming and chanting, then the more of a connection we can make with our spirit guides.

Heya hoya hey. Heya ho Heya ho. Heyyya Heyyya.

The grandfather, grandmother ancient spirits, please: allow us to connect with your great wisdom. Send us the knowledge to help Earth. Send us the wisdom so that we may help unite all brothers and sisters so that the polarities that are so evident on the planet at this time become unified into a spiritual harmony.

Heya hooo Heyya hooo. Hey Heya. Ho ho hey.

We know this is the time of great change on the Earth — especially as we have entered the great 2012 transit with the Central Sun. And we know that the spiritual energy is becoming magnified and those who can hold spiritual energy and communicate with the spirit guides will become the new teachers, the new guides for the Earth. So we come before the spirit and ask that we be emptied of all our prejudices that we may open to be receivers of the spiritual light from the Galactic Sun.

Heya Hey Ho Ho Ho Hey.

We receive your light oh Spirit, oh Father-Mother, guardian of all the spirits on this planet. We unite in a harmony of love and peace and oneness with the Creator. And let the White Eagle be your guiding animal power spirit for all who hear or read these words. And you will have the insight, the wisdom and the view of the eagle.

Heyya heyya. Heyya heyya.

Combine Words with Images to Heal the Earth

Visualize the Earth maintaining a beautiful temperature that is perfect for the planet. The temperature is in the highest good for the planet and causes no undue storms, no global warming. Picture in your mind this balance and visualize that the icebergs are remaining frozen longer. You can picture that the currents are remaining in the ocean at a good, peaceful stream without turbulence that could create strong storms.

You can picture the interactive balances that are needed to create a certain harmony. Visualize the ocean currents moving to create balanced weather. You can picture that the ice caps in Antarctica remain frozen. You can picture that there is a balance that allows humankind a little more time in order to make the adaptations necessary to keep this balance.

Then visualize, as you saw in the pictures, Mother Earth as a beautiful planet known as the “Blue Jewel.” Then picture a spirit form of Mother Earth. This is to whom you send these images. This is to whom you send this communication. You do this in a visual way and also you communicate the words “balance” and “maintenance” for the necessary level of homeostasis. You picture that the oceans remain healthy. Then picture that humankind has begun to understand the importance of global weather and its relationship to what humanity does. Then you can even picture that world leaders talk about it on TV and accept these concepts.

At this moment, the crystals send out a powerful energy around the world. We are all on the same frequency. We all generate this same frequency and send it to Mother Earth. The frequency of this healing and this light is telepathically going around the world at this time. We work now with the subconscious of Mother Earth. Our telepathic powers now go to the great etheric energy field that represents the human consciousness. Human consciousness has an energy field around the Earth. We are now downloading these thoughts, power and information into the consciousness of the human species.

Hold this energy from the telepathic link from the Galactic Council to you in the etheric crystal. This link is also from the etheric crystal to the Mother Earth spirit. It is linked from the Mother Earth spirit to all the energy patterns in the Earth and the oceans. It is a new feedback loop! This is a powerful new feedback loop based on telecommunications and telepathic communications from higher energy beings. You are participating in the telepathic feedback loop.

This is a new feedback loop based on a causal link between the Earth and humankind. Now, humans have become strong enough to intervene in the link. The power and energy to directly intervene in a feedback loop is reserved for only the highest

energy beings and only the highest light beings. It is reserved for the Starseeds who understand the sacredness and the holiness of this task.

Each of you who are in different parts of this planet may want to send your energy and visualizations now to that part of the planet where you live. If you live in a part of the planet that needs rain, you might want to visualize that moisture is coming in a balanced way. If you live in a part of the planet that needs more Sun, then you might want to visualize that. If you are close to the ocean, you might want to visualize the ocean currents being in a certain balance.

Take this time and remember this new feedback loop. Your thoughts and visualizations go through the feedback loop.

Working with Ancestral Spirits to Activate the Planetary Cities of Light

Hey! Hey Ya Ho Ya Hey! All my relations! All my words are sacred. Greetings, my Star Family. I am the **Chief White Eagle**. The Star Family is like any family. We are tightly knit and we are a highly evolved family. I know that all Earth families are not tightly knit, but our 5th-dimensional families are soul families who are close. Many of you have wondered why the Native American Ascended Masters are staying with the Earth. Many of you have already committed to returning to other planets or to your home planet. I have said that most of the Native American Ascended Masters are committed to returning to Earth and to staying with Earth. Maybe now you understand why — because our grandfathers' spirits are still here on the Earth. The Native people's ancestors are in Australia, New Zealand, Argentina and many other areas, such as Costa Rica. The grandfathers and grandmothers are still there waiting. Many ancestors are in the mountains that we have activated where the etheric crystals are. There are ancestral spirits in Volcán Poás, in Grose Valley, in Mt. Shasta, in Lake Moraine, in Bodensee and in Lago Puelo. The ancestors are happy to integrate and work with the shimmering light. They are already there and they are willing to work. They are committed because they know from their etheric teachings and from their etheric thought-projections that the time is coming when this great activation of the Cities of Light is upon them. They are waiting.

I, Chief White Eagle, also am committed to helping this Earth through these thought patterns. I see a great talking circle like a powwow, a great etheric tepee, huge in the 5th dimension. I see that etheric tepee being downloaded into the etheric crystals and

I see us as a great nation of etheric beings gathering. I see us in New Zealand and I see us in Australia gathering in a great circle of beings, holding this great light, this great circle of light. The powers of the Cities of the Just and of the Light, are magnified by the circle. The Grandfather, Grandmother ancestral spirits are coming to the circle. I am holding this great gathering and projecting this image so that the great ancestral spirits will be able to work with you and interact with you. *Hey ya hooo, heeeyyyyy.*

We are shimmering with you, my brothers and sisters. Our tepees in the etheric realms are activated and we are only waiting for you to find places to set up these great circles on Earth. You do not have to have a tepee. All you need to do is set up circles of people and think of the great symbols of the tepee and how they have been given by the Star Family to the Native Americans. This tepee symbol shall be used by all Lightworkers. *Hey ya hooooaaa.* I am **Chief White Eagle**. Blessings to you all.

Shimmering

Juliano: I ask each of you to become aware of your ability to shimmer your 3rd-dimensional presence into the 5th-dimensional level. Maybe you will not become a 5th-dimensional being immediately. Maybe you will not disappear and go into the higher level right now. You will begin to experience parts of shimmering as you hear these tones and sounds. You will be able to experience a raising of your vibrational frequency and also will be able then to project that raised level of frequency to an object and use that energy to shimmer the object.

Feel yourself shimmer in your 3rd-dimensional body. It is a wonderful feeling that we call “vibrational bliss.” Our commitment is to personal and planetary healing. For the planetary healing, we have downloaded etheric crystals into the Earth. Advanced spiritual beings know that crystals are able to hold vibrational frequencies, vibrational thoughts. Crystals have the ability to resonate when a vibrational tone or vibrational thought is emitted. That crystal can hold, amplify and accelerate that energy. What is so beautiful is that the crystal and the shimmerer, that is the person who is shimmering, can be far away from each other. Time and space are in a different relationship on the 5th dimension. In fact, many people feel that there is no space on the 5th dimension. That is very difficult for you to visualize and conceive. In fact, I would only point out this: that space and distance are not limiting factors in shimmering and in working with crystals. If one connects to 5th-dimensional energy, then one can access remotely distant objects on Earth.

In this case, the etheric crystals that have already been downloaded, have a role and a function to play in the shimmering energy field that we, the Arcturians, are

working to create with you, the Arcturian Starseeds. That shimmering energy is communicated through and amplified in the etheric crystals that have been downloaded into many of these beautiful areas on the planet. At this point, we are approaching the time of downloading the next etheric crystal in Barrancas del Cobre (Copper Canyon), Mexico. Each of these crystals has the energies of shimmering programmed into them by the Arcturians. We have used the master crystal in the Crystal Temple as the template for the etheric doubling of the crystals. Also, we communicate and we send our shimmering energies into those crystals as well. These 5th-dimensional etheric crystals are being amplified by us and by you and we are working to transmute Earth and to transmute you.

It is not just the etheric crystals that you can use. Each of you, I know, is using crystals. Many of you have great talents and special training from this lifetime and other lifetimes in the use of crystal energy. It is always helpful to continue to amplify and use these crystals. For example, you may be at a very high level of consciousness and light energy at this point during the lecture. You may have a crystal in the room with you. You can project and program the crystal that is near you now to hold this high energy in which we are now participating. If any of you have a crystal in the room or nearby, I suggest that you may want to go over and hold that crystal. I will wait for a brief time until each of you who has a crystal gets that crystal.

Now, you can project your higher frequencies, your higher vibrations, into that crystal. That crystal becomes like a tape recorder holding that vibrational frequency. We are talking about a spiritual frequency of a very fine, thin vibrational pattern — certainly much more high than a radio frequency. Even the highest radio frequencies that go into the gigahertz range are considered dense compared to the frequencies that we are now working with on a spiritual energy.

In the shimmering technology, it is not only the height of the frequency, but also it is also the frequency of the wave. You hear me work with you on transmuting your energy. You often may hear me go “*tat, tat, tat, tat, tat.*” I want you to visualize a graph with a sine wave. You can see that the height of the wave goes very high. At the same time, I want you to visualize that there are rapid waves. Even this sound that is being emitted by the channel does not even come close to the frequency of the wave that is coming in. You might say, “Juliano, I cannot visualize that frequency, that number of waves coming in congruently. I cannot use my mind to visualize what you are saying.” My friends, when you connect to the 5th dimension, you are going to a level of vibration that is beyond your mental capabilities of the 3rd dimension. You have no idea of the powers of your mind.

Let me return to the example of the opera singer. The opera singer may not believe that a sound could shatter, but all of a sudden, something happens. Yes, maybe

at the lowest sound frequencies, you can visualize the number of waves coming in. That is a good place to start in your visualization. I want you to understand that at the level that we are talking about, the spiritual frequencies are so high, so thin, so etheric. Many of them are emitted over and over again. You are programmed to process these frequencies. You are the Adam species.

Interestingly, when you think of the crystals and you think of frequency, you may think of higher frequencies that are beyond the range of the human ear. You may think of very quick rising waves like the “*tat tat tat*” sounds. But, here is a thought and here is an explanation that you may find perplexing. Slower waves, deeper tones, also can have similar transformative effects and can create shimmering energy. The crystals can be programmed for deeper tones. For example, the Tibetan monks are able to vibrate on a very low frequency and a low sound. Paradoxically, the shimmering energies can also be expressed by slowing down the frequency. Let the slower vibrational tones help you shimmer.

Shimmering to the Crystal Temple

Greetings, I am **Juliano**. We are the Arcturians. Know that you first develop the individual ability to shimmer and then you are able to carry that ability into Biorelativity. We will introduce another aspect of shimmering, which is the connections established in the GOF. I would like you to understand that the etheric crystals originated as cloned or duplicate crystals from the Crystal Temple.

The Crystal Temple is a lake in which all 1,600 GOF members are in their 5th-dimensional bodies around the lake. We can help you shimmer from your place here to that 5th-dimensional lake. I want you to visualize that you are all sitting in a huge circle around this planet. You are at the level perhaps of the Moon. If you looked at the distribution of everyone listening and reading these words, you might say that no one is sitting in a perfect circle because everyone is in different locations. Remember, from a holographic standpoint, we are not looking for equidistant placements. We are looking for telepathic connections. Visualize that your spirit etheric presence can separate from your physical body and move that duplicate etheric astral presence to a huge circle of GOF members above the Earth at a level comparable to the Moon.

Your physical body remains in a meditative state. I am going to give certain tones and energy. You are going to be able to shimmer, moving into the 5th-dimensional Crystal Temple body and then back into your physical body. The etheric body that is sitting in a circle around the level of the Moon is the transducer or intermediary between the shimmering. If anyone was watching you in the 3rd dimension, they would

see your energy field begin to vibrate. You will experience an ecstasy-like feeling when you are able to shimmer into the 5th-dimensional light. When you hear these words and tones, begin to do this process, if you wish. (Sings: *O Shimmering light*. Tones: *Tat, tat, tat, tat, tat, tat*. Sings: *Shimmering light*.)

As you shimmer your etheric presence into the Crystal Temple, note that the crystal in the temple in the lake has risen and it is now above the lake. It is communicating with the other etheric crystals on the planet. (Sings: *Shimmering light*. Tones: *Tat, tat, tat, tat*.) Set the intention for you to have the power and determination to work with this light fully in your 3rd-dimensional body. Already each of the etheric crystals are now vibrating at a beautiful, harmonious frequency with each other and with the crystal in the Crystal Temple. You are all simultaneously in this beautiful circle at the level of the Moon.

This crystal at the Crystal Temple is connected with the Great Attractor Force that I spoke about. This is the attractive force that is pushing or pulling the galaxies in a direction. A small percentage of force, a single light ray or energy ray from this source would be extremely powerful. Now such a small ray has been downloaded into this crystal in the Crystal Temple. It is distributed to each of you from the top of the crystal to your 3rd Eye, where you are sitting in your 5th-dimensional bodies around the Crystal Lake. You are all sitting on one level as 5th-dimensional beings in a circle around the Crystal Lake. The crystal in the Crystal Lake has now received this ray of energy and spiritual force from the Great Attractor Force. That ray is downloaded from the crystal into your 3rd Eye. You can now download that energy into your etheric body that is around the Moon. You can also download the energy into your physical body on Earth. (Tones: *Tat, tat, tat, tat, tat*. *Ehoheheh. Tatatatatat*.)

We want to review some principles of holographic healing that we have mentioned in previous lectures. The holographic distribution of healing light can start from a powerful area that is vibrant and healthy, such as an area that is holding an etheric 5th-dimensional crystal. Holographic healing energy states that one part represents the whole. From the Arcturian standpoint, holographic healing means that one can ideally go to a healthy, vibrant part of a planet, a vibrant part of the biosphere and from that point, download and distribute energy to other areas of the planet. Our belief is that the biosphere as an etheric energy force must first be updated before the other parts come into a healing mode.

Look at the ozone hole. Look at the holes in Earth's energy field. Look at the pollution or any other areas of distress there is. You can now visualize the unblocking of the meridian lines underneath that area, being opened and receiving life-force energy. You can visualize now the etheric crystals, the ones you are familiar with, distributing powerful currents of light force throughout the meridian lines. This light force resonates

and updates the bio-energy field. The bio-energy field of Earth is now in two dimensions simultaneously. It is around Earth and it is around the etheric 5th-dimensional Earth as well.

Shimmering to Alano

Alano: Thought-project yourself into the Barrancas del Cobre (Copper Canyon, Mexico) Crystal. Now we are sitting inside the crystal in the Barrancas del Cobre. It is so charged; it is so full of spiritual light. Many of you have tears in your eyes because it is so powerful. Now, begin to shimmer. It comes so naturally! As you are shimmering, your vibration is increasing in speed. Then you reach a certain vibrational frequency and then you say the words, “Shimmer out to Alano.”

We are in a crystal in a bottom of a canyon in Alano. This is a crystal in a planet in the 5th dimension, but it looks so much like this canyon that you just came from. Feel the light of the Central Sun closer to you than it has ever been possible. We will meditate in silence as you feel this light. Now, I want you to shimmer out back into your 3rd-dimensional body in the bottom of Barrancas del Cobre. Shimmer out of Alano! Shimmer into the crystal at Barrancas del Cobre! The energy is going through the other crystals simultaneously.

I will be the guide and teacher available at all times in this Copper Canyon area. When any of you come here to visit this crystal, you will be able to channel me. When you are trying to access this crystal remotely, I will be with you. You who wish will be able to channel me by connecting with this crystal remotely.

Now, thought-project yourself back into the physical body in the circle where you started. You are back in your physical body in the 3rd dimension where you started. I am **Alano**.

Shimmering and the Ascension

Juliano: Shimmering energy is the precursor to the Ascension. The Ascension is an accelerated and enhanced shimmering energy in which you elevate yourselves into the 5th dimension permanently. The energy we are now working with, shimmering, is a powerful and necessary prelude to the 5th-dimensional 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 Biorelativity streams of energy to be distributed throughout the planet. For example, areas of great power and strength can be worked with by Group of Forty members to

create a shimmering force field in a specific area in which they are working. In particular, we have noted that the places where five Arcturian etheric crystals that have been downloaded are boosted energetically by the powerful Arcturian crystal from our Crystal Temple. This boost of energy from this crystal enables the areas where the etheric crystals have been downloaded to shimmer, almost independently of the interaction of the Starseeds. I say almost, because a very modest exercise and concentration by the Starseeds at the places where the etheric crystals are located (that is, at Lago Puelo, Argentina; Grose Valley, Australia; Moraine Lake, Canada; and at Bodensee, Germany; and Volcán Poás (Costa Rica), will enable a powerful shimmering energetic field to be immediately created and activated. It will enable those people who are there to participate and to experience this energy. (Tones: *ooooooooooh, shimmering liiiighhht.*)

By visualizing and meditating now on these etheric crystals, you receive the quantum elliptical energy from the shimmering force fields into your atomic cells, allowing each to immediately experience an activational energy field of shimmering. (Tones: *tatatatatattatatatatattaataaaaaaaaaa.*)

Shimmering represents an opportunity of an evolutionary leap, which includes a newer force, a newer power in your Biorelativity work. Those areas that perhaps seem depleted energetically or engaging in lower vibrations, can, through the circle of energy provided by the Starseeds, be uplifted. We are expressing to you the idea that you can do individual shimmering energy work directly and in person.

You can also do remote shimmering, which is a level of shimmering projected to areas where you may not be able to visit. There are necessary codes for upliftment and activation within each of your mental bodies and your brains. The unlocking of the codes now needs to occur. At this moment, especially when we are in the energy of the eclipse, everyone is very receptive to this shift. The unlocking of the codes for accessing the shimmering abilities relates to the unlocking of the Codes of Ascension. This is a stepping stone to the Ascension. I am **Juliano**.

The unlocking of the Codes of Ascension is related to the unlocking of the shimmering abilities. This gives you now the ability to interact 5th dimensionally in a manifested back-and-forth way. The codes that we are using are energy codes and sounds that you have heard many times before through this channel. The first code is the energy of the *kadosh* (Hebrew word for “holy”). With your intention, with your elevation, connect with your ability to shimmer. As you hear these sounds, go inside your mental framework, your mental body and give permission to unlock these codes and new shimmering abilities. After you unlock them, you will experience immediately your ability to shimmer, then you will also be given instructions on how you are to proceed in groups to practice shimmering.

Now, the energy of shimmering is a multi-energetic level that has to do with the other energy levels in the galaxy. This shimmering ability can actually connect to a galactic source. I will have more to say about this after we do the exercise again of unlocking. Focus on your intention to unlock the codes within you. This will allow you to do the shimmering and that will also connect you with unlocking the Codes of Ascension. This is a further enhancement of unlocking the Codes of Ascension based on our previous work. Prepare yourself in a one-minute meditation while we prepare the channel to emit these sounds for you.

(Tones: *kadooooosh, kadooooosh, kaadooosh, AAAaaadoanaiiii Tsevaaaaoooooth.*) (Repeats 3 times) I, **Archangel Metatron**, call on the light force field of the Moon at this moment to continue to unlock the codes for the shimmering light within each of you. Let a newer soul ability emerge and emanate from your soul source, from your light body, from your *neshema* (Hebrew for the “higher soul”). Be integrated into this lifetime with these abilities. Each of you will be able to manifest this ability on multi-levels. On a personal level, it will be very activating for yourselves as healers, for yourselves as Lightworkers on this planet. You will be activated in the various work that you do in your daily life with your pets and with whatever you come in contact with now. You will, on a personal basis, help many aspects of the planet to benefit from this ability. (Tones: *Hoolyyy Liiight. AuUuUrrrr HaAaAkadosh.*)

Release your ties to the 3rd dimension, but at the same time understand that this release will make your 3rd-dimensional experiences easier. In reality, what’s happening is, you are becoming masters of the 3rd dimension. This is the paradox, but it is the law that all Ascended Masters understand. **By releasing your attachments to the 3rd dimension, you become more of the master of the 3rd dimension.** To become masters of the 3rd dimension is also enhancing your abilities as Planetary Healers. Some of you are just awakening to your mission — the mission of connecting to the Star Families, of connecting to the star crystals and of participating in the group energy field. This requires an expanded self-image. This requires an expanded self-esteem, but it includes a humbleness, not an ego-inflated energy. It is an expansive energy.

I, **Vywamus**, call on each of you now to allow the ego, as you know it, to expand. My friends, it will expand on your command at this moment of this energy connection that we have made. You will expand and it will stay expanded. Expand yourself! Expand!

The problems that may be confronting you on a personal basis will more easily dissolve — not because you have done anything on the 3rd dimension to affect it, but just because you have expanded. That is the level of shimmering energy that Juliano and the guides were talking about. Shimmering is an expansion. One of the interesting levels of intervention on the 3rd dimension is this: when you are confronted with a problem, then you will try to do something to resolve it. From the 5th-dimensional perspective, from

the shimmering light perspective, you don't need to do anything. All you do is expand yourself and then the problem dissolves, not because you did anything. In actuality, you did do something by not getting involved in the 3rd-dimensional activity. Anytime you come across something that contracts you or that seems like a big problem or that seems insurmountable, know that this is an opportunity for you to expand.

You may wonder why, when you are dealing with all this higher energy, that you have to deal with the lower level? Just know that you are being called upon to expand! You will be very pleased with the result. I always stand ready to work with you on any level to allow you to expand, especially in the place where you are. It is a holy experience. As a soul psychologist, I congratulate you on your opportunity to download more of your soul essence into this life. It is a true gift and it is something that many souls who have come to Earth want to accomplish — want to do. If you have these shimmering abilities and the sincerity and the understanding, then you are experiencing a magnificent opportunity. I am **Vywamus**. Good day.

From Relativity to Biorelativity

Everyone will benefit from this information, since almost everyone is a victim of the earth's "Powers that Be," the collective ignorance, who offers no planning, nor do they even care about what they are doing to our "Blue Jewel," as David (Miller) and Oliver (Hauck) so beautifully describe the planet as our only home. Here are a few Juliano quotes from "New Spiritual Technology for the Fifth-Dimensional Earth, David's fourth volume in the "Teachings from the Sacred Triangle" series:

"There is a small percentage of planets that have life comparable to your level of evolution and beyond. We generally observe these planets. We have seen personally five to seven planets that have reached the state of development comparable to the Earth's. Of those five, three did not make it. Two were able to evolve successfully and one is now actually in this similar condition as Earth.

"The two planets that were able to survive used Biorelativity successfully. Our interpretation is that there is a necessary evolutionary step among the species — in this case, man, Adam. Other planets have species that are similar to humans. In some cases, they had different variations. One species was actually what you would call "hermaphrodites." They were successfully able to complete the process of Biorelativity, and the introduction of Biorelativity into their practices kept their planet's biosphere in a survival mode.

Biorelativity includes the use of mental telepathy and mental thought processes to interact with the Earth and the spirit of the 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, then you have created a powerful interactive force. When you are accessing a corridor, then that connection is incrementally increasing the abilities of your telepathic communications, which is then using Biorelativity techniques. We talk about using visualizations and using other group techniques for this. On the more advanced level, we are talking also about combining use of the corridors and accessing the energy of the corridors with Biorelativity techniques.

"Biorelativity focuses on group thoughts working together telepathically to send healing energy to our planet. The practice is similar to the concept of group prayer where people send positive thoughts to change the outcome of an event. In Biorelativity exercises, groups of Starseeds around the planet send healing thoughts to specific areas in the world. Storms, hurricanes and even earthquakes can potentially be averted, deterred or lessened in strength so that minimal damage is inflicted. The Arcturians point out that on higher planetary systems, groups continually interact telepathically with their planet to ensure maximum harmony between the inhabitants and the planetary forces. Biorelativity focuses on group thoughts working together telepathically to send healing energy to our planet. Native Americans know how to pray to the Earth as a group, often asking for rain, for example. In Biorelativity exercises, we now have the powerful advantage of globally connecting with many different Starseeds, working to unite telepathically for the healing of Earth.

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Holding a Spiritual Light Energy Field, Bilocating and Biorelativity

Tomar: Visualize a portal, a star energy point from the 3rd into the 5th dimension. This point, which we have designated as the stargate, is overseen by the Arcturians. It is the central for all galactic spiritual development. All evolving spiritual beings in this galaxy who wish to transition when they have completed their incarnations on Earth or on other planets (and they wish to “graduate” and move into a higher realm) pass through the stargate.

The stargate requires holding an energy field. A systematic spiritual network of beings can devote itself to holding a particular thought wave or thought pattern, as we are doing on Arcturus in the temples. It is done by the Hopis and the Tibetans and we are also doing this on the stargate. Our systematic holding spiritual light in our temple is also practiced by all Arcturians that are either traveling or going on intergalactic missions. On our ships, one or two people are designated to continually hold this light and connect with our temple masters, who are also holding this energy field. This is one of the key elements in the systematic energy of the Arcturians. We maintain the spiritual brotherhood/sisterhood and spiritual light.

When we look at the Earth, we now see many systems vying for control of the energy field of Earth. The work of specific Native Americans and the Tibetans cannot alone override some of these strong and overpowering energies. When you analyze a planet and look at how it develops spiritually, then you see that the thought patterns, the subconscious energy fields, the collective unconscious and the input of thought is the initial basis for the control of a planet.

The Earth has several groups and systems to control the planet and to control your minds and thoughts. Many of you, in other lifetimes on the Earth, have sought spiritual freedom and spiritual practice. You made great gains in your spiritual work, only to be curtailed by groups who felt threatened and did not want free-spirited galactic spiritual ideas to permeate the consciousness of the planet. You realize, as we have, that the input of energy is now forming a crystallization of change among the consciousness

of elite spiritual workers. This crystallization is culminating in an interactive force of group consciousness that is going to transform and assist in the evolving movement into the 5th dimension.

The term Biorelativity has been introduced. This is the acknowledgement that spiritual input and energy into the grid lines and into the thought patterns of a planet can influence the outcome of events. It includes the outcome of physical events. Thus, a group focusing on inputting positive, harmonious light into an area can have mitigating effect and prevent outbreaks of negativity or war or even other Earth catastrophes, such as earthquakes or volcanic eruptions. This concept and practice is used by a large group of people working simultaneously to direct into an affected or needed area. Some of the principles of Biorelativity include the following: a) the group must meet at the same time; and b) focus must be directed towards a specific area, yet you do not have to be in the specific area to have the effect.

