



Monthly Newsletter GROUP OF FORTY

David K. Miller - Founder/Director

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Past Channeled Messages

The Ascension and Spiritual Technology

Juliano Channeled by David K. Miller

Greetings, I am Juliano, we are the Arcturians.

It is true that these concepts of ascension and spiritual technology are very common to each of you and when you are working with these concepts it seems natural and normal to you. Yet when you meet and are trying to attract other members you probably have found out that these ideas and concepts are not so easily understood. The question is not: "Is the planet ready for ascension?" The question is: "How many people are ready for ascension?" It appears that it is still a very small percentage of the entire population. It appears that only a small percentage, less than one percent of the total population, are able to grasp and work with the ascension energies.

But an important point is this: Unfortunately, the planetary situation is going to deteriorate further. I mean that is no surprise. And as some of these systems become closer to collapsing there will be more desperation and there will be more people open to a spiritual solution. I and the Council have noted that there are stages of development in planets.

From Juliano

The Role of the Planetary Healer

from 2011

The role of the Planetary Healer, the role of those who are seeking a unified approach to dealing with the Earth's relationship to man, will intensify. Planetary healing will be seen as a necessity. It will be seen as a requirement that mankind must devote more energies to understanding and working with the relationship of humanity to the Earth. There is no question that there are more spiritual people and there is more spiritual energy on the planet than in any other time in history. It is also true that the number of spiritual people are still a very small percentage of the total population. Yet the Spiritual Leaders and the Spiritual Workers will be willing to assume a more powerful role in 2011. It is not the percentage or number of Lightworkers that is important, but rather it is their commitment and their focus on how to use their spiritual knowledge in the world to gain a greater influence on the planet.

When we talk about polarization, people always seem to think that the polarized camps will remain at opposite places and that the conflict will increase. On one level, the conflict does seem to be increasing in 2011. This is both in a political and a socio-economic way. Many people economically will continue to feel imposed upon and abused. Politically they will feel the same. Even with this polarization, the side that is

The Earth is still at the end of stage one. There are lots of different areas that have been accomplished and civilizations that have been created and advanced technology has been implemented. The basic conflict in a planet at stage one is spirituality and wisdom vs. technology. We all can agree that the technology has helped to create huge problems on the planet, especially problems having to do with pollutions and contaminations of the environment. But when I say that the conflict of spirituality vs. technology, what I and the Council are saying is that the solution is to move towards a spiritual intervention, a spiritual solution. So, when I ask you: "Is the planet ready for ascension?"

Another way to look at this question is this: Are people ready for spiritual development. Are people ready for spiritual intervention? And the truth is many people do not even understand what this means. The truth is most people do not understand what the Fifth Dimension is. We have talked for many years about the Fifth Dimension. I know that each one of you are very familiar and comfortable with the Fifth Dimension and I know that when the times comes for you to ascend it will be easy for you to give up your Earth body and move into the Fifth Dimension. I know there will not be any hesitation. When I ask the question: "Are you ready for ascension?" The answer is: "Yes." But the question is: "What about the rest of the population? What about the younger people? What about those who are on the fence? What about those who are spiritually curious but do not know what to do?" Ultimately, each person is responsible for their own decisions and each person is responsible for their own ascension. Even in the matter of ascension you have to give permission to ascend. You have to give permission for the Ascended Masters to assist you. This is free will. We do not suggest that you will ascend without granting permission to ascend. We are working and looking at a population that does not even grasp the nature of this ascension. However, there are many optimistic signs. One of the optimistic signs is the overall interest in Extraterrestrial beings and this has become a very major event and has become a major acceptance.

If you were to survey the entire population you would find that there is a high percentage of people who believe in Extraterrestrials and the belief that the Extraterrestrial have visited or are visiting the planet. In the same way if you said: "How many people believe in life after death?" you would find that there is a high percentage of people who believe and have had experiences in near death. So, there are great openings spiritually. Openings that are perhaps best described as "interest in Extraterrestrials" and interest in "life after death." I feel that these are positive signs and I feel that there are people who will respond favorably to the Arcturians and to the Pleiadiens. It is one thing to say that there are

looking for unity, the side that is looking for compromise, the side that is looking for a harmony of the energies is going to get stronger. Polarization also includes that the spiritual side, **the people seeking a higher wisdom also can become stronger.** The spiritual side is going to be a powerful factor in the world in 2011.

