

Question & Answers for December 2022



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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), honoring this service, are still accepted and welcome, but they are voluntary.

Q1. Bianca asks:

Part 1: I have been using the cosmic egg and shimmering for protection but I have realized that even after doing that, at times, I tend to attract low energy spirits. That is confirmed by the work I do with the Multidimensional Arcturian Table. What am I doing wrong, please?!

The Arcturians today will be looking at many different questions that the Arcturian Starseeds have submitted for review. The first question has to do with the attraction of lower spirits. And when doing certain exercises, and why does not the shimmering or other extreme tools block the lower spirits or lower energies? I would like to begin by saying there are many reasons why lower energies are attaching to people. The shimmering exercises are tools to raise your vibrations. There are times when the raising of the vibration of the aura is enough to prevent the lower energies from attaching. But sometimes it is not the total answer. There are many reasons why lower spirits can attach. There could be reasons having to do with past life experiences. There could be reasons having to do with being a healer from a past life and having lower energies on you and this becomes then a subconscious attraction. There could be electromagnetic distortions around your home, you could be near power lines, you could have an abundance of electromagnetic energies from cell phones or from cell phone towers, there could be exposures from radiation. But also, if you find that you're doing certain exercises and then you find the attachments, then I want to give you this perspective, those energies were probably around before but now that you're doing the exercises, you have heightened your sensitivity. And that means that with the heightened sensitivity, you are aware of these and that it is not the doing of the exercises that is attracting the lower energies. But rather it is the doing of the exercises that is making you aware of the lower energies that may have been around you. I don't want you or other people to "freak out", because there's lower

energies around because there are lower energies around everyone and every place on the planet now. The perspective that we offer about lower energies, again is multifaceted and I have offered this perspective: think about a pathogen, even thinking about COVID-19 for example. You are probably, in fact everyone on the planet probably already has the COVID-19 in their energy system and their immune system, but it is at such a low threshold. And I use the term threshold meaning under 5%, that it does not bother anybody. But when you get to certain vulnerabilities, or when you get overloaded for any reason, then you become a greater risk and the percentage goes above the threshold. Now, let us talk a little bit about lower energies, because everyone may have lower energies around them. And again, if I use the example of COVID, if I is below 5%, is not going to bother you. If the lower energies are below 5%, then it is not going to bother you, but if they go above 5%, then it's going to bother you. And it is the same thing, so you need to keep the lower energies below the threshold. Shimmering is one way to keep it below the threshold, doing bilocation exercises is another way. Well, you can see already that this is a complex subject that we could spend the whole hour going through. And I want to go to one other point in the question, the statement was made that "I am attracting lower energies when I am working with the Arcturian Table" or it was something similar to that I might not have repeated exactly. So, you need to change your affirmation, because that affirmation is now sticking in your subconscious. And, for example, you could say "as I do the activity in work, the lower energies go below the 5% threshold, and don't bother me". That would be one example. So, it has to do with many different variables, it has to do with messages that you are giving your subconscious, so give yourself the right messages. But do not think that that the Arcturian Table is causing it, but the rather that it's increasing your sensitivity, which, by the way, is a good thing, because once you're aware of it, then you can take steps to remove them or lower their intensity.

Part 2: I am human, and I understand I will, at times, have negative feelings and thoughts. I have learned through practice, that when I am having only loving and caring thoughts these low energy spirits do not attach to my energetic field. Do you have any tips or suggestions on how to control the mind to a point where we only have good thoughts and therefore good feelings? Thank you so very much for everything you and the other Arcturians are doing to help our planet!

Now, of course, this is a free will zone and, of course, this means that you can and you will have both negative and positive thoughts. So, it is not possible and this should not be your goal to never have negative thoughts. It is rather how to be in balance. Now, the second point is that there are many religious spiritual traditions, and how to deal with negative thoughts. Even in Buddhism and Zen Buddhism, and Hinduism, for example, they talk about what is called the monkey mind, where you have continual negative thoughts or obsessive thoughts that take your concentration away. And, perhaps again, you find out that you are attaching to negativity or negative thoughts. So, each person has to find their path, but I can only say that having negative thoughts is part of being human. So, you find when you are loving, of course, you are going to be more accepting and less judgmental. But the important thing is that you would not be critical of yourself for having negative thoughts, but rather to be accepting that this is part of the human condition. Remember, in the lecture last Saturday, I said that there is an inclination towards good and inclination towards evil and everyone has that. Now, that means that inclination towards evil will produce negative thoughts at times. That one exercise that we did was part of a spiritual tradition that was looking at thoughts as clouds and that you don't attach yourself to negative thoughts and then they're just clouds passing by. So, you do

