



June 4, 2022 GOF Lecture

Healing the Effects of Polarizations and Planetary Crises

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Greetings, this is Juliano. We are the Arcturians. I am aware of the effects of this polarization and planetary crisis on your spiritual development, and I know that each of you is experiencing empathically the pain from the planet. As the Earth events continue to unfold, this planetary crisis is filled with more polarizations. Old structures are no longer functioning effectively in the same way. Such polarization energy is often associated astrologically with movements from the outer planets, especially Neptune. The result of this energy is often chaotic because the old patterns do not work like they did 20 years ago. Today, in this lecture, I want to focus on reviving and reinforcing your spiritual energy and life force energy. For this purpose, I want to speak on several important themes which include the Arcturian Crystal Lake and your multidimensional Self.

Let us begin with the idea of your multidimensional Self. It seems like it is a paradox that, on the one hand, you must be present on the planet, and you must be working to fulfill your mission. On the other hand, the spiritual energies and the connections that we are working with you require that you focus on going up to the Fifth Dimension, the Arcturian starships, Tomar's Temple and the Arcturian Crystal Lake. In some of the Arcturian exercises, we are even recommending that you go to the entranceway of the stargate. How is it that, on the one hand, we say be present and fulfill your mission on the Earth, and on the other hand, we are giving you guidance and teachings on how to go to the higher realms.

This seeming paradox should be viewed as preparation because the overall goal of our work with you is to prepare you for entry into the Fifth Dimension, and to work with

bringing the planet into the Fifth Dimension. To accomplish these goals you need to be present on the Earth. These are bold tasks and goals. I find that, as the energies on this planet become denser, especially from the conflicts, polarizations and mass extinctions, there is a spiritual energy loss that you could be experiencing. As a result you may not feel as powerful spiritually as you did earlier. You may feel depressed at what is going on, and you may even feel, at times, hopeless, and you might have trouble finding your center. I would consider these to be normal reactions when someone is living on a planet that is at the end of Stage One of planetary development. Especially when you consider that, at this point, there is not an obvious light at the end of the tunnel. There does not seem to be a movement of sufficient strength to reverse this planetary crisis.

Our goal today is not to debate or to evaluate or philosophize about what is happening on the Earth, but rather our goal is to strengthen you, to strengthen your spiritual light, to strengthen your spiritual energy, and to help you to survive and function at a higher spiritual level. The multidimensional Self means that you are capable of living simultaneously on two different realms and on two different dimensions. Therefore, it is normal to live on the Third Dimension, and for you as starseeds, it is normal and desirable to also live, meditate and receive healing on the Fifth Dimension. All of the great prophets, including Moses, Jesus, the Buddha, were involved in their multidimensional presences. Perhaps the most familiar Ascended Master is Jesus/Sananda, who was able to live in his multidimensional Self even at the time of his crucifixion, which means that he was not experiencing the level of pain that would be normal in such a heinous death.

In the multidimensional Self, you find several important traits and skills which include bilocation and thought projection. These two tools enable you to travel to your multidimensional Self. There are many different areas and places on the Fifth Dimension where we can work together, which includes Tomar's Temple, the Stargate, the Ring of Ascension, the Central Sun and the Arcturian Crystal Lake. When I evaluate each one of these for your work, I find the most favorable place to work with you is in the Arcturian Crystal Lake. I choose the Arcturian Crystal Lake for this work because it has several powerful fifth-dimensional energies.

My goal is to help raise your Spiritual Light Quotient and to encourage you to go to a higher level of healing. When you connect with us and the Fifth Dimension, then that connection by itself is healing. Anytime that you are able to connect with your multidimensional Self and with a fifth-dimensional master, then you are receiving a boost of energy and light that is healing. Healing can help you stay in touch with your fifth-dimensional Self, and then we can work together more strongly with you at the Arcturian Crystal Lake.

The biggest advantage of the Arcturian Crystal Lake is that you have there waiting for you, your fifth-dimensional body. You can experience your fifth-dimensional body when you permanently travel to the Fifth Dimension. It is easier for you to go to a place where your fifth-dimensional body is waiting for you. There are 1600 fifth-dimensional

bodies sitting around the Arcturian Crystal Lake, and your fifth-dimensional body is one of those bodies.

The other main advantage of the Arcturian Crystal Lake for our work today is the etheric crystal within the water. This is a phenomenal crystal. It is an etheric crystal that has mothered the 12 etheric Arcturian crystals that we have downloaded throughout the Earth. We will be working with all 12 of those Arcturian etheric crystals today. I want to also do a raising of your Spiritual Light Quotient and provide an infusion of spiritual light into the planet Earth. You are needing a boost of fifth-dimensional spiritual energy and the Earth also needs this. The Arcturian etheric crystals' main purpose is to provide a linkage to hold fifth-dimensional spiritual energies on the planet.