Thought travels instantaneously. It goes faster than the speed of light, faster than you can imagine and faster than I can describe. Your thoughts can bring you simultaneously to several different locations. We call this bilocation and we have introduced the concept of bilocations in earlier lectures. We feel that this bilocation concept is an important aspect of Biorelativity. The beginning of bilocation involves the thought process. This input of positive light can cause a meaningful and helpful transition into a planetary area. The beginning of bilocation involves the thought process. You can think that you are in another place. We are focusing now in the Arcturian Temple.

We have developed a specific energy vortex, an energy portal that allows our Arcturian Starseeds, the Group of Forty, which now includes 1,600 souls, to focus energy in the 5th dimension. We have instructed you to bilocate — be on the Earth and have your consciousness in the Crystal Temple. When your consciousness is in both places, then it will raise your energy field on the Earth. Your energy field on Earth will become elevated. You can then be able to input higher light and higher energy. Bilocation accelerates the ability to receive and transmit energy, internally generated or externally received from the 5th dimension or received from other higher sources, which include the Crystal Temple. The Crystal Temple has become a focus for us. It has become a known place for Arcturian Starseeds to “hang out.” When you are comfortable with that area, then we can send you even higher energy that comes from beyond what is in the crystal.

The Moon and Biorelativity

Greetings, I am **Juliano**. We are the Arcturians. I will provide you some tones and sounds that are especially linked and related to the activations in your mental and spirit body. This will allow the DNA codes to be upgraded and intensified so that your multi-abilities will become more second nature. Your ability of telepathic relationships, your ability of multitasking, your ability in particular to be a conduit of Biorelativity telepathic communications with Mother Earth will be enhanced — enhanced to a level that you have not previously been able to achieve. This means that you will actually be able to project your spirit into the Mother-Earth energy. This projection will be an upgrade over your previous abilities to influence the Biorelativity process in the Earth. Please listen to these tones and sounds and let your DNA be opened on this new upgrade. (Series of different sounds follow.)

Connect in your mind and visualize your DNA codes and visualize the structure of DNA. Say upon hearing this next tone that you are able to raise and open to the next level and you are able to advance your evolutionary process. Some are calling for the crossing of the time barrier. We are calling for the crossing of the DNA barrier within each of you. (Tones: *Heyyyyyyy. Ohhhhhhwwhhwhwhwhwhwhwhububububub.*)

Feel your energy field expand — especially around your heads. Your telepathic abilities are also simultaneously intensified. This intensification becomes manifested by your abilities to link to the crystals that are etherically downloaded into the Earth at Grose Valley, at Lago Puelo, in the Bodensee (Lake Constance) and Lake Moraine.

At this point your Moon is a great beacon of attractive energy from the Central Sun. Your Moon has taken on a powerful energy that is downloading light from the Central Sun. If you have an opportunity after this lecture to see the Moon, then you will feel a special activation within your 3rd Eye. You will feel a special energy that will make you feel part of the New Man. You will note that the Moon now has the ability for you to connect your energy to the Central Sun and to the galaxy in general. Your Moon has always been a special force of spiritual light and your Moon has always been a great activator in the realm of the subconscious on the planet.

Your activation as 5th-dimensional beings will encompass your ability to utilize the Moon as an active force of light. This will enhance your Biorelativity exercises because the Moon is a source of pure light from the Sun. It is a light of reflection and reflected light is a filtered light. You cannot directly look at the Sun without some type of protection, but you can look at the Moon for however long you wish without protection because it is reflected light.

The Central Sun light is distant, but it is also an intense energy light. The Moon is now in alignment to reflect the Central Sun light to your 3rd Eye. Visualize yourselves rising out of your physical body in spirit and placing yourself in a beautiful circle around the Moon. Because we are in an etheric energy field, we can participate in this type of circle energy around the Moon.

Many of you have already joined me and we are experiencing together a purity of energy, a purity of consciousness that often is not readily available on the Earth. We bask in this moonlight. This moonlight is composed of light from the Central Sun now. This light from the Central Sun is being spread around the planet.

This light from the Central Sun is a frequency that is being downloaded now into your DNA codes and structures, so that you are able to uplift your consciousness and unify your perceptions, so that what are apparent intense polarizations become unified in your mind, in your thoughts and perceptions. Every time you can view a polarization and unify it, then you are participating in the upliftment in the consciousness of Man.

The energy of the Moon, the core of the Moon, is now in direct alignment with Mother Earth. This is **Juliano**.

The Moon and the State of Purity

Heya ho ha hey. I am the **Chief White Eagle**. The spirit of the Moon is activating all of us into a state of purity. This state of purity is part of the next evolutionary step. When you are participating in the advancement, then you need to achieve a state of purity. The state of purity is composed of certain attributes such as acceptance, unconditional love and also the ability to unify in your thoughts. It is especially activating to link purity with the energy of the Moon. The Moon represents many cycles. The Moon represents the subconscious. The Moon represents the feminine light and energy that is the upcoming boost to humanity.

We are very concerned about Earth changes and we are concerned about the possibilities of volcanic eruptions or Earth changes that release certain dust or ashes into the air. We are concerned that the polarizations on the Earth will lead to an intensification of certain conflicts. That intensification of certain conflicts is actually providing an accumulation of disharmonious energy, which is being downloaded into the Earth. We know at this time that the Earth is sensitive to all of the wars and all of the discussions of wars. We also know that the spirit of Earth is in direct communication with the spirit of the Moon. Your participation around this circle of light in the Moon and your participation in connecting the circle of light with the Central Sun and

connecting it with the four etheric crystals, and connecting it with Mt. Shasta, are providing an upliftment on a personal level and on a planetary level. It is providing an upliftment in your own Kundalini light force.

We of the sacred White Brotherhood/Sisterhood Native peoples love the light of the Moon, especially when it is so bright that you can see your hand. I ask that each of you look at your hand in this moonlight. Focus on that hand. I ask that you see this hand in your dream tonight. I ask that you remember how we are so connected and that your hand is in front of you. You are seeing the moonlight reflected in your hand. You will be able to connect with your vision of your hand in your dream tonight. This will activate also a new power within you. Many of you are doing fantastic spiritual work in your night time. Many of you are doing great dream work. Some of you are going to other galaxies. Some of you are participating in other ships. Some of you are doing great healings. It is time that you became aware and that you brought these experiences into your conscious memory. The skills that you have in these other realms that you are participating in at nighttime need to be activated now in your day time. *Hey ya Hooya heyyy!*

I, Chief White Eagle, am talking directly now to the spirit of the Moon. The spirit of the Moon is evolved. The spirit of the Moon Biorelativity thought patterns that each of you has. The spirit of the Moon in a great way is influencing the spirit of the Earth. Many of you are now ready to use the reflective powers of the Moon to distribute the 5th-dimensional light from the Central Sun.

The coming months are filled with ups and downs in the balance. Ups and downs mean that there are periods of crisis and then there is an evening out and a balance. Then there is another period of crisis by man and then there are events that appear to happen without man's control. No one would be able to control the volcanic eruption. But the activations of bombs and the activations of destructive thoughts compound the fragileness of the percolating energy in the Earth. The Earth is percolating. This percolation needs to have a release like a pressure cooker where you would release steam. In the Biorelativity process, we will ask you to look at how the pressure and steam from the Earth can be released. For example, some of this can be released under water. Some can be released through minor earthquakes that are not causing problems. Some can be released through projecting energy to the North Pole and then have that energy sent up to the Moon.

At this time I would like you all to imagine that there are great forces of percolating heat and lava that are flowing under the Earth's surface in great forces — forces that are far beyond even what a nuclear bomb can emit. I would like you to visualize that this energy is being directed through the Earth's meridians to the North Pole. As it comes out of the North Pole, it is being directed toward the Moon. The Moon

is able to absorb and redirect that energy out into the galaxy and back into even the Central Sun. Direct that flow with great intensity because you are activated beings with increased powers of Biorelativity. This direction of releasing the heat that is going on also warms the oceans greatly. The inside of the Earth is percolating as we have said.

I, Chief White Eagle, call on all the Starseeds who are listening or are reading this material, to visualize and direct the flow of this percolating out of the Earth, through the North Pole and upwards to the Moon. I see great heat coming to the Moon and I see a great discharge coming out of the North Pole. The Moon is able to accept this. I see there is much hatred. I see the great anger that is on the planet. I, Chief White Eagle, say that all of this anger, all of this hatred, is being directed toward the North Pole and then the people's thoughts of anger and hatred are directed to the North Pole and then it is being uplifted to the Moon. I see this! *Hey ya hoooo!* The Moon is able to discharge this and send it off.

I see the planet Uranus that is in line with the Moon. There is an alignment with Uranus and with the Moon. Uranus has a special ability to bring galactic attunement and galactic insight to many people. Uranus has reached a point where it is going to represent a major influence in the development of consciousness on the Earth. The Starseeds in particular understand that Uranus is bringing forth this evolvment, this activation that Juliano has called the activation of the DNA codes. It involves a connection to the star higher families and the star hierarchy. The ancestral Star Family is now, through its connection with Uranus, sending a powerful link to your Moon and that light is being reflected back into your consciousness on the Earth. *Hey ya hoo. Hey ya hoooooooo!* This is the **Chief White Eagle!**

Calling Down Cosmic Light into your Crown Chakra

I hope you are familiar with the Arcturian Tree of Life and have worked with its spheres. Visualize the light and the energy at the top of the Tree of Life. The highest sphere is connected to the famous Mt. Fuji in Japan. Visualize that sphere above your Crown Chakra. I, **Juliano**, am calling on the cosmic light, the undifferentiated light, to come into each of your Crown Chakras. This great sphere of light is over each of you now. Ask your Crown Chakra to open to this great cosmic light so it can fill your whole energy system now. Your whole system receives this cosmic light. It is undifferentiated. This light goes to places within each cell, within each etheric part of yourself, within each part of your Cosmic Egg. It goes there and charges each area with beautiful cosmic light.

Remember, we called your energetic egg shape the Cosmic Egg because you are also cosmic in your origin. Feel this connection. I send you this cosmic light. It is a light of the Pung energy. It is a light of the protective energy field shielding you and keeping out other lower vibrations that may be attaching to you for any reason. Feel your energy field. Breathe. Feel any other body deficiencies strengthen. Feel your immune system also receiving this wonderful upgrade of light. Most importantly, your newly updated program within is saying: **“I am able to adapt to the changes occurring on this Earth. I am able to adapt in a most healthy expanded way to changes occurring in my body and on Earth.”** Micro-organisms and any bacteria are easily pushed out of your system because you have vibrancy with this cosmic light energy.

Now, with the same intention and with the same visualization, let us go to Earth. The Earth is ready and able to receive cosmic downloading at the same time because Earth also has the ability and is continually receiving cosmic energy. Even those people who deny the Earth’s self-regulation process will readily agree that the Earth continually receives cosmic energy. It is well known that even the light from the Big Bang, 13½ or 14 billion years ago in Earth time, is still being received around the Earth. The energy of the initial Big Bang, the initial expression of all there is and all there will be, is around the Earth now. The energy from the Central Sun is, in an undifferentiated way, coming in this moment to Earth. That means that new codes and a new regulatory process in the Earth’s system is also possible and available. The key link is that man and in particular, the Planetary Healers, need to participate in the downloading of this new code for Earth.

Earth, too, can expand and also can regulate itself with a newer energy. This will allow Earth to maintain this existing homeostasis that allows man to live on Earth — even with the many disharmonies and blocks now present. We still must try to clear

these blocks. We must try to bring a greater sense of purification to this planet. Earth does not have to experience change at a chaotic, catastrophic level even though such change from a causal connection seems likely.

The Earth is capable of transcending the causal energy field. The Planetary Healers can assist in this process. Connect with your mind and with your visualizations the energies that you know as Mt. Fuji at the top of the Arcturian Tree of Life. Visualize that Mt. Fuji, which is also connected deeply to Mt. Shasta, is directly receiving this planetary light upgrade from the Central Sun. This is taking advantage of the powerful alignment of this sacred time. I will be speaking more about the sacred light and sacred spaces.

Connect with this newer planetary light from the Central Sun and feel it downloading into Earth. I will now ask Sanat Kumara to speak briefly to you and then I will return. Continue to hold this connection to the Central Sun, Mt. Fuji and Mt. Shasta in your mind.

Greetings, I am **Sanat Kumara**. I am the Planetary Logos. I am the Planetary Overseer of Earth. I am working with the Earth's Codes of Ascension. I am overseeing the Ascended Masters' work with the Earth's Ascension. You are absolutely correct in understanding and believing that Earth has a presence in the spiritual world. You are absolutely correct in understanding that Earth has links to other dimensions. These links to other dimensions are, as Juliano has said, with luminous strands of light. Know that the higher beings in the galaxy and in other galaxies know how to find these luminous lights that are emitted from a higher planet such as Earth.

Maybe you will ask yourself this question: "How can it be that extraterrestrials can find the Earth? The universe and the galaxy are so vast that it would take centuries to locate a planet with any type of higher advanced life." The way the higher beings find Earth is through connecting to this cosmic energy that Juliano called the "luminous strands." Now you also can connect to the other planetary systems by using the same method.

Remember, the cosmic light is a light of harmony and I, Sanat Kumara, call on you to reignite your interest in the Ring of Ascension around this planet. Remember that the Ascended Masters and guides through our work with Juliano have asked you to work with the Ring of Ascension. We have called this Ring of Ascension a halo. It is a halo in which the guides and teachers are placing their energies and where you can mix your energies with the Ascended Masters' energies. You can then send a halo of harmonious light to Earth.

I, Sanat Kumara, say: allow the energies from Mt. Fuji and Mt. Shasta to go into the Inner Earth core through all the meridian forms on the meridian lines. Help Earth receive this new upgraded light, the upgraded vibrational energy. I will be giving you more directions on the overview of the planet. This is the time for the Planetary Healers to step forward and manifest and to let their healing skills and their intentions be known. May all the 12 etheric crystals in the Arcturian Tree of Life be activated with great harmonic balls of light. May all the Planetary Cities of Light be activated, including the city of Taos and the other beautiful Planetary Cities of Light. May the energies of the sacred sites on this planet be activated. May new sacred energy fields be created. It is our intention to create more sacred Planetary Cities of Light and more sacred areas. The balance of the unsacred and the disgraceful abuses to the Earth will be counterbalanced as quickly as possible. A new balance will be created by the designation and by the energies of the Planetary Healers, who will create and hold more sacred sites on Earth. These sacred sites, some of which we call the Planetary Cities of Light, will be able to hold higher cosmic light.

I, **Sanat Kumara**, tell you that the power of the sacred sites is going to become phenomenal in counterbalancing the other energies.

Connecting to Inner Earth

Adama: Feel your abilities now to thought-project and to bilocate yourself into Inner Earth and the interdimensional space where I, Adama, am waiting in the garden, directly under Mt. Shasta, California. This is approximately, in Earth measurement, two to three kilometers below the Earth in Mt. Shasta. This is a beautiful interdimensional garden from where I am speaking to you. I am inviting each of you now to thought-project your energy into the garden where there is beautiful sunlight from the Inner Earth. I ask you to join me now in this garden, in the Inner Earth and in the interdimensional Earth. You all are appearing here in your Light Bodies. As you enter this interdimensional space, you immediately transform yourself and enter into your 5th-dimensional Light Body. You have a 5th-dimensional Light Body that is also here in Inner Earth. As you come into this 5th-dimensional Light Body in the garden where I am, you can feel a huge acceleration of 5th-dimensional activation in your DNA codes.

Kadosh, Kadosh, Kadosh, Adonai Tzeva'oth. Let those sounds activate the DNA within your light body to help you be more connected to Inner Earth and the interdimensional Earth. Call upon me, Adama, and I will send you a special healing light that you may direct to any part of your 3rd-dimensional body when you return. Hold this healing light in your Inner Earth body.

Building Sacred Structures Along Certain Grid Lines

The Ring of Ascension is not going to be enough to heal the Earth. There is a need to build sacred structures and temples along certain grid lines. Groups must activate entire meridians, which requires a fantastic level of coordination — a high level of healing and planetary work. Visualize the opposite of an atom bomb. There is a build-up and release of light, a build up of energy through the power of the grid lines and Ascended Masters working with the planet through the Ring of Ascension halo, through Sananda, through Chief White Eagle and through Mother Mary. They are very connected and overseeing of many of these grid lines.

Now imagine the grid lines are building up on Earth. There is an explosion of light, of love, of healing and of transformation. The *Adonai* Light connects ultimately with the grid lines. You build up to a point where suddenly there is a gold light from *Adonai* into your planet. (Sings: *Adonai*.) We are all connected with *Adonai* Light. There is a purpose for being here for this transformation. Each of you may find yourself looking for this purpose, the uniqueness that you can offer in providing the building up of this.

Needed: 40 to 50 Medicine Wheels

Use of the Medicine Wheel for Biorelativity from the Native people's perspective is that we use the Medicine Wheel as our device to increase the arcan energy of our thoughts. (An arcan is thought form energy described as traveling in an arc wave. In Biorelativity, we use etheric crystals implanted within and our own arcan energy to increase the power of our prayers and intentions.)

We know the Medicine Wheel has great power to accelerate thinking. It is difficult to formulate a quantitative measurement the way Juliano has done. I would have a hard time saying, go into the Medicine Wheel and you will increase your power of your thoughts 10 times. We don't think in scientific terms. We just know that the Medicine Wheel is a sacred tool that comes from higher galactic sources. When we meditate and when we speak to Mother Earth in our Medicine Wheels, then our thought patterns and our thought energy are greatly accelerated and amplified.

That is why we will use our Medicine Wheel in ceremonies, both for our personal and planetary healing. We will use the Medicine Wheel in many different ways for accelerating the power of our thoughts. We will use it at night for the full Moon. We will

use it at dawn and in the evening time. We will use it when there are certain stars overhead. Also we will use it in prayers and prayer circles. Think about this: The Medicine Wheel is built on the Earth, right on the Earth, my friends. We feel that having the Medicine Wheel on the Earth is helping us in our planetary healing to directly have access. It is being downloaded directly into the energy field of Earth. Hold that pattern now.

The energy is being downloaded into the Cosmic Egg of Earth and being distributed to many different sources and many different places. This includes many different ocean currents and many different rifts in the aura of Earth. As we are holding this energy, I want to point out some other factors for increasing the arcan power of the thoughts. Any time you are able to place an alignment in this type of Biorelativity work, then you can also amplify the thought field energy. The thoughts are not restricted by space. You can also send or receive thought patterns from the Central Sun. Because you are connecting your thought with the Central Sun, then you are able to amplify your thoughts from that energy source as well.

Many of you are able to work with the star Arcturus, especially when the star Arcturus is up at night in your location. Alignment with Arcturus is another powerful alignment that would be helpful for you. The alignments are not only in space, but also in time. The 11-11-11 was another powerful alignment. That time is an opportunity to increase the arcan power of your telepathic thought so that greater and more effective Biorelativity exercises can be accomplished. Of course, 12-12-12 and Dec. 22, 2012, are alignments that are all periods that are powerful and have great potential for increased arcan thought energy.

We are just about finished with this thought exercise and I would like you to rematerialize yourself from the 5th-dimensional body above Earth next to the Iskalia Mirror and come back down into the physical body. Know that this flow of energy and light will continue for at least the next two hours. You may visit the Iskalia Mirror anytime during the next two hours. I would like Chief White Eagle to speak with you about other methods of increasing the telepathic powers for planetary healing and how you can increase the arcan energy power of your thoughts. I am **Juliano**. Good day.

Hey ya ho ya hey! Hey ya ho ya hey! Hey ya hoooohhh.

Greetings, I am the **Chief White Eagle**. All my words are sacred. I honor each of you because I know of your commitment to planetary healing and I know that many of you have come to increase the power of their thoughts. I am hoping all of you will be working on your Medicine Wheels. **I would like to see 40-50 Medicine Wheels around the world this year.** I will be with each of you when you enter your Medicine Wheel. I am **Chief White Eagle**. *Hoh!*

People have said, “Chief White Eagle, what about your talking and praying as a form of Biorelativity? Instead of visualizing, you also talk to Earth.” We in some ways are like the ancient Kabbalah masters in Jewish Mysticism. We believe in power of speaking by using the purity of the words. We know that the choosing of the words is just like the choosing of the right thoughts. When we are creating the powerful Medicine Wheel, then we know that each word spoken in that Medicine Wheel environment is sacred and can go straight to the right place on Earth to change and create a newer higher balance that can be helpful to mankind.

Mother Earth, we pray to you now in our etheric Medicine Wheel that Earth can be rebalanced in a new feedback-loop system energy process. We pray that this new process will descend upon Earth and that it will bring her into a higher alignment that will make all of the Earth transitions more harmonious. I, Chief White Eagle, call on the Medicine Wheel to align with the Central Sun. We will use chanting. We will use dancing because we know also that when we get ourselves into a trance, we are transcending our normal level of consciousness and we are entering a realm of really being able to increase the power of our thoughts or to use the language of Juliano, the arcan energy of our thoughts. This approach to chanting is similar to what the Kabbalists do when they are doing the prayers.

The Medicine Wheel

Greetings, I am **Juliano**. We are the Arcturians. Let us look at the relationship between the Medicine Wheel and the Star Family energy. The idea of the circle, the idea of the Medicine Wheel, is a gift from the Star Family to the peoples of the Earth. This concept of the Medicine Wheel is a galactic symbol that is also related in many cultures. For example, the mandala is also in the shape of the circle. In the Indian cultures these mandalas also have corresponding energies to the Medicine Wheel.

There are things that are unique about the Medicine Wheel. There are unique relationships established between the Star Family and the Native peoples of the planet and the Native American peoples. The Star Family has ongoing contact with the receptive peoples of the Earth.

What is the Star Family? The Star Family is a group of higher masters that are similar to the Galactic Council. They are leading and overseeing the evolution of Earth energies. They also oversee the evolution of other planetary energies throughout the

galaxy. You are not the only civilization in this galaxy, but the Earth is a special civilization and the Earth has a high number of Starseeds.

We have defined the Starseeds as those people who have had previous incarnations in other lifetimes and on other planets. The Starseeds are also people who have had contact in Earth lifetimes with other star beings from other planets. Many of you have had contact with your Star Family in other Earth incarnations. This has opened you up to the connections with the Star Family.

The Star Family includes, but is not limited to, the Pleiadians, the Arcturians, the higher Sirians, to the Antareans. We also speak of those people from Alano and we speak of many other planetary systems closer to the Central Sun. We also speak of the Andromedans who are coming from your sister galaxy. Your sister galaxy Andromeda has many parallels to the Earth and many parallels to your gigantic, beautiful galaxy that you call the Milky Way.

The Andromeda Galaxy is home to the Blue People. The Blue People are highly evolved spiritual beings who have been able to exist in a thought form. They are able to exist without incarnating into a physical body. This development is an evolutionary step in which you are on the track to achieve. It is difficult at this time, in this physical body that you are in, to conceptualize of an incarnation without a body. Imagine, if you will, that it is possible to have a presence without a body, but you would exist only in a thought form. This is one of the powerful levels of evolution that the Andromedan Blue People have achieved.

The Andromedans also have taken an interest in the Earth population and the Earth Starseeds. What is beautiful about the Starseed energy is that the Starseed energy attracts other Starseeds. The Starseed energy attracts other Star Family members. The Star Family members include all of the higher evolved beings in the Milky Way Galaxy. This means that the Star Family includes you! You are part of the Star Family and you are able to connect on many different levels with the Star Family energy. The Star Family has been interacting, in particular, with the Native peoples for many centuries. There are many encounters and there are many stories and many histories of the Star Family giving information and energies to the Native peoples.

Part of the reason for this is simple. In the earlier times, people were living under the skies. In the earlier times, people lived and interacted with the sky at night. They interacted with the Star Family energy directly on a nightly basis. Civilization has created large cities and has also contributed to removing many of you from that nightly interaction with the Star Family and with the sky.

Sometimes the historians and scientists are surprised that the Native peoples and the earlier peoples, such as the Mayans, had so much knowledge of the sky and of astronomy. It is easier to understand when you can picture the beautiful sky and the people interacting with the sky on a nightly basis. I encourage you all to interact with the night sky as much as possible. One of the earlier exercises that we worked on and suggested was that you meditate and you connect in an open area with Arcturus. I know that there are parts of the world where Arcturus is not visible. You can connect Earth energies with the night sky.

So, for example, in the southern hemisphere, you may decide to connect energetically with the Southern Cross. You may decide to connect energetically with the Magellanic Clouds, the nebulae known as the Magellanic Clouds. Telepathically, you can also connect with the Star Family during your meditations under the sky. (Tones: *OOOhhhh.*)

We are part of the Star Family, we, the Arcturians. We are also involved with the Pleadians in the gifting of the Medicine Wheel and the gifting of the circle. The mandala has contributed to the formation of the Medicine Wheel or the Medicine Circle.

I'd like to compare the Medicine Wheel to crop circles. The idea of the Medicine Wheel as it was given to the earlier Native peoples focuses on creating telepathic communications with the planet Earth and also creating a telepathic link to the galaxy. The Medicine Wheel also can be used to create a telepathic link to the Wheel of Incarnation. This is quite an expansive energy and the Medicine Wheel is quite an expansive tool.

The Wheel of Incarnation is representative of the histories that you all have on this planet. You've had many earlier lifetimes on this Earth. Some people will refer to the Medicine Wheel as representing the Wheel of Incarnation as it is represented in the Hindu philosophies. This is a good comparison. You also will look at the Wheel of Incarnation holographically. One of our primary teachings relates to holographic perception. We are helping you to expand your perceptual field so that you are opening up to the holographic world.

The 3rd-dimensional world is linear and it is more confining. The higher perception always includes holographic energies so that you begin to see multi-levels. In incarnational terminology, multi-levels refers to cosmic karma and cosmic incarnations. That is to say that the Wheel of Incarnation is related to your Earth incarnations and especially for you, the Starseeds. The Wheel of Incarnation also relates to your cosmic incarnations. The Wheel of Incarnation also relates to the fact that you already have had

incarnations on other planets. Some of these planets that you have been incarnating on have even been in the 3rd dimension. Some have even been on the 5th dimension.

Of course, you will wonder, how can it be that if I have had an incarnation on a 5th-dimensional planet, then why am I here on this 3rd-dimensional planet? In order to understand that, you have to use the holographic energies to look at the concept of what I call "coiled incarnations." You will look at a coil and you will notice that the coil is going up and around, but there is a part of the coil that seems to be somewhat flat. This flat part of the coil symbolically refers of multiple dimensional incarnations on a plane on the coil. You are moving up in your evolution. Your evolution can be compared to a DNA strand, which also appears like a coil. You are moving up the coil. There are places on the coil where your development stays on a plane and in one part of the plane you are in the 3rd dimension and in the other part of that plane, you can be in the 5th dimension. Eventually you reach a point where you are totally 5th dimensional and you never, unless for some reason you chose, have to return to the 3rd dimension.

