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## Attracting the Intersection of the Dimensions

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davidmiller@groupofforty.com

P.O. Box 4074 Prescott, AZ 86302 USA

www.groupofforty.com

Greetings, I am Juliano. We are the Arcturians. Let us look at several important spiritual concepts and practices that relate to the upcoming Intersection of the Dimensions. I know that each of you have a great desire for higher consciousness and healing, and I know that you have a great desire to heal the planet or repair the planet, and you all have a great desire to heal yourself at the highest level. The Intersection of the Dimensions offers a special opportunity for you to accomplish your spiritual goals. I know that each of you have come to this planet on a special mission.

It is well known that being on the Third Dimension offers you opportunities for growth. Interestingly, some of the opportunities for growth that you can have on the Third Dimension are not possible when you are on the other side. That is to say, when you are in the life-between-life state of consciousness, there are certain lessons that can only be learned on the Third Dimension. Why else would you come to the Third Dimension? Because when you are on the other side, you are more comfortable, and you do not have the stress and anxieties that you experience on this reality.

Also, you are able to have expanded consciousness on the Earth, especially at this time. You have to work hard for expanded consciousness. In fact, your culture, your civilization in 2022, is training you for contracted consciousness. For example, you are trained in logic and cause-and-effect thinking. You are trained in linear thinking, which includes thoughts that there is a beginning and there is an end. These two linear concepts alone are contracting when applying those ideas to the soul. Let us look at some of the expanded ways of looking at reality.

We, the Arcturians, use the terms Omega Light and Omega Energy when talking about expanded thinking. Omega Light and Energy transcend logic. The linear thinking,

which is such a vital part of your mental processes on the Third Dimension, is only one way of looking at reality. I would like to use the paradigm of the circle, where the past, present and future are interacting. In the linear model, you are born and then you die, and that is the end of your life. I understand why some people become atheists because it appears from the rational mind that death is the end of your existence. But that is an illusion that is brought on by the linear thinking.

Now, linear thinking and logical thinking have contributed greatly to the material advancements in society. If you did not have this type of logical scientific processes, then the material gains that you are presently enjoying and experiencing would not be possible.

What is necessary for expanded consciousness and what is necessary to attract the Intersection of the Dimensions? At the Intersection of the Dimensions, there will be a higher downloading of spiritual energy, and there will be a downloading of higher mental energy and emotional energy. This mental and emotional energy will be more fifth dimensional. You will have to be in a state of resonance with the vibrations of the Fifth Dimension in order to benefit from this download.

I want to spend some time in this lecture talking about spiritual resonance and what that means, and I want to talk about “Harmonic Frequency of Resonance”. You see, the fifth-dimensional energy is of a higher and different frequency than your normal logical third-dimensional thinking. Linear thinking is the frequency that you have to be on mentally in order to process and use the third-dimensional paradigm. The expanded consciousness, or the fifth-dimensional consciousness, is a higher vibrational frequency.

You may not be on that fifth-dimensional frequency now, but you may understand that frequency. You may want to study that frequency, and you might want to practice receiving that fifth-dimensional frequency. Coming into a harmonic resonance with the Fifth Dimension means that you are receptive to the frequency of the Fifth Dimension.

You may not be 100 percent in union with the higher frequency. Let us say that the frequency of the Fifth Dimension can be measured as 100 Arcan units. If you have attained 25 Arcan units of vibrational expanded consciousness, then you can be in resonance, and you can be in a “harmonic frequency of resonance” with the fifth-dimensional energy. This is an important clarification because many of you have admitted that you do not feel worthy enough for the higher energy. Many of you feel that you do not have the meditation skills, or you do not have the visualization skills to follow the instructions for going into the higher planes. You can still receive and work with the fifth-dimensional energy if you have 25 Arcan units in balance and harmony with the higher levels.

There are blockages you can have for higher and expanded consciousness. I understand these blockages, because being on the Third Dimension does not

encourage expanded consciousness, and you must work hard to overcome blockages for your spiritual development.

