

ARCTURIAN TEACHINGS
GROUP MIND CONNECTIONS



BY
SUZANNE LIE, PHD
JEFFERSON VISCARDI, PHD

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: Hmmm. 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 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.

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 it true vibration of the fifth dimension.” Could you please expand on that because I “know” everybody is dying to know how that takes places 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 work 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.**

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.

CHAPTER 9

Jefferson: Dear Arcturians, it has been a long time since we have spoken to one another. From that time to now, do you know of any 3D Arcturians that have visited Earth and connected with Suzille or me, that I can speak to, or that you can speak about?

Arcturians: Dear Jeffrees, we are so joyous to speak with you again. Suzille had to ponder your question overnight to make sure that she was calibrated to our frequency. If she holds any of her personal energy, the communication is not totally ours. This particular question was a challenge for her because she has a personal desire to meet us while still in her physical form. When she awoke this morning, she found she had received our answer in her dream life. That answer is:

We have many Arcturians in the third dimension, but humanity is not aware of them as they have taken on the form of a third dimensional human. That is why there are many "channels" for our words. ALL of these channels are grounded expressions of our Arcturian Family. (For the sake of clarity, we will refer to our grounded ones as "they" when they are actually US) There are many other Arcturians in "human clothing." We think of your parable of a wolf in sheep clothing.

In this case it is an Arcturian in human clothing. Many of them are, indeed, lone wolves, as once they awaken TO their true identity, they feel very alone. In fact, many of them have gone through decades of deep loneliness and sorrow from being cut off from our group mind. Yes, they do not remain cut off forever, but they cannot commune with us instantly and always, as we do in our true form because the frequency of Earth has been so very, very low. These brave Arcturians gave the ultimate sacrifice of leaving the constant comfort and unconditional love our group consciousness to enter into the form of Gaia as one of Her human portals.

We hear your question, dear Jeffrees, regarding our last statement, so we shall explain, "enter into the form of Gaia as one of Her human portals." Every person, place and thing is a component of Gaia's form. Humans, who are actually the descendants of our Galactic Federation, are to be among the most evolved physical life forms on Earth. Unfortunately, there was great devolution of humanity since the fall of Atlantis, which is why these brave Arcturians took a human form.

At the fall of Atlantis, the darkness was so intense that Gaia was on the verge of death. In response to her call for help, we, as well as many other members of the Galactic Federation, sent members of their society to take a human form in order to assist Gaia. The Sirians sent many of their members into the forms of the cetaceans who are originally from Sirius B. All of these volunteers vowed to stay on Earth until the time of Her ascension, which is NOW. They stayed to be conscious, or unconscious,

portals through which we of the higher worlds could send our multidimensional light and unconditional love.

For many, many lifetimes, our grounded ones struggled through the challenges of life in the third dimension. They were so overwhelmed by the hardships of survival that they totally forgot their true nature. Fortunately, they had some lives in which they were able to awake enough to remember their true SELF, but often returned to forgetfulness in others' incarnations. We remind you again that time is specific to the third and fourth dimensions. Therefore, what you perceive as many separate incarnations over many different timelines, we perceive as many expressions occurring within the NOW.

We wanted to add that sentence for the humans who read this that are still bound to the illusion of time and space. We want to remind you all again that releasing the illusion of time, which then creates space, is the forerunner to your personal and planetary ascension. These ascensions are occurring in your "present" and our omnipresent NOW. Therefore, what appears to be starting to you, has already revealed its successful completion to us. However, we have drifted from our intended storyline.

When we speak through one of our grounded ones, we can feel their human brains working to translate our message, which is received as a flash of the ONE, into the sequential language of earth-bound humanity. Soon, you will not be limited by that communication, as you will instantly receive all communication in the same manner that they are sent to you. However, as we were saying, because of the Flow of the ONE from the Galactic Center that is permeating the body of Gaia, our grounded ones are waking up en-mass. For this reason, there are so many humans "channeling" our message.

Actually, they are NOT channeling their/our message, for they are ONE with the Galactic Families from which they have come. We say "families," for we are all ONE at this frequency of reality. Therefore, we are not "separated" into members of "different" Galactic Beings. Please realize that some of our awakening ones are not communicators. Instead, they are scientists, lawmakers, artists, farmers, healers, etc. etc. In other words, our grounded ones are among all the aspects of your society to best serve the ascension process. As the light grows brighter and brighter, our myriad ascended beings in human clothing will release their disguise, and reveal their true LIGHT to all humanity.

