

Question & Answers for October 14, 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. Fred in Massachusetts asks:

Part 1:

Juliano, after listening to the August lecture on the merging of the 5th dimensional and 3rd dimensional spheres, you kept mentioning that we need to focus on creating or enhancing the Attractor Force to enhance the merging or intersection in 2023. From the lecture I believe that the tools we are using for group meditations of for “Creating the New Earth”, “Merging the 3rd dimension earth with the 5th dimensions earth in the Gaia Planetary Healing chamber, Accelerating the emergence of Homo Omega, and working with Gaia are creating the 5th and 3rd dimension attraction forces for the intersection to happen. Am I correct and should we continue to complete these exercises in random or focus on one specifically and if so, which one? Thank you for your teaching and guidance. Thanks.

Greetings, this is Juliano. We are the Arcturians.

The attractive force practice is beyond the galaxies, and it is a force field that moves the universe or in this section of the universe towards a higher evolution. That is to say that this higher evolution is an intrinsic force within the life force energy of the universe. This attractor force energy is a factor in the intersection of the dimensions and we, together, have an influence over the attractive force. That influence has to do with how the force is applied and when it is applied. We want to use the force to bring the necessary energy that will create the intersection of the dimensions. Now, this is a highly intricate process. I had and I still do recommend that we use exercises that create a stronger spiritual force field to influence the intersection. Now, you mentioned many of these exercises and techniques such as the creation and emphasis on Homo Omega and I may add the planetary cities of light and other aspects of our work together, that create a magnetic resonance with spiritual energy. That means that the attractive force field is a I field that is influenced by spirituality. I cannot say this aspect, such as

Homo Omega is more important than another aspect. What I can say is that each one of you has a particular proclivity towards one of these attractive spiritual tools. Some may feel that they have the strongest link towards the planetary cities of light, others may feel like they have the strongest link towards Homo Omega. It is most important that you work with the energy that you feel most in resonance with. It may be helpful to divide up and say: there are five people or 10 people that are working with the planetary cities of light, there are 20 people who want to work with the Homo Omega, but the key is that you are going to, or each one of you are going to, work with what you feel most in harmony and resonance with and that's how I would approach it. I wouldn't try to put them in an order and say this is the number one, but rather, let's work on the ones that each of you feel the strongest, because each one has a major contributing influence. It is not my belief, that by working and having different people come together, then we will cover ourselves and cover all of the necessary attractions that need to be activated for this process.

Part 2:

Juliano, the next question is along the same reference of the attractor. In the planetary tree of life sephiroth, the sephiroth number five, the Vulcan Poas, as etheric crystal, is linked to the Great Attractor Force that pushes and pulls the galaxies in different directions. This, in addition to helping discharge blockages and energy in the Earth's channels, with the possible event coming in 2023, should we be including this etheric crystal in our personal and group work meditations to increase the manifestation of this event?

Again, the etheric crystals have been downloaded for the purpose of accelerating or magnifying different spiritual energies. The etheric crystals have the ability to amplify the spirit guides and the Creator energy forces in each of the spheres known as the sephiroth. Vulcan Poas has the energy of the attractor force as one of its key ingredients or one of its key components. When you are meditating, that is the group of 40 members, if you feel the resonance with that attractive force energy and that sphere, then you should and can use this Tree of Life aspect, known as Vulcan Poas, to increase the power. I'd like to say that we're all about increasing the Arcan thought power. This is the most important ingredient of our work together. And that is why we come together as a group and that is why we are using the etheric crystals and that is why we are doing many of our activities together in groups. This is the concept of the group of 40, that coming together in groups increases the arcane power and that we have these, tools such as the tree of life, such as the etheric crystals such as Vulcan Poas, to magnify and amplify our thought power. And this is then an extremely useful method in the attractor force work.

Q3. Bianca from Massachusetts asks:

Beloved Juliano, thank you for your work with us. How do I know I am prepared for the ascension? I wish to graduate from planet Earth during this lifetime and hopefully go to a higher dimensional planet. Who may I ask guidance to when it is time to ascend? Thank you so very much. Bianca.