Some of you have been on 5th-dimensional planets and were on exploration trips to the Earth. During those exploration trips, you either had an accident or got involved in the 3rd dimension and became involved in the cause-and-effect and the karma of the Earth and therefore you were unable to return to your 5th-dimensional life. This means that if you were in the situation of becoming karmically involved in the Earth, then the best way for you to return to the planet where you came from is through the Ascension. The Star Family knows of the Ascension and knows that the Starseeds like you will want to participate in the Ascension because many of the Starseeds will take this opportunity to return to their home planets.

Some of you in your Star Family work were sent here on certain missions. You were already 5th dimensional, but you volunteered or were asked to come here to assist and to participate in this Ascension energy and in this Ascension light.

I would like you to broaden your conception of the Wheel of Incarnation to include, holographically, other incarnations on other planets. The Medicine Wheel can be used as a Wheel of Incarnation. Do not limit the use of the Medicine Wheel just to the incarnations on the 3rd dimension. Also, holographically, use that beautiful symbol to relate to other cosmic incarnations. You can access other cosmic incarnations through the center of the Medicine Wheel. The center of the Medicine Wheel represents a holographic corridor that will allow you to go to other Medicine Wheels in other realities. You even can use a Medicine Wheel to connect to the 5th dimension.

The Wheel of Incarnation also is powerful when it is used just for this lifetime. You would want to use the Medicine Wheel for gaining greater insight into this personal

life that you are now having. Many of you have already commented that this lifetime seems equivalent to five or six lifetimes, because you are going through so many phases. You have gone through so much work. It might seem like you have had one complete lifetime in the earlier part of this lifetime. I note and notice that many of you had earlier experiences in this lifetime that are totally removed from your spiritual tasks and your spiritual work that you are now doing. Of course, this means that you have not been completely prepared for this highly spiritual time.

Some of you have even allowed walk-ins. That is to say that in this earlier lifetime, or in this incarnation, you completed certain tasks and after that you decided to allow another spirit to come in. I know that some of you are walk-ins, and being a walk-in has allowed you to enjoy this opportunity of working in this spiritual energy, that is the spiritual energy of the 2011-2012 energy field.

Let us now look at the Medicine Wheel as a communication to the Earth and to the galaxy. I compared the Medicine Wheel to the crop circles because it is our understanding that crop circles are types of Medicine Wheels that are highly advanced and are containing geometric patterns related to deeper energies within the Earth. Higher 5th-dimensional beings are working with the crop circles to create these energy configurations. These energy configurations are also telepathic communications with the spirit of the Earth. These telepathic communications are also giving instructions to the spirit of the Earth. They are telling the spirit of the Earth that the Earth is in a transition. They are telling the spirit of the Earth that the Earth is going to be coming into higher 5th-dimensional energy.

The Earth's feedback-loop system is being affected by the disharmony that is occurring on the planet. Disharmony and disharmonic energy create irregular vibrations that will affect the harmonic vibration of the planet and, therefore, affect the feedback-loop system. Harmonic Convergence and harmonic energies, such as what you experienced on 11-11-11, are ways of stabilizing the harmonic energy field of the planet. This is one of the most powerful tools in Biorelativity, the stabilization of harmonic light and the creating of harmonic light.

Now, harmonic light also has different cycles, so that you can be on resonant cycles and that can still create a harmony. This is also found in music where you can have some people sing a different octave above or below the main score. It still all harmonizes. I want you all to understand that harmonic energy and the creation of harmonic energy is one of the most powerful tools in the Biorelativity field. The use of the Medicine Wheel, the Medicine Circle, can accelerate harmonic energy and harmonic light. The mere creation of the Medicine Circle is establishing a harmonic energy field where you built it. That harmonic energy field can be utilized multi-dimensionally. That

harmonic energy field can be used to send harmonic energy to the Earth feedback-loop system. The crop circles are also harmonic tools that can be used for fine-tuning of the Earth's harmonic energy. It can be used to connect with other Medicine Wheels around the planet.

The Medicine Wheel also has the ability to do harmonic adjustments to the Earth just like the crop circles. But, the Medicine Wheel is not built as complex as the crop circles. You have seen the crop circles and you have seen many of the complex geometric patterns. Some of those patterns probably have never been seen before on the Earth and, therefore, may not be easily reproducible. The beauty of the Medicine Wheel is this: the Medicine Wheel is a relatively simple geometric pattern. This pattern is set up so that it corresponds to the communication patterns of the humans. Because it corresponds to the communication patterns of the humans, this means that the Medicine Wheel increases its power when you step into it. The Medicine Wheel increases its healing powers and communication powers to the harmony of the feedback-loop system by your being in the Medicine Wheel, by your placing crystals in the Medicine Wheel and by your making the Medicine Wheel a sacred site.

The Medicine Wheel functions as an interactional tool with Man's prayers and telepathic communications with the Earth. Also, the Medicine Wheel functions as a tool to hold spiritual energy. If you look at the crop circle, you will see that the crop circle may exist for a couple of days or for a short time longer. The crop circle is holding the energy. The Medicine Wheel also can hold your energy and can hold your thoughts and communicate those thoughts to the Earth.

We suggested that there could many Medicine Wheels built by the Group of Forty Starseed members. We also believe that the Medicine Wheels can and should be built in all the Planetary Cities of Light.

The Medicine Wheels can also communicate with each other. The Medicine Wheels have multi-dimensional abilities; that is, they can communicate with the Earth. They can communicate with other Medicine Wheels and the Medicine Wheels can increase in power logarithmically. If you had 10 Medicine Wheels around the planet, it would be far more powerful than two. The power of the Medicine Wheels would be increasing logarithmically, which is a higher value than just doubling or tripling. Now we are at a time on the Earth where the whole planet can learn about and practice and use the Medicine Wheel.

The third aspect I wanted to talk about is the Medicine Wheel's ability to communicate galactically. We looked at the Medicine Wheel first as a tool for your personal work. We also looked at it as a tool to communicate with the Earth and work

with harmonic energies. Now we are also looking at the Medicine Wheel as a tool for communicating with the galaxy.

Many of the Native peoples in earlier times knew that there were galactic energies and that the Earth was receiving galactic energies. This has been most often expressed, in one instance, by the exploration and discussions of the Mayans who had a concept of the Galactic Center. They believed and had a concept that they were in communications with the Galactic Center.

What does it mean to communicate with the Galactic Center? It not only means that you are receiving galactic energies, but also it means that you are sending galactic energies. Galactic energy is complex because the Earth is in a solar system far from the Galactic Center. The Earth's solar system is primarily directed by the Sun and the Sun is on a path going around the center of the galaxy which takes now, according to recent calculations, 250 million years for one rotation, for one cycle, to occur. We are now approximately half way through that cycle of one complete revolution.

You go around the Sun in 365 days. You have autumn. You have summer. You have four seasons. You know that each position creates different weather patterns and different energies. Those energies and weather patterns also can be designated in the Medicine Wheel. You could talk about the earlier part of your life; you could talk about the middle and you can talk about your sunset years.

You can understand galactic energies that the Earth is now receiving by beginning to have a conception of where the Earth is in its path and what energies and what patterns are being received. The solar system's path around the center of the galaxy is an important visualization, but also the Earth's precession or wobble affects what angle of energy it is receiving both from your Sun and from the center of the galaxy. You are in the midst of a great alignment. On 12-22-12, the Earth will be in an approximate alignment with the Galactic Center. The Earth is in this galactic alignment due to the precession or wobble of the Earth's axis and also because you are approximately at the halfway point around. Because of these alignments, there is an opportunity for intense newer light and newer energy. This newer light and newer energy is needed on the Earth. You need newer thoughts and newer vibrations to change and repair the Earth.

I want to emphasize the word "repair," because by all scientific observations, the Earth is in quite a quandary or quite a fix right now. That is to say, there are problems on the Earth that seem irresolvable. These problems are already creating damage that seem like they cannot be fixed. In such an alignment with the Galactic Center that we

are talking about, newer vibrations and newer energies are going to become more available so that new solutions will be emerging.

In one sense, the path of the solar system around the whole galaxy is a gigantic Medicine Wheel. You see, the Medicine Wheel is representative of inherent patterns in the galaxy. Perhaps it is more difficult to understand how the solar system and how the Earth are feeding back information to the center of the galaxy. Maybe you could understand that the center of the galaxy is sending energy to the Earth and that there is a new vibrational field coming to the Earth. Part of the reason is that a new vibrational field is coming to the Earth, because the Earth and the solar system have come into a new position in their 250 million-year path around the center of the galaxy.

What kinds of communications emerge from the Earth, emerge from your solar system? That is where the Star Family comes in. That is where the Star Masters come in. Your vibrational energies are sent out and are picked up by the Star Family members. They are picked up by the Ascended Masters, by the Galactic Council. For example, the Galactic Council and the Star Family knew when the first atomic bomb went off. They know when there are other nuclear experiments. They know when there are experiments done in the time-space distortions. You cannot do a time-space distortion exercise without many other energies in this galaxy picking it up and understanding it.

This means that what is going on here is communicated to other parts of the galaxy, particularly to the center, especially events involving nuclear energy. Nuclear energy also affects the time-space distortion field. A time warp on occasion has been created in different energy fields on the Earth. That time warp is like a wrinkle in the space-time continuum on the Earth and that wrinkle is picked up by other parts of the galaxy. The Star Masters and the Ascended Masters and the Galactic Council know that there could be potential problems here on the Earth. They are picking up the waves of energy that are created by the space-time distortions in some of the scientific, military experiments that you have done.

The Medicine Wheel also has the ability to harmonically communicate to the galaxy. The Medicine Wheel has the ability to harmonically receive the highest light from the center of the galaxy and it can be used by you to send harmonic light outward. This is a good practice because you want to attract higher-dimensional energy and beings to the Earth. One reason why the 4th-dimensional Grays came to the Earth is because of the disharmonious energies that were sent out. One of the reasons why many of the Ascended Masters are coming to the Earth now is because many of you are sending out higher harmonic energies.

One of the ideas of the Harmonic Convergence, such as 11-11-11, 12-12-12 and other of the exercises is to reinforce the sending out of harmonic light so that higher beings will continue to be attracted to and come to this planet. That is one of the main missions of many of you Starseeds. You want to contribute to and develop new techniques for using harmonic energy and the harmonic attraction force. One of the greatest tools for this is using the Medicine Wheel.

Now, I will turn the next part of the lecture over to Chief White Eagle. I am **Juliano**. Good day.

Hey ya ho ya hey ya! Hey ya hoooooooooooo. Greetings! All my words are sacred. I am the **Chief White Eagle**. I welcome this opportunity for you and me to be together. I want to acknowledge that we are creating with you a beautiful circle above this planet. We, the Native peoples, the Ascended Masters, the higher Grandmothers and Grandfathers are continually participating in a great Medicine Wheel above this planet. We are in the 5th dimension, and with our work, we are interacting to bring down the power of harmonic light that Juliano has talked about. We want you to be participants in a great Medicine Wheel, which is the Medicine Wheel that encompasses the whole Earth. We want you to continue to build Medicine Wheels around this globe in all the different areas that you can reach. You want to increase the power of your Planetary Cities of Light. You want to attract more people and more Lightworkers. One of the greatest ways to do this is to use the Medicine Wheel.

I want to say to you that in our teachings, the Medicine Wheel is a sacred space. The Medicine Wheel is a great gift that we have received and you have the ability now to create a sacred space by building your own Medicine Wheel. You can use that sacred space. You can bring your powers into it. The Medicine Wheel can amplify and can increase your powers of harmonic thinking. The Medicine Wheel is a wheel of harmony. Harmony is the opposite of polarization.

You have all experienced enough of polarization. I know that many of you have discovered that polarization is tiring. It wears out the systems. Welcome any opportunity to be able to experience harmony. Know that the Medicine Wheel can assist you in experiencing harmony with your personal incarnational cycles, with the Earth and with the galaxy. We are particularly interested in working with the Medicine Wheel in creating harmonious energy for the Earth. We know that our prayers can be more powerful when they are done in the Medicine Wheel.

I see many new Medicine Wheels being developed around the planet. I see many of the Medicine Wheels already in existence in the Group of Forty to be connected. Think now of your own Medicine Wheel. I know many of you have a Medicine Wheel

now. Think of it at this moment. If you don't have a Medicine Wheel, visualize where you will want to put it. You can put it in your house. It can be built even in your living room. It could be built in your backyard. Visualize the Medicine Wheel that you have or that you are going to have and connect with that harmonic light and harmonic energy in that wheel. Let that light and that energy from your Medicine Wheel radiate and emanate throughout the planet. Let it emanate also off the Earth and emanate into the ethers so that you are able to attract to your higher personal energies of healing in this incarnation and also higher planetary powers for the Earth healings that you have been sent here to do. Use the Medicine Wheel for attracting also the great powers you are developing to experience galactic connections and for attracting a greater galactic energy. *Hey ya hooooo. Hey yaaa hoooo. Hey ya hooo.*

Using the Medicine Wheel will be a powerful way for you to experience 2012. You will be able to come into a powerful harmonic energy field using the Medicine Wheel. We are all related. I am **Chief White Eagle**. *Ho!*

Setting up a Medicine Wheel

Audience member asks: How do I take this energy to my house and garden?

Juliano: You will usually do this by putting up crystals around the house, around the yard. We recognize crystals buried in the ground. Then, if you have some help, it's better. Then you go around the perimeter of the land. Then you start to shimmer the land. You also can use your energy to connect to Montserrat and the etheric crystal there. Then send the energy from Montserrat directly to your house. So you are actually shimmering the line around your property. Then you are asking that the line — that energy go to the 5th dimension so that your house and garden is connected to the light of 5th dimension and all the protection that goes with it.

Audience member: Does it have to be a minimum of four people?

Juliano: It depends how big the property is. Yes, four people will work.

Audience member: What about a flat?

Juliano: You can make a circle like a Medicine Wheel in the flat. Does everybody know what a Medicine Wheel is?

Audience members: No.

Juliano: We could have White Eagle explain it to you.

Chief White Eagle: *Heya Ho ah Hey Heya Ho ah Hey. Heya Ho ah Hey Heya Ho ah Hey. Heya Ho.*

Greetings, this is **Chief White Eagle**. It is wonderful to be here again with many friends. I understand you want to know about the Medicine Wheel. The Medicine Wheel is a Cosmic Mandala that we the Native Americans in North America use to create healing energy and healing light. The circle is a sacred symbol for unity and connections to all dimensions.

The Medicine Wheel is a circle that can be made with stones or crystals. There have to be enough stones and crystals to make a full circle in the Medicine Wheel. That one point of the circle is North, one point is South, one point is East and one point is West. The lines of the circle are also made of stones connecting North, South, East and West. In the center is the Inner Circle and in the Inner Circle you can place your more powerful stones — your most sacred stones, your most sacred energy.

Then you can shimmer the circle so if you have a piece of land, or a flat, you can create your Medicine Wheel there. And it is a natural object that natural shape that can be shimmered. The Medicine Wheel automatically is connected to other dimensions anyway. So the question about how to activate your flat can be answered by using, creating a Medicine Wheel. And then you shimmer the Medicine Wheel and then you will see that great healing light and 5th-dimensional energy is in your apartment.

At one point we are asking for 40 to 50 Medicine Wheels to be established now throughout the world because of their great healing potential. I am the **Chief White Eagle**. *Ho!*

Calls to the Four Quarters

(Example by conference guest speaker: Mountain Eagle)

You have to be grounded to say your prayer.

To the East: Where life comes into the land.

To the West: Where life leaves the land.

To the North: Where the cold comes from.

To the South: Where the warmth comes from.

To the Grandfather Sun and the Grandmother Moon and Mother Earth.

I want all the forces of all directions to come together through me, in me. I'm the one doing it now. When you call on the forces — it's you doing it.

Making a Sacred Shield

Hey ya ho hey! Greetings, I am **Chief White Eagle**. All my words are sacred. All my brothers and sisters! We bind our light and love together.

Know that it is time to bring out your sacred shields. It is time to bring out the energy of the shields that we have talked about many times. Do not neglect your etheric shields. Do not neglect bringing out your powerful shields some of you have made in the past. Shields are a necessary part of the shaman. Shields are a necessary part of working in the 3rd dimension in spiritual transformation. Shields are a necessary part in doing the cleansings. Shields are a necessary tool in protecting you from the many different negative energies that are erupting on this planet now.

If you do not have a shield in your mind, then visualize a new shield. If you do not have a shield, then tell yourself you will find someone who could help you make a shield or draw a shield. If you already have a shield, visualize that shield now in front of your physical aura here on the 3rd dimension and let that shield be reinvigorated. Let

that shield stand as a guardian. One must have a shield in place. It is just part of your expansion.

Yes, you can have many shields. You do not have to use the same shield each time. Some of you as spirit workers are also shamans. Shamans use different shields and have many different ideas of shields. Use the image of the shield that sings with your heart and that you know is the right shield for you. When you are in resonance with your spirit shield, then you are impenetrable to lower vibration, to lower energy. Even the lowest of the spirits cannot touch and go through the shield.

I, Chief White Eagle, at this moment, activate and empower each of your shields now so when you pick them up, you will feel a new sense of protection and spiritual resonance. *Ho!* I am **Chief White Eagle**.

Quick Affirmations and Chants

We are all One.

Kadosh, Kadosh, Kadosh, Adonai Tzeva'oth

My Perfection is handling all my imperfections perfectly.

"I now activate my Higher Self to be always in consciousness on Earth.

Love them, Love them, Love them! Send them Gratitude, send them thanks, send them understanding, support and appreciation. — Sananda

I cleanse my subconscious.

All thoughts and patterns not serving a higher purpose are hereby discarded and removed.

Light can create things.

The path of Ascension is through your energy field.

"El na refa na Adam." We are asking for the healing of the whole Adam species.

Chant: Adam Kadmon

Chant: *Hey yo hey! Heh oh hey! Hey ya hoooooo.*

Chant: *Hey ya ho! Hey ya Ho ya!*

Chants: *Hey Ya Ho. Hey Ya Ho. Hey Ya Ho.*

Chant: *Heya ho, Heya ho, ho hohhh.*

Chant: Hey ya ho ya hey. Hey ya ho ya hey, hey ya ho ya hey. Hey ya ho. Hey ya ho.

I release all fear.

Light is Oneness.

Light is Beauty.

Arcturian Blue Light

Think Arcturian.

Unifying Light.

Being Light.

Purifying with Light.

I AM receptive to the Arcturian frequency.

Your essence is your thought.

The Law of the Universe is expansion.

All is done with thought.

Think of your light body.

It is time for me to reconnect with Grace.

I seek the Glory of the Father.

I Was That I Was, I Am That I Am, I Will Be That I Will Be.

Helio-ah: “I look to the stars, I look to the Moon, I look at the Sun and I know who I am and who I want to be and how I want to act. Then I connect to the Galactic Sun and my spirit is filled with the Central Sun energy field. Then I walk tall. I walk with power. I walk with confidence. I soon see the meaning of all actions on Earth.”

“I receive Omega Light continually. I receive Omega Light continually. I receive Omega Light continually.”

“I have a continual connection to downloading 5th-dimensional light. I have a continual connection that allows me to download 5th-dimensional light.”

“I receive this purifying light now in my subconscious.”

“I send a purifying light now to my subconscious.”

“I allow the higher vibrational thoughts to supersede the lower vibrational thoughts in my subconscious now.”

“I am living in accordance with the Divine Mother and Father. I am healing and unifying all parts of myself continually in preparation for my Ascension. My spirit and etheric energy field is unified with the total harmony of the 5th-dimensional energy. My thoughts and my awarenesses transcend the material 3rd dimension.”

The quintessence of being children of the *Elohim* lies in their ability to create a higher reality.

“I am turning on this crystal.”

“I am there in the etheric crystal.”

“Let the Codes of Ascension remain open for me.”

“I am contributing to the evolution of mankind from here on Earth to the 5th dimension and beyond.”

“Through my feedback-loop mechanisms, I now give permission to make the necessary adjustments, whatever they may be, that will enhance my physical health and my physical body using 5th-dimensional energy.”

“Through my feedback-loop mechanisms, I now give permission to make the necessary adjustments, whatever they may be, that will enhance my physical health and my physical body using 5th-dimensional energy.”

“I am now updating my feedback-loop mechanism. I am updating my feedback-loop mechanism now. I am updating my feedback-loop mechanism with the 5th-dimensional awareness now.”

Keep your presence.

“I am completing my soul lessons on Earth. I will be able to graduate.”

“I am now ready to graduate from the Earth because I am completing my soul lessons here. I am ready to graduate from the Earth school and I am completing my soul lessons here.”

“Let the Codes of Ascension remain open for me during 2012.” (Singing.) “Let the Codes of Ascension be open for me during 2012.”

One of your greatest missions is to help connect the 5th-dimensional light to Earth.

“*Eh'yeh asher Eh'yeh.*” You may translate this as: “I Will Be That I Will Be.” These are the coded words. It is not something you say once. It is a mantra.

Project the thought and energy of repair into the subconscious of the Earth.

Thinking is the basis of the formation of the creation and thought is the basis then of the creation of the 3rd dimension.

“Yes, there is a way to harmonize, to heal the polarized parts of myself. I am willing, I am open to looking within myself at what those polarized parts of myself are.”

I am willing to look at my polarized parts and I am willing to harmonize and heal those parts through the Harmonic Convergence Light.

“I am able to adapt to the changes occurring on this Earth. I am able to adapt in a most healthy expanded way to changes occurring in my body and life and my families' bodies on Earth.”

I assert each day that I intend and choose the ASCENSION TIME LINE and the ASCENDED-EARTH REALITY. And SO I AM and SO I COMMAND.

Help me transmute all my negative karma into the Light of Transfiguring Divine Love, Compassion, Freedom, Hope, Mercy, Joy and Victory. *Abracadabra.*

I AM able to make changes in my 3rd-dimensional bodies to stay in the 5th-dimensional light or higher dimensions.

“I AM now updating all my feedback-loop mechanisms. I AM updating feedback-loops of mine, my family and Beloved Gaia's feedback-loop mechanisms with the 5th-dimensional Light, healing and awareness NOW.”

“Through my feedback-loop mechanisms, I AM NOW giving permission to make the necessary adjustments, whatever they may be, that will enhance all our lower bodies, including our physical, mental, emotional and etheric health in our physical bodies.

“Only higher vibrational energy can come through me and my family's immune systems. All lower vibrational energy cannot come through. I seal all our auras.”

“I am now updating my feedback-loop mechanism. (Please repeat those words in your consciousness for a while.): “**I am updating my feedback-loop mechanism now.**”

“I am updating my feedback-loop mechanism with the 5th-dimensional awareness now.”

“Through my feedback-loop-mechanisms, I now give permission to make the necessary adjustments, whatever they may be, that will enhance my physical health and my physical body using 5th-dimensional energy.”

“I can balance these dualities, these polarities for higher evolution. I can balance these polarities for higher evolution.”

“I am in alignment with the energy of the Arcturian Stargate.”

Man is multi-dimensional.

“I am there in the etheric crystal.”

“I will be in the 5th dimension.”

“I now activate my higher self to be always in consciousness on Earth.”

“I am creating the energy field for a perfected reentry and realignment. I am creating the necessary energy field for a perfected reentry and realignment.”

“Let the healing light enter my immune system.”

“I unlock the codes of healing light within my DNA.” (As you say those words, the immune system and its DNA is accelerated to a higher vibration. In the acceleration of the immune system, the vibrational energy of the immune system goes to a level of energy that is higher.)

If you feel that there is a lower energy trying to come into your immune system, then say this affirmation, “Only higher vibrational energy can come through my immune system. Lower-vibrational energy cannot come through. I seal my aura.”

“Kadosh, Kadosh, Kadosh, Adonai Tzeva’oth. El na Re fa na la.”

I AM One with Tzeva’oth, I AM One with Tzeva’oth, I AM One with Tzeva’oth. Galactic word: hosts or angelic forces, based on an understanding of planetary masters and forces. The Ring of Ascension is a demonstration and manifestation of the planetary core and “hosts” and the awareness that you have engendered of the planetary systems.

“I am creating the energy field for a perfected reentry and realignment. I am creating the necessary energy field for a perfected reentry and realignment.”

“I am now updating my feedback-loop mechanism.” Please repeat those words in your consciousness for a while: “I am updating my feedback-loop mechanism now.”

“Through my feedback loop mechanisms, I now give permission to make the necessary adjustments, whatever they may be, that will enhance my physical health and my physical body using 5th dimensional energy.”

“I am turning on this crystal.” You will find that the power of that crystal will increase dramatically after you have turned it on.

“I am there in the etheric crystal.”

“I am able to adapt to the changes occurring on this Earth. I am able to adapt in a most healthy expanded way to changes occurring in my body and Life on Earth.”

My Perfection is handling all my imperfections perfectly.

"I now activate my Higher Self to be always in consciousness on Earth. In Hebrew, this higher self is called the *Neshamah*. Redirect your consciousness now back to the crystals that are placed in the Earth. As you redirect your consciousness, you are filled with the presence of this light. Know that you have helped your process by placing your consciousness here. You have helped to lay another foundational stone for your Ascension.

You are becoming more and more magnetic for those who want Truth, anyway. You are becoming more and more magnetic for those who want your services. So why not empower that intention and say, “I call forth to be of service to those who want my services, those who seek what I know, those whom I can help to empower.”

I feel my heart energy connected to the **Ladders of Ascension** over the Temple of the Rock in Jerusalem, the Bell Point at Sedona and Tomaree Point in Australia.”

Alchemical Transformation

Greetings, this is **Juliano**. We are the Arcturians. We are ready to move to this next level of planetary evolution. As you know, there is a prototype of the humans that is known as *Adam Kadmon* and this is the original Adam that contains the multi-dimensional presence that Metatron beautifully described. We can also say there is a prototype of the Earth that does exist in the Akashic Records. It does exist in the Ascended Masters' minds and thoughts. It does exist in the holographic chambers. We need to also download, with your assistance, the original prototype image of the Earth into the Earth's 3rd-dimensional etheric presence. We will assist in transforming the Earth from a 3rd-dimensional planet into a 5th-dimensional planet. That is a transformation that is beyond your personal transformation.