On a personal level, you as Lightworkers can experience a greater unity and access to your higher self and to your Fifth Dimensional energy. You, as Lightworkers, will experience greater personal power and greater personal success in your work to bring the Earth energies to the Fifth Dimensional level and to work towards a greater evolution of humanity.

The Arcturian work on the Planetary Cities of Light is going to become more known and more people will be willing to commit to making the places where they live sacred. They will understand the benefit of having their cities becoming a Planetary City of Light and of protecting their own living places. One of the best solutions to the overall environmental issues facing the planet lie in the concepts inherent in the Planetary Cities of Light. The basic concept is that small areas around the planet can be surrounded by Sacred and Spiritual Light. These light energy fields created will help to insure the highest level in protection for that city. Nothing is more powerful than protecting your own areas where you live. Everyone will be more than willing to take responsibility for insuring the protection of their own areas and to ensure that

Extraterrestrials visiting the Earth or that the Extraterrestrial are being sighted or viewed but it is quite another thing to say that higher Extraterrestrials are telepathically communicating with certain beings. That is a big step because in the normal consciousness there may be room in the general awareness and in the media for Extraterrestrial contacts and sightings. But to take the next step, or another step and say that higher Extraterrestrials are communicating and are offering teachings is totally in another direction. I believe that is the source of the resistance to the Arcturian Group of Forty that is making the leap from Extraterrestrial other dimensional beings to beings trying to communicate. On this planet and in this civilization it is acceptable in a religious context. It is acceptable for Mohammed to go into a cave and receive the Koran. It is acceptable for Moses to go on Mt. Sinai and receive the Ten Commandments. And maybe it is even acceptable that Joseph Smith can receive a Sacred Text in a golden box that was placed there by someone. Perhaps it was Archangel Moroni. But this culture, this society still is not open to receiving messages unless it is somehow in a religious context. And religion is in trouble on this planet partly because of the abuse. Partly because they are realizing that religions are fostering more divisions. How do you present an intervention, how do you present a teaching from a higher dimensional being that is communicating through channeling and through telepathy? I mean, this is part of the "resistance."

It is amazing that you, as a group, have come this far and it is amazing that you still have such a strong foundation that you will find ways to break this barrier. I think that we have to come back to some important key concepts, and that is:

1. The planetary evolution and the stages of evolution, and
2. that we and you, as a group, are working towards accelerating the next state of evolution that I have called the "Omega man/woman."

You will be surprised how many people are open to that.

I am Juliano, good day.

24th Annual GOF Conference Connecting With The Arcturians for Personal & Planetary Healing

November 1-3, 2019
Friday evening through
Sunday afternoon

more sacred and holy sites emerge.

2011 then will be a time of a great spiritual awakening and spiritual personal power for the Lightworkers. We look forward to working with as many of the Lightworkers as possible in 2011. Greetings to all Planetary Healers.

I am Juliano.

Starseeds Counseling



I am Gudrun Miller and I have been a professional counselor for more than 30 years.

Dear Gudrun,

We are parents to two Starseed kids and we both are awakened Starseeds. Can you give some guidelines for how to raise the children so they will be empowered and guidelines on how to explain their Starseededness and also how to tell them about the ascension?

Thank you!

Mom and Dad

~ ~ ~

Dear Mom and Dad!

Your question is great and caused me to really think. I worked with children for many years in my counseling practice. Some were Starseeds with unawakened parents. They had all kinds of emotional issues related to their unique perspective and they often



Arcturian Corridor
by Gudrun R. Miller

at the
Prescott Resort & Conference Center
near downtown Prescott

Three days of intensive workshops on Arcturian

Spiritual Technology and Healings led by David K. Miller and Gudrun R. Miller.

Special guest speaker: Ruben Saufkie of the Hopi Nation

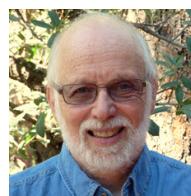
Plus, enjoy a special 4-hour Tipi healing talking circle on Monday, November 4, 9:00 am - 1:00 pm.

