

TEACHINGS FROM THE SACRED TRIANGLE



DAVID K. MILLER
VOLUME ONE

Note to the Reader:

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Contents

<i>Editor's Note</i>	11
<i>Introduction</i>	15
<i>How To Channel, Part 1</i>	20
<i>How To Channel, Part 2: The Trance State</i>	21
<i>Teachers of the Sacred Triangle</i>	24

Part One: The Teachings

1. On the Purpose of the Sacred Triangle	29
<i>The Three Sides of the Sacred Triangle</i>	30
<i>The Spiritual Energy of Sound</i>	32
<i>Interdimensional Travel</i>	33
<i>Unification and the Ascension Codes</i>	35
<i>Interrelationships with Extraterrestrial Masters</i>	37
<i>Corridors and Bridges</i>	38
2. Attuning to the Sacred Triangle	41
<i>The Power of Magnification</i>	42
<i>Fifth Dimensional Energies from the Galactic Source</i>	42
<i>The Great Purification</i>	44
<i>An Extraterrestrial Intervention?</i>	47
3. On the Ring of Ascension Around the Earth	49
<i>The Technology of Spiritual Transformation</i>	49
<i>Infusing the Earth with Higher Consciousness</i>	52
<i>Groups Manifesting the Ring of Ascension</i>	53
<i>Protecting Jerusalem</i>	54
<i>The Light Quotient of the Planet</i>	55
4. Creating a Bridge to the Fifth Dimension	57
<i>The Coming Spiritual Energy Boost</i>	58
<i>Conduits</i>	59
<i>Arcturian Energy</i>	60
<i>A Born-Again Earth</i>	61
<i>Interacting with Fifth Dimensional Light</i>	63
<i>A Meditation for Developing the Crown Chakra</i>	65

5. The Arcturian Stargate	69
<i>Accessing the Stargate</i>	70
<i>Corridors</i>	71
<i>Graduating from the Third Dimension</i>	72
6. The Codes of Ascension	75
<i>Focusing the Light</i>	75
<i>The Importance of the Codes</i>	76
<i>Receiving Coded Messages</i>	77
<i>No Need for Implants</i>	79
<i>Unlocking Deeper Codes within the Earth</i>	80
<i>Activating the Codes</i>	81
7. The Effects of Nuclear Radiation on the Soul and Dimensions	83
<i>The Nature of Spiritual Essence</i>	83
<i>The Thought World</i>	84
<i>The Source of Nuclear Energy</i>	86
<i>The Effects of Nuclear Explosions on Ascension</i>	87
<i>Preventing and Repairing Damage</i>	88
<i>Effects of Nuclear Blasts on Higher Dimensions</i>	90
<i>The Closing of the Jerusalem Stargate</i>	92
8. The Crystal Temple & Interdimensional Travel	95
<i>Transitioning into a Multidimensional State of Being</i>	95
<i>Handling the Fifth Dimension</i>	96
<i>A Multidimensional Meditation</i>	98
<i>Fear and the Emotional Body</i>	100
<i>Stabilizing the Third Dimension</i>	101
9. The Kabbalah	105
<i>Experiencing the Zoharic Light</i>	105
<i>A Meditation for Infinite Holy Light</i>	106
10. Vibrational Acceleration and Arcturian Thought Chambers	111
<i>Introduction to the Arcturian Thought Chambers</i>	111
<i>A Meditation in a Thought Chamber</i>	114
<i>Scattered Sparks and Beings Without Spirituality</i>	117

11. The Arcturian Role in the Ascension	121
<i>The Purpose of Incarnation</i>	122
<i>The Soul's Journey</i>	123
<i>The Soul Gate</i>	124
<i>Time: An Energy Field</i>	124
<i>Arcturians and Spiritual Masters</i>	129
<i>The Sirian Role in the Ascension</i>	129
12. Lady Arcturus on the Mothering Aspect of Soul Work	131
<i>Birth on the Fifth Dimension</i>	132
<i>Death on the Fifth Dimension</i>	133
<i>Manifesting a New Physical Form</i>	133
<i>Inhabiting Your Light Body</i>	135
<i>Mind-Merging with Juliano</i>	137
13. Arcturian Spirituality	139
<i>The Laws of Extraterrestrial Spirituality</i>	141
<i>Soul Travel</i>	141
<i>Thought Communion</i>	143
<i>The Zohar Light Concept</i>	144
<i>A Meditation to Grasp Extra-Solar Energy</i>	145
14. Group Consciousness and Mother Earth	147
<i>The Orion Influence</i>	147
<i>Unifications on Many Levels</i>	149
<i>Embracing the Consciousness of Mother Earth</i>	150
<i>The Energy of Blessing</i>	152
<i>Secrets of Thought Projection</i>	153
15. Grace for Personal and Planetary Healing	155
<i>Accelerating Grace</i>	155
<i>A Prayer Wheel of Light</i>	156
<i>Building Etheric Lines</i>	159
<i>The Ring of Ascension</i>	159
<i>Raising Your Spiritual Quotient</i>	161
16. Planetary Alignments	163
<i>The Intersecting Energy of the Dimensions</i>	163
<i>The Times of Holiness and Sacredness</i>	165
<i>Cleansing Your Energy Fields</i>	166