From the personal level, we want to download this original Adam image and then you can work to improve your filtering systems, for example. Maybe you want a more energetic liver or energetic kidneys; however, you conceive of a more present and perfected being can be accomplished through your thoughts. Integrate 5th-dimensional energy with your 3rd-dimensional mind. On a planetary level, this downloading becomes vastly more complex. You do have the tools, the motivation and our assistance. We do have the knowledge of the other planets that we have visited that are already in the 5th dimension. You also have the imagery from your future self when you will be on these other planets.

What does the higher Earth energy look like? We call her the "Blue Jewel," which is the way the Earth is described by other beings outside your solar system. Of course, you have seen the great pictures from space of the Earth. You can hold the imagery of the higher Earth as a starting point. We can go to the Inner Earth where there is great beauty. There are celestial and etheric beings there. We can harmonize with their light and energy. We see the Blue Jewel Earth in alignment with the Central Sun. Use the Iskalia Mirror to bring down a spiritual light into this planet. This light from the Central Sun is a transforming light. Perhaps you might think, on a personal level, I need better kidneys, or a better liver or better lungs. Well, the Earth also needs a better filtration system desperately to handle all of the accumulation of toxins man has placed on her.

What might this filtration system look like? Well, the storms, the melting of the ice caps — all produce an inflow of water that becomes part of a filtration system. There are great consequences for an overly active warming planet, which includes an increase in the water levels. There has to be some balance. That balance can come through the introduction of Biorelativity exercises and the introduction through new imagery of an increasing Earth filtration system.

It is no accident that the Earth has so much water on it because the water has been a great filtration system to this planet. All the great galactic planets have had excellent filtration systems. It would not be surprising to see a decrease in the land masses and an increase in the Earth's water systems as a way of improving the filtration system. This definitely could lead to untold misery for many souls on Earth. There must be another way of balancing this. Let this imagery of a new balancing filtration system come to your minds. Imagine a more therapeutic way of filtration that takes into consideration the needs of all the souls on this planet. This new system can come to the Earth now. This is the greatest need on the Earth now, a new filtration mechanism that will include the filtration of radioactivity, of toxins and pollutants, including the filtration of the rivers and the lakes. The imagery from a pure lake or area, such as Lago Puelo, is paramount because Lago Puelo is an example of an existing perfected lake that is not holding great toxins. Thus, Lago Puelo can send light and energy to the other Earth meridians. I am **Juliano**.

Dematerialization

Juliano: It is important to understand and practice dematerialization for it is not through the death process that you come to the 5th dimension, but through the dematerialization process. This involves an identification of the self with an ethereal presence and etheric body. This is truly what you are — a spirit or light body, which is at the top of the pyramid of your different selves. Dematerialization means you can transfer your 3rd-dimensional manifestation into another dimension through thinking. This shift requires a huge charge of energy and it occurs instantaneously. However, dematerialization can only occur when you have totally identified yourself with your spirit light body. There's an advantage to being in a dimensional corridor when you are dematerializing because it's easier for you to identify with your spirit light body. So this is the first step.

Then you can move your awareness and issue commands from the monadic light, or that point within your spirit body that is your central controller. From that point you can command yourself to bring your manifestation into a point in the 5th dimension. This is the secret of dematerialization. It requires that you be of such a high point of Self that you are at the total center of your light body! From that point, which is in the 5th dimension, it is possible then to return to the 3rd dimension and even to a different part of the world. Thus, 5th-dimensional beings, who have completed their Ascension and are already able to function from their monadic self, will materialize and dematerialize to different parts of the world. They will appear and disappear using this technique. We know that it will be hard for you to generate enough energy to ascend. We are trying to help you raise your energy. We know the aspects of gravity. We know the pull. We have

to keep on infusing energy and using the portals and corridors to send you energy. So the Arcturians, the White Brotherhood/Sisterhood and the guides and masters are working to help you dematerialize off the 3rd dimension into the 5th dimension.

There is a way to heighten your identification with your spirit light self. Tomar will give you further instructions in the process. I am sending you energy through this corridor and I am sending a visual image of the crystal. A huge powerful crystal is filling the corridor connecting you to us. There are bursts of light and energy coming through the corridor to you so that we can pump more energy in to help you accelerate your thinking. This will make you lighter and give you identification with your spirit light body. Follow the crystal back up the corridor and follow the light up the crystal. Come to our temple. Sit, look at the crystal and connect your etheric Crown Chakra with this crystal light. Feel the beams of light coming from the crystal. Now draw your Earth energy and consciousness up to this temple. Your bodies will be intact down there. Draw them up. Command that the energy from the Earth come up to the temple and come up to the temple where we are sitting. It will be a rejuvenation for you. (Tones.) I, **Tomar**, send you blessings from the White Brotherhood/Sisterhood and blessings from Sananda. We welcome you to our temple chamber with its sacred power and light. Keep on sending energy from your Earth incarnation and as you pull it up here, allow it to be recycled through the crystal and then send it back down to Earth into your physical body. You are reprocessing your cellular structure. So powerful! So delightful! We want you to be fully awakened beings on the 3rd dimension — able to move and to materialize and dematerialize. We are assisting you by making it easier to do this energy process and energy work.

Send all of your thoughts and problems up to the temple. Let those thoughts go into the crystal and back out and down into the physical body. (Tones.) We are recycling your cellular structure now. We are also helping you to expand your cellular structure. Feel the fluttering of the energy. You can go in and out of awareness from this temple to one of our ships. You can dematerialize and rematerialize from the temple to our ship. Let us do that together now.

Look into the crystal and now command your higher self to appear with me on the Athena. We are on the ship. We have a triangular connection from the Earth, the temple and the ship. We are in three different awarenesses at the same time, in addition to your Earth presence. It has to do with bilocation. Keep those three places going now. Leave the ship and go back to the temple now. We are looking into the crystal now. Recycling, reprocessing, reprogramming, reawakening. I send you love from our crystal. Love to your heart. Strength to your heart.

Now slowly return to your Earthly body. It is going to feel lighter. Your bodies feel more connected to you. Back to the Earth into the room. Slide down the corridor into your body. You are revitalized on all levels.

Chief White Eagle and the Great Healing Circle

I, **Chief White Eagle**, ask you to visualize a great circle. I ask you to visualize a circle in which all of us are sitting. This is a healing circle. I ask you to visualize this healing circle expanding to include all the Starseeds on the planet. We are sitting above the North Pole. I ask you to expand the circle to all those who want to connect Earth to the 5th dimension. I ask you to expand it from the 50,000- to the 100,000-person level. It is a great image as the Light from the Omega center is coming in and the circle is receiving this light onto the planet. This light is being downloaded into the subconscious of Mother Earth.

O Mother Earth, we love you and we ask you to receive this great healing light. We will work as all brothers and sisters to sit in this great circle and allow this light to come in not only to you, the spirit of Mother Earth, but also to the subconscious of mankind. We understand that a great spiritual brotherhood and sisterhood can affect and shift the subconscious of man. We work on the planetary level and on the level of the subconscious of man. It is so wonderful to sit in the circle, Mother Earth, with all these great light beings, all these great Starseeds. We can receive the frequency of light known as the Central Sun Light and we can begin to shimmer ourselves as we are receiving this light. As we shimmer and go in and out of different levels of consciousness and go up to the 5th realm, we can bring down higher light.

Together we shimmer now into the 5th-dimensional moon-planet known as Alano, where there is so much beautiful healing light. We shimmer ourselves to this planet. Then we shimmer back into Earth, into the great circle and we download this beautiful light into the planet and into the subconscious of man. This light is for Mother Earth, all men and all women, no matter what their political persuasion, no matter what their level of discord. All are in awe of the universe and of the higher beings that travel through the universe. They will surrender and receive the higher light. We will work together as brothers and sisters. We picture continually and we visualize continually this higher light coming down, being received by the wonderful power spots around the planet. We have realized that we shall sit in circles continually until Earth is brought back into the proper alignment. We will promise to sit in circles wherever we go and we will sit in our tepees and we will create this great feeling of brotherhood and sisterhood

so that imagery of the family of Mother Earth will be embedded into the subconscious of the Adam species. This circle is such that it interacts on all levels in the higher dimensions and downloads to the 3rd dimension, the circle of light.

We see the circle in everything, Mother Earth. We see the circle in the solar systems, in the galaxies, in the universe. Everything is moving in a certain rhythm. We know that the teaching and the visualization of that movement will put us in harmony so that our energetic powers as healers of the planet can be enhanced. This is our mission. We accept our role as Planetary Healers, O Mother Earth, with gratitude and also with great honor. *HO!*

Let the great images of the beauty of this planet stay in your minds. You will be asked to transmit these images. There are certain ways of updating the subconscious of man. Some of these ways have to do with the connection to these crystals. Others have to do with chanting, others with the group meditations. Other ways have to do with using meditations at the crop circles. We understand that these crop circles are appearing and then they go away. You should realize that those circles are conduits in which you can reach the subconscious of man and of Earth. Certain meditations and certain planetary healing work that you can do at the crop circles are able to have a powerful cleansing effect on the subconscious of man and Earth. The images, even if they disappear, can still be used.

We, of the Native peoples, align ourselves with the Pleiades. We align ourselves with the Seven Sisters and the Pleiadian Brotherhood and Sisterhood. Visualize now the Pleiades and the energy of the Pleiades interacting in the highest light with you and with planet Earth. The Pleiadians are brothers and sisters of the Native peoples. They are part of the Star Family and part of your Star Family. I call on the Pleiadians' light to be downloaded now into the subconscious of Earth and into the subconscious of man. In particular, the beautiful star Alcyone, which is a great sister star of your Sun. It is sending beautiful rays of healing light to your planet. Let the light of Alcyone be with you. The rays of Alcyone are filling all of the hearts and minds of the Starseeds as the light of the Pleiades is sending healing and activation light to make the new spiritual energy more effective and powerful on Earth. I am the **Chief White Eagle**. *Ho!*

Perfected Alignment for a Perfected Reentry into Your Body

Greetings. I am **Juliano**. We are the Arcturians. We have told several of the Starseeds in private sessions of the necessity for a perfected alignment when you leave your physical body to travel to other dimensions. We have said that it is of the utmost importance to have a perfected alignment so that when the spirit body returns to the physical body on Earth, then that spirit body must be in a perfected alignment, an alignment that is, even in terms of nanotechnology, in perfect alignment. The reason is that even if you leave your body for a short time, even five or 10 minutes, the energy waves and the energy distorted processes that are occurring can cause a shift in your energy and therefore, when you are above your physical body, then you must think, you must project an alignment energy. You want to be in alignment at all times. This is the key to integration. This is the key to integrative energy for the Earth. The Earth also must find a way to be in alignment with the 5th dimension and its 5th-dimensional presence.

I don't want you to become paranoid, and say, oh Juliano, I cannot perfect this alignment. The way you are talking about it, now that I understand what you are saying. I am feeling more nervous because I cannot come into this type of alignment with this perfection.

Yes, you can. When you state your intention with your mental thoughts that **“I am intended to come back into a perfect alignment and I ask my higher self to create the necessary energetic patterns so that I in the perfected alignment energy come back into my physical body.”**

Some of you have problems because you don't want to be back in the physical body. Some of you are leaving and then you say, “I don't want to come back.” Your not wanting to come back is also creating a resistance for reentry. I ask you to reprogram yourself in that way by stating that you are in alignment and you are willing to come back. You want to come back in the perfected state of alignment.

This is **Juliano**. We are the Arcturians. Blessings to you, Lightworkers of the Group of Forty.

Connecting with the Powers of Uranus, the Moon and the Central Sun

Blessings, this is **Spirit Fire**. To all the women and those men who are connecting with their feminine light, I especially honor you. The Moon is always a special light for seekers of femininity, for the seekers of the divine feminine energy. We activate the tepee that is on David's and Gudrun's property and we activate the light energy in Lago Puelo and those Argentinian friends who are seeking to activate a crystal mobile area. I ask that you look at the Moon tonight when the Moon is up and connect your heart to the light of the Moon. Connect your heart with the Moon and Uranus, a special planet that is bringing an energy. This energy is unraveling the old systems. This energy is unraveling the old ways. This energy is unraveling the old power structures. We know that these old power structures are not in alignment with the telepathic light now in balance between you, myself, the masters and the Earth. This telepathic balance is of a feminine nature, a nature of unity, of brotherhood and sisterhood.

The Moon is a great servant to Earth. Uranus is also actually a feminine energy. It is a great planetary structure. It provides a wonderful balance to the outer realms, the galactic realms that affect the Earth and the consciousness of the Earth. People have been saying the comets and other certain electromagnetic rays from other systems have influenced the pool of life on the Earth over the millennium. There are even more subtle fields of consciousness that are now being downloaded from Uranus and coming into the Moon and then coming into your consciousness. Hold, hold these connections. (Tones: *Eeehhhhheehhhheheheh.*) Be aware that you are all brothers and sisters. Be aware that you are brothers and sisters with the Star Family. Do not worry about any upcoming Earth crisis because they will be mitigated by your intense telepathic powers. They will be influenced by your abilities to visualize. Please hold the image that was given to you, especially about the discharge of heat from underneath the Earth through the North Pole. The North Pole can be a wonderful conduit of discharge.

I see the 5th dimension touching the 3rd dimension and I see that you are doing a great service by being magnets for this 5th-dimensional attraction. The corridors that you have created will be useful in downloading some of this energy from Uranus.

The planetary systems also are being affected by the Central Sun. The movement of your solar system around the center of your galaxy is going into a special alignment that does not happen often. Your place with us around the Moon in your meditation is allowing you to receive a special filtered light from this source. Each of you will see the critical world systems, such as the business systems, the economist, in a new light. Those who have been holding the power are going to have a harder time trying to

hold on. Maybe they will look as though they can hold on, but there is going to be dissolution, or dissolving of some of these power structures. My dear ones, this is a very intense time for all of you. This is a time where your ability to experience your brothers and sisters, the Starseeds, will be enhanced because you will truly feel, truly experience yourself as being part of this family. This is a family that is apart from the lower energies. This is a family that seeks to reach out to all Starseeds. This is a family that is increasing its ability to affect the subconscious of Earth.

O Mother Earth, we connect now the power of Uranus, the power of the Moon, the power of the Central Sun with your central core. Mother Earth, we are now uniting our consciousness and projecting a discharge of especially deeper volcanic energies so that they are harmlessly discharged through the North Pole. We seek greater connection with you as a spirit being. We connect at this moment with your Moon and we know that by connecting with your Moon, we are deeply able to interact with your subconscious. We feel the purity of the moonlight at this moment. I am **Spirit Fire**.
Ho!

Truths Necessary to Continue our Galactic Path

Archangel Metatron: No religious group has the final say on the outcome or authority for the final truth in the unfoldment of Earth's body and the spiritual eternal life force of all those beings on the planet. No one has been able to speak the final truth because no one has the final knowledge. The unified field discovery in physics will activate a new religious/spiritual/unified/cosmic/religion or spiritual understanding, which will encompass all truths that are available. The following truths are necessary to continue your spiritual practice:

1. Knowledge of the Central Sun
2. The galactic family
3. Evolution of the soul
4. Reincarnation
5. Inter-dimensional travel
6. Time travel
7. Manifestations of a great Savior Light and the role of the Starseeds in the galactic families.

8. The knowledge and basis of the other dimensions beyond the 3rd, including the 4th through the 7th and 8th.
9. A new understanding of the Godhead presence, acknowledging that higher beings in other dimensions beyond the 4th and 5th have had direct experience with the *Adonai* energy.
10. That the current knowledge of God present on the 3rd dimension is limited compared with what is available.
11. There are abilities and access to higher knowledge of the Godhead energy on the other dimension, and
12. You will be able to gain access to those other dimensions and experience higher knowledge of the Godhead energy, light and the knowledge of the many universes existing.

This is what awaits you, as you are moving into the higher realms. This new understanding, which could be called unified spiritual field, will not be in contradiction to any existing spiritual or religious practices and should not be viewed as a threat. In the Light of *Adonai*, this is **Archangel Metatron**.

Planetary Cities of Light and their Sister Cities

Greetings, I'm **Juliano**. We are the Arcturians. We talk about Planetary Cities of Light as an interactive force for Biorelativity. And it is an interactive force for positive planetary change. And that the greatest ability of the Starseeds is to work with the areas in which they live and to work with creating energy fields around the areas to which they have access to make their Planetary Cities that they are activating as sacred areas.

One of the things that make the Planetary Cities that you live in sacred is that you are connecting to Galactic Cities and you are also connecting with the Sister Cities on the Earth. The idea of the Sister Cities on the Earth is that the Sister Cities send energy to each other. It is the same concept we use in the Group of Forty. The concept is that a group of energy, a group of Starseeds together, can create a force greater than what one can by itself. When there are Sister Cities working together, each Sister City may have a particular energy. For example, the energy of Balcolyn, New South Wales, in Australia and the energy of Nelson Bay in New South Wales is particularly connected to the

ancient whales and the dolphins. These Planetary Cities of Light, which have been activated by Starseeds, each have a unique position connecting to the oceans.

These cities are directly in connection with some great star systems, including the Pleiades. Let us also look a possible Planetary City of Light in England. A Planetary City of Light in England may not have the ocean energy of the dolphins and whales, but that city in England may have the energy of some of the Crop Circles or the cities may have some of the energies of the Celts, the energies of Merlyn or some energies of access to the energies of Stonehenge. Sister cities can share their unique energy with other sister Planetary Cities of Light.

So, what I'm saying is that the energies of each Planetary City are unique. I'm asking that people who are in the Planetary Cities of Light make a list, make a survey of their spiritually strong strengths. What are the energies that these Cities of Light have and then how they can share that energy with their Sister Cities? Then, after you make the list, then you have to say: "Well, what energy does the Sister City have that it can share with us?" So, for example, Sedona, Arizona, is now a Sister City to San Martín de los Andes in Argentina. Sedona has the energy of being the psychic capital of North America. So, San Martín de los Andes, in our estimation, has the potential for being the psychic capital of South America. When Sedona connects and when the Starseeds of the Planetary City of Light of Sedona connect with San Martín de los Andes, they can send and help that city become more of the psychic capital. This is an example. There needs to be Lightworkers connecting with their sister cities, through for example, phone conferencing. There needs to be phone conferencing between each city that wants to work with the other city, so that they can send the energies, the strengths of those energies, to other cities. I'm very optimistic that this is going to happen and that this is going to help emit a strong healing force for the Earth.

In regards to the specific answers to the other questions, we will have to delay that to another time when we can download that information for you. But at this point, I would like you in Australia to work on listing and bringing forth the strengths that your cities have as spiritual areas and what and how they could be transmitted to other Planetary Cities of Light.

And everyone else who is listening and who is involved in your Planetary Cities of Light in your areas, I ask you to do the same thing. And it will be a great sharing. Yes, and the energies can be transferred in the same way I talk about the energies in Alano, when you are shimmering in the cities in Alano, you, as a Planetary City of Light, can shimmer with another Planetary City of Light on the Earth. And that is one of the ways that energy is going to be transformed between Planetary Cities of Light within the Earth. I'm **Juliano**. Good day

Planetary Cities of Light Biorelativity Exercise

I, **Juliano**, am raising all 12 etheric crystals now, out of their place around the world. These beautiful etheric crystals, which are holding 5th-dimensional light and energy from Arcturus are now being raised. A web of 5th-dimensional light and the shape of the Tree of Life is interconnecting around the whole planet. And the Ring of Ascension is also receiving a huge activation. And now all of these Planetary Cities of Light that we are working with, all 55-56, are now receiving this higher light. So please, for several minutes, see each of the etheric crystals or the etheric crystals that you are closest to, sending activation light — specifically to your city now.

(Silence.)

I, **Juliano**, from the Starship Athena, am downloading a beautiful blue healing light to all of the Planetary Cities of Light, to all of you who are inhabitants of the Planetary Cities of Light and who all are working to establish Sister Cities of Light. I know that there will be many more activations. There will be many more connections that we will be establishing over the coming months, because we are inside 2012 and in fact we are in the 2012 doorway. Know that these connections and these links will become more strong and more powerful. Remember that the Cities of Light are not only linking with each other, but also you as inhabitants of the Cities of Light are linking with the other inhabitants on the other Sister Cities of Light. You are forming a great protective light where beauty and 5th-dimensional energies will be held and will permeate all activities in the Cities of Light.

Sanat Kumara and the Heavenly Just Society

Greetings, I am **Sanat Kumara**. When the Group of Forty was developed, the idea was that the Group of Forty was to be a network of individuals who would work with all the participants to ensure that everyone would have equal access to knowledge, everyone would have equal access to information and that those who had higher evolution would help those who were less evolved. So that this Group of Forty itself would be one foundational piece in the Just Society. That was to be the ideal for the basis of the teachings of the groups, to come into a group where there was no competition, to come into a group where everyone was working for everyone else's benefit and that there would be a general upliftment. Just let me also say that in some ways, in the Just Society, we're talking about coming together in soul groups and soul families.

Activate Soul Star Family Awareness

I, **Helio-ah**, now call all of you who hear and read these words to open to your soul and Star Family. Begin and request a holographic image consciousness and the Higher Self to be downloaded and activated into your current self on Earth. We will meditate together while you do this.

Holographically connect to the crystal in the Crystal Temple. I now raise the crystal and it creates a holographic energy field. This is now allowing the Iskalia Light Mirror to download new imagery from the Starseed Family that oversees the Earth development, in particular, under the direction of Sanat Kumara, who is the great teacher and overseer of the Earth development.

Sanat Kumara brings down a holographic image for the 5th-dimensional Earth through the Iskalia Light Mirror. This image is a special vibratory field that has an energetic interconnection of the etheric crystals on Earth.

Your participation in this can activate your own personal holographic consciousness. It will affect your ability to heal. It will affect your ability to be in that position where you bypass all negative events. Yes, it is true that there is an escalation of possibilities of greater chaos on Earth. Chaos will not be going to affect the Starseeds. Place yourself within this higher energy field. Meditate and hold this interactive light.

Let the light of the Arcturian frequencies hold the crystals in an interactive force that will manifest a heliographic light energy around this planet. The crystal in the Crystal Temple is back into the lake.

Your energy has greatly benefited holographically from this light. I, Helio-ah, download a higher 5th-dimensional Starseed Soul Family image of the highest frequency from your soul group into each of your consciousnesses now. Hold that light. More importantly, hold that image from your highest light self.

Healing to Activate Higher Unity Thinking and a Tool for Transcending Duality

Greetings, this is **Vywamus**. I am a soul psychologist. The idea of soul retrieval is to bring oneself into a higher state. The idea of soul retrieval is not to retrieve the lost parts of the soul. Those lost parts represent a blank and to insert the lost parts back in is part of a completion. But the completion comes when those parts are integrated and assimilated. One would ask the question: “How do I know that I have retrieved all of the lost parts?” One could even think that the lost parts could be infinite. There might be 20, 30 lifetimes and each lifetime may have had a part that was left behind. It makes sense to gather all the parts, but if you look at this lifetime, there are things that happen that were not totally integrated, yet they may not have been the most important things in your life. At the time of your life review, it may not be important that you had a tantrum when your father would not give you a bicycle for Christmas. It may not be important that you and your brother had a fight over who was to open up the Christmas presents first.

What I am saying is, when you look at the soul retrieval issue, you will understand that we go to the important parts, the important soul aspects that need to be integrated so that you can achieve a higher consciousness. Some would call this state enlightenment. If someone asked the question: “How do I know when I have integrated all the lost parts of my soul? When do I realize that I am finished with that?” The answer is, when you are feeling whole. There is a feeling that something is missing from yourself. It is an intuitive feeling. For example, sometimes you can't sense things, sometimes you have blocks and you don't realize where they came from. You realize that they are having an effect on you.

The soul knows in the lifetime what it needs to retrieve. This soul retrieval work requires an intuitive relationship with your inner self. You have to look at, for example, where you are living and what you are close to and what you need to make yourself feel whole so that you can experience the feeling of enlightenment or unity.

In unity there are overriding thoughts, overriding principles that say things like “I accept all the unresolved parts of myself. I call on all of those lost parts of my soul to come back to me at this time in a way that I can process them, completely and consistently — consistently in a way that will not overwhelm me, but consistently in a way that will be to my highest good.

What I am suggesting is that you could set up a program within your mental thought processes that begins the process of the soul retrieval for the greater unity with your Higher Self. Believe it or not, those parts will begin to integrate and begin to come

back to you. In those instances, you may not even need the work of another healer to accomplish that. Yet, sometimes there might be certain blocks and certain difficult soul retrieval problems that require the intervention of a guided meditation — a healer to guide you. Therefore, when you come to those blocks, then it is good to seek help.

I would say that most of you have achieved a high enough state that you could use both those methods. Use the method of calling your Higher Self to bring back those parts that you are ready to integrate. At the same time, you are also ready to work with another healer if the block is more than what you can handle. If you are feeling a sense of unity, then you know that you are working well. If you still feel that a part of you is missing, then it may be time to look more deeply at soul retrieval.

To do soul retrieval requires a relationship with your inner self and to acknowledge what that inner self is needing. I would suggest the inner self is the self that transcends this lifetime, that transcends the other lifetimes and it is perhaps the self that you might find in life between lives (LBL hypnotherapy regression). Perhaps it is the self that is above the life-and-death drama and it can tell you what you need objectively without a prejudice. This inner self becomes a great force for your integration, your unity and the retrieval of your soul fragments that may be lost. Obviously, you must have a certain strength and connection with this inner self to do this soul retrieval. Therefore, that ability to even consider that indicates that you have developed a relationship with your inner self, which is a step towards unity. Then, the inner self has a process. It has a way of doing these things, of calling out to these other parts of yourself. Once the unity consciousness is achieved, then you don't need to do the soul retrieval any more. The soul retrieval is a means to have a higher unity consciousness. I hope this has been clear. This is **Vywamus**.

Greetings, this is **Sananda**. The idea of healing is related to the wonderful model of peace on Earth. This in particular in this time where there is so much chaos and there is so much turmoil, this time, my colleagues, is a time of great personal healing and opportunities for advancement of the soul light, of soul consciousness. I ask each of you to consider releasing your attachments to the inner drama of your life. I ask each of you to release your inner chatter, the inner self-talk. Consider replacing it with a modified, but powerful message to yourself. That message could be as simple as, **“I am living in accordance with the Divine Mother and Father. I am healing and unifying all parts of myself continually in preparation for my Ascension. My spirit and etheric energy field are unified with the total harmony of the 5th-dimensional energy. My thoughts and my awarenesses transcend the material 3rd dimension.”** These are healing thoughts. These are beautiful affirmations.

