

Question & Answers for November 11, 2022



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This session has been transcribed by Cosmin Supeala, but it has not been edited by David K. Miller.

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Q1. Bob in Alabama asks:

Dear Juliano, there is a general understanding about the importance of increasing the Arcan power in the Planetary City of Light and Ocean Reserve of Light. Can you please clarify which Arcturian techniques and exercises you recommend, that are the most effective and practical for this, and how we can determine their effectiveness?

Greetings, this is Juliano, we are the Arcturians. At this point, in the development of Homo Sapiens, there is not a meter to measure spiritual energy. You have meters, for example, to measure voltages and amperage but there is no meter to measure spiritual energy. And I use this information because I want you to understand the difficulty in how we can measure the spiritual effectiveness of an intervention and how we can work together, to raise the spiritual vibration of an area. But fortunately, there are many techniques to do this and the measurements are based on what you might call anecdotal evidence, which would be defined as personal observations on people acting more spiritually, attuned with the Earth or even more people practicing spiritual exercises such as using the Medicine Wheel, for example. There are several really good techniques. And I will list them for raising the power of the spiritual energy of a PCOL and PORL. And there is also a new technique that I want to go over with you today that is specifically related to the intersection of the dimensions and how that coming intersection will affect the planetary cities of light.

The first idea that we have recommended is that each city of light is part of a network. There are planetary cities of light now in approximately 100 cities, and there are numerous ocean reserves of light. We've always emphasized the network factor. The network factor means that you energetically seek to connect with other cities of light that are in the network and overall, a worldwide meditation can be very effective in distributing spiritual energy in light. The idea is that in different times of the year or

different times of an era, one city of light might have more power than another city of light. Therefore, the City of Light can send extra energy or thought power.

Another important technique is the scheduling of spiritual events in the City of Light. This would include giving lectures or workshops or seminars. It could involve inviting high, spiritually minded people to come and give workshops.

I've always liked the concept of Shamballa, which has been described in various books. In this paradigm Shambala does fit into the City of Light concept. Basically, we have the idea that people to enter Shambala or to enter a city of light, must be at a certain vibration, a higher value spiritual vibration. Lower spiritual energies are people who have lower or more dense spiritual energy, and are not even attracted and, hopefully, they would be rejected by the energy field of the planetary city of light. That means that if somebody wanted to come in and was of a lower vibration and wanted to commit a crime, or do something that was of a lower vibration, then they would enter the city of light, but then they would feel uncomfortable and turn around and leave. Now this is difficult to measure, how can you measure crime or lower vibrational activities that would have been committed, but because of the strong energy field of the planetary city of light, that energy field rejected or pushed them away. Now that is a very difficult measurement. The planetary city of light, when it reaches a certain spiritual vibration develops an energy field, a magnetic energy field, just like the energy fields from radio waves or computers or from cell phone towers. The planetary cities of light develop this special spiritual light energy field that is electromagnetic in nature but has properties that are still immeasurable in human terms. But sensitive people can feel that energy.

Now let's look for example at some highly psychic areas in North America such as Sedona, Arizona, which has an energy field and people feel the energy when they come in and they are already seeking and feeling the spiritual upliftment. And this is another key measurement in the planetary city of light. People entering that city of light would experience a feeling of upliftment, of spiritual upliftment. They would come there like they come to Lourdes, France, for example, and want to participate in the healing energies of say, certain springs or other water systems. So, this is another indication.

Now, we're at what I consider to be a spiritual crossroads for the planet. One of the most powerful exercises to raise this spiritual energy, and sometimes I refer to it as our Arcane spiritual energy, is what I call the intersection of the dimensions applied to the intersection of the planetary cities of light. And I ask that you visualize in your meditations, that there is a dome around the city of light and that represents the energy field, and that there is a fifth dimensional city of light that might even be considered an etheric duplicate of the third dimensional city of light. And this fifth dimensional city of light has a dome energy field. And the fifth dimensional city of light is going to intersect the third dimensional city of light in exactly the same way as I have described the intersection of the third and fifth dimensions. The intersection of the fifth dimensional city of light with the third dimensional city of light is following the same approximate percentages, that is the bottom 5% of the fifth dimensional city of light is intersecting the top 5% of the third dimensional city of light, and there is a transfer of spiritual energy from that intersection. I feel that this is a good exercise to use now, especially in preparation for the time period, when there will be an intersection of the dimensions.

I'd like to also add that we are suggesting that there are fifth dimensional cities of light based on your third dimensional cities of light and that the planetary cities of light are multi-dimensional, and that, through the exercises and through the raising of the vibrations the spiritual vibrations, you are activating an interaction with fifth dimensional energy from that system fifth-dimensional city of light.

