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Arcturian Teachings

GROUP MIND CONNECTIONS

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Introduction

Jefferson: Arcturians? Today Sue and myself, Jefferson, got together to speak to you and see what your thoughts are about the idea that I proposed for us to write a book together. Or, perhaps, a series of books in which we can give information to people who want to know the ideas that the Arcturians can share with us on Earth.

Arcturians: Our dear Jefferson?

Jefferson: Yes?

Arcturians: We are so happy to hear your voice!

Jefferson: Seriously? Me too!

Arcturians: We are so happy that you have connected with our Suzille. If you are not familiar, that is the name that we call the channel. We have called her Suzille, as it is her spirit name!

Jefferson: Oh, ok. Thank you for the clarification!

Arcturians: Yes! In response to your question...

Jefferson: Yes?

Arcturians: The answer is: of course!

Jefferson: (Laughter)

Arcturians: Of course we are greatly happy, honored and joyful to be able to communicate with two different countries at once! It is quite wonderful! We ask that each of you take a moment and see the huge triangle that has been developed energetically. One point of the triangle is in North America, in Los Angeles. The other point is around your dear beautiful Brazil (São Paulo), and the third point being beyond time, beyond space. Can you see the portal that you are opening by your communication?

Jefferson: Wow!

Arcturians: It is a beautiful portal. As we look down we see all the areas in between. We see the areas upon which the ancient beings of great repute lived. In fact, we see the land of which the Maya first initiated their Mayan calendar. Do you see how these areas are encompassed within your triangle portal? If you were to create a huge circle, which we encourage you both to do, it would move South from the Los Angeles point, then circle North from the Brazil point to find the base of your portal that extends into the third point of the triangle in the higher dimensions. Can you see our unconditional love fills this portal?

Jefferson: (Giggles). Wow!

Arcturians: We are ready for your questions! Do you mind if we address you via your spirit name?

Jefferson: By all means! Please!

Arcturians: Dear Jeffereys...Jeffrees...Jeffreys of the universe! Jef-free's who is free! Free of all. You have grounded! We address you Jeffrees. Welcome! We welcome you into our vortex!

Jefferson: Thank you!

Arcturians: Thank you!

Jefferson: This is fascinating! So, the other day I had an impression. It was an energetic, multidimensional impression of the Arcturians inviting me for this project (through thought). Could you comment on that? How it happened, did it happen, how it went?

Arcturians: Our call is open to all who hear. We have an ongoing beacon, which is like an SOS beacon that is sent out in your world. However, our SOS is not a disaster call, it is an open invitation to communicate with us, your Arcturian family.

Jefferson: Yes.

Arcturians: This beacon constantly repeats itself?

Jefferson: I understand.

Arcturians: We have a beacon does NOT stand for impending disaster. Instead, our beacon does stands for an urgency of attention. The message of this beacon is, Dear Ones, yes, you, the ones who are able to hear and to listen. We say to you,

“Wake-up, Wake-up. The ascension is NOW!

We, the Arcturians are here to assist each and every one of you.”

That is what our beacon says!

Jefferson: All right! So, am I connected to the Arcturians?

Arcturians: Jeffrees, of course! Do you not feel our connection?

Jefferson: (Giggles) Are you connected to me?

Arcturians: Yes! Of course we are! We feel that humor that you have, and the boy that we knew, the boy inside of you. And, of course, we are very connected with your future self!

Jefferson: Oh.

Arcturians: You see? As you move to The One, all of you, all of us have many expressions.

Jefferson: So you said you are connected to my future self. Which one?

Arcturians: We are speaking of the blue skinned beings, who you spoke of before.

Jefferson: Arvantis?

Arcturians: The ones we speak of originally came from Sirius. Long ago they ascended and moved into other realities. Our channel was also a Sirian and experienced planetary ascension.

Jefferson: I understand.

Arcturians: So that is part of how the two of you found each other energetically. Think about it. It is way beyond your statistical possibility that the two of you would meet. That is unless there was a “contract” that was written long before you both entered form!

Jefferson: Wow! Can you share more information about such contracts? Can you speak more about it?

Arcturians: The contract that was written is that you, our dear Jeffrees, would collaborate different channels that are already in constant contact with our ships, group energies, planets, and our galactic energies. These are beings that have fully moved into Planetary, Galactic and/or Cosmic Consciousness. You see, our first landing begins not ON your Earth but IN the consciousness of Earth's inhabitants.

Jefferson: Please continue.

Arcturians: Different beings were born with a fascination with the other side, the unknown, and with outer space. This particular channel saw some very frightening stories about beings from outer space that were terrifying to her. However, these images served the purpose of keeping awake to the fact that even in the restrictive times of the fifties that there was life outside of Earth!

Jefferson: So it is not a coincidence that I met her? It was basically the acclimation of two points of attraction that just came together because of the "contracts" that they made previously?

Arcturians: Yes, both of you had to reach a certain frequency of consciousness in order for this information to be, as you would say, "turned on"!

Jefferson: Oh.

Arcturians: If this frequency of consciousness is turned off, our information is not available to your daily life. When this frequency is turned on, it becomes available to you whenever you listen for it!

Jefferson: Yes, and about this beacon, how do you send out the message, and how can a human being pick it up?

Arcturians: When you have reached the level of consciousness that can receive our message, it is loud and clear! Of course, just as radio messages go out everywhere, if the radio is not tuned to that frequency, it will not receive that message. Therefore, your consciousness must tune in to the frequency of our message. The frequency of our message is unconditional love.

Jefferson: I see! And when you said that I am connected with you, did you mean that my future self has been to your planet?

Arcturians: What we meant when we spoke at that time is that the person that you are right now, the person that you have been throughout this one life of yours, has always been connected to us. For we knew of your "contract"! Just as we watched over Suzille, we watched over you! We watch over all of those

who have volunteered to assist with this great planetary, galactic moment of awakening.

Jefferson: Wow! This is big! So you've been with me like guides!

Arcturians: Absolutely!

Jefferson: Wow! And with whom do I have the pleasure of speaking?

Arcturians: We are the group mind of Arcturus. We are no longer in form. We resonate to the eighth through tenth dimensions. We could resonate to an even higher frequency, but our channel would not be able to receive that signal. Through many years of meditation, she is able to receive our signal from the eighth through tenth dimensions.

The Arcturians to whom you are now speaking no longer reside in a body, live on a planet, or travel in starships. However, there are brave members of our Star Nation who have incarnated into physical form on Earth at this time. Others still live on one of our planets or have taken on the collective form of the Starship, which appears to be a huge machine. The Starship is actually a collective being, and all components of its form are individual members of The One. The entire "ship" is alive.

Jefferson: Are you saying that you are no longer in physical form?

Arcturians: Our particular frequency is no longer in physical form. However, some of us still hold form, and have even chosen to incarnate in a physical body on Earth. Many of our Ones incarnated at the fall of Atlantis. In making that contract, they agreed to stay with Gaia, through a very deep darkness of the last twelve, thirteen thousand years. These Ones are now ready to again stand before the Galactic Center. Do you want to know about us as a species?

Jefferson: Yes.

Arcturians: The ones to whom you speak have not been planet bound for more millennia than you could count. We have evolved far beyond having to wear vessels that live upon a planet. However, there have been those, including our channel, that had the experience of going back within what you call time to when we were planet bound. Most of our planetary realities are stored on the Galactic Akashic record and are not an active reality.

Jefferson: When you spoke about the ship, you said: "Our brave members that went down to incarnate in physical form." Why did you refer to them as brave members?

Arcturians: Have you not found that being in physical form is a great challenge?

Jefferson: Of course...in many ways, yeah...(Laughter)

Arcturians: We know that our channel has found it greatly difficult! However, as she awakens more and more, there is an ease that she is able to maintain. This ease comes when one lives in the Flow, as well as within our unconditional love. On the other hand, when one falls out of the Flow, life is usually quite challenging! It is such a sacrifice for one to give up the unconditional love, joy, beauty, freedom and the Unity Consciousness in which we live to enter a reality that is polarized and driven by illusion.

Jefferson: I see! So, if it is that bad, why do people end up saying I want to go there?

Arcturians: Is what you really mean, “Why do people wish to go Home to their higher frequency reality?” Is that your question?

Jefferson: No! I mean, before they come into physical form, they know it is a big challenge (given the level of consciousness of the collective consciousness). Therefore, why do they accept the challenge anyway? What is the drive that motivates them to go ahead and say: “Yes, I want to go again”?

Arcturians: The drive that motivates them is beloved Gaia!

Jefferson: Oh. Beloved Gaia?

Arcturians: Beloved Gaia. She is such a great warrior. She has made so many sacrifices for the evolution of many beings. The evolution of the Draconians, the Pleiadians, the Sirians and now the newest group: the human beings – the Terrains. She needs our help now, and we cannot resist her call!

Jefferson: All right! Soon we will talk about this call, this help and everything that we can get from you as far as treasures for the heart and the mind. Unfortunately, for now we are out of time. Do you have a last message for this introduction chapter?

