

Question & Answers for June 10, 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. Ariana in Taos asks:

Juliano, could you please talk about the first wave of ascension? How many people do you estimate will leave the planet? And how about those who are not ascending? How will they proceed this influx of light? None of my group members is interested in ascension as they're all attached to their families, careers and pets and prefer to stay behind. Thank you.

Greetings, I'm Juliano, we are the Arcturians. It is good to be with you again. I enjoy your inquisitiveness and it is necessary to explore some of these important questions.

The Ascension is not for everyone. The Ascension is for those people who are ready to leave the Earth's incarnational cycle. The Ascension is for people who are on the edge of completing their Earth lessons. I talk about the ascension, as if you are going to graduate from the Earth. This means that there are lessons to learn. I realize that given the length of time left on the planet, that there might not be enough time for everyone to complete their lessons. That is why the Ascended Masters have talked about a period of grace. I compared this grace to the idea of skipping a grade in high school. So, for example, say you're in the 10th grade and then you skipped the 11th and went right to the 12th and then you could graduate from that school, at least in the United States. But there is another important characteristic for ascension and Sananda discussed this in a lecture many years ago. And that is the idea of: do not look back. What does that mean? At the moment of ascension, you are going forward, you are not going backwards. And the ascension is a moment, a brief moment when an influx a download of spiritual light intermixes with your spiritual acceleration, your spiritual transmutation, allowing you to accelerate your energy field to a point where you will reach a vibrational energetic speed that allows your physical body to disappear from the third dimension or at least from

people who can see the third dimension and also possibly see you as a fifth dimensional being. This acceleration of light and spiritual frequency then moves you forward, and you then can direct yourself. We recommend that you direct yourself to the Arcturian Stargate or to a ladder of ascension that we have downloaded. But, if you look back, in other words: "Oh what about my pets or what about my wife or what about this person taking care of or what about my job"; then that stops the process. And it's very difficult to get the momentum to go forward. You asked the question about how many people. I'm going to give you a broad estimate of between 30000 and 300000. Now, that may seem like a large span, a large number of people, but it is difficult to predict how many of the first wave, and I would say, let us use the figure of 330000 or 300000, it'd be difficult to predict how many of those people would be ready to do what I just described: to go forward to not look back, to immediately accelerate their energy into the other realms.

So, I'm not surprised when I hear that people say they're not ready for this. Unfortunately, one of the issues that is going to occur is that there is going to be an acceleration of polarizing events and what you want might consider catastrophic events on the planet and the world's attention will be focused on these events. And that is when the first wave is going to occur. That means that, even though you and I would think that there would be a disruption in the ascension, or in the planet, when all of a sudden 30000 or 300000 people disappeared, I am suggesting that because of the Earth's situation and some would call an Earth emergency, the world or the people's attention would not be so overwhelmed. I mean, if 30,000 people disappeared right now, in the United States, that would be all over the front page. But if there were major earthquakes, or there wasn't a volcanic eruption, or there was some kind of event that caused a disaster, then those 30000 people, who are ascended or are taken up, might not be noticed. And that is what's going to happen.

Now, I have to be careful, because I don't want people to start thinking or wishing for a catastrophic event, so that the ascension could occur. It's not that way. I'm just saying that happens in the first event in the first wave. So, this means that it's not going to be as overwhelming or it's not going to disrupt the normal day to day operation, because the normal day to day operation of the planet, or at least in some parts of the planet, are already going to be disrupted. When I present the figure of 300000, that may sound like a lot, but if we consider the entire planet then it isn't that many. And I realized that even in earlier lectures, we were predicting perhaps a higher number. But you can see that the polarizations and the disruptions that are happening on the planet now do deplete and do affect the spiritual light, even of the light-workers, even the starseeds. And I am concerned because I know that there are many of you, dear friends, who may feel overwhelmed now about the disruptive behavior and about the sixth mass extinction and about the planetary polarizations and the planetary wars. And I'm concerned that this does deplete your spiritual focus at a time when you need to increase the spiritual focus at a time when you need more support. And I'm willing to provide as much

support as I can and to try to point you in the direction. So, I hope that answers the question. The big thing is: don't look back, prepare to be detached and go with the vibrational flow. And practice, practice shimmering, shimmering is the best ascension practice, because you are accelerating your aura. And this is what the ascension energy, the download of the intersection of the dimensions is going to do. There is going to be a wave, think of a wave of spiritual electromagnetic energies, that comes to your aura and this wave sets off a spiritual chain reaction that accelerates your aura speed, because you've been practicing shimmering, you give permission for the aura speed to accelerate. In fact, it will feel comfortable.

