

# Question & Answers for September 9, 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](mailto:davidmiller@groupofforty.com)), honoring this service, are still accepted and welcome, but they are voluntary.

## **Q1. Ariana in Taos asks:**

**She has a question about the multi-dimensional realms of Earth. There is the Earth as we know it, so called Terra, then there is her spirit Gaia at the Inner Earth. But then there's also the Middle Earth and Tara. What can you tell us about Tara and her relationship to the New Earth, if any?**

Shalom Shalom, this is Juliano, we are the Arcturians. We are happy to be with you today during this experience of trying to answer many of your questions.

The first question having to do with Tara, Gaia in the Middle Earth is an important concept. I will explain it from this perspective. If you were to have the ability to dig into the Earth either at the North Pole, the South Pole or any other position, you would and you dug in, you would not find the middle Earth you would not find Telos or the Inner Earth. And the reason is because the Earth in these planes are multi-dimensional planes. And it's true that Telos the entry Telos is in Mount Shasta, for example, but this is a multi-dimensional corridor that goes and gives you an entranceway into the multi-dimensional realms of the Inner Earth. Tara is one of the multi-dimensional realms, the Middle Earth is another multi-dimensional realm. And the spirit of Gaia is inclusive of these realms and inclusive of what I call the aura of the energy field and it contains different levels, different multi-dimensional levels. This means that Tara which can represent the highest realm, the fifth dimensional realm is in the upper level of the multi-dimensional energy field of the Earth, that the Middle Earth is in the middle of the auric field, and I can point out that the Middle Earth also contains elves, or gnomes, and fairies are different other elemental spirits. So, what we're talking about when we look at these different names, these are realms that are multi-dimensional that are part of the auric energy field and that different parts of the Earth provide portals that go into those multi-dimensional realms.

**Q2. Ariana in Taos asks:**

**Juliano, what can you tell us about the famous Taos hum? Some people are inclined to believe that it was caused by Mole, which is an underground tunnel boring machine. Personally, I haven't heard it. Is the hum still there?**

Yes, there were underground and military like tunneling under these areas in New Mexico and they opened up gateways or tunnels that were reflecting or carrying the sounds of the inner earth. Now when I say the inner earth, I'm actually referring now to the physical inner earth, the electromagnetic energy field of the inner earth, as opposed to the multi-dimensional Inner Earth. And this tunneling are like ear canals that allow electromagnetic vibrational energies to rise up from the physical inner earth and is transmitted into the Taos or other areas near there. Some of the frequencies are very low. For example, the Schumann frequency, which is the one of the frequencies of the vibrational energy field of the inner magnetic Earth has a hum and it is possible that this is providing a gateway or a canal that allows these "physical Inner Earth" sounds to be emitted or to be heard. And I want to say one other thing about the Inner Earth in the middle Earth, that many cultures have different mythologies and different interpretations of the multi-dimensional meanings of these layers.

**Q3. Fred from Boston asks:**

**On the January 2018 monthly lecture "Life on our 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?**

We the Arcturians know that one of the keys to your expanded consciousness is through interactions with your subconscious and unconscious. And we talk about remembering the dreams as one useful and beneficial exercise for improving your relationship with your subconscious and unconscious. And the reason is that the subconscious and unconscious are working to heal and bring you into balance. But it's doing it in a different way, in a symbolic way. We know from the Earth's studies, that there are, especially in the recent 50 years or past 50 years, many different exercises developed by modern psychologists to remember the dreams. Our Arcturian work and recommendations are in alignment with some of the basic core exercises that have been recommended for dream recall. And I will mention a couple of them today, but I do want to mention one other important thing. And that is that this western culture does not place a high value on dream recall. On the other hand, in the shamanistic world, in the "primitive" world, there is a higher regard for dream recall. And in some of the "primitive" cultures time is given upon awakening for group interactions, and group recall of dreams. Now this process of dream recall is part of a ritual in these cultures, but it is not part of the cultural ritual in the western culture. Now, the simplest method methodology for dream recall, is using a notebook and putting it next to your bed and then trying to, as soon as you wake up, write down the dream. That is the most effective method that we have learned it works in the western culture. Some people may even put in a little tape recorder and then write the dream down. But we know especially from the cultural training, that, upon awakening, the dreams memories are immediately disappearing or sent back deep into the unconscious. Now, part of this is related to survival. Because, if you can imagine, if you're living in the wilderness or in the wild and you wake up, you don't want to be foggy in your consciousness, you want to be as sharp as possible. And so, as a safety measure, the dream memories are immediately repressed, but this can be overcome. And the other important point is to remember that you must

program your subconscious and tell your subconscious that you are forming a relationship with the subconscious and that you need to inform the subconscious that you're going to work with the subconscious. And you want the subconscious to assist you in dream memory. And that will work too. That's an important step to program your mind to remember the dreams.