Conference Fee: \$325
Tipi Healing Circle: \$110

Register NOW

Group of Forty Monthly Lectures
with David K. Miller

The next lecture is on Saturday, August 3, 2019 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](http://freeconferencecall.com) phone number and access code.

Contact David Miller at davidmiller@groupofforty.com for more information.

did not fit in with their families or communities, especially not their peers!

Your children are blessed to have you as parents!

I would have to have more specifics about your children to give you accurate information but I can generalize about the issue. First of all, listen to your children. Validate their feelings and concerns. Ask open ended questions.

They may have special psychic gifts that, as you discover what they are, you can support and encourage those gifts.

Depending on their emotional sensitivities, you may need to shelter them some from "normal" childhood activities, like public school for example.

Let them know that they are protected by their guides. They may know this already and have ongoing conversations with their guides! Guides can be explained by the concept of "angelic friends."

Regarding ascension, I think that your explaining this event may have to wait until you know they are mature enough to understand or they ask you questions about it.

Do not hide your Starseededness from them and let them participate in your special activities and rituals.

Take them out in nature a lot and show them the night sky.

Encourage expression through art, music, dance and any way that is

The re-transmission of the lecture for Europe will be on Sunday, August 4, 2019 at 10:00 a.m. Phoenix, Arizona time.

You can check the teleconference/lecture time against your local time by using either:

www.timeticker.com or www.thetimenow.com



Planetary Healing Biorelativity Earth Balance Teams

These wonderful groups are meeting weekly to present meditations on the various meridians of Earth. What is happening is that we are letting Earth know we are here and we are supporting her and she will respond more favourable BECAUSE she knows we are here.

REMEMBER.....A planet cannot ascend by herself. A planet must have higher thought forms, higher beings, on it.

Biorelativity is the ability to interact with the Spirit of the Earth with higher consciousness. On one level, Biorelativity can create unity consciousness and a unified energy field.

Noorelativity is the ability to send thoughts and energy into the Noosphere for the purposes of manifesting a higher healing light throughout that planet.

Please consider being involved in this project.

You join in on the phone conference line. Some of the Teams have changed their weekly meditations.

Keith and Tabitha (Boston) and their Team are focusing on the Pacific Ocean currents. They meet at 9am Friday morning EST, Thursday night at 4 pm AZ time. Access code 164595#

Corae (Nebraska) and her Team are focusing on placing Galactic energy to Earth's subconscious to dissolve negative thought forms and also the Ring of Fire Meridian . They meet 10 am Tuesday morning EST, Monday evening at 5 pm AZ time. Access code 164595#

Mber Rose (Colorado) and her Team will be focusing on the

meaningful to them. These children will tell you what they need so listen carefully to them.

They are like other children in that they will need limits and structure and consequences. You are still the parents!

Blessings to you, Mom and Dad!

Gudrun
Co-founder Group of Forty
gudrunaz@yahoo.com

Quick Links...

Monthly Lecture Recordings:

[Link for December 2017](#)

[Link for January 2018](#)

[Group of Forty Website](#)

[Books](#)

[Groups](#)

[PCOLs](#)

[More About Us](#)



[GOF Annual Report](#)
[Activity Calendars](#)
[Criteria for PCOLs](#)

GOF Handbook & Workbook
 are now available as an eBook download. [Click here](#) for the link.

PCOL Criteria. [Download it](#) here.

Your paid membership of \$40 helps support all GOF projects, including the monthly newsletter, the website and other planetary projects.

Please click the button to sign up online.



Many blessings!

David is available for personal healing work in person in Prescott, and he also does phone readings. Contact him via email: davidmiller@groupofforty.com

9:30am EST, Wednesday afternoon at 4:30 pm AZ time. Access code is 164595#

Jan (New Hampshire) and her Team are focusing on healing the space time continuum rift. They meet Saturday morning at 11 am EST, Friday afternoon at 6 pm AZ time. Access code 164595#

Yvonne (Sydney) and her team in are focusing on the North to South Pole meridian line. They meet as a group. Yvonne, Pat and Gwen.