There are methods and philosophies which state that this Earth is an illusion, that the material world is an illusion. Love is not an illusion. Peace is not an illusion. You may hear people say that the material world is an illusion, but the war is not because people suffer. The genocide is not an illusion. The hatred that you see is not an illusion. It is a reality — a painful reality.

The peace on Earth is an influx of 5th-dimensional consciousness. You hold this connection. Your holding this connection links you in an evolutionary cycle that eventually will become an agent of mass consciousness and allow a new paradigm. In order for you to do that, you have to give up, release your connection and your adherence to duality. That is a great assignment. It is a difficult assignment in the light of increasing polarizations. It is a difficult assignment in that you have been trained for duality. Now you think you have to give it up? I prefer to look at it as a transcendence. You are transcending the duality to look to a higher unity. This higher unity will be healing for you. This higher unity will allow you also to discharge any attachments either to materialism or to negative spirits that have stuck to you. You will come into a new being.

This is a healing and I know that you are all receptive to receiving healing. Let this healing that I am sending you now over the phone through this channel. Let this healing be an activation for higher unity thinking. You will be a tool for transcending duality.

May you be able to experience a peace at this time of the year that is a true enlightenment, a true balance with all there is and all that will change for the good. In the light of my Father, I am **Sananda**. Good day.

Parallels Between your Ascension and the Earth's Ascension

Greetings, I am **Juliano** and we are the Arcturians. There is a parallel between the Ascension of the Earth and your personal Ascension. The process that the Earth goes through in many ways is reflective of the process that you personally go through for your Ascension. The reverse is also true. The process that you go through can be parallel to the process that the Earth goes through.

Today we want to focus on the personal aspects of the Ascension. We want to focus on the personal issues that you individually may be experiencing at this time in the Ascension process. I know that many of you experience physical problems, emotional problems and even economic problems. The link with the Ascension is a 5th-dimensional one. This means that we seek to download higher energy from the 5th dimension into our personal life, into each of our four bodies, which include the mental, emotional, physical and the spiritual. Linking to Ascension includes the idea of energetically shifting our fields so that we can process and receive 5th-dimensional energy.

When we talked in previous lectures about Earth changes, we referred to the feedback-loop mechanism within the Earth. We discussed the fact that there is a mechanism within the Earth that gets information from the atmosphere and from different systems within the whole complex Earth biosphere. From that information, certain “corrections” or feed backs are analyzed and changes are instituted. The Earth currents, for example, in the oceans, can be influenced by many different variables, including the greenhouse-gas phenomena. Also, the feedback system can include the life forms in the oceans such as the whales and dolphins, which actually are involved in the feedback-loop for the Earth. This is a surprising factor as many people may not see the importance of the whales or dolphins in the Earth changes or in the feedback mechanism. Part of this is due to the telepathic abilities of whales and dolphins to connect with the feedback-loop mechanisms. These feedback-loop mechanisms go back to ancient times and there are not many mammals on the planet that can link to the ancient times.

I hope that you can see the parallel between this discussion of the Earth and your own personal Ascension. Obviously we are helping you to link with the ancient energies of man and this in particular can be done through some of the Kabbalistic methods that Archangel Michael will be talking to you about in this lecture. Basically, the ancient energetic connections go back to Adam. Adam represents the first man, but he does not necessarily represent the first “physical prototype.” In the evolutionary sense, there were Cromagnon, there were Neanderthal or there were Homonids and other pre-Homo

sapiens, such as the Australopithecus. They all represented the physical form of man, but they did not have all four bodies. The earlier versions that I expressed did not necessarily have the spiritual component. It is the downloading of the spiritual component in the Cromagnon, Homo sapien species that in fact led to the first man. The first man, Adam, also contained the feedback-loop mechanism in his system that links all future men and women. This first man was actually a hermaphrodite, which is the male and female together.

In the understanding of your Ascension, it behooves you to seek the links within yourself to the first Adam. We can also call the first man Adam-Eve. The reason for it is that the core understanding and the core codes and the core links for your Ascension go back to that first Adam, who contained both male and female parts. The whales and the dolphins link to the first Earth life energies in the ocean the same way you link back to the first Adam. This is a necessary link for your ascending.

Let us come into the present and let us look at your Earth life. Let us say that there is also this feedback-loop that is continually processing information from your birth in this lifetime. Many of you are Starseeds who came into this time frame in order to ascend and to take advantage of the certain multitudes of multi-dimensional energy that are available.

The feedback-loop in your lifetime is similar to the feedback loop in the Earth, but we need to discuss some specifics. The feedback loop in yourself is complicated and frankly, many of you do not know how to pay attention to the feedback loop. You have been given information by your parents on who you are and how you are to be in your childhood. You all know that you have inherited genetic codes. You have inherited certain subconscious patterns and messages from your parents that are really based on a narrow, singular view of reality. This is part of the process of growing up in this time in this culture. As you have evolved, the feedback information on who you are and how you are supposed to evolve, often conflicts with the earlier program that was developed and downloaded. This is another way of saying that you have to be attentive to the feedback loop. Your mental body has to change. Your physical body has to change. Your emotional body has to change. Your spiritual body has to change. Yet, many of you are still operating from the feedback process and programming that was instilled or given to you as a child. So, you have evolved and have come to this great opening, this great understanding of the 5th dimension. Now it is time to update your feedback-loop mechanism. Now it is time to say that the images in your physical body are contained in your subconscious. The images of your mental body are also contained in your subconscious. The images of your emotional body and your spiritual body need to be updated. They need to be updated to include the fact that you are a 5th-dimensional being and that you are relating and integrating 5th-dimensional energy. This can be

incorporated successfully in all aspects of your physical body so that your health, your welfare, the energy that you are attracting in your social and economic life and emotional life can be uplifted. This will reflect the 5th-dimensional light, the 5th-dimensional processes that are part of you. (Tones: *oooooooohhhhh.*)

You would hope that the physical problems that you have can be influenced by 5th-dimensional connections. Now, I want to speak a little bit about the physical body because this is a good metaphor for you. You have an embedded subconscious program on your physical body. That embedded program is based on thought forms that most of you developed when you were very young. This could be developed and firmed up as early as 11 or 12 or maybe 16 or 17. Some of these thought forms also contain programs from your parents. Others are genetic programs from your past lives based on the cause-and-effect process. This would set the tone and would set the map for the rest of the physical existence on the Earth. This means that at certain life points, you could develop problems. You may, for example, develop breathing problems. You might develop back problems, heart problems or circulation problems. All these illnesses or blockages were in a sense, preset. They were not inevitable, but were preset or embedded in your thought forms and in your physical body at an early age.

So, now, when you reach an older age, some issues and some physical problems that you are experiencing are based on those earlier embedded programs. Those embedded programs can be changed. You can download information and you can download energy and 5th-dimensional processes that will raise your vibration and will help you to shift in a very positive way. But, the key to this is to tell yourself that your feedback loop needs to be updated. In this updating, new information will come into your consciousness on how to relate and how to imagine yourself so that the new imaging will include 5th-dimensional imagery and 5th-dimensional energy. This is another way of saying that there is a 5th-dimensional thought form. There is a 5th-dimensional program for your physical body that can now be downloaded so that you can interact physically and mediate some of the earlier, unwanted programming.

Now, I want to emphasize the word **mediate**. You know that there are some inevitabilities. These are related to the laws of cause-and-effect on the planet. Do not expect things such as: if you are now bald, then with this imaging you are going to gain hair. Do not expect that you are going to have the physical athletic ability you had when you were 20. Those are ego things. Rather, it is better to say, at this point in my life, I have these issues. Now let me use the physical feedback form and the 5th-dimensional energy so that I can maximize the best interaction possible! I can make the physical changes that are necessary so that I can be most harmonious and in highest balance health-wise. You then can mediate using 5th-dimensional technology that we have taught.

The downloading of the 5th-dimensional energy into your physical body for the updating of the feedback loop begins by reconfiguring your aura. It is a logical place to start. The aura, or the energy field, contains a feedback loop. When you look at the human energy field, you may think that it is affected by higher forces. But it is also affected by your physical body. Your energy field is a feedback loop so that it is receiving information from your higher self and your physical body and then that information goes into your energy field.

Your aura is also receiving information from the 5th dimension, from higher masters and teachers. Many of you do not experience an interaction in your energy field between the 3rd dimension and the 5th dimension. Contractions in your field can lead to or indicate physical health problems; therefore you do not experience the interaction between that and the 5th-dimensional higher thought forms of expansion. When we want to do healings, then we first start with the Cosmic Egg and we shape our energy system or our energy field in the form of a Cosmic Egg. Then we begin the pulsing. So try now to just imagine and visualize that your energy field is in the form of a Cosmic Egg. If you have not heard that term before, just think of the most perfect chicken egg you have ever seen. This perfect egg is a universal galactic symbol. Then superimpose with your mind the shape of that egg on your energy field. Command your energy field to go into the shape of the perfected egg. Take a minute to do that now.

As it goes into that shape, you may feel a sense of relief or relaxation. As you work with and experience that shape, become aware that the outer edge of your Cosmic Egg is beginning to pulse. In fact, it has been pulsing. The pulse of your energy field is similar to the pulse you have in your body. Your energy field is not actually pulsing as rapidly as your physical pulse. It is pulsing, though and it is going in and out. Become aware of your energy field pulsing. It may be like this: *dat dat dat dat, dat, datdatdat, daaa*. As the energy field is pulsing, it actually begins to expand and contract. You are not going to contract it in this session, but rather we just want you to become aware that it is expanding. As it is expanding and pulsing at a higher frequency, you are able to interact with the higher layers of yourself, which are 5th-dimensional. Your 5th-dimensional self is in a layered interactive process. Now we open the feedback loop so that you can connect to your 5th-dimensional self.

Visualize through your Crown Chakra that you are able to transfer your consciousness to a space that is directly above your crown into the 5th-dimensional realm. It is often hard for people to visualize the 5th-dimensional realm or the 5th-dimensional self. We have set up corridors and these corridors are connected to the 5th-dimensional Crystal Temple. To assist you, I place corridors above everyone who is reading or is listening to these words. Let us travel individually through your corridor and use thought-projection to go to the 5th-dimensional Crystal Lake. At Crystal Lake,

there you are as a 5th-dimensional self, sitting around the lake. We have helped you do this. On my command, thought-project yourself to the Crystal Lake and enter your 5th-dimensional self energetically. *Tat tat tat tat tat tat.*

Now, enter your 5th-dimensional body at Crystal Lake. Notice your 5th-dimensional body energetically has a different energy, a higher vibration. You can move, you can breathe if you want, you can think higher thoughts. You have a freedom in the 5th-dimensional body. But you also have the imprints from your 3rd-dimensional body. In this 5th dimensional manifested place, you are aware of your 5th-dimensional body, but you have the knowledge and imprint of the 3rd-dimensional body. That means all of the contractions of the 3rd-dimensional body are still imprinted in your consciousness. Believe me that everyone has contractions on the 3rd-dimensional body. We do not expect everyone to be in perfect expanded state on the 3rd dimension.

When you are in the 3rd dimension, you can become aware of your contractions, but it is harder from the 3rd-dimensional perspective to download the 5th-dimensional energy. When you are in the 5th dimension, it is easy to become aware of your 3rd-dimensional contractions and to download higher energy.

From this 5th-dimensional higher state, begin to scan the imprints, the contracted energy that you have brought from the 3rd dimension into this awareness. Take a moment to do that now. Become aware that there is an astral cord that links you to your 3rd-dimensional body. Become aware also that the astral cord can be accelerated to work with the feedback loop that we are talking about. Please make this affirmation: **“I am now updating my feedback-loop mechanism.”** Please repeat those words in your consciousness for a while: **“I am updating my feedback-loop mechanism now.”** (Tones: *OOOoooooohhhhhhhooOHHH.*) **“I am updating my feedback-loop mechanism with the 5th-dimensional awareness now.”**

As you are interacting with these contractions, realize that you do not have those contractions in the 5th-dimensional body. The 3rd-dimensional body needs to make a shift or change. The first change is the downloading of a shimmering light from your 5th-dimensional self. In the 5th-dimensional self on the Crystal Lake, begin to **shimmer**. Shimmering is the making of the energetic field vibrate at a higher rate. It is like you are going so bright, so intense that you are vibrating at the beautiful harmonious frequency. That shimmering is helping you to connect with the highest healing light that is available. As you are doing that I, Juliano, am raising the crystal in the Crystal Lake so that the intense crystal energy is now more available and you can bring this higher crystal healing energy into your 5th-dimensional body as you begin to shimmer. Now, on my command, begin to download all of this shimmering healing energy into your astral cord. It is containing updated information. We are feeding the updated information into

your astral cord that connects you from the 3rd dimension to the 5th dimension. The cord is still connected.

Look at a specific part of your physical body on Earth that seems to be the most in need of an energetic expansion. Download a specific frequency that you are now able to obtain to help that contracted part, whatever it may be. Remember that this downloading supersedes all other information, all other codes, all of the programs about this. You are now downloading information that will mediate your physical form. Begin that process now.

You have been very successful in this. Remember, all the energy is now and all the information is contained in the astral cord. You can compare the astral cord to a computer connection cable where all of the information that is coming from the “mother computer” will be downloaded or transferred to another sub-computer or printer. In this case, all of the information that you have is in the astral cord. Now, send all of this information from the 5th dimension through your astral cord back into your 3rd-dimensional body. Visualize that you see on your mind’s computer screen, the word “send.” Now command this word “Send.” All the information is being downloaded into your 3rd-dimensional body. *Tat tat tat tat tat ta!*

Now it has been sent and I want you again to shimmer from the 5th-dimensional body. Shimmer into your 3rd-dimensional body so that your 3rd-dimensional body expands the Cosmic Egg to make it larger and also so that it can hold a newer vibration. Shimmer in the 5th dimension and then shimmer into your 3rd-dimensional body. Beautiful! Now, thought-project yourself back into your 3rd-dimensional body on my command. When I count to three: one, two, three — now! You are back into your 3rd-dimensional body.

The astral cord will still be able to access your 5th-dimensional energy and now the information is coming into your system and will slowly seep into your subconscious and your conscious mind. I want you to understand that each of you who are working on certain issues in your body must now make some adjustments. The feedback loop means that you have information and then you have to make adjustments.

Many of you have gotten stuck when you get into a contracted state. You may not know how to make any adjustments. The Earth is being burdened and overloaded in certain systems, but the Earth has a feedback loop in the biosphere and it makes adjustments to regulate itself. Now, simply make the affirmation: **“Through my feedback-loop mechanisms, I now give permission to make the necessary adjustments, whatever they may be, that will enhance my physical health and my physical body using 5th-dimensional energy.”**

Enhancing the 3rd-dimensional body can also include accessing higher energy. Some of you are already in good physical condition, but need to update your physical structure so it becomes transparent that it can work with 5th-dimensional energy. There are certain contractions as well, even if you are in perfect physical health that needs to be expanded so that you can go to 5th-dimensional consciousness now. Allow those thoughts and information and commands to be transferred now. (Tones: *OOHHhhhhhh. OOOHHhhhhhh.*)

From the 5th-dimensional perspective, all problems can be mediated. This again is the keyword “**mediated**.” You have accepted the Earth process when you came into this planet. You have accepted that you would be going through many of the physical changes that are related to aging. There is the mediation with 5th-dimensional energy that is now being activated. There are similar energies that we can do for the social, economic problems and for other issues. For this purpose, we are now just focusing on the physical structure. The idea is that you need to periodically connect to your 5th-dimensional body. Ultimately, you can begin to reconstruct the thought forms that you are holding on the physical body. You can update them. Remember that it is not necessarily true that you will update your physical body to the point where you were 20. Rather you will mediate it so that you are in the optimal harmonious relationship with your physical body at this point. You may like to have eternal youth. The problem with eternal youth is that you will not ascend because you are holding a thought form of a body that will not change! The problem is that you will hold onto earlier images of yourself. Then you will not update or go into the feedback mechanism.

I would like to turn the next part of the lecture over to Archangel Michael. I am **Juliano**. In the shimmering light field of 5th-dimensional physical vibrational light. I bid you “Good Day!”

Greetings, I am **Archangel Michael**. I send you the blue light of protection. I send you the awareness of my etheric sword that is for all humanity to use. Cords of attachment can exist in your energy system from lower vibrations or from other sources of lower fields or that are from your earlier self. I want to explain that sometimes the cords of attachment originate as frozen thought forms that have been downloaded at an earlier time. These are thought forms on who you are, what you look like, how you are supposed to be. They often are not based on the current reality. With your permission, I am going to cut the outdated cords of attachment, NOW! Each of you will vibrate at a higher frequency.

Juliano talked with you about connecting with the primordial man, Adam. In the Kabbalistic language, Adam is known as the first man. The first man was 5th-dimensional and he came into the 3rd dimension with multi-dimensional presence. It is hard to imagine how you can be totally 5th dimensional and be in the 3rd dimension.

Think of Jesus or Mary or Moses or Buddha. They all were 5th-dimensional in the 3rd dimension.

The energy of the first man kabbalistically is known as *A'dam Ri'shon*. I am going to tone these two words so that you can be activated to connect internally to the first man. Don't be confused by the term 'first man' because *A'dam Ri'shon* contained a man and a woman. For the purposes of this discussion, we will call it man. Each of you has the codes within you to connect to the first man as you hear these sounds. (Tones.) *A'dam Ha Ri'shon*. Let your consciousness now go to the first man who was 5th-dimensional, who was already an Ascended Master. In your genetic codes you are now becoming aware of your connection to *A'dam ha Ri'shon*. *A'dam ha ri'shon* divided into Eve *ha'ri'shon*. There was a split. You can go back to the feminine source, which was also connected to all of the 5th dimension and the 3rd dimension. Both Adam and Eve are now in your codes. You are becoming aware of this now. Know the earliest man and first woman contained the dynamic Ascension Codes. Access the Ascension Codes. You are creating a protective force field around you so that the coming Earth changes, the coming shifts, the coming polarizations or the current polarizations and shifts will still not negatively affect you. You will remain in a protected state like the energy cocoon. I, Archangel Michael place the *Ma'gen ha Da'vid*, the Shield of David, over each of you. Let you now be protected.

I place an energy cocoon around each of you now. You are connected and opened up to the energies of the Ascension. The Ascension energies are nearer now. Maintain your connections to the first man and the first woman. This is the best way to remind yourself that within you is the ability to ascend. The ability to go into higher light will enable you to take off your coat of the physical body. The physical body only needs to be maximized and harmonized for you to go into the 5th-dimensional energy.

We, the angelic hosts, are working with the Arcturians, with Sananda, with Mary and are working with the Ascended Masters. I, Archangel Michael, have cut the lower cords of attachment and now I am placing a swirling beautiful corridor of energy around each of you above your Crown Chakra. This swirling core of light is an energy field above your Cosmic Egg. It is a cocoon of light. *Aur ha' ko'desh*. It is a holy light and it is a swirling light. It is like a beautiful swirling light that is aligning over your Crown Chakra now so that you are setting in place a corridor for your Ascension. You are setting in place a preliminary energy field that contains a doorway for your Ascension. That doorway is focused on *A'dam ha ri'shon* — the first man.

I, Archangel Michael, will be close to you during this year. I am going to work with you as both a healer and a helper. I am going to assist you and protect you from any negativity. I am going to work with all healings. For now we can work together in 5th-dimensional healings. *Ra'fa ga'dol* (great healing). We will be doing great healings with

you this year. We will be able to transform and create a higher light. You know, for example, that many of your athletes have used steroids and they have boosted their physical performance at a cost later on. We have spiritual energetic codes that act as a boost but they do not have any harmful effects on your physical body or your spiritual body. They work to enhance all spiritual levels.

Listen to my name and you will receive this spiritual steroid boost. Michael, Miiicchhaaeelll. Ascending means going up to the 5th dimension. As you are ascending up to the 5th dimension, you are remaining connected to the 3rd dimension. I am sending down to each of you through your 5th dimensional *A'li'ah*, a corridor of healing light to mediate and maximize and bring in harmony to the physical body. In the light to hold all of this, I sing with you, *A'men*. In my light with my protection, I bless each of you and know that I am with you. I pledge, I, **Archangel Michael**, will be more available to help you heal. Call on me and we will be meeting together many times. Blessings.

GOF Report by Pepe Lema, from San Martín de los Andes

The Group of Forty from San Martín de los Andes, Argentina, developed after the download of the first etheric Arcturian crystal in Lago Puelo in October 2002. Slowly, we started to get familiar with the Ascended Masters and spirit guides from the Sacred Triangle.

In 2006, we met David Miller and in a channeled session with David, Arcturian Master Tomar asked us if we wanted to have the responsibility of bringing the Arcturian energy on Earth. There was a place: a tepee at David Miller's house that already housed the Arcturian energy. We had a channeled session from David in which they sent us the Arcturian energy to some crystals that we have for that purpose creating "the Arcturian Temple Mobile," a place of healing for every person that comes in contact with that temple," Master Tomar said. For this work we were blessed to have the presence of Odilia Rivera. Slowly the meditations of Biorelativity with Arcturian energy started to influence our lives.

Without exception, everybody participating in that group got better in every aspect of their lives. Physical changes, cancer healing, personality changes and a new way to value ourselves. These changes influenced the relationship with our families and friends. All of us started to make more money in our activities and get more work. Some could not integrate these changes and left the group.

When you travel often to the 5th dimension, all aspects of the self gets stirred up, the four bodies included and everything around you starts to change. Now we understand the process by which we could integrate ourselves to absorb more information, energy and consciousness.

Our GOF group meets once or twice a week and we do an Arcturian meditation. We connect with David the first Saturday of each month and we do Biorelativity work when possible. We visit the crystal at Lago Puelo where we can do ceremonies and meditations.

Lago Puelo is about 350 kilometers (217.5 miles) south from San Martín de los Andes and it is very close to Mother Earth's chakra. That is why it was chosen to be the place to download the very first Arcturian crystal on Earth — to manifest 5th-dimensional energy on this planet.

Juliano has said: "Lago Puelo is very close to Mother Earth and it is easy to communicate telepathically with Mother Earth in Lago Puelo because Mother Earth is more open in that area and you can communicate with her about all of her problems, not only about the local ones."

Continuing our development and growth, we have had the opportunity to activate the Planetary City of Light of San Martín de los Andes on Oct. 10, 2010. We understood the value and the responsibility of being one Planetary City of Light and the way it influences the energy of the community, the environment and our personal process as well. We have learned how to connect energetically with other Planetary Cities of Light.

We also have learned how to use the healing chamber on the Starship Athena in our Biorelativity Exercises where we could manifest directly our 5th-dimensional body.

You can try this kind of work with your groups, express your wishes and feelings in peace and you will receive the most loving healing that the Ascended Masters can give.

In March 2011, we got together at Lago Puelo with many Starseeds who came from different parts of Argentina and South America to participate on the reactivation of the crystal. We connected energetically with David and his group in Sedona and other GOFs around the world.

That same day an Ascension Ladder was downloaded in Sedona. It was a very moving moment as we witnessed the downloading by Juliano and the Arcturians of a double etheric crystal in Lago Puelo. Juliano said: **"We have sent this etheric duplicate of the crystal to be downloaded on the crystal of Lago Puelo. Now! The new duplicate had been downloaded and many Starseeds are there**

rejoicing as they felt the energy got stronger and more elevated. Now they were very excited and happy as this crystal represents the manifestation of 5th-dimensional energy on Earth.”

Recently we asked David to give us a channeled session for our group in San Martín de los Andes. We wanted to know how we could improve our Biorelativity work — especially regarding our relationship with Mother Earth. We were blessed by the words of Juliano and Sananda, that a new Ladder of Ascension would be downloaded in our city. We consider this an honor and a great responsibility and we are already energetically preparing the place for such an event.

Also, Juliano named Sedona as a Planetary Sister City of Light and partnered it with San Martín de los Andes. Since then we have been working to bridge with light our two cities. Juliano also told us that we have a Star Sister City of Light with X-ERIA in Arcturus.

He said that San Martín de los Andes will become a psychic center for South America as Sedona is the psychic center for North America and that we will receive many Starseeds that will come to our city to get activated and expand their consciousness.

How our GOF work has influenced our lives, especially the Biorelativity Exercises, the Arcturian meditations and the connection with the 5th dimension?

In our meditations, we like to go to the Crystal Temple on Arcturus in the 5th dimension. There, Tomar welcomed us with his love and as a spirit guide and we sit in meditation with many Starseeds around the beautiful lake. We feel at home there, we understand that to be conscious in the 5th dimension makes that a reality and we see and feel everything with more clarity. The Arcturian Masters help us integrate with our 5th-dimensional body of light and to send that multi-dimensional energy to Mother Earth and to our 3rd-dimensional manifestation.

“The longer we connect with our 5th-dimensional being of light, our field of perception expands and we understand better our multi-dimensionality.” We feel very inspired when we connect with the Lago Puelo Crystal. We feel very united and close to the vibrational energy of the 5th dimension through the work with the 12 Arcturian crystals and we can connect more deeply with Mother Earth’s heart and her spirit, Gaia.

Many don’t know that the Lago Puelo Crystal is the only one that has an etheric double. We are blessed with having two holographic crystals, one aligned with the other, making a very high and refined frequency that has the power to activate consciousness and personal powers.

Talking to Mother Earth teaches us to be more humble and helps us listen to ourselves, makes us aware of the true value of things. We consider important to unite our heart with Mother Earth's heart chakra. The heart chakra is the center of our intentions and we can connect with it vibrating at a slightly higher frequency than the aura. Then we can activate the heart and our being can focus on the intent and then the heart chakra of Mother Earth to make our intentions real. On the other hand, Mother Earth feels more care and love and is getting more involved in our personal growth and making our dreams and desires come true. Once we understand how we relate to Mother Earth, we get a better understanding of our own process and our multi-dimensional realities.

We did a big part of our healing in the Arcturian healing chamber with the help of Helio-ah. Here with our permission, the Arcturian Masters can access all information needed to heal our bodies, opening the gates of perception, heal emotions and expand our consciousness.

We understand clearly that one of our missions on Earth is anchoring 5th-dimensional energy.

The more people do this job, the more Quantum Light arrives to the planet and more Starseeds awaken. Maybe the biggest learning as Planetary Healers is understanding the value of the energetic union with Lightworkers and Starseeds.

Passing from the "I" to the "We"

We are in permanent change always. In our case as in that of the majority, this change is evolution. And it is, in this evolution of the soul, in which we are involved at this moment and time. The evolution of our soul implies a responsibility — a responsibility with ourselves, with our family of Light, with our Mother Earth, with the Ascended Masters and with all the Planetary Healers. This is a holographic work, a team work, a work of union, a work of each one of us as bees of this great honeycomb that is Mother Earth.