**Q4. Birgit in Oklahoma asks:**

**Dear Juliano, I recently heard that there is an alien base in Mount Hayes, Alaska. Is it true? And who has a base there? Can you tell us more about this?**

There are portals around this planet, there are famous portals such as the Bermuda Triangle. But there are also portals in the area you mentioned on Hayes Alaska and other places. And I call these portals, multi-dimensional portals. And the extraterrestrial beings that appear or come to these portals are from other dimensional realms throughout the universe. It's not necessarily true that there are bases there the way you would think of an Air Force base. It is not like there is an alien civilization that has an outpost in our storing airplanes or rockets and using it as an alien base or as an Air Force Base, and I think when you use the term base, many people might think of that in those terms. But rather, I would like for you to think of it as a dimensional portal through which higher dimensional extraterrestrial beings can pass into and leave. And yes, from that standpoint, it is an entry point in most of the extraterrestrial sightings there are from higher dimensional beings who have used that area as an entry and exit point. Now you all have read about the dimensional portal at the Bermuda Triangle, and nobody really understands it, but there have been many lost places there and people would disappear and that that portal is somewhat dangerous. But this portal has certain characteristics that allow the higher dimensional extraterrestrial beings to enter and leave in relative ease.

**Q5. Bob from Alabama has a question that's in two parts.**

**Part 1: Juliano, in one of our meditations with focus on PCOLs we buy locate to the North Pole with the intention to connect with galactic quantum energy field. We are sitting in a circle on our etheric chairs, and we are downloading galactic energies into the network of PCOLs, which we are visualizing below us. My question for you is, if it would be beneficial to upload the entire PCOL network into the ring of ascension before the download? Please advise on how we can improve this technique.**

The uploading of the PCL network would require that all or at least some members of each PCOL would be represented at the exercise. If you have approximately 100 PCOLs then I would say that yes, that would be a great exercise to upload the PCOL network into the ring of ascension. But I also would say that in order to do that you would need at least one representative from each PCOL that could participate. It's not really desirable are indicated to upload a PCOL into the ring of ascension, unless that PCOL has a representative at the exercise. But yes, I think that it is a great idea to work together not only with the energy at the North Pole but with the ring of ascension. The reason why we work with the North Pole is because the North Pole has the etheric Iskalia mirror placed there above the North Pole which is in like an amplifier that is able to amplify weak energy field signals from the Central Sun directly, and increase its magnitude so that it can be downloaded into the North Pole. And the Iskalia Mirror then does not directly enter the ring of ascension, but it is transferred from the North Pole.

**Part 2: Could you please identify the galactic Sister City of Light for Fairhope, Alabama PCOL.**

Fairhope has a connection to the Antares star system which is located in the constellation of Scorpio and has some very powerful Earth like planets in its systems. Some of those planets have already ascended. I will also point out to you that the Antares system is in a more direct alignment with the Central Sun. In other words, from the Earth's perspective when you look towards the Antares star system, you are looking in the direction of the Central Sun. The name of the planet and the City of Light there is not transferable or is not understandable in the Earth language, and therefore I could make different sounds representing that name, but they would not make any sense to you. Just like if you would hear a galactic language, you would have no way of understanding what that would mean in English. My recommendation is that you connect with the Antares star system in your meditations and connect with the central sun light that comes through the Antares system.