<i>The Missions of the White Buffalo</i>	169
<i>Great Healings</i>	170
17. Soul Family and Soul Remembrance	171
<i>Activating Soul Memory</i>	171
<i>Accessing Your Soul Family</i>	173
<i>Portable Corridors</i>	175
<i>The Sons and Daughters of Elohim</i>	177
18. The Omega Point	181
<i>Personal, Planetary, and Galactic Omega Points</i>	181
<i>Perfect Unity</i>	182
<i>The Importance of Art in Planetary Evolution</i>	184
<i>Bringing Fifth Dimensional Light Into the Earth</i>	185
<i>Soul Light and Adonai Light</i>	186
<i>Christ Consciousness</i>	187
<i>A Planetary Mission</i>	188
19. The Arcturian Temples & Spiritual Hierarchy	191
<i>Non-Linear Concepts</i>	191
<i>Plugging In</i>	192
<i>Temple Training</i>	193
<i>Receiving and Sending Light</i>	196
<i>Developing a Temple on Earth</i>	197
20. Integration of the Sacred Triangle Energy	201
<i>The Iskalia Mirror</i>	202
<i>Opening a Corridor between the Third and Fifth Dimension</i>	204
<i>The Sacred Fifth Dimensional Light Field</i>	205
21. Galactic Kachina	209
<i>Activating Sacred Energy Fields</i>	210
<i>Connecting with the Central Sun</i>	212
<i>The Acceleration of Miscommunication</i>	215
22. Commitment to Personal and Planetary	
Healing	217
<i>Working with Energy from the Crystal Temple</i>	217
<i>Healing and Activation Meditation</i>	219
<i>Connecting with the Adam Kadmon Blueprint</i>	221
<i>Opening the Heart</i>	223

Part Two: The Pine Workshop and The Group of Forty

The Pine Workshop: The Great Unification of the Sacred Triangle and the Sacred Codes	231
<i>Unification and the Ascension Codes</i>	231
<i>Making Places Holy</i>	232
<i>Archangels and the Stargate</i>	234
<i>Holding the Vision for the Planet</i>	236
<i>Bringing Healing Energy Back to Mother Earth</i>	237
<i>The Vision of the White Eagle</i>	238
<i>Becoming a Buffalo Heart Dancer</i>	240
<i>The Activation of the Sacred Triangle</i>	242
<i>The Importance of Personal Problems</i>	242
GOF Members' Experiences	247
<i>Patricia Pereira ~ Boise, Idaho</i>	247
<i>Odilia ~ San Diego, California</i>	250
<i>alremkin ~ Richmond, British Columbia, Canada</i>	253
<i>Jackie B. ~ Boise, Idaho</i>	255
<i>Dorothy C. ~ Seattle, Washington</i>	258
<i>Diana ~ Seattle, Washington</i>	259
<i>Anna and Devra ~ Editors of Continuum Magazine</i>	263
<i>Eric P. ~ Totnes, Devon, England</i>	263
<i>Hortensia ~ Bucaramanga, Colombia</i>	265
Appendix A: Group of Forty Registration	267
<i>Meditations</i>	267
<i>The Monthly Channeled Message</i>	268
<i>The Monthly Newsletter</i>	268
<i>The Email Reflector List</i>	268
<i>The Annual Arcturian Group of Forty Gathering and Workshop</i> ...	269
<i>Registration</i>	269
Appendix B: Toning, Channeling, and Music – CD Track Listing and Song Lyrics	273
1. <i>Planetary Healing (Juliano)</i>	
2. <i>The Arcturian Stargate (Archangel Metatron)</i>	
3. <i>Tree of Life Angels (Kyra Mantela)</i>	

4. *I Am the Angel of Uranium* (Kyra Mantela)
5. *The Ring of Ascension* (Sananda & Mother Mary)
6. *Iskalia Mirror* (Kyra Mantela)
7. *Oh My Children, We Are Free* (Kyra Mantela)
8. *Healing Codes* (Chief White Eagle)
9. *The Crystal Temple* (Helio-ah)
10. *The Importance of Toning and Chanting* (Archangel Michael)
11. *Deeper and Deeper* (Kyra Mantela)
12. *Come and Bow Down* (Kyra Mantela)

About the Author and Artists 277

<i>David Miller</i>	277
<i>Gudrun Miller</i>	278
<i>Kyra Mantela</i>	279
<i>Diana Fairbank</i>	280

Glossary 281

Additional Materials 289

Visionary Art

<i>Galactic Kachina</i>	Front Cover
<i>The Sacred Triangle*</i>	28
<i>The Arcturians: Juliano and Helio-ah*</i>	40
<i>Chief White Eagle</i>	45
<i>The Arcturian Stargate*</i>	73
<i>The Crystal Temple*</i>	94
<i>Sananda</i>	178
<i>Galactic Kachina</i>	208
<i>Iskalia Mirror</i>	225
<i>White Eagle Medicine Woman</i>	226
<i>Shekinah near the Four Corners</i>	227
<i>Spirit Fire</i>	228
<i>Chief White Eagle</i>	Back Cover

* Full-color version appeared in David's first book, *Connecting with the Arcturians*. Also available as a 11"x14" print—see page 290.

Introduction

It has been almost four years since *Connecting with the Arcturians* was published. The Group of Forty Arcturian Meditation Project, which was described and expanded from this first work, has grown significantly since 1998. I have been gratified by the acceptance of the first book by many Starseeds. They have reported that the book speaks directly to their Arcturian soul connection.

After the first book was completed, the energy and information continued to flow through me. In fact, it was a challenge to not include more information in the first book! The necessity of publication deadlines limited how much new information I was able to include. Thus, it became apparent that a second book was needed.

A consistent theme from *Connecting with the Arcturians* (and now the new work) is the Sacred Triangle. Another theme for the Arcturians is their work of providing personal and Earth healings in conjunction with other Ascended Masters on Earth, including Sananda, Native American Masters and the Pleiadians. This book will expand on these themes.