The work of our hive began with the bee Miller spreading pollen of conscience and through the years many planetary healing bees around the world started awaking and joining with this work. We continue growing and forming a team of hard-working bees where each one is finding his or her place and their mission. "To find, to understand and to carry out the mission in this life is a blessing." In the works of our hive, some translate texts, others do proofreading, some make web pages, others download the Ladders of Ascension. There are the ones that organize workshops, coordinate groups, guide meditations and also there are the ones that support all these

work. “Each one of us has a mission for this hive and each one is as important as any other.”

“Whatever the work that we do or the place where we are, the most important is the commitment and the responsibility to know that with our intention and our work we are affecting our conscience. That of all and above all, we are affecting positively our Mother Earth with these works of Biorelativity.”

We are all connected energetically, the change and the evolution of each one of us stimulates the change and the evolution of the next person. It does not matter where one is, because each thought, each connection and each action that involves personal growth affects us ALL.

As we are more responsible for this evolution and of this change, we enlarge and we elevate our personal vibration and we intertwine us more energetically.

“This energy of conscience travels through the Arcturian etheric crystals, of the Planetary Cities of Light and of the Ring of Ascension and arrives at our energy field to our Cosmic Egg in the shape of comprehension and understanding.”

This intertwined energy and the relation with our soul family stimulates the energy union in the hive, promoting the arcan power of the thoughts and the Spiritual Light Quotient of each one of us. Because of this we feel very grateful to David and to all and each one of you who are reading these words for helping to understand, which is the mission in this life to make us feel that we are all united with the galactic mission of the personal and planetary Ascension of Mother Earth.

We, the Arcturian Planetary Healers of San Martín of the Andes in Argentina, feel happy to be part of the hive of David Miller and feel our heart connected to each one of you.

With love,

The GOF of SMA and of the Arcturian Crystal of Lago Puelo, Argentina.

By Pepe Lema and Purvesh, Translator.
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The Ladder of Ascension

The Ladder of Ascension is an etheric energy force field. It is an etheric elevator or an etheric escalator that allows you to ascend to the Arcturian Stargate and be raised up. This is the concept of being elevated. It is this concept of being taken up to the stargate where you can experience the feeling of completion of your soul lessons on Earth. I want you to just meditate on that for a moment. Meditate on what it means to complete your soul lessons on Earth. Meditate on what it means to actually reach this point after many incarnations where you are actually in a position to say, **“I am completing my soul lessons on Earth. I will be able to graduate.”**

Please use this affirmation: **“I am now ready to graduate from the Earth because I am completing my soul lessons here. I am ready to graduate from the Earth school and I am completing my soul lessons here.”**

Climbing the Ladder of Light to the Stargate

Archangel Metatron: The times of holiness and sacredness are upon you. We, the Ascended Masters, realize that the connections of the staircase of light, the Jacob’s Ladder of Light, the corridor leading to the Arcturian Stargate, are becoming more open. You will be going up the ladder. Visualize the corridor of light that Tomar has talked about as a ladder going up into heaven and going to the transformational zone of the Arcturian Stargate.

The ladder is multi-realmed. It can be in one place on the Earth and also be in another dimension. This is the ultimate concept of bilocation, a corridor that is opened in all ways and all see the same. The ladder entrance comes with the sounds of *Holy, Holy, Holy is the Lord of Hosts*. These sounds are for the opening of the genetic structures within you. They are also the sounds that open the ladder, the stairway and these realms.

Now there is a tremendous energy upon you to work this Ladder of Ascension. You will be in the corridor of the ladder and as you will be climbing, you will transcend. You will ascend. You have my blessing and permission to climb and enter this ladder at any moment you see fit.

There are only a few on the Earth who even understand the Arcturian Stargate and are working to connect the Earth corridor to it. **This is one of the primary missions of the Group of Forty — to solidify this corridor of light to the stargate.**

Detach Yourself from Man-Made Dramas

1. I love and forgive myself totally for all my mistakes, for I now recognize that mistakes are positive, not negative.
2. I now fully recognize that I have worth because God created me and I do not have to do anything to earn it.
3. I now recognize that I am a diamond, not the mud on the diamond.
4. My worth is unchangingly positive because it is my spiritual inheritance. It is not increased by my success nor decreased by my mistakes.
5. I now realize that I have total worth and value as a person, whether I learn my lessons in life or not.
6. I now recognize that everything that has ever happened in my life has been positive, because it all contained lessons that I needed to learn.
7. I choose to live in the now and not hold the past against myself.
8. I hereby choose to approve of myself so I do not have to go around seeking approval from others.
9. I deserve Love because God created me; I now know that my mistakes are not held against me.
10. I now realize that everything in life that happens is a lesson, a challenge and an opportunity to grow.
11. I now realize that I am the chooser, the consciousness, the spiritual being made 100 percent by God and that this part of me deserves unconditional love at all times.
12. I am the Light, not the lampshade over the light.
13. I deserve Love because my true identity is not what I do in life. I am always the chooser of what I do.
14. I now fully understand that I am here in life to learn lessons and grow, but if I make mistakes, I am still totally lovable and worthy.
15. I hereby choose to be very firm and unconditionally loving with myself.

16. I am the master of my life. I choose to be my best friend instead of my own worst enemy.
17. I choose to love myself as God Loves me — unconditionally.
18. I now choose to understand that I want to be perfect, but mistakes are always positive and part of the growing process.
19. I now realize on the level of my true identity, the “I,” the chooser, the soul, the monad, that I am a perfect equal with every other person in the world.
20. I now choose to recognize that it was only the faulty thinking of the ego that caused me not to love myself.
21. I now choose to undo all the faulty thinking that society has programmed into me and replace it with Self-Love.
22. I now choose to recognize that I deserve Love and so do other people.
23. I now choose to fully recognize that I am guiltless and sinless because all mistakes are just lessons and opportunities to grow.
24. I now realize that God does not hold my misuse of free choice against me. God never has and never will, so why should I?
25. I love me, I forgive me, I approve of me, I accept me, and I commit myself from this moment onward to treating myself in a spiritual manner rather than an egotistical manner. I now fully realize that the way I think is the reality in which I live. I now choose to release faulty thinking and to live in my Self-created heavenly state of consciousness.
26. I love me unconditionally because I am a son/daughter of God, and my misuse of free choice or faulty thinking is not held against me.
27. Is what God creates not lovable and worthy?
28. I love me because I am innocent and not guilty.
29. The only thing in this universe that says I do not deserve love is my “ego.” I hereby reject my ego and its false attitude. I allow myself to get back in tune with my true spiritual self.

Personal and Planetary Alignment

In the exercise we are about to do, you will have the highest receptivity to alignments. Not only that, but you will have the cognitive mental thoughts that will enable you to direct yourself into an alignment of perfect proportions. Now, when the alignments are in perfect proportions, then the energy that you bring in is equivalent to and counterbalances the disruptive forces of a misalignment. The alignment becomes positive, harmonious, integrative energy that you are bringing, exactly opposite of the disruptive energies. That is why integration becomes the key to your luminescent presence. Remember to remove any resistive thoughts you may have about reentry, any thoughts such as, "I don't want to be back in my body," or "I don't want to be here." Those thoughts take a toll.

There are places on Earth that are filled with debris and with sewage. This is a blocked energy. Let blue-golden energy clean the receptors in your etheric energy fields so that a perfected alignment is now possible. You are in perfect harmony and you are able to raise your spirit body out of your physical body. As you raise your spirit body out of your physical body, then you float above your physical body. Go to a place immediately that is about 100 to 200 feet above your physical structure. As you go above your physical structure, you feel the pull of this beautiful blue and golden energy. As you are above the energy, as you are above your body, you experience the freedom and the energetic connections to the 5th dimension through the individual corridors that are above each of you.

Instead of traveling to other areas and other realms, as we can do at a later date, I want you to say and think these words, "I am creating the energy field for a perfected reentry and realignment. I am creating the necessary energy field for a perfected reentry and realignment." Now, when you are 100 to 200 feet above your body, I want you to understand that you are also a receiver of 5th-dimensional energy and 5th-dimensional light. You are increasing in your energetic field up there. Your energetic body is expanded. All your spiritual antennas are out.

Look down at your physical body and slowly descend back into your physical body, bringing a total alignment. Stay perhaps eight to 10 feet above your body and work on this realignment. Now, in the perfected alignment, slowly reenter the physical body. As you do that, you will feel an upliftment and you will feel a slight rejuvenation. I want you to hold this energy field and this feeling of realignment.

Now, we will travel up a corridor out of your physical body. Now, rise up out of the physical body, traveling this dimensional corridor to our Starship Athena in the Jupiter Corridor. On this starship, we have a huge holographic Earth healing chamber.

This is like a large auditorium. I want you to come into the auditorium. I, Juliano, am at the controls and we are able to see the 3rd-dimensional Earth. Take a moment to do this traveling and to come into this healing, holographic Earth chamber. As you are in the chamber, look at the screen. I have focused the holographic healing screen on the Earth in the 3rd dimension. Now you will see another image. I have enlarged the screen so that the 3rd-dimensional Earth is in the bottom and there you see the 5th-dimensional Earth on top of the screen.

Energetically, it has the Ring of Ascension. Energetically it has a halo and has a whole different astral field. Energetically, it is this huge 5th-dimensional light. You are one of the first groups that we have shown this image to of the 5th-dimensional Earth. It is a huge planetary system energetically. It is a lot larger energetically than the 3rd-dimensional Earth. The 3rd dimension looks contracted in comparison.

On the holographic screen we have the 5th-dimensional Earth. This 5th-dimensional Earth is a huge, vibrant planetary energy. It is very expansive and filled with beautiful harmonious light. Then you have the 3rd-dimensional Earth, which is what you are living in with all of its contractions. You will see on the 3rd-dimensional Earth, there are many bright spots and there are four etheric crystals. These are beams of crystal light.

On the 5th-dimensional Earth above, I am able to control the alignment. I can direct the alignments with my steering-wheel dial, I can turn the two Earths until they are exactly in perfected alignment. We are setting up the alignment so that the etheric crystals on the 5th-dimensional Earth are coming into beautiful alignment with the 3rd-dimensional Earth. I want you to visualize that there is a powerful beam of light from each etheric crystal in Grose Valley, in Lago Puelo, in Bodensee, in Lake Moraine and in Mt. Shasta. All of those areas are sending out beams of light like tractor beams. They are locking into the 5th-dimensional etheric crystals in the 5th-dimensional Earth with the assistance of the holographic healing chamber and with my assistance and with your visualizations. Also, the Ring of Ascension on the 5th-dimensional Earth is coming into alignment with the Ring of Ascension on the 3rd-dimensional Earth. It is a beautiful image on this holographic Earth chamber screen. Hold that image of alignment as best you can during a second meditation now.

You and I together are going to bring down the 5th-dimensional Earth in the perfected alignment with the etheric crystals on the 3rd-dimensional Earth. I have what looks perhaps in your imagination like a joy stick and I bring it forward. Together as I bring it forward, you can visualize the energy of the 5th-dimensional Earth coming into a perfected alignment with the 3rd-dimensional Earth, exactly in alignment with these etheric crystals. They are getting closer and closer and I push it down and now, it comes right into a perfect alignment. What you have to understand is that you are 5th-

dimensional beings and that you also are on the 5th-dimensional Earth. Bring this 5th-dimensional Earth down to the 3rd-dimensional Earth. You also are bringing your 5th-dimensional self back into your 3rd-dimensional self as a participant in this exercise.

Now I push this stick deeper and closer to me. You can see the two Earths — the 5th- and the 3rd-dimensional Earth, coming to a perfected alignment right by the etheric crystal. It is in the perfected alignment. The 5th-dimensional Earth has come into an alignment with the 3rd-dimensional Earth. The anchoring points of this alignment are at the etheric crystals. This type of alignment work needs to be done by you. This is an encompassing work. It is a work that involves all systems. It is a work that covers all energy fields.

Hold this alignment on the holographic screen. The Earth receives this energy. Know that the Pleiadean system had done a great deal of similar work that you have just done to their planet in preparation. We will now leave the holographic healing chamber. I will be working with this image after you leave. You may return to this image later on in your meditations, if you wish. I will continue to be here for many hours. We are in a holographic time zone. Some of you will be working with me during the day, during the evening, but for the general population of this group, we now leave and we follow the corridor back to our physical bodies. Remember, you are going to reenter your body. Use your concentration to reenter in an exact way, stating your intention first. You have reentered your physical body in a perfected alignment and you remain etherically connected to this holographic healing chamber. During the next 48 hours you can return at your will in your meditations to my chamber, to my ship, to the holographic auditorium of the Earth healing chamber and work on this alignment and also benefit from your own work on this alignment. This will bring a powerful telepathic energetic level of 5th-dimensional light to Mother Earth.

Gudrun Miller's Words of Wisdom

1. Nothing is personal — we are all mirrors for each other.
2. Your greatest enemies and those who annoy you most often are your greatest teachers.
3. Problems are opportunities for growth.
4. Everything happens for a reason — even if we don't understand it or our ego protests! Most of us don't know the whole story or our soul journeys.
5. You can't make everyone like you and you don't have to like everyone.

6. Kindness is always best — especially to yourself.
7. What other people think of you really is not your business.
8. You don't have to be perfect.
9. Judgment of others is not a useful or productive activity. Judgment of self is not helpful, either.
10. Resentment is burdensome. There is an American saying: Resentment is like eating poison hoping someone else will die.
11. You are not responsible for other people's feelings. You are responsible only for how you express your own feelings.
12. All your feelings are fine and need acceptance from you.
13. You can't control anyone else.
14. Worry is a lack of faith.
15. Self love is a blessing. The more you are able to love yourself, the easier it is to have love for others. The primary emotion in the 5th dimension is love.
16. It is OK to say "no" and to have personal limits.
17. You can't make anyone feel anything.
18. It is important to make mistakes.
19. It is good to indulge yourself occasionally.
20. There is such a thing as a healthy ego. A healthy ego is important because with it you know what your strengths and weaknesses are. You know what you are good at and you can have self-confidence.
21. Genuine forgiveness of others is a release of burden. Forgiveness of self allows deep healing.

Downloading an Etheric Sub-Crystal

This is from the information Jan used when we brought down some of the sub-crystals back in February 2009.

We began by using our corridor to take ourselves to (in our case, Grose Valley) and we formed a circle around the valley. Juliano is hovering above the site of the crystal and the other Arcturian guides and masters are with us. Using our 3rd Eye we assisted Juliano in raising the crystal until it is totally above ground. We connect with the crystal sending our love and thanksand as we watch as we see movement within the crystal – a shimmering shape, the same size as the crystal is rising upwards and upwards until it is completely above the original crystal.....Now this beautiful sub-crystal begins to move in a direction. We follow it and suddenly we are positioned at the site of the sub crystal (e.g., tip of the Cape York Peninsular in far north, Queensland We watch as the sub-crystal gently lowers itself into the land right (on the point of Cape York)..... We hear the spirits of the ancestors singing it into place and we merge with the beauty and peacefulness of the area.....There is a light around the area – a lovely white shimmering light that is bringing the whole area into balance and synergy with the sub-crystal..... We are also benefiting from this white shimmering light..... Now we take ourselves back to the (Grose Valley) where the crystal is still suspended above the valley.....and repeat the above for all the sub-crystals you are planning to bring in.

Once again we form a circle around the outside of the crystal while Juliano stands on top of it..... and we become aware that the crystal appears to be moving – but in actual fact, another sub-crystal is forming as the first one did and is moving slowly upwards until it is completely clear of the original crystal..... Now it starts to move in a.....direction.....and suddenly we are abovethe site.....(a brief history/explanation) – (e.g. an area of beautiful wilderness).....Slowly the sub-crystal lowers itself into the mountain and we again hear the singing of the ancestral spirits..... It is believed that Aboriginal use of the Cradle Mountain area was non-permanent, probably consisting mostly of seasonal hunting excursions during the summer months, but their presence in the area can be dated back to the last ice age: 10,000 years ago. There is a lot of history here!) There is now a light around the area – a lovely white shimmering light that is bringing the whole area into balance and synergy with the sub-crystal..... We are also benefiting from this white shimmering light.....

Now we take ourselves back to the Grose Valley and stand with our backs to the crystal looking outward across the land. And we start to expand a beautiful band of Light, it is becoming wider and wider until it reaches down to the sub-crystal in(Western Australia, which we put in place during last month's meditation).....
..... We continue to expand it until it reaches due south of the (Grose Valley) and connects with the new sub-crystal in (Cradle Mountain in Tasmania).....The entire southern half of the continent is now covered in a continual harmony of Light and Balance.....

And now we turn back to the connection with the (Grose Valley) and slowly start to expand the band of light northwards until it connects with the 2nd sub-crystal, we put in place last month at (Nourlangie Rock in Kakadu National Park in the Northern Territory). We continue to expand the light northwards until it reaches the new sub-crystal at Cape York Now almost the entire continent is covered by the band of Light and Balance..... See it penetrating under the surface of the Earth also, bringing calming Light and Balance to the molten energy there.....
(Tonings.)

Juliano has told us the crystals are reaching points that are both in the physical energy patterns within the Earth and also in the etheric energy patterns for the spirit of the Earth and the spirit energy of the Earth is overriding the physical energy of the Earth in many cases. So if we work with the spirit forces first, then there can be more resonance in the shifting of the energy and the acceleration of the energy and the bringing of the energy into a higher form.... The sub-crystals will work to enhance the main crystal – they are not as powerful as the main crystals, but will assist the Starseeds in our work for the planet and ourselves.

What we do when we work with the Grose Valley Crystal and the sub-crystals is that we raise the Grose Valley Crystal (as in the above exercise) and then begin to raise all 5 sub-crystals. We then see the light from Grose Valley connecting with the sub-crystals and then see this light expanding over the whole country (in our case). We see the sub-crystals being to absorb and renew the energy they require to maintain a high vibration. The healing exercise for the country etc. is now done. We also bring in Adama and the Inner-Earth beings and send the energy down into the Earth to be utilized where it is most needed. When the exercise is complete, we then lower the Grose Valley Crystal along with the 5 sub-crystals into their resting places.

ADD: Use of particular crystals AND FREQUENCIES, solo or in combo, to heal diseases and to keep your immune system healthy enough to ward off negative energy.

List of the 12 Crystals and Summary of Each One's Role

1. Lago Puelo, Argentina – the home of the 1st crystal to be brought down to Earth. The Lago Puelo crystal holds the primordial energy for the whole Planet. It is an energy of initiation and connection to energy.

2. Grose Valley in the Blue Mountains National Park in Australia – The Grose Valley crystal is connecting with the Rainbow Serpent, which is the Feminine Goddess energy of Mother Gaia and is an area of great significance to the Aborigines of Australia.

3. Lake Moraine in Canada – This crystal contains the Quantum etheric energy activation light, which can bypass the normal laws of linear time and space and cause and effect.

4. Lake Constance in the Bodensee in Germany – the home of the 4th crystal. This crystal provides new information, new codes, new structures, new dynamics into the Earth's ley lines and allows us access to new information.

5. Costa Rica, the home of the 5th etheric crystal in the Poás Volcano – This crystal is linked to the Great Attractor Force – that which pushes and pulls the galaxies in different directions. It also helps to attract and discharge blocked energy in Earth's energy channels, like modifying the Ring of Fire to create balance in that area.

6. Mt Shasta in California in the United States – The combination of the crystal, the Galactic Kachina and the imprint of the stargate means that Mt. Shasta has become a powerful Ascension point. It also gives us an easy connection to our soul, our soul power and our soul mission.

7. Lake Taupo in New Zealand, the home of the 7th crystal – The number seven is a symbol of good luck and good fortune and brings wealth and prosperity. This crystal is representative of that wealth and prosperity and is a great attracting force for energy for those who work with it. It is also a reaffirmation of the spiritual strength and power of the native peoples on the Earth and will help to reawaken them to their mission.

8. Mexico & the Barrancas del Cobre (Copper Canyon) where the 8th crystal resides – This crystal gives us a new link to Arcturian energy, a link where we can connect with the Planet Alano and the 5th dimensional Master named Alano who resides there. The crystal also carries the special energy of shimmering, allowing us to move ourselves or objects into another dimension.

9. Montserrat near Barcelona in Spain — This magnificent place is a holy site — Juliano tells us it is mostly free from wars and polarization and the crystal, which was brought in here recently, the 9th crystal, has a powerful, sacred and holy energy. This crystal was downloaded to work with holy sacred light and will help the other crystals become truly sacred energy sites.

10. Mt Fuji in Japan — This crystal holds energy of life forces from Lemuria, which have now been unlocked by its arrival. It is an ancient crystal containing great secrets of light and ancient knowledge of the planet. It has a connection with the ancient grandmothers and grandfathers.

11. Istanbul — This crystal pertains to hidden knowledge and higher esoteric knowledge that is to be revealed. The keys to unlock the Inner Codes are here.

12. Serra da Bocaina — The Earth interacts with the 3rd and 5th dimensions. This crystal represents how 5-D energy is being manifested onto the 3rd dimension.

The 12 Arcturian Crystals' Meditation

5AM PST/PDT - Mount Fuji, Japan - Japan, North Europa

6 AM PST/PDT - Istanbul, Turkey –Mediterranean/Middle East/India

7 AM PST/PDT - Bodensee, Germany – Germany 1 & 2, Austria/ Switzerland

8 AM PST/PDT - Montserrat, Spain – Spain/France, Spain 1 & 2 , Northwest USA

9 AM PST/PDT - Serra de Bocaina, Brazil – all groups Brazil

10 AM PST/PDT - Volcan Poas, Costa Rica – Costa Rica, Peru, The Great Plains (USA), Cuba, Chile

11 AM PST/PDT - Lake Puelo, Argentina – all groups in Argentina, East Coast (USA)

12 PM PST/PDT - Lake Moraine, Canada – North America incl. Canada

1 PM PST/PDT - Barrancas del Cobre (previously Copper Canyon), Mexico – all groups in Mexico, Venezuela and Florida (USA)

2 PM PST/PDT - Mount Shasta, USA – West Coast, Arizona, New Mexico (USA)

3 PM PST/PDT - Grose Valley, Australia – Australia

4 PM PST/PDT - Lake Taupo, New Zealand – New Zealand

Dear Group of Forty members,

Please follow this schedule for the 12-hour meditation as guided by Juliano in January lecture. It is recommended, that the members of each group connect at the specific time to the assigned Arcturian etheric crystal either from their home or from the place where they are meeting as a group.

There is now also a motivation to begin to act more forcibly and more assertively for change. That means, for example, it is time to work on the energy grid of the etheric crystals. The energy field of the etheric crystals is a dialectic energy field that can be focused on certain changes, such as to modify the power of earthquakes, to attenuate the power of winter storms and to work on sending energy to world leaders so they can make higher decisions. The wrong decision by a world leader now is going to have much more dramatic effects than it would have had even three years ago. We are at a more critical state in the world now than we were three years ago.

I have recommended that we do a special energy meditation in a 12-hour period in which each hour a different group of Arcturian Starseeds, GOF members, is focusing on a different crystal. Then, during the 12-hour period, all of the 12 crystals will be generating a light field. These light fields from the 12 crystals will then be downloaded to the sub-crystals at that hour. Let us just say, for example, we are going to focus on Mt. Shasta and that crystal would be on the 9 AM California time. Then at 10 AM California time, or one hour later — it all would be based on time in Mt. Shasta — then it would go to Mt. Fuji. Then an hour later, it would go to Grose Valley. This would create a force field.

1. Connect to the GOF members that are participating in this meditation before you.
You are carrying an energy wave that sweeps the planet on this day.
2. Thought-project into your crystal using your 3rd Eye and create an interactive field between all 12 crystals. Visualize columns of light emanating from each crystal, forming the Arcturian Crystal Tree of Life.
3. Meditate on the specific energy of your crystal (see the drawing created by David and Rob Claar).
4. Visualize that you are activating the Ascension energies downloaded into your crystal.

5. At the end of the meditation, visualize passing the energy wave, your love and gratitude to all the GOF members that will be meditating after you.
6. If you are not a member of a group or if you are member of a group that's not listed, meditate on the crystal of your choice at the time given.

Transpolar Shifts and Reverse Polarities

I encourage you to put guardian points around your house. These points can be found through magnetic rocks. The magnetic rocks can be placed as a Sacred Triangle. Three rocks will form a grid around your home. These are rocks that give off an electromagnetic field. They do not have to be large crystals and rocks to work well together. Put a magnet on top of the crystal or next to the crystal. This will amplify their power. It can encompass a large space as long as you are able to visit the spot. Our Arcturian ships are using a special magnetic energy field that is compatible to the energy field around the Earth's Ring of Ascension. This magnetic force we are in is very healing for you. I, **Juliano**, am placing a healing light chamber around each of you who read these words. Imagine the dark, dirty and unnecessary part of the Earth self are pulled by the magnet and it is bringing you into balance. This is an interactive magnetic field that has the thought pattern of masters from the Arcturian temples. You can become magnetic healers. You understand the concept of healing and then you become a magnet. You understand that magnets attract and repel. I, Juliano, look inside your hearts. The heart of Earth beings is magnetic, too. A special magnetic light enters your heart chakra. It is beautiful, velvet, violet light entering your hearts. Your hearts are already 5th-dimensional. Be this magnetic power.

Tomar: The magnetic healings and the magnetic increments of power you are gathering include the assimilation of the trans-solar magnetic energy that is coming to the Earth now. Magnetic healings, magnetic power beings and magnetic Lightworkers have the ability to repulse and to attract energy. This is an example of polarization. That which comes to you that is not of the light will be repulsed. It is that simple. Say: **“That which is not in the light will be repulsed. That which is of 5th-dimensional light will be attracted to me.”** You have thoughts of the darkness and of upheavals and catastrophes. Let them be removed so you will not participate in them in any way. (Tones.) I am cleansing you from the participation in those. You are still in the magnetic healing chambers. Be aware of your area emitting powerful magnetic energy. Put the palms of your hands eight inches away from each ear, parallel with each ear. Now put both hand similarly from both eyes. Let your eyes emit a magnetic force. Now do this with your heart and let your heart emit this energy. Your hands should feel very warm. You should have a sense of your powerful energy field. Our energy healing chambers are

still working with you. The Crystal Temple is operating on the same principle of magnetic force. The Ascension will be a magnetic burst of energy. All of you who are using these techniques know that your healing powers have been increased 30 percent to 50 percent. The violet flame and the violet ray are with you at all times. Seek to heal others in love and in magnetic energy.

