



February 18, 2012



Arcturian Teachings
Group Mind Connections

Please see Chapters 1 through 5 at:

<http://www.multidimensions.com/TheVision/books.html>

Chapter 6

Arcturians: Jeffrees, our dear grounded one. Do you have a question for us?

Jefferson: Yes I do. I was wondering why people receive extraterrestrial visitations and forget them?

Arcturians: Our dear grounded ones forget their encounters with us because their earth brains are geared toward time. The illusion of time between the meetings creates

the forgetfulness because their third dimensional thinking cannot understand that they are visiting us at the same "time" that they are living their mundane lives. The third dimensional concept of time does not allow for multiple realities in which two realities are running within the same "time" period. Once our grounded ones return their consciousness to that of the NOW of our ONE, they will remember all their encounters. Within the ONE, they can remember many encounters all within the same moment. This is because their multidimensional consciousness does not have the time limitations of your third dimensional brain.

Jefferson: You are on a higher dimension, so you have more of an emotional, intellectual body type, right? But how about the physical contacts we have, face to face? Why do we forget such tactile sensations such as visual imprints and feelings?

Arcturians: There are very few meetings in which we Arcturians lower our resonance to the frequency of third dimensional Earth, as that frequency of reality is very uncomfortable to us. Therefore, we usually communicate with our earth ones through their consciousness, during dreams or meditations. Sometimes we bring our grounded family aboard our Ship. However, because their sleeping and meditating consciousness is so much higher than that of daily life, they often forget that experience until they again hold that mundane state of consciousness. Do you understand what we are saying?

Jefferson: Yes. How about meetings with Galactics who meet with us physically? How come we forget such encounters? Are they purposefully erased from our awoken state?

Arcturians: Most of the meetings are done by proxy, which means that a go-between person is used to collect the information from the higher frequencies and then translates it in a manner that humans of the third dimension can understand. Many of the physical meetings were not really physical. Instead, the human one blinked into the higher dimensions and did not realize that they did so. Therefore, they think it happened on the physical plane, but in reality it was in a fourth dimensional resonance. Because the meeting is a reality slightly higher in frequency than the physical, a very long meeting can appear to only encompass a short period of physical time.

Jefferson: That is interesting!

Arcturians: These encounters are not erased. Instead, they are stored in your multidimensional mind. They will not "fit" into your human brain as the frequency is too high and your third dimensional brain cannot read the memory. Instead, the memory may be experienced in the third dimensional mind either as anxiety or depression, because the brain is being taxed to its limit by the higher frequency experience. If the grounded one surrenders to these uncomfortable feelings by calming their mind, a feeling of bliss will replace the anxiety and depression.

Jefferson: Wow, that explains a whole lot!

Arcturians: This is the reason why we are telling our grounded ones to consciously download and integrate your Multidimensional Operating System. This mental operating system is far superior to the third dimensional, sequential system. The higher dimensions do not operate in a sequential manner. They operate in circles, just like light travels in circles.

Jefferson: Can I conclude that our memory has a reading, interpreting, remembering capacity that is equivalent to our level of consciousness and vibrational frequency?

Arcturians: Yes, that is absolutely correct. This is also the reason why it is so important to raise your consciousness beyond the limitations of your 3D reality.

Jefferson: How can one consciously download a more advanced operational system? Can they do it by meditating everyday, following their heart or how else?

Arcturians: Once your consciousness is expanded to embrace the higher dimensions, your expanded perceptions will be activated. Hence, you will be able to perceive the higher worlds. However, it often takes multiple experiences of inter-dimensional travel before you can become adept at calibrating your perceptions to the frequency of your consciousness. It is then that you will begin to really remember your many meetings with us, as well as your own true multidimensional nature.

The downloading of your Multidimensional Operating System is best accomplished by simply allowing yourself to surrender to the multidimensional light and unconditional love that you can perceive with your Third Eye and feel with your High Heart. The light is more directly perceived through your Third Eye and the love is best felt within your High Heart. It is through combining your opened Third Eye and High Heart that you can fully receive and translate your message from the ONE. Do you have another question?

Jefferson: Would you please explain the idea of High Heart and lower heart? Many people think they only have one heart.

