

# Question & Answers for August 12, 2022



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The permission of the author/channel  
Davidmiller@groupofforty.com  
P.O. Box 4074 Prescott, AZ 86302 USA  
[www.groupofforty.com](http://www.groupofforty.com)

This session has been transcribed by Cosmin Supeala, but it has not been edited by David K. Miller.

Please note this change: all members will receive the q&a transcript for its valuable information. Donations for participating at the live session and sending own questions (value of 6\$ over paypal to [davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com)), honoring this service, are still accepted and welcome, but they are voluntary.

## **Q1. Melia in Hawaii asks:**

**If we feel as if we are ready to ascend now, can you offer coaching tips on how to remain engaged in life? New people and new pets mean exciting new opportunities for love - but that seems to create attachments that then slow our ascension energies. Do we not take on new lovers, new pets, new projects etc.? How do you advise we live our best remaining time - allowing love in, while also remaining ready to ascend at any given moment?**

Greetings, this is Juliano, we are the Arcturians. We look at this idea of the ascension and calibrate or evaluate how the ascension shall affect your present lifetime. Let me talk about and compare this concept of ascension to the awaiting of the return of the Messiah. There have been many speculations and when the Messiah is going to return, there have been many calculations, and you probably are aware that many people even have prepared their life for that moment. In all these cases, that people were disappointed. Likewise, when we are talking about the ascension, it is an event that transcends the space time continuum. And the exact date or time is not given and will not be given. And one of the reasons is that you need to live your life. You do not stop your life because the Messiah is coming. Or you do not stop your life waiting for the ascension. This is an error in our opinion. You continue as if you're going to have a normal lifetime. That means going to work, that means mowing the front yard or lawn, if you have a lawn to cut, it means preparing for your retirement. It's not correct to go out and spend all your money because you don't think you're going to be here for your retirement, even though the ascension most likely will be before your retirement. But the idea is that you live your life as if it's going to have its full length. That means if you meet somebody and fall in love, you get married. You don't say no, I don't need to get married because I am waiting for the ascension. You want to buy a new car, you need a new car, then you may have to take out car payments. So, you don't stop your normal desires or your normal life. However, you have to evaluate your decisions based on what contributes to your life lessons, what contributes to your learning experience because you want to graduate from the Earth. That means you don't want to do frivolous things. You don't want to waste time with people who

are not spiritually minded like you. In other words, you are more careful in discerning in how you spend your energy and how you spend your time. And that is the coaching that I would offer. That is, that in the time left that you have on the Earth, you carefully choose who you're with and how you spend your time and choose and evaluate all energies and times based on whether it's contributing to your spiritual development and whether it's enhancing your ability to do the ascension work. That is the coaching I would give.

**Q2. Elisha from the Netherlands asks:**

**Dear Juliano, this is Elisha from the Netherlands with the City of Light of Lunteren. I have one question, which is our galactic sister city of light? Thank you very much.**

The Star City is on the Pleiades and the Pleiades does have a planetary name called Era. And there is a city on the Pleiades called Era. And that would be your galactic sister city. Now there are cities on Era in the Pleiades and these cities often have students of Ptaah. Ptaah is one of the main guides and teachers from the Pleiades. These sister cities in these cities in general are attuned to the Earth and in some cases have actually sent Ascended Masters and guides to the sister cities. They meditate with their groups encouraging and sending light to your city. And this is a boost, it is an elevation. Remember that this is a fifth dimensional city, and it is in the direction of the Pleiades constellation, but it is in the fifth dimension. Because this planet Era has ascended, has gone into the fifth dimension. It is helpful in your work of your planetary city of light to have a model, to have a higher elevation planet in a fifth dimensional city, to connect your work and to connect in your meditations, focusing on receiving their light. And you know that they that the sister city light is sending higher energy and light from the fifth dimension to your city of light.

**Q3. Bob of Alabama asks:**

**Part 1: Juliano, some of us have premonitions that as we get closer to the ascension, that there is the possibility of a big event coming that is going to shake the world. Can you please comment on this and how Starseeds can prepare encountered.**

You're accurate in your premonition that a big event is coming. This big event, as you describe will shake up the world. And unfortunately, it's more of a negative event. It's not a positive event. Remember that we are in a crisis, this planet is in a crisis. There are several major crisis points that can upset the entire planet. The planet and its systems, including the economic, military and political systems and biological and environmental systems are extremely fragile. It just takes one rogue state or rogue leader, who may be criminally oriented or sociopathic oriented, to upset the entire planet. Just look on how, for example, this Ukraine / Russian war has had ramifications for places in South Africa for example. And then such an event will stress this planet. The simple instructions or the simple recommendation is that to the best of your abilities, try and prepare yourself by having enough food and water for two or three weeks and have some type of plan in place, so that you can be as self-sustaining as possible. The event will not destroy the planet, but there'll be many upheavals in various parts of the planet. Please remember also, that even though we talked so much about the different wars, and nuclear confrontations, there are also solar activities of unpredictable nature and I'm talking about geomagnetic storms, coronal mass ejections, which, with the proper alignment, can destroy the satellite systems around the Earth. And this will destroy the internet, or at least bring it down for a period of time. And that in itself, would be a great shaking up. So, this planet in the way everything is operating now is fragile. And so how this fragility will affect your preparation for the ascension is another question

and the answer is that with the fragile illness and the uncertainty of “global” event, that will increase people's receptivity to the new spiritual intervention and spiritual help from the higher masters and guides.