not stop what you're thinking, but rather, you have a choice of what you attach yourself to. Now, we are providing lots of tools for going in certain directions and connecting with the fifth dimension and these are ways of also accelerating your thought processes and moving you to higher realms and higher dimensions. But this is a continual work and it requires a commitment and it requires, so we say, a concentration. And the best solution is attachment to the fifth dimension and attachment to higher thoughts from the fifth dimension, including the emotions, as you have already identified of love.

Q2. Ariana in Taos asks:

Juliano, my question is in 3 parts:

1. What is the difference between dimensional rift, space-time continuum rift and ozone hole?

So, the three things we are looking at are the ozone hole, dimensional rifts and the space time continuum rift. Dimensional rifts in our discussion have to do with the openings between the fourth and third dimension. And this opening allows lower energies to come through, there is no discrimination of what the energies are, but they can come through. The rift in the space time continuum has to do with time travel and orientation and the setting of the order of past, present and future. In a spacetime dimensional rift the travelers from the future are able to come into the past. That is, for example, if somebody's at 20 AD they can come into 2022 and also past can come into the present or present could go into the past. This is very dangerous, these kinds of spacetime dimensional rifts, because unless there is an honor code, that is that you will not change events, or that there's only special permission to do things that change events, then the applecart of events can be turned over and many terrible things can happen. And it is my opinion that humanity is not at the sophisticated evolutionary level to deal with spacetime continuum rifts. Now, there have been spacetime continuing rifts due to military experiments and these military experiments were done by the government to use for time travel to gain advantage over conflicts. But this is not the proper use of them, and more problems have been engendered because of them. I mean, it really is a spiritual journey not to be used for military or ego purposes. Now the ozone hole is a hole in the electromagnetic energy field of the Earth that has certain biological and chemicals that had been brought out of balance and created a hole in the protective layer of the electromagnetic field of the Earth, allowing ultraviolet radiation and other harmful radiation rays to come into the Earth. And this is totally third dimensional and is a biochemical and bio-electromagnetic disturbance that is caused by toxicity in the Earth's electromagnetic energy field and the toxicity is produced by man. So that is not related to the other two factors that I have talked about.

2. Do we need to practice some special protection when sealing these rifts?

Yes, you do need to practice special protection, because number one, you don't want to be sucked into a rift. The fracture, dimensional fracture is not as dangerous because it is usually one way, that is, the higher the lower spirits are coming in, I mean, unless you purposely try to go into the fourth dimension, then that that will not be a problem. But you could, for example, be subjected to lower fourth dimensional beings attaching themselves to you. So, you shouldn't be protecting yourself using white light, etc. And the other part with the space time continuum, the same issue is you do not want to be sucked in. But most of the people that I have been working with do not try to go through the space time continuum rift. And therefore, they are not at risk. Now I know it might be attractive to go into the future. Now we have methods in our

Helio-Ah healing chamber to go into the future, using the special booth exercises and going into projecting to the future self. But this is very protected and would not cause harm. But unsolicited or unprotected going into a spacetime rift could be dangerous. So yes, now to seal them does require a lot of work, a lot of energy, a lot of concentration.

3. Knowing that these rifts are caused by ongoing activities - how often do we need to work on keeping them sealed?

Well, a lot of how often depends about how strong you are. Because there is a danger, for example, that you could have attachments, there is a danger, you could be thrown out of balance. And I recommend that in trying to do this work it be done with groups, as opposed to doing them yourself. And if you look at, for example, at the disturbance and the dimensional rift in Ukraine. This is a very serious rift, and we require daily work by large groups. And but if you look at, say, the Los Alamos rift, that rift may not require daily but he may or may require a weekly work. So, a lot of it is determined by how strong you are and what kind of arcane power you're going to be able to generate. And if, after the exercise you find yourself weakened, so if you find yourself weakened, then you might have to wait a week or two to build your energy up.