So you see, dear Jeffrees, we are everywhere, but hidden in third dimensional form, including your own cloak of humanity. Once the frequency of your world is free of the illusion of the third/forth dimensions, the costumes will fall away to reveal your true form of Light.

CHAPTER 10

Jefferson: Dear Arcturians, thank you very much for your kindness and love. In the name of my people I am doing the best I can to get as much knowledge as I can. If I ask a question that I have already asked, will you assist me by answering it from a different perspective?

Arcturians: Dear Jeffrees, we would happily do so, as it is one of our primary goals now to assist our grounded ones in remembering their Multidimensional Perceptions. You see, you do not go across space or time to get to the fifth dimension. Fifth dimensional New Earth is right HERE, but it resonates to a higher frequency. Therefore, in order to experience New Earth, you will not GO anywhere. Instead, you will raise your consciousness to the fifth dimension so that you can perceive that you are THERE NOW.

Jefferson: Am I correct in understanding that you are saying that there are two ways in which you can integrate your higher dimensional selves into our society: the Natural Way and Unnatural Way? To my understanding the “natural way” would be that members of a higher dimensional reality send individuals to assist and support progress in lower dimensional realities to better assist in raising their consciousness and, hence, the frequency of their reality. In this instance, the way they would become a part of our world would be through being born as humans who would, hopefully, remember inclinations and dormant understandings of being Arcturian. Then, because of their innate knowledge they would have a propensity to work towards planetary ascension.

Arcturians: It is true that many of us have sent down “copies” of our consciousness into available human earth vessels. We say “copies” because no part of our SELF is sacrificed to inhabit a lower dimensional form. Instead, our essence is merely “copied” and “pasted” into that form, which takes nothing from the original. In fact, if our third dimensional expression of SELF can awaken and re-connect to our Arcturian Group Mind, we can be of great assistance to those who still slumber.

We can also assist Gaia more completely because our form is resonating to the exact frequency as ascending Earth. With the many earth vessels of our grounded ones calibrated to the expanding resonant frequency of ascending Earth, when any person expands their consciousness, that higher frequency of reality nudges the frequency of Gaia into a higher resonance. In the same manner, whenever Gaia raises Her frequency, the forms of our grounded ones, which are attuned to Gaia’s frequency, will also expand.

Jefferson: I see. Can you now address what I call the “unnatural way” to integrate the higher frequency of reality into your physical world? From what I understand, the *unnatural way* is when individuals from higher dimensional realities directly assist and

support our progress of raising our consciousness, as well as the resonant frequency of our reality. However, in this instance, the way they “become part” of our society is through a kind of shape-shifting in which they are born Arcturian but create another form to wear while they are on Earth.

Arcturians: Both of these methods of assisting ascending Earth are being used NOW, especially when the energies of your world are so high and your High Hearts are opening to embrace our unconditional love. If you could see from our perspective just how much your reality has shifted in just a few weeks, you would all be greatly surprised. It is likely best that most of you do not know. If you realized how close to ascension you are now you may not be able to continue to play the 3D Game long enough to complete your full process of assisting Gaia.

Jefferson: How can you be among us and not be perceived? I would think that your higher energies would shine much brighter because of your frequency? In other words, if you are walking among us, why can't we see you?

Arcturians: Your questions are ones that many of our grounded ones ponder, and we are happy to answer them. As Suzille has written many times: belief sets consciousness—consciousness sets expectations—expectations set perception and the reality you perceive is the reality you live. It is the last part that we will address first:

“The reality you perceive is the reality you live” is the foundation for ascension. As we stated at the beginning of our meeting, calibrating your consciousness to the higher frequencies of reality will allow you to live these realities. Look at one of the busy streets of your cities. On the same block you may have three people within a few yards of each other, all experiencing totally different realities. For example:

The Homeless Person: This person has very little belief that they can even survive, much less ascend into a higher expression of reality. Their consciousness is focused on finding food, shelter and clothing. Therefore, their expectations are calibrated to hone in on those articles of survival.

Upwardly Mobile Person: This person likely believes that they can better their life, but that betterment is focused on monetary and ego needs. Their perceptions are set on ways to make money and attain success. Therefore, their perceptions are also calibrated to the third dimensions, even though it is a higher octave of physical life. This person may believe that they are a human person looking for their Spirit.