Arcturians: Your human heart is the pump that allows your life-blood to flow through your system and keep your body alive. Its beating symbolizes that you are alive and its lack of beating symbolizes that you have died. Your High Heart is in your Spiritual/etheric field, and it holds your ATMA, your Three Fold Flame of Wisdom, Power and Love. You can see on some of the pictures of Jesus, the heart with the inner flame. This is the High Heart. Your physical body holds only one heart, but you are much more than your physical body. Your physical body is merely the anchor that allows your great multidimensional being to experience life on a third dimensional planet.

Jefferson: I've heard the word ATMA before in oriental, Middle Eastern, spiritual literature, perhaps in the Bhagavad Gita. How do you define that word ATMA? Is it a sort of Oversoul, a sort of higher entity, or a sort of demi-God?

Arcturians: The ATMA is the holder of the Divine Intention of your first eight cells. Within you is a file, like a computer file that will open whenever you are experiencing unconditional love. This unconditional love can read this file and help you to remember all the Wisdom, Power and Love that is within your Multidimensional SELF.

Jefferson: Do you mean that the High Heart is the same as our physical heart, but used for greater, nobler purposes?

Arcturians: The High Heart is not within your physical body, but within your aura, and yes it is the means by which you can pursue your most noble purposes.

Jefferson: Do you mean our Higher Self is not in our physical body?

Arcturians: Yes, it is the same thing. Our Higher SELF and High Heart are like the butterfly that is always within the caterpillar, but it is not obvious until the moment of transformation.

Jefferson: I would now like to talk about being on a Star Ship so that our readers can get a feeling of how it might be to meet you on a Star Ship. You said that sometimes you bring your grounded family aboard your Ship. I know that Suzille has been on the Ship, but have I, Jefferson, been there?

Arcturians: Yes, you have been aboard our ships before, which is why you have such curiosity about the higher worlds. You cannot totally remember your experience because the human brain usually creates a cover story about the experience. This cover story is not about being on a Star Ship, but is somewhat related. For example, once our grounded one dreamt that she bought a new truck and drove around in it. In reality, she had ridden around in a Star Ship. The Star Ship ride memory is still not too clear to her.

Jefferson: For the sake of an example I will use myself to understand the processes. So how did it happen to visit you last time? Did I go to sleep and then appear there the next moment, or did my guide take me to your Ship?

Arcturians: Your human form was asleep when you came, and, yes, your Guide did bring you.

Jefferson: Wow, that is awesome. When did that happen?

Arcturians: You can ask your guide to tell you what happened. That will be a good opportunity for you to think in terms of your Multidimensional Operating System.

Jefferson: Oh, okay, but in general, when people go to your Ship, what sort of activities are they engaged in?

Arcturians: It happened within the NOW. We know that this is very difficult for humans to think in terms of timelessness because your life is so ruled by time. However, there are certain things, such as visits to the higher dimensions that only happen outside of time. We could give a correlate date of, say, a month ago. However, that would not be correct, for how can you compare "time" in a flowing river with time standing on the bank watching the water flow past?

Jefferson: Can you speak on the activities that are usually presented for the visitors?

Arcturians: When they enter the Arcturian ships, they usually go first to the Restoration Chamber. The Restoration Chamber heals their physical, mental and emotional ills and allows the astral body to adjust to the higher frequency of the Starship. Your astral night-body is only fourth dimensional, whereas our Ships are fifth through eighth dimensional. Because of this discrepancy in frequency, the frequency of your astral body will need to be raised by entering the Restoration Chamber. On the other hand, if you have meditated to merge with a component of your Multidimensional SELF who lives on the Ship, you will more easily adapt to the frequency of our Ship. Once you are refreshed from the Restoration Chamber, you are guided on a tour of our Ship. Of course, not every area of the Ship is open to the

visitors.

Jefferson: Now...I wasn't expecting to hear that...that is sweet! There is a procedure well thought out so that the interaction can smoothly take place.