Q3. Ariana in Taos asks:

My question has to do with the chant at the end of your December lecture. It felt like you have downloaded the Creator Light and cosmic energies into our energy fields and sealed them. Could you please expand on it? I am particularly interested in hearing more about the vowel sound EEE (like in "elemental") in the end, it feels like strengthening and protecting the energy field. Thank you. Ariana

Well, I think you've already gotten the gist of the work. And I think that you are understanding that yes, this was an energy in which we were bringing down the Creator light. And the Creator light force field removes all negativity, strengthens the aura, and helps you connect with the highest part of the self. I think the teaching, the lesson is that, through chanting of sacred tones and sounds, we are able to transmit to your energy and light and healing that is beyond words. So, you received the connection to the Creator light and you receive the healing energy from the chanting, that is beyond words. And this then teaches that the value of toning. Now, this was a particular Hebrew phrase, but it contained the vowels. Now, the vowel of E, it usually involves the cleansing and the neutralization of lower negative energies around you. And incidentally, that would be a good way for the first question, where Bianca to deal with the negative energy she might feel when trying to do certain exercises to do that eeee sound because the "e" sound sets up a vibration. And it sets up a vibrational tone that begins to vibrate your aura and lower entities cannot deal with that kind of strength in a vibrational tone. We could discuss many different aspects of toning and sacred chants and sacred words, but the summary is that these tones and sounds, which you have received in that lecture, do create and communicate a vibrational energy that is able to transmit or bypass normal verbal consciousness and put you into a higher state.

Q4. Elisha in the Netherlands asks:

Dear Juliano, we worked as a group in the Netherlands often to heal the cracks and seal the dimensional rifts around the globe. Can you tell us are there dimensional rifts or cracks above the Netherlands or Europe and can you tell where they are. We work also on the Ukraine. Thank you very much for your answer. Elisha.

Well, there are dimensional fractures and cracks around a Europe and you know, minor ones along the Netherlands, but nothing of the magnitude that you would find in Ukraine. And the wars are usually a sign of dimensional fracturing. So, there was the dimensional fracture over Iraq, there was a mention of a fracture over Afghanistan and now of course, this huge dimensional fracture over Ukraine. The Netherlands right now is relatively stable. And I would say that the main reason is that there is a strong history of tolerance in the Netherlands, and the tolerance allows the acceptance of all peoples, but given the state of consciousness now on the planet and the ideals of lower vibrations and taking over countries, that the Netherlands needs protection. Because being too tolerant can lead to allowing lower energies to thrive and this is a difficult lesson for everyone who is preaching or are teaching tolerance and teaching acceptance. Because how do you balance being tolerant and accepting of all peoples and loving of all peoples, and at the same time weeding out those who have lower energy who are wanting to take advantage of the easy access to a country like the Netherlands. So that therefore is a higher value and needs to be explored. And, in some ways, it is a rift or opening, because then the lower energies would attract those people to take advantage of this weakness. But overall, at this point, I would say that the Netherlands is in a fairly protective and balanced state as a country, which is very good news. And your work there is definitely helping. The situation in Ukraine still is very much out of control, and does require the help of the angelic world, particularly, to seal the terrible rift and the I would say plethora of lower beings that are coming into that. Part of the problem is, that we have multi-cultural historical issues that have occurred over the centuries and many lower spirits have taken advantage of it and another problem in Ukraine is the nuclear radiation. And I will repeat again that the Chernobyl accident really has had a dramatic effect on the dimensional stability in Ukraine.

Q5 Melia from Hawaii asks:

Part1: In the most recent lecture you spoke of traveling to sacred places in the next 4 months. Could you give examples of some of these places and their unique attributes? Thank you! Melia Maria

Well, there are many sacred places around the world, but I don't know if everyone's going to have the ability, the time or the resources to travel to them. So, I mean we have identified 12 sacred, etheric crystal locations, using the etheric crystals, we consider those sacred places. We have also noted the downloading of the ladders of ascension, you know, which includes places such as Bell Rock, in Sedona. And so, this is another example of sacred places, but usually the native peoples of the lands, and I am sure there are many native peoples in Hawaii, have identified sacred areas. So, a lot of it is based on tradition, a lot of it is based on electromagnetic attractive forces. I know, for example, that Stonehenge is another place, the Dome of the Rock is another sacred place. You know, we could go through all of them and these are examples of sacred places that are protected, that would be important for you to understand, but these are examples of sacred places and I am not recommending that everyone travel around the world now. But there are sacred places around every area and many of these sacred places have probably been identified by the Native peoples in your land. Often, they are places of beauty. There are often canyons, there are often our mountain areas,

there are areas near oceans. So, you can use your attractive powers and base it on what it is that you feel when you are around. Beauty is usually a hint that you're close to a sacred place.