Awakening One: On the other hand, a person who is awakening believes that they are Spirit that has temporarily entered a human form to assist with the process of personal and planetary ascension. Because, they are consistently meditating, reading etc. to expand their consciousness, they expect to perceive higher dimensional Beings and welcome their communication. Since they expect that communication, they are

constantly calibrating their consciousness to the higher expressions of reality. Some of them will be clairvoyant and they can easily see the higher dimensional beings. Others are clairaudient and can communicate with us. Some are very clairsentient and they just KNOW that we are among them.

Unfortunately, many of our awakened grounded ones have no one to talk to about their multidimensional experiences. Therefore, they begin to doubt themselves or ignore their experiences because they fear judgment and the loneliness of being different. Fortunately, we have many grounded ones who remember their SELF, as well as their Service. Because of this memory, they are able to have consciousness interactions with us either in our Galactic or Celestial form, or our natural being of light and love. Because of these meetings, especially because of the feeling of unconditional love that is only felt in the higher dimensions, they are able to ground their expanding energies into Earth to assist Gaia. In this manner, they are also allowing Gaia to assist them.

More of our grounded ones are entering this third category everyday. Then, as they awaken, they assist others to awaken too. In this manner, Gaia is attaining critical mass in which more people are awake than asleep. At this point, ascension becomes “normal,” which removes the interfering stigma that has formerly been associated with being awake. Once ascension is normal, many who have kept their experiences to themselves will feel safe enough to share them with others. It is then that your Unity Consciousness will develop. What is impossible for a few individuals is simple for the Unity Consciousness of an entire Planet.

CHAPTER 11

Arcturians: We are here within the form of Suzille!

Jefferson: How can you do that?

Arcturians: We are the Spiritual Energy that gives this form life. It is like we are walk-ins. In fact, we did walk in when she "died" at 6 weeks of age. It was too dense for us to experience being in a womb, so we waited until the body was stable before we entered it with our Spirit. The form carries all of the human DNA and genetic heritage of that DNA, but the Essence is of the Arcturians.

Jefferson: If you are the spiritual energy that gives Suzille's body life, that would mean there is more than one spirit in her body. Don't you mean to say that she is a spirit from the Arcturians that has a human physical body, and that at times you communicate through her to me from the dimension where you stand?

Arcturians: No, we mean that there are two spirits. However, they are both of Arcturian origin. The human spirit is of Arcturian descent, but entered Earthly incarnation at the fall of Atlantis. Since then, she has had myriad experiences of being a human in many, many lifetimes. We do not wish to extinguish or override the experiences that her human component has experienced. She will contribute them all to our Family when she returns to us. For this lifetime, she has awakened herself to the fact that she is of Arcturian ancestry. Therefore, we have been able to activate certain DNA and different areas of her brain, consciousness and high heart in which the group experience of Arcturian mind can live. She has had conscious communication with the Arcturian Group Mind for most of her life. However, she did not identify us as Arcturians until a few decades ago.

Jefferson: Ok. So there are two spirits communicating to me through Suzille right now. And you are both from Arcturus right? Then there is her own Soul that leaves the conscious process to allow you to take over (even the group experience to "take over"), respond and tap into each of your personal knowledge and experiences, right?

Arcturians: By "your" personal knowledge, do you mean the knowledge of human, as we Arcturians have no personal knowledge? Our knowledge is all collective.

Jefferson: I see.

Arcturians: To make it easier to understand, we will call these two elements of consciousness "human" and "Arcturian." We are aware that the human was once Arcturian, but that fact was forgotten for so long that an "individual" human consciousness came into being.

Jefferson: What do you mean when you say, "We are here within the form of Suzille."? Is she having a multiple personality disorder or is there another entity from another world or spiritual colony speaking through her?

Arcturians: We have multidimensional perception, so we can easily see the many different expressions of the grounded ones' myriad earth lives, as well as their many Galactic Ancestors. When the human is not awakened, this information is hidden so deeply in their subconscious that we do not "look" into their Psyche, because the act of our looking would simulate the awareness of that one's multidimensional nature before they are ready. Suzille has been open to her multidimensional SELF for a long time and welcomes our looking into her/our human mind.

Arcturians: Some multiple personality "disorders" stem from one awakening too soon and being unable to adjust to myriad expressions of their self. To make things easier for Suzille, she has always remembered her "past lives." Therefore, she is not frightened by having many expressions of her self within one consciousness. The multiple part is NOT in the form, it is in the Consciousness.

