



July 9, 2022 GOF Lecture

We are all Galactic Brothers and Sisters

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Greetings, this is Juliano. We are the Arcturians. In this presentation, I will explore four aspects of the Subconscious. I will explore the Personal Subconscious, the Subconscious of a country, and then the Subconscious of the planet, and then the Subconscious of the galaxy. Each aspect of this Subconscious is important for understanding the current Earth situation, and I will also talk with you about how to change or purify the Subconscious because this is an important aspect of healing on all of these levels. For the purpose of this presentation, I will say that the Subconscious and Unconscious are going to be interchangeable. I realize that there are differences, especially in modern psychology, but we do not need to get into the different or difficult aspects of explaining that now.

So please, let us clear our minds because we want to be open to all new energies and new ideas. It is great to let your Subconscious know now that you are in a calm state, that you are in a receptive state, and that you, as an Arcturian starseed, are open to receiving new information and new technologies that will help you in your quest for Personal and Planetary Healing. I will make a short sound to help clear any lower density energies around you. (Tones "Oh, oh, oh.") As you take a deep breath, feel the energy of the Fifth Dimension, and feel the light frequencies that we, the Arcturians, are sending down to you now through our starship Athena.

This is a difficult time on this planet, and it is a crisis on multiple levels. You need greater clarifications; you need greater healings, and you need new spiritual understanding for maintaining your balance on this planet. You might be surprised to hear that the important key to healing this planet lies in working positively with the

Subconscious. The planet has a Subconscious and stores memories. It has been called the Collective Unconscious or the Collective Subconscious. It is a storage of information similar to what you might consider like the Akashic Records. In fact, the Akashic Records do store the same type of planetary information that we are talking about.

These Subconscious inputs that are being stored in the Planetary Subconscious are creating and manifesting the reality that you now see on planet Earth. Therefore, the key to changing what is being manifested now on Earth begins with and is carried out through working with the Planetary Subconscious. Clearing the Subconscious can include special global meditations and affirmations. There is a small period of delay between the Subconscious and manifestation. What is placed into the Subconscious does not always immediately manifest. But sometimes the delay is minor.

This same principle of the Subconscious also is at work in your personal life. The principles that I am talking about in working with Planetary Healing also apply to your own methods for Personal Healing. There are different concerns that each of you might have regarding your psychological and emotional state. You also may have concerns about your physical problems and belief systems and psychological issues. The psychological problems include: How are you to understand and make sense of what is occurring on this planet, especially when we look at the fact that this type of planetary experience is being repeated from earlier incarnations that you have experienced?

There have been other planets like the Earth that have gone through this similar crisis, a crisis that I have designated as Planetary Stage 1 of development. This stage of development focuses on the conflict between spirituality and technology. What is most important is that some of you may be experiencing certain emotional reactions, such as fatigue or loss of optimism. Some of you starseeds have been on other planets before that have gone through exactly the same problem, and you remember that those planets ended up in self-destruction.

That recurrence of this problem leads me to the important theme of the Galactic Subconscious. I do not know many philosophers or astronomers or astrophysicists who are talking about the Collective Subconscious of the galaxy. But it exists, and I am going to share with you an amazing insight about the Galactic Subconscious. We have described, briefly, how the Personal and Planetary Subconscious work, and it has to do with input, the type of information, the type of thoughts and imagery that a species puts into the Subconscious of the planet.

Humanity can direct and influence the planet in a positive way, and it also can influence it in a negative way. You are seeing now, on planet Earth, great manifestations of conflicts and wars. These conflicts are old, ancient energies now being manifested. These are energies that have been deep into the planetary Noosphere and Subconscious. Now they are manifesting in very crisis-like ways. You, as a starseed and soul traveler, have seen this problem of ancient energies manifesting into conflicts on other planets.

You can now understand how and what role you can play in shifting the Planetary Consciousness, as well as your Personal Consciousness. The observation I want to share with you is that the Galactic Subconscious is affected by all planets in the galaxy, and the Galactic Subconscious records all advanced planetary civilizations. Therefore, there is a Collective Galactic Subconscious related to the civilizations in our galaxy, the Milky Way. The Galactic Subconscious also includes information and processes about advancement of civilizations, and developments of stars and developments of star clusters and moons and many other astronomical aspects. We are interested in the advanced civilizations in our galaxy. For clarification, the Collective Subconscious in the Milky Way is known as the Galactic Subconscious.