Part 2: I have been single for many years, and I have many friends in an equal position. Most of us express that this status is unwanted and unnatural. What do you make of this alone status that so many of us find ourselves in, and do you see this trend either increasing or decreasing as the ascension energies intensify?

Well, I don't consider this unnatural and I think in order to answer that question, you have to look at the soul history of the person. So let me say, for example, if in a previous lifetime, and when I am talking about soul history, I mean, looking at previous incarnations, it is possible that you might have been in relationships which stifled your soul. Think for a moment about being in the Mideast, for example, and living in a very restrictive culture where you didn't have the freedom and were controlled by the male energies. Or think about also the fact that maybe you had been in a previously negative relationship where you were dominated, and you didn't have the ability to study your own spirituality and be free. And, if that was a situation in a previous lifetime, then you could have made a soul agreement that when "I come back in the next lifetime, I am not going to be dominated, I'm not going to be controlled by a being in a relationship that is hindering my soul progress". So, the real question you have to ask is then: is being alone hindering my soul progress? And the real question, or the real perspective is what the history of my soul in other incarnations is, and maybe based on the balance and based on freedom that is necessary for your development, you made a soul agreement to come back and be single. So, I do not consider that unnatural. And no, that does not hinder the ascension, it is better to be single, for example, than to be in a relationship that is hindering your soul growth. And there are just as many people that are experiencing relationship problems, that is ending their soul growth. And so, you have to balance the two and ask that question. And so, maybe, as I said, this was what is necessary is to have this type of freedom. Now, we come back to the other issue, because I know people don't want to be alone, they want to be with somebody, and the idea is: what compromise do you have to make if you're going to be in a relationship and, is the compromise that you would have to make, would that compromise block your soul development? And I think that at this point, it may be in your situation or in other situations, it may appear that because getting into a relationship would lead to more blocks, so that now, in this situation, you may be freer to develop your evolutionary soul process.

Q6. Pat/Amrit in Santa Fe asks:

Dear Juliano, when the group in Santa Fe have worked with our PCOL and the Sangre de Cristo mountains, the Elementals have appeared with great enthusiasm, wishing to work with us. I experience them —Earth, Water, Fire, Air, and Ether—as states of consciousness and as well as magnificent sentient beings who are responsible for natural energies on this planet. Could you suggest a meditation to introduce them to some of my GOF colleagues, who are not familiar with them?

With love and gratitude, Amrit

Well everyone in the GOF or in your group, they may not be as sensitive as you are. So, we cannot say that we can give you a specific meditation that would open them up, the way you are opened up, because the meditation that would be necessary will be to increase sensitivity. Therefore, I would recommend using the medicine wheel and using calling on the native spirits

and calling on the grandmother-grandfather spirits, such as with Chief White Eagle, where you would be able to work with those spirits and that they would be able to feel those spirits and feel the energy of the medicine wheel. Because the Sangre de Cristo Mountains have tremendous spiritual entities around them and being in the medicine wheel, and doing the meditation with the medicine wheel, would increase the sensitivity. So, what we are talking about then, is you wanting to increase the sensitivities of other people, so they could feel what you can feel. Especially when I am talking about the elementals, my experience has been that working with the native energies and the native tools, such as the Medicine Wheel, are the best way for you to teach other people how to become more sensitive and connect with the Elementals.

Q7. Nazreen asks:

There are many of us who live in areas where there is just one of us and therefore we can't form a PCOL. Is it possible for us to have medicine wheels in each of our homes and for Juliano to then connect all these medicine wheels to each other and to all other medicine wheels in the galaxy and also download fifth dimensional light regularly through these wheels into our local areas and Gaia, just as he does with the PCOLs.

