

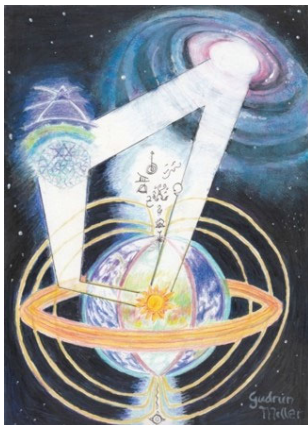


Group of Forty GLOBAL Newsletter | Issue 310 | May-June 2023



Science and Spirituality

By David K. Miller



I have always been fascinated by the relationship between science and spirituality. In 1975, Fritjof Capra wrote a book called “The Tao of Physics,” in which he showed the close connection between the principals of Buddhism, Hinduism and Taoism with modern physics. People think of science as the opposite to spirituality but Capra, a physicist, showed the close connection between modern physics and Eastern mysticism. Scientists want to understand the ultimate reality and explain that reality through equations and models. Spiritualists, or mystics, want to understand that same reality, but they wish to achieve that goal through meditations.

Often I find that scientists are not interested in spirituality and likewise, mystics often are not Interested in science. Yet the Arcturians say that our planetary crisis can be defined as a conflict between science, technology, and spirituality. Knowledge and implementation of the principals of science has advanced more quickly and further than our spiritual development. The Arcturians feel that it is dangerous for a planet to achieve rapid technological growth faster than spiritual growth.

How far has our planet really developed in the past two thousand years? Yes, we have had technological advances but we continue to have wars, and we continue to destroy our environment. Modern technology on Earth has developed more efficient means of destroying our enemies, and right now for example, we are closer and on the edge to nuclear destruction. On the other hand, as a planet we have made minimal progress towards important spiritual development such as unity consciousness, fifth dimensional awareness, ascension, and the evolution of humanity to its next level, *Homo omega*.

It is true that small groups of people, such as Starseeds, have made impressive spiritual advancements, but the global planet is still controlled and ruled by leaders of lower consciousness who do not seem to have an interest in spirituality. We know now that

advancing our spirituality is the key to the survival of humanity.

One of the Arcturian missions is to teach us about integrating science and spirituality. This has to be done in a way that leaders of the world can embrace and accept. At the same time, we, who are focusing on our spiritual development, must also be open to the scientific world. New discoveries in science are on the horizon and could help us solve, for example, our environmental problems and energy problems. There is also a new science that is now in development of expanded consciousness.

So let us be open to the Tao of Physics. Let us be open to both sides, that is the world of science and the world of spirituality. Let us work together to integrate those two important areas for the development and evolution of planet Earth.



David K. Miller |
Co-Founder
Group of Forty
davidmiller@groupofforty.com



Dear Gudrun,
How do I know I am a Starseed? I wonder if I am just using my ego to imagine that I am an evolved soul! I don't have any spiritual abilities nor am I a good meditator. Am I just fooling myself?

Wondering

Dear Wondering,
The fact that you are even asking that question lets me know that you are at least an evolved soul.

I'm sure there are lists of old soul and Starseed characteristics. I can share with you my experience of what is a Starseed and/or old soul.

I think the biggest indicator is a lack of materialism. You may enjoy your comforts but you have no attachment to status brought by owning things or even having status because of your work or identity in your community based on the work you do.

You enjoy solitude and rarely get bored. Superficial people or situations are not interesting to you.

Nature is very important to your sense of balance. You love beauty in all forms.

You have equanimity in regards to planetary crisis and political polarization.

You love Mother Earth.

You find truth to be a guiding factor in all religions but you don't need to be affiliated with any one belief.

You may have found a career path as a healer but you could have chosen any number of different careers. Truth is, you have already succeeded at many careers in other lifetimes and no longer need to prove yourself based on your work.

You do not fear death.

You have a great affinity to animals and or plants.

You may not say much and when you do speak, your words are concise and to the point. You do not need to explain yourself to anyone.

You know how to listen and you are comfortable with silence.

You are interested in spiritual teachings and are comfortable with the concepts of extradimensional beings, guides and teachers and multidimensional soul reality. You may have awareness of your guides.