The Earth is participating in the Collective Galactic Subconscious. It would seem logical. What is relevant is that what happens on the Earth influences the Galactic Subconscious. There have been many wars between nations. There certainly have been enough wars on the planet in the past 2,000 or 3,000 years. Historically, the negative feelings and energies, such as feelings of revenge and wanting to destroy the other groups, carry through in the Planetary Subconscious from generation to generation until there is a resolution or a release or a healing.

Positive input into the Subconscious is one of the key factors in creating a positive change. What input is the Earth now giving the Galactic Subconscious? The Earth is close to self-destruction, and the Earth is close to a total extinction of higher life forms. Because the Earth is part of the Galactic Family and the Galactic Subconscious, then the other higher civilizations have taken notice of the Earth, and they are working and deciding how best to deal with the Earth. We want to make sure that the Earth energy has a positive influence in the Galactic Subconscious field because we know that a negative input and negative manifestation on a planet will create negativity throughout the galaxy. This explains why many of the advanced extraterrestrials have been visiting the Earth – to monitor and change the self-destruction of the planet.

The Galactic Subconscious is energetically connected like a thin but powerful thread of “digital cable”. When you are meditating in the galactic world, then you can key into these thin digital etheric “cable lines”, which are coming from the Earth and going out towards the Central Sun in our galaxy. Then, you are able to start communicating with other advanced masters in the galaxy. You can even find out where other planets with higher life forms are.

You know how big the galaxy is. Imagine that there are two billion star systems in this galaxy. Out of two billion, how would you be able to find the Earth? You would have to have an amazing amount of technology to scan the frequencies around the galaxy and around this section of the galaxy to find the Earth. The easiest way to identify a planet with advanced life on it is to look for radio frequencies being emitted from that planet. But then you would have the problem that the radio frequencies that are being emitted from a planet could be weak. Most of the signals, by the time they reach the edge of a solar system, either become distorted or unreadable because of a

decrease in the power and because of related background noise at the edge of a solar system.

There has to be some other higher way in which the other Galactic Masters can connect and find other advanced life forms in the galaxy. This higher method comes from what I am talking about, connecting energetically with the Galactic Subconscious, and then connecting with the digital etheric cable systems that are emitted by all planets.

Many of the higher civilizations in the galaxy are concerned enough to come to the Earth because the Earth can have a negative influence on the outcome of other galactic energies. It certainly is one of the reasons why we, the Arcturians, have been visiting the Earth, and it is one of the reasons why we assist in the creation of higher thought forms for Earth and the creation of healing on the planetary level. Yes, we also want to assist you in your Galactic Healing.

Let me explain some more about Galactic Healing and also, I want to compare it to Planetary Healing. The effectiveness of Planetary Healing is related to the number and the position on the globe of the people who are doing the Planetary Healing. We originally talked about having 1600 people in our Arcturian healing group for Earth, and our ideal was that these 1600 people would be spread around the planet. This is a great recipe for planetary success and balance, and in Galactic Healing, the same principle is true. If we want to participate in a Galactic Healing energy, then we would have the most effectiveness by having meditators or planetary healers in different positions around the galaxy. And of course, we would want to be on planets that have higher abilities. We still can work with planets in Stage 1, but we also want to work with those who are of higher thought form and higher Spiritual Light Quotient.

This means that we want the Earth to participate in the Galactic Healing process. We want the Earth, as a planet of higher beings, to be a recipient of Galactic Energies, and also an emitter, or sending out of higher energies to the galaxy. We talk about the Planetary Cities of Light and the Galactic Sister Cities. We even indicated that connecting with the Galactic Sister Cities provides an important aspect of Planetary Healing. Working with the Galactic Sisters is important. It is difficult to identify Galactic Sister Cities, and part of the reason is because there is not a simplified star map that we can tell you about which indicates where the galactic cities are. Many star systems do not have names in the current Earth astronomical text. There are millions of stars on the other side of the galaxy. They are not named yet, and one of the reasons is because they are so many, and the other reason is that some of these other stars are difficult to see from your position on Earth, which is at the outer edge of the galaxy. But we are working on a method to identify and provide to you the names of the Galactic Sister Cities that want to work with you.