Arcturians: There are personal living areas, places where people are working and areas where a visitor would compromise technical operations. Some visitors only go to the Restoration Chamber and then return to Earth to ground their wonderful experience. Members of our crew also go to the Restoration Chamber when they feel a need. They can, also, go to the Stargate Portal where they can instantly visit their Homeworld. They leave the Ship "outside of time." This means that no matter how long they are on their journey, they are only off the Ship for a few seconds.

Jefferson: Do the visitors to your ship get to hear your public relations and spiritual messages? What could have happened to me as far as activities?

Arcturians: There are indeed "classes" that our visitors can attend. However, they "sign" up for them, as there is a level of dedication that is needed for that process to expand their consciousness. Again, they are out of time in that they only leave their physical reality for an eye blink, but experience a sense of "time" on the ship. In reality, there is no time here, but the concept is difficult for grounded ones. Therefore, they often "make up" a sense of time.

Jefferson: I see.

Arcturians: Experiences are totally dependent on the intention and desire of the visitor. When our channel enters the ship, she desires to know the Ship like a crewmember knows the Ship. You, on the other hand, wanted to ask questions and gain answers. The answers are often beyond the limitations of your third dimensional brain, but they are stored in your Multidimensional SELF until you are able to "read that experience."

Jefferson: Oh lovely, thanks. A grounded one, as you refer to it, is a person that before incarnating had ties with the Arcturians? Or can it be anybody who enjoys the UFO phenomena? (Considering that you spoke of a level of commitment to access different levels of interactions)

Arcturians: A grounded one is any Multidimensional Being who holds a physical vessel. Please remember that ALL Beings are multidimensional. Therefore, every grounded one is actually a Multidimensional Being. It is only on your third dimension that this fact is not known. Our Ship is biological and communes with every visitor. It is a living being who can read the thoughts and feelings of all the visitors and crewmembers. It totally cares for itself and for those who visit and live within it. In fact, our Spaceship feels more like a planet than a vessel.

Regarding the commitment level that you spoke of, we have no third dimensional rules of deserving. The signing up for the classes is an action of dedication to SELF that the ones attending the classes need to recognize. It can be difficult for some to "sign up" for a class because they don't believe that they deserve such an honor. By asking them to sign up for the class they must face their own insecurity. Often, they will enter the Restoration Chamber to heal the source of that wounding.

Jefferson: Wow. Amazing!

Arcturians: We appreciate communicating with you, and will be honored to return for more conversations.

Jefferson: It is been a great pleasure and honor to talk to you today Arcturians! Fly high in the sky until 3D time allows us to meet again in this or any other ways. I can't wait to ask you more next week.

Chapter 7

Question to the Arcturians from Suzan Carroll,

Dear Arcturians, I wish to ask you about the blending of the two realities, the reality on the Starship and the reality on Earth. Whenever I visit the Ship, I become very reflective, almost sad, afterwards. If the day or time after a visit is very busy, then I am distracted from those feelings. However, if I have a quiet time, even if it is the day after, I am very tired, or lonely, maybe sad. Can you help me to understand this?

Arcturians: We have had similar questions from other grounded ones who visit their Home on the Starship. Returning to us is such a natural experience for them, and you, that when you return to your physical life you feel like something, or someone, is missing. The some one who is missing is your SELF. You miss the YOU that is no longer bound by the challenges, rules and polarities of the third dimension.

We appreciate that our grounded ones are eager to return to their true vibration. On the other hand, because they have worked so hard to prepare for their ascension, they have cleared much of their own darkness and fear. Because of that, their lives on third dimensional Earth are better than they have been for most of their lives, or even for most of their many lives. Wanting to leave the expression of your SELF you have learned to love unconditionally creates a unique emotion that is unfamiliar to your earth-bound thinking.

Those of us that naturally travel inter-dimensionally remember that feeling from when we first remembered our true SELF. Yes, we Arcturians can remember that experience. We can remember it because we have NO "time." Everything that we have ever experienced in all of our realities is stored in the ONE of our multidimensional memory banks. Soon, you too will have access to all of these multidimensional memories. In fact, many of our ascending ones can access many of these memories now.

What you are actually feeling is a form of grief mixed with love. You have grief about leaving that which you have learned to love, but you are also more than ready to return to your full expression of SELF. You have had a long adventure on physical Earth and are ready to come Home. However, you already miss your third dimensional life even though your tour there is not quite over. When you try to make sense of these feelings via your 3D thinking, you become very tired from the mental effort of trying to compute emotions that appear to be in opposition.