The meditation on a Monday night at 8 pm EST, Monday morning at 3 am AZ time is to download the spheres of the Arcturian Tree of Life into the Noosphere and Ring of Ascension. Access code 396637#

The same themed meditation is also presented at 10 am EST Wednesday morning by the USA team. Access code 164595#

Tuesday nights at 8 pm EST, 3 am AZ time the international team is focusing on ways to increase our skills and abilities for meditation. Access code 396637#

Wednesday nights at 8 pm EST, 3 am AZ time we focus on various ways to strengthen the planet. Access code 396637#

We could do with support from more people as there are more meridian meditations that need to be maintained.



Jane Scarratt
National Coordinator in Australia
For the Group of Forty
janescarratt@gmail.com

Update from GOF US Northeast Regional Group Coordinator

Hello my Brothers & Sisters,

For those of you who do not know me, my name is Keith Kreyling and I am the Northeast Regional Group Coordinator for the Group of Forty. I have been with the Group of Forty for about two years now! My wife and I are both very active members and we volunteer a lot of our time to present and participate in our meditations and we were lucky enough to have had a chance to attend last year's Convention in Prescott, AZ. What an amazing and magical experience! We live in the Merrimack Valley of Massachusetts, in a small town called Bradford (which is about 30 minutes from the beach and 45 minutes from Boston). We have met some very special people throughout our journey with the GOF and look forward to many more years with the group.



ANNOUNCEMENTS



**David's book,
Conectándose con
Los Arcturianos 2,
is now available as
an eBook in
Spanish.**

The book has recently been translated into Spanish with the great help of Odilia Riveria and Alex Davlar. Light Technology Publishing will soon have it available, and we will send out the information to our Spanish speaking GOF members as soon as it is on line! In the meantime, the eBook is available for purchase on the following two sites:

<http://www.livrariacultura.com>

<https://www.kobo.com>

> David's new 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](#).

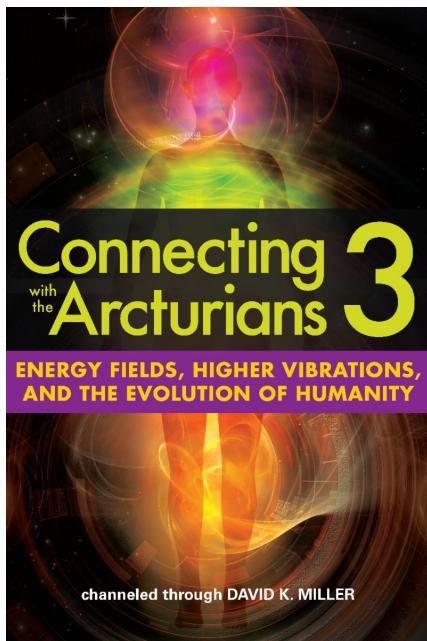
I wanted to write about some work that I have been doing to help grow our Region in the Northeast as well as the GOF as a whole. In my day job I am a Corporate Recruiter so one day I was thinking how I could use my skills as a Recruiter to help further the cause with the GOF. My wife and I started to do some research into other Spiritual and Starseed related Groups and started to join many of them. We became very close with a few of these groups and became members. One of those groups is the Massachusetts CSETI/ ET Contact Network Group. This group follows the work of Dr. Steven Greer. We get together once a month for in-person group meditations and then we investigate the skies to try to make peaceful contact with our brothers and sisters from space. We just finished filming a video clip for Dr. Greer's new movie, that is currently in production, and we are in direct contact with his team at SiriusDisclosure! Well, after about six months I became the Co-Leader of this group and recently I have been inviting the MA CSETI members to my Thursday night Earth Balance meditations as our Special Guests in hopes that some would enjoy the meditation and request to join the GOF! So far we have recruited one new member from CSETI into this group! She is one of the Northeast's newest members! This new connection with the MA CSETI group has been a great way to spread the word about the GOF. There are many beautiful souls in this group who would be great members for the GOF!