Arcturians: Yes!

Jefferson: Please!

Arcturians: Dear ones, our final message shall be brief, but it shall be pure. Our final message is: *“Love yourself unconditionally. Then, love all life in the very same manner.”*

Jefferson: Wow! Thank you very much! I am extremely pleased and excited that you have “touched” me for this project, and I am thankful that you have been with me for so long. Now that we (the channel and I) have acclimated to this interaction, we can gather some messages that will be beneficial for all. It is my intention that, within their timing and through their allowance, this book touches as many people as possible. Thank you very much!

Arcturians: Dear Jeffrees?

Jefferson: Yes?

Arcturians: We want you to know, that that is why we chose you! We know you to be a very tenacious young man with immense powers of creation!

Jefferson: (Giggles) Hopefully, we will get to be of service and make a positive contribution to peoples’ lives.

Arcturians: For now, we wish you well! Goodbye.

CHAPTER 1

Arcturians: Jefrees, we are here.

Jefferson: Wow, fantastic! How have you been?

Arcturians: Hmm, such an earthly question.

Jefferson: I know!

Arcturians: It is difficult for us to answer it. We only exist in unconditional love. We can understand you're asking the question, but we can't understand a way to reply to it in your language. The best way to answer your question would be to send you unconditional love, but we doubt that the written page could retain that energy.

Jefferson: Do you not experience the progression of beingness? In other words, at one point you were at some stage in your evolution, and after having a particular experience you were more than what you were at that point?

Arcturians: Yes, but it was what you would experience in your "time" to be long, long ago. There are those of us who have endeavored to go to lower dimensions to repeat that experience.

Jefferson: Cool! So, on the same note, you said: "You are the group mind of the Arcturus." I would like you to expand on that. Does your beingness, encompasses an entire planet of experiences and all its time frames, or just some individuals from that place?

Arcturians: Our "beingness" resonates to the frequency of the ONE, in which we are able to experience our individuality via our specific signature frequencies, while also experiencing the group mind of Arcturians. It is the same way with the group mind of Andromedans, the group mind of Pleiadians and the group mind of the Sirians. In the dimension to which we resonate, we exist in a state of consciousness. This consciousness is able to discern individual signature frequencies within the ONE group mind of that Galactic Being.

Jefferson: I see. Would it be appropriate to say that this is a vibrational universe that is hierarchically structured by layers that divide themselves by respective vibrational frequencies and resonance?

Arcturians: There is definitely a frequency, a resonance for each of our worlds. Hierarchical is a human term based on time and space. Meaning that one level is of greater authority and/or power than the lower. We do have differing frequency of existence. Yet, there is no judgment as to better or worse. Each of the units of our group mind chooses differing experiences. However, we, the group mind to whom you speak, are at a frequency where we are choosing many experiences at that same moment in the ONE. We share every experience with our group mind. We, also, share every experience with all of our grounded ones who have chosen to manifest in the physical dimension, as well as with our members who are presently serving on Star Ships. In fact, there are myriad expressions of ourselves with whom we share all of our experiences.

Jefferson: Oh.

Arcturians: When you, meaning those of Earth, raise your frequency into the fifth dimension, you too will be able to experience and maintain, many different realities within that same moment of the ONE.

Jefferson: Hmm. Wow, that is big! Let me see if I can just focus on a particular point so that I can expand more on that... If we were to define hierarchy in the sense that in each level up you expand your awareness and consciousness, would it be correct to support my affirmation about the structure of the universe? Would it, also, be correct to say that some of you have a more evolved sense of awareness, of beingness and unity?

Arcturians: Yes, that would be correct. However, we choose to use the word "multidimensional" rather than "hierarchy," as it does not carry the polarity of up/down or more/less. We do not think in polarities. We think in frequencies of expression.

Jefferson: Okay. You said that the channel can tune into as far as the eighth dimension, but you exist up to the twelfth, right?

Arcturians: Yes that is correct!

Jefferson: Now, below the eighth dimension, from the fifth to the eighth...do you exist in those dimensions as well?

Arcturians: Yes! We are multidimensional in that we exist in all dimensions.

Jefferson: I see.

Arcturians: The universe is not structured in a horizontal plane. The universe is built of light and energy, which travel in circles!

Jefferson: Oh.

Arcturians: Therefore the outermost circles are of the higher vibration, which encompass and hold what you would say: fetus, infants and young beings within the center of our circle, much like your great beings, the elephants.

Jefferson: Yes!

Arcturians: “Outer” and “inner” do not do our explanation justice, as these terms are bound by space and time. As we communicate, you will see that earthly language is not up to the task of fully understanding the realities of the fifth dimension and beyond. Because of this, we often communicate with pictures and analogies because they ignite your imagination.

Jefferson: Oh, I understand. So, what you mean is that it is not as linear as we may think. However, you will refer to it that way, so we must keep in mind that it is not that linear.

Arcturians: Yes! That is correct!

Jefferson: Understood! And then, you said: “You, perhaps, lived on the fifth dimension or those dimensions before” and at the same time you referred to something called: “The Akashic Records.” Could you speak on that? What is that, and who runs it?

Arcturians: All right! First we would like to comment on the word, “before”, there is no before within The One! There is no after!

Jefferson: Oh.

Arcturians: There is only now! We exist in all of realities. We merely choose to pinpoint our attention upon a certain experience.

Jefferson: Yes.

Arcturians: We will now address the Akashic Records. In the center of our circle we have our Planetary Egg. Our Planetary Egg is the womb for new Planetary Beings. Yes, Planets are sentient beings. These beings are not “new,” for there is no time. Instead we mean that these beings that are new to the experience of living in form. This is what happened long, long ago when Gaia chose to create a form within the Planetary Egg. All that exists is energy and

consciousness. The egg has an aura, just as each human has an aura. That aura of the egg is called the fourth dimension. The fourth dimension has a type of etheric form.

What we would call the Akashic Records would be much like a frequency net around the Planetary Egg. This frequency net is a mesh, much like the mesh around a microphone. The mesh around the microphone accepts your voice, whereas the mesh around the Planetary Egg instantly stores the etheric patterns that encircle the planet. Humans, who have expanded their consciousness enough to perceive the highest sub-planes of the fourth dimension, can read the Akashic Records.

Jefferson: Wow, that is all we have time for today. Do you have any parting thoughts?

Arcturians: We will say one thing, which we can explore later. Humans, who can read the Akashic Records, all have an individual viewpoint and experience of history, which can influence their reading and understanding of the etheric patterns. It is because of this that there are so many stories of Atlantis, Lemuria, WWII, etc. For every story there are many versions, for there are many beings with their own attention and their own perception that have read history.

Jefferson: When they have access to the Akashic Records and they get different stories. Is that also because there are parallel realities that did happen, and maybe they are focused on that timeline?

Arcturians: What we are saying is that it is quite difficult for a being that is still holding a physical form, to receive information without tainting it to some extent according to their own understanding and perception. In order for one to fully understand, let us say the fall of Atlantis, they would have to read, many, many versions, and pull them all together into the ONE that resonates with them.

Jefferson: I see.

Arcturians: Also, there are parallel realities, as each version that is put to thought becomes a reality.

Jefferson: And those parallel realities go into the Akashic records, or did those just happen?

Arcturians: If it is put to thought, it did happen!

Jefferson: (Laughter)

Arcturians: Do you see the great power that you hold?

Jefferson: Thank you beloved ones for this lovely time.

Arcturians: Thank you!

CHAPTER 2

Arcturians: Hello Jeffrees!

Jefferson: It is lovely to speak to you again.

Arcturians: Yes, it is lovely for us, as well.

Jefferson: what have you been up to these days?

Arcturians: We don't have days, as you would count them.

Jefferson: Oh. That's true. It must be boring then! Right?

Arcturians: We are not limited by time or space. We are doing more things within our 'now' than most humans will do in many lifetimes.

Jefferson: (Laughs) Wow! Ok, so I guess you wouldn't be able to explain everything in a few minutes, so let me move on here.

Arcturians: Yes, it would be difficult for a human to embrace the experience of our reality.

Jefferson: Hmm. So, you exist in the eighth dimension, right?

Arcturians: Yes, the eighth dimension through the tenth dimension.

Jefferson: To the tenth dimension! Wow, we are on the third dimension. Correct?

Arcturians: Actually, you are all becoming multidimensional in that you are not bound only to the third dimension, but many including yourself, and our channel, are resonating to the fourth dimension and crossing into the fifth. In fact, more and more, are expanding your frequency in this manner.

Jefferson: Wow! Would you help us to understand the basics in the differences between the third and fourth dimensions?

Arcturians: The third dimension is the physical plane of which you are well aware, where there is space, time, and polarity, limitation and separation...

Jefferson: Yes...

Arcturians: The fourth dimension is, as you would think of your aura, which is seen by many awakened ones. Both the third, the fourth dimensions are still within the confines of space and time. However, the time and space of the fourth dimension does not run parallel to that of the third. In fact, they are quite different.