**Q6. member in Brazil asks:**

**I have heard that the Kundalini energy of Gaia is moving into the southern hemisphere, mainly South America. What is the significance of this shift in our biorelativity work? And how can we connect and work with this energy in our PCOLs.**

I would not personally use the word Kundalini energy, the way this person has used it, because in traditional eastern philosophy, the Kundalini is related to the awakening in the spinal cord area towards higher energies. I would say that the spiritual energy and light that had been focused primarily in North America has expanded to include South America and that the South American light workers have an enthusiasm and the dedication to the light work and to the Arcturians that is very admirable. And that this is a shift or a spreading of this light frequency which includes commitment to do the light work necessary to prepare this planet for the fifth dimension. I'm not taking any energy away from the North America. But I'm just saying that South-Americans have experienced an awakening and maybe that's why this person wants to use the word Kundalini because they look at the word Kundalini thinking of an awakening of the spiritual energy. But there are many pockets of sacred areas in South America, there are many portals and this person from Brazil has identified that there are many new starseeds, especially younger starseeds, that are awakening. My recommendation is to take advantage of this by spreading and teaching the Arcturian messages to the best of your abilities because they are very eager to receive their instructions and what you would find is that you want it to awaken the starseed consciousness. So, instead of thinking of Kundalini, think of awakening the starseed consciousness of as many people as possible, because there are many starseeds there.

**Q7. Amrit/Patricia from Santa Fe asks:**

**Dear Juliano, I was once told in a meditation that the archetypes for the planet were changing and that groups of enlightened beings were working on forming revised archetypes. Can you advise on how to work on this level. Is one of the new archetypes being generated: Omega man/woman?**

I would use the term archetypes in the general way. And remember, that we are astrologically moving from the Age of Pisces into the Age of Aquarius. In the archetypes of the old systems, for example, they include many of the biblical characters, and also included Greek and Roman mythology, and the

figures, for example of Jupiter or the figures of biblical heroes, and that these ancient archetypes were very relevant and very knowledgeable in that time period, especially 2000 years ago. Now, naturally at this time period, the world does not relate to those same archetypes. And when we helped to upgrade the Tree of Life we noted that the archetypes for the Tree of Life were the biblical heroes from the Hebrew Bible, which included Abraham, Isaac, Jacob, King David, Moses, and it was our acknowledgement that the new archetypes or more modern archetypes which are necessary, that would help people to relate to these energies. And that's when we updated it to include for example, Quan Yin and Chief White Eagle, to include myself, Juliano, to include Archangel Michael and also to include Sananda and other galactic figures. And so, my recommendation is look at the upgraded Arcturian Tree of Life that has been developed, because it was just for this reason that we changed our teachings, in order to be in alignment with the new archetypal figures.

**Q8. Carmen in Puerto Rico asks:**

**Juliano, I am the coordinator of Ceiba City of Light and Ocean Reserve in Puerto Rico. We have been connecting with our star sister city, yet we don't know it by name. Could you please introduce us and explain what is the vibrational match between us and what we have to offer to each other? Thank you.**

Well, I would say that, to understand your Star/Galactic Sister City, you have to meditate with the galaxy, you have to become aware of the star systems around you in your quadrant, and I would say that, you know, there has to be some recognition of where the different stars are. Your particular area has a good alignment with the Pleiades and there are Pleiadean energies in your system, in your city of light, and I would recommend that you do meditations and that you are connecting with the Pleiades. You can bring down light and energy from the Pleiades by concentrating and viewing the constellation or viewing the stars and this is one of the best methods. Now, it is true that there are other galactic cities of light that are not in view on your night sky. Because I know there may only be 2000 or 3000 star systems that are available in the night sky, but there are millions or billions of star systems in this galaxy. And some of these star systems are very far away from the Earth and what will never appear in your view. My recommendation is to start with the downloading of the Pleiadean energy and also to look at in your situation to Aldebaran, which is a star system very close to the Pleiades and try and connect there and then we will proceed from that point.

**Q8. Caroline in the UK asks:**

**Part 1: Teachings from the Sacred Triangle, Volume One mentions 10 Arcturian frequencies/tones. What are these? How do they function? Are they related to the Planetary Tree of Life?**

Our toning is based on the Tree of Life and each sphere does have a particular tone. But also the Earth's musical scales have tones based on the vowel system, for example, or the musical scale Do Re Mi Fa Sol La Si Do, that means that there are tones in the scales and in the vowel systems, that can be used. And, in general, we would honor and use some of the vowel systems and scales that are found in these two areas that is the vowels and the musical scales. Some of these vowels and the musical scales are based on galactic energies that we are also using. And yes, each can be identified and in resonance with a certain frequency found in the Tree of Life.