**Part 2: What is the best way we can deal with personal karma as we prepare for the ascension? What techniques do you recommend we use to really self-calm?**

The best recommendation I have for karma removal or Karma rectification is what I call the life review experience. Now, the idea of the life review has been studied in modern psychology, in relationship to what is called the near-death experience, or NDE. People who have had near-death experiences report that they had a life review and that this life review happened in a brief second or two, to give you an example, say you were right in your car and had an auto accident and at that moment of impact, or let's just say a nanosecond before the impact, you had the feeling that you are going to die. Well, that nanosecond is enough time for life review. And the life review slows down, it feels slower, doesn't feel like a nanosecond. People report that right before the actual impact of the accident, there was a slowing down of time. Now, the life review will instantly tell you where you've made mistakes, and what needs to be corrected. Because from our perspective, Karma is a teaching tool. It's not a punishment. And the idea of a karmic release, is that you have to correct what was “a wrong action”. But how do you know what karma you have incurred in this lifetime? It requires then what I call the life review. Sometimes people report that they met a spirit guide, on the other side at the near-death experience. And with that spirit guide or teacher, they had the life review, that's good. If you are fortunate enough to have access to your spirit guides and teachers through a life between life experience, and you were fortunate enough to do the life review, then that would be the perfect example of releasing or beginning to release and deal with your karmic debt but also karmic gain. I'm always concerned because people want to always talk about negative karma, but there's positive karma. There are things that you're doing right in this lifetime. So please don't just focus on karmic debt, but you are creating good karma, you are creating positive karma too. So, the life review will also include both. And how you go about the life review, whether you work with somebody else, or whether you write it down, this is something that I think you have to decide, I agree that in the face of a near death experience, then of course, there might not be any choice, and you want to spend your final, second or two seconds on Earth, in the life review, but you can, in higher consciousness and with intention, do the life review and that will provide you the necessary guidance for how you have either incurred negative karma or positive karma.

**Q4. Ariana in Taos asks:**

**Juliano, we were expecting a major spiritual event to unfold at the time of the Summer Solstice. Did it unfold without us noticing or was it postponed? Can you expand on this topic please?**

Let's not confuse a major spiritual event with a major Earth event or political event or some type of economic event. I think that you may associate a spiritual event with a global awareness. In other words, that a spiritual master appeared or there was a spiritual light frequency that was received and that this was a major spiritual download. My point is that the world is so focused on the material issues and problems and wars and political polarizations, that there is not any focus, or certainly not any media reporting on spiritual event, therefore, you might conclude that there were no spiritual events at the summer solstice. I would say to you that there has been a lot of spiritual events. But unfortunately, they are not being reported. There are 1000s of star seeds that are meeting, there are 1000s of star seeds that are meditating, there are occasionally Ascended Masters appearing in different parts of the

globe and there is, I will say, in a planetary city of lightwork, that is very significant. So, there are spiritual events, unfortunately, the spiritual events and energy are not in the forefront of the media, and you might not know it. Now, I understand that your expectation is that a spiritual event would be so powerful that it would change people's consciousness and that they would turn around and stop their wars or stop being polarized and work together. No, that kind of event did not happen in the summer solstice, I have to agree with you. But there has been a new spiritual alignment just like there has been and the continues to in August. I think that it would be preferable if there were spiritual events of such significance that it was reported on the media, and that it shifted and changed people's consciousness. And I've often humorously said that you can get 500 million or a billion people together for a football soccer match and everybody's consciousness is focused on that match and it's a tremendous arcane power, but the arcane power is on a sports event. Think what would happen if you could get a billion people focused on a spiritual event and that is the task before us. And that is something that we from the fifth dimension are planning and are concentrating, meaning on what methodology we and the starseeds like yourself can come together in such an event that would bring a billion people together.