Jefferson: Ok...

Arcturians: One short moment of your third dimensional time could be an entire lifetime in the fourth dimension. The fourth dimension is the realm of the Shapeshifters. These Shapeshifters are thought of as a myth within your reality, but are common within the fourth dimension, where form can be changed with thought and with emotion.

Jefferson: When you speak about shapeshifting I remembered that some extraterrestrials have referred to that before. They said that they could do that and that many others could do that, as well. For example, a Shapeshifter is a person that looks like a human that can turn into a tree, or whatever he/she desires. But, now it came to my attention that shapeshifting has to do with thought and emotions. In other words, you are a type of a person in one minute and you can change, almost as if changing your sense of identity to become a totally different person. What is the meaning of shapeshifting, as you refer to it?

Arcturians: Shapeshifting is the alteration of the envelope, the encasement that is placed around your light, your consciousness.

Jefferson: Hmmm

Arcturians: We Arcturians do not often choose to not limit our consciousness to a shape. Often we are quite content with holding a mutable form of light. On the 4th dimension, consciousness still needs housing around it in order to hold one's form. If one wishes to have the experience of being a wolf, they need to commune with the consciousness of that animal.

Jefferson: Oh. I know what you mean. It's transference of consciousness. It's not like you're going to change your human physical body. Will you live within that wolf as if you were a "walk-in" to that being?

Arcturians: You will still think of yourself as a human, however, much as our channel feels herself within us as we speak, the shapeshifter would imagine himself within a wolf as if they were behaving like that animal.

Jefferson: I see. That makes sense. You speak about time and space being more flexible. Is it correct to think that in the fourth density we are still, as you said, bound to the physical form, so we are still going to have the human physical body, but we can teleport, fly or anything like that?

Arcturians: The fourth dimension has many sub-planes. The lowest soul plane, the lower astral, is much like the bottom of your ocean. It is where the consciousness of the lowest frequency must resonate until it has disencumbered itself from the fear that it has collected during its human embodiments. There is little freedom within that plane. The form is often built from fear, so it would appear fearful to one who looks at it. There are beings that remember what you would call nightmares. They are likely seeing the beings of the lower astral plane, as these forms only occur when one is trapped in one's own fear.

Jefferson: Hmm.

Arcturians: As you move into the realm of fairy, there are many bodies, just as your fairy tales. Within the fairy tales, there is more of an attachment to their form, unless they have chosen the role of being a wizard. Within the form of being a wizard, it is quite common to shape shift, as you would say. As your consciousness moves into the higher sub-planes of the fourth dimension, there is less attachment to form. Finally, you can raise your consciousness high enough to experience the final plane of your "I Am" Presence, in which the form of your Lightbody awaits you.

Jefferson: Hmm. So a magician then is an individual that has to discipline himself or herself. He or she is a person who has to discipline his or her imagination. Then they can awaken the doors of consciousness to regain their abilities of changing their physical characteristics. But now it has come to my mind that you are not speaking about changing physical form, other than experiencing other physical forms while your physical body remains the same. Right?

Arcturians: Molecules of your physical body are altered to represent the body of the shape to which you have shifted, however, your primary consciousness would be that of a human. Within the chosen shape of an animal, it is easier to shapeshift within an animal than within a plant, for it holds different Essence, as you would say in your language.

Jefferson: I see.

Arcturians: It is more difficult to communicate and to take on plant consciousness, but one who is quite experienced can do it.

Jefferson: Does a soul have an evolutionary path, where it basically starts ignorant, and then it goes through experience, evolving itself, until it reaches God consciousness?

Arcturians: **The Soul has many sparks, many representations. The Soul is incarnated on many different worlds, dimensions and parallel realities. Within the NOW of the ONE, each of these realities is indeed on the path of self-discovery and evolution.**

Jefferson: What was the basic and primary reason for God creating humans?

Arcturians: **God is not what humans perceive as a separate, individual, male entity. God is everything, everywhere, all the time. Each of us is God. Each of us is an expression of God, an expression of the great ONE. There are many expressions of the great ONE. The humanoid is but one of those myriad expressions.**

Jefferson: What is the purpose for creating life the way that we experience it on Earth?

Arcturians: **Experience begins in an individual form. As your consciousness expands, you are able to embrace larger forms. For example, with a human, first you are an individual. Then you become a member of the collective of humanity. Then you become a member of the collective of the planet. Eventually, you come to the collective, where you and the planet are ONE. At that point, just as you would think of your body as being that of the human, you then think of your body as being that of a planet.**

Jefferson: So if you evolve to a group mind, does that mean you lose your individuality?

Arcturians: **We do not lose our individuality. We become like individual drops within a sea of unity. We are ALL ONE with the whole.**

Jefferson: If there are 6 billion individuals in this group mind, one of them can have the experience of all the other beings?

Arcturians: **That is correct. If their individual consciousness has expanded enough to encompass that which resonates with that of that group consciousness. For example, our channel is connected to the group mind in that she can allow us to speak through her. But her consciousness at present is only aware of her own thread that leads to our Arcturian Group Mind, but is not fully aware of the other. As you might say, drops in the ocean.**

Jefferson: I understand. It is because the human physical body can only handle so much energy and information.

Arcturians: That is correct. And as our grounded ones, those of us who chose to incarnate into the evolutionary cycle of Earth, and those of us who are specifically within a form on Gaia at this time of transformation, we are preparing to return to our body of light that will allow us to fully experience living in the fifth dimension.

Jefferson: And then, you will look like the Arcturians or the humans?

Arcturians: We the Arcturians look like whatever we choose to look like.

Jefferson: (Laughs)

Arcturians: We very often will take a form that we find is pleasing, or feels safe to those who are able to perceive us.

Jefferson: I see. So this is one of the qualities available to those who resonate in the fifth dimension, right?

Arcturians: Humans of the fifth dimension are usually still attached to a humanoid form, although it is of a much higher resonance. As they become familiar with their new reality, they become able to follow their signature frequency to other forms. These are forms that their soul has taken in other worlds. Hence, they may choose a form such as the water beings of Sirius, or the Draconians of Orion. There are many different forms that are quite enjoyable for us. Just as you go to your closet and decide to wear different clothes, we can go into our consciousness and decide to wear different forms. Whilst we have taken that form, we usually decide to stay with it until our intentions for taking that form are fulfilled.

Jefferson: I see. Now, the dimension where you exist is really far from where we exist. In other words, if human beings ascend out of their reincarnation cycle, will we then be able to resonate at the frequency of the eighth dimension?

Arcturians: The expansion of consciousness that is remembered while one is within their Earth vessel is the range of experience that they can return to as they translate out of that life. If they are able to experience the fifth dimension within that lifetime, they will easily be able to return to that dimension.

Jefferson: Alright...

Arcturians: If they experience the eighth dimension, they will be able to experience that dimension. The choice of dimensional reality depends on the Soul. Some Souls wish to enjoy the progression up the vertical scale of realities. Some wish to rush to their highest expression, experience that first, and decide from there which resonance they wish to experience. It is a choice.

Jefferson: Umm. When it comes to the idea of choice, I would like to ask the following: Isn't choice attached to the level of consciousness that the being has achieved in his past experiences, on a soul level?

Arcturians: As a being is able to embrace more and more experiences within one lifespan, they make available for themselves more and more choices. It is as though there are myriad doors. Every door that they choose to open is a reality to which they can easily return at the time of their translation.

Jefferson: What is real? How do you define real?

Arcturians: Real is unconditional love. The only realness is unconditional love. That is the essence of the ONE. Within that essence of the ONE, all reality can be born, even the reality of darkness and fear.

Jefferson: I see. If you were to get more specific it would help me to visualize what you are saying. I want to figure out this idea of what happens when we die. It depends on the person, right?

Arcturians: It depends greatly upon the person. It depends on the awareness that the person chose to awaken to within that lifetime. It also depends on the beliefs, which the person held in that reality. If the person believes that they are a multidimensional being of light, they have the choice of returning to being a multidimensional being of light when they shed their earth vessel. If person believes that they are bad or evil, they will have a limited range of choice as they shed their earth vessel in what you call death. We do not call it death; we call it transition.

Once they have transitioned to a certain plane, such as the lower astral plane, they will remain there until they remember that everyone is a beautiful being of light. Some of them have chosen to experience the dark. They are not worse or better than others. They have chosen a reality that that makes it more difficult at the time of their translation, for their choices are more limited. Does that make it clearer for you?

Jefferson: It does. Let me see if I can get even more specific. Can you give me an example of someone you know for example that has died? Or even better, you know me and have been with me since I was born, you said. So, obviously, you

know my energy signature. So If I were to die today, where would I be free to go?

Arcturians: We are a bit reticent to fortune-tell, for we do not want to influence anyone's choices or decisions, so we will say to you that your mind is open and your heart is loving. Therefore, you would easily be able to make the ties to beings of a higher resonance or of a higher expression of your grounded self. These Beings, and/or higher frequencies of your self, could instruct you and assist you in any translation that you would like to create.