Furthermore, your third dimensional thinking cannot understand the concept of living in two worlds. Hence, you must call upon your multidimensional thinking to allow the concept of living in two realities simultaneously to settle into your consciousness. When you relax into the Flow of multidimensional thinking, the emotions of your third dimensional reality are in a different frequency from those of

your fifth dimensional experiences.

When you relax into your multidimensional consciousness, you can access only the third dimensional reality while traveling through your physical life, and choose to access your higher realities when you are able to raise your consciousness beyond third dimensional thinking. Furthermore, when you call upon the feeling of unconditional love that is abundant in the higher worlds, you are free of ALL thinking. Unconditional love allows you to hold multiple realities in your High Heart, as it is the binding force of the Universe and holds all realities as the myriad expressions of the ONE. Hence, unconditional love allows you to free your thinking from the separation and limitations of third dimensional time and space.

For many of our grounded ones, your tour into the third dimension has been so difficult that the thought of adding yet another reality seems overwhelming. For this reason, the healing force of unconditional love is needed so that you can find your Center and remember your multidimensional consciousness. Once you can again expand your consciousness to embrace your Multidimensional SELF, having more than one reality feels "normal" and gives you assurance that you are on your Path of Ascension.

We send unconditional love and compassion to our grounded ones who are experiencing multiple realities and are proud to see that you can also maintain your base on ascending Earth. You are, indeed, returning to your Multidimensional SELF. You are all such wonderful, brave warriors! Soon, enjoying in multiple realities will be natural and normal. We know that to be true because we share that reality with you NOW.

The Arcturians

Chapter 8

Arcturians: Good blessings to our grounded ones. You are on the very edge of your new world.

Jefferson: Thank you, good to speak to you again! Dear Arcturians, what do you mean by that? Of what edge do you speak, since our planet is a sphere?

Arcturians: We meant "edge" in that you are extremely close to entering your higher frequency expression of reality. We also said "edge," as you will enter that frequency by allowing yourself to Fall into the Flow of the ONE. It is through your Surrender to your Knowing, your leap of faith, in your SELF, that you shall enter this new reality.

Jefferson: How Close?

Arcturians: We cannot speak in terms of your third dimensional time, for that is an illusion. When we say close, we mean that your consciousness has almost expanded enough to perceive the fifth dimensional reality. Furthermore, when we say "you," we mean all the ones who desire to consciously experience the transition into the fifth dimensional expression of Earth.

Jefferson: Isn't it appropriate to say that any serious transition is supposed to be made slowly but surely so those who are "a little behind" in their evolution don't undergo a psychic, mental or emotional shock?

Arcturians: There are many of you who are far beyond the need for that precaution. It is to these Wayshowers that we are primarily speaking, as it is these awakened ones who are most likely to read this information.

Jefferson: I've heard that those who can't evolve from within to hold the 5th dimensional vibration are going to "check-out" from Earth and go live in a 3D world. Can you confirm that?

Arcturians: This ascension is a human/Galactic/Planetary one that is still in process. Therefore, we cannot say for sure what will happen, as it has not happened yet in your frequency. On the other hand, ascension can be assured, as it has already happened in our frequency. Still, there are always many perceptions of the same event. Consequently, some will see the same transition in a different manner. But, back to what we were saying: It is mostly likely that there will be three expressions of Earth.

That is the fifth dimensional New Earth, the fourth dimensional training ground for New Earth and the third dimensional closing game of earth. Those who are beyond the fear of change, unity and unconditional love are focusing their compass on the fifth dimensional expression. There are still those who are not emotionally ready to embrace such a new reality, as you have mentioned, who will go into fourth dimensional earth. Finally, there are those who may need to experience the drama and battle between light and dark in order to free themselves from their ego and from their third dimensional indoctrination.

Jefferson: Three Earths? Interesting! Is this related to the idea that humans will live and experience life in the same place and location but on a dimensional level that is more in accordance with her or his level of consciousness?