Building White Light Protection Around You

Tomar: Building an energy cocoon or protective bubble of white light provides stability around your electromagnetic field and protects from auric fractures. Build a star tetrahedron three to four inches above your head. This consists of 12 lines coming down in a sloping fashion intersecting with five lines at 90-degree angles. Make a fast repeating “Tac, Tac, Tac” sound to clear out all extraneous energy coming to you. Put three layers of lights around your cocoon: first white, then blue, then silver. You have brought yourself to a harmonized, stabilized state of your own electromagnetic vibrations.

Practicing Thought-Projection

Archangel Metatron: You can project yourself with thoughts. If I say project your aura or your spirit, then you can send your spirit to another level, but your physical body stays here. I can help you project your energy to the Arcturian Stargate where you can receive soul information and activation. Imagine that this room is a big circle. In this room, it is like a merry-go-round that goes around very slowly and as it goes around, you do not feel dizzy. As it slowly moves around in a circle, feel your spirit separating from your physical body. Visualize: Holy Light.

Your spirit rises, you project your spirit to the stargate. You go to the entrance of the stargate and we all are sitting in a circle in front of the stargate.

I, Archangel Metatron, open the stargate a small amount and a beautiful soul light is emitted. It is similar to bright sunlight, but much brighter. Soul light comes from another dimension. You receive this light in your Crown Chakra. I call this light “Holy Light” and as you receive this light, you can activate all soul lessons in this lifetime.

You will be able to integrate and advance in your soul work on this planet. On the other side of this corridor, you will complete all of your soul lessons and be

prepared to advance rapidly to the next level. I open the door a little more so you can feel this wonderful burst of soul light. (Sounds.)

Look down at your physical body that is below. You will begin to reenter the physical body. We cannot stay at the stargate too long. Begin to descend back into your physical body, but stay above the body. Do not go into your body yet. As you descend back into your body, stop about three feet above your body.

It is important to reenter your body correctly, so try to align your soul light and your spirit in exactly perfect alignment with your body. This will ensure that you get the maximum benefit in your physical body when your spirit re-enters. Re-enter now.

Remember that the circle in the room is like a merry-go-round. As you go into your body, you notice that the room continues going around in a circle. You have reentered in a good alignment. Many of you have wanted to connect more with your soul purpose and accelerate your soul lessons. This will now happen to you through this activation. I am **Archangel Metatron**.

Participating in the Evolution of the Universe

Greetings, I am **Juliano**. We are the Arcturians. I am asking each of you to visualize your body. Visualize that your spirit is in your body and visualize that your spirit is being lifted up through your consciousness out of the body. I, Juliano, have a very powerful starship that is sending beams of blue light to each of you, providing a unique corridor. The corridor is blue light that is like a tunnel around each of you. Visualize that you are rising up into the tunnel and rising up and traveling in the tunnel. The tunnel is a corridor. It is a timeless tunnel that transcends the 3rd dimension and it helps you access the 5th dimension. As you travel through this beautiful tunnel, it is going to the Arcturian Stargate. As you approach the stargate, it looks like a beautiful diamond star and a diamond energy field, an energy field that is unique. As you get closer to it, you sense this beautiful opening, which is the energy from the front door of the stargate. As you approach this front door, know that, in your language, there is a vestibule, a fore room. Come into that vestibule. Do not pass into the stargate itself. You will not be allowed to enter it. As you come into the vestibule, know that there are beautiful cherubim that are singing the great songs of praise to the Lord. Know that there are beautiful archangels, including Archangels Metatron and Michael. Know that your guides and teachers are also there. As you are in the vestibule, you will meditate briefly. You will experience a freedom from the attraction of the karmic cycle. We will hold our energy in private thought now.

Please hold your consciousness there and experience this freedom. You might experience it as a lightness. Also know that you are establishing a link, a connection to the stargate. In a future time you will come here and remember this experience. You will be able to be more comfortable and more able to use the stargate energy. Only those who are able to have the lightness will be able to go through the stargate and go through the portal. I assure you that I, Juliano, and all of our guides that are working with me, will be assisting you. I assure you that when you go through the portal of the stargate, you will have beautiful opportunities to see other pathways to other star systems, including your home planet, including the Central Sun planets. Now I ask that we begin the process of descending back into Earth. You will take with you this memory. You will take with you this connection that will allow you to have a lightness from the heaviness that you might feel from the polarization, the heaviness you might feel from being connected so strongly to the Earth's incarnations.

Descend down the tunnel now and travel through the tunnel back into the Earth and back into your Earth body. As you re-enter your Earth body, you will come in with a new lightness, a new energy and knowledge that you will return again to this place that is free of the pull of gravity of the Earth's incarnational cycle. I am **Juliano**. We are the Arcturians. Blessings, my dear friends and Starseeds. Good day.

Working with Heart Energies & Keeping the Heart Open

These sufferings on Earth challenge the emotional body. Do not get stuck on the lower vibrations of fear and of anger about all of this. The solution for your emotions is getting a different perspective. The solution from the emotional body's standpoint is detachment. It is a special kind of detachment, which means that you still care and you still feel. Truly, you don't want to see this destruction, but you also understand that this is a play you are seeing. This is a drama that you are experiencing. There is a reason even why you have to see this drama. Part of the reason for many of you is that you are being trained to become Ascended Masters. You are here in part as a learning experience because you are going to go on to other planetary systems. You are going to go on to other realms. This experience that you are now having here on the Earth is so invaluable. It is so valuable for you to witness and understand all of these interactions. That means that you must try to stay on the higher vibrational energy. Emotions can override all of the powerful higher vibrational healing and vibrational energy.

It is unbelievable when you look at the strength of emotions on the Earth and the strength of emotions that you can experience. We particularly recommend that you work with the heart energy and that you keep your Heart Chakra open and clear and that you connect with some of the higher masters who are experts in working with the heart energy. Also, the other big emotional issue is fear because fear is based on the belief that you are not united, that you are not in the unity. When you do not feel connected, you feel isolated and alone. Fear is at the root of many of the emotional and spiritual problems on the planet. People are feeling cut off. The answer to that emotional issue again is to work with the heart energy and for people to realize that there is a greater dimension, there is a greater interaction. People need to feel the higher dimension and to experience it emotionally.

Now we have to look at the mental body and how you connect with 5th-dimensional energy through the mental body. The mental body is based on affirmations, on belief systems and on thought constructs. This is an important specialty of ours, understanding the thought patterns. It is our understanding that the thought patterns hold together a dimension. This is a profound perspective because on one level, if you look at the 3rd dimension and at the Earth, you have to ask the question: What keeps this together? What keeps together your culture? What keeps together your society? What keeps together all the interactions?

There is an agreed-upon thought structure that has been created for the 3rd dimension and that transcends even the lifetime of one person. This thought structure is actually an energy pattern. Your thoughts and your beliefs about yourself and about reality actually create threads of thought and threads of energy. They hold your perception of yourself.

We talked about the Assemblage Point earlier. The Assemblage Point is a point that is on the energy field of each person that can be activated. It opens up the perception so that you no longer see things through the thought structure of the 3rd dimension that is the basic core that holds together this reality. In fact, there is a greater reality. The Assemblage Point, when it is opened, will let you see higher energy. You have been acculturated and you have been trained to hold a certain thought structure. We are not making any judgments about the 3rd-dimensional thought structure. We know that we also have to hold together a thought structure on the 5th dimension. We have people meditating that are working full-time to create and hold certain thought patterns. Remember, thought patterns are energy. On the 5th dimension, you can see and experience the energy of thoughts directly. You can see what people are thinking. You do not see what people are thinking on the 3rd dimension. When I say "see," I mean actually telepathically see and receive their thoughts traveling through the atmosphere.

In working with the 5th dimension and bringing the 5th-dimensional energy into your mental body, you have to work with your thought patterns and you have to work with your belief systems. What is your belief system about reality? What is your belief system about the 5th dimension? How can you work with higher thought patterns that we call quantum thoughts?

Your belief system is especially important when you are talking about healing. I think when you are faced with physical issues that relate to health, then your belief system about yourself and your belief system about reality becomes even more important. One basic belief that is part of the 3rd dimension is logic, cause-and-effect and linear thinking. Again, I am not making a judgment about logic and linear thinking. We can say that logic and linear thinking and science have really brought a great accomplishment and a great advancement in the civilization.

It is also clear that this logic and linear thinking are not going to be able to solve the predicament that the Earth is in. Logically it does not look like there is any answer. Logically it looks like the pollution is going to destroy the atmosphere. The Earth warming is going to make the planet unlivable. There are going to be major shifts so that the current stability of whole civilization will crumble. That is what the future of the Earth looks like logically.

What I am suggesting to you is that there is a transcendent pattern that goes beyond cause-and-effect. That is particularly evident when you are working on healing and when you are working with people who have cancers and when you are working with people who have certain illnesses and do not seem like they are going to recover because there is no pill that is going to solve this issue. There is a belief system, there is a thought structure that will allow a 5th-dimensional intervention into the energy and will allow the healing. That thought structure is based on Quantum healing and based on Quantum light.

Believing in Quantum healing and Quantum light is saying that there is a 5th-dimensional energy, a 5th-dimensional pattern. If that 5th-dimensional energy is part of your belief system and if you believe that you can access an energy that transcends the 3rd dimension and if you believe that that energy will have an overriding effect on your own 3rd-dimensional situation, then you are opening yourself up for a totally transcendent interaction and intervention.

I am encouraging everyone to work with their belief system and to try to find the new way of thinking with 5th-dimension energy. Also, this new belief system will include who you are, namely a multi-dimensional being. Many people want to know who they are and why they are here. In order to understand who you are, we have introduced the concepts of holographic energy. Understand that this part of yourself that you are now

experiencing is only a part of yourself. You are a greater self. This greater self includes parts of yourself on other dimensions. This greater self has a presence in another dimension, namely the 5th dimension. You have had many other lifetimes and you now have the ability to bring together and work with this greater part of yourself through the concept of holographic energy and the perspective of holographic work.

Become aware of your aura. Become aware that it is shaped in the shape of the Cosmic Egg. Become aware that there is a solid line around your aura and think of that solid line as the color of deep blue. Become aware that that solid line is pulsing. It is representing the pulse of your own energy field. Become aware that you can, by your commands, raise and increase the pulsing of that energy of your aura. Listen to the tones of my voice as coming through the channel. As the tones increase in vibration, you can increase the vibrational pulsing of your aura. (Tones: *"Tat, tat, tat, tat, taaa . . ."*)

Sense that your aura is now pulsing at a higher speed. As it is opening, pulsing at a higher speed, you are opening up your mental body, your spiritual body, the physical body and the emotional body to 5th-dimensional energy. Now, as you are pulsing at the higher speed, you are opening yourself up to planetary 5th-dimensional energy and you are opening yourself up to the planetary mission. Understand that there is a core number of people that must bring and achieve this 5th-dimensional awareness so that the species of mankind, the Adam species, can make the evolutionary change.

I am **Juliano**. Good day.

Receive the Energy of Grace

To help with the grace, I (**Mother Mary**) can cohabitate with you for a brief time. Many of you carry pictures of me with you. Many of you talk to me in your prayers. Maybe this word "cohabitate" sounds like a funny word to you. In your language, cohabitate means that I will be with you for the next 24 hours. Close your eyes and visualize my image coming down from the ceiling, or from the top of the room. I spread my light through the room with love and this energy of love has the special ray of light containing the energy of grace.

Receive this grace into your energy field. I agree to be with you for the next 24 hours, if you agree. I will explain how this works. Say you have a problem with your children or your boss. You can now see the problem through my eyes. You can now see the solution through my mind and you can talk to people the way I would talk to them. You can reach people through the heart energy, which is a strong energy.

The energy of grace is coming down to you as my body image is still above you and also brings you better health. You can receive the energy through your Crown Chakra and then let the energy go through your whole body where it needs to go. I can only stay with you for the next 24 hours. On the 5th dimension where I live, I have a multi-presence. That means that I can be with many people at the same time and I am fully present with each one. You, too, will soon have this ability. It is great fun.

The most important aspect that you need to know about being with the 5th-dimensional light is that there is great joy to be so close to the Father. We all just want to celebrate. We are so happy when you look at us and connect with us. This is joy greater than any joy you have found on the 3rd dimension. I cannot explain it to you in words. I can only tell you that it is spiritual joy.

The work you are doing on the 3rd dimension is in preparation for this experience so what you do on this dimension is important to your development. Do not look at it as a reward because it is too simple to think of it that way. Think of it as a natural development — as an expansion of your light. I keep my image above you and I feel your attraction to me.

Unification

There are unifications within your personal system, your life, that need to be completed. A unification is an alignment and bringing together of energies so that they are harmonious. The same is true of Earth. With unification of your consciousness, you will be uplifted in your personal healings, in your daily planetary work and in your effectiveness on this realm. A new unification is an activation of that which is in you already and needs simply to be awakened.

Through **Sananda**: You are receiving a golden-orange light from the Father/Mother and from *Adonai*. They are descending into every cell of your being, your past and future selves. They are descending into Mother Earth and her future self. Many people are being activated to do their work as part of this intervention. This blessing is filled with grace and compassion — two powerful attributes that will bring greater unification with the Earth and galactic self. The I AM Presence is going upward through the Earth like a rocket. Unify your individual self with the Earth and the galactic self. Unify your individual and galactic selves. Let the Sacred Triangle become a Sacred Pyramid as well.

This uplifting of the sparks also includes the unification of those parts with your greater Higher Self. It's a two-part process. It's the upliftment and the unification. **Yechudim** is the Kabbalistic name for this unification. We ask **Hashem**, the Creator,

to give us the power to raise our sparks from our lower selves and from our selves from other lifetimes and from ourselves from other dimensions. Help us, **Hashem**, to raise all our sparks so that we can bring them into unity to our greater higher self. One of the secrets of doing that, one of the secrets of doing the unity is to be in service to Light, Ascension and planetary Ascension. By doing that, you are given special grace and powerful energy to raise all parts of self.

Spiral Consciousness

Gurhan from the Andromedan Council, Andromeda Galaxy: What is spiral consciousness? Spiral consciousness is like moving up a staircase and each level is a different level in the higher unification. The thread of light that is through each aspect of the spiral is renovating and activating. Once you are on the spiral staircase and the spiral energy level, then suddenly you are connected to many different levels throughout the galaxy. We are working closely to make new connections with you Earth beings and to help assimilate and share in the beautiful new light of the spiral consciousness.

My friends, we the Andromedans, are practice-seeking to be of assistance in your quest for unification and your quest for reaching for the 5th-dimensional spiral. I tell you that this 5th-dimensional spiral energy will appear to you during your Ascension. You will spiral up as beings of light out of your 3rd-dimensional shell into the 5th dimension! You can do this already in etheric consciousness. The places that you chose to work with on the Earth will become hosts for the spiral consciousness of light. You have moved from the realms of corridors and vortices to the new realm of spiral light vortices and spiral light corridors.

Tomar: I greet you again and I send you an invitation to work diligently with your spiral light and spiral consciousness. This can be defined as a way of moving already into the 5th dimension. There is a strand of light from the 5th dimension streaming into your consciousness and spiraling. Your chakras are like cones of light and energy. Your chakras can now accommodate the spiral energy. It is a new and higher level of energy for your chakras. It is moving through the cone that already is like a spiral in many ways. Assimilate the spiral energy into each of your chakra field.

Arcturian New Group Member Information

How to Experience Being in the GOF Group

Participating in an international channeling group where we meet telepathically is a wonderful opportunity to learn and practice becoming multi-dimensional, higher dimensional beings! We have the opportunity to focus our minds and link up to the Arcturians as well as the other group members. Many of us have already learned how to connect with our higher selves, our spiritual guides and angels and the light. Now we can further expand our abilities and our beings by learning and/or practicing (for those of us who already have this ability) the skills we need to connect with each other and the heavenly beings and higher dimensions of light during the group meetings.

If you have a group of people in your area who are in this channeling group that get together during the meetings, that is a wonderful and exciting opportunity to work with the power of group energy. But if you only meet with the telepathic meeting with the entire group and the Arcturians, you have an equal opportunity for spiritual growth, development and Ascension! Many of us have had experience of working with meditation and channeling groups, but few have had the unique opportunity to learn how to link up with each other at a distance and this is exactly where we are headed in this new millennium.

No longer will we be bound by the limitations of a 3rd-dimensional form! Finally, we will emerge as the cosmic citizens we are, as we take our places in the heavenly councils we have for so long been temporarily less connected to. It is sometimes easy for us to forget how important our group connection at a distance is, as we become so immersed in the dimension that we now inhabit, the 3rd, or physical dimension as we have experienced it most of our lives. When we all meet at the same time and connect with each other and the Arcturians, we form a beautiful web of light that travels around the globe, shining light for the entire planet.

So when you sit or lie down and get ready for the meeting, think of the other members and where they are. Visualize them as the beautiful beings of light that they are. Picture them shining and glowing, pulsating with light in their location on the planet. Picture the beautiful sacred spaceship of light of the Arcturians and the loving light beings there. When the meeting starts, feel the surge of energy as David and the Arcturians channel light to you. Picture the beams of light coming from them, this wonderful higher-dimensional energy. See it coming down to your location, to your heart, to your Crown Chakra.

Feel the light flowing through your blood vessels into all your cells and flooding them with light. Visualize this light also circulating in your chakras, your energy bodies, your etheric bodies and all of your subtle bodies. Picture in your mind and feel yourself glowing with light. Your whole being is brilliantly shining, a light for the planet and all of her people and creatures. See also your light intensify even more, shining out to the stars and other planets. Watch as it travels past the planets in our solar system, shining light onto them as it travels further outward to their stars, the Pleiades, others and reconnecting with Arcturus herself and then going beyond. See it going all the way to the Great Central Sun, all the way to God, the angels and all light beings.

Now you are one. You are light and you are one with the entire universe. You are softly and peacefully glowing and pulsating. Any images or experiences you have during the meeting, you can later discuss them with other group members if you like, but it is not necessary. You may experience traveling to the great spaceships of light or even other worlds and dimensions. You may participate in any special experience, message, or vision that David and Juliano channel for us.

What is important to remember is that you have connected to the Light and other Lightworkers who are committed to their Ascension process and the Ascension of the planet and all those who would participate. It is not important whether you have visual impressions or any other experiences, although it is wonderful if you do. Linking up with the group, the Arcturians and the Light is the purpose of the meeting and your soul will guide and direct you to what is best for you in the way of your experience.

Expect an Energy Shift in Your Being

Especially during your first experience of meeting with the group, you will experience a rise in the level of your energy frequency. You will be vibrating at a higher level than before. It may be small, or very noticeable, depending on many factors. The amount of your energy shift upwards in frequency is not necessarily any indication about you as a person or your level of spiritual development. In other words, if you have a small, barely noticeable shift, that is fine. It is what is best for you and it does not mean that you are not as "enlightened" or developed or anything else for that matter, as someone else.

We are individuals and so are our energies and our way of processing energy and developing it. Do not feel disappointed if you do not have a dramatic experience. It does not mean that it is not a tremendous experience of spiritual development. Also, some people can have quite a large upward shift in their energy and it is not very noticeable to them. Maybe they are more grounded, maybe they run their energy more smoothly or just differently. There are an infinite number of reasons and

an infinite individual variation of ways that we grow and develop spiritually and that is the beauty of it.

We do not (thank goodness) get scores on our Ascension work, as it is always totally unique, which is the beauty of spiritual development. What is important is that you are connecting with the light and you are growing, you're healing, you're changing in a positive way that benefits your soul. You are becoming more self-actualized, happier and more whole.

Healing

As your being absorbs this increase in light, you may notice that old energy, unhealed energies that have been stuck in your being, may begin to vibrate. That is good. You now have the blessing of this additional light energy to help you release that which does not serve you. Process this in whatever way you feel is best for you. You may wish to work with a therapist who is a Lightworker and will be able to assist you in healing and releasing old, unwanted, stuck energy patterns in the smoothest, least traumatic way possible. Or you may wish to process on your own. Listen to your own instincts, your Higher Self and your guides and do what you feel is best.

Changes in Sleep Patterns

You may experience such an increase of energy, especially the first time that you participate with the group, that you may have a change in your sleep cycle temporarily or permanently. The night of my first meeting with the group, I was so filled with light that I did not sleep much at all, a few hours, I think. I may have been a little tired by the end of the next day, but not much. I experienced being in a very elevated state that was blissful at times, for a few days. After that I returned closer to my normal state, but at a slightly higher energy level. Now, after having been in the group for almost a year, I require less sleep than I used to. I average 6 or 7 hours, rather than 8 hours of sleep most of the time and I feel better.

Visions, Dreams and Other Spiritual Experiences

You may also experience a vision or a meaningful or prophetic dream in the beginning or some other type of positive spiritual experience. This is due to the increase of energy level and energy frequency that are available to you. Your experiences may depend upon your particular spiritual path. One of the nice things about being in the group is that you do not have to give up or change your spiritual path or your lifestyle in any way (of course you can, if you wish).

I had a beautiful both out-of-body and in-body experience (part of the time I was out-of-body and part of the experience I was in my body in a higher dimension). The night of my first meeting with the group, I had a beautiful spiritual encounter with another star person. You may not have a particular experience and that is fine. You may notice subtle ways in which you grow and develop spiritually.

Physical Changes, Diet, and Cleansing

You may notice, as I have, that you may begin to change physically as well as growing and changing spiritually. I have changed my diet to a lighter one with fresh fruits, vegetables and herbs, which I am growing in my yard. You may want to drink more water, especially when you are processing. (Of course, we are always processing, but sometimes more than at other times!)

I felt compelled to build a small sweat lodge in my backyard that has been a great help to me in cleansing and detoxifying my system to enable it to incorporate these new higher-dimensional energy frequency patterns and energy units.

Communicating with Other Group Members

You may wish to write, visit, email or call other group members. This can be extremely helpful, especially in the beginning when you are linking up with the group. Other group members can be supportive and you may have someone with whom to share your experiences. You may even make some new friends. This is, of course, up to you.

A Planetary City of Light is a Spiritual Designation

It is holy, sacred and holding 5th-dimensional light. This designation is made with the assistance of the Arcturians and through the work of the Arcturian Group of Forty members.

Juliano: The activation of Planetary Cities of Light is an effort that helps to bring a planet into a higher-dimensional vibration. Planet Earth, like all third-dimensional planets that have higher beings on it, has a Spiritual Light Quotient. A planet like Earth has a spiritual energy field. This spiritual energy field can be raised.

The idea behind the Planetary Cities of Light includes several important aspects. The first aspect is helping to create and raise the spiritual energy field of a planet. The second aspect has to do with the preservation of the actual Cities of Light as spiritual

centers. This means that Starseeds are working in the Cities of Light to maintain and hold a spiritual vibration. These spiritual vibrations serve as a protective energy field so that lower vibrational, third-dimensional energies cannot dominate the energy of that Planetary City of Light. This means that some of the devastations, the disasters from Earth changes that are possible will not, or may not, affect the Planetary City of Light.

This is a big responsibility and is a big assertion that creating a Planetary City of Light can assist in the avoidance of certain Earth changes. I want you to fully understand that raising the spiritual vibrational field of a city can have a very powerful protective effect.

Please assist me now in the activations of the Planetary Cities of Light. What I would like you to do is to concentrate with me on two aspects. The first exercise is that we are going to be shimmering. The introduction and activation of the Planetary City of Light will occur through a combined effort of shimmering. This means that the participants who are helping to activate the Planetary City of Light have encircled the city to the best of their ability. They are preparing themselves to create a shimmering energy field that will help to connect this designated Planetary City of Light with the fifth-dimensional moon-planet Alano near the Central Sun.

The second part of the activation ceremony includes the connection with Lake Taupo in New Zealand. Lake Taupo, and the crystal in Lake Taupo, has been designated as that crystal which is holding the energy field and the energy thought patterns for creating sacred spaces and sacred cities on the Earth. One of the main functions of the healing of the Earth is dealing with the polarizations that have to do with sacred places versus ordinary places. The creation of sacred spaces is leading to a more powerful energy of protection and holiness. This means that Lake Taupo has been designated the Arcturian Tree of Life to hold that energy known as sacred and holy sites. In addition, Mother Mary has been designated as the Ascended Master and guide who is to oversee and help create the sacred energy spots and energy fields for the holy Planetary Cities of Light.

Mother Mary: The idea of the creation and holding of sacred places such as the Planetary Cities of Light do provide to some extent a safe haven — a place in which one can focus and hold a spiritual energy. Do not worry if you are not living in or near a Planetary City of Light. That is not required for your continued survival or maintenance during this next period. Your ability to connect through this Arcturian Tree of Life and through the sacred spaces will help you because you are a sacred space. You are a sacred being. You are holy. You are loved. Therefore, that love and that sacredness that you carry becomes a protective force. In essence, this is another way of saying that you are a self-contained Planetary City of Light because you are participating in the Planetary

Cities of Light energy. You get to hold and transmit that energy and that protection as you go about your business on this planet.

Please understand that cities are designated as holy and sacred and become ways of holding fifth-dimensional energy. Also, you are designating, you are holding a sacred holy energy. You can project that holy energy, that sacred energy, to the people in charge who are operating the world. In one sense I can tell you this is not a time to withdraw. It is a time to increase your participation. In the face of these coming upheavals, you will find a greater receptivity to the spiritual laws and teachings of the 5th dimension. You will find many more people willing to listen to what you have to teach. Each of you in this sacred time, in this special work, has the opportunity to be a teacher. Many people do not understand what it means to be a Planetary City of Light. They do not understand what the connection is to the other dimensions. There is going to be a greater receptivity to all of these ideas. There will be a need for an increase of Cities of Light because as this information becomes more widely known, many more people will want to work and to hold and create Cities of Light in their own cities. We are going to see a major increase in the participation in the Cities of Light project and its relationship to the Arcturian Tree of Life and the balance of a new societal structure based on harmony. You are already experiencing that harmony in your shimmering work.

The City of Light will now receive the shimmering energy from its sister cities. Visualize that the entire infrastructure of the City of Light is being charged by 5th-dimensional energy and light. Project the City of Light back to the Earth. Intend perfect realignment. It is vibrating on much higher frequency than before. Some of the people living here are able to receive this energy. Some will reject it. Make a prayer or visualization that the entire population of the city will be able to receive this light.

Once again visualize the interactive field between all the Planetary Cities of Light and the higher frequency traveling around the planet from city to city, unblocking what is blocked and raising the Spiritual Light Quotient of the planet.

At the end of the meditation, consciously bring the 5th-dimensional energy into all the chakras and seal it inside the chakras and the whole body — especially in the Lower Dan Tien, the area below the navel.