In this new book, I explore the knowledge related to the Sacred Triangle in depth. This spiritual “unification” has the potential for providing a greater healing to planet Earth. New information is offered on several fifth dimensional concepts, such as the Iskalia Mirror, the Omega Point, and the Ring of Ascension.

The format of the book includes channeled lectures from the Arcturians and other Ascended Masters. Some lectures are preceded by a short commentary to help clarify the subject matter.

In the opening sections I have provided a summary of important related topics that I feel will help the reader more easily delve into the channeled material. These introductory topics include: 1) an overview of the channeling experience,

TEACHINGS FROM THE SACRED TRIANGLE

2) how to channel, 3) the trance experience, 4) channeling and Kabbalah, and 5) further information about the Arcturians and the Arcturian Group of Forty meditation project.

Channeling is both a modern and a historical phenomenon and is found in all times and across all cultures. Throughout history channeling comes to us in various forms, including mediumship, shamanism, fortune telling, visionaries and through oracles. There is also a long history of channeling in Kabbalah, the major branch of Jewish mysticism.

I have been a student of Kabbalah for over 25 years. I was raised as a Jew and have always been fascinated by the Hebrew language, and have obtained a moderate knowledge of Biblical Hebrew. This includes knowledge of the alphabet and Hebrew prayers, which are key ingredients in Kabbalistic work. Key phrases of a Hebrew major prayer are now being used by students of the Keys of Enoch for obtaining higher levels of consciousness. The sacred words "Holy, Holy, Holy is the Lord of Hosts" (Kadosh, Kadosh, Kadosh, Adonai Tzevaoth) are "power words"—words which can raise one's level of consciousness. I was excited to learn that the Arcturians and Pleiadians also use one of the Hebrew names for God, Adonai, when referring to the Creator. Many Hebrew phrases have galactic origins, especially such "power phrases."

I have studied psychology for many years and have also been interested in altered states of consciousness, spirituality, and trance states. As a psychotherapist, I studied and observed the trance state (referred to in therapy as the hypnotic state and trance induction). I know that this state can be a powerful tool for healing psychological and spiritual problems.

In 1987 my wife, Gudrun, and I moved to Arizona. I was fascinated by the spiritual opportunities in Sedona, Arizona, and began attending lectures and channeling sessions. Many people were engaged in the process, which fascinated me. At the same time I became aware that many of the ancient Kabbalistic rabbis had also engaged in channeling! They referred to the process of trance mediumship as automatic speaking. It was a

INTRODUCTION

common practice in fifteenth-century Palestine for a Kabbalistic student to lay his body over the grave of an ancient Master and hope that information would be received from him.

Other famous rabbis, such as Joseph Karo, secretly practiced channeling and even wrote several channeled books. Some of these rabbis believed that they could channel the Shekhinah, or the feminine Divine Presence of the Lord. Generally, their channeling was kept a secret. For example, Karo was an expert in Jewish law and well respected for his work, the *Shulhan Aruch*, or the Set Table, which is a legalistic description of Jewish law in the fifteenth century. Most Jewish people, as well as the general population, do not know of his concurrent channeling practice.

The Seth materials and Lazarus influenced me, as well as channelings through Norma Milanovich and Barbara Marciniak (authors of *We, the Arcturians* and *Bringers of the Dawn*, respectively). The Kabbalah allows for the concept of higher consciousness, or higher self, as a conduit to accessing higher realms. It is the higher self, or Neshamah, that is used in channeling to access higher light. Kabbalists also believe in reincarnation. Although the Kabbalah does not address the subject of extra-planetary beings, it does talk about soul families and deceased spirits of Masters coming back to help students. They even allow for the concept of walk-ins, because they believe that one could be possessed by another spirit (referred to as *dybbuk* for bad spirits or *ibburs* for good spirits).

While on a camping trip at Sublime Point at the North Rim of the Grand Canyon in 1991, I spontaneously started "channeling." The energy at that point in the canyon was incredible. I became activated and began relating information to my wife about her past lives and relationships. During and after the experience, I had an incredible feeling of well-being. I felt excited and eager to continue. Since 1991 I have continued to channel on a regular basis.

Since I taped the channeled sessions, then writing them down became the next logical step. It was my hope that eventually I would use the material in a book. At the time I began my

TEACHINGS FROM THE SACRED TRIANGLE

channeling, I had no idea I would be bringing through many different guides.

I think it is important to address the issue of whether channeling is for real, or whether the channel is engaged in a “psychotic fugue” state. Psychosis implies a gross impairment in one’s ability to perceive “normal” reality. Our “normal” waking consciousness is one type of reality. The dream world is an example of another altered state in which “telepathic” reception of messages occurs. Thus, it is my belief that the channel can “sanely enter other realms” and bring down valuable and new energy from the outer realms.

The fact that ancient rabbis engaged in channeling adds credence to the process. In fact, a substantial argument can be made that the earlier prophets and saints were also channels of light and energy from the higher realms. Notable channels in the twentieth century include Edgar Cayce, Alice Bailey, Ruth Montgomery, and Arthur Ford. Accepting channeling means that one has to put aside conventional beliefs. One must believe that our consciousness can go into other dimensions; that there are other-dimensional beings outside of our normal range of consciousness that wish to communicate with us; that there is reincarnation and life after death, and those beings are interested in communicating with us; and finally, that there might be other beings in the universe (Extraterrestrials, if you will) who also are wanting to communicate with us.

In my channeling I seek to receive information from all “higher beings”—beings that are well respected. Thus, if one hears comments from an Archangel, then certainly one feels honored and open to the messages. Are we more likely to respect and listen to messages coming from another dimension? I think generally people who are open to channeling do seem to respect a message from a higher being. However, we must always keep the attribute of discernment in any messages we receive.