But if you look back, then the shimmering stops, the acceleration stops. This type of acceleration of the energy field is so fast that I cannot even practice with you that speed. And the speed that we are practicing is still slow compared to what the speed of the ascension light is going to activate within you.

Q2. Ariana in Taos USA asks:

It appears that until recently, perhaps 150 years ago, there was prosperity on the planet, beautiful buildings in the same building style were built all over the world. The art was so incredible. It's hard to duplicate it with the so-called Modern technology. And supposedly there was free energy. What is the official history that they're hiding from us?

It is difficult to compare what was going on 150 years ago. But remember, this was close to the start of the industrial revolution. And this was the mark this was the beginning of what I call the disassociation from the wave of nature. Now, the history of the western civilization is filled with violence, dominance and destruction. So, it's not totally correct to think that 150 years ago, there was more or better art or a better of beauty. But I can tell you without a doubt that in 2022 there is more stress than there was 150 years ago. In 2022 there is less purified air on the planet than there was 150 years ago. If, for any reason, you were given the ability to travel backwards in time, and let's just say you went back to 1850 or 1870, you would be shocked at how pure the air was on the Earth. And now, you would be equally shocked to understand, and you also personally experienced the pollution around the entire planet. There is no place on this planet that has purified air even if you go off to a far south pacific island or far off in New Zealand or anywhere that might be isolated. You would still find that, in comparison to 150 years ago, there is pollution in the air, and you might be shocked and ask yourself how can I adapt to this? Now, what you describe as say specialized beauty or a specialized energy, is related to the purified air that was available. I think that it is hard for you to comprehend the pollution that you are daily exposed to, and I'm talking about electromagnetic pollution from devices, I'm talking about air pollution and pollution from the food. Because you know that there's a tremendous amount of pesticides and plastics in food, it's really shocking to me, that your body can even adjust to this. So, let's add the stress that everyone is experiencing, the

stress of possible annihilation, the stress of the polarizations, the stress of energy depletions in your field, and possibly the stress from overexposure to radiation and exposure to electromagnetic energies from devices, it goes on and on. And so, that is the difference! Now, the technology has accelerated, but the spiritual wisdom has not. And also the ability to purify the environment, the ability to cleanse one of this multiple level pollution has not increased enough to keep up with it. And therefore, I think that the artistic level may not be as high but on the other hand, remember, statistically, there are more spiritually advanced people on the planet than any other time in the history in this cycle. And I'm referring to the past 26000 years, during what is called the precession or the Earth wobble that is the Earth wobbling around the Zodiac which takes approximately 26000 years. So, the number of spiritually advanced people on the planet is high is just that the percentage compared to the whole population is less than 1%, maybe even a half percent and the spiritual people are still struggling to find their personal power to shift this situation.

Q3. Ariana in Taos, USA asks:

Juliano, would it be correct to assume that if I take with me to the Crystal Temple Lake someone who is not one of the 1600 Arcturian Starseeds, that his or her fifth dimensional body will be there sitting in the circle with the rest of us.