Chief White Eagle and myself have asked people in earlier lectures to create medicine wheels just the way that Nazreen has recommended. So, I think that she is right on. I can't say that they would be just like PCOLs, but they that you can create sacred space in your home area, you can create a sacred energy, sacred corridors in your area and the creating the Medicine Wheel is such a way. The Medicine wheel does have the ability to connect galactically. But I cannot say we're going to do an exercise to connect medicine wheels universally around the planet or universally around the galaxy. I mean, that's a beautiful thought and I can say that the medicine wheel, and this is what I would recommend, especially the center of the wheel, can connect to the Central Sun. And then when you connect with the Central Sun, that would be the connection that would get you to connect to other medicine wheels in the galaxy or even other medicine wheels on the planet. There is the exercise of a planetary Medicine Wheel above the North Pole that Chief White Eagle has been using, but I think that would need to be a guided meditation and guided vision. But yes, to answer your question, you are correct, you can increase the sacredness in the energy of your place through the use of the medicine wheels and I would recommend using a medicine wheel to connect to the galactic central sun. There are global Medicine Wheel exercises that Chief White Eagle may in the future offer you that can help. I would additionally recommend that in the Medicine Wheel, in your yard, try to connect with the ring of ascension. That would be another source and then have others in the global meditation send corridors of light from your medicine wheel to the ring of ascension.

Q8. Diana in Colorado asks:

Do the Arcturians collaborate with the Andromedans for our planet & the local planets in our system to uplift?

Remember that the Andromeda Galaxy is the sister galaxy of the Milky Way galaxy and there are Andromedans who are sitting in and working with the Galactic Council. So, this is extremely good information. There are many Andromeda Starseeds now on the Earth that are awakening. The Andromedans do have a ray of light that is different and higher than some of the rays of light that are in higher beings in the Milky Way galaxy. This is one of the reasons why we like to explore the Milky Way galaxy and explore the Andromeda Galaxy, because we

feel that the Andromeda galaxy does contain different vibrational energies. I have talked about perspective and, that one of the interesting astronomical perspectives is that each position on the earth, for example, has a different view of the night sky. So, what do you see in the northern hemisphere is not the same as what you see in the southern hemisphere and this is also true in the galaxy. What you see on the Earth and how you experienced the Creator light and Creator energy in this section of the galaxy is different than if you are in another section of the galaxy. And we've talked a lot about what the perspective is, and from the Antarians or what the perspective is from Alano etc. And so, following that guidance, I could say that the Andromedan perspective is also different. This is the beauty and the complexity of this universe: wherever you travel, you have new information and new perspectives. It is good that the Andromeda and Starseeds are awakening. Because just like you may like to get the Andromeda in perspective, the Andromedans like to get the Earth's perspective in this section of the galaxy.

Q9. Diana in Colorado asks:

It has been mentioned that some Arcturians are most connected with the Angelic realm in regard to star races. Do they work with for example with the Seraphim, the Ancient of Days, etc.? Thank you, Diana.

Each angelic host and each being, dimensional being, has a specific mission. The mission of the seraphim, it has to do with protection of portals. And remember that the seraphim were around the Holy Ark, the Ark of the Covenant and the seraphim are constantly sending out protective energies. We are concerned as you are about dimensional bleeding and dimensional fractures, but the seraphim are protecting portals, so that there will not be dimensional bleeding. And, yes, the Arcturians work with the seraphim, but again, they have specific roles and we have specific roles. So, when you use the term Ancient of Days, the Ancient of Days is a term referring to the Creator light, the Creator energy before time. Now, this is a term that really stretches your mind and imagination, because in the human mind and logic, it is extremely difficult to conceive of anything existing before the beginning of time. But the term Ancient Days refers to the Creator before time began.

Q10. Bob in Alabama asks, his question has 2 parts:

Part 1: Dear Juliano, how close is the earth to a worldwide planetary shift in consciousness and what event (s) do you see that could bring about a greater unity to the global crisis? Can we count on the intersection of the dimensions to bring this about?

Well, we are close to global consciousness, we are close to a global intervention, we are close to these many things and the reason is because of the connectedness, through the internet through social media, that there are tools now that exists on this planet that can unite. And we see examples of that in the World Cup soccer match that is uniting over a sports event. But there are tools in place. Now, what event, I mean, how close are we to using that for a spiritual intervention and what would cause that consciousness to shift? So, the first part is that yes, we're close, we have tools. But the second part is that if a negative event occurred, that had global significance and affected everyone, and I am referring specifically to an Earth change event or even a global event, some sort of global catastrophe, that could be manmade, or even be due through war, then you would see such an immediate connectiveness and there would be a such a powerful spiritual opening. I understand, that there seems to be so many blocks to

spiritual interventions, and that we are in a position now where the old is still old systems and the old groups are still holding together, but the many of them are falling apart and there's disruption and when there is a major world disruption, there's going to be more receptivity to this spiritual intervention.