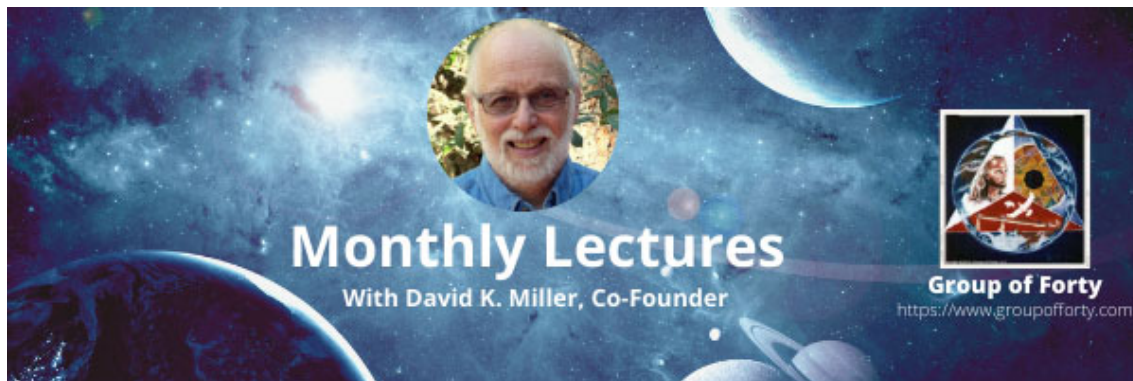
You have a good heart and will help those in need. You are very loving.

I'm sure this is only a partial list. I hope it helps you.

Blessings, Gudrun



Gudrun R. Miller
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The next lecture is on Saturday, June 3, 2021 at 5:45 - 6:45 p.m. Phoenix, Arizona time (MST). We will be meeting on freeconferencecall.com international phone line, which is specific for each country. An email announcement will be sent out one week prior with the freeconferencecall.com phone number and access code. You can check the teleconference/lecture time against your local time by using either: www.timeticker.com or www.thetimenow.com Contact David Miller at davidmiller@groupofforty.com for more information.

The GOF re-transmission on Sundays has been canceled due to low attendance. If you need to listen to the lecture and can not make the regular Saturday evening lecture session, then contact David to make other arrangements to hear the lecture.

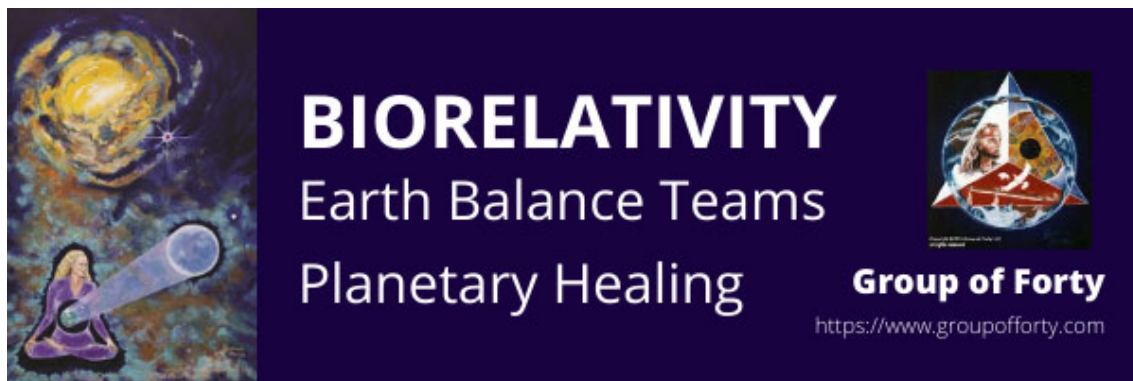


Q and A policy:

All GOF members will receive the Q&A transcript for its valuable information. The Q&A transcripts will be posted on our website and members only will have access to the transcript through a special weblink that we will send out to our members. Donations for participating in the session are still encouraged, and participation in the live call is \$6. Payments can be sent to davidmiller@grouppofforty.com.

Lecture:

The lecture recording will be posted to our website shortly after the session.



As I sit here thinking of what I would like to express in words, the song "How deep is your love" by the Bee Gees comes to mind. Not as a question but as an observation of our group and the level of devotion and love that I continue to observe. We are beautiful bright beacons of light on the third dimension, and regardless of the chaos around us and within us, our light shines ever so brightly, and our love runs deep within our souls for this healing work we devote ourselves to.

