

# Question & Answers for July 8, 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:

**Juliano, previously you have mentioned that the healing methods we are using in the third dimension will have to be upgraded to a higher technology so that it will be more effective when working one on one with our clients. I am trying to determine which of the higher technologies would be most effective for this type of session? And what would be the best way to have the influence of the system mentioned in and during this type of session? What way would you suggest for completing this type of healing session in the fifth dimension in which of the higher dimensional technology could be best applied in a one on one session? Thank you, Ariana.**

Greetings, this is Juliano, we are the Arcturians. There are many different healing methods that we describe that would be useful for you. I first want to point out that sometimes one healing method does not work for everyone. It is like penicillin, for example, everybody who has a problem doesn't get penicillin. And some people might even be allergic to penicillin. And in the alternative fifth dimensional healing techniques, there are several important and very effective healing technologies. And I'm going to list as many of the technologies as possible today. And I may comment on different on each of them. I like to point out that the effectiveness of each technique is related to the receptivity of each client. Now, I know that may sound obvious, but those who are open to the higher dimensions and are receptive are able to benefit more in this means that sometimes everyone may not be as receptive for a variety of reasons. And this comes back to perhaps another lecture or discussion that we can have about healing. And that discussion would be in dealing with the resistance to healing. You might think that's strange, because everybody wants to get better. But on the ultimate level this is true, but there are energies within each person's system that is stuck or wants to end therefore wants to stay in

the same level. But that will be a discussion at another time. So let me begin to list some of the healing techniques. Of course, the cosmic egg is the first one and basically, I want to say that the most effective are Arcturian healing techniques deal with the aura and deal with the energy field. And it's the energy field that you are going to take with you when you leave this planet. And there are aspects already of your energy field that are multi-dimensional. That means that the aura can receive multi-dimensional energy. Now the bringing of the aura into the shape of the cosmic egg helps with receptivity and also helps the client focus. This is it is a very important part of the of the healing and the next part of the Aura Healing has to do with receiving fifth dimensional what I call laser light from the Arcturians. So, we open up a channel and a corridor over a person and then depending upon the nature of the problem or the illness, we then bring in or download what I call laser light from the fifth dimension and the laser light can be directed specifically to certain organs, whether it be the kidneys, the liver or the heart, and this laser light can even break up plaque and neutralize what I would call free radical cells that are getting out of balance. So, that technique is the laser blue light, we also have laser white light, which is more oriented towards general healing without a specific energy or a specific negativity.

We use also the expelling method where the aura is contracted into a ball and then that ball is located into the center of the stomach. And then the second part is expanding the ball so, that lowered negative energies that are pushed away. Now, many of our techniques have to do also with bilocation and thought projection. So, we use the shimmering to prepare a person to raise their vibrational speed. And then the healing techniques are actually on or administered on the fifth dimension. Therefore, we would have the client or patient bilocate through the corridor of light that we send down. And that bilocation occurs with the spirit body. Then the spirit body goes to the special fifth dimensional places that we have set up and particular on our starship Athena, we have here Helio-Ah set up the healing chambers. And in these chambers, then we have access to the past life's present lives and also we work with the subconscious. Now, I'm going to be giving lectures about the subconscious in the next day or so, because it is important to align your subconscious with fifth-dimensional healing and the meditations and the focus of the meditations can be directed towards using affirmations or images to the subconscious. But also, when we are downloading fifth dimensional energy, we need to tell the subconscious that this this energy that we are downloading is optimal energy, is omega energy, is energy that is transcending or transcending the third dimension. The newer techniques that I am referring to then are specifically correlated to your subconscious and the integration in and the direct intervention with the subconscious. And I know that you are all very interested in this, and I will be happy to explore it in further lectures.

**Q2. Barton from Mexico asks:**

**My partner Christina was listening to Spanish public radio show about what first contact might look like and what might happen. She asked me what I thought, and I started with all kinds of channeling typed light language speaking about what effect a mothership would have on our planet Earth, biosphere and human rights. For now, I ask some simple questions for Juliano in our GOF members regarding this subject idea.**

**So, the first part of his question is: there are higher dimensional extraterrestrial mothership such as our Arcturian mothership Athena, Syrian, Pleiadean, Orion, Andromedan and other motherships arriving to our solar system through the Jupiter corridor, for the purpose of bringing first contact to our human race, to be fed vibrationally inside and all over planet Earth's biosphere? Would these motherships or ships be felt by all humans, plants, fish and animals? Will it or they be seen by all or only those who can raise the vibration of their aura?**