. One of the reasons why you came here on the Earth was to be able to overcome the blockages. The good news is that you do not have to be 100 percent in alignment or 100 percent receptive to all the spiritual downloads available. For example, at 25 Arcan units of the fifth-dimensional frequency, you can be at a resonant or harmonic frequency that is in alignment with higher spiritual energy. At 25 percent, or 25 Arcan units, you are a quarter of the 100 total units, and that would be considered a good start for spiritual receptivity. If somebody was only at two or three Arcan units, for example, then that would not be at a harmonic resonance with the fifth-dimensional energy.

You want to be in as high a resonance as possible. You can have 25 Arcan spiritual units or 50 or 75. This is called creating a harmonic doubling, that is, to double one's receptivity to spiritual energy from 25 to 50 Arcan units. How can you double your harmonic resonance with the Fifth Dimension? You can increase your receptivity from one and a half times or two times or three times, which would be 75 Arcan units. I will be explaining and teaching you an exercise on how to increase your spiritual receptivity for fifth-dimensional energy based on increasing your connections to the Ascended Masters.

Those of you who are having a lot of self-doubt, and may even have feelings of low self-worth, even you who have those feelings would be willing to admit and accept that you are at least at 25 percent of Arcan receptivity to the higher frequencies. That is good; that means you are in harmonic resonance with the Fifth Dimension. When you are in harmonic resonance, then you can receive and you can process this fifth-dimensional light that will be strongly downloaded in the Intersection of the Dimensions.

I speak of the Intersection of Dimensions in the same way that I talk about an ascension, because in the Ascension there is a strong downloading of higher light. In a normal consciousness, people would find that type of higher light overwhelming. People with normal consciousness would have no way to process higher light, because they would not have harmonic resonance with the Fifth Dimension. Without expanded consciousness, there is no way of integrating, interpreting and understanding how higher spiritual energy can be used.

How can you, the starseeds, use the spiritual vibrational energy that is coming down? You want to use it and process it for manifesting healing both personally and for the planet. I would like to divide the usage of the spiritual energy of higher frequency into four levels, which include the four bodies – the mental, emotional, physical and spiritual bodies. You will be able, by using the four bodies, to direct the higher frequencies into healing and into a useful download for your physical, mental, emotional and spiritual experiences on the Third Dimension. This may sound quite interesting to you, because you are a spirit that is contracted to fit into your physical body, and you are having experiences physically, emotionally, mentally and spiritually. So, you have

the four experiences. In higher frequency downloads, you can also direct this vibrational harmonic light into each one of these four bodies for healing.

Your physical organs, for example, are receptive to the healing light. The Taoists talk about the Chi level, and that you are surrounded by Universal Light Energy, and that this energy is all around you. It is a matter of receptivity. It is a matter of receiving and directing that Chi energy, that life force energy, into your organs for healing.

In the fifth-dimensional downloads during the Intersection of the Dimensions, there will be fifth-dimensional Chi. You are right now experiencing the life force energy on the Third Dimension, which is still multidimensional. The Chi level on the Third Dimension is still very strong. On the Fifth Dimension the life force energy, the Chi energy, is even stronger, and it is even more special. You want that multidimensional Chi life force energy coming from the Fifth Dimension. You want to direct it into each of your organs, into your heart, into your lungs, into your kidneys, into your urogenital systems, into your muscle systems, into your tendon systems and into your brain. I know that many of you are interested in the Pineal Gland. You could direct the fifth-dimensional Chi energy to your Pineal Gland, and that would really open up your chakras. It would open up your life force psychic abilities.

Mentally we have what is called the “World of Ideas”. The World of Ideas is based on the mental conception of reality. You have to have a mental system, which include pictures and paradigms, to understand what is going on in the third-dimensional reality. We are lecturing on different ideas about the Fifth Dimension. We want to give you new information about the Fifth Dimension and the upcoming Intersection of the Dimensions. We are explaining about the four bodies and how these bodies relate to the Ascension. Your mind needs a framework and expanded ideas to help you process these new concepts. Without the World of Ideas, you could lose your grounding on the Earth.