Jefferson: I see. So when you refer to the idea of the lower astral plane, is that a place where there are colonies where people go when they die? Are there structures there that are like real cities, but spiritual cities, where they can wait for their next time when they will come back to raise their level of consciousness?

Arcturians: Unfortunately, those souls who became so lost in that darkness that they translate to the lower astral plane will not find it an enjoyable experience. It is there that they will receive the darkness that they have projected out during their incarnation. The only way that they can return to the higher dimensions is to incarnate again on Earth to balance out their energy. Fortunately, some are able to eventually call to the light. Once they call to the light, the light can resonate within their free will choice, and assist them in healing their fear before they choose another incarnation.

Jefferson: Oh, I see. Are there colonies, such as spiritual cities, that a human soul can wait in after dying until they are ready to come back to Earth?

Arcturians: Yes, there are many. There are different ones on each of the different sub-planes of the fourth dimension. The "cities" in the lower astral plane would not be spiritual cities, though, as the frequency is too low there. Instead, they would be experienced as an endless illusion.

Jefferson: Oh, I see!

Arcturians: There are Mystery Schools for spiritual training and enlightenment at the highest frequency of each sub-plane of the fourth dimension. These Mystery Schools can be visited upon translation, as well as during dreams and meditations. By visiting these Mystery Schools, the grounded ones can prepare for the opportunity of ascension that is available at this time.

Jefferson: When you talk about beings that you refer to as "ground crew," or as the "grounded ones," do these people come to Earth with a mission to awaken

people to the idea that The One is All That Is, or do they come to awaken people to the existence of extraterrestrial beings?

Arcturians: You are speaking of the "Grounded Ones"?

Jefferson: Yes!

Arcturians: When we speak of the Grounded Ones, we mean those who have sent a spark of their galactic, multidimensional nature into a physical Earth vessel. We call them our Grounded Ones for they are grounded on planet Earth. Many of them are still asleep, but more and more awaken everyday to their true identity. When they awaken, they will remember the higher messages that they have chosen to ground into humanity, as well as the body of Gaia.

Jefferson: If a president or another higher influential person is reading this book right now, what message would you would you like to give this person?

Arcturians: We would say to this person, remember unconditional love, remember this love is forever in your heart. Follow that memory home. We are here. We are always with you.

Jefferson: Why do you use the term "We?"

Arcturians: Because we are a collective consciousness, we do not use the word "I." We use the word "We," for we are ONE.

Jefferson: Thank you very much for your presence and God bless you.

Arcturians: Thank you and goodbye.

Jefferson: Goodbye!

CHAPTER 3

Arcturians: Jeffrees, we are here today!

Jefferson: Yeah, how are you?

Arcturians: Doing quite well. And you?

Jefferson: It is lovely to speak to you again!

Arcturians: It is always a joy to speak to our grounded ones.

Jefferson: Okay, you said you are non-physical beings, from a higher dimension, why would you need a ship in that sense, or use one at all?

Arcturians: We do not need to use our starship above the sixth dimension. From beyond the sixth dimension we “psychically” travel through consciousness. Then, perhaps we may manifest a starship if we want to make contact with others of a lower dimension.

Jefferson: In other words, the starship is like clothing that you need to go onto lower frequencies of reality?

Arcturians: We do not need that “clothing,” but Beings in the lower dimensions can find it difficult to communicate with us through their consciousness. Therefore, we create a form that they can perceive, as well as a form that they can visit.

Jefferson: I see. Does that serve to find a common ground where the interactions of the different dimensional Beings can meet?

Arcturians: Yes! That is correct!

Jefferson: Hmm. And are there Arcturians that live in a physical world?

Arcturians: Yes, there are many of us that have taken a human shell on planet Earth at this time. Your planet is having a great cosmic moment for which we have been preparing for many, many millennia.

Jefferson: Wow! Why is that so important?

Arcturians: This is the moment when Gaia, planet Earth, has the opportunity to raise her frequency into the fifth dimension. In fact, the entire solar system and this quadrant of space are moving into a higher dimension. All of us have been awaiting Gaia's ascension, as it is the greatest of challenges to transmute an entire planet into a fifth dimensional form. It is especially difficult for Earth, as it is a planet of extreme polarity and free will. And as you have seen, far too many of the grounded ones have gotten lost within that free will by making choices that were damaging; Not only to their Earth vessel, but to their society, people and planet as well.

Jefferson: Why is it necessary to prepare for so long for this time?

Arcturians: There are Star Cycles that are very long. For example, the human cycle, from birth, through life, to death usually lasts only seventy to one hundred years as you count time on Earth. The cycle for transmutation of an area of space takes many, many millennia to be completed. The cycle for your star, Sun, is now coming into its time for transmutation.

Jefferson: Can you give us more details about this spacecraft that you have?

Arcturians: Our Spaceships, as we have said before, are biological in nature, however they do not appear to be that way to the visitors. The Ships are biological in that they come from our collective thoughts of all of the Arcturians, as well as our visiting star brothers and sisters, and crewmembers that work together to BE the Starship. Your earth scientists are beginning to discover how thought can form molecules on a subatomic level. This is something we do. We create form. There is a pattern, much as you would make a shirt from a pattern, which we use to create the components of our ship. This "pattern" is created by our collective mind. All of us join as ONE thought, to summon the subatomic particles to collect themselves into the form of the pattern for our Spaceship.

Jefferson: Therefore, it is a thought-form that has lowered itself in vibration to the point where it can be perceived as being somewhat "physical."

Arcturians: Yes, that is correct! In the physical it is not exactly correct because we do not lower to that third dimension. We only allow our resonance to drop to the higher fourth and fifth dimension. There are times when we choose to resonate to the highest octave of the third dimension for just a moment, but even that frequency is vastly different from many on Earth. Therefore, our grounded ones can best see us if they raise their consciousness into the fifth dimension, and allow their imaginations to dictate their perceptions. It is best this way, as many of your citizens would be frightened if they saw us.

Jefferson: Frightened?

Arcturians: Oh yes! Unfortunately, many of your citizens have seen too many of your horror films, and they think that we and our galactic brothers and sisters mean to do harm. In reality, we have done much to assist you. We have been here now for the last seventeen of your years, assisting you to work through some of the fearful choices that have been made by your citizens.

Jefferson: So, basically, the exposure to the energy of the craft or to the energy that is higher than the human being, would make the human beings face their fears and assumptions.

Arcturians: We do not believe that is what we said, but it is a correct statement. When human beings join us in their finer bodies, such as their higher fourth or fifth dimensional frequency bodies, they find it to be a very healing experience. Most of these visits happen while their Earth minds are in their sleep, or in a deep meditative trance.

Jefferson: Talking about trance, how do these communications happen? How is it possible, that an extraterrestrial being can behave as a spirit in these communications?

Arcturians: We are all spirits! Everyone and everything on Earth is spirit, always, everywhere. That is a cosmic fact! It is true that as spirits we can commune with those of the lower frequency. However, only those who are able to communicate with spirit are able to consciously perceive our messages.

Jefferson: Oh, I see! It is that because you are non-physical. What can you tell people such as myself, that would like to receive your messages without having to go through another person? What can they do? Would you say that a change in their diet would help?

Arcturians: It is helpful, but remember, it is not a necessity! The physical body is merely the encasement for their pure cosmic energy. We are not communicating with their physical body, we are communicating with their essence. There are things that concern you more closely than what you eat if one is sincere in raising one's vibrations. We the Arcturians have only light for our "diet." We breathe in light. Those of you who are at the cusp of becoming Lightbody are learning to breathe in light. However, in order to maintain a third density form, one usually needs to feed the form with third density food. There is food that lowers your consciousness and disturbs your regular health, and there is food that raises your consciousness and assists your system to have good health.

Jefferson: Ah...Among so many choices that we have, how do we choose what is best for our physical bodies to establish such connections with our higher self?

Arcturians: Do you speak of nutrition that feeds the Earth vessel?

Jefferson: Yes!

Arcturians: It is best for each one to ask your own spirit because different bodies have different needs. Hence, to follow a rule that another has set will only work if that other person has a body that is very similar to your own.

Jefferson: I see! There is a “little” voice in everybody’s mind that I call the spirit, that lets us know whether we are building healthy melodies or composing dirty songs for our bodies. (Laughter) Now, on another note, did you say that in the frequency, dimension, in which you exist, you don’t have a specific form but take the form that you prefer?

Arcturians: Yes, that is correct!

Jefferson: So you are no longer required to re-enter into the physical cycle of re-incarnation?

Arcturians: We no longer prefer to choose these experiences. Yet, all of us had quite a few of those earthly experiences. However, the group you are speaking with is Arcturian Group Mind. All of those within this mind are enjoying the experience of some kind of form within some dimension of reality. Most of us experience form in myriad simultaneous realities, as we are able to have a multitude of experiences within the NOW. We are not bound by time or space, so there is no such thing as too long or too far. It is all HERE and NOW.