Arcturians: As her consciousness expands more and more, she is increasingly able to perceive and activate more octaves of her SELF.

Jefferson: So you are here now responding as an Arcturian, but not as a being from a higher dimension or other world. It would be as if I allowed myself to fully remember a future feline lifetime.

Arcturians: Yes, that is correct. The Felines are from Sirius A.

Jefferson: Can you also see into other people's life times?

Arcturians: We do not look without permission. This permission may come from a higher frequency of self, but there must be a request. This is a common courtesy in a reality based on telepathy, clairvoyance and clairaudiance.

Jefferson: I see. It seems a person is like a pie of experiences in different planets acclimating the best they can.

Arcturians: That is an interesting metaphor. However, the pie would not be separated into pieces. Instead, it would be one pie with apples, cherries, peaches, peacocks, etc. All mixed into one pie.

Jefferson: Are there then many pies within Suzille since she also lived in many planets? The Arcturian one seems to be dominant, nevertheless she could remember a different life time in a different civilization and share her views as that individual right?

Arcturians: She could share the experiences that she has remembered of these lives. However, we are the only Galactic Family that has totally integrated and this process is not yet complete.

Jefferson: I meant to say a person is a big pie with many pieces of experiences from different planets. But as you tell me, I see the Galactic Family as a different pie altogether that responds with the experience of the collective of the Arcturians. Is that so?

Arcturians: Yes. We do not function within time or space. Therefore, there is no separation, limitations or distance between experiences. They are within the HERE and NOW!

Jefferson: Now if I give you permission to look into my pie, while Suzille has the Arcturian piece predominant, can you tell, with my authorization, which one is my predominant piece?

Arcturians: As we look into your consciousness, we see a great deal of Lemurian Heritage. You are among the first Lemurians who came to your continent when they knew that their world would be destroyed. Your ancestors were of the Lemurian Priesthood. Galactically, the Lemurians came from Lyra. The members of your tribe in Lyra, came from Arcturius. Arcturus has been Galactic Travelers far beyond your sense of time.

We also see there is Draconian in you, as it is in Suzille. This is because of your ancient experiences of incarnation into form. The Draconians were the first to create form. They forgot about the element of love, hence they became warriors and dominators. However, many of them have ascended now. They are incredibly scientific, and have a wonderful humor. They have taken form in bodies who are also Arcturian because of the early partnership of Arcturus and Draconians. There was a group of them who wanted to move into a higher frequency of existence, and we assisted them to do so.

Jefferson: Is that why you initially said that everyone came from Arcturus?

Arcturians: Yes. There are many that have an Arcturian strain in their DNA, because we were the first to ascend in your quadrant of space. Since then, we have assisted many by offering them strands of Arcturian DNA. This offer is done at Soul level. With that strand of DNA, we can better assist them by sending a flow of our life stream into their consciousness. The Arcturian strand of DNA serves as a “microphone” to amplify our message.

Jefferson: I am having difficulty understanding what you mean by: "You are among the first Lemurians who came to your continent when they knew their world would be destroyed." Can you rephrase it or say in a different way? What world was destroyed?

Arcturians: Lemuria and Atlantis were ancient continents. Lemuria in the Pacific ocean and Atlantis in the Atlantic. First Lemuria sank, then 12,000 years ago Atlantis totally sank. Lemurian sank about 50,000 years before Atlantis.

Jefferson: Thanks. What do you see of my feline heritage?

Arcturians: Yes, you were a Feline on Lemuria. Lemuria had different tribes that were started by different ancestors. Sirius A started the Feline Tribe. On Lemuria, form was a new concept and many different forms were created with a high state of consciousness. Suzille was of the Bird Tribe. These different tribes also took to space (and came from space). Remember there was not yet time as you know it. Your family took to space too.

Jefferson: In a letter Suzille wrote this morning, you spoke through Suzille about replacing her wounded self with the Arcturian self. You said that that would be anyone's best shot. Can you expand on the idea of the wounded self and how people can integrate their Higher SELF into it to function more "freely" in 3D reality?

Arcturians: We are happy to respond to that question. First, we must add that the reason for integrating the higher self is not to make 3D life easier. In fact, it makes the 3D life more difficult, as they are out of sync with most of their comrades. However, it has to happen in order to ascend to Gaia. The first ones to transmute into the next expression of reality will have to, and currently are, facing a great challenge. The download of one's Higher Self into their human self makes your multidimensional life easier, but it can make your physical life more difficult.