I am intrigued by the long history of channeling in western culture and in Kabbalah. I believe that there is now a necessity for entering higher realms with our consciousness. It is important

INTRODUCTION

to do so because of the impending Earth changes on the planet. New healing energy and insights can be brought down to assist us in the coming Earth changes.

The channeling sessions in this book were held during the years from 1998 and 2001 in the Prescott area. I have found the experience of channeling and writing these lectures stimulating and energizing. Many of the lectures were channeled to the Arcturian meditation group, referred to as the Group of Forty. My wife, Gudrun, has provided great assistance in helping to transcribe the sessions. She has also provided positive emotional support and encouragement for the process. As a visionary artist, she has been able to bring forth beautiful fifth dimensional imagery. These images and paintings have been of great assistance to help stimulate readers in their understanding of Arcturian spiritual technology. I also want to give special thanks to Diana Fairbank, who with great enthusiasm and devotion helped to compile and edit the manuscript.

I think it is time that modern psychology and religion consider the channeling phenomena seriously. After all, many famous mystics were powerful and influential users of altered states of consciousness. I consider myself a student of spiritual and mystical consciousness who is interested in obtaining and maintaining higher levels of being.

My focus of channeling includes the Arcturians, ascension, and integrating mysticism with soul development. I channel over 15 guides, including the Arcturians, Sananda, Mary, Ashtar, Archangel Michael and Nabur, a Kabbalistic rabbi. I can be reached at PO Box 4074, Prescott AZ 86302, USA. Phone is 928-776-1717.

David Miller

[Editor's note: If you would like to learn more about David's healing work and its efficacy, I highly recommend you read Virginia Aronson's terrific, ground-breaking book, CELESTIAL HEALING: Close Encounters That Cure. There is a chapter devoted to David, as well as Ms. Aronson's account of her own healing experience with David.]

TEACHINGS FROM THE SACRED TRIANGLE

How To Channel, Part 1

Several people have asked me how they can channel. Many of you already are channeling. In fact you may already feel or sense a guide with you. Maybe you wonder, "How can I bring forth the messages from my guides?"

I believe that channeling is a skill that we all can learn. Just remember, some of you might be able to channel images, or others ideas. Some, on the other hand, will be able to channel in words. My first suggestion is to try to learn what mode you can best work in. Next, don't expect to be a master channel the first time. Channeling is a skill, and perhaps even an art. The Kabbalists called it "automatic speaking." You really have to practice.

Someone compared receiving and channeling divine higher messages to a hose with water running through it. At first when you try to bring forth divine energy, you might only experience a trickle of energy, or water. Don't let that stop you. Be thankful for the trickle! Also, be careful not to stop what comes through. Don't say, "Oh, this is not real," or "I am making it up." Put those judgmental thoughts aside temporarily. As you do more channeling, then, be aware that the trickle of thoughts and words may develop into a flow.

When I first started channeling, I found it particularly helpful to go to powerful and sacred areas. I would travel to Sedona or other sacred areas. In fact, I first started channeling at the North Rim of the Grand Canyon at a place called Sublime Point. It was a spontaneous experience. Being in a powerful spot allows one to merge with energies more easily. Remember, as a channel, you are like a powerful antenna. Your crown chakra is the antenna. It is rising up through the ethers to the higher realms, and from that vantage point you can receive information and energy. Then you can bring down those thoughts.

There will be time for analysis and evaluation of what is coming through later. If there are people you are channeling for, ask them to send positive energy to you while you are

INTRODUCTION

channeling. This is very important, because you need the support of all members to hold the connection.

Remember, no channel is 100% accurate. All information and energy that you receive is filtered through you and thus can be subject to variations. Don't expect 100% accuracy. The more you remove your ego and "step out of the way," then the more powerful and accurate your channeling can become.

Finally, I recommend removing the censor when you are channeling. The censor is that internal voice that tells you this is not real, or that you are making this up, or this really is not very good. Encourage the flow. Be supportive to yourself. Enjoy the higher spiritual vibration. You will see that your ability to connect will increase.

How To Channel, Part 2: The Trance State

To begin channeling, I believe we must review basic concepts of trance mediumship and the trance state. What is a trance? It can be synonymous with being hypnotized. A trance state is a state of consciousness in which normal thinking, such as time sense, logic, and perception, is suspended, thereby creating an "altered state" of consciousness. In this state one has more direct access to the subconscious, unconscious, and universal unconsciousness. One can enter the state through either self-induced or outer-directed induced states. In an outer-directed state, an outside person can use such hypnotic methods as slow speech, physical and verbal cues, repetition, or even specialized movements with objects such as a pendulum. In a self-induced trance state one can create a trance by chanting, praying, and commanding the mind to "release everyday consciousness."

Interestingly, I find that when I go into a trance and start channeling, others in the room often go into a trance state as well. This leads me to the conclusion that the state is "contagious." Once one has gotten skilled at trance induction, then one can begin to use simple verbal cues and affirmative words

TEACHINGS FROM THE SACRED TRIANGLE

such as "Let go" or "Start now." The latter method can be described as self-induced cues to release the normal mind.

This is the method that I use: I find 15–20 minutes of meditation preparation before I go into a trance very helpful. This can also include engaging in prayer reading. I am very sensitive to Hebrew prayers and will often read Hebrew prayers before I channel. When I am ready to begin channeling, then I use an empowering phrase, such as "Okay, let go." I have to emphasize that as I start, the flow may be slow, and even somewhat difficult. I keep faith that it will come through, and soon I find myself in a deeper trance. Thus, don't expect to fall into a full trance immediately. Let it build up slowly and then you will be able to go deeper.