**Q5. Debbie in Argentina asks:**

**Part1: What is the relationship between the Arcturians and Archangel Metatron in the Arcturian stargate.**

First of all, Archangel Metatron is considered the prince of the angelic realm. And that means that he's like a head or a leader of the angelic realm, but he is a leader also of ascension. And he is a leader that has a certain role for the ascension, which is associated with the Arcturian Stargate. The Arcturian Stargate is a portal in this section of the galaxy, which is established for soul transfer, which is established for soul ascension from the Earth. The ascending Starseeds need a place to ascend to in the fifth dimension. This gateway is the Arcturian Stargate. Now there are stargates, there are 3 stargates in this section of the galaxy, where the Earth is. The Arcturians have been assigned the role of overseeing the Stargate. This is a beautiful but also important task. The Guardian of that Stargate is Metatron and Metatron allows, or shall we say, determines who can pass through that Stargate. There are codes of ascension that are used at the Stargate. The codes of ascension are involved in the tones and sounds of the Hebraic Prayer known as the Kadosh Kadosh Kadosh Adonai Tsevaoth, and that part of that part of the prayer known as the Kedushah, it's like a sacred password that allows one to vibrationally enter the Stargate. So, in a short answer, Metatron plays a central role with the Arcturians in creating entrance ways into the Stargate and into the fifth dimension.

**Part 2: Could you please if you can describe the Temple of Tomar, to have a better description , in order to give us a better visualization.**

Tomar's Temple is an etheric temple on Arcturus that exists both for the Arcturians and for our Earth star seed friends. It is what we call a purification temple. It appears a similarly to a hexagon with a top that can be described like a cone, but it's not quite as high as a cone and there is a large stairwell or that is elevated that comes into the temple. There is a beautiful area before the ascending stairways that is a garden. And when you enter the temple, it looks like but not exactly like a stadium, a small stadium, which the seats are the center, maybe you can call it an amphitheater where the people can sit around the center like they're at a football game. It sounds kind of strange, because I was just talking to you about football and people enter that, but it's certainly more elevated spiritually than the stadium but it's a good comparison. So, it's elevated and you walk down towards the center. By the way, I may

refer to it more like a Greek amphitheater or a realm where they you had Greek plays, that might be a better analogy. And you come down and in the center is a pond or a water, but that water is not like normal water as on the Earth. It has special etheric cleansing and purifying abilities. There is a crystal in the center. There's also a crystal suspended holographically above the pond and there are other attributes of this temple, but it is quite beautiful and one of the energetic aspects of the temple, meaning that as you are in the temple and spend time there, it does create a feeling of purification for you.

### **Part 3: Finally, could you tell us about cohabitation with masters and spirit guides?**

Cohabitation means that a higher guide and teacher can live with you in your energy field. There are negative cohabitations and positive cohabitations. And from our perspective, working with you, we are primarily focused on positive cohabitations. But negative cohabitation is a problem. And there are lower spirits who seek to negatively influence people. But for this discussion, I'm going to talk about the Ascended Masters and positive cohabitation. In order to have a positive cohabitation, you have to invite or allow the master to come and live in your inner energy field. This is not true in negative cohabitation, negative cohabitation does not require permission. But positive cohabitation does require permission. You have to have a spiritual resonance with the higher spirit. And you have to have a high light spiritual quotient that allows them and allows you to be in resonance. And finally, you have to have a mission or reason for them. For example, Moses had a mission to free the Israelites from Egyptian bondage, but he did not have the power or skills to do it by himself, but he was visited and had an angelic cohabitation. Mohammed was visited by Archangel Gabriel and Mohammed did not have by himself, the ability to bring forth the writings known as the Qur'an, but in the cohabits positive cohabitation with Archangel Gabriel, he was able to do that. There are other examples of how somebody with positive cohabitation achieved missions. In some cases, the positive cohabitation occurs spontaneously, and you were chosen rather than you were asking them, and this means that the higher Ascended Masters saw in your abilities an opening to further the spiritual development of the Earth and chose you to do this task. In the case of Moses, this is a good example because he did not ask, but he was chosen. But there are other examples where there are past life connections with masters and they come down to you. But it is a spontaneous thing. It doesn't just because you ask doesn't mean it happens. And sometimes it happens when you don't expect it. And at the same time, it helps to meditate and call on them. In this is a time that on this 2022 window, there is a great spiritual affinity for cohabitation. And because of that, the guides and teachers and ascended masters are more responsive to your requests for cohabitation.

#### **Q6. Ariana in Taos asks:**

**On July 13th 2022, a crop circle appeared at Barbury Castle in Wiltshire, UK, when the sun rose on the morning of July 18th, the formation had taken on a whole new look, this is unprecedented. What can you tell us about this crop circle?**

Well, this crop circle and many crop circles are multi-dimensional. This particular crop circle is a special message and special information that is given to Gaia, the spirit of the Earth. There are speculations that the crop circles are for human information and consumption. And some of the crop circles are providing geometric patterns that help expand consciousness. But some of the crop circles like this one don't seem logical or don't seem to explain anything. I say that the Earth and the fifth dimension are reaching the point of intersection, which is when the ascension will occur, when there is that intersection of the dimensions. And the Earth has to be calibrated energetically for that interaction and

for that intersection. This particular crop circle is information and is energy to help calibrate the Earth in preparation for the intersection of the dimensions.