Recently my wife and I found another group called the 1Million Meditators and decided to join them and become Meditation Broadcasting Ambassadors. I had a Video Interview with the Founder of the 1Million Meditators and told her all about the GOF and what we are all about, and also spoke with David Miller about setting up a partnership with this group to help spread our meditations far and wide. Both of us felt like it was the universe which brought us together like it was meant to be. Both groups have very similar goals of getting as many people to meditate to help anchor more Fifth Dimensional Spiritual Light onto the planet and help people transition into the Fifth Dimension.

On July 11, 2019, we held our first Partnership Meditation! Our normal Thursday Night Earth Balance Meditation was Video Broadcasted Live over the 1Million Meditators Facebook page and our Live Video reached 1,262 people which far exceeded my expectations. During the Live Stream we had at least two of the 1Million Meditators members ask to join the GOF Info Group as well as at least one GOF member who asked to join the 1Million Meditators. This is such great news as this partnership seems to be helping both groups grow and achieve their goals, which was my ultimate intention. We look forward to continuing this partnership!

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**Next in the series ...**

## "Connecting with the Arcturians: Volume 3"



Connecting with the Arcturians 3 is available as an e-book and a hard copy book through Light Technology Publishing.

This third 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" 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;

I am also in the process of planning a Discussion call over our Conference Call line with the Founder of the 1Million Meditators as well as the Founder of MA CSETI/ ET Contact network to speak a little about their groups, what their goals are and how to get involved. This discussion call will be recorded and sent out to all GOF members who have interest in listening! More information on this will be released in the coming weeks!

I want to thank David Miller for allowing me to help promote the GOF and implement some of my ideas to help grow the group! Also, I want to thank Birgit Smothers for allowing me to spread my wings and volunteer as the Northeast Group Coordinator and also a big thank you to Jane Scarratt for training me as a Meditation Presenter and allowing me to run the Thursday night Earth Balance Group! I couldn't have done this without all of your help and most of all a BIG thank you to all of the members of the GOF, Juliano and the other Arcturians and Ascended Masters for their assistance and support. Also, a big thank you to MA CSETI/ ET Contact Network and the 1Million Meditators for helping our Planet and Humanity by spreading Peace, Love & Light to all!

We are living in such an exciting time; many people are waking up spiritually as Gaia makes the transition into the Fifth Dimension. Now is the time to take advantage of this and spread as much Love & Light as possible! Anything is possible when we get together and connect our Co-Creative Consciousness!

For more information about the 1Million Meditators please check out their Facebook page and give them a "Like" and if anyone in the Northeast would like info on MA CSETI/ ET Contact Network or if anyone outside of the Northeast would like to know how to start your own regional ET Contact Group please feel free to email me and I will be more than happy to help!

Gaia needs more peaceful ambassadors to initiate peaceful contact with our Star Families!

Peace, Love & Light to all of you!



Keith Kreyling  
Group of Forty  
Northeast US Regional Group Coordinator  
kkreyling126@gmail.com

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.

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

## Planetary Cities of Light Report



Lin Prucher  
International PCOL Coordinator  
[linprucher@groupofforty.com](mailto:linprucher@groupofforty.com)



### Be Happy

Be happy. That is my message for today.

Accentuate the positive. As sensitive light workers, we are often well aware of what is not right in the world. This can skew our perspective and make us feel sad. But we don't want to contribute that sadness to the world.

Juliano often tells us that what is happening on the Earth is a Cosmic Drama. Perhaps it would be best for us to take one step back and to observe, to help and to let go knowing that we have done our part to make the world a better place.

It seems that many of us would like to see instant change. Me too. Juliano tells us that the PCOL work that we are doing is foundational. We are building the foundation for future global change.

Those of us working within the PCOL program recognize how magnificent it is. But we want to be putting the roof on. We want the project to be complete. And everyone to be happy right away.

We must recognize that every brick is important, that every brick is necessary to complete the structure. So right now, brick by brick the foundation is being laid. Then the balance of the building can be completed.

Let us rejoice in what has already been created and recognize that there are people around the world adding more bricks. We are part of an international collaboration, a network, and we are united. Progress is being made. The Earth is a better place because of our work.

Be happy.