**Part 2: Is there a connection between the KA in Kadosh and the Egyptian KA, which stays for the light body?**

The answer is yes and to understand this, we can simply say that Moses was educated and brought up in the Egyptian culture. The story of his upbringing is described in a very short way in the Hebrew Bible. And so the knowledge that came from the mystical part of the studies of the Hebrew people had a strong influence from the Egyptian magical and mystical tradition. And yes, the phrase Kadosh has the same sound and vowel harmony sound and also Merkabah has that KA sound also. And that word Merkava or Merkabah is also of Egyptian origin.

**Q10: Diana of Washington State asks:**

**I'd like to know what the fifth dimensional significance of Mt. Rainier, aka Tahoma, in WA State is? I've been grounding 5D light in sight of this sacred mountain for 30+ years and I feel like I am a steward of this mountain and a 5D ambassador of it to the GOF. It feels like it is part of my ascension process to work with it so. I remember a past life hundreds of years ago as a Snoqualmie native medicine women in this area, so it feels like I've been working with and connected to the Tahoma energy over eons of time. How does this energy fit into the bigger picture of the Ascension process and what is the significance of Mount Rainier in Washington State?**

There are portals around the planet, there are interdimensional portals and Mount Rainier is another interdimensional portal. The idea in how this can be used comes back to the discussion we had or are having about the intersection of the dimensions. And we feel strongly that there must be established and strengthened corridors of light, corridors or portals reaching out to the fifth dimension, to attract the fifth dimension, so that the fifth dimension intersects with the third dimension. And basically, the Mount Rainier does have a role to play because of the powerful dimensional corridor that it is holding. And that is why you're attracted to this. And that is why you have been working in this lifetime and other lifetimes to protect and to teach other people about the strength of that. So, my recommendation is the following. First, what you're reporting and your connection to it is correct. And then use that connection to continue to build and activate a corridor from Mount Rainier outwards to the fifth dimension, which will aid in the attractive force, bringing the fifth dimension to intersect into the third dimension.

**Q11. Melia from Hawaii asks:**

**After a decade of personal and spiritual work, I am beginning to conclude that there is an amount of sadness, pain, and regret from this lifetime that might not fully transmute into Love while I am still in this body. I recognize the sensations of density that are attached to these emotions, and I am wondering your advice, when all our best attempts to clear and transmute feelings and emotions completely, still come up short?**

Well, it is too much to expect that you can transmute all of the emotional responses that you are having during this incarnation. The reason is because there is so much going on. And you can try as hard as you have, and you have been trying hard, but you still will have some leftover emotions and energies that are not cleared. And the other problem is that, as you are seeing the planetary crisis unfold, I'm sure that you will continue to have feelings of sadness and despair, or anger or fear. But this is a

natural process. And so my advice is that you just do the best that you can in clearing these to the best of your ability and then do not be critical of yourself for not being able to do all the clearing. Because I don't think it's possible at this point. It's not like in other lifetimes where you had the ability to withdraw and live in an ashram or live in a cave and you were away from all of these emotions and that was the idea, but this is not even possible. And even in an ashram today, you would be affected by pollution and other Earth events such as weather patterns. Again, so just do as much as you can, and try as hard as you can but don't expect it to be 100% and it will not deter or block your ascension.

**Q12. Cherie from Colorado asks:**

**We have 8 GOF members in CO and just as many in NM. We all love and enjoy the Sangre de Cristo mountains, which have some wonderful energies, however there is fracking causing earthquakes, and we hear that there are many nefarious underground activities.**

**My question is: "Should we form a PCOL group for the region of the Sangre de Cristo mountains, even though we are not living in that specific area.**

**Or should we just focus our meditations on clearing the energies there?**

**Thank you. With huge gratitude for all we are given from you and The Arcturians, Cherie.**

Our original recommendation is that areas such as you're describing the **Sangre de Cristo** Mountain range that it's in Colorado, New Mexico, that these areas, if one were to make a city of light, then these areas would have inhabitants, would have group of 40 members living in the areas. Over the time that we've been working with a group of 40, we have found that there are areas that need attention, that need to be activated, but that there are not members living there, then the next best thing would be to ask, if you who wanted to activate a planetary city of light there, would be able to regularly visit that area. That in itself might be a hardship, that would mean that you would have to set up a boundary that you'd have to visit it on a regular basis and I'm talking about at least once, maybe twice a week, in that you'd have to have activities there, where you would sit and meditate in circles and bring a higher energy and protection to that area. If you find that you can do that, then yes, I think that it would be helpful because it doesn't need protection, you're absolutely correct.