Jefferson: And do the Arcturians that are in a physical body have a planet for themselves like the humans have a planet such as Earth?

Arcturians: There are, indeed, planets around the star Arcturus. Some of us are still enjoying the experience of living on a planet. However, we engage in this experience, much as you would engage in a video game. We are aware that we are choosing that experience. Because of this knowledge, we do not get lost in that experience as many of the third dimensional earthlings have gotten lost. Also, our planets are no longer polarized like your third dimensional Earth.

Jefferson: Can a human being be incarnated in one of these Arcturus planets and be incarnated here as well, like I am connected with Arvantis from the feline race?

Arcturians: Most definitely!

Jefferson: Is it to the degree that the person is raising his/her consciousness, that he/she can be aware of this existence in another planet?

Arcturians: Once you have freed your consciousness from the limitations of the space and time structure of third dimensional Earth, you can begin to allow the realization of parallel realities. Our grounded one, Suzille, has remembered realities on several planets such as Sirius B, Draconian space, Antares and Pleiades. She can also remember parallel realities in the third, fourth and fifth dimensions.

Jefferson: What is the difference between having a future self and a parallel reality?

Arcturians: Parallel realities arise when there are two or more important decisions of action. Since you are Multidimensional Beings, you often choose to experience all of these choices so that you can gain the maximum growth from any reality. In other words, within a given incarnation when you need to make a choice between two things, you choose one experience (experience A), but the other experience (experience B) continues to exist in a parallel reality.

On the other hand, a future self is a concept created by a third dimensional being who is still bound by the illusion of "time." In reality, there is no future, there is only NOW. Each "future self" is within each human who wishes to perceive themselves within their possible future. If that version of their self in the "future" is in alignment with their soul contract, they can have a "preview of coming attractions." They will then be able to follow their soul into that reality and become what you would call their Future Self.

Jefferson: When you said: "if they are able to follow their soul..." what do you mean by that?

Arcturians: Their soul path, their soul choices.

Jefferson: Oh, okay!

Arcturians: Before your incarnation, each of you makes choices about the contribution that you wish to give to this important time. This has been called a "soul contract." This contract is made while you are fully aware of your Multidimensional SELF and still resonated to the frequency of unconditional love. While limited to the illusions of the physical world, many of these

choices are forgotten and are replaced by choices that stem from the fear of your ego/self.

Jefferson: How can people deal with their fear in order to be free from it?

Arcturians: The antidote to fear is unconditional love! Human love is not unconditional. Human love is conditional! With conditional human love, you love someone if they do this or that, and you alter your love if they did not do this or that. Once an Earth bound human remembers their Soul/SELF they begin to recover the creative and healing powers of their innate unconditional love. They can then use this power and unconditional love as tools to free themselves from the bonds of fear.

Jefferson: So, Arcturians, since you are energy, obviously I would think you don't get old, do you?

Arcturians: That is correct. Also, once you return to your fifth dimensional resonance, YOU don't get older either! With your earth vessel, which has been created from third dimensional molecules, the fear, hurt, wars, disease and stress of your polarized reality wear away at your physical form causing you a limited life span. However, you have chosen to lower your consciousness enough to wear that form, but the true YOU do not die. Only the vessel that you used to visit that dimension dies.

Jefferson: Have you met God?

Arcturians: We are all God, and we see God in the eyes of everyone! Every time we communicate, we meet God within the flow of our communal light beings. We meet God within the opening souls of our Earth families. God is everything and everywhere!

Jefferson: I understand the idea there is God the mother, the womb, and then there is God the father, the spirit, so that everything stays in balance. I understand when people say God is All in All they mean that without God there could be nothing. But is there a God consciousness that is limited to "individuality?"

Arcturians: There is NO God Consciousness that is limited to individuality! That is a human view. Humans have created their God within the models of their own reality. Men created a God who has anger and punishes His children. They have created a God that judges instead of loves. That is a projection of frightened earth beings. It is not a cosmic fact.

Jefferson: Can you speak about the law of cause and effect? Is there such a thing as karma?

Arcturians: The law of cause and effect is a foundational law of dualistic and polarized reality where there is space and time. Within space and time there is a cause and effect. There is a “cause” which moves through time and space to “affect” reality. In the fifth dimension and beyond, cause and effect are instant.

Jefferson: Is there such a thing as a soul mate or twin flame?

Arcturians: Yes! When a being that resonates to the ONE, chooses to take a third or fourth dimensional form, they need to choose a gender. Therefore, only a component of their total essence is able to enter into that third or fourth dimensional reality. The completion of their androgynous, multidimensional self—their Divine Complement—splits off from the individualized third dimensional human. That completion is what has been called a Twin Flame or a Divine Complement. Whenever one raises their resonance, beyond the frequency of polarity, they regain full unity with their Twin Flame.

Jefferson: Hmm. Would it be right to say that there is a complement of my soul somewhere that is my Twin Flame?

Arcturians: Yes! That other component of your soul has likely, also, chosen to manifest as a form. You all have an opportunity to have a Twin Flame marriage where you come together and marry your Twin Flame. This is not an easy marriage for that other person is here to teach you, and you must consistently confront yourself at all times within that marriage. When you enter the third dimension, however, you do not leave the higher worlds. It is more like you make a “copy” of your essence and paste that file into the third dimension. The original copy remains in its original place. Then, the copy that has been pasted can be greatly altered from the experiences from the lower worlds. At the time of your ascension into the fifth dimension, you share all your experiences with that original file to enhance and expand it. Do you understand that?

Jefferson: Wow, that’s exciting! I kind of do! So, basically, there is a possibility that you have your twin flame incarnated in physical form as a human being?

Arcturians: There is that possibility.

Jefferson: Is my twin-flame here?

Arcturians: Yes!

Jefferson: And obviously, your twin flame has to be the opposite polarity. It can't be a male for those who are men.

Arcturians: Once your Soul has chosen to enter the third dimension, both aspects of yourself experience both genders in your many incarnations. There are some that have chosen what you call a homosexual relationship. In that case, they have both chosen to wear the same gender body. What you need to realize is that the gender of the body is very unimportant when one can view the experience from a higher dimensional level of understanding. We see all polarity as a temporary situation.

Jefferson: Oh I see. So what you mean is that they can both be incarnated under the same gender. Then, they may or may not choose to have a sexually based relationship.

Arcturians: Some are of different sexual orientation and they do enjoy sex, as you know. Sometimes Twin Flames come in as family members, or children and adults, or adults and children, grandparents and children, aunts, nephews, friends and so on. There are many different configurations that souls have chosen to experience a close proximity to their Twin Flame.

Jefferson: The Twin Flame idea proposes another one that says that you, on your own are not complete! Is that what you are saying?

Arcturians: Your state of consciousness is the determining factor as to whether or not you are complete. You often feel "incomplete" in your physical reality because it is just a small fragment of your Multidimensional SELF. Masculine and feminine only exist in third/fourth dimensional realities, and there are other planets of your frequency that have androgynous bodies. There are also many different configurations of mating on other worlds, which would seem quite foreign to the beings on Earth.

Jefferson: I am not sure I understood. So, basically, the individual consciousness does not need his twin flame to be complete!

Arcturians: The individual consciousness connects with its completeness in the fifth dimension and beyond where there is NO polarity. Therefore, there is no such concept as masculine and feminine. You are ONE. You are having difficulty understanding this concept because you are looking at it through the perception of a polarized reality. It is difficult for many of our grounded ones to understand our message for they cannot free their thinking from the constraints of time, space, gender and polarity. All of those limitations are part of the third dimensional, "game," "program," "matrix." They are not of a

cosmic truth. They are part of the 3D Game that Souls have “logged into” to experience life at this extremely low frequency.

Jefferson: What are the differences between a Soul Mate and a Twin Flame?

Arcturians: Again these are terms created by emotional beings in the third dimensional reality. All of us are soul mates. There are only “single beings” on the third dimension. However within the constraints of third dimensional thinking, a soul mate is one with whom you have shared many physical incarnations. Twin Flame is discussed above.

Jefferson: How many simultaneous incarnations can a human being have on Earth?

Arcturians: Most Souls have chosen to have no more than twelve incarnations within the same general time frame.

Jefferson: What?

Arcturians: More than that is contra-indicated for healthy soul growth. Within the experience of physical reincarnation, these twelve souls are much like twelve blooms that spring from one great flower. There are often twelve simultaneous incarnations in the hopes that at least one of them will awaken and embrace their Multidimensional SELF. If only one of these physical expressions is able to return to the fifth dimension, the other 11 will also become fifth dimensional.

Jefferson: That is interesting! How come there are people that say they have been on Earth more than five hundred times?

Arcturians: Many of you have been on Earth many times more than five hundred! The number twelve was regarding simultaneous incarnations, not your total incarnations.

Jefferson: Oh I see.