**Q7. Member from New Mexico asks:**

**Juliano, I'm following Kimberly Goguen, founder of The United Network News. I have mixed feelings about her. I don't know if she's a trustworthy person. What can you tell us about her?**

We do not comment on individual news, journalists, or news programs. So, I have to choose to decline any comment about her but I will say something about the entire situation. The first thing I will say is that you have to trust your intuition. And in the question, the first where you said I have mixed feelings about this person. So that tells me that you have to evaluate your own intuition, your own intuitive experience. This is a time where you are making important decisions about your energy, there's not a lot of time left on the Earth, and you want to be in the highest way possible. Therefore, you have to decide how you use your time. And you have to decide who you listen to on the Earth. And if you decide to listen to somebody that you have mixed feelings about, well, then that that is something you should evaluate and choose and follow your intuition. The second part, the second answer to this question is: you and everyone are observing a cosmic drama on this planet. And on this cosmic drama, there's a lot of commentary. And everybody has their perspective, everybody has their opinion. In some ways, it's like watching a play, you know, everybody's going to have a reaction to what's going on. And the truth is, there's a lot going on this planet. Now, there's a lot of conspiracies, there's a lot of propaganda, there's a lot of false information, there's a lot of correct information, and you have to make your own determination, and what is correct and how that personally affects you and what you should do with it. It's a very confusing place and remember, I call it a cosmic drama, because there are many forces that are involved. And you then have the other issue, which I have repeated, about detachment. So, you are watching a cosmic play on the Earth. And at the same time, I am recommending that you, to the best of your ability, detach from this. Now, I said to the best of your ability, because you are human, and you too are going to have opinions about who's right and who's wrong and what's happening. But the one thing we all should agree on is that this is a mass extinction event that is now occurring, and that this mass extinction event is being caused by humans and that the humans are the dominant species and the only species who are controlling everything on this planet. And what the humans do, will determine which plants and animals will survive and which won't. And even if the humans say that they can't control this, is not true, that can be controlled. And that is the situation.

**Q8. Patricia from Santa Fe asks:**

**Dear, Juliano know most of us are struggling with intense Lions Gate (8.8) and super moon energy. Can you help us with an energy infusion and also suggest daily practices we can apply to stabilize, integrate and effectively utilize these energy downloads.**

The download is focused on higher consciousness and higher perspective. And one of the problems is that you are living in a body with certain belief systems that were not tailored for this type of higher consciousness. You all grew up on the Earth, you all were trained, most of you have been trained in Western culture, some of you have been trained in native cultures, but there's been limitations. And now, when you are oriented towards expanded consciousness and you are in this period where you call the lions portal, or Lions Gate and the possible Sirius energy, then you're looking at a higher download of spiritual consciousness. And the first question I have is: is your belief system ready, if you have the belief system about yourself and about your consciousness to handle this download. One of the

beautiful teachings in the Kabbalah is receptivity. This means that there could be great higher light coming to the planet. But yet you have to be receptive to it. And you have to have the tools to integrate it into your daily life and consciousness. This is like saying in order to receive a certain radio station you have to have a special antenna. If you're receiving or you're trying to receive something that is at, say, 440 megahertz, but you only have an antenna that receives that 30 megahertz, then that antenna is not going to be able to receive the frequencies at 440 Mhz. You need a special antenna. Therefore, when you're talking about this energy from the Lions Gate, or Lions Portal, then then we're saying: do you have the antenna frequency? Do you have the calibration to receive and process that? Now, the other part of this is that yes, you do have that capability, but it may be hidden in your subconscious. Your subconscious has great abilities and far beyond what you've learned in this lifetime. Your subconscious can interact with your Akashic records, with past lives, with the galactic unconscious and the Earth's unconscious, the collective unconscious. So, there are within you, perhaps buried in your subconscious, the abilities to receive integrate and process this kind of higher energy. That means that you have to give instructions to your subconscious to receive, process and download this energy. And therefore, my recommendation is that you say, in your meditations, "I open up the gateways within my subconscious to receive and process this lions gate energy and that my subconscious is going to activate the tools to receive, evaluate and process this energy". And therefore, you're giving permission and you're activating your subconscious to do that.

And using that technique, in talking with your subconscious, and giving instructions to the subconscious will have a tremendously powerful impact on your ability to receive and process this. So, it is like the codes of ascension: you have to hear the sounds and your inner mind opens up to the vibrational frequency of the ascension and so it is with these downloads. You have to prepare and give instructions to your mind through your subconscious to activate the right antenna and the right receptivity to use this powerful download.

**This is Juliano, good day.**