Let us begin our meditation, and I am going to ask you to bilocate to the Arcturian Crystal Lake where I will continue to direct this boost of spiritual energy and light for you. Let us first do an energy clearing. (Tones "*Ohhh, Ehyeh, ah, ey, oh.*") Take three deep breaths. Feel yourself going deeper into a state of spiritual relaxation and spiritual power. You are connected to your Higher Self and your Spirit Body. Your Spirit Body has the ability to travel to the Arcturian Crystal Lake.

I, Juliano, send down a corridor of light over each of your homes. As you are listening to these words, allow and encourage your Spirit Body to rise up, out of your physical body, and enter the corridor of light that I have downloaded over your house and which is connected now to the Arcturian Crystal Lake on the Fifth Dimension. You are now in the corridor. Travel with me at the speed of thought to the Arcturian Crystal Lake. (Tones "*Ta, ta, ta...*")

You arrive at the Arcturian Crystal Lake. It is as beautiful as you remember. The lake is one mile in diameter, and you can see a beautiful crystal in the center of the lake under water. The crystal is sparkling white light which is being emitted from this lake. You are at the top, and you look down, and you are getting ready to enter your fifth-dimensional body at the lake. You can see the 1600 fifth-dimensional bodies meditating in the yoga-like posture around the shore of the lake. You see all of the higher auras and energy fields of the 1600 people.

Enter through top of the Crystal Lake dome, and travel around the lake until you find your personal fifth-dimensional body. It is configured in a way that we would say is your most youthful looking self, perhaps your vision of yourself as your most handsome or beautiful replica of yourself. On the Fifth Dimension, you contribute to creating your fifth-dimensional body. That is right; go exactly and directly above your fifth-dimensional body, and now you are approximately six feet above your body.

I am going to direct you now to enter your fifth-dimensional body in perfect alignment. Enter now! You are in your fifth-dimensional body. It is a feeling of joy. It is a feeling of freedom. It is a feeling of pure delight because you are no longer in a confined third-dimensional dense body. You are no longer concerned about the normal aging issues. You are no longer concerned about pain. You are no longer concerned about any bodily functions because the fifth-dimensional body functions in perfect

harmony. You feel very light, free and loving, and you are connected to your Higher Self. You are connected directly now to your spiritual energy field that is in the Fifth Dimension. (Tones “*Ohhh.*”)

In your fifth-dimensional body, you feel healed. You feel a healing energy of such a high level that just being and cohabitating with yourself in your fifth-dimensional body brings you into a higher healing vibration. You have been doing this Arcturian training for many years, and you all understand how to transfer this wonderful spiritual energy that we are going to explore back into your third-dimensional body later when we are complete with this exercise, and you return back to your Earth body.

Let us begin the next part of this meditation. Focus your Third Eye towards the center of the Crystal Lake where you can see the etheric crystal. I, Juliano, begin to raise this crystal. As it is raised, intense spiritual light is being emitted towards you. This crystal is like a rotating energetic light going around a circle. Everyone now has their Third Eye in alignment with this beautiful etheric crystal. The crystal is now 30 feet above the water. Each rotational passing of this etheric crystal light is providing you 50 Arcans of spiritual light into your Third Eye.

Like a balloon being blown up slowly, you are being filled with this Arcturian etheric crystal healing spiritual light. You are receptive, and feel this wonderful boost of spiritual energy. We will go into meditation now as you experience this light at the highest frequency and spiritual level. We will be in silence for a minute or two. (Silence)

You are absorbing this higher spiritual frequency of light easily. I am going to boost the level of spiritual light coming from the crystal and directed towards you. I raise the crystal now, higher and higher, 30, 40, 50 feet, 100 feet, and the crystal is totally out of the water, and you are being bathed in fifth-dimensional Arcturian crystal spiritual healing light. The beauty is, because you are in your fifth-dimensional body, you are able to integrate, accept and download this Arcturian crystal light energy into your fifth-dimensional body. (Tones “*Ey.*”)

You can control your multidimensional awareness. Let us say that you are 98 percent in your third-dimensional body and 2 percent in your fifth-dimensional body. I am suggesting that we can increase your multidimensional presence to 15 percent, so that you are 85 percent in your physical body and 15 percent in your multidimensional body. While in this state, think for a moment about your third-dimensional body and any blockages or any dysfunctions that need to be corrected.