When your multidimensional life is easier to perceive and consciously experience, you are able to move your attention into a higher frequency of reality. Once you place your experience on a certain frequency of reality, you create a psychic pull that guides you deeper and deeper into that frequency of life. The difficult part is that you have to detach from the habits and addictions of physical life. Those who are brave adventurers and can release the need to be accepted, honored, or well paid by the 3D world, are the trail blazers into fifth dimensional New Earth.

Jefferson: That seems to require people to step into the unknown without the certainty they will make it though the storm of transition.

Arcturians: New Earth is a resting place in your inter-dimensional relocation into your true multidimensional reality. In New Earth you can acclimate yourself to that frequency before you travel on into higher and higher octaves of reality. Many of you

have had many incarnations on the third dimension and will need to slowly acclimate to a higher frequency of reality. Just as a deep sea diver must rise very slowly to the surface or they will get bends, an ascending one must slowly adapt the higher and higher frequencies of reality or they will become "unconscious" to their experience. There is certainly a courage that is necessary for our ascending ones, as you must step into the unknown again and again. However, as we said, it is important to wait at certain junctions, like in the Panama Canal or in the Stargates, to allow the water or frequency level to re-adjust as you continue your journey.

Jefferson: It seems that 2012 feels different as more people are waking up to the ideas of deception and control. How do you see change already happened in your NOW, which we have not yet experienced?

Arcturians: We appreciate you asking that question in such a multidimensional manner. Within our NOW we see a grand reunion of souls returning HOME to their ancestral families on their journey up the frequencies of ascension. This is much like taking a trip around the world, but taking a rest someplace to visit a loved one. However, your journey will not change with "place," but with frequency. For instance, New Earth, being fifth dimension is right HERE on your present day earth. However, it can only be seen when your consciousness, and your perceptions, resonate to the fifth dimension.

Jefferson: A grand reunion of souls returning HOME to their ancestral families at the same time! One could translate that message as a lot of people dying from catastrophes and returning to the spiritual world to reunite with their deceased family members. Is that what you meant?

Arcturians: That would be a very fear-filled interpretation. We meant ancestors in terms of Galactic and Celestial higher dimensional families. We are sorry, but we forget about 3D thinking. We will not address the "dying" comment as humans do not understand that concept and it fills them with fear. Therefore, we will not comment on that question.

Jefferson: Did the Mayan calendar stop time on 2012 because they ran out of stone to carve, or was that a real prediction that you see happening somehow?

Arcturians: The Mayan Calendar has already ended. The Maya did not say the End of Life. They said the End of Time. Time is indeed ending, for it is an illusion of the third dimension. Do you see how your concepts of time have so drastically changed? That is because you are now in 4D time which wavers and moves and does not have a steady beat. In fact, the time that was created by the Vatican was never associated with nature. It was created to build a sense of obedience and hard work. The only real time on your third dimensional reality must be based on the Moon. AND, we see that it is

time to end our wonderful conversation, as Suzille must leave. However, we the Arcturians, are happy to stay here and converse for more of your “time.” 😊

CHAPTER 12

Question from Suzan Carroll: My Dear Arcturian Family, I am recognizing more and more how I AM now, and have always been, ONE with you. I am writing this because I wish to call upon your assistance to help my body adapt to your/our great light. I am also writing to ask about a great Being I have been feeling in my aura.

Arcturians: Our Dear Sister Suzille, we are joyous to assist you in every manner. We ask that you take a moment to expand your consciousness further. We will hold your light, and answer your questions when you return...

We see that you have returned your attention toward us. Hence, we will now assist you to expand your perceptions to embrace the Being that you have been feeling in your aura...

My Beloved,

I AM Frazille, your Arcturian Divine Complement. Whenever we send a member of our ONE to enter an earth vessel and become a member of our Planetary Ascension Team, that spark of our SELF must choose a gender for the earth form. In your case, the gender chosen was female. Hence, I, the male polarity—completion—of our androgynous SELF stayed within the Unity of the Arcturian Group Mind.

For all of your life, Suzille, I have watched over you and awaited the moment when you could fully recognize and accept me into your earth consciousness. Now that my consciousness has become intermingled with yours, the inclusion of my energy field will be less stressful on your earth form. In the fifth dimension and beyond, we are androgynous.