Everyone has their guide, that they are most in tune with. In your case, they may be Sananda Jesus. In other cases, it may be Chief White Eagle. And it is important that you work with the guide that you feel closest to. And I believe it is important for you, and all the members to identify which guide and teacher you feel most in alignment with. Some of you may feel it's me, Juliano, some of you may feel it's Mother

Mary. Remember, we are working together in the Sacred Triangle. There is a reason why we work with the Sacred Triangle. And one of the main reasons is because of the different and many available spirit guides for you. If you look at the Tree of Life, there are 12 spirit guides that I have helped to identify, that are available to you. We are not saying that you must all work with this spirit guide, but we are saying work with the spirit guide that you're most in alignment with. The question about how do you know when you're ready for the ascension is also a powerful question. And the answer is you're never 100% Ready. And I don't think that's even a goal, because you cannot be in perfection on the third dimension. Even though you are perfect beings on your soul level you are living in an imperfect world with many densities and therefore I do not expect it, nor is it expected that you would be 100% ready. The key traits for your ascension are dedication, meditation and focus. We have spoken about grace, because we understand that you and no one really is going to be 100%, because if you were 100% you would already ascend anyway, without the ascension energy. The whole idea of the ascension energy is that we are helping you to prepare and put you in a position where grace can be active and activated and available to you. Grace means that even though you're not 100%, you still are allowed to ascend. I think that the most important exercise for ascension is release; is practicing releases. Some people call it surrender, some people call it letting go. It has to do with letting go of your ego it has to do with surrendering the ego and with the practice and exercises that we are doing and focus then on practicing surrender, and releasing the self and then directing the self towards the fifth dimension. That is the best exercise. You can do that in many ways, including directing yourself to the Stargate in your meditations, practicing going to the fifth dimensional Arcturian Crystal Lake and also going to the ring of ascension. And these are just some of the tools that we have offered you. So, I would say the exercise is to surrender, release and then visualize and practice your soul/spirit going to at least one of these three places and there are other places too, such as Tomar's temple.

Q4. Fred from Boston asks:

On the Jan 2018 Monthly Lecture LIFE on ARCTURUS PART 1 the subject of dreaming is discussed. It was mentioned that there are methods that teach how to remember our dreams. Could you describe these methods or where we can read about them? Thank you Juliano!

Dreaming is a multi-dimensional experience. In fact, it is a very powerful multi-dimensional experience. and it demonstrates that you are a multi-dimensional being of light. Some may need proof of this, and the proof is in the fact that you go into another dimension every night when you fall asleep. Now, the best method for dream recall is group discussion, which is not part of the western culture. Some of the primitive cultures. and I refer for example to the aboriginals and then there are other native cultures and perhaps primitive is not the correct word, but native cultures might be a better word, have cultural practices where, in the morning, groups of people sit together and report their dreams. When you know that you are to appear in a group then it would be a stimulation to you for remembering the dream. In the western world, you have so much stress, that when you wake up, there is not the relaxation necessary for recording the dream, so you have to train yourself. And the best method for training oneself is knowing that you're going to be reporting to a group The next method would be to have a notebook by your bed and record it in writing. Now I wish that you had more opportunities to meet together in groups to do this dream interpretation and dream work because it is a valuable part of your multi-dimensional process.

Q5. Jader in Brazil asks:

Dear Juliano, can you talk more about the moon Alano? Why did the Arcturians decide to go to Alano? What is the difference between an Arcturian from Alano & an Arcturian from Arcturus?

Alano is a moon planet. We report that there are biospheres on moons, as well as on planets. That means, that, even though there are billions of planets in the galaxy, there are more moons! And surprisingly there are many, many moons that have the necessary ingredients for life. Why did we go to Alano? Alano is a beautiful moon planet that is closer to the Central Sun. The Arcturians Alano are not different than the Arcturians on Arcturus. In fact, we, on Arcturus thought project ourselves back and forth to the moon planet Alano. It is a different perspective of the galaxy and it offers us a different perspective of the central sun energy. Perhaps you have heard me discuss events such as eclipses and where each eclipse offers a different view and that of the moon in the sun passing and that each position on the planet may offer a better perspective, or a different perspective. I can say that each planet also has a different perspective. I mean, there's a different perspective of the energy of Adonai, the Creator on the Earth, that's different, slightly different, than the perception and perceptual field that we have of the Creator on Arcturus, and there's a different perception or a different angle of experience on Alano. And that's why we travel around the galaxy. You have to understand, that Arcturus is on the outer edge of the galaxy, perhaps two thirds from the Central Sun. Alano is maybe 1/3 or less being therefore there is a different perspective, there are other planets that are available and there's other energies that are available. One is not better than the other, but this is an infinite universe and we the Aquarians are curious, we like to travel. We are free souls and that's why we go to Alano, and it is a different experience, a heightened experience. Now, how is it different? It's like looking at a flower and saying well, how do you experience a rose? And it's very difficult to explain but there is a beauty there, that is unique.

Q6. Marcela in California asks:

Dear Juliano, I've heard there is a Pleiadean Starship named *The New Jerusalem*. Is this accurate and if so, can you tell me more about her and does P'taah command her?