**Q13. Pepe in Argentina asks:**

**Please Juliano, could you tell us the names of other Arcturian masters who are working with us? I remember many years ago David channeled Master T-Rhan, who was in a temple inside the crystal lake. Thank you very much.**

I, Juliano, have probably 10 to 15 Different Arcturians working with us on this earth Group of 40 project. And some are in training as students. At this time, we are making available the following guides and teachers: Lord Arcturus, Tomar, Helio-Ah, and myself, Juliano. There are other Arcturian masters and teachers that are available and remember I mentioned 14 to 15 in total. And when the time is right, and when it appears that it is advantageous to our work and to your work, then we will introduce you to them. I know that there are other people besides David who are channeling us, and I'm very happy about that. And some of them have brought through their names. But at this time, I am limiting the knowledge and the names to the ones that I mentioned. And I know already that for example, many people feel deeply connected to Helio-Ah and her work.

**Q14. is from Ryner:**

**You have said in the past that to survive extinction, the pivot for our species is away from separation theology and towards unity consciousness.**

**What does that look like, how is it done, and how have highly evolved societies dealt with the problems of extension, pollution, polarization and power mongering? How have highly evolved societies dealt with this issue of lower dimensional energy and personal polarity that we are facing at this time?**

We have presented the prototype of the Sacred Triangle and it is true that the spiritual and religious development of this planet has primarily theologically based. We have said that the solution for the unity is going to be based on the Sacred Triangle, which is the unity of these three forces. The force of the mystical religious forces, the force of the galactic spirituality and the forces of native spirituality.

Now, I realized that there is a lot of resistance from a theological standpoint that everybody has been theologically trained to hold to their beliefs. But the civilizations, the planets, that have survived this type of crisis, have found a unity of consciousness and a unity of purpose, and most importantly, a unity to heal through the teachings of the Sacred Triangle. And that is why, from the very first of our lectures, we have brought forth and taught about the Sacred Triangle and that has proved to be a very helpful and healing energy. And I want to remind you that each side of the Sacred Triangle plays an important role in bringing the unity consciousness and that the galactic spirituality is what is most missing now. And is that part that we are hoping to spread throughout this planet?

**Q15. Anonymous asks:**

**Part 1: It feels like, time in a third dimension is speeding up. And why is that?**

**Part 2: Is our spirit with us all the time or does it leave?.**

The reason why you experienced time speeding up is because there are so many events happening in such a short time. It used to be that you would have a slow development and now, on this time, you are experiencing four or five lifetimes of events in one lifetime. And you are seeing even on the planet the excess acceleration of events. Recently, for example, you have experienced climate changes that people thought was going to take 100 years and now you've seen them accelerated in two or three or four years. And this is happening in both your personal life and your planetary life. So, the reason why you're experiencing the speeding up of time is because of that, that there's so many events, so many things happening, and they're happening fast. And I do want to come back to one other point about the healing and the Sacred Triangle. Some of the other techniques or interventions or strategies that have been used to unite people, because we understand that there's a lot of resistance still to Unity, has to do with the Messianic intervention and has to do with the intervention of first contact. So, if you ask me, well, how were these other planets that were struggling with the same issues as the Earth, how were they able to come to unity consciousness because of the polarizations? And one answer was that they were exposed to a messianic intervention and/or they were exposed to a first contact intervention, which could be considered a messianic like intervention. So, first contact would not necessarily be that an extraterrestrial higher dimensional being would just appear, but that they would appear with instructions or guidance and wisdom. And this proved effective in overcoming the negative dark forces that were seeming to dominate a planet.



Now, the next part had to do with spirit. And I want to explain that your spirit is always connected with you, what you may lose the connection to. So, if you do not feel the spirit around you, or your spirit, your higher spirit around you, is because you are in denser energy and for one reason or another, you have been cut off, but your spirit is always there. The Spirit only leaves upon death. And the connection to spirit is what needs to be fostered. And there are various ways of staying connected to spirit: praying meditation, going to sacred places, clearings, etc. I am happy to be with you all.

I send you my blessings, dear ones. And thank you for this opportunity to work together for the advancement of an evolution of you.

I am Juliano, good day.