I am going to send a high-frequency blue healing light from the crystal to each one of you, and you can use and hold onto this frequency in your fifth-dimensional body. You can bring down this healing frequency with you when you come back into the Third Dimension. Think for a moment about any physical problems in the Third Dimension that you might have. Think about any blockages, any pains or suffering you experience in the Third Dimension. Your fifth-dimensional body will be able to bring down a special

healing for you, and you will be able to hold that healing light in your third-dimensional body. When I ask you to transfer back to your third-dimensional body, then you will also bring back this frequency with you. Again, we will go back into meditation, and think about your third-dimensional body and any healing that it needs. We will go into silence. (Silence)

The Arcturian etheric crystal is sending special blue vibratory healing light into your fifth-dimensional body. You will bring back that healing light and healing thoughts with you. (Tones “*Ta, ta, ta, te, te, te,*” other sounds.) Your fifth-dimensional body is sparkling with this Arcturian healing blue light, and the Arcan Power from the etheric crystal is now up to 100 units. You easily are able to integrate this new healing energy into your fifth-dimensional body. (Tones “*Oohh, oohh, ey, ey.*”)

I am going to increase the Arcan Power up to 125 Arcturian Arcan units. You are receiving this increased spiritual light into your Third Eye. Let this healing frequency go to that part of your fifth-dimensional body that is a duplicate of the third-dimensional body. Do you have a problem in your arm? Then let this energy be stored in your arm within your fifth-dimensional body.

Wherever your third-dimensional body needs healing, know that healing energy is now in your fifth-dimensional body. When you return to your third-dimensional body, then you will be able to bring back this wonderful healing energy with you. Again, we will go back into silence. (Silence)

I am increasing the healing spiritual energy to 200 Arcturian Arcan units. That frequency is as high as we can go today. Receive the light and direct it to the part of your body, so you can store it in your fifth-dimensional body, and when you return, it will immediately go into your third-dimensional body. (Tones “*Oohh.*”)

Now, we will do a special activation for your Crown Chakra. The Arcturian Crystal Lake crystal is emitting a high frequency of light upwards. This light is like rain, coming down from the top, onto your Crown Chakra. It is a nourishing rain of light, and your Crown Chakra is being nourished. It is like a dew. Think of a dew in the morning, and now think of this dew-like energy in your Crown Chakra, receiving universal cosmic higher light. This is a cosmic energetic healing light coming from the Central Sun and other higher realms from other parts of this universe. You are now opening your Crown Chakra to Universal Cosmic Healing Light. (Tones “*Oohh, oohh, oohh, ooohh.*”)

Know that you are able to store a high frequency of Cosmic Light in your fifth-dimensional body. You are able to receive and store a much higher frequency than you could on the Third Dimension, and you will bring back with you this high frequency of light. Now your Crown Chakra is spinning at a high frequency, and your Crown Chakra is now activated. We see and feel Omega Light coming from the Central Sun directly into your Crown Chakra. (Tones “*Omeeeega Light, ey, Omeeeega Light, Cosmic Healing Light.*”)

There is a frequency that the Taoists call the “Chi”, which is the Universal Life Force Energy. Your Chi Energy can become depleted as you are living on the planet Earth due to polarizations and upheavals. Now I am downloading through the Arcturian etheric crystals, a Chi surplus of life force energy, of spiritual light energy, that you bring back from the Fifth into your third-dimensional body. Receive now, a boost of Chi Life Force Energy that is so special that you can bring it back with you from the Fifth Dimension. Receive that now in your fifth-dimensional body. (Tones “Oohh.”)

Now we are in this higher state of Chi Cosmic Energies. Your Crown Chakra is singing. Your Third Eye is activated. You are 90 percent in your fifth-dimensional body, and you are still connected to the third-dimensional body. Now, the crystal is out of the water, and it is above the lake, and we are going to do an activation of fifth-dimensional energies on planet Earth.

Think for a moment, about the 12 etheric crystals that we have downloaded over the years onto the planet. And these 12 special crystals have the function of working simultaneously in a network to hold fifth-dimensional energy and light for the planet. Also, we have designated six Ladders of Ascension. We are going to work with those now through this exercise. The etheric Arcturian crystals are located at: Lago Puelo in Argentina, Lake Taupo in New Zealand, Serra da Bocaina in Brazil, Mt. Fuji in Japan, Bodensee (Lake Constance) in Germany, Istanbul in the Bosphorus, Turkey; Montserrat in Spain, Copper Canyon in Mexico, Mt. Shasta in California, Lake Moraine in Canada, Volcán Poás in Costa Rica, and Grose Valley in Australia, near Sydney. These are all sacred places that we have worked with you to download and hold etheric crystal light. Each one is an etheric duplicate of this main Arcturian crystal.

And now, we are going to reactivate each etheric crystal on the Earth. The main crystal above is sending an etheric duplicate activation energy into each crystal on Earth now. Lago Puelo, Lake Taupo, Serra da Bocaina, Mt. Fuji, Bodensee, Istanbul, Montserrat, Copper Canyon, Mt. Shasta, Lake Moraine, Volcán Poás, Grose Valley, are receiving this boost now. (Tones “Oohh.”) A vibrational spiritual fifth-dimensional frequency is now going around each of these crystals. Each of these crystals is now being raised above the ground.