Arcturians: It is difficult for a grounded one to move beyond the limitations of human consciousness. Your reality is so harsh and challenging that a grounded one is more than busy taking care of their one earth body. The concept of having other replicas of themselves is overlooked by most. All of those who are able to remember their life within the fifth dimension are able to embrace the parallel realities of their physical life.

Jefferson: Do you have a last message for us, from where you are? And, by the way, where are you? Are you far?

Arcturians: There is no far! There is no here. We are here. We are here now. Our consciousness is here now.

Jefferson: Your consciousness is here, but where is your beingness? For instance, I have a physical body, so my beingness is within this body, or around it, but it is here because the body is here. So if I go to another city, it will be there. So while your consciousness is here, where is your totality of beingness?

Arcturians: Our beingness is within the ONE, as well as within the Arcturians that are incarnated anywhere in all of reality. Furthermore, our beingness is a force not limited to those who are only Arcturians. Our beingness flows with the ONE. We are not bound in any manner. We don't GO anywhere. We understand that this concept is very difficult for third dimensional thinking. Think of your radio waves. They are everywhere all the time, but because you are in the third dimensional reality you must have a receiver on a mountain, and a station to disperse the energy. Then, you must have a radio to tune into that frequency of energy.

The energy is everywhere, but your human perceptions do not believe they can receive the sound waves without the aid of machines. It is within the construction of your reality that you have to turn on the radio, choose a channel, frequency, to which you wish to listen. In this way you separate the myriad messages that are intermingling throughout your atmosphere into one message at a time. You create this separation because your third dimensional thinking believes that you can only understand one message at a time.

Jefferson: I see. Can you materialize yourself?

Arcturians: Yes we are able to do that!

Jefferson: Can you manifest yourself in a frequency that can be seen by the human eye?

Arcturians: The human eye could not see us, because most humans could not believe we exist. Also, your resonance is not enjoyable. Would you enjoy burying yourself deep in mud? Because of the difference in our frequency, we, the members of the Galactic Federation, largely speak through our grounded ones. We are in the midst of a vast plan through which we, the Galactic Federation, your Galactic Family, will assist you to manifest the ascension of Earth and all Her inhabitants.

Jefferson: I see, this is on a global level, for the collective perhaps. But for individuals, can you not materialize yourself for the individuals?

Arcturians: **Would you choose to materialize yourself in the shape of an infant?**

Jefferson: If I knew it was temporary and I could control it, perhaps!

Arcturians: **If you were to materialize yourself, within the form of an infant, than you would be an infant, you would soil your pants and need so much care for you would not be able to walk, you would not be able to talk, you would be literally and totally on the standby. Do you see why we do not choose to manifest ourselves within this third dimensional form?**

Jefferson: Yeah, but when Jesus would speak to other people, they would materialize before him and they wouldn't necessarily have to be born again. They would just appear, out of the blue, and talk to him and then they would go away.

Arcturians: **Jesus was able to expand his consciousness to the point that he could see these beings on the higher frequencies.**

Jefferson: Oh, I see.

Arcturians: **It was he who changed, not the beings. It is the same way for those who are able to perceive our form. They are able to raise their consciousness. It is greatly uncomfortable to create a form with the limitations of your reality, which is why we send our deepest love and appreciation for all of you. We understand what a brave sacrifice you made when you chose to limit your great SELF into such a compressed form.**

Jefferson: Would you be so kind as to give us this day a final message?

Arcturians: **Again, we will say that we have but one message, which is the message of unconditional love. It is through loving yourself unconditionally that you can transmute in your true form. We do not give messages about your future, for that would interfere with your free will choices. You are a planet of free will. We could not have even given assistance in healing your mother, Gaia, if there were not many of the residents who have called to us on a regular basis to heal their beloved planet. Therefore, our message would be: "Please call to us." Call to us to hear the truth, call to us to heal the planet.**

Jefferson: And what would you like to have in exchange for that?

Arcturians: The exchange is the joy of opening the sleeping mind to the wonder of truth.

Jefferson: Wow. Thank you very much. I can't say another thing other than that I look forward to speaking to you again.

Arcturians: We greatly appreciate that you are documenting our conversation. We appreciate that your mind is expanding in order to comprehend our message. You are growing into a sphere of light. We bless you with gratitude and unconditional love.

Jefferson: Thank you very much.

March 18,2011

Chapter 4

Arcturians: Hello, Jefrees. Do you have a question for us?

Jefferson: Hi there. It is been so long for me. I was already missing our chats!

Arcturians: Yes, we have missed you as well.

Jefferson: Coincidentally today, the 18th of March, is my birthday, and this is a gift in and of itself. Thank you!

Arcturians: Happy Birthday. This is a power day for you; for it is the day your Soul chose to come into your present body

Jefferson: There is so much I want to ask you, but let's go a question at a time. This is the first idea I wish to discuss with you today.

Arcturians: Please continue.

Jefferson: All right! Thank you! How come it is the soul that chooses the day to be born?

Arcturians: It is the soul that determines that it is the proper moment of the NOW to log into the 3D Games. Your soul wanted you to be an adult at this moment of great planetary transition.

Jefferson: I see. Interesting!

Arcturians: It is so for all those who are adults at this time. The adults are meant to take leadership and to protect the new ones, children and babies, because they are of New Earth and will assist you all.

Jefferson: You also mentioned this is a power day for me. How is that power connected to the day of birth? What makes this day different as far as "power" goes to the other days?

Arcturians: The date, time and place of your birth are the exact energy pattern that your soul wishes to experience within a given reality. Some souls come in for a very long time (in your years) and other only come in for a quick visit.

Jefferson: Take leadership and protect the new ones? Can you expand on that? Leadership towards what activity and protect children from who? Do you mean to lead people to become self-honest and protect them from the cultural programming that makes us become superstitious and “good consumers”?

Arcturians: Yes, protecting them from the cultural programming and superstitions is a big part, but you will also have to protect them from all the many challenges that Gaia is facing in your present moment.

Jefferson: Energy patterns of a soul then have to do with the alignment of the planets at the time and day of one’s birthday?

Arcturians: Soul energy patterns also have to do with the place of your birth. In your other incarnations, you have all have empowering experiences with different plots of Gaia's land, sea or even sky. There are areas in which you have had power lives and have protected Gaia in the past. Therefore, you wish to protect and assist in raising the energy in that area again in this life. This is why you went back to your homeland. You had a long history there. Many are going back to their homeland now, or finding a deep love for the place in which they are now living. In this manner you can use your unconditional love to cooperate with all the multidimensional beings of that area, such as the third, second, first and even fourth dimensional creatures. The fourth dimension is ascending along with the third, for it is the aura of Gaia!

Jefferson: Could you expand on what you mean by: This is why you went back to your homeland? What is a homeland?

Arcturians: A Homeland is the Home of your Soul. It is the place on the body of Gaia in which you can remember your highest frequency of expression

Jefferson: Do you mean to say there are E.T.s that are incarnated on Earth and “Earthlings” that incarnate on other planets to assist and support the group mind there by adding their positive support?

Arcturians: Absolutely! Many Galactics (we prefer that term over the term of “ETs”) from the fifth dimension and beyond have made the sacrifice of taking an Earth vessel at this time. They knew that Gaia would need the grounded energy of those who had ascended before. Then, as they awakened, they could remember the FEEL of ascension and assist others in their ascension, as well.

Jefferson: I see.

Arcturians: However, in other realities on Earth, ascension means leaving your physical form behind. This time you will transmute your physical form, as well as the physical form of Earth, back into its true vibration of the fifth dimension. Human, cetaceans and Gaia are partners in this endeavor!

Jefferson: About the home "land" being like a home for a soul in particular... How to understand that when the soul is non-physical and the idea of land proposes some physicality to it? Do you mean just to say that the soul is more powerful in the place it can call home no matter where, in the cosmos, it finds itself?

Arcturians: We mean that in parallel realities of incarnation on Gaia, they came into their power. Therefore, just as one may have many wonderful memories when they return to a favorite place from their childhood, newly grounded ones can have memories of their past, power lives when they incarnate in that area again. And for your last question, yes! You all have many Homelands on many planets, galaxies, suns and dimensions. Each of these realities of your full Multidimensional SELF has a certain FEELING of energy that attracts you. For instance, Suzille is very fond of beautiful Nature, especially oceans, tall trees and bodies of water.

Jefferson: I see. Thank you! Now, talking about the challenges Gaia is facing, I would like you to expand on that if you will. In the beginning you spoke about the great triangle connecting physical locations and while doing that you mentioned the place where the Mayans existed, the Southeastern Mexico and parts of Central America. Could you share more ideas about the Maya and the impact of their teaching in our present days?

Arcturians: The great triangle of which we initially spoke surrounds a power spot in Earth. A power spot is an area where the elements are able to co-mingle and co-operate with each other to set up a frequency of unity consciousness. This unity consciousness will then seep into the hearts and minds of the humans of that area. Unity is first step to power, transmutation, love and ascension. When the elements are able to unify, it facilitates the unity of the humans. The impact of the Mayan Teachings is that they got the attention of the world and "coerced" the world to unite to find out what they meant! The mention of "End of Times," got the attention of many who were sleeping. Unfortunately it got their attention because they were afraid, but often fear can "force" one to rally their inner resources into action.