Okay, so we're talking about first contact. And we're talking about how a fifth dimensional starship such as the starship Athena can enter the solar system and whether or not it would be affecting vibrationally the planet or even the solar system. You have to remember that any deviation in the gravitational field of the solar system, even a small deviation of any planet can dramatically affect the whole solar system. The solar system is involved in a very delicate balance. And even, for example, the throwing off of Neptune off of its course, which is one of the outer planets and very far away from the Earth could potentially have an effect on Earth and dramatically changed the Earth's environment and weather patterns. And we're talking about less than a 1% deviation in the gravitational energy field of that planet. Now, the reason why I bring this up is that when a starship from the fifth dimension enters this solar system, it must be done in the scientifically or in how the physics is involved, in the correct way. And if there is a deviation, even as little as 1% in the gravitational entry, then it could throw off the gravitational fields of one or several planets and negatively affect the entire solar system. Therefore, when the first contact happens, it's going to be that the Arcturians or the Pleiadians or other higher beings have been converted their starships from fifth dimension to the third dimension. In other words, no first contact being is going to come in with their fifth dimensional energy, but they are going to shift it in a way that matches the third dimension. I think of it this way, if you were going to go into the fifth dimension, then you have to shed some of your third dimensional energy fields including attachments or lower feelings or emotions. And when we or if we want to appear in the third dimension, we have to make changes in our aura, we have to make changes in our energy field, and in some cases, these changes involve coming down in a special ship and the mothership would remain in a place and such as the Jupiter corridor, because the Jupiter corridor, it has a special corridor of light that is protective of the gravitational entry distortions that could be caused by other extrasolar ships entering the solar system. The idea of whether or who could see the ship is interesting. When the Pleiadians visited Billy Meier many years ago, they use a technology in which only Billy could see them. And so yes, there are ways that the Arcturians or others coming into this planet can manipulate perceptual fields, so that only those with higher vibrations could see. But I would tell you that if there's going to be a first contact for the planet, then that cloaking technology, perhaps we can use that Star Trek word, would not be used, so that everyone would be able to see our ship. But again, we would not bring the mothership in as part of our first contact, but we would bring in a special adaptive ship for the third dimension. Next part of the question please.

**What are the names of the Pleiadian, Siriusian, Orionian, Andromedan and Antarian motherships for first contact to be made with all members of the universal community, which have ancient genetic connections to our human race.**

We are only giving the names of our ships. We are not giving the names of other ships, though those masters who are also working with the planet can give you their names. I do want to tell you that we have adapted our starship with the name of Athena and you know that Athena is not an Arcturian word. But you may ask, and I will use this time to answer the question of why we use the word Athena. And Athena is the goddess of wisdom in ancient Greek mythology, and we are using our starship in its true mission, which is to spread spiritual wisdom throughout the galaxy and in particular to the planet Earth. The other people that you mentioned the Syrians, the Andromeda and Orion, they all have ancient genetic connections to the Earth and to many other planets in the galaxy. But no, not all of the ancient participants or visitors to the Earth throughout the centuries or millennia, will be participating in the first contact. The first contact, from our standpoint, has to be a simple and direct contact without bringing a lot of different races from other galaxies or this galaxy. And it should also involve a recognizable Ascended Master already who has been on this planet and is already well known. The purpose of the first contact is to create peace and spiritual advancement and not to be involved in fear. The next part of that question, please, thank you.

**The third part: how close to planet earth can the mothership get, what you just answered. Do they have to stay in the Jupiter corridor parking lots?**

There are some circumstances in which the mothership can come around to the Earth, especially to the North Pole, because geomagnetically the North Pole contains the proper energetic gravitational field that would allow our ship to appear. And if our ship would appear as think about it as shimmering and this may explain to you why some of these UFO encounters or sightings are short lived. In other words, they are appearing and then they disappear. I think you could use the analogy of the shimmering that we can Shimmer from the fifth to the third. But then we would hold that shimmering for a brief period of time, and then come back into the fifth. You think about shimmering and going from the third to the fifth, but we also know that you can shimmer from the fifth to the third. The problem when you do that from our standpoint is, that we have to lower and we have to contract the our energy fields in order to be on the third dimension. And I think that this is a quite eye opening for you to realize that to be on the third dimension, as you are now, requires a contraction of your energy and if you are on the fifth dimension and you are coming to the third dimension, then yes, it would be a contraction. But, as I said in the earlier paragraph, there are protective energetic corridor walls that and yes, we would be considered parking or holding our starship Athena in the Jupiter corridor. And again we would not bring the whole ship because you know the ship is miles and miles in diameter. And it is very possible that if we were to appear on the third dimension in some particular airspace that there could be missiles sent at us. So, we are very much aware of the aggressiveness and warlike attributes of your world and we would not appear that close to the Earth in a third dimensional form in the large mothership.