We have five planetary and personal healing meditations a week in North America, and our Australia team presents one every Monday. Some of our themes include bringing balance and healing to the oceans and all water systems, purifying the aura of the Earth, the manifestation of Homo Omega on Earth as well as White Buffalo Calf woman who represents the Divine Feminine energy and balance that the Earth and humanity are in need of now. We meditate together for unity consciousness and harmony for all living beings, and we are preparing ourselves and the Planet for the great Ascension light. Each one of our meditations is deeply important and always relevant, and I encourage you to join us whenever you can. You are guaranteed to feel uplifted and expanded with fifth dimensional light and love when you return to your Earth body. If you would like to join our team of wonderful presenters, please email me at tracyhlinde@gmail.com.

The monthly schedule can be found on the website:
<https://groupofforty.com/gof-international-activity-calendar/> as well as a detailed section on Biorelativity <https://groupofforty.com/projects/biorelativity/> to help answer any of your questions.

Please join our Telegram group for North America using the invite link:
<https://t.me/+ztPNUPEbdj8zM2Ix>, and for our group in Australia/New Zealand, use
https://t.me/+wBNY3PK_0XQwNDAX.

Thank you again for your time, love, and devotion to our light work.
With much love and many blessings,
Tracy
International Biorelativity Coordinator

Here you will find an updated calendar every month:
<https://groupofforty.com/gof-international-activity-calendar/>

Please let us know if you have any questions; just [contact Tracy](#).



Tracy Linde
Biorelativity Coordinator
tracyhlinde@gmail.com



We are lighting up the world and making a difference!

These are some very exciting and unprecedented times in the PCOL project. We are rapidly expanding, with 108 active Planetary Cities of Light (PCOL) and Planetary Ocean Reserves of Light (PORL), comprising 85 PCOL's and 23 PORL's. In April we successfully activated new PCOL's in Cheltenham, United Kingdom, Sananda, Brazil, and Copakati, Bolivia. We have planned activations for May, including the Azul Safiro PCOL in Argentina and Amma Tierra PCOL in Costa Rica. In the future activations are planned in Tiwanaku PCOL and Winay Marka PCOL in Bolivia, the first PORL in Polbathic, Cornwall in the United Kingdom, and Veracruz PCOL/PORL, Acapulco PCOL/PORL, Coacualco PCOL and Coahuila PCOL in Mexico and one soon in the Amazon in Brazil. We are very encouraged with all the enthusiasm around the globe by new people joining the GOF because they want to create a PCOL/PORL in their neighborhood that can attract and hold fifth dimensional light.

The PCOL Global Quarterly meeting for Spanish speakers is now May 27 at 10 am AZ. Our next PCOL Quarterly Global Meeting will be in June/July (TBD).

Thank you for your wonderful participation in our activations! Everyone is encouraged to

attend the activation ceremonies to applaud and support our new PCOL members. Also, please join in the PCOL Global Meditation on the GOF teleconference line held on the 3rd Saturday of the month. Let's keep our energies high.

The PCOL and Spiritual Light Quotient (SLQ)

As planetary healers we may be asking ourselves: How can I improve the work that I am doing in our Planetary Cities of Light and Ocean Reserves of Light? In the last newsletter we briefly touched on the importance of creating and maintaining sacredness in the PCOL. Another way is by increasing the spiritual light quotient.

The Spiritual Light Quotient (SLQ) refers to the percentage of light energy and frequency that can be held in our energy field and in our PCOL. Juliano has told us that while it is difficult to measure the increase in the SLQ statistically, there are ways to measure the amount of fifth dimensional energy the City of Light is holding since its activation. Below are some ideas and I am certain that you all have your own that you are using and that are working for you.

- Observable changes in external events. For example; Crimes rates decrease in Colombia after it became a PCOL, while kidnappings decreased in Mexico City's PCOL, and Chilean dolphins returned to an PORL.
- Environmental changes: the weather patterns are more favorable, the air and water are cleaner, and people in PCOL's are taking better care of their environment. There is also a sense of safety and protection.
- Positive changes in individual and community energy: more stability, harmony, unity consciousness, acceptance of diverse viewpoints, changes in attitudes and behaviors, more cooperation and happiness, and holding the space for one to process and heal.
- Increase in the life force energy or chi in the PCOL. For example, it is well known now that there are dead zones or areas so depleted of oxygen that nothing can live in the Gulf of Mexico. Well, if there was an ocean reserve of light close to this dead zone you would want to measure the return of oxygen or life force energy into that dead zone as a way of measuring the effectiveness of the ocean reserve of light energy. Another example could be a city that is run by drug cartels. If that area became a planetary city of light with people were meditating together in a group consistently, then that would raise the spiritual light frequency.