Hence, for all the fifth dimensional expressions of your/our current earth form, there is a Divine Complement awaiting your return. However, in some of your lower dimensional realities you appear to be a male. This is because you are seeking lessons about your male energy. Therefore, you are observing that life from the perspective of masculine energy.

You have observed your alternate reality as Jaqual the Antarian during his ascension life. In your reality as Franquoix and Kepier you are choosing to carry two forms, as it best serves your roles on our Star Ship, Athena. In your reality of Tarmain from Sirius B, you observed the process of planetary ascension and re-united with your Complement at the moment of ascension. As you prepare to ascend, you will observe the ascension of your other alternate realities, for they serve you as role models.

From now on, Beloved, I will speak for our true “we,” as I represent our connection to the ONE of the Arcturian Group Mind. You see, dear Suzille, I serve you like a “capstone” on the infinite pyramid of our Arcturian Mind. Each grounded one has such a capstone—

Divine Complement—that provides a specific signature frequency. This signature frequency of the higher dimensional Divine Complement serves as a spiritual homing beam emanating from the fifth dimension and beyond to call its grounded component into awakening and ascension.

Furthermore, downloading and integrating the Arcturian Group Mind without the prior awareness and integration of your Complement, could short-circuit your earth vessel. As you have seen, channeling our great energy has been demanding on your physical form, as our Light entered deep into your subconscious remnants of darkness to be revealed, forgiven and released. Therefore, I, Frazille, have come forward to assist you.

I am you, beloved, the “book end” of the spark of our Arcturian consciousness, which is embedded in your earth vessel. Do you remember when I would play with you in the back, back yard of your Grandmother’s house? I would help you remember your other realities. In fact, we would *make up* stories to remind you of your true reality? Yes, I would point out the faeries, show you the auras, and assist you to telepathically hear the true words amongst the human lies and illusions.

I walked home from school with you in Junior and Senior High School when the depression threatened to sniff out your desire to live. I put my arm around you and used my light as a warm blanket to surround your wounded spirit. I encouraged you when you could not believe that you were good enough. I held you when you sobbed from loneliness and despair, and I guided you through the long nights of confusion. Yes, it was I who spoke to you from the ceiling of your teenaged bedroom to whisper comfort through your pleas for help.

I have come to you now, so that you may integrate me, the Divine Complement/Twin Flame of your Arcturian spark into your consciousness. I could not offer this to you before you were able to acknowledge that not only is Arcturus your homeworld, but you, yourself, are an Arcturian disguised as an Earth human. There are many like you “alive” on Gaia at this time. We answered Her call at the fall of Atlantis to send Light into the darkness of Earth’s waning electromagnetic field. The balance of her electromagnetic field had turned toward the destruction of darkness because of the massive fear and negativity of Her humans.

A planet based on polarity must find the balance between dark and light, for too much darkness/fear will destroy a planet, and too much light/love will ascend it. Because we, and other fifth dimensional beings, such as the Pleiadians, Sirians, Orions and Andromedans, sent a portion of their Light to Earth to become humans, we were able to save Gaia from destruction. However, Lemuria and Atlantis had come to the completion of expressions as landed beings on Gaia’s surface. All who answered this call knew that they made a commitment to return again and again to physical form to continue to assist Gaia until this time of Her great transformation. Some of us, such as the Sirians, chose non-human forms, primarily the cetacean dolphins and whales.

The humans were to protect the land and the cetaceans were to protect the waters. All grounded ones (grounded on Earth or in water) were always overlooked and protected by the Group Mind of their Homeworld with their Capstone/Divine Complement as their energetic magnet. This Capstone resonated to the specific signature frequency of each grounded one. As each of our Arcturian volunteers absorb and integrate their Divine Complements, their consciousness greatly amplifies, and they can more easily connect with the energies of the Group Mind. Once that connection is facilitated, their earth vessel becomes infinitely more tolerant of the higher frequencies of Light coursing their body and their Mastery of Energy is greatly complemented.

On the other hand, with the higher light integrated into your earth vessel, the physical no longer has enough mass to adequately ground your light. It is at this point, that you must fully merge with your Planetary SELF in order to contain the Light without damaging your earth vessel. Therefore, remember my dear ONE, you and Gaia are ONE. Spend as much “time” in Her Nature as possible, even if it is gardening in your yard or walking on your local beach. Sit your body on Her earth and place it in Her waters and feel her Sun upon your body. Most important, as you inhale her air, fill your exhale with unconditional love.

I shall return, as I cannot leave. Afterall, we are ONE!