Arcturians: Yes, that is very true. It is the frequency of your consciousness that allows you to experience a certain reality. Much as you must match the frequency with a certain channel of your television to watch a certain show, you will have to match the frequency of your consciousness with a certain frequency, or resonance, to experience that reality.

Jefferson: When you say: "Who will go into fourth dimensional earth", you used the verb go which implies to move from one place to another in space. Were you in this case referring to the idea of other planets such as Earth with the 3D, 4D quality, or more in the sense of my previous question?

Arcturians: We appreciate that you caught that verb. In reality, you do not "go" to a reality. You merge with the frequency of that reality. Once you are of the same frequency of that reality, you will BE within that world. Again, the process of merging is the same as we stated above, which is the process of surrendering. You are accustomed to working hard and trying in your physical world. However, those behaviors are based on the premise that something is a bit beyond you, and you have to somehow achieve it. While you are resonating to a fifth dimensional world, you KNOW that you are ONE with all elements of that reality. Therefore, you focus your intention on that which you desire to experience by surrendering and falling into the FEEL of that experience.

Jefferson: In these out-standing changes or transitions is there going to be a sort of separation where 3D people don't see 5D people physically for reasons other than law of

attraction? (Such as the rate in which a 5D body vibrates, making it invisible to 3D vision?)

Arcturians: Yes, the higher dimensional world can view the lower ones, just as your third dimensional vision can easily perceive, interact with and experience a first dimensional rock. However, the rock cannot perceive that a higher frequency human being has picked it up and is holding it in his hand.

Jefferson: Thank you for your encouraging words! The delight of talking to you should be the factor that enhances the creativity of my questions, dear Arcturians. You mentioned: "You are accustomed to working and trying in your physical world." Do you mean to say that when we place ourselves within a sense of identity that says we are not what we want to be yet, we offer resistance to allowing ourselves to simply be and in trying we fall back and don't really move. Right?

Arcturians: Yes, that is a very good translation of what we have said. We use the word translation as we commune with our grounded ones within the ONE moment of the NOW of our reality. Therefore, anyone who is to pass on our information must translate it into the sequential order of separate words that are laid out in sentences and paragraphs. We find that ability to be very intelligent, yet very cumbersome. Soon, our grounded ones will not be as grounded into the 3D Game and will no longer need to burden their minds with that lengthy form of communication. Our awakening ones are, in fact, in the process of learning to accept the information into your knowingness, so that it is available when you need it. That frequency of third dimensional perceptions has a habit of separate and sequential communication, in which information needs to revert back to their separate, sequential language system.

Jefferson: Are you saying that the two different realities are not intertwining because of the difference in their vibratory frequency?

Arcturians: Actually, all realities are intertwined in the ONE. The frequencies of expression of form are not laid out like blocks stacked on top of each other. It is more correct to think of the different frequencies floating in a substance, much like water, but not so dense, in which all realities intermingle. However, as we have said before, only the higher frequencies of reality are conscious of this intermingling. For example, we, the Galactics and Celestials have been communing with the third dimensional for all of your existence.

Jefferson: Dear Arcturians, could you expand on this idea: "We find that ability to be very intelligent, and very cumbersome." Do you mean to say that you don't appreciate order in the sequential process of our written communication system because you are used to a better, easier and more practical system? If so, which system is that?

Arcturians: Just as all realities float within the NOW and intermingle, all of our thoughts and emotions float within the now and intermingle.

Jefferson: What is the difference between Galactics and Celestials?

Arcturians: Humans think of Galactics to be more of a humanoid nature, although many of us have very un-human forms, and think of Celestials as Spirit Beings.

Jefferson: I think I understood the communication as you explained it. You said that a more practical system is thought transference, something like telepathy. Isn't there a disadvantage to telepathy when people forget what they thought?

Arcturians: If one is still driven by ego, or poor ego, and think that they are less important or will forget what the other person thought, their state of consciousness will be too low to effectively use a telepathic manner of thought transference. Also, thought transference is a bit different than telepathy. Telepathy is the ability to receive others' thoughts. Therefore, the 'other' person may not even know you are telepathically reading them. On the other hand, transference can only occur when both beings are in agreement. However, sometimes the lower frequency expression person, such as a grounded one, may not remember that they made that agreement.