VISION

We are a spiritual meditation group creating personal and planetary healing for the Earth and its inhabitants. This includes seeking ways to sustain the biosphere and raising the overall consciousness of humanity towards fifth dimensional healing.

MISSION

To create and sustain forty groups of forty people around the world. These groups meet monthly for meditation and energy work led by group coordinators either in person, via teleconference or telepathically. We provide leadership, support, guidance and energy to our members and coordinators.

We coordinate the creation and maintenance of Planetary Cities of Light and conduct Biorelativity Exercises to create energy for positive change in the world.

We are dedicated to teaching humanity about the Ascension to the 5th dimension.

We make a difference through our work to create change in a systemic manner that will have a positive outcome for our planet.

We assist individuals in achieving personal Ascension through education and healing exercises.

Who are our customers or stakeholders?

Our key stakeholders are our members. More broadly we intend to influence community leaders at all levels that can responsibly ensure sustainability of our planet through their work in their own communities.

What we do.

Create and support groups and venues for community leaders who believe in spiritual energies to channel the power of healing energies and group consciousness toward works that drive sustainability of our planet. We lead using techniques of Biorelativity to restore Earth's "feedback-loop system" to correct the balance of the planet's atmosphere, ocean currents and weather patterns.

Why do we do this?

We believe very strongly in the power of the techniques we apply and that the people on this planet continue to ignore the errors being committed to the overall detriment of the planet and all people. We also believe that we can make a difference through our work to help create change in a systemic manner that will have a positive outcome for our planet.

Glossary

2012 Alignment

A time when Earth comes into alignment with the center of the Milky Way Galaxy. This is also referred to in the Mayan Calendar and prophecies were made for this date. The Mayan believed that Earth will come into alignment with the center of the galaxy on Dec. 21, 2012. Some have interpreted the Mayan statements as marking the end of world. Others say that the alignments represent the transformation of the world. One view is that our world will become born again on Dec. 12, 2012. In *Maya Comogenesis 2012*, John Major Jenkins interpreted the Mayan vision of this alignment in 2012 as a union of the Cosmic Mother, or the Milky Way, with the Father, represented as the December Solstice Sun.

2012 Corridor

A tunnel or corridor to the time of 2012, when the Earth's transformation will be at its height. By projecting positive energy and images into this time, one can help maximize positive outcomes for this time.

Adamic Adonai

A term used to describe Homo Sapiens or Earth humans. Man (Adam) is formed from the Earth.

Adam Kadmon

The Hebrew term for primordial or first. It is the prototype for the first being to emerge after the beginning of Creation.

Adonai

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

Adonai Tzeva’oth

Hebrew for “Lord of Hosts.”

Adon Olam

Hebrew for the “Lord of the Universe.”

Ain Soph

In *Kabbalah*, the term *Ain Sof* means “that without end.” It is sometimes compared to the great Tao. *Ain Sof* is the absolute perfection in which there are no distinctions and

no differentiations. It does not reveal itself in a way that makes knowledge of its nature possible.

Ain Soph Aur

Hebrew for “Infinite Light, Infinite One.”

Altered states of consciousness (higher)

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

Amidah

A famous Hebrew prayer recited silently during daily prayers.

Andromeda

A large spiral galaxy 2.2 million light-years from the Milky Way Galaxy. The Andromeda Galaxy is the largest member of our local galactic cluster. It is commonly referred to as our “sister” galaxy.

Andromedans

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

Arcan

An arcan is thought form energy, described as going in an arc wave. In Biorelativity, we use etheric crystals and our own arcan energy to increase the power of our prayers and intentions.

Archangel

The term applies generally to all angels above the grade of angels. It also designates the highest rank of angels in the angelic hierarchy. The *Kabbalah* cites 10 Archangels. They are considered messengers bearing divine decrees.

Arcturus

The brightest star in the constellation Boötes, also known as the Herdsman. This is one of the oldest recorded constellations. Arcturus is also the 4th-brightest star seen from Earth. It is a giant star, about 25 times the diameter of the Sun and 100 times as

luminous. It is a relatively close neighbor of ours, approximately 40 light-years from Earth. High up in the sky in the late Spring and early Summer, Arcturus is the first star you see after sunset. You can find Arcturus easily if you follow 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 3rd 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, which allows the soul to return to the higher realms and thus is freed from the cycle of karma and rebirth.

Ascended Masters

Teachers who have graduated from Earth or teachers who already are on higher dimensions. An Ascended Master can be from any Earth religion, including the Native American traditions. They have graduated from the Earth incarnational cycle and have ascended into the 5th dimension. Ascended Masters can include Archangels, higher beings from the galactic world, teachers and prophets.

Ashtar

The commander of a group of spiritual beings who are dedicated to helping the Earth ascend. The beings that Ashtar oversees exist primarily in the 5th dimension and come from many different extraterrestrial civilizations.

Astral Plane

The non-physical level of reality considered to be where most humans go when they die.

Atah

The Hebrew word for "you." It is used in prayer to refer to the Creator.

Atah Gibur Adonai

Hebrew for "You are great, *Adonai!*"

Aur

The Hebrew word for "Light." It is also spelled *Or*.

Aur Ha Kodesh

Hebrew for the "holy."

Aur Ha Moshiach

Hebrew for the "light of the *Messiah*."

Baruch

The Hebrew word for “blessed,” often used in referring to the Creator.

Baruch Hu

The Hebrew transliteration for “Blessed are You,” referring to the Creator.

Biorelativity

Biorelativity encompasses the use of mental telepathy and mental thought processes to interact with the Earth and the spirit of the 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, then you have created 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.

We use Biorelativity techniques to send healing energy to our planet. The practice is similar to the concept of group prayer in which people are sending positive thoughts to change the outcome of an illness. Native Americans know how to pray to the Earth as a group, often asking for rain, for example. In Biorelativity exercises, we now have the powerful advantage of globally connecting with many different Starseeds working to unite telepathically for the healing of Earth. In Biorelativity exercises, groups of Starseeds around the planet send healing thoughts to specific areas in the world. Storms, hurricanes and even earthquakes can potentially be averted, deterred or lessened in strength so that minimal damage is inflicted. The Arcturians point out that on higher planetary systems, groups constantly interact telepathically with their planet to ensure maximum harmony between inhabitants and planetary forces.

Bilocate

The ability to be in two places at the same time. One can be physically in your body and mentally or spiritually in another dimension simultaneously.

Biosphere

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

B'nai Elohim

The children of Light. Hebrew for “sons,” or “brotherhood of the *Elohim*.”

Central Sun

The center of any astronomical star system. All star clusters, nebulae and galaxies contain a nucleus at their center. Even the grand universe itself has a Great Central Sun at the center of its structure. In most cases, a giant star exists at the center of all star systems. The Great Central Sun of the Milky Way Galaxy provides life-giving energy to the entire galaxy.

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 in order to call forth other entities to speak through you. See Trance Channeling.

Chasmal

A mysterious Hebrew term mentioned in Ezekiel's vision. It refers to the mental state through which one passes when one ascends from the level of speaking to one of pure mental silence and sensitivity.

Chief Buffalo Heart

An Ascended 5th-dimensional Native American guide who focuses on using heart energy to help one ascend.

Chief White Eagle

An Ascended 5th-dimensional Native American guide who is very connected to Jesus and other higher 5th-dimensional beings.

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 Egg

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

Crystal Temple

An etheric temple on the 5th dimension that has been made available for our use by the Arcturians. The Crystal Temple contains a lake more than one mile in diameter, which

houses a huge crystal half the size of the lake itself. The entire lake and surrounding area is encompassed by a huge glass dome, allowing visitors to view the stars.

Eh'yeh

In Hebrew, the supreme name of God. This is the name for God given to Moses in Genesis 3:14. *Eh'yeh asher Eh'yeh* is the full name translated as “I Will Be That I Will Be.”

Eloheynu Adonai, Echad Adonai

Hebrew for “Our God is *Adonai*; *Adonai* is One.”

Elohim

In Hebrew, the name that describes the Creator in Chapter One of Genesis.

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 5th-dimensional energy that have been sent to the Earth by the Arcturians. The purpose of these etheric crystals is to provide healing energies to the Earth's meridians.

Etz-ha-Chayim

Hebrew for “Tree of Life.”

Fifth Dimension

A higher dimension of existence that is above the 1st and 3rd dimensions. We currently live on the 3rd dimension. On the 3rd dimension, we are bound by the laws of cause-and-effect and the laws of reincarnation. The 4th dimension is the astral realm and also the realm of dreams. The 5th dimension transcends this and is the realm of infinite energy and love and can be compared to the Garden of Eden. In the 5th dimension, one transcends the incarnational cycle. One can say that one graduates from Earth and goes to the 5th dimension. The Ascended Masters residing now in the 5th dimension include Jesus/Sananda. The Ascension focuses on going to the 5th dimension.

Gadol

The Hebrew word for “great.” It is also used as an adjective when describing God.

Galactic Kachina

In Native American Navajo folklore, a kachina is an intermediary between the higher spirit world and this world. The Galactic Kachina is the intermediary between the

Central Sun and this planet. The Native peoples were the first to accept a spiritual philosophy or theory, which includes the existence of other higher beings throughout our galaxy. They take the perspective of the broader galactic view, which says that we are all part of a galactic family.

Galactic Spirituality

This includes a spiritual philosophy or theory that accepts the existence of other higher beings throughout our galaxy and therefore takes the perspective of the galactic view in understanding our planetary evolution as part of a galactic family of civilizations.

Grays

Fourth-dimensional, old extraterrestrial beings often depicted in movies as having small, thin figures. They are said to not have the ability to love and are very absent of human's spiritual energy. They have been known to abduct Earth people and have been involved in genetic manipulations to further their own dying race.

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 for our use in the group Ascension process. According to the Arcturians, 40 is a spiritually powerful number. The Arcturians emphasize the value and power of joining together in groups. A group of 40 consists of 40 different members located throughout the U.S. and worldwide which focus on meditating together at a given time each month. Group interactions and yearly physical meetings are recommended. Members agree to assist each other in their spiritual development. The Arcturians have asked that 40 Groups of Forty be organized. These groups will assist in the healing of Earth and provide a foundation for the individual member's Ascension.

Gurhan

A spiritual entity from the Andromedan Galaxy in the 7th dimension.

Helio-ah

A female Arcturian Ascended Lady Master and Juliano's twin flame.

Hebrew Words and Phrases

Kadosh, Kadosh, Kadosh, Adonai Tzevaoth. (Repeat three times.) Your Merkabah vehicle, the light of the Merkabah, is recharged in your system. This is like a battery. The battery needs to be recharged periodically. Your Merkabah energy field and your ability to access and unlock the higher codes, so that you can travel spiritually

through the corridors, have been recharged during this time. (Sings: *Aur ha Merkabah . . . light of the Merkabah . . . alyiah, alyiah, light of the Merkabah, aur ha Merkabah . . . alyia, ascending with the light of the Merkabah, ascending with Merkabah . . . light of Merkabah*).

Kadosh, Kadosh, Kadosh, Adonai Tzeva'oth; Kadosh, Kadosh, Kadosh, Adonai Tzeva'oth; Kadosh, Kadosh, Kadosh, Adonai Tzeva'oth — Holy, Holy, Holy is the Lord of Hosts; Holy, Holy, Holy is the Lord of Hosts; Holy, Holy, Holy is the Lord of Hosts.

I AM One with Tzeva'oth, I AM One with Tzeva'oth, I AM One with Tzeva'oth. Galactic word: hosts or angelic forces, based on an understanding of planetary masters and forces. The Ring of Ascension is a demonstration and manifestation of the planetary core and “hosts” and the awareness that you have engendered of the planetary systems.

Yechudim is the Kabbalistic name for this unification. We ask ***Hashem***, the Creator, to give us the power to raise our sparks from our lower selves and from our selves from other lifetimes and from ourselves from other dimensions. Help us, ***Hashem***, to raise all our sparks so that we can bring them into unity to our greater Higher Self. One of the secrets of doing that, one of the secrets of doing the unity is to be in service to Light, Ascension and planetary Ascension. By doing that, you are given special grace and powerful energy to raise all parts of self.

Holography Work

In the scientific world, holography is described as a part of any image, created through a laser that actually reproduces the original whole image. In 5th-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 we can access our greater self through holographic energy.

Hu

The Hebrew word for “he.” In prayers it can refer to the Creator.

Ibbur

The Hebrew word describing the entry of another soul into a person.

Iskalia Mirror

A 5th-dimensional, etheric mirror that has been placed above the North Pole by the Arcturians. The purpose of this mirror is to help focus high light from the Central Sun and to direct that light to Earth for transforming Earth into a 5th-dimensional planet.

Juliano

The main Arcturian guide and Ascended Master working to help activate the Earth and Arcturian Starseeds towards the Ascension.

Jupiter Corridor

An interdimensional corridor between Mars and Jupiter that extraterrestrial ships use to enter our solar system. Also, many extraterrestrial ships can remain in an orbiting position there without entering 3rd-dimensional Earth space.

Kabbalah

The major branch of Jewish mysticism. The Hebrew word Kabbalah is translated as “to receive.”

Kadosh

Hebrew word for “holy.”

Kadosh, Kadosh, Kadosh, Adonai Tzeva'oth

Hebrew for “Holy, Holy, Holy is the Lord of Hosts.” This is a powerful expression that, when toned, can raise one’s level of consciousness to new heights and assist in unlocking the codes for our transformation into the 5th dimension.

K'dushah

A Hebrew prayer translated as “Holiness.”

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.

Light Body

The higher etheric spirit body that is connected to the highest soul energy.

Maggidim

Hebrew word for divine spirits speaking to a Kabbalist.

Meek

The Hebrew word for “king.” It is used in prayer to refer to God.

Merkabah

In Hebrew, this term means “chariot” and in modern spirituality, it refers to a chariot in etheric form that is used to take spiritual seekers to higher dimensions. Also spelled

merkaba and *merkavah*. In Kabbalah, it is the term that means God's throne-chariot, referring to the chariot of Ezekiel's vision. It is also used in describing a branch in Kabbalah called "merkava mysticism."

Metatron

Tradition associates Metatron with Enoch, who "walked with God" (Genesis 5:22) and who 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.

Metatrona-Shekinah

These are two names for the divine presence. It is that aspect of the Goddess energy that is present on Earth.

Michael

His 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 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 *Shekinah*, 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.

Multi-dimensional Presence

We can become aware that we exist on several different dimensions. The Arcturians are trying to help us become aware that we have an existence not only on the 3rd dimension, but also in the 5th dimension.

Nabur

A Kabbalistic rabbi and teacher of the author in a former lifetime.

Nefesh

The Hebrew word for “animal soul” or “lower soul” representing the entire range of instincts. *Nefesh* is the raw vital energy needed to live on this planet.

Neshamah

Hebrew for the spiritual portion of the soul or higher self. It is the intuitive power that connects humankind with the Creator, the highest of the three parts of a soul that transcends 3rd-dimensional reality and Earth ego to link directly to the divine light.

Null Zone

A zone outside of the 3rd dimension, but not necessarily in any other dimension. It is an area outside of our known time-space universe structure where time is nonexistent. Some have speculated that the Photon Belt contains null zone regions and that the Earth was temporarily in this null zone until the year 2011.

Orion

Orion is a superb constellation that dominates the Southern Winter sky. The most striking part of the constellation is the belt, which consists of three bright stars. No other constellation contains so many bright stars. Rigel, which is outside the belt, for example, is a giant star more than 500 light-years away. Betelgeuse, another star outside the belt in Orion, is about 300 light-years away.

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. Human beings possess a portion of Orion DNA and reflect Orion traits in our current physical, emotional and mental composition.

Photon Belt/Photon Energy

An energy emanating from the center of the galaxy that is about to intersect with our solar system and Earth. Some have predicted that the Photon Belt contains energy particles that could affect the Earth’s magnetic field, causing all electronic equipment to stop working.

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. It 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 us.

Portal

An opening at the end of a corridor that allows one to go into an interdimensional space. This could allow one to go into the 5th dimension.

Qwan Yin

A female member of the Spiritual Hierarchy. In her previous incarnation, she performed many acts of kindness and compassion and is known as the Goddess of Mercy.

Rabbi Hayyim Vital

A Kabbalist rabbi who lived from 1543 to 1620 in Safed, Palestine.

Rafael

Archangel Rafael is perhaps the most endearing of all the angels — and the one most often depicted in Western art. His name means “God has healed.” His career seems to focus on medical missions and he helps people to heal human maladies. He was the angel sent by God to cure Jacob of the injury to his thigh when Jacob wrestled with his dark adversary. He is also considered to be the guardian of the Tree of Life in the Garden of Eden.

Ruach Ha-Kodesh

The Hebrew words used to describe the state of enlightenment, literally translated as the “Holy Spirit.”

Sacred Triangle

A term used by the Arcturians to denote a triangular symbol representing the unification of three powerful spiritual forces on Earth: the GreatWhite Brotherhood/Sisterhood Ascended Masters, including Sananda/Jesus; the extraterrestrial higher-dimensional masters such as the Arcturians and the Pleiadians; and the Native American Ascended Masters, such as Chief White Eagle and Chief Buffalo Heart. The unification of these spiritual forces will create the Sacred Triangle that will aid in the healing and Ascension of Earth.

Sananda

Sananda is known to us as the Master Jesus. He is considered one the greatest Jewish Kabbalists of all time. His galactic name, Sananda, represents an evolved and galactic picture of who he is in his entirety. In the Kabbalah, 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 for the Navajo Indians. The Kachina spirits are supposed to live there.

Shabbat

Shabbat is the Jewish Sabbath, on Friday. Kabbalists believe that the *Shekhinah* comes on *Shabbat* to be with man and to help make that day holy.

Shekhinah

In Hebrew, “the divine Mother.” *Shekhinah* is the frequently used *Talmudic* term denoting the visible and audible manifestation of God’s Presence on Earth. In its ultimate concept, it stands for an independent feminine entity, the Divine Mother.

Shimmering

The shimmering light is representative of an energy field on telepathic interactions between the 3rd-dimensional Starseeds and Lightworkers and 5th-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 mankind is represented by new abilities and new energies. The new abilities and new energies are related to shimmering energy. Shimmering energy is a methodology and a force in which 3rd-dimensional objects, people and even weather are upgraded into a 5th-dimensional modality. On a personal level, shimmering allows one’s 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 5th 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 you elevate yourselves into the 5th dimension permanently. The energy that we are now working with in shimmering is a powerful and necessary prelude to the 5th-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 Biorelativity streams of energy to be distributed throughout the planet.

Stargate

A multidimensional portal into higher realms. The Arcturian Stargate is very close to the Arcturus star system and it 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 3rd-dimensional experience. It serves as a gateway to the 5th 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 or are born with the awareness of galactic consciousness. Starseeds may also have memories of past lifetimes on other planets and feel connected to civilizations of other planets, such as the Pleiades or Arcturus. Some Starseeds have come to Earth at this time to assist her in this evolutionary transformation.

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 healings in much the same way one uses crystals.

Thought Projection

A technique described by the Arcturians involving projecting thoughts through a corridor to reach the 5th dimension and beyond.

Tikkun

In Hebrew, this term means “restoration” or “the divine restoration of the cosmos.” In *Kabbalah*, this refers to the concept that the vessel holding the light from the Creator could not hold it and that it shattered. It is the task of humans to help restore it.

Tomar

An Arcturian Ascended Master whose specialty is using and describing the Arcturian Temple energy.

Tones/Sacred Sounds

Sounds producing a vibratory resonance that helps activate and align the chakras.

Trance Channeling

Putting yourself into a light trance to do automatic speaking. Trance is a type of self-hypnosis, in which you put yourself into an altered state of consciousness. There is light trance and there is deep trance. A deep trance is where you go out and are almost in a somnambulant or sleep state. This is the way Edward Cayce used to channel. In light trance channeling, one is still awake while bringing through messages.

Tree of Life

The Tree of Life is a galactic blueprint for the creation of this reality. It includes 12 energy codes placed in spheres in the shape of a tree. These codes are 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, but always multi-dimensional and holographic. The Tree of Life has pathways for manifestation found in its 22 lines. The Tree of Life connects to the energies of the Cosmos.

Tzelem

Hebrew for 3rd-dimensional image or form, as in “God created man in His own image.”

Unification

There are unifications within your personal system, your life, that need to be completed. A unification is an alignment and bringing together of energies so that they are harmonious. The same is true of Earth. With unification of your consciousness, you will be uplifted in your personal healings, in your daily planetary work and in your effectiveness on this realm. A new unification is an activation of that which is in you already and needs simply to be awakened.

Through Sananda: You are receiving a golden-orange light from the Father/Mother and from *Adonai*. They are descending into every cell of your being, your past and future selves. They are descending into Mother Earth and her future self. Many people are being activated to do their work as part of this intervention. This blessing is filled with grace and compassion — two powerful attributes that will bring greater unification with the Earth and galactic self. The I AM Presence is going upward through the Earth like a rocket. Unify your individual self with the Earth and the galactic self. Unify your individual and galactic selves. Let the Sacred Triangle become a Sacred Pyramid as well.

Vywamus

A 5th-dimensional soul psychologist known for his insight into the psychology of Earth problems and resolution of issues related to Starseeds incarnated on Earth.

Walk-Ins

Humans who have received other spiritual entities into their bodies. The term is also used in reference to the new spirit that has entered the body. In some cases the original spirit of the person may have left (for example, after an auto accident or some other form of severe trauma) and the new spirit “walks in” to the old body. This is always by agreement of the person vacating the body, before incarnating, to allow their body to continue in service after their particular incarnation is complete. It also allows the “walk-in” being to skip the process of childhood and adolescence to get straight to their mission on Earth. The walk-in does agree to honor the commitments of the previous occupant’s life.

White Brotherhood/Sisterhood

The White Brotherhood/Sisterhood is a spiritual hierarchy of Ascended Masters residing in the 5th 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, Qwan Yin, Sanat Kumara, Archangel Michael, Saint Germain and many other ascended beings.

White-Buffalo-Calf Woman

In Lakota Native American folklore, she is the 5th-dimensional spirit being that appeared to them bringing forth special information about holy ceremonies and accessing higher spirit. She taught the necessity of being in harmony with the Earth. Her focus is on the unity of all beings and that all are relations. She is representative of the dawning of a New Age.

Yihudim

The Hebrew word for “unifications.” Kabbalists believe that humans help to unify the two aspects of the Godhead through prayer. It is important to enunciate a simple statement prior to reciting a prayer to the effect that one’s intention is to bring about the unification of God and the *Shekinah*.

Zaddiq

Hebrew word for “wise man.”

Zelem

Hebrew for “man’s ethereal body,” which serves as an intermediary between his material body and his soul.

Zohar

The *Book of Splendor*: a 13th-century Spanish mystic’s guide to Kabbalism.

Zoharic Light

Light from the Creator Source. Zohar is the Hebrew word for “Brilliance” or “Splendor.”

Notes on Hebrew Pronunciation

This is not intended to be a comprehensive pronunciation guide to Hebrew — modern or ancient, classical or rabbinical. Like most languages, Hebrew has undergone many regional temporal changes in its structure and pronunciation.

The primary purpose of this guide is to assist the reader in producing verbal sounds that resonate with their respective energies. A full survey of all possible sounds expressible in the Hebrew language is beyond the scope of this book.

Most of the consonantal sounds are very close to how they have been rendered in this text. There are a few sounds that will be unfamiliar to those who do not speak Hebrew. These sounds are listed below.

q: used instead of “k” to indicate a similar sound, but further back on the palate, with the lips more rounded.

z: a sound quite close to “ts,” as in English “its,” with the “t” sound perhaps less stressed.

ch: guttural, as in German “Bach.”

sh: as in English “she.”

r: not quite equivalent to the English “r” instead it is more like the “r” in French — further back on the palate and rolled forward.

Note on the doubled consonants *kk*, *dd*, *bb*, and so on. These must be pronounced fully, but smoothly. So *zaddiq* is “zad-diq” and *tikkun* is “tik-kun,” with no noticeable pause between the doubled consonants, but each is pronounced.

For vowels, the following is given as a guide. There are few more disputed topics in the study of ancient languages than the pronunciation of the vowels, especially in a living ancient language such as Hebrew, which has historically been written with no vowels.

A: as in father

E: approximately between “eh” and “ay”

I: as in “ink”

O: as in “over”

U: approximately between “under” and “super,” but tending toward the long sound.

AI: like “eye”

AU: approximately between “auger” and “aura”

AH: usually at the end of the word, it has a similar sound to the “a” by itself, such as “a” as in “father,” but lengthened and slightly aspirated — think just like the English “ah.”

About the Channel and Visionary Artist



David K. Miller is the director and founder of an international meditation group focused on personal and planetary healing. He has been director of this global healing group, called the Group of Forty for more than 15 years. David has been developing groundbreaking global healing techniques using group consciousness. He works to direct powerful healing group energy to help heal areas in the Earth which need balance, restoration and harmony. The technique he uses with his group work is called Biorelativity, which uses group consciousness work to restore the 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 mediation group has more than 1,200 members worldwide. In addition to his lectures and workshops, David is also a prolific author, writing 8 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 study in mysticism, including the Kabbalah. He also has an intense interest in astronomy and the relationship of the Earth to the galaxy.



Group of Forty **Workbook**

David K. Miller founded the Group of Forty and has been working with the energies of the Ascension for many years. He channels spiritual masters such as Sananda, Arcturians such as Juliano, Vyvamus and Tomar and the energies of Archangels and Native Ascended Masters. Together they make up the Sacred Triangle. David has published numerous books and articles from these channelings.

The Group: The Arcturians have asked David to set up meditation groups and has drawn participation from all over the United States, Canada, Europe, Australia, New Zealand, Central America, South America, Japan and the Middle East.

Juliano: "The power of numbers is critical. You are working with 40. You can also work with 1,600. That means you are working with multiples of the 40. You are working with an energetic power that is universal. Forty is a galactic force. The power in that number can overcome other forces, even though 40 is numerically a small number. The 1,600 is miniscule, but it does not matter. It has a force that is far exceeding its numerical value. Your powers will far exceed the numbers."

As of this writing, we have more than 42 groups called Planetary Cities of Light (with more than 1,000 members total), each with one or more group coordinators. New groups are continuously being formed.

Our work has intensified as we entered the Gateway to 2012. The Arcturians encourage us to set up 12-hour meditations where we work either with the 12 Arcturian etheric crystals or 12 Planetary Cities of Light, both downloaded by our groups and the Arcturians as an interphase between the 3rd and 5th dimensions.