**This is the fourth and final part of Barton's question. He says: Well, we have the ascension choice of multiple motherships. For example, those of us who have Arcturian soul family connections will shimmer the own aura to Athena and join and play with our Arcturian soul family members. Will ascending humans with other ET soul family connections be able to rejoice, laugh and play with them too? Thank you for your patience with our questions.**

Well, first of all, we don't view the ascension as going to motherships the way that Barton has described it. And we have mentioned the ladders of ascension. And we've also spoke at length about the Stargate which is a transitional station in which you, after your ascension and entering into the Stargate, could choose to go to one of those places. And I think that it is safer and more advantageous for you to ascend to the Arcturian Stargate. And the reason why is because we have set this Stargate up exactly for the ascension, exactly for the needs you will have. If you think about it, you will still be in a somewhat traumatic state. When you leave this planet, most of you are in a type of trauma now and I will be talking about that in the next question about the trauma, and so there is a need for what I would what you would call rehabilitation. And we have this place to set up on the Stargate to help you with that. Now, I don't want you to think that you're going to be sick when you're there, but I'm just saying this saying that this, especially this incarnation on planet Earth for most, if not all of you, has been very traumatic. And this has been one of the most violent periods on the planet. It's been one of the most destructive periods in terms of what we have called the sixth mass extinction and it just is not us it's calling it this way as there're many Earth anthropologists that are calling it the sixth mass extinction. And this is traumatic to be on this planet. And so, ascending to the Stargate, I think, provides you with a more consistent rehabilitation or easier transition rather than now going right to the mothership. Now you could come to the mothership. But we would then forward you to the Stargate and the idea of the ladders of ascension are to assist you. Now I do not then recommend a sending directly to these other ships, except the Pleiadians. So, I am not recommending at this time Orion or the Andromeda ones. And, in fact, the Andromedans are not involved in the process of ascension the way we are, that is providing a stargate.

### **Q3. Patty in Taos asks:**

**Dear Juliano, I am an empath and I'm finding it difficult to maintain my energy. I am often very depleted, not directly after our meditations and energy work, but during the next days. I am assuming that fatigue is either directly related to the planetary healing work, or that I am absorbing more of the chaos in the collective consciousness. I do shield myself, give myself Reiki and meditate daily. I eat organic food and take many supplements. Can you please give me and others, who are similarly fatigued, some advice so that we can feel better and continue to be effective healers? Thank you.**

You are an old soul. In other words, you have been to another planetary systems. And this includes all of the starseeds. The starseeds have been on other planets and are older souls as opposed to younger souls who are only limited in Earth incarnations.

Now one of the reasons why this person is having this reaction is because she has been triggered. Triggered means that the experience that you are seeing on the Earth now is activating older memories from past lives, in particular, past lives in which you have been either a participant or a witness to planetary destruction. I like to point out that the Earth is not the first planet that has gotten into these kinds of severe problems. In fact, there are other planets who are still involved or have been involved in the stage one of development that is the stage that the Earth is now in. And some of those planets were unsuccessful. That means that they were not able to complete the work of stage one and self-destructed. Now, this person

who presents this question has had past lives on some of these other planets that also struggled during the stage one. Remember stage one is defined as spirituality versus physical or technology. And doing the meditations that we are doing, our planetary Healing Meditations, reminds or triggers the memories from those other planetary experiences and overwhelms the person, especially because they are below consciousness. In other words, it's difficult enough to access memories from this lifetime, including from the childhood, for example, but now if I work with you to get memories from other lifetimes, and especially other traumatic lifetimes on other planets, then it can be difficult. But this is getting into more advanced soul healing. And in a sense, it relates to the first question about techniques, advanced Arcturian healing and sometimes it is necessary to discharge or to release the energies from the other lifetimes to, which it would include the sadness and maybe even feelings of hopelessness because of the trigger experience.

**Q4. Jan in New Hampshire asks:**

**Juliano, last month, I asked a question about the meridian meditations. But I do not think I made my request clear enough. I realized that the meridians are a very important meditation project. However, in a roundabout way, what I was requesting was a rewrite of the meditation script. You know how we humans are, we need a little variety to keep our shop. Would that be possible? Thank you.**

We offer meditation on various aspects of planetary healing, and those do include meditations on cleansing and aligning the meridians. And these are meditations that contain techniques that we are recommending. And these are specific techniques that, we think for the level of development that everyone seems to be at, would be most effective. So, when you suggest rewriting them, I'm saying there is nothing rigid about the meditations, we are not saying that this is the only way to do the meditation, you could change the script, if you wanted to. And the problem is that we have a specific format, we have a specific, shall we say, trance technique and we have a specific spacing on how to approach this. I would suggest that you study the techniques that we originally have produced, and then following those, that then you could modify it. But the more important thing is the global nature of all planetary healing meditations. I am more interested in everybody's process, everybody's using their higher Arcan power. And I'm interested in trying to find people who want to work globally and connect. You know, these are very important aspects of our planetary healing work. And when you say, well, you find this boring or that boring, I would say, that's fine. You know, maybe you have some other ideas or other images, but we need to keep it at a certain vibrational level that everyone can relate to, including those who are speaking other languages. Remember, that much of the work that we're doing is going out to the Spanish speaking world, and the German speaking world and the Portuguese speaking world. So, this does then require a certain vibrational and verbal clarity in the meditation process that we are proposing. Next question, please.