Jefferson: Awesome!

Arcturians: This is what the Mayan Calendar has done! It has rallied the world consciousness into a form of action. Because Gaia is still polarized, these actions started first with the light coming into the awakening ones. This light then revealed the darkness that had been hidden for so long. Once the darkness could no longer work in secret, they became afraid--bullies are ALWAYS afraid. Then, the dark ones became sloppy with their actions and began to be visible to the consciousness of the ones who had fallen into their subjugation. This realization that they were being lied to and even harmed has served to awaken many of the sleeping ones.

Jefferson: I see.

Arcturians: Now the darkness is desperate, but the Light is tenacious! The brave ones who have suffered from the deeds of the dark ones deeds are rising above fear and uniting in unconditional love for everyone.

Jefferson: How so?

Arcturians: They no longer see color, creed, gender or appearance. They see fellow humans who are in the same process for survival AND ascension.

Jefferson: Oh. I hear you.

Arcturians: They know that they must unite into ONE being in order to survive, and so they do! It is world Unity Consciousness that is paving the way for the Planetary Ascension. In other words, the dark ones got caught in their own trap!

Jefferson: Thanks!

Arcturians: Do you have another question now?

Jefferson: I sure do! Since you spoke of ascension and parallel realities before, I would like to know how these parallel realities are relevant to our own reality?

Arcturians: Every time an important decision is made in a certain way, a parallel reality spits off to represent the other decision. In this manner, the multidimensional souls who are logged in to the "3D Game" can experience both choices at the same moment of the NOW. This is why there are so many versions of any event, such as the fall of Atlantis!

Jefferson: Oh lovely! Thank you for clarifying that! Now... You also said and I quote: "This time you will transmute your physical form, as well as the physical

form of Earth, back into its true vibration of the fifth dimension.” Could you please expand on that because I “know” everybody is dying to know how that takes place and if you can give an approximate timeframe?

Arcturians: The versions that are made in love move toward construction of New Earth, and the version created by fear works against it.

Jefferson: I see

Arcturians: Time is a third dimensional concept. From the perspective of the fifth dimension and beyond there is only NOW. Therefore, once you move your consciousness into the fifth dimension and beyond the time of ascension is NOW! Hence, Planetary Ascension is a state of consciousness, a frequency of reality. Once your consciousness resonates to the frequency of the fifth dimension, the Planetary Ascension is NOW.

Jefferson: All right! And when that happens, what changes will happen in our physical bodies?

Arcturians: We can tell you that your body will resonate to the same frequency as your consciousness. Hence, since the fifth dimension is the realm of light, your body will be comprised of light. However, the means by which the changes will occur in your physical body has many versions and perspectives. It is a subject that can, and has, filled many books. It is not an answer we can give in a few short sentences.

Jefferson: Oh.

Arcturians: Let it suffice to say that “Unity precedes Ascension.”

Jefferson: How so?

Arcturians: First you unite with your Multidimensional SELF. Then you will be able to unite with the fifth dimensional expression of that SELF with whom you have a pre-birth contract to assist you as you become fifth dimensional. Remember that you all have myriad versions of ALL your Multidimensional SELF, even your 3D self. Therefore, one who is newly returning one to the fifth dimension will need to have a Contact Person, a personal guide, who is actually one of their own fifth dimensional expressions of SELF.

Once they connect with that fifth dimensional expression, they create an energetic bridge between their grounded 3D self and planetary self with their

light body 5D self in fifth dimensional earth. Once this connection is made, the two will return to ONE bringing all that they know with them. There are many, many light-workers who will do this. All of you are waiting for the GO sign. It is the united force of all of you all around the world returning to the fifth dimension at once that will give Gaia the assistance that She wishes. However, Earth/Gaia is becoming fifth dimensional whether or not all Her humans go with Her.

The energy of Unity Consciousness is growing more every day. We the Arcturians are so proud of our grounded ones. We observe that you are rising above the tentacles of fear and choosing to focus on Multidimensional Light and Unconditional Love. Furthermore, we see our awakening ones observing the fear and darkness, not just in their outer world, but also within themselves. They are then able to unconditionally love their own inner self, which transmutes that darkness into the love that creates and navigates their Lightbody. Since all Beings on Gaia are ONE, as our great awakening ones release their own fear, they assist to release fear for the entire planet.

Glory to our grounded ones, for they have found their true SELF deep within the illusions of the earthen container.

We Salute YOU!!

The Arcturians

Chapter 5

We are the Arcturians. We are here to speak with our dear friend Jefferson.

Jefferson: It is lovely to speak to you again!

Arcturians: We are with you now to continue our discussions about personal and planetary ascension.

Jefferson: Awesome! Let's revisit some details of what we discussed last time, so that we can dive more into those subjects.

Arcturians: That is perfect with us!

Jefferson: You mentioned before that we are having an influx of special children being born because they want to experience life on New Earth. Do you mean to say that the generation of incoming souls will express through their level of consciousness, the new human that will adjust by choice, the current state of our ascending planet?

Arcturians: Yes, we speak of the children who are born awake to their Multidimensional SELF. Their full DNA is activated and their Whole Brain Thinking is returned. They have no need for third dimensional thinking, and function fully via multidimensional thinking. Many of them are having difficulty with their schooling because they are much more advanced than their teachers. Therefore, they are labeled as "problem children." Instead, it is your outdated educational system that is the problem. However, there are many brave parents and teachers who are working to rectify that issue.

Jefferson: When you spoke about the idea of multidimensional SELF, you suggested an upcoming unification reaching to fifth dimensional expression of our SELF. You also mentioned a pre-birth agreement or "contract." Would you be so kind as to expand on these three aspects of your answer: 1) multidimensional Self 2) Unification 3) Pre-birth agreement.

Arcturians: You are all Multidimensional Beings. Your Multidimensional SELF is the collective of your life-stream that is fully conscious of your many expressions of SELF. These expressions take on form or live as pure consciousness in the many planets, galaxies and dimensions.

Among your new children, as well as with more and more adults, there is an ever-growing unification with your Multidimensional SELF. Many of you are especially aware of your fifth dimensional SELF. This awakening was agreed upon in your pre-birth contracts. Pre-birth contracts are agreements that your Souls made with the ONE before deciding to take on the form that you now perceive as your body. In other words, before you incarnated, you agreed that you would either be born with, or awaken to, the fifth dimensional frequency of your Multidimensional SELF.

Your Multidimensional SELF is the frequency of your SELF that is free of the limitations of separation of the physical world. This YOU is awake and aware on many planets, galaxies and dimensions, and is able to experience and communicate with all these parallel realities within the NOW of the ONE. However, "communication" is a third dimensional term. It implies that two or more separate people speak separate sounds that blend into words and sentences for the "other" people to read or hear.

In the fifth dimension and beyond, we are all ONE, and there are no separate words, sentences or people. Therefore, instead of communicating, we unite our consciousness within the UNITY of the ONE. In this manner, rather than asking a question, we simply align our consciousness with the ONE and instantly KNOW the answer.

Jefferson: I see. Another question...when you say their "Whole Brain thinking returns," do you mean to say that the two parts of the brain are uniting to support holistic thinking?

Arcturians: Yes, that is indeed what we mean. When the two hemispheres (the masculine—logical, sequential left hemisphere and the feminine—holistic, creative right hemisphere) unite, they function as a united brain in a manner that far exceeds the capacity of third dimensional thinking. Whole Brain Thinking comes on line when you awaken to your multidimensional consciousness. This expanded consciousness also, activates more and more of the 97 percent of your DNA, which has been labeled as "junk DNA", and allows your brain to operate at an expanded capacity.

With your expanded consciousness, third dimensional, sequential thinking is gradually replaced with multidimensional thinking. Your multidimensional thinking serves to activate your expanded perceptions (also called psychic abilities). These expanded perceptions allow you to perceive higher and

higher frequencies of reality. With your expanded perceptions online, you will gradually begin to download your new Multidimensional Operation System. This is far superior to your Third Dimensional Operating System.

Comparing this new system of thought to third dimensional thought is like comparing the difference between DOS, and the quantum computers that are being created, but not shared with the masses. With the Multidimensional Operating System, you do not think in a straight line. Instead, your thinking and consciousness moves in circles.

Jefferson: When you speak of activation you imply that the operating system already exists in today's humans, but it is just not activated. Does that mean you don't have to be a newborn as much as you have to find a way to "activate" that new operating system to have different perceptions of life?

Arcturians: You are again correct. However, when you have functioned under the old operating system, you must learn to release the habit of thinking in a straight line with separate concepts. Children that are born that way do not need to release any habits. In fact, they maintain the "habit" of being multidimensional.

Jefferson: Do you have any quick formula to release the habit of linear thinking?