I am working now with the Mt. Shasta crystal, and we are sending this activation light through Mt. Shasta to the 11 other Arcturian crystals, supporting and activating the highest spiritual fifth-dimensional frequency for the Earth now. Let us go into meditation as we work and distribute, with your help and my help, these powerful activations. We will go into silence. (Silence)

The fifth-dimensional network of etheric Arcturian crystals is now being recharged strongly. It is creating a fifth-dimensional energy of light to help support the raising of the spiritual vibrational frequency of Gaia now. (Tones “Eyyy.”) We have to support, activate and reenergize these fifth-dimensional crystals. We want to hold, as strongly as possible, the fifth-dimensional light and spiritual frequencies, because these etheric

crystals are one of the main sources of Arcturian fifth-dimensional light on the planet now. (Tones “*Oohh.*”)

We also want to now activate and recharge the Ladders of Ascension. The Ascension is one of the largest galactic events. It is an intersection of the Third and Fifth Dimensions. We have downloaded six highly charged important sacred Ladders of Ascension throughout the planet. And now, we are going to recharge them. The six Ladders of Ascension are located at: The Dome of the Rock in Jerusalem, Sant Pere de Ribes in Spain, Tomaree Point in Nelson Bay, Australia; Jobs Peak in Carson Valley, Nevada; St. Martin de los Andes in Argentina, and Bell Rock in Sedona, Arizona. And a special blessing of light to Mt. Fuji, for that sacred mountain in Japan also contains Ascension Energy. The etheric mother crystal above the water is sending a dynamic charge of light to each of these Ladders of Ascension in preparation for the ascension moment. You can bilocate to this area at the time of ascension, and you will immediately be able to go up the Ladder to the Fifth Dimension. (Tones “*Eyyy.*”)

Visualize, to the best of your ability, these six places, and visualize spiritual ladders, much like Jacob’s Ladder that was described in Genesis. Jacob’s Ladder contained angels which were going up and down the ladder. At the Ascension, you can bring your Spirit upwards on the Ladder. You can bring your transformed third-dimensional body upwards into the Fifth Dimension by going up one of the Ascension Ladders. Let us meditate now on these six newly recharged Ladders of Ascension. (Silence)

Finally, we have many Planetary Cities of Light around this planet now. The Group of Forty has done a great job in activating Planetary Cities of Light. There are too many for me to list at this moment, but know that the Planetary Cities of Light are contributing to raising the fifth-dimensional energy field on this planet. I, Juliano, am sending down an activation energy to each of the Planetary Cities of Light around the globe. (Tones “*Oohh, oohh.*”) All the Planetary Cities of Light in South America, in Central America, in North America, in Mexico, in Australia, in New Zealand, in Japan, in Europe, in Asia, and new ones to come throughout Africa are receiving this spiritual light from the Arcturian Crystal Lake. (Tones “*Ohh, ohh.*”)

You are helping to create more advanced light frequencies of fifth-dimensional energies. The etheric crystal above the lake is now descending back into the water. It is now in the water totally. Your fifth-dimensional body is highly charged with this fifth-dimensional frequency. Your Spirit Body is going to leave your fifth-dimensional body, but know that you can return to the Arcturian Crystal Lake whenever you wish. The Arcturian Crystal Lake is always open, 24 hours a day, seven days a week, for you.

Your Spirit Body rises out of your fifth-dimensional body from the Arcturian Lake. When you return back to the Earth, this higher light and healing will be transferred to your third-dimensional body. Your Spirit Body is now above your fifth-dimensional body and goes to the top of the Arcturian Crystal Lake, through the dome. Find the corridor of light from which you came. Enter now this corridor of light and begin your journey

back home to the Third Dimension, traveling at the speed of thought. (Tones “*Ta, ta, ta...*”)

Come back into your room. You have expanded your aura so much that your Spirit Body will not fit into your physical body, so you are going to have to contract it. You really expanded yourself beautifully. Take a moment and contract your Spirit Body. You still will hold all of the energy, but you will have to come back into your physical body, and this means you will have to contract your Spirit Body. So contract it now so that you will be able to fit back into your physical body.

Reenter your physical body. Remember all the great work we have done for the planet with Arcturian crystals, the Ladders of Ascension and Planetary Cities of Light. Remember the healing for your own Self. Reenter slowly back into your body, and you feel a physical upliftment and a deep spiritual upliftment. You are receiving the healing energies. Let the process of spiritual osmosis begin, that is, the download distribution of these energies that you have just experienced will slowly integrate throughout your physical body over the next 12 hours. We have done so much work that it is going to take 12 hours for you to integrate all of this comfortably. You are 100 percent back into your body. You may open your eyes. Welcome back to Earth, Arcturian starseeds. I am Juliano. Good day.