Omega Light is an example of energies that transcend logic. You understand logic and the concepts of cause and effect. If A happens, then B will follow. And when A and B happen, then C is the result. You know, if you put your foot on the accelerator, then the car advances. And if you put your foot on the brake, then the automobile stops. These are just logical thought patterns. You need those thought patterns to function in this reality. In the higher realities you need also an expanded paradigm, and a paradigm that transcends logic.

If we look at the world situation from a logical standpoint, then the world looks doomed. Earth is experiencing a mass extinction, and logically, there is not enough energy for healing the Earth. The starseeds do not have enough wealth or enough influence to change the course of this mass extinction. This is the logical part, and this is one of the reasons why many of you are experiencing depression because you see logically that this Earth situation and crisis is heading in a bad direction. But from the fifth-dimensional standpoint, we are not limited to logic, and we know that there is expanded consciousness, and that there are expanded solutions, and that there are

different fifth-dimensional healing energies coming to this planet, and these healing energies are available.

Now I am going to turn the next part of this lecture over to Sananda. He is going to give you some important information on how to attract the intersection and how to use this intersection for your dynamic expansion. This is Juliano.

Greetings, my dear beloved friends. It is a great joy for me to speak to each of you. The message that I have for you today is simple, but powerful. Juliano has talked with you about attracting the Intersection of the Dimensions, and there are many powerful Arcturian exercises and meditations that will assist you and assist the planet to benefit from this attraction. In this lecture, I want to give you an important additional exercise and explanation that may be the most powerful attractive force that you can use to encourage the Intersection of the Dimensions. This exercise is based on a very simple concept: Love of the Fifth Dimension is the most powerful attractive force for encouraging the intersection. Love for the Ascended Masters is one of the most attractive and attracting powers for the Intersection of the Dimensions. Love in general of higher consciousness and of the Fifth Dimension is one of the most powerful traits and characteristics to help bring the dimensions to the point of an intersection.

You love the Ascended Masters and you love higher consciousness, and it is the love for our Father and Mother that each of you has that is the most basic healing and expanded energy in the universe. This includes love for the Masters, love for the Creator, love for the Creation, love for the higher consciousness and love for the higher dimensions. I know that you all feel that love, and one of the gifts that the Ascended Masters provide you for your spiritual evolution is the Ring of Ascension. All of the Ascended Masters know that there is a deep need for easy access to the higher realms. Feeling that love and expressing that love, is a natural phenomenon for you as seekers of higher light.

There are many Ascended Masters that are working with the starseeds now. There are Ascended Masters like Quan Yin, the Arcturians and the Pleiadians. The Ascended Masters also include Mother Mary and Chief White Eagle. There are other famous Ascended Masters that you may not know about that come from, for example, the East and from other parts of this galaxy that are not known yet by humanity. The Milky Way is a huge galaxy, and there are many Ascended Masters around this multidimensional galaxy.

To encourage the attractions of the intersection, then, requires love and an expression of love for the Fifth Dimension. In this era of polarization it is difficult to express love. In fact, during this time period of polarization, there is a lack of love. People are distancing themselves from each other, and there is objectifying and hating of the opponent, or of those who have other opinions. To the best of your ability, try to avoid polarizations because if you fall into the trap of polarizations, then it will diminish your ability to be loving.

This is the most important exercise now, that is, your ability to express love, to be loving, and to attract others' loving energy. The Intersection of the Dimensions is an expression of the ascended world's love for the Third Dimension, and the Masters of the Fifth Dimension feel a great love for you, and a great love for this planet. Your openness to that love, and openness to emanating love to them, and to the higher Fifth Dimension, is the greatest power of attraction and the greatest preparation for this time period.