Q2: Bob in Alabama asks:

Dear Juliano, you have mentioned in a past lecture that you cannot send energy somewhere where there's nobody to receive it. In many of our Planetary City of Light meditations we include our sister cities and we do not always have a representative in that mediation to receive it. Please clarify whether someone needs to be present for the PCOL to receive it. Thank you!

Well, perhaps we should have said it's not as effective to send energy and spiritual light to another city, when there is no one there. Because of course, it can be done, but it is always preferable to have a somebody there to receive. Because if somebody is there to receive, then you are completing a circuit. And this is really a basic universal law of physics and spiritual physics. And I like to introduce a new term to you today called spiritual physics, because many of the principles that are in modern, or the New Age physics, also apply to the New Age spirituality. The concept then is that to complete a process, that is to send energy to one place, the circuit must be completed. And if you send it and there's nobody to receive it, then the circuit isn't completed and the receptivity that is necessary to complete the circuit is not completed and the energy cannot be downloaded. However, of course, you can always send energy to places or even people that are not or do not have somebody there to receive it. So, I will stand corrected that it is preferable, and it is more effective to have somebody there to receive it. Now, on a personal note, we have always been asked the question: "Well, I have a relative or I have a friend that is very ill, but they are not into this higher spirituality and they would not be into interacting and receiving a spiritual healing, is it still effective? Would it still be useful for me to send spiritual energy to somebody for healing, if they are not receptive to it?" And again, it's the same principle, it is more effective to send it to somebody who is there to receive it. However, there is a higher energy, a higher wisdom, and in personal healing you have the concept that there is a higher spiritual self in everyone and that you wind up sending the light and energy for healing to that higher part of that person, whom hopefully that higher self would be open and receptive to receiving the energy and receiving the light that you would send. And I believe that this principle also holds for sending light to a planetary city of light or a sister city of light, where there no one there to receive it. But you can visualize that there is a higher energy field above the third dimensional city of light, and that the higher dimensional fifth dimensional city of light is interacting. But this also requires a more powerful energy on those of you who would be sending that light and that is why I said its always better to have somebody there to receive it. I mean, the fact that the city of light or the sister city of light has been activated at one point indicates that there is receptivity in the general field of that city. I hope that clarifies it to the best of our ability in this presentation today.

Q3: Question from GOF member in Brazil

Dear Juliano, can we consider that the Dimensional Intersection projected for January 2023 is a continuity of the Dimensional Intersection of May 2015? For our better understanding, can we

use the metaphor of a Cosmic Game, with Pre-Ascension 2015 being one phase and Pre-Ascension 2023 being the next phase? With gratitude.

I would say that we are not suggesting that there is a relationship between the 2015 intersection of the dimensions in this intersection that we are talking about in 2023. We are in a much more serious Earth crisis than we were in 2015 and we do not consider this as a game or any type of frivolous exercise but that in fact, this is what I would even consider a life support energy transfusion, because of the dire crisis, that the planet is in and there are some events that are still in the hopper are still possible that could even create a more dire situation on this planet. And we are very concerned, for example, about the use of nuclear weapons in the Ukrainian area again, for example. And because of that and other factors that I do not want to refer to today, because our goal is not to make predictions for 2023 in this lecture, but because of this possibility of other dire events that can have a worldwide effect, we consider this intersection of the dimensions a spiritual transfusion for the planet. I do like and do accept the concept of pre-ascension, because there are similarities between this event and the ascension event. Because there are also differences now, in the ascension event, the intersection of the dimensions is at a much higher percentage. So, we are looking in this intersection at approximately a 5% interface and that 5%, I keep on using the term transfusion, and for instance think about the transfusion in the hospital setting. You receive that transfusion, but you do not receive it all at once. It is slowly downloaded into your body over a time period and then your body's able to process it. The ascension is almost a jolt. And the ascension is such a strong jolt that it is not going to be lasting for three months, or it is not going to be spread out over a time period, like this is. The ascension would be considered a much higher percentage even, for example, a 90% intersection but it would be for a very brief period and I'm talking a minute or two minutes or even less than that. If people generally thought the planet might experience a jolt, almost like that there was a flash of energy like a comet would come across the sky and light up everything or explosion in the atmosphere that would travel around the planet. But it would be that kind of sudden, dramatic event or intersection that would precede the ascension. Remember that even in some of the biblical texts, there was references to the blowing of Gabriel's horn as announcing this and I have mentioned that the sound of the ascension would be overwhelming. And so, this intersection of dimensions is not like that is not a flash it is not an overwhelming experience, as I said, it's more like a slow transfusion. But that there are similarities because it does imply an intersection of dimensions which is becoming more necessary. There is a drainage of life force energy from the planet, for example, drainage from the biosphere. This is coming from many different sources, including radiation leakages and destructions of what I had called before the dimensional seals, and I also refer to it as dimensional fractures. Because there are seals that hold like a curtain between the different dimensions. But remember, there is the 4th dimension people are always thinking about, you know, when I talk about dimensions, they are always thinking about the fifth dimension. But the fourth dimension is below the fifth dimension and there is a lot of lower vibrations on the fourth dimension and when we are looking at some of these dimensional fractures, or some of the seals that are being broken on the dimensional stage, then we can say that the openings created by these fractures allow lower energies to come in. Now, you even have a name for this, it's called the dark side and the light side and on the dark side some people have said are controlled by a devil like energy that is wanting to control and proliferate negative energies around the planet and when there are such fractures, then the darker side can take advantage of this.