Arcturians: A good way to get started is to fill your life with creative endeavors. Creative endeavors require that you use whole brain thinking and are great fun. When you are having fun, you can more easily release old habits of limitation and drudgery. Then, you can easily segue into multidimensional thinking.

Jefferson: I am not sure what drudgery or segue into multidimensional thinking means, but I think I understand your point. However, I find it difficult to fathom that my soul can have a multidimensional experience and be in different places at the same time. Would you help me clarify these ideas?

Arcturians: The process of ascension is largely based on finding the freedom from separation thinking. When you think of each of your expressions of your Multidimensional SELF as separate, it is very difficult to imagine that you can experience more than one of them at a time.

Jefferson: I see

Arcturians: When you release the habit of thinking in time and space and allow your thinking to move into the format of NOW and HERE, it is natural to imagine that each of your "selves" are much like the organs in your body. They appear to be separate, but none of your organs can live unless they are within your earth vessel. Just as your physical body monitors and communes with all of your organs, your Multidimensional SELF guides and unites your myriad expressions of SELF.

Jefferson: So these multidimensional selves are expressions of me incarnated and non-incarnated in physical worlds like Earth, or is this the end of the line in the sense that all my other selves are on higher dimensions?

Arcturians: Yes, your multidimensional selves are incarnated on many realities. We will now address your "end of the line" statement.

Jefferson: Please...

Arcturians: There is no concept of an ending or a beginning in the ONE as there is no time and space. There are only frequencies of experience. Many life forms, including Gaia Herself, now feel complete with the experience of holding form in the polarized, low frequencies of the third/fourth dimensions. Therefore, many souls will not return to this frequency of expression, as they would rather have the experience of a higher frequency expression of SELF.

Jefferson: Oh. Ok.

Arcturians: This experience of a higher frequency of expression of your Multidimensional SELF is what you are now calling ascension.

Jefferson: So ascension is an expression of unity through expanded awareness of my full self?

Arcturians: Yes. Personal ascension is an expression of unity with a higher frequency expression of your SELF. On the other hand, planetary ascension is an expression of unity with all life on Earth. In order to experience planetary ascension, you all need to realize that your SELF is not just your physical body, but includes ALL of the greater body of planet Earth.

As humans unite, as animals, cetaceans and plants have already united, they will remember that every ONE is an expression of Gaia's Earth. Our grounded ones are actually Multidimensional Beings who have entered into the great experiment of: "Can one maintain the Unity of their true SELF when they

experience themselves as separate from the ONE?" The answer to this question is often, "NO."

Jefferson: Oh.

Arcturians: However, what you are all finding out now is that when you finally return to your Unity Consciousness, you CAN remember the individuality that you gained during your third dimensional realities. At the time of ascension, this individuality is contributed to the ONE, thus allowing the Unity Consciousness to become much richer and more expanded.

Jefferson: I see now.

Arcturians: In other words, you have had to lose the memory of your Multidimensional SELF to find your individual self. Then, when you return to the ONE, you contribute your experiences of individuality to expand and enrich the Unity Consciousness of the ONE.

Jefferson: What you just said is beautiful! Thanks!

Arcturians: You are very welcome.

Jefferson: Now...you spoke of a personal guide, another expression of me that exists in the fifth dimension. You said that this guide would assist and support me in the ascension process. Can you expand on that? Who is my guide, and what are the main ways that it assists me with the delicate task of ascension?

Arcturians: We will answer the first question and then the second, as they are quite different. We would not say that there is "another" version of your self, for those are third dimensional words based on separation. What we would say is that the only part of your Multidimensional SELF that you can perceive is your earth vessel, which is only the lowest frequency expression of your SELF.

All frequencies of expressions of your Multidimensional SELF are infinitely there (as there is no beginning or ending within the NOW), but you cannot perceive them—yet. Since you cannot perceive them, you have forgotten that they exist and think of yourself as only being third dimensional. Fortunately, as you regain your Whole-Brain, Multidimensional Thinking, you will expand your consciousness. Once your consciousness expands, your perceptions will also expand to embrace the frequency of the fifth dimension, making it possible to perceive your fifth dimensional SELF and beyond.

Now to answer the question of who is your guide, and what are the main ways in which he will engage with you?

Jefferson: Please.

Arcturians: Your question is filled with third dimensional thinking, which complicates a full response. Therefore, we will take each third dimensional concept and expand it before we answer.

Jefferson: Oh lovely. I am sure that will help a lot. Thanks.

Arcturians: Who is your Guide? When our grounded ones cannot believe that they are great multidimensional beings, they look to guides that are "separate" and "above" them. That is fine for it begins a communication with the higher dimensions. However, as this communication proceeds, the grounded one begins to realize that, no matter who that guide is, it is themselves, for that Guide resonates to a reality that is of the ONE. The ONE resonates beyond the separation of time and space. Hence, there is no concept of separation. Because of this, the only real delicate part of the process is for your Higher Expression to bring you along slowly so that you don't get too frightened by your true power and shut down your process of awakening.

You would be surprised how often that occurs. In the third dimension, you have been brainwashed to believe that you are a lowly being, and that it is conceited or arrogant to think of your own self as being at ONE with Spirit. This concept is an old hangover from the Piscean Age, which your consciousness has surpassed.

Jefferson: Oh, I see. So that is the idea that the extraterrestrials I speak with share. They say many people cannot handle the truth.

Arcturians: Unfortunately, there are still many who are afraid to see reality in a different manner. It is fine though, as each one has the right to return to their true SELF when they choose to do so.

Jefferson: Oh. Sure. I see now.

Arcturians: It is through unconditionally loving these ones that our grounded ones can best serve them. To enter into a debate with them would only force them to hold more firmly onto the old concepts that have given them a sense of security throughout their life. There is a great deal of inner seeking, releasing of fear, self-introspection and personal sacrifice that is involved in

ascension. It is not for everyone. Ascension is for those who have completed their third dimensional lessons and are ready to graduate into a higher frequency of reality.

Jefferson: Like letting the flowers bloom and giving them time to shape their body and colors. Yeah?

Arcturians: Yes, different flowers will bloom at different times. In fact, some flowers cannot bloom at all. Often this is because they do not have enough Light. Light is important for flowers to bloom and important for people to bloom, as well.

Jefferson: Sure. Light can also be interpreted as information and darkness lack of information. Right?

Arcturians: Yes that is correct. Also, Light creates love and darkness creates fear. However, remember that it is only in the third/fourth dimension that light and dark are separate. In reality, light is a spectrum from 100 percent light to zero percent light, which you may call dark.

Jefferson: When you said, "There are many "light workers who will ascend," you implied that not all will. Just now you said that some flowers couldn't bloom at all. Why is that?

Arcturians: You are thinking again from third dimensional, analytical, and even fearful thinking. We apologize if you did not understand what we were saying. We were trying to communicate that ALL the ones who wish to ascend will ascend. There is no failure in returning HOME to your SELF. There is only a failure in one's ability to remember that they have a higher frequency Home and a higher frequency SELF. Once you remember who you are, how could you lose? Your hand is attached to your arm and you are attached to your higher frequency of SELF. If you could not believe that you had a hand, then you would not feel attached to it. You would not feel UNITED with it.

Jefferson: Oh I understand.

Arcturians: We said that some flowers would not bloom because they did not have enough light. But humans are not rooted into the ground, and they can move themselves to find the light and allow it into their consciousness. However, if their mind is stuck in the concept that they cannot get light, don't deserve light or, perhaps, don't want light, they will not move towards the light. Then they will remain in the darkness.

Jefferson: So within this context the lessons you speak about in which we have to learn before ascending, are based simply on the idea of remembering who we truly are.

Arcturians: You are great multidimensional beings who know all. You do not need to learn, you only need to remember who you truly are. You can stand outside the Library of Knowledge and say, "I can't find the truth." On the other hand, you can turn around, go inside and KNOW that YOU are the Library of Knowledge. The truth is right there inside your SELF. You just have to remember to look!

Jefferson: Is it correct then to say that what we are thinking and feeling while we observe the world around us, is but an individual, limited interpretation of THAT bigger reality that we can't yet fully understand with our 3D thinking and cultural programming?

Arcturians: It is correct to say that thinking and feeling creates the reality that you are observing. When you can raise the frequency of your thinking and feeling, which is done by determining to perceive reality through the lens of love, you will change your reality. Your thoughts and feelings are filters that influence your perceptions. If there were two people standing side-by-side, one filled with fear, anger and self-doubt, the other filled with love, hope and joy, they would both look upon the same reality and see it as very different.

Jefferson: I see. Dear Arcturians, thank you so very much for your presence and wisdom this day! I am truly grateful and inspired now. I can't wait to see what comes when third dimensional time allows our next visit. Much love!

Arcturians: Thank you dear Jefrees, and we send our unconditional love to you, as well. We also wish to tell everyone that you can call upon us, and we can assist you to choose love. By choosing to see reality through the lens of love, you will perceive the reality that you would LOVE to live.

We welcome your consciousness into our multidimensional realities.

Jefferson Viscardi

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