The Pleiadians have many names for their starships. And as some of the names are related to Sananda. You may know that they refer to Sunanda as Emmanuel, as opposed to Sunanda or Jesus, and that the name Jerusalem does have galactic powers. They do like the term Galactic Jerusalem, as opposed to the New Jerusalem. And I could see why you would receive information about the New Jerusalem. We have to be careful because the name Jerusalem, now on the planet Earth, has a lot of political ramifications. It is known to mean the city of peace, but it has been anything but a peaceful focus for this planet. Therefore, I would not use that name for starship and my sources say that the Pleiadians would not use that name at this time because, especially when coming to the Earth, of the possibility of misinterpretation.

Q 7: Melia in Hawaii asks:

Juliano, will you explain soul contracts with pets? How can we best think of them when they cross over? Will we know them again when we cross over? Thank you! Melia Maria.

The pets establish a heart connection with their owners and this heart connection is important because

the heart is the key to the soul. And you can see then that the pets have an important role to play on Earth because of their ability to open your heart on our owners' hearts and to maintain a bond or connection with them. That means that, when you do pass over or they pass over and you meet again on the other side, you will connect, you will meet. But also remember, that they are contributing to your evolution, but you are contributing to their evolution too. You are helping their souls grow, you're helping their hearts grow and you are directing them to higher realms, that they could not achieve or even fathom themselves going to without you. So, it is a mutual balance, and it is a mutual benefit to both. And I'm happy to report that you will be united with them, especially because of your strong heart connection.

Q8. Ariana in Taos, USA asks:

Juliano, we have declared the Sangre de Cristo Mountains a sacred area. We have downloaded 3 etheric crystals here, all duplicates of the Mt. Shasta crystal, with intention to assist in ongoing cleansing, clearing and energizing of this area. In our next meditation we will be calling on Quan Yin, White Buffalo Calf Woman and Mother Mary, asking them to be the guardians of these crystals and to provide restorative and protective energy to this mountain range.

My question is twofold:

Part 1: How can we bring this energy work to a higher or more effective level?

Part 2: How can we best visualize and comprehend the nature of mountain spirits and what would be the best way to work with them?

Thank you, Ariana.

I would say that you're on the right track in working together with the mountain spirits and my only addition would be to work with the native ceremonies, in particular the medicine wheel, and on the full moon. This gives you an opportunity to allow the spirits to come to you and to work with you. The native people know from their long relationship with these mountains, that the spirits will come and will work together, but they like ceremony and that has been the gift of the native peoples for many, many centuries in this area. When you have the opportunities to do ceremonies, especially in the full moon, then the grandmother/grandfather spirits will come to your medicine wheel and interact with you. You are seeking to protect the spirits, you're seeking to be a shield for them, because the spirits are suffering. Remember that the native spirits, in particular, have made the commitment to be with these mountains through this whole Earth's change process and some of the many painful events that are now occurring around these mountains does affect the spirits. And so, they need your effective support and energy, and they need comforting words. This is why the ceremony is so important and I recommend in particular that you work with Chief White Eagle at these times. For the other thing is that I would seek the Native American names of these mountains because the Sangre de Cristo, which is you know means the blood of Christ, is the Spanish name that was given to these mountains, but there are other names that have been used for centuries by the native peoples and I would research those names and use those names, in particular, in the interactions.

Q9. Ariana in Taos, USA asks:

Many star seeds are overwhelmed by the current energies, which are affecting all of us on many levels. Could you please give us a group healing with intention to assist the four-body system

to cope and thrive so that we have the necessary energy, clarity and stamina to carry on with our energy work? Thank you!

There is no question that there are negative forces and the pain and suffering that is occurring on this planet are overwhelming to all of the four bodies and the best advice that I have for coping with this is to work in the ring of ascension and to seek the healing light from the Central Sun, to work in the healing light of the planet Gaia planetary healing chamber on the starship Athena. The idea is, that the spirit body, your spirit body, needs a fifth dimensional infusion of light and that often is difficult to find on the Earth, especially at this time of dramatic, chaotic changes. And this is why we have provided these other techniques through thought projections, through meditations, where you are able, hopefully through our assistance, to thought project yourself to the ring of ascension or to the Gaia planetary healing chamber, or even to the Arcturian Crystal Lake. And this is the relief, this is where the healing can occur. You're absolutely correct, that this is overwhelming, and I cannot offer a short healing experience at this time given the amount of questions and information that has been presented. But I can say to you that, in particular, work with the ring of ascension, thought project yourself there, because the idea of the ring of ascension is that the fifth dimensional guides and teachers are more available and the idea is, that it is overwhelming for each one of you to be here and therefore, we recognize this and we are offering this place, that is the ring of ascension, in which you can more directly interact and seek the support of the Ascended Masters. Because it is it is difficult to bear for you and, because of this difficulty, we are working to make the Ascended Masters more available to each of you for your healings.