But the key point today is that you, the Earth beings, are participating in Galactic Energy. The Earth can participate in Galactic Healings. We, the Ascended Masters, including the Arcturians, have the desire to visit and help the Earth.

You might be surprised when I say there is a need for a Galactic Healing. In this section of the galaxy there have been conflicts, and there has even been self-destruction of planetary systems. The Lyrans were an advanced civilization living in this section of the galaxy 300 to 500 million years ago. They existed for a long time span, but they ran into conflicts. They had many planetary outposts throughout this section of the galaxy, and they came into a major conflict within their civilization that led to their destruction.

The Lyrans and their energies became part of the Collective Subconscious of the Earth, and the Earth has inherited some of their unbalanced galactic energies. This heritage explains some of the conflicts that are now happening on the Earth. The major conflict which I identify that is causing problems on the Earth is that technological advancements have moved more quickly than a spiritual advancement. This problem can lead, and has led, to the self-destruction of planetary systems. I do not want to see that happen to the Earth. You do not want to see that happen either. We know that the Earth is close to several dangerous turning points, and therefore it is time for a planetary intervention. You are part of that intervention, and you are part of the system of planetary healers. There are methods we can use for cleansing a Planetary Subconscious. There are methods for resolving these upheavals.

I want to talk about the Personal Subconscious, and how your Personal Subconscious is affecting you because this will also help you to understand the process for cleansing the Planetary Subconscious. It is important to understand how to work with the Subconscious, because the Subconscious is controlling so much in your personal life and what happens on the planet. And it is a necessity now on this planet for all starseeds to be able to master their Subconscious, and through the mastering of the Subconscious, you will have a better understanding of the Planetary Subconscious.

There are so many different layers of the Subconscious of a nation, and today the United States, for example, is dealing with ancient racial conflicts that were present 250, 270 years ago. These conflicts are still below most peoples' consciousness and are still influencing the current present.

Australia is another example of a country being affected by ancient conflicts. There is deep energy conflict and misunderstandings between the Aboriginal People and the Australians, and these go back centuries. I can go to other modern countries on the Earth and identify similar ancient conflicts between groups of people living together. We can go back to Europe and learn that the conflicts happening between Russia and Ukraine relate to ancient unresolved conflicts that are in each country's Subconscious. This current Ukrainian-Russian war is not just something that broke out in February 2022. It had been building in part of the Subconscious memory patterns in the Russian and Ukrainian people for a long time.

Let us look again at the Personal Subconscious, and one of the things is that you want to manifest peace, balance and harmony. That means that you do not want earlier

unresolved hatreds or conflicts to re-manifest in this lifetime. You do not want to be involved in war or any type of violent upheaval, for example.

Everyone carries with them memories from their past. These memories are stored in their Subconscious, and Helio-Ah has compared the storage of events in the mind to memory cards. She beautifully described that each person has between 60,000 and 70,000 memory cards in this lifetime. These memories are stored as images similar to how a computer SD card stores files. Some of the conflicts that you have encountered in this lifetime were problematic and may still remain unresolved. The images from these experiences are still in your memory and within your Subconscious.

We look for the ways of purifying the Personal Subconscious, and one affirmation that would be extremely helpful is: "I forgive everyone who has hurt me in this lifetime, either intentionally or unintentionally, and I release all anger I have towards them." By saying this affirmation, it does not mean that you have to have a relationship with that person again. You do not need to go back and meet people again whom you have had conflicts with. It is your choice if you wanted to, but that is not what this is about. What this is about is releasing and purifying your Subconscious so that you do not start manifesting conflict in this lifetime.

This affirmation could be helpful: "I, (it is good to state your name), am releasing anger, and I forgive anyone in this lifetime who tried to hurt me, either consciously or unconsciously. I release all the anger I have towards them."