The polarizations can contract anyone, and any normal person on the Earth now would be tempted to fall into the trap of polarization. But your time is precious. This higher spiritual energy from the Fifth Dimension is precious, and you want to direct yourself most efficiently, and that is why I speak to you about expressing love as an important exercise. In the Intersection of the Dimensions, you will find that the Ascended Masters are going to be more available. You will have more ability for visitations of the Ascended Masters to your home. That means that you will have more cohabitation and more ability to channel their messages and more ability to receive their healing energy. You will be able to receive more new ideas for technologies for planetary solutions. These new solutions will be made available to many of you.

Here is the exercise using the energy of love that I would like to do with you today. Visualize to the best of your ability, the Third Dimension, and imagine that the Third Dimension is represented by the planet Earth. See the Ring of Ascension, the halo around the Earth, filled with fifth-dimensional light from the Ascended Masters.

As you are sitting in your chair hearing my words, become aware of your Heart Chakra and tell your Heart Chakra to open as wide as possible. You are safe, and you have the ability to open your heart to express love.

As you are opening up your Heart Chakra, visualize the Ring of Ascension, and visualize your most beloved fifth-dimensional Ascended Master now. This fifth-dimensional Master could be myself, Sananda, or it could be P'taah, Juliano, Helio-ah, Chief White Eagle, or any other Masters that you feel close to. Visualize the Masters in the Ring of Ascension around the planet and send the love from your Heart Chakra to them at the Ring of Ascension.

You can say these words: I deeply love you (put in the Ascended Master's name), and I want your energies to come down to the Earth now, especially at this time of the Intersection of the Dimensions. We will go into meditation as you focus. Again, project your love for a beloved Ascended Master. We will go into silence. (Silence)

Open your heart to receiving their love to you now. Open your heart to receiving the love from your beloved fifth-dimensional Ascended Master, and to the best of your ability, receive that love without criticism, without self-evaluation. Just open yourself to receiving the love from the beloved fifth-dimensional Master. Return to silence and meditation. (Silence)

I hope that you are able to receive as much love as you are open to receiving, and I want you to know the Masters are closer to you now. Know that the Ascended Masters will be closer to you on a deeper level at the Intersection of the Dimensions.

Visualize the fifth-dimensional Earth above the third-dimensional Earth, and see the intersection again. The bottom five percent of the fifth-dimensional Earth is intersecting with the top five percent of the third-dimensional Earth. The Masters are already inhabiting the fifth-dimensional Earth, and they are wanting to bring you the spiritual energy from the fifth-dimensional Earth. Mother Mary will now speak with you. I am Sananda, my beloved friends. Good day.

(Tones “*Ohh, ohh.*”) Greetings, I am Mary. It is true that I have dedicated my life mission on the Fifth Dimension to the salvation of Mother Earth, and I have committed myself to doing whatever is necessary with all the powers I have, to bring the fifth-dimensional energies of healing and light to the third-dimensional Earth now. I know there are many people on this planet who love me and love my teachings, and I love you. I love your desire for spiritual light. Mutual love from you towards the Ascended Masters creates spiritual resonance with the Fifth Dimension.

I have a great love for the Earth, and I wish to participate in the salvation and the repair of the Earth. You, too, feel the love that I have for the Earth and for this great intersection, this great opportunity for each of you to receive the love that I and the other Ascended Masters have for you and for your work. We are not making it complicated. We do not have to give you mathematical formulas or biogenetic interpretations of cellular structures in your brain. Spiritual resonance can be attained by love.

I know that you resonate with love. Maybe you have not thought about love as an attractive force for the Intersection of the Dimensions. Our powerful message to you, the starseeds, is that love can help attract the Intersection of the Dimensions.

We, the Ascended Masters, love you, and we will use this Intersection of the Dimensions to be more available, and to activate you to higher spiritual development. All you need to do is to receive the love from us. We want you to be closer to us, and we want you to be closer to the Ascension and to the Fifth Dimension. I can tell you from personal experience that the Fifth Dimension is a beautiful place, and that it is filled with love and the Creator Light. The Creator Light is more available on the Fifth Dimension than on the Third Dimension.