Jefferson: You referred to how humans think of the terms Galactics and Celestials beings where you mentioned Galactics are thought to be humanoid and Celestials spirit beings, but the way I see it, is that Galactics are extraterrestrials currently inheriting a body that has some sort of physicality to it whereas Celestials are beings where their level of spiritual evolution make them much more ethereal in the order of pure beings such as angels and the likes. Is my definition of both terms close to yours? What is YOUR people's definition of those two terms in case my idea was still somewhat or totally off?

Arcturians: We hold no differentiation between Galactics and Celestials. That is why we said, "to the human perception." However, we see no differentiation in any person, place or thing, as we resonate to the reality of total unity. So to answer your question, many humans believe that Spirits are higher dimensional than Galactics, but to us within the ONE, every person, place or thing has a Spirit. This Spirit may, or may not choose the surround the earth vessel.

Jefferson: It seems that we arrived at the conclusion that thought transference and telepathy are two different things. I am not sure I understood their differences. What I understood though is that for thought transference to happen from non-physical to physical a sort of pre-agreement must exist, is that so? Could you please expand on the idea of the difference of these two terms and then speak a little more on these pre-agreements?

Arcturians: There is no such thing as a "pre-arrangement", as we resonate beyond time. Also, to our frequency of reality, within the ONE, there is no difference to anything. Hence, there is no difference in telepathy and thought transference. One of the greatest challenges for humanity in embracing the Unity of the ONE is to learn to think beyond time, separation and limitation. This is why we enjoy these conversations, as we have the opportunity to guide our grounded ones to remember and use their innate multidimensional thinking, which is beyond the limitations of time, separation and limitation.

Jefferson: Is it so that the definitions for the terms Galactics, Celestials, thought transfer and telepathy vary from frequency to frequency? Also, is it true that the higher up in frequency that one goes, the more unified everything becomes and the more that apparent differences fade away?

Arcturians: Yes, that is how it is!

Jefferson: It is hard sometimes to think exactly how you do. I am sure you were not always so evolved as you need experiences and choices to learn from life and evolve. Do you remember the time you had your 3D experiences? Was everything so linear in your planet as we have made it to be in ours?

Arcturians: We can access those archives, much as you would access the archives of

your deep subconscious. No, we were never as polarized or as linear as Earth has become. In fact, it was never intended that Earth become this polarized. However, after the fall of Atlantis, your planet went into a bit of a tailspin. Too many of the Lightbeings ascended at that time and left Earth very unprotected from the darkness that was left. Also, the Atlanteans who survived moved into realities in which the "other" occupants of that part of Earth were at a much lower level of evolution.

Therefore, the separation of ruler and ruled became very pronounced. Because of this, the rulers eventually fell into the temptation of total control and became ruled by the separation principle of fear. On our planets, there was not as much variety of beings as on Earth. Earth is like a schoolroom where beings come from all over the Galaxy to experience the extreme polarity. Just like a long, steep hike in the mountains might appear to be fun at first, when the climb gets too steep and the weather too harsh, the fun is over and lower emotions such as fear and anger take over. That is part of what happened on Earth.

Jefferson: You said that there is no such a thing as pre-arranged agreements, but are there pre-arrangements for those in the third dimension? For instance, my guide is with me this lifetime, and there has been some work done prior to this incarnation to get the whole life theme going. Would we say then that in this context there exists pre-arrangement and the terms are again more related to where each of us happens to exist?

Arcturians: Yes, on Earth you experience pre-arrangements, for Earth is ruled by time.

Jefferson: I was confirming with you the idea that a perception is the fruit of each individual's ability to interpret vibration with his or her particular level of consciousness making every definition open to discussion.

Arcturians: Yes, we agree very much with that sentence.

Jefferson: I wish to once again thank you dear Arcturians for your visitation with us and look forward to be in your ship again and to remember this time I have been there.

Arcturians: We also look within, as we do not need to look forward. We enjoy your visits to our Ship, as well. Blessings to you dear Jefrees.

Jefferson: Oh thank you. Look forward to our next conversation in this or any other way, good day and goodbye for now.

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