If a person is an Arcturian starseed and if a person is working towards their ascension, and if the person is experimenting and exploring their multidimensional presence and what their ability to be a multidimensional means, then yes! Their fifth dimensional body will be there. That is not limited just to the 1600 starseeds. However, those are three big IFs. Let's just take what I consider the most important which is your ability and your interest in being a multidimensional being. Now, being multidimensional can be defined as living on or in different dimensions and in different bodies at the same time. And I use the example of the dream body, you have a dream body and that dream body you inhabit every night, and you're off to the races off to many different places in the fourth-dimensional astral world. And it's because you are inhabiting your dream body that you are able to experience dreaming and visiting different places, even the times going to the higher realms, sometimes going to the lower realms. If you are not one of the 1600, but you want to explore your multidimensional self, and you are open to this, then yes, we will arrange to have your fifth dimensional body there on the Arcturian Crystal Lake. And we're happy to do that. But as I said, there are requirements and that also includes the ability or the interest in the ascension. And I like to explore with you what I call the percentages of multidimensional existence. Let's say for example, that at this moment, you're 100% in your physical body, and you have zero interest or zero ability to be in your multidimensional body in the fifth dimension, or even in higher dimensions. Now, in that case, I would say you're 100% and physical and 0% and multidimensional self. Now through our discussions and through our learning and through our techniques that we are teaching, we are trying to move you into 85% physical body and 15% multi-dimensional body. And the more that

you can adapt and move into that percentages, the better you will be able to ascend, the better you'll be able to participate in the higher realms. So just think for a moment that you could be 60% in your physical body and 40% in your multidimensional body. Now, to be in your multidimensional body does require you to meditate, does require you for you to be in expanded consciousness and it does require you to have other skills, such as bilocation, or thought projection. Now bilocation and projection are pretty much the same method. There are some minor differences, but I don't want to explore that at this point. Let's just say that you're able to go to your multidimensional body by thinking, by thought projecting, that is visualizing to the best of your ability, that your spirit is leaving your physical body traveling in a tunnel or a corridor, and then going to another place like the Crystal Lake and then inhabiting the fifth dimensional body at the Crystal Lake.

Now I have specific reasons why I designated the Arcturian Crystal Lake. First, I want you to feel secure in where you thought project yourself. Just like there are viruses on your computer and just as you could be taken to a different site, not knowing where you're going, you might think you're going to one site but then they take you to another site and they might and you could even be fooled into thinking that you're at that site but really, you're somewhere else, this can occur. Think about how possibly dangerous it could be to travel to a realm that you think is fifth dimensional, but it really isn't. And that's why we established the Crystal Lake because we want you to know this is a secure site. This is a place where you could rest assured that you are protected, that you can take your fifth dimensional body and know that there is no interference, there's no viruses, there is no encroachment on your spirit.

Q4. Julian asks:

Dear Juliano, I am curious about the moon? Is it natural? Or was it in an installation? Where did it come from? What else can you tell us about the moon in any life that may exist there or what it's been used for, if anything, thank you.

First, there could be no life on this planet, unless there's a moon. Now, that may sound shocking, shocking to you. But if you study the physics, and the astronomy and astrophysics, you will understand that the moon is related to the gravitational pull on the Earth's axis that allows the tides to change, the seasons to change, and many other functions that astronomers are still learning about. So, the moon plays a vital role in the life on the planet. Without the moon, there is no biosphere. I know that some people might think it's shocking. When you say, is it natural, well, yes, it's natural, because a collision billions of years ago, perhaps three and a half billion years ago, we'll have to look at the statistics and the history again, where an asteroid crashed into the Earth and that dislodged a third, or a quarter of the Earth and broke away. And that's how the moon was created. Now the asteroid was an extremely large asteroid, part of that asteroid stayed with the Earth, part of the asteroid went with the moon when it was dislodged. Now, I know that people consider asteroids small. So how could an

asteroid do that? There're two things you'd have to understand. One, the Earth was still in its formational stage and it didn't have this strong core that the planet now has, so that it a lesser object was able to dislodge a portion of the Earth because of the lack of core strength in the in the earth. Now, there has not been any life on the Earth at that time and there was not any life on the moon at a time and there has never been any life on the moon? There have been visitations on the moon, from extraterrestrial sources. But there is no biosphere that can sustain life there is water in different parts of the moon but the biosphere itself is frozen. And you ask Is this a natural event? Yes, it's a natural event in cosmology. It's a natural event in the creation of planets in the creation of systems. I can say, for example, that there is a tendency in the universe to create situations that allow a planet to have a biosphere and life. I mean that is the tendency in the cosmos. Now, statistically, it doesn't happen very often and if I look at this galaxy, the Milky Way Galaxy, and I say, well, there's 200 billion stars, but there's only 5000 planets with advanced life on them. That's an extremely small number. Even though every star may have a solar system and even though every star might have planets, and every planet may have moons, you know, if there's 200 billion stars, we can only imagine how many billions and billions of planets and moons there are. And so statistically, it takes what some people call the Goldilocks energy field, which means that has to be the right distance from the sun so that the planet isn't too hot or too cold, there has to be a moon in the right position and it has to bring the planets axis into the right angle, I think the Earth's axis is 23 and a half percent, so that there could be the seasons and the tides and everything. So statistically, it does not happen a lot, but it does happen. And that is what the universe drive is to create more opportunities. But if you think about 5000 planets, with life on it, now, this is one galaxy. And if I told you there's 100 billion galaxies, you could only imagine then how many planets there could be. But to answer your question, it is a natural event. And the universe has a tendency towards this, even though a statistically small possibility, it does occur. So thank God that the moon is there, and it plays this vital role.