Once in the trance, then you have to work at "getting out of the way" to allow the flow. Once I am out of the way with my ego, I am often surprised at the flow of energies. Connecting to that flow, though, requires concentration and being totally in oneself. Being in a light trance also means that one is "monitoring" what is going on. For example, I am aware of noise in the room and people moving around. In a deep trance, one would be so into the trance that one would not be aware of one's surroundings.

People often ask me if I feel tired after channeling. I do not really feel that tired, other than what one would expect from talking for a certain length of time. Remember, even during the channeling, the "censor" can still come back, wanting to stop or curtail the reading in some aspect. If that happens, give yourself permission to ignore the censor, or tell your subconscious again the words "Let go." Finally, I want to emphasize the importance of group support during the session. Having people send you energy and having a supportive environment are very important.

The trance state and channeling can be used to enhance healings, including etheric healings and accessing chi energy for healing. In Chinese Taoist practice, as well as in Reiki, chi is defined as the universal life force energy. The trance state offers

INTRODUCTION

an excellent opportunity to focus healing energy for ourselves and others. Theoretically, I believe that when one is in a trance and channeling (which of course is a trance state), then one can connect energetically to the higher realms for specialized healing energy. Through this connection, one can increase one's ability to transmit healing energy.

Part of the skill required for such work is to learn how to focus or direct the energy outward to others. The guides can work with us more effectively when we are in a trance. To accomplish a healing channeling requires learning how to move the self or ego out of the way. When this is accomplished, intense healing light can be brought down. The channeler/healer can then begin verbalizing affirmations, such as, "*White, healing light is filling the room!*" Let a column of white, healing light descend into the room, and at the same time fill you and your energy field with healing light.

Such statements can actually accelerate the healing energy being transmitted and received. To perform healings from the trance state, I recommend that the following steps be followed: First, enter into a meditative state. If possible say special prayers that are important to you. Prayers calling on the energy of Elohim, for example, are good. Second, enter a trance state and ask to be connected to a healing entity or energy from the higher dimension, such as an angelic presence. Third, once feeling connected, begin to transmit healing words and tones or energy movements.

You may feel moved to make special hand movements around the person who is to be healed. Healing movements can be compared and described as: 1) moving chi energy around the person, 2) directly sending an influx of energy into a certain body area, such as the crown chakra (for example, as the energy is directed to the crown chakra, then it can be sent to any parts of the body system that need the energy), and finally, 3) cleansing the body aura. This can be accomplished by "scanning" the body and covering the body in energy movements such as one would do when pulling a blanket up over someone.

TEACHINGS FROM THE SACRED TRIANGLE

Many of these methods described above can be done in a normal state of consciousness; however, it is my belief that the trance state heightens this healing method and in some cases allows a more deepened healing to occur. For example, I normally do not have the ability to do a “chi” healing, which includes energy movements on an ailing person. Yet, I have successfully done healings using the same techniques while in a trance state.

It is a wonderful feeling to allow energy from above to flow through you. Chi healing involves “running” the meridians and building up the “patient’s” chi field through the sending or infusing of chi. I have modified such chi techniques by accessing higher energy in a trance state. This allows me to perform a type of “psychic” surgery during the trance state. In essence, the trance state allows me to more easily access chi healing methods.

One final idea about trance healings focuses on the concept that the illness that currently manifests in the physical is in fact originating in the etheric body of the person. Thus if one can help the ill person access their etheric body, a more effective healing can occur. One of the main approaches in healing with the Arcturians is based on the transferring of the etheric body to higher healing places, such as the Crystal Temple, or a healing chamber on one of the Arcturian ships. Once the healing is complete in the etheric, then the energy activated in the etheric body can merge into the physical body.

Teachers of the Sacred Triangle

These are the Masters who grace us with their presence and genius as Teachers in the following discourses, and who are available to each of us at any time for the asking, through prayer and meditation.

The Arcturians: Juliano, Helio-ah, Tomar, Lord and Lady Arcturus

INTRODUCTION

Other Extra-dimensionals: Ptah of the Pleiades, Osirus of the Galactic Council, The Andromedan Starmaster, Gurhan the Andromedan, The Andromeda Council, and David's Kabbalistic rabbi guide, Nabur

White Brother/Sisterhood: Sananda, Archangel Michael, Metatron, Sanat Kumara, Ashtar, Quan Yin, Vywamus, Kuthumi, and El Morya

Native American Masters: Chief White Eagle, Chief Buffalo Heart, and Gudrun's Spirit guide, Spirit Fire



Creating a Bridge to the Fifth Dimension

We are the Arcturians. I am **Juliano**. I am pleased to have the opportunity to greet so many Starseeds.

Part of your mission is being fulfilled by coming together in groups and meeting some of your star brothers and sisters. We have spoken to you often about the importance of group energy and of meeting in groups. You can be stimulated and activated by group interactions. It is true that many of you have come down in this incarnation as a group. You have been in classes as members of a group before, and many of you will ascend as a group. It is possible and very likely that you will see each other again on the other side, in the next dimension. When we speak of the mission of the Arcturians, what we speak of is providing a foundation so that you can move into the fifth dimension.

We will speak about the fifth dimension. There have been questions about the fourth dimension and why it is we are recommending that you skip the fourth dimension and go directly to the fifth during your ascension process. The fifth dimension is totally beyond Earth incarnations. It is totally beyond what you know as the third dimensional reality. The fifth dimension is a reality based on galactic consciousness. The fourth dimension is a dimension that can be a higher vibration. It does not necessarily have this galactic consciousness and the interdimensional access to work with inter-universes. We have not spoken to you before about the different universes. As you move into the fifth dimensional energies, you are going to comprehend and be able to work with the inter-universal energies.

