

Milanovich, Arcturians (USA, 1990) source: NJ Milanovich, We the Arcturians, Athena, 1990

Dr Norma Milanovich received information from beings from Arcturus and other extra-terrestrial sources. They were asked by Earth Masters to help with the birthing process to the new age of gold, in the 5th dimension. The Arcturians said that this is unlike any previous period and that it will be another 26,000 years¹ before Earth has the opportunity to “ascend” to the requirements of the new age. Their mission is to protect and help in the birthing process. They are educating us to survive the 5th dimensional frequency, and to know our God-self and oneness. They channel light and ideas for our health and welfare. There is a good response from many humans but not enough. They work with less than 1% of people (about 60 million?). ETs are among us now as “star children” who help channel new energies to Earth. The moment for a quantum leap into the future is nearing critical mass but there is a delay in human response. They hope that it does not cause retardation for Earth. There is a conflict between the old ways and a new era of truth, love and surrender to divine spirit and oneness. People need to help themselves and their planet shift to a higher consciousness and frequency (through thoughts, words, emotions, actions). Meditation and prayer can do more good than any other single action. Earth is preparing to cleanse its negative energies, and the extreme ecological events and changes now are indications. This can be done by humans or by cataclysms, but it *will* happen. To survive, people must have higher frequencies. If not, then they will exit Earth and reincarnate on another planet of compatible frequency.

¹ Note that 26,000 years is the period of galactic centre explosions, and that we are now overdue to receive the impact of one. It is also the period of alignment of the solar ecliptic with the galactic equator; we are now transiting this crossing, over a period of 36 years.