**Q4. Bob in Alabama asks:**

**Juliano, how can our planetary cities of light be strengthened?**

There are over there is a lot of work to do in the planetary city of light, to make it stronger and better. And today, I will go over several of these techniques. The first has to do with karma and the releasing of karma. Every city of light is in a country. And there's a long history in that city or in that country. In fact, if you have the opportunity to participate in some of the recent cities of light activations, you will be impressed with some of the historical evidence or historical facts that are being presented. Now, this is not being presented as a tourism package to invite you to the city. And although it's certainly interesting, the people are spontaneously presenting the historical facts for a reason, because many of these facts have to do with conquests and wars and also positive energies. But I'm speaking today about some of what I would call negative karma, and that the City of Light needs to find ways to help release the karma. Now one of the ways of releasing karma is dealing with those people who are stuck energetically around the city. This is a complex process to explain, but I can tell you that when people die, especially in war, or in some kind of traumatic way, that sometimes their spirit is not able to leave the place. For example, even the recent killing in Highland Park, at the July 4th festival in near Chicago, created a situation in which some of those who did die are stuck there. I mean, it was it's such a shock to their spirit, that they are stuck energetically in the fourth dimension around the area. Now, when I'm talking about the cities of light, and you're talking also about strengthening the cities of light, I would say that would be a really important factor, that is to work with and releasing any negative karma and any attachments from spirits that are stuck. The second part has to do with dimensional fractures, which are caused by wars, sometimes by nuclear radiation and other abnormalities in the energy system of the city. This way, it's helpful to bring a harmonious energy, but if there's any fractures, that is, where lower fourth dimensional energies can come in, then those factors need to be sealed. This also would strengthen the cities. Now I would say those two things are a huge project and also that it does require a special training. But there are many starseeds who understand this type of work and can go to places where there are monuments or where there might be some kind of statue and marquee, the energy of the event, that is an event that may have created a lot of trauma. So, these are the two things that I recommend initially. Next part please.

**Dear Juliano, we have seen tremendous participation and growth and the creation of new planetary cities and ocean reserves right in Latin America. Can you please comment on this? And what lessons can we take from this to grow the project in other areas of the globe?**

Well, the question about Latin America and its success relates to the concept I introduced earlier called receptivity. And that means that this work, the planetary cities of light work strikes a special energy core that makes the people in Latin America receptive to the ideas to the energy into the work. And part of it has to do with their use of the internet and how they communicate with each other. But the last part of it has to do with their acceptance. Now I'm speaking in generalities their acceptance of the star seed heritage, their own star seed heritage and their acceptance and desire to study further from the star masters and therefore, the lesson is receptivity. And their receptivity is so strong that they have a minimal amount of resistance to these ideas, whereas in some of the other countries, you may have to work harder to explain and teach people about the fifth dimension, about the star hips and the stargate and many other concepts that you and I now found very normal to talk about, but and they are normal and in the population in the in the mystical energies, they accept and work

with them all the time. So, it's not out of the ordinary in their consciousness. Yes, I know there are many people in the United States who also share this type of consciousness. And there is among them, the true Starseeds, also receptivity. But I believe that the Latin American people or the Hispanic people in Latin America have a cohesiveness among their star families. That is very strong. And that helps them to do this work as a group. In the United States or even in some of the other European countries, there's a little more isolation of people and probably a little more competitiveness that needs to be addressed at some point.

**Q5 Birgit from Oklahoma asks:**

**Juliano, you mentioned that the starship is many miles in diameter. I would just like to know just how many miles?**

The approximate size of the starship Athena or the mothership is 10 miles in diameter in your measurements. But we have different ways of dealing with expanding or contracting the ship. And that's part of our technology. So, you can think of it as, say you see these RVs that have expanding room, Light out I think it's called. which, of course, is a very primitive way of looking at expansion of rooms, but we have similar ways of expanding our ship. So, when I say it's 10 miles in diameter, we have different techniques to also expand it when necessary. But it is our mothership Athena, is a huge, it's a huge and we are able to accommodate many, many different instruments, many different levels of people and, when necessary, we can expand expanded, but the general diameter is 10 miles.

**So, I'm going to send you all with a special blessing. And we look forward to our next time together. This is Juliano. Good day.**