A City of Light with a high Spiritual Light Quotient would:

- Have expanded consciousness with spiritually minded people who meditate together and set up protective energy fields.
- Show compassion towards the poor and needy in their community through outreach programs like food banks, homeless shelters, and others.
- Host spiritual events like group meditations, lectures, and celebrations.
- Use various spiritual tools like crystals, drumming, sacred toning and sounds, beautiful art and poetry, participating in beautiful artistic endeavors, psychic exercises, discussing spiritual books and studying the ascended masters.
- Connect with star systems and galactic planetary cities of light to increase receptive powers.
- Release karma and clears dimensional fractures in city's energy system.

It is always a joy to introduce some of our newly activated PCOLs/PORLs joining the network.



Cheltenham PCOL, United Kingdom

Activated on April 23, 2023, Cheltenham is a town in Gloucestershire, England with a population of 118,000. It was a fashionable spa town in the 18th and 19th centuries and its exquisite natural beauty of trees, parks and nature reserves make it a popular tourist destination. In 2020 Cheltenham was voted the best place to live in the South West, by The Sunday Times. Caroline, the coordinator and her group felt that the creation of a PCOL was a natural progression to all the intensive healing work they had been doing

since 2017 on behalf of the town. They have been very busy in the local community connecting with people who are interested in the development of New Earth and recently presented a talk focused on Planetary Cities of Light and the GOF at the People's Health Alliance (PHA) in Cheltenham which was very well received.

We welcome her and her members to the PCOL network.



Copakati PCOL, Bolivia

The PCOL of Copakati was activated April 26, 2023 and is the second PCOL in Bolivia. Located near the town of Copacabana it borders an archaeological site and a sacred mountain in the Andes

and Lake Titikaka, the highest lake in the world. It is comprised of 50 acres with a community of 150 people and focused on the creation, implementation and operation of an educational network sharing totally new subjects for a society with consciousness and peace. The group's goal is achieving an integral education, of medium and higher technical level, that is transformative, multidimensional and bringing the Arcturian technology and teachings into their community for a harmonious and sustainable society responsible for the caring of the planet.

Blessings,



Robert Maldonado
International PCOL Coordinator
rmaldodo@gmail.com



These COVID years have introduced changes to our meditation routine. On the one hand, they have helped to progress and consolidate online work at all levels, promoting global groups and meditations with a larger audience of Spanish, French and Brazilian Portuguese-speaking attendees. This has given greater prominence and height to the monthly online meditations and to the webinars of the Arcturian School.

On the other hand, at the level of Spain, the monthly online meetings with the GOF of Spain have strengthened and consolidated the peninsular network and currently the bond between coordinators and members of the different groups is more intense and the interest in general online meditations has increased, since the result is more satisfactory and effective in large groups than in small groups.

The Arcturian School has contributed greatly to the renewal and progress of the groups in Spain and to the success of global meditations, providing resources and teachings and promoting the understanding and acceptance of the galactic.

IN-PERSON MONTHLY MEDITATIONS

The fourth Saturday of each month is the GOF/PCOL monthly meeting day for active groups in Spain. On that day, all the PCOL groups meet to carry out a monthly Reactivation of their PCOL in the window from 12 to 15:30 and, in the afternoon, both the GOF groups and the PCOL groups attend the monthly online Biorelativity meditation.

ONLINE MONTHLY MEDITATIONS IN ZOOM

1. Meditations of the Group of Forty of Spain every second Saturday of the month at 12:00 noon in Spain, in which we carry out exercises for the protection, healing and spiritual elevation of the country and all the Planetary Cities of Light of the peninsular network.
2. Advanced Biorelativity Meditations with international participation every fourth Saturday of the month at 5:00 p.m. in Spain. We have a list of subscribers who receive the agendas and we also post the announcements on our GOF Facebook group.
3. Meditations in the Virtual Temple with a monthly agenda that we send to our subscribers and post in our Virtual Temple Facebook group.
4. Mindfulness practices in the Virtual Temple every second Thursday at 8:00 p.m. in Spain to strengthen greater receptivity to the Arcturian messages and techniques.
5. Monthly channeling with Tomar through Ana Rosa Moreno in the Virtual Temple. We send the agenda to our subscribers and post the announcement in our Virtual Temple Facebook group.