Let us meditate on that affirmation. This affirmation can be effective in cleansing and purifying the Personal Subconscious. We could adapt this affirmation to the Planetary Subconscious. Let us continue to go into a meditation. Take three breaths, and as you are sitting in your chair, I, Juliano, send a corridor of light to each of you. You are feeling energetically connected to the Arcturians, and you have gained a greater, spiritual connectivity to your Higher Self.

Visualize in front of your Third Eye a white screen, and on that white screen I want you, if you are comfortable, to work on this affirmation more intensely again. Write the affirmation: "I hereby forgive everyone in this lifetime that has hurt me, either intentionally or unintentionally, and I release all anger I have towards those people or that person." Visualize the white screen with that affirmation written on it, and then we will download that into your Subconscious. We will be in silence for a minute or two. (Silence)

(Tones "Oh, oh.") Let the power of your affirmation be expressed in these strong words that you have written on the white screen in front of your Third Eye. At the count of three, let us download that affirmation into your Subconscious. One, remembering how much power you will gain by releasing any hurt feelings. Two, ready to move on to new levels of purification of your Subconscious, and three, know that you have the power and the technique now to actualize this powerful statement. Download it now

into your Subconscious. (Tones “*Oh, oh.*”) One of the great secrets of spiritual advancement is the ability and understanding on how to work with the Subconscious.

Let us move now to the Planetary Subconscious. It is more complex when we are talking about your Subconscious, because for personal work, we are just talking about one lifetime here on the Earth. We may be talking about other multiple lifetimes that you have had that are influencing your abilities, and influencing your decision making, and influencing your feelings. But we have a complex situation on planet Earth. This is an amazing planet because there are so many languages on this planet. This planet is really unusual. There are so many different races and different religions. Earth has become a conglomerate of different energies. Many of these energies do come from outside of the solar system. For example, the Lyrans’ energy is part of the ancient Collective Subconscious of humanity.

Some of these war-like energies have entered into the Planetary Subconscious. And so we, as planetary healers, must look for ways of purifying the Planetary Subconscious, because remember, what is going on in the Subconscious will manifest eventually into the present reality. This is another secret in spiritual planetary development.

Imagine total peace and harmony for one or two days on this planet. It is hard to imagine. If that were to occur, it still would not be enough to heal the planet, because you would have the residual of earlier Subconscious programming that would still be influencing manifestations on this planet. True Planetary Healing must also include working with the Planetary Subconscious.

What are some of the steps needed to work with conflicts on the planet through purification of the Subconscious of the Earth? The first step is that we need to gather many planetary healers. You are one of the planetary healers. The second step is we need planetary healers around the globe that are willing to work together in Planetary Healing meditations. The third step is that we must implement a galactic technique of purifying the Planetary Subconscious.

For example, to work with the war in Russia and the war in Ukraine, then it would be helpful to have starseeds who are Ukrainian and Russian in our meditation. I compare this to one of the reasons why the advanced extraterrestrials came here. They want to be on the Earth when we are doing planetary meditations. It is more effective to have a representative from all the sections of the galaxy during Galactic Healing work on the Earth.

One of the methods to purify the Subconscious on the Earth is to find an affirmation that will purify all different peoples and all of the different energies. Here is a basic and effective affirmation for healing the Planetary Subconscious: “We are all Galactic Brothers and Sisters on planet Earth.” “We are all Galactic Brothers and Sisters on planet Earth” is a message that we must spread around the planet. Each word in this message has great meaning, especially the word “Galactic”. I want people to

understand that we, that you, are a Galactic People. You are not just people from the planet Earth, but you are a Galactic Citizen. Maybe everybody is not a starseed, but there are enough starseeds to let everyone know that there is Galactic Energy here on this planet Earth. And I want this starseed energy to become stronger. This is a powerful affirmation to use for purifying the Subconscious of the planet: “We are all Galactic Brothers and Sisters on planet Earth.”