Higher spiritual teachings are also much more available on the Fifth Dimension. On the Fifth Dimension the ability to interact with different spiritual teachers around the galaxy is truly phenomenal.

The energy of love also involves sharing and healing. Love involves repairing, and love involves learning. Your experiences on the Third Dimension are invaluable. I know that you might be suffering on many different levels, but also your presence on the

Third Dimension and your ability to hold a loving light is needed, and we, the Ascended Masters, acknowledge and support you in this time of dramatic changes.

One important lesson and teaching is to protect your soul in this time of chaos, disorganization and lower densities. During such a time, your soul needs more protection. The soul needs to feel loved and protected. And we, including myself, are able to send you protective energy forces with our connection to you. But remember, you have to connect with us. You connect with us, and then we will connect with you. You can call on us for protection. We want to protect you, because there are not many starseeds on the planet. If you look at the statistics, there might be around eight million starseeds on the Earth now. But there are eight billion people on the planet, which means that the starseeds are an extremely small number statistically when compared to the total Earth population.

But fortunately, there are enough starseeds to provide the attractive force necessary to bring a special fifth-dimensional energy of light and salvation to this planet. Yes, I take special interest in the planetary processes. I take special interest in the healings of the oceans, the healings of the forests, the healings of the animals and plants and the healing of this biosphere. You see, that is my special mission, my special work, and it is one of the reasons why I want to work with you. My dear ones, I know that you share my love for this biosphere. It is a special biosphere, and it can be repaired. Remember, a famous rabbi once said: "What is broken can be repaired. What is broken can always be repaired!" I turn you over now to our beloved friend, Chief White Eagle. This is Mary. Blessings and my love to you. Good day.

*He ya ho, he ya ho, he ya ho!* All my words are sacred. We are all brothers and sisters. We gather together as Brothers and Sisters of Light. This is a Brotherhood of Light. This is a Sisterhood of Light. And we honor each of you. We, as Ascended Masters, look upon you as equals. I know that you will be an Ascended Master in your future history, in your development. Your experiences here on the Earth now are part of your training, part of your preparation for greater service to the universe, to the galaxy and to Planet Earth. You came here with great courage. I honor your courage to come to the Earth in this time of great crisis.

There are many beloved Grandmother/Grandfather Spirits that are very distressed about the condition of the Earth. And the Grandmother/Grandfather Spirits have been speaking for centuries about this time period that we are now coming to, and we know that this is a time of great trial and crisis. The Grandmother/Grandfather Spirits are here on Earth. They have never left the Earth. They have committed themselves to being here on the Earth. Some Masters leave the Earth when they ascend. I understand that decision. Many of the Native American Ascended Masters that I work with and that you are interested in do not leave the Earth when they ascend. They stay around the Earth in the interdimensional realms. They stay as guardians of the sacred mountains, the sacred waters and guardians of the lakes, rivers and oceans.



I ask that you show your love for the Grandmother/Grandfather Spirits. As we approach this Intersection of Dimensions, feel your love for Mother Earth. And yes, we know and show our love for White Buffalo Calf Woman, who we see as a savior, the way some of you might see Mother Mary. We see White Buffalo Calf Woman coming soon to this planet, in a manifested third-dimensional form, in a form that is transcendent. Think about a Messianic Savior who is multidimensional. She will appear but will not be touched by any of the evilness or destructive energies rampant now on the planet. On the Third Dimension, think of White Buffalo Calf Woman having these special powers of healing and of opening up the hearts of many people to the healing and repair of this planet and of the biosphere, for she represents the love that we, the Native Ascended Masters, feel and want for the Earth and for the protection of this Blue Jewel.

Let White Buffalo Calf Woman be received in your hearts. Share your love for her. This is the greatest receptivity and the greatest attraction force for her arrival on the Earth. Your love and desire to meet her on the Third Dimension helps to bring her closer to the Earth. *He ya ya ho, hey ya ho, heya ho.* On behalf of all of the Ascended Masters in this lecture, Juliano, Sananda, Mother Mary, and myself, Chief White Eagle, *Ho!*