You can consult our agendas:

- 1- Grupo 40 Spain: <https://www.facebook.com/groups/grupo40Spain/>
- 2- Virtual Temple: <https://www.facebook.com/groups/templovirtual/>



Magda Ferrer
magdagof@gmail.com

National coordinator of the Group of Forty in Spain
Director of the Arcturian School and Tomar Temple on Earth



Ek' Balam

It is in the municipality of Temozon, between Tizimín and Valladolid, in eastern Yucatán. Ek' Balam is a name in the Yucatec Mayan language. It can then be translated as "jaguar-dark-or black".

The Acropolis is among the largest constructions in Mesoamerica. It was the royal palace of Ek' Balam and more than 70 enclosures have already been found in only half of the building.

Walls, murals, stelae, squares, and sumptuous palaces, but the biggest surprise is the architectural and decorative richness of its buildings, such as the Acropolis, whose entrance resembles the mouth of a monster with huge fangs.

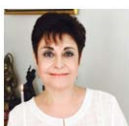
The Ukit Kan Lek Tok' Mausoleum has a unique façade in the entire Mayan area. The mortuary offering of King Ukit Kan Lek is one of the richest in this area.

Ek' Balam was populated from the Middle pre-classic period (300 BC-300) and continued to be inhabited until the arrival of the Spanish; its heyday was during the Late Classic, (770-896) reaching a broad development with very classic Mayan characteristics.

It has elements typical of the most outstanding sites, such as three walls, five sak be' oob or Mayan roads, carved stelae, and a ball game. In the city, Ek' Balam, magnificent and colossal architectural works, sculptures, paintings, and luxury objects that the elite flaunted and had been created for them by great masters, architects, sculptors, painters-scribes and all kinds of craftsmen, were brought together. And there are also these winged beings that popular tradition has called "the angels of Ek' Balam"

Apart from the artistic value of the elements present in Ek' Balam, the historical value of the information found in Ek' Balam is vital, since it has filled a great gap in the archaeological knowledge of the northeast of the peninsula.

(Sources: INAH, Government of Yucatán)



Ana Rosa Moreno
GOF México
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Messages from GOF Members



Dear GOF members,

I am delighted to share this invitation for you to join the 2023 Stargate Merlin tour in England from 18-28 September. Our focus is on balancing and activating the crystal grid of England's Michael and Mary Ley lines. The journey will include visits to Stonehenge, Camelot Hill, the Uffington White Horse, Wayland Smithy, Avebury, and Glastonbury. There will be a special ceremony at Stonehenge and an Autumn alignment ceremony in Avebury's moon circle. The last four nights will be spent in Glastonbury, where there will be plenty of time to explore the sacred sites and enjoy the great shops and cafes, including a journey to the mystical coast of Cornwall.

Helio-ah had this to say about the tour:

This Autumn Equinox 2023 is a special time, a most powerful time, representing a major transformation, welcoming the Fifth Dimensional New Earth to our planet.

What is required is foresight and intuitive knowledge for preparing the new systems and the repair of the ley lines and repair of the planet. The planetary crisis has been and will continue to be very difficult for the Earth and the intervention of the Masters is greatly needed. We the Arcturians will be with you.

When you speak of Merlin you are really speaking of magic and transmutation. The quantum aspect is often compared to magic. The quantum is particularly powerful and pure in Stonehenge and Glastonbury. These sacred areas and ley lines are set up with the quantum alchemical ingredient that is necessary for transmutation on multi-levels, personally and globally. Saint Germain is devoted to serving the planet and its repair. This is a fulfillment of a special mission.

I will be facilitating this with Robert Maldonado, who joined me in the 2018 & 2019 tours.

I would love to have those of you who feel called to join us. There are four places left. If you are interested, please contact me for more details: elizabethkeller111@gmail.com.