Q 5: Bianca in California asks:

It seems to me that we have been more attacked lately spiritually by negative entities. At times, I have felt that unless I am away from most people I am not “protected”. Could you please share ways we can protect ourselves on daily basis from negative entities? How to keep our vibration high for most part of the day to avoid attracting any negativities?

Well, I will answer this question from several perspectives. The first perspective is, if you are in a high vibrational state and high meditative state, then your chakras are open, and you are communicating with the higher spirits and you are in a higher vibrational plane. Now, when you're in that plane, if you encounter people that have a lower vibration, it's a shock to your system. And therefore, there are two solutions. The first solution is that you need to contract your energy field when you go to work. You need to contract your energy field when you are doing your daily activities. Because when you go out in the world, you are not going to find many people who are going to be in a higher vibration. And if you are staying in the higher vibrational field, then yes, you will be or you are more sensitive and you are going to be more susceptible to any kind of negative influence. Now, a second perspective is what people have referred to as the Ayahuasca experience or the mushroom experience or the psychedelic experience and this has been written about and studied with shamans. Now, I will just say something about the Ayahuasca which is supposedly a plant-based substance that you eat that brings you into a higher state of consciousness. Now, if you were to take that, you would want to be in a special place with a special highly trained person and you would want to be as much as possible in a nature type of environment. You would want to be around trees and nature and beauty. You would not want to go into downtown New York, for example, or you would not want to go into a congested area where there was lower vibration. So, using that analogy, it will also be helpful. Like this person who presents this question is telling me that she, and I am sure others of you can achieve higher states of consciousness, but you need to understand that you also must contract and part of protection is contracting. It is not bad to contract your energy field. I encourage that. And what is key is that you can expand and contract. What is dangerous is if you are inflexible, and if you are only in one state, and I would not encourage people to be just in a higher state, that would be like you are in a cave and that would be very good, but we're not in caves, we're living in the third dimensional realm, and we have work to do here. So, the answer to that is contraction, when going out. And if you are in an expanded state, then yes, you can be more susceptible to injury. Now, our third perspective is that yes, there are different protective measures that we the Arcturians recommend. For example, the cosmic egg with the Star of David on top of it, you would want to use that to protect your energy field, then the shimmering of your energy field is also another important way of protection, because when you are shimmering, that that is helping you to reject other lower vibrations that come into you. But you only can go so far, if you are in an expanded state, you need when you go into your daily life to also be able to contract.

Q5. Ariana in Taos asks:

Juliano, my question is related to the sacred Sangre de Cristo Mountains and working with the medicine wheels, it is in 3 parts:

Part 1: We have been tuning into the energy of Taos Mountain and it feels there's some energy work she asks us to do. Do you have any insight?

Yes, there is work to do. For those who do not know Taos is in northern New Mexico and the Sangre de Cristo Mountains is a beautiful mountain range and the mountains have wide energy perspective. The mountains are just not in Taos, but you know, the mountain energy goes for miles, miles in all directions. Now, looking at the geography of Taos, I will say that Taos is very close to an area called Los Alamos. And Los Alamos is the area where the nuclear bombs were developed or are continuing to be developed and there is a lot of secret weapons that are being developed or have been developed there, they are extremely negative. And I know that there is a lot of debate about the effectiveness of nuclear weapons, and, for example, there is a strong argument that had nuclear weapons not been used to end the second world war, then millions of American soldiers would have been killed. I am not debating that. I am only saying to you that the nuclear weapons that are there and the energy around there has created a warp in the dimensions and in the energy field there and it is quite dramatic, it is quite an energy hole. And so that energy sucks lifeforce energy around all of that area, and the Sangre de Cristo Mountains, and the mountains in Taos also react energetically. And so, the mountain spirits try to the best of their ability to send healing light and energy to that area, to help seal and protect, but Los Alamos is extremely powerful force and some expensive new powerful destructive weapons are being developed and have been developed there and that is interacting with the entire environment of the area, including the Sangre de Cristo Mountain range. So, yes, the healing work that is necessary to bring that into a higher vibration is a huge, huge effort, and perhaps more than even the beautiful spirits of the mountains can accomplish. But nonetheless, the mountains are affected, the spirits of the mountains are affected by that. And there does need to be work done to seal the dimensional fractures that are over that area.