The Coming Spiritual Energy Boost

There is special grace and compensation energy that is available between this period that you are now in and the period approximately to the years 2020 through 2030. There will be a large boost of spiritual energy that will be made available to you during this period. This boost of energy is going to give you the vibration and the energy level necessary to leap to the fifth. It is true that if you have certain karma, then you might not be able to jump dimensions or skip lessons. So how is it then that you will be able to move to another dimension? How is it that you will be able to move out of your Earth incarnation cycle? The only way that you can do this is through a huge energy boost.

Moving into higher levels requires energy. We are not referring to the traditional energy that you know on the third dimension, such as nuclear energy, or energy that you use to propel your cars. We are talking now about spiritual energy. We are talking about the higher energy that has to do with the Self. There is a definite energy level for each person. You can notice their energy level when you meet people. Each person has their own energy level that they are vibrating on. We notice that sometimes you are depressed, which would be considered a slower energy. Sometimes you are excited and have a great deal of energy. Sometimes you are spiritual and feel lighter. When you are in a state of highest spiritual energy, then you feel extremely light and can have the ability to move yourself to the next dimension.

You will be required to have a certain energy level and boost to move to the fifth dimension. This energy boost is being made available, for example, through the grace of Sananda. When the energy boost comes you will process and work through a great deal of your karma and personal issues. Some have discussed having personal issues that will take three or four lifetimes to process. Now, with energy boosts and grace coming, you will be able to work through such issues in a very short time. Such shortening of your karma, which results in intensely

4. CREATING A BRIDGE TO THE FIFTH DIMENSION

being able to work through personal issues, can cause hardships for you. Part of our mission is to assist you in working with the energy boost. We are here to help you receive more energy. This is the main mission for us, the Arcturians—to help you process and work with more energy.

When you have more energy, then you can work through problems more quickly. This will help you to accelerate your development. This is the law of the universe—that is, to expand. To accomplish expansion, you need more energy. The Arcturian mission is to assist you and boost you through an energy infusion. Our mission is a broad-based mission. It is a mission of connection and a mission of energy infusion.

Conduits

It is not enough for us to say only that we will be bringing energy down. We need channels on Earth. We need conduits. You know how difficult it has been for you in your path to accept higher consciousness. There is so much on the third dimensional plane that can be considered a part of dense consciousness. There is so much contraction, including so much violence and hatred. You have risen above that and have acknowledged your Starseed connection. You have acknowledged your universal consciousness. Your innate ability is to expand that consciousness in total confidence and move into the fifth dimension. It has been a long road. It has not come easily. There has been much persuasion that you have had to experience. Now you are going to have to work with others and help persuade them. After the groups are formed, then there will be an increase in the dispersion of the Arcturian energy.

I bring down a golden blue beam of light for you. This light is sprinkling very powerful rays outwards and will enter your crown chakra. (Tones sharply.) We are using abrupt tones so that you can receive a sense that you are moving in and out of another dimension. We personally greet each of you with this burst of energy. It is your decision on how you want to use this

TEACHINGS FROM THE SACRED TRIANGLE

energy. It is your decision on how you want to use this acceleration. I recommend that you take this energy into your crown chakra and expand your consciousness. By interacting with us you are already expanding. I want you to expand your consciousness even beyond your awareness of the Arcturians. We are creating a marvelous portal opening to the higher realms. Come into that portal and expand your consciousness. (Tones are expressed using rapid, sharp sounds.)

It is natural to expand your consciousness, and we are saddened by the contractions that we see many star brothers and sisters experiencing. We know the difficulties that you experience. The loss of contact with the star fleet and the loss of contact with universal consciousness, for example, are very hard for you. We can compare this situation to being without food and water. This is how serious we would consider the experience of being cut off from this consciousness. You now have a wonderful opening and opportunity to connect with this energy.

Arcturian Energy

Let me speak directly about the Arcturian energy. The Arcturian energy is a vibration that is very light. It is very oriented towards a group uplifting. This is why Sananda calls upon us. We are experts in working with groups. We know that the group consciousness generates more energy for you. You can borrow that energy to lift yourself up.

The Arcturian energy can be described as a crystal light. One thinks of the beautiful Arcturian temples when referring to our crystal light. We are devoted to spiritual enlightenment. We know that the goal of spiritual enlightenment has to do with gathering more energy. Do not think of gathering more energy in terms of having more material possessions. It really has to do with multidimensional holographic energy inclusion. The energy that we are working with and teaching you about is an energy that comes from all directions. It comes not just from the top or just from the bottom, or the front or the back. It is a total energy,

4. CREATING A BRIDGE TO THE FIFTH DIMENSION

because you are total! You are not just a front, nor are you just a back. Your soul has no bounds. Your monadic self has no up or down. Your monadic self has nothing in it that you can define in your spatial perspectives.

It is interesting that when you speak of the Mother/Father Creator energy, you often say that you cannot describe this energy. Your monadic self is also indescribable. We have to come into a consciousness that, as close as possible, has no boundaries. You are limitless and holographic.

We are evolving to that state of total merging into the monadic self. In doing that process we have developed the ability to transmute our energy into other dimensions. We have developed the ability to travel interdimensionally, both downwards and upwards. We can go up to higher levels or lower levels. When we do that, then we create a portal or a corridor. By entering your dimension, which is thicker than ours, we actually create an opening, because we are bringing in higher energy. The Earth desperately needs such energy infusions. Just by connecting with our consciousness, you are helping to stabilize the energy infusion that we are offering the Earth.