With Deep Love & Gratitude,
Elizabeth HeartStar



Welcome All New GOF Members!

For the first few weeks after joining the GOF, please check your junk/spam mailbox occasionally. You could have communications sent by your County Coordinators that you are not aware of. These communications could be alerting you to special events and meditations.

And this is also good advice for long-time members. Who really knows what happens with technology these days, and cancel culture.

Joining the GOF is a powerful way to lend your energies to the Group thought field. Together we can change the outcome.

Blessings,



CoRae Lierman
MidWest Country Coordinator USA
coralierman02@gmail.com

Welcome New GOF Members!

We would like to extend a warm welcome to the following new members who joined the Group of Forty in March and April 2023!

We would also like to welcome the many new members from Mexico, Brazil, and other South American countries!

FIRST NAME	CITY	STATE	COUNTRY
Andrea	Berowra Heights	NSW	Australia
Bruce	Woorim	QLD	Australia
Christine	Cheltenham		UK
Diane	Bexley	Kent	UK
Frank	Bethania	QLD	Australia
Ingrid	Zephyr	Ontario	Canada
Joanne	Spotswood	NJ	USA
Judith	Kerkirade	Limburg	Netherlands
Liliana			Argentina
Loek	Kerkirade		Netherlands
Mary	Black Mountain	NC	USA
Noemi	Titicaca		Colombia



Birgit Smothers
USA Group Coordinator
birgitgroupofforty@gmail.com



Group of Forty YouTube Channel

I would like to invite you all to explore the Group of Forty YouTube channel:
<https://www.youtube.com/user/groupofforty/videos>.

New videos are uploaded weekly. All our videos have subtitles in all the languages. In order to see them you have to select them. Activate the CC button first. Then you would go and click on the settings and choose "auto-translate".

There are several playlists. If you are a coordinator you might want to keep an eye on the "Meditations by others" playlist. These meditations led by various GOF members are either Biorelativity or PCOL meditations. Transcripts are available upon request.

Please subscribe to the channel. If you click the "bell" button, you will receive an email notification every time a new video is uploaded



Vera LeDoux (Ariana)
Ariana (arianataos@live.com)



GOF is now on Instagram! Find it under Arcturian Group of Forty!



VOLUNTEER POSITION SOCIAL MEDIA ASSISTANT

GOF seeks someone with good English writing and creative design skills to help us promote GOF activities globally. Is this you?

Duties Include

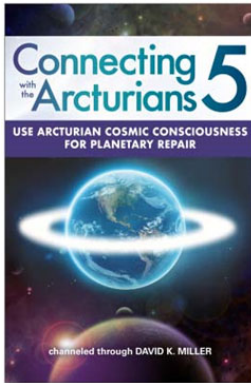
Overseeing the GOF Facebook page and promoting GOF activities through social media platforms, including:

- Facebook
- YouTube
- Telegram, What's App
- other social sites

If interested, please contact
davidmiller@groupofforty.com



ANNOUNCEMENTS



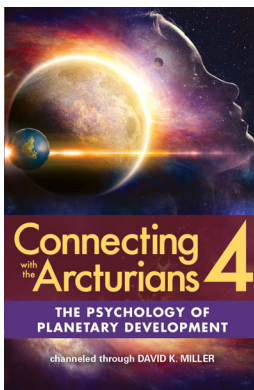
We are happy to announce that David's new book, "*Connecting with the Arcturians 5*," is now available as an eBook!

Direct Amazon link:

[**Connecting with the Arcturians 5: Use Arcturian Cosmic Consciousness for Planetary Repair**](#)

Kindle edition by Miller, David K.. Kindle eBooks @ Amazon.com.

It is also available on Apple iTunes, Google Play, Barnes & Noble, and Kobo.



[**David's Latest Book, Connecting with the Arcturians 4**](#), is available now as an e-book and a hard copy book through Light Technology Publishing.

You can also find it on Amazon at [this link](#). This fourth book contains the most up-to-date information on ascension that is available, including new spiritual techniques to aid the process.

David's earlier books: "[Connecting With the Arcturians](#)" and "[Connecting with the Arcturians 2](#)" and "[Connecting with the Arcturians 3](#)" by David K. Miller, offer a comprehensive presentation on the ideas and views of an extra-dimensional, extra-terrestrial civilization on the Earth situation from the planet Arcturus.