Lin

as e-books [on Amazon](#). Simply go to: <https://amzn.to/2zY9erY>

## Visit our GOF Facebook Pages!

### Group of Forty group on Facebook

We have a closed group, open only to registered GOF members.

There is also an [open group](#) for non-members. Simply ask to join either one. Thank you.

New: [GOF Biorelativity Page](#)

[Das Blaue Juwel](#)

[The Blue Jewel \(English\)](#)

[Planetary City of Light Lago Puelo](#)

[German Facebook Information page](#)

[German Facebook Group](#)

[Romanian Facebook page](#)

featuring Connecting with the Arcturians.

### Additional links...

Argentina is now hosting the official website for all Spanish-speaking people. Please check it out! Thank you, Purvesh and Diana, for your great work.

[Spanish GOF website](#)

[The Blue Jewel DVD](#) on Amazon  
<http://j.mp/1b8IHFI>

[The Blue Jewel](#) website

### International Activity Calendar

You must log in to view the calendar

[Click Here](#)

# PCOL Channelings

Group of Forty

## Planetary Cities of Light Special Brazil Channeling

July 14th, 2019

## Working Together

Channeled by David K Miller

davidmiller@groupofforty.com

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### Questions:

1. Many spiritual groups are developing in our areas. Is it due to GOF PCOL work?
2. Many spiritual groups are working individually. Can we come together?

Greetings. I am Juliano. We are the Arcturians.

Spiritual energy work is accumulative. That means that the work that you are doing in Brazil is adding up and adding up and becoming more and more influential. I often say that you are creating a foundation for planetary change.

We have studied other planets who are going through or who have gone through these changes. Your planet is at the end of Stage One of the Planetary Developmental Scale. The characteristics of the conflict in this stage are many. These include: polarizations, contaminations of the environment, wars, economic poverty. Overall, the biosphere, the life force energy of the planet, is threatened. The solution to these huge conflicts lies in spirituality.

The GOF is helping to provide one type of solution. It is true that other groups are also working for the goal of bringing spirit to this planet. We think it is a very good idea to work together with other groups. As you know, there are many Spiritual Masters and Ascended Masters on and around this planet. We have Kuthumi, Sananda, the Andromedans, the Pleiadians. Also, there are many other channels throughout this planet who are working for spiritual expansion.

This is a big problem though, which is: how can the spiritual groups unite? If they share the same goal as the GOF in Brazil then one would hope that there could be greater unity. And if you are able to work together with these other groups then I think that it is wonderful. But remember that there is a specific part of the GOF and the Arcturian energy that is unique. This is to say that the Arcturian planetary healing work



Jan from New Hampshire asks:

*Juliano, In May's monthly lecture, it was mentioned that there are holes and rifts in the aura of the Earth and the Space-Time continuum. Is there anything we can do individually to help close/heal these holes and rifts?*

*Thank you!*

**A:** Well the holes and rifts in the Space-Time continuum and Earth's aura is a major problem. The repair of this is the role of the Planetary Healers. I have recommended that the people approach the repair of the Earth's aura the same way as you would approach healing of your personal aura. Because each of you do have certain tears and rips, rifts in your aura, that is just part of the baggage of being on the earth. No matter how spiritually-minded you are, no matter how much spiritual healing you have done there still is going to be some minor tears and rifts in the aura. But some have bigger ones in part due to trauma, psychological trauma and wars, which can all create rifts in the aura.

The job of repairing the Earth's aura is done through planetary healing work. You need large planetary healing groups to do this. Take the exercises for personal aura work: You can apply those exercises to healing

has unique ideas and unique features that are not in all groups. You still can work with the other groups, but I want you to always remember what is unique about the Arcturian work.

One of the first principles that we offer for planetary healing is the Sacred Triangle energy. The Sacred Triangle energy is a model for working together with other spiritual positions. The three sides of the Sacred Triangle represent: Galactic Spirituality, Shamanism through the native peoples of the land, and also Mysticism from the religions: Christianity, Buddhism, Islam and other major religions on this planet.

Now, every group does not recognize all three sides. But the Arcturian GOF is promoting the unity of all three sides of this sacred energy. If you can find groups that are willing to work and embrace the Sacred Triangle energy then I think that you would be very wise to work together as long as you still hold the unique energy of the Arcturian Teachings.