Q5. Bob Maldonado from USA asks:

Dear Juliano, what practical recommendations do the Arcturians have for us to measure, monitor and perceive the spiritual light quotient level of our planetary cities and ocean reserves of light and its strength in that network?

I wish I could give you a statistical formula where you could measure the spiritual light frequency. And wouldn't it be wonderful if we had a little device, a meter that measures energy. And of course, we do have meters that measure electromagnetic energy and radio and a wave energy. And you could walk around and measure the radio frequencies from 5G towers or from other different devices you know that that are being emitted? Now wouldn't it be wonderful if we had a meter that you can use to measure the Spiritual Light Quotient because then we would say that your aura is vibrating, let's just say at 100 arcan units per second. And then with a higher spiritual light frequency, you're vibrating at 160 arcan units per second. And,

therefore, by using this meter, we would be able to go into a planetary city of light and we can do measurements before and afterwards. And we can say well, first, there is an energy field around the planetary city of light, just like there's an aura or energy field around you. And if I had this, you know, fantasy like imaginary meter, then I could go and I could measure your frequency. Let's just say when you're watching television in our board and then I can measure your frequency when you're in expanded consciousness. Therefore, I can say look, when you're an expanded consciousness, you're at 200 arcane units per second your aura is vibrating. When you're watching television, it's only at 70 arcane units per second. Now there was an attempt by some people to measure religious experiences, in units. For example, let's just say that the 1000 units was enlightenment, and you were in Shangri La. And let's say that you were in the middle of downtown San Francisco in the homeless division where all the drug addicts were in that was like at 100 units. Well, that would be an interesting way of measuring this and that. I'm hoping that at some point, we will be able to develop this type of measuring device but because you do not have that technology we do, you don't. We have to look at other issues, we have to look at the number of people who are spiritually minded, we have to look at the level of compassion that is expressed, we, we have to look at the way that the poor and the needy are being treated, we have to look at the number of spiritual events that are occurring in the City of Light. For example, are there group meditations? Are there lectures, are their spiritual events in the city? So, for example, let's just say there's a low energy city that's run by drug cartels. Well, that's not going to be a high vibration. But if that area became a planetary city of light, and let's say, for example, now people were meditating together in a group, then that would raise the spiritual light frequency, but the only way you could measure it, is by the number of group meetings that they were holding. Let's just say that they are using crystals and they are using medicine wheels, or they're using other spiritual energetic experiences, then we would say that this is another way of measuring the spiritual light frequency, the SLQ of a planetary city of light. So, the answer the question is, we have to look at exterior events that are occurring in the planetary city of light. And I know that there was one man I think it was in Colombia, who did a statistical analysis of crime and he found that the crime went down after the place became a planetary city of light. So, I think that that is another possibility. Now, the other ways of doing this would be to do a survey, which is a lot of work, you know, before and after survey, okay. This is your spiritual awareness before it became a planetary city of light. Now, let's measure the spiritual awareness afterwards and ask people to do this on a one to 10 scale 10 Being a very spiritually aware, 1 being a less. This requires an extraordinary amount of statistical analysis, but that is that we're still at a quote primitive foundational level. So, the answer to the question is that. The thriving of the Chi, the thriving of the lifeforce energy is also important. Now, let me give you several examples. It's well known now that there are dead zones in the Gulf of Mexico. So, a dead zone means that the oxygen in the ocean there is so depleted that nothing could live. Well, how could that area be as a ocean reserve of light if this is in the dead zone? So, you would want to measure the return of oxygen the return of lifeforce energy into that dead zone as a way of measuring the effectiveness of

the ocean reserve of light energy. This is a great question and I think also, we would use some environmental markers like: the air is cleaner, like there is less pollution, like people are more aware of how to take care of their city of light, that there's a sense of protection.