Part 2: We have had several medicine wheel full moon ceremonies during the time of the lunar eclipse with the intention to connect with the Grandmothers and Grandfathers. However, they remain a mystery to us. If our third eyes were fully open, what would we see and experience during these ceremonies?

There are several aspects to working with the medicine wheel and the mountain. But I want to say that sometimes just one session or two sessions may not be enough to connect with the guides. Think about prayers. I mean, in one sense, when you are asking for guidance and asking for protection in a prayer, then you are not demanding. You are not saying I must have this. But you say well, if it is in my highest good, then let this happen to me or let the healing come to me. And, sometimes the prayer or request is not answered on the first request. Even if you are doing the greatest prayer and with all requests and all connections to higher spirits, it does take persistence and it does take concentration, but also to it does require patience. Now another factor would be if there were Native peoples with you when you were doing this, because the some of the spirits want a native person there in addition to the starseeds. So that is another factor. And the third factor is sometimes the spirits want to be assured that you are sincere and they will then wait to see, you know, if you continue or if you are just impatient and think that the answer is going to come one time. So, these are some of the factors, but your work there is being observed the grandmother / grandfather spirits are aware and they are open. And if you had the ability to see them, you would see them receiving your energies and working with you. I am sorry, that is not the overwhelming response that you want, but be patient. And sometimes the spirits of the mountains, or the grandmother / grandfathers want to make sure that you are sincere in your efforts, and therefore, they will test you to see how long you're willing to work with them or if you are

impatient. I think it is also important to understand that you are working in the realm of higher energy and sometimes it isn't cause and effect and sometimes you cannot see or experience the goodness that is coming out of your service to the mountains, when you do this. That is to say that it is having an effect, but it's not as measurable as you might hope, using the third dimension of guidelines.

Part 3: In a previous lecture you stated that we should not limit the use of the Medicine Wheel to our 3rd dimensional incarnations, that it can relate to our cosmic incarnations. Could you please expand on this? Thank you.

The Medicine wheel again is a galactic tool for spiritual evolution, spiritual development and spiritual communication, spiritual communication with the planet, spiritual communication with the Galaxy and then also spiritual communication with your higher self and the Akashic records. Now, the medicine wheel on the first level may be divided into four parts. One section would be the childhood, the second section be adolescence, the third section be the adult and the fourth section would be the golden years or the senior citizen, however, you want to call that. But the thing for a moment that the center of the medicine wheel is also a circle and it represents your higher self. And think that the Medicine Wheel is multi-dimensional and that not only does the medicine will help you access these parts of yourself in this lifetime, but we can also say that the medicine wheel can be used to access the present lifetime, the future lifetime and then even going back to distant future and distant past. So that is a tool that you can connect with. And that means that the medicine wheel can help you to access past lives and your future life. Now think for a moment about another level, because I look at the medicine wheel as multileveled. Another level might be your incarnations on other planets. And then you could use the medicine wheel to access memories from other planets, and in other cases, even other galaxies. So, this then is a tool for accessing, on a multi-level, parts of your soul. And the first part might be "the easiest part", because you're accessing past, present and future of yourself divided into the four levels that I said. Now another way of looking at this is that, when we are talking about the four sections, we can say that one section represents the physical body, your physical body in this lifetime, another section represents your mental body in this lifetime, another section represents your emotional body and another section represents your spirit body. So that is another way. I mean the medicine wheel has multi-functions, as you can see. Now, the medicine wheel also is a way of communicating to the Earth. And, as I said, this is a galactic tool, a galactic symbol, that has been used not only by the Native peoples on the Earth, but also by the Galactic teachers and masters in many parts in many different planets. So, I visualize the medicine wheel as being multi-leveled and just like you would visualize a building having 10 floors, try to consider that the medicine wheel may have multiple levels and that each level is connected to the center, the center circle, and then you could travel up and down that and connect with your different parts of yourself. Your soul is quite advanced and has been in many different parts of this galaxy and most of you have had multiple lifetimes on this planet as well as lifetimes and other planets. That is why you are a starseed.

So, my friends, it's always been a pleasure to work with you and we will continue to be close to you, providing as much information as possible in the difficult times. I am Juliano, good day!