We have certain important principles such as Biorelativity and Planetary Cities of Light. And, we are also promoting international connections, international networks. This means that the Planetary Cities of Light project is not just for Brazil but also for the whole international community. We want the people in Brazil to work internationally. For example, if you are working in Tomar's Temple in Barcelona then this is a great example of international cooperation. If you have a Planetary City of Light in Curitiba and you are working with your Sister Planetary City of Light in England then this is great. The Planetary Cities of Light Project and Biorelativity then become an international and a galactic project.

One of the big problems in spiritual groups today is the ego. I know there has been a lot of spiritual work centered on one approach being right or one approach being better. We, the Arcturians, take the position of the Chief White Eagle and the Native American teachings, which is: "we are all brothers and sisters" and they say: "all my relations." This is unique on the Earth. The Earth has many religions, more than any other planet. The Earth has many languages, more than most planets in the galaxy. Of course the religions and the spiritual perspectives are also many. But your work in creating Planetary Cities of Light helps to benefit the spiritual energy field of the whole City of Light so that your spiritual openness, your spiritual encouragement and your ability to bring down Fifth Dimensional light does affect other spiritual people doing work in your Planetary Cities of Light.

I believe you are helping to create an energy field of Shambala in your Planetary Cities of Light. The Shambala energy can be described like this: an etheric Fifth Dimensional Curtain of

the Earth's aura. Here is a review of some of those aura healing exercises that can be used both for personal work and planetary work: Shimmering, cosmic egg work and then going around the aura to look for holes and then just visualizing the holes being repaired; going to darker spots and sending light to those areas. For example, there is a very dark hole now over Iran and Iraq. This is letting in lots of negative energy that could lead to another world war. This has to be repaired. The technology is there and the knowledge is there. The problem is how to apply these healing techniques on a global basis. How can we get worldwide meditations together to do earth balancing exercises? These exercises need to have strong Arcan energy. They can have a powerful effect on repairing the Earth's aura and the Space-Time continuum.

Now the Space-Time continuum is a rift that is even a little more complex. The Space-Time continuum rift allows future beings to come in and also beings from other places that you may not want. The healing visualization is that you would imagine a gigantic needle and you would imagine that needle being directed by a healer and that healer is sewing up the rift.

Jane Scarratt  
National Coordinator in Australia  
for the Group of Forty  
[janescarratt@gmail.com](mailto:janescarratt@gmail.com)

Light is established around the city. This is like a protective energy that only allows higher light to come through. People of lower energy are not interested or cannot penetrate the Curtain of Light. At the same time you are holding and creating a higher light vibration that will affect all the members and participants in the population, all of the inhabitants. I realize that people become enthusiastic and then sometimes they leave your group. There are many reasons for this. But I want to tell you one thing about your work and about the planetary healing, it is very difficult and hard work. It requires dedication, and it requires a strong effort. Sometimes the benefit is not immediate. Laying the foundation is often not the most exciting part of building a house. At the same time, you understand that if the foundation is not laid correctly the house will not be strong. The laying of the foundation is not the most exciting work and does not get the most praise from other people. But you and I both know how important the foundation is in the building of a structure. This is what you have contributed and are working with in Brazil.

I know that Brazil has special problems but Brazil also has special energy and special connections to nature. Remember that we the Arcturians chose Serra da Bocaina for its relationship to the Arcturian Star Gate. And the Star Gate is an important corridor and portal for the Ascension. I welcome other spiritual groups, especially in Brazil and Portugal, that are accepting the Star Gate and accepting the ascension. Just remember to keep the specialness of the Arcturian energy in all of your discussions and working together with other groups.

Let us work together to find better ways of working globally and internationally. Let us work together to help keep the enthusiasm of the spiritual light in your work.