Q10. Patti in New Mexico asks:

Dear Juliano, In the past, you advised us not to engage with or challenge the underground installations set up by Los Alamos Labs and the government in this area. Can you advise us on how to proceed in clearing the mountains safely and peacefully? Amrit/Patricia, Santa Fe NM

My recommendation was not to confront, because of creating more friction and the solution to some of these difficult energies lies in the spiritual intervention. The military energies around these mountains are dark, the nuclear radiation energies are dark, and it does require, what I call, a fifth dimensional intervention. And one of the techniques that I have recommended is what I call the mini ring of ascension duplication. This is an exercise in which you visualize the ring of ascension, and it forms through your meditations a duplicate mini ring that you place around the area that you are concerned about. This would be a useful exercise for this. The second aspect is creating the dome of light on top of the ring of ascension, to hold the fifth dimensional energies. There's great instability around every military installation on this planet now, there's great instability around the nuclear radiation or radiation giving weaponry around this planet now. And it is a crisis, and it needs protection to stabilize, so that these weapons are not accidentally detonated or discharged in a way that gives off lethal radiation. Yes, I understand that there is a danger from nuclear war, a very high danger. But there's also the danger from these weapons that are not oftentimes being properly stored and that the weapons themselves are unstable. Many of the scientists do not understand the nature of long-term storage of some of these weapons and I should say they don't understand the danger involved. So, there is an equivalent danger from many of these places, and mountain areas where the radiation and the weapons are stored.

Q11. Patti in New Mexico asks:

My question is relating to energy tools and exercises you've taught us. Can you please tell me which of these can I use most effectively, to heal a systemic viral infection and increase my frequency? Thank you.

The exercise for healing viral infections is called the contracting ball exercise. In that exercise, you begin by visualizing your aura, your energy field, as a ball of light, it could be the cosmic egg as well, and you contract it. First you contract it to exactly at the level of your skin and then you contract it deeper and then you bring it into a ball. But as you bring the edges of the aura into your body and into the ball, you visualize that the aura, as it is contracting, is bringing forth all lower vibrations all lower energies into the center of your stomach, where the ball is, and that would include the viruses or whatever viral pathogen you have. Then, as you contract and bring all that energy together into the ball, you hold it, and then, at the count of three or five, whatever you're comfortable with, you throw or expand it and is thrown out of the physical body as the ball expands, and they're just thrown out of your energy field and away from you. That is the cleansing exercise that I recommend for this dealing with the viral problems. It will help to raise your vibration because anytime you remove a lower energy than your vibrational field is also elevated.

Q12. Carmen in Puerto Rico asks:

Blessings and Light to all. We have been hearing on different social networks about the coming and creation of a new world order on planet Earth. Could you tell us more about this topic? Thank you.

There is a designation of planets by the Arcturians and other advanced beings called the planetary stage one, planetary stage two, stage three, stage four etc. and the stage one is the stage that the Earth is in and this stage is based on using resources and taking from the environment. It is not a stage that's focused on balance and living in harmony with nature. That is not the social contract or social order, a world order that is the basis for this planetary system and there are proposals for other stages. There are proposals for other social orders and some of these other social orders are still involved in the planetary stage one. So, we need to work with a social system that is based on a planetary stage two. That planetary Stage Two was hinted at, in the movie, the Avatar, where the director of the film was trying to demonstrate a planetary system based on another, a different social order. Now, you saw the conflict that emerged there. So, the new social order or new social system, a New World Order has to be based on living in harmony and balance with the planet. Not a simple retooling, but still based on an old system. I know that there are other proposals now, for example, different monetary systems and I've been exposed and heard about these systems, but really, the new social order has to be based on this whole planetary idea of stage two of development.

Q13. is from Mary Helen in Canada

Juliano, can you please describe the Central Sun. Thank You.

the Central Sun is the multi-dimensional spiritual energy field of this galaxy. And when I say multi-dimensional, I mean that it is not in the third dimension, because if you look at the third dimension, you'll see the center of the galaxy is the black hole. But there is a force field around the center of the

galaxy. That force field around the center of the galaxy is connected and influenced by the attractor force, the Great Attractor force that we talked about earlier. But the Central Sun is a multi-dimensional spiritual center and in the center of the Central Sun area the Galactic Council meets. In the galactic console are Ascended Masters from the entire galaxy. There are ascended masters that you have not heard of, in addition to the ones that you do know about. So, we are looking at the Central Sun from this perspective, as the multi-dimensional spiritual center. Sananda Jesus, for example, came from the Central Sun and was sent to the Earth and sent to other planets besides the Earth. I have described one of the temples in the Central Sun and it is very difficult to describe because of its expanded energy and intensity. The spiritual light from the Central Sun can bring and will bring a new spiritual intervention to this planet and this can be viewed as the start of the upliftment of the planet, and this is also part of the connective energies, meaning to use the link to the Central Sun as an opening towards a more powerful spiritual intervention, because the only solution to this planetary crisis lies in a spiritual intervention.

I am Juliano, good day.