Subjects included in this fascinating presentation are: 1) the Arcturians' view of the ascension or "rapture;" 2) what is the Fifth Dimension and how we, as the human race, are evolving toward the higher dimension; 3) the impending Earth peril and dangers to the Earth biospheres; 4) Jesus' (or Sananda's) role in the ascension and why he has a new name in the higher realms; 5) The Arcturian Stargate, a soul transfer station referred to in the Edgar Cayce's writings. When we finish the Earth's incarnations, we can travel to the Stargate for our next "soul assignment."

This first book also describes a new concept in spirituality, the Arcturian Sacred Triangle. For the first time, the Arcturians offer a way of uniting Earth's spirituality so that a planetary healing can occur. Readers will learn how ascended Native Americans' mystical Earth spirituality and galactic extra dimensional spirituality can be united to enhance a healing for the entire planet.

> David's book, [**Connecting With the Arcturians3**](#), is available for purchase in soft cover from [Light Technology Publishing](#).

> David's book, [**Connecting With the Arcturians2**](#), is available for purchase in soft cover from [Light Technology Publishing](#).

> David's book, [**5th Dimensional Soul Psychology: Channelings by Vywamus**](#), is available on the [Light Technology website](#).

> David's book in Spanish, "[Enseñanzas del Sagrado Triángulo Arcturiano](#)," is available in the Amazon.com Kindle Store and may be purchased [using this link](#). The follow-up to this book, "[Connecting with the Arcturians 2](#)", focuses on planetary transformation

from a galactic perspective. It covers such topics as embracing galactic spirituality and planetary evolution, the aura enhancing technique known as shimmering and much more. The reader also gains more understanding of the planetary healing technology such as biorelativity and other global healing techniques.

You can buy these books at the following links:

[Connecting With The Arcturians](#) [Connecting With The Arcturians2](#)

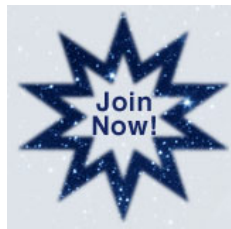
Visit [Light Technology Publishing](#) or call Light Technology at 800-450-0985 to order your hard copy of any of David's books.

All of these books are available as e-books and paperbacks on Amazon. Simply go to: <https://amzn.to/2zY9erY>

Our Purpose:
"40 Groups of 40 will be formed for Personal and Planetary Healing - Bringing us to the Fifth Dimension!"

We are dedicated to teaching humanity about the ascension to the Fifth Dimension. We coordinate the creation and maintenance of Planetary Cities of Light and conduct Biorelativity Exercises to create energy for positive change in the world.

To join Group of Forty, click the button below or visit <https://groupofforty.com/register>.



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[Spanish speaking countries](#)

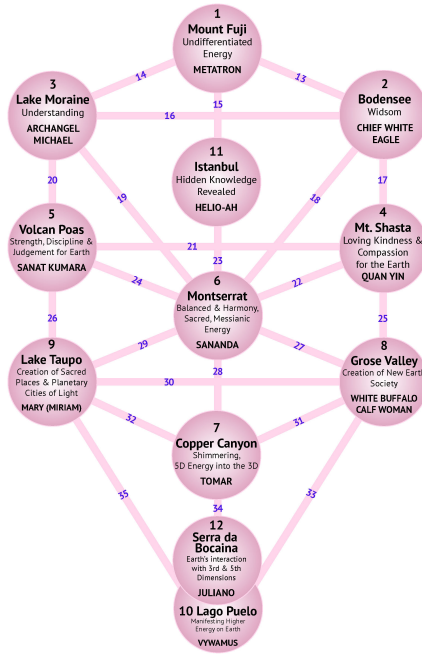
[Portuguese/Brazil](#)

NEW: [Romania website](#)

Newsletter edited by David Miller and Jeri Denniston (jeri@dennergroupp.com) with editorial help from Birgit Smothers. If you have articles to contribute, please send them to: birgit@groupofforty.com by the 18th of each month.

Arcturian Tree of Life with Numerical Paths

Each Sphere is associated with a Spirit Guide and Sacred Location



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Join the GOF Facebook Group and subscribe to our GOF YouTube channel and stay connected!



Upcoming Events

[International Activity Calendar](#)

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