We have brought interdimensional ships into the Earth realm. Many of the Arcturians on the ships are in deep meditations. They are connecting with you telepathically. They are sending you energy. We bring this powerful focus to you and have created an actual energy bridge. You are part of that bridge.

A Born-Again Earth

We are on a mission of love and spiritual evolvment. We are also on a mission of learning, because we have tested and worked with many Starseeds. We have seen many planets go into an evolutionary shift. It is of great interest to us to observe Earth and the planetary shift that she is experiencing. There has never been so much assistance available to a planet as there has been to Earth. You need to know of the concerns that many higher beings have for the Earth and you need to know that

TEACHINGS FROM THE SACRED TRIANGLE

they are watching over you. They are participating in the Earth evolution and her new birth.

The Earth is being born again. We love this phrase that is being used in religious circles about “being born again.” This phrase asserts the truth of reincarnation. It asserts the truth that there is a continuous death and rebirth cycle in the Universe. The Earth is going through a birthing process and you are at the cusp of an evolutionary shift.

Many of the questions that have been asked have to do with the future. “Will I be safe? Will I need to be rescued?” These are examples of questions that have been posed to us. We see different computer models of all of the possibilities. Each model that we observe has a different factor and therefore a different outcome based on the several options that could happen to the Earth. One model shows major earthquakes affecting areas such as California, with it suffering devastation. In another model we see groups like yours working to focus energy throughout the Earth’s grid lines. This grid work sets positive vibrations throughout the Earth and helps the planet avoid catastrophes. Other models show us world domination and world leaders coming to conflict.

These different models reveal the following: You as light-workers can still have an effect on the outcome. Remember, thoughts are very powerful! Starseeds and their work can be very powerful. You know that you are powerful beings. You are on a mission that is to create a bridge to the next level.

We are not foreseeing a total collapse of the life forms on this planet. That has always been the biggest danger on the Earth—i.e., a total collapse of all life forms on the planet. This would have a devastating effect on the karma of everyone. This will not happen. We are going to pump down more energy and we are going to work more deeply with you and other Starseeds to work and stabilize this bridge to the next dimension. This will occur through your work as Starseeds. We are talking about a planetary mission to assist in the stabilization and transformation of the Earth into the next level. This is our “mission”: to

4. CREATING A BRIDGE TO THE FIFTH DIMENSION

assist you in this process. Your mission is to fulfill your role as a star being on the planet.

Some of you acknowledge that you have within you the consciousness of being a Starseed, but then you ask, "What am I supposed to be doing?" You are supposed to be assisting each other and helping to build the bridge to the fifth dimension. You have heard in your songs, "This is the dawning of a new age." How are you going to build and stabilize this bridge? The first answer is that you need to build a bridge for yourself. We are offering you a personal bridge to our consciousness through our work with you and through our corridors. As you cross over this bridge, then you must ask, "How am I going to provide a bridge for others? How am I going to provide the bridge for my daughter, or for my son, or husband, or my friend?" They may not be open to this bridge. You must learn to provide information and ways to access this bridge in a manner that they can comprehend.

We have toned down or stepped down our explanations to you about the Arcturian work so that you can more easily understand and accept these concepts. Now you must step down the information to others, so that they can understand it. We are not talking about going out on the streets and trying to convert people. Certainly you need reminders that the fifth dimensional energy is slowly beginning to seep into your lives. It is wonderful to see this occur now. Be aware that this fifth dimensional light is coming down to you and can be received through your crown chakra. We are in communication with the planetary logos, Sanat Kumara. We communicate with all of the higher Masters around your planet.

The Earth is going through a beautiful birthing process!

Interacting with Fifth Dimensional Light

The Groups of Forty are going to be a pivotal influence on holding the connection to the fifth dimension. You may think that the fifth dimension is not connected to the Earth. The fifth

TEACHINGS FROM THE SACRED TRIANGLE

dimension *is* connected to the Earth! We are proof of that. Sananda is also proof of that. Did he not come to your planet? The third dimension must be brought into order. Some of you will leave and not return to this dimension after the ascension. Nonetheless, the third dimension must be brought back into harmony. Bringing the third dimension into harmony can only be done with contacts such as this fifth dimensional one.

It is important that you understand how to interact with the fifth dimensional light. The mission has to do with bridging the third dimension to the fifth, or the fifth dimension to the third. The Arcturians are able to send specific light to you that can penetrate the third dimension and thus arrive more easily to you. This transmission of fifth dimensional light has to do with the corridors. It has to do also with your receptivity. The energy transformation in the universe is set up on the model of a sender and a receiver. This is the basic pattern. If the energy is sent and there is not a receiver, then the circuit is not completed. It is that simple. We are working with you in several different ways. They have to do with purifying your ability to receive. When you make yourself more sensitive, then you can pick up this fifth dimensional energy. The fifth dimensional energy is being sent down continually now. It is being sent down in different forms. It is being sent down in thought waves.

Some of you, such as the channel, are able to receive our thoughts. Some of you are receiving the fifth dimensional energy as music, and some can translate the Arcturian energy into music. Some of you can receive the Arcturian energy in terms of paintings and images. Also, some can receive the energy through sounds and tones. Some of you can transmit this fifth dimensional energy through your hands as healing energy. You can work with the fifth dimension and bring through healing energy through your hands.

There are many ways in which this connection to the fifth dimension occurs. The connection to the fifth dimension can occur during dreams. The connection can also occur through thought projection. In thought projection you are seeking to place

4. CREATING A BRIDGE TO THE FIFTH DIMENSION

yourself, or project yourself, into such areas as our ships, temples, and planet. You can actually move yourself into such areas. It is important now to amplify any means that you have access to for connecting with this fifth dimensional light.