These are just some of the ways that we could evaluate the energy of the planetary city of light and its effect on the energy level. But I tell you, one of the main measurements is the amount of fifth dimensional energy and contact the City of Light has.

Remember, when we are doing the activation, we are bringing down fifth dimensional energy. And it's our expectation that the planetary city of light will be able to hold fifth dimensional energy. And what does fifth dimensional energy look like? What does the city of light that has half dimensional energy look like? It looks like expanded consciousness. It looks like spiritual masters. It looks like there's a place where people are having spiritual classes. There are people are meditating together in groups. They are setting up protective energy fields around their place. They're seeking to bring down more light. And this by the way, is the one of the reasons why we talked originally about the planetary sister city of light. Because we hope that the planetary cities of light will bring down more fifth dimensional energy. And the idea is that if you could connect with galactic cities of light, this will encourage the bringing down a fifth dimensional energies, which is the number one marker for a planetary city of light and ocean reserve of light, the ability to connect and hold fifth dimensional energy.

Q6. Jan Dugan of New Hampshire USA asks:

Could our Meridian meditations be recharged/updated and maybe reworked to give us a new and fresh perspective on these important Meridian meditations? Thank you.

To talk about the Earth meridians let me also talk a little bit about Chinese medicine. I think it's called TCM Traditional Chinese Medicine in Daoism, because the daoists were in contact with higher fifth dimensional beings when they developed the traditional Chinese medicine and the concept of the meridians was one of the basic, and still is, one of the basic tools for diagnosis and treatment of all health problems in your body. Now, the basic idea is that when a meridian is blocked, then there is illness. And the solution to all illnesses is the unblocking of the meridians in the body. When or if the meridians unblocked, and then there's a flow, then the body is able to heal. But if the meridian remains blocked or you cannot unblock it, then that means illness continues. And this is the foundation of acupuncture, so that they put needles in certain points on the Meridian to unblock the meridian. Now, don't be overly concerned because anyone who's on the Earth is going to experience block meridians. It's just, you know, impossible to be totally pure, especially as I'm describing many of these different features of pollution in your body that you're exposed to now. So, the idea on how to stay healthy is to learn how or to try to do things that unblock your meridians. I know it sounds simple, but it really is more complicated than that, I mean how to how to unblock it. Because, yes, you can

do it through needles, they could do it through certain foods, you can do it through a massage, you can do it through acupressure, you can do it through certain exercises, you can unblock your meridians by going into sacred places, through meditation, you know going to high energy places like in Sedona, or any sacred place. These electromagnetically charged sacred places have the ability to unblock meridians and that's why people have miraculous healings. I think Lourdes, if I am pronouncing it correctly, in France is known for healings because there is a strong electromagnetic pure effect a purification energy for the meridians there and there are people who can experience spontaneous healing because these this electromagnetic energy there opens up the meridians. So, let's look at what would be considered on the planet. So, the planet has meridians, but the planet's meridians are very complicated. I mean I could tell you that there might be 1000 or 10000 Different meridian lines on the planet. But let's just use the same concept. The blockage of the meridians means that the planet is sick. But what does the sick planet look like? Okay, well, if you have a fever, that means that you have a blocked energy leading to what's your immune system. If the planet has a fever, then it may be emitting volcanic eruptions. If you are dehydrated or say, for example, you're nauseous, that could be a blocking routine in the stomach system. But also, if meridians are blocked, and there's not a good flow of energy, then the Earth also has a self-correction function where it tries to unblock the meridians. And if the meridians cannot be unblocked, it may the Earth may decide to have an earthquake to unblock itself.