Now, is the intersection of the dimensions going to help this? The intersection of the dimensions at this point is primarily going to affect people who are spiritually prepared. The intersection of the dimensions is going to make you, who are spiritually prepared, stronger, and it is going to make you able to directly apply the spiritual energy. It may not necessarily change those who are not spiritually minded, but it will change you and other people who are spiritually minded and help them make you stronger and more influential.

Part 2: Dear Juliano. In your latest lecture you stated that the core service and energy that will become available in the transition from the end of 2022 and the intersection of the dimensions will be the propagation of Homo Omega. This is new concept beyond the group of Forty, so what recommendations do you have for us on accomplishing this to an already skeptical audience on climate change?

We are getting into the realm of anthropology and I a student of galactic anthropology, which is the study of civilizations and cultures, not only on the Earth, but throughout the galaxy. I would recommend teaching an exploration of galactic anthropology as a basis for the teaching of Homo Omega, because we are having many people who are resistant to these ideas, but there are also many starseeds that are awakening. And, as I said in the earlier part of this lecture, when there is some type of global catastrophe, then people are going to be looking for new answers. Now, in galactic anthropology, we can talk about evolution. And so, I am talking about the uniting of science and anthropology with the spiritual teachings of the Arcturians. Now what a combination this is. People are tremendously interested in the Neanderthal right now and we see many articles and many discussions about DNA and the history of the Neanderthal and there are discoveries all the time, that they were burying their dead, that they were, hey, using fire, there was even information that there were ongoing battles with the Homo Sapiens that may have lasted 50 to 100,000 years. I mean, that sounds familiar when you look at some of the battles are going on now. So that the teaching of Home Omega is also rooted in Christian mysticism and there is a famous philosopher named Pierre Teilhard de Chardin, a French philosopher and Jesuit priest, whose mystical teachings were precursor or a pre-runner to these concepts of Homo Omega. Now, he didn't use the term Homo Omega, but he was moving towards that ideal. So, if there is a role, and I believe there is for the Group of 40, it has to do with trying to integrate science and the discoveries of the history of evolution. Remember, this is not a mystical concept. That is, in a crisis, evolutionary change happens! That that is not mystical, that is factual. If you study the evolutionary processes on the Earth, you will find that the evolution has always occurred in a crisis, a crisis of survival. And I found this in my travels throughout the galaxy, on other planets. And so, my recommendation would be to take the scientific perspective in the teachings.

Q11. Caryl in Australia asks:

Here is my question: "If a person was mostly good in his life, but during a period of several years was doing a lot of illegal drugs and being hateful, deceitful, and violent, but then after a year in jail turned back to being good, could he ascend in this lifetime?"

Caryl

The answer is yes. The way or the perspective is: this lifetime on Earth is a school and you could be bad in school, you could fail a grade, you know, you could be put in detention, there are many things that can happen in school, but you still could graduate. So, it doesn't mean that because you were bad in grade eight or nine that you can't graduate. You know, the second thing is, the question you have to ask yourself is what have you learned? What have you learned in this lifetime? And have you forgiven yourself? Because there is the concept of repair of the self. So, you did encounter or other people would encounter negativity and you might have had some negative behavior, but it doesn't mean that you cannot ascend! Did you learn anything from this about yourself? Did you repair that part of yourself, that led you down that path? Did you make amends to those people who you may have harmed? So, those are the questions that are most important. And the answer is yes, even with the background that you gave, especially if you have met the criteria of forgiveness and repair of the self.

I bless you all from the Arcturian Crystal Lake from the fifth-dimensional temple of Tomar and from the Central Sun. Are there other questions?

May the light of the Arcturian Crystal Lake and the light of the Central Sun and the light of the Ring of Ascension be integrated as a powerful healing force into each of your energy fields as you are seekers of light and that light is available to each of you today. I am Juliano. Good day.