We are offering you specific ways to receive this light. When we look at each of you, we see that each has a certain vibration or level of energy that is around your crown chakra. This crown chakra (and remember that we are talking about purifying your energies for the ascension using the Arcturian frequency) is your central receptor for universal energy. It is also, interestingly, the area that is most blocked, because you have not been trained from childhood to use this energy center. You have not been brought up with that center open.

A Meditation for Developing the Crown Chakra

We, on Arcturus, are very pleased at the attention that is paid to developing the crown chakra on our planet and the ability to connect with universal energy. So, connecting to universal energy with the crown chakra is still a new experience for you. You must be reminded about the crown chakra and then have all the blocks around this energy center removed. We can use a sound to help you bring your crown chakra into alignment.

It will be a different experience for you to have your crown chakra totally open. Many of you have focused on working on your heart chakra and your third eye. Now it is time to direct your energy to the crown chakra. You have been doing this light work for so many years. You will find it easier to be brought into alignment. Take your consciousness, or awareness, and now go up your crown chakra. Your crown chakra should be very wide open now. Prepare to come up out of your body, above the Earth, to a point that will be in an interdimensional ship that is in the Jupiter corridor. When you hear me say the word "three," your consciousness will leave your body and go up to the position in the Jupiter corridor. (The sound of "three" is toned very strongly.)

TEACHINGS FROM THE SACRED TRIANGLE

You are sitting in a place in a room like our Arcturian library and are connected to this place through your crown chakra. You can look down below and begin to see your crown chakra down on Earth. It is wide open! We will give you information through your crown chakra. This information will be related to your mission, your energy, and the knowledge that you need to assimilate. Each of you has a specific aspect of this work on the third dimension that needs to be completed. Perhaps there are certain people that you need to work with, or perhaps there are certain ideas or knowledge that you need to bring forth to others. We will work with you in order to bring this knowledge down to you through your crown chakra. (Tones elongated sounds.)

We are allowing a permanent connection to be made from your crown chakra to this library on our interdimensional ship. There are many questions that you need to have answered and resolved. We are connected with you from your crown chakra to this place on our interdimensional ship in the Jupiter corridor. Now we will go one step above that. You are sitting on the ship in your etheric self. Now I want you to connect to your crown chakra once again in order to go one step higher. We will go out of the solar system and travel to the Arcturus temple of Tomar. We are going to go there in order to experience the crystal light. Know that this light from the crystal is a perfected light that has been especially designed to help you incorporate this Arcturian frequency into your third dimensional reality.

We are giving you a special light ray from the temple that will be a particular frequency that you can use in the third dimensional life. You need this thread of light that is coming. You need to have the confidence in this connection. Let it come into your crown chakra in the library and then down into the crown chakra on the Earth. We are in threes now. The bottom layer is in your body residing on Earth; the second is in your body in the interdimensional ship in Jupiter; the third is your other body in the Arcturian temple of Tomar. Let all three of the crown chakras connect.

You are refining your ability to receive. You are receptive. You can use this affirmation: "I am receptive to the Arcturian

4. CREATING A BRIDGE TO THE FIFTH DIMENSION

frequency.” We are aligning our frequency generator, which emits a special crystal light specifically to your abilities to receive. (Rapid “ta ta ta” sounds.) We have a special frequency that we use to connect to the Creator energy. This is a golden light that we originally worked with you on. I am sending that golden light down through all three bodies. The third dimensional body on Earth will experience a warmth, and a bursting of love. An angelic surge of love is coming down all three bodies into your Earth body.

Archangel Michael wishes to speak to you in this state you are in.

This is **Archangel Michael**. I am so happy to see you filled with love. I am happy for you to understand that the Arcturian frequency is a frequency of higher vibration and higher love. I know you have heard about cutting the cords of attachment. It is also important for you to hold this conduit or make this connection because we need to solidify and to hold the Earth dimension together. This has been a mission for the angelic presence. We have been working to assist in so many ways, and it is wonderful that you can come with such open crown chakras. I have a message for you that has to do with a fulfillment of your work.

We are able, through the graces and the power of Sananda, to offer you a special boost for fulfillment of your process, including grace for your personal predicaments. I am going to ask each of you to bring back from this meditation what you need to happen to make your life easier. I want you to ask for that, and then when you come back down into your body, I will assist you energetically. What is it that you need now to have come to fruition to make your life easier? Ask now for what you need on this level here with the Arcturians. When we return to the third dimensional body, we will bring forth new energies to assist in your process.

Be very clear that what you are asking for is what you need. The reason why we are offering this is that it is clear how important this work is for the Earth. Your personal predicaments and

TEACHINGS FROM THE SACRED TRIANGLE

blocks can be easily resolved so that you can dedicate more of your energy to the mission of connecting to the fifth dimension. This is Archangel Michael.

This is **Juliano**. We do take an interest in your personal problems. We do want to assist you. We do also work with the angelic forces that are so close to you. With this connection, with this light, I ask you to come back down to the second level. Return from the second down to the first. Leave the interdimensional library and the ship and come back down into your body. Even though you have come down, I want you to maintain this connection to the third level. It will be open in your dreams as well. Now for the conclusion of this aspect of the lecture, I will turn it over to Archangel Michael. This is Juliano.

Archangel Michael back. It is a gift and an honor for you to be able to receive the fifth dimensional frequencies from the Arcturians, for you are then able to be a receiver and refine yourself. I will be with you to assist in your release. As you are working on completing this process, keep the three levels in your mind and you will be purified and quickly move on through this release. This is Archangel Michael.

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