Let us visualize the North Pole, and see above the North Pole a huge white screen, and you, as planetary Arcturian healers, are able to bilocate into a circle of light above the North Pole with me. I, Juliano, am sitting with several of the Arcturian brothers and sisters in this huge circle above the North Pole. The North Pole has a fantastic electromagnetic field, and we are radiating inside this beautiful energetic circle of light. Above us is the Iskalia Mirror connected to the Central Sun, bringing down pulses of strong Galactic Healing Light. In the center of the circle above is this huge white screen, similar to the screen that we used for the personal work with your Subconscious. On this screen, we will write the words: “We are all Galactic Brothers and Sisters on planet Earth.” See those words written on the white screen above the North Pole and meditate with me on that affirmation. We will go into silence. (Silence)

I will repeat this affirmation: “We are all Galactic Brothers and Sisters on planet Earth.” (Tones “*Oh, eh.*”) This powerful affirmation written on the white screen above the North Pole is now ready to be downloaded into the Planetary Subconscious and will have a positive healing effect throughout the planet. And this affirmation also helps us prepare the planet for First Contact. “We are all Galactic Brothers and Sisters on planet Earth.” Download this affirmation into the Planetary Subconscious now. (Tones “*Oh.*”) All planetary messages not in alignment will hereby be neutralized or deleted from the Subconscious. (Tones “*Oh, eh.*”)

We are still in this bilocation place at the North Pole, and we feel the electromagnetic energy field of the planet, and we are aware of the Planetary Subconscious. We have just successfully downloaded a healing and purifying message into the Earth’s Subconscious. In addition, this message is a preparation message that will welcome higher beings who want to make First Contact. From this position, I would like to download this affirmation into the Galactic Subconscious: “We are all Galactic Brothers and Sisters on planet Earth.”

Let us download that affirmation into the Galactic Subconscious, and we will use the same method. We will send this message, this affirmation, using the light through the Iskalia Mirror, directly. We will download this affirmation into the Subconscious of the galaxy. This will also have a healing power and is a calling for other higher beings to connect with the Earth because they will know that there are Galactic Brothers and Sisters here on the planet. The white screen appears again over you in this circle of light.

We visualize again the affirmation: “We are all Galactic Brothers and Sisters on planet Earth.” See that affirmation in bright red letters. This powerful message is now

going to be sent directly, through the Iskalia Mirror, into the Galactic Subconscious, located in the Central Sun. The power and brightness of that affirmation is now on the screen. The white screen lifts up to the North Pole, goes through the Iskalia Mirror, which is above the North Pole, and travels at the speed of thought to the Galactic Center, known as the Central Sun. It is now downloaded into the Galactic Subconscious. We will go into meditation again as you and I participate in this process. (Silence)

The message has now been received in the Central Sun and is downloaded into the Galactic Subconscious. (Tones “*Oh.*”) You are getting ready to return back to the Earth. We say goodbye to everyone at the North Pole in our meditation circle and bilocate back into your home. Reenter into your physical body in perfect alignment.

You are part of a new Group Consciousness that is receptive and open to the Galactic Subconscious. The Earth can heal from this crisis successfully. Visualize a white screen in front of your Third Eye and see those words: “The Earth can heal successfully from this planetary crisis.” See that white screen in front of your Third Eye with that affirmation and send that affirmation to the Planetary Subconscious. The access point for sending this affirmation to the Earth’s Subconscious would be the North Pole. Send the affirmation to the etheric level of the North Pole, approximately 20 to 30 miles above the North Pole, and it will enter the Planetary Subconscious. Download it now.

We need more inputs of a positive nature into the Subconscious of the Earth. I am very concerned about apocalyptic messaging and downloads that many people are thinking and downloading into the Earth’s Subconscious. It is not necessary. The Earth can successfully deal with this planetary crisis. And we need large groups of people like yourselves to focus on positive and powerful affirmations to ensure that it is strongly and repeatedly downloaded into the Planetary Subconscious.

And now in conclusion, let us do a final affirmation for yourself: “I am able to successfully deal with this planetary crisis in my personal life.” Because I know many of you are suffering from the planetary crisis. Repeat this affirmation for yourself: “I am able to personally deal with the effects of the planetary crisis in my personal life.” Visualize that message on your screen above your Third Eye, and download it now into your Personal Subconscious. Very good. And so it shall be. We are all Galactic Brothers and Sisters working together for the Planetary Healing of Gaia. I am Juliano. Good day.