Now, these are simple characteristics. What I'm getting at is that we, as planetary healers and you, as planetary healers, are working with the meridians to unblock them. So that they can function in a way that keeps the planet in balance. Everyone can tell the Earth is out of balance now. You know just look at the weather patterns and other aspects of the biosphere. The idea of the meridian work is to open up the meridian so the Earth can become balanced because the meridian can become balanced.

Now, some of the meridian lines are large like the equator, like the north to south pole. There are some meridian lines through the pyramids in Egypt because these meridian lines were also known by the mystics and there's meridian line through Stonehenge, for example. And there's a many other meridian lines along rivers like the Amazon River, or the Mississippi River etc. It would be a deep study to come up with all of these meridians. But one of the ideas of our downloading the 12 etheric crystals is what we call the bypass-meridians. And I use this term bypass because think for example, if you have a blocked heart artery are and that artery couldn't be repaired for whatever reason, one could do a bypass surgery where one would take a vein from one part of your leg and you reattach it into your heart. That's a bypass and you could go on living. And I think that this is another idea in meridian work is that we set up these 12 etheric crystals and the lines between them as a bypass meridian system to work to keep the Earth connected to higher light. So, I encourage you to do the releases, for example,

in the Ring of Fire, which is another meridian system, and that we want to keep the meridian systems open to the best of our ability.

Q7. Henry from New York USA asks:

Arcturus is a red giant star about 26 light years from Earth. I read in a cosmology book written for the general audience, that Arcturus may be part of another galaxy that is on the course of colliding with the Milky Way. Could Juliano comment on this, please? Thank you.

Well, Arcturus is maybe 36 light years away, which is an extraordinary close, or relatively close. Remember that there was a World Fair, I think it was in the early 20th century, and the light from Arcturus was used as a solar device to activate some other device, and they were showing how light from the stars can be used on this planet. It was an interesting concept, way ahead of its time. So, Arcturus is part of this section of the galaxy and Arcturus is designated as a point for higher spiritual work and evolution. And hence the Arcturians you've been given the assignment of the Arcturian Stargate for this section of the galaxy. Now there are approximately four sections of the galaxy that have been designated for stargates. But we're talking about a galaxy that is very large. So, if you think that Arcturus is far away at 36 light years, now imagine the diameter of the galaxy at 30000 light years or imagine that you in this section of the galaxy, are 26,000 light years from the center. 26000! So, 36 light years is nothing. And where I'm getting at is that this section of the galaxy you are part of, Arcturus is a part of it. Now, here is the story about the collisions. The Andromeda Galaxy is the sister galaxy of the Milky Way galaxy. It's a little bit larger, there's actually more planetary life, higher beings on there than in this section, or in this part of the galaxy, but the Andromeda Galaxy, which could be for example, 2 million light years away and the Milky Way galaxy are on a collision course. These two galaxies are going to collide with each other. But this is going to happen millions or even a billion years in the future. And so yes, Arcturus being part of this Milky Way galaxy will collide with the Andromeda galaxy in the distant future. But when I say the word collide, you might think of two objects exploding and hitting each other. But look, these galaxies are 1000s and 1000s of light years apart. I mean, within the Galaxy, and if I said that there are 30000 light years from the center of the galaxy, there's a lot of space between each star system. So, when the Milky Way galaxy and the Andromeda galaxy and Arcturus, which is in the Milky Way Galaxy, collide, way way far in the future, it's not going to be like stars or hitting each other. It's going to be that there's going to be many, many misses. But there's going to be an energy unification and the Milky Way galaxy in the Andromeda galaxy are going to merge together. And maybe it's going to be called the Milky Andromeda or Andromeda Way or something, I don't know what the new name is going to be. So yes, Arcturus being part of the Milky Way galaxy will experience in the distant future, and now I'm talking about, millions of years, if not more, the collision with the Andromeda galaxy, but it will not be the end, it will be a merging energetically of two extremely large systems. But remember, these are two galaxies, in what's called the Local Group, we are in a section of the

universe where there is a local group of galaxies, maybe 50-55 galaxies that appear to be interacting with each other. And so now, we're on a great cosmological adventure to understand, because the Milky Way galaxy Andromeda galaxies are just two in a very large system in the local group.

I am Juliano. Blessings to all my friends and starseeds. Good day!