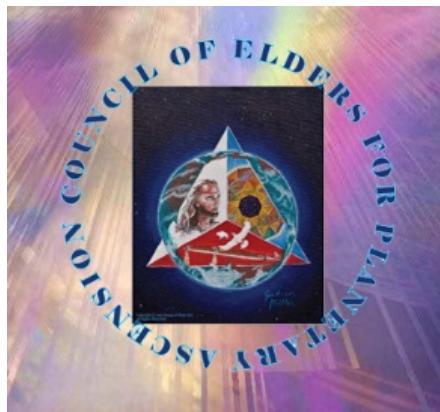
We are all brothers and sisters. That includes we are all galactic brothers and sisters.

I am Juliano. Good Day.

Group of Forty  
Planetary Cities of Light Monthly Channeling  
May 26th, 2019

## The Earth Listens

*Channeled by David K Miller  
davidmiller@groupofforty.com  
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During our council meeting Purvesh, coordinator of Argentina, related that he listened to a young man, KAI, on YouTube. KAI channels the Arcturians.

The message he channeled was very encouraging! His Arcturian guide said that the foundation for the Arcturian work on Earth was done by David Miller and the GOF!

I know we all do the work and hold the energy without expectation of validation, especially David. However, it is always good to get some validation!

We as a group often operate "below the radar" and do not go on about the great work we do and the great work already done by all of you!

I want all of you to know that your contribution is relevant and powerful! You and the GOF are being noticed by the Galactic Council!

I am grateful to be a part of this work and to have all of you as part of our family!

Love,

Gudrun Miller

Member of the Council of Elders  
gudrunaz@yahoo.com

Greetings. I am Juliano. We are the Arcturians.

I want to speak about the Tree of Life as a tool for planetary healing. And I want to look at the relationship between higher wisdom and knowledge and compassion. These are all important pathways for the healing.

It is necessary to connect to higher wisdom in order to fulfill your mission as Planetary Healers. Many of you have had other lifetimes in different parts of this galaxy. This means that you have had a broad experience in observing and working with Cities of Light and also in working on how to activate planetary healing.

I know that you are experienced Planetary Healers because you have awakened within your unconscious your previous experiences as Planetary Healers. This idea of Planetary Healers and the Cities of Light and the Tree of Life are concepts that are used galactically.

Let us look at the need for connecting with the higher wisdom. You know, there is higher wisdom within in the Earth. We are talking about higher wisdom as a sphere on the Planetary Tree of Life. But also, the higher wisdom is part of the Earth. The Earth knows how to survive. The Earth knows about mass extinctions. There has been some people who think that the Earth will die as a planet from the abuse that is now going on throughout the Earth.

Let me remind everyone that there have been five mass extinctions before this one. Perhaps the most famous mass extinction was when an asteroid hit what is now the Yucatan Peninsula area between 50 and 60 million years ago. This asteroid colliding in the area directly lead to the fifth mass extinction. Everyone knows that the dinosaurs died but also many other species, many other animals and plants died as well.

My point is that the Earth is a wise planet. The Earth, with higher wisdom, knew how to recover and bring forth life again on to this beautiful biosphere. So, the Earth has higher wisdom. The Earth has knowledge and experience from other mass extinctions. There were four others before the fifth. You are now in the middle of the sixth mass extinction.

Believe me, the Earth knows how to respond. The Earth is a wise planet. There have been many times throughout the history of the Earth in which there was danger to the planet. There have been many other asteroids hitting the Earth. There have been unusual events.

So the Earth has wisdom. The Earth has knowledge on how to survive. Now you, as Planetary Healers, are thinking to connect

## "I Am" Poem

by Rae Chandran

I Am That I Am  
 I Am the Way  
 I am the road  
 I am the destination  
 I am my journey  
 I am the Goal  
 I am the Cosmos  
 I am Eternal  
 I am expanding  
 I am experiencing my expansion  
 I am All That Is  
 I am Light  
 I am Alpha  
 I am Omega  
 I am you  
 I am Creation  
 I am destruction  
 I am Rebirth  
 I am Death  
 I am Here  
 I am There  
 I am in Between  
 I am the Yid  
 I am the Yod  
 I am the Mehur  
 I am the Mehira  
 I am the Song  
 I am the Melody  
 I am Love, Beauty and Grace  
 I am Me, I am Us. I am We  
 I am Complete in Myself  
 I Am

*- IRHAAN Rae Chandran*

## Did you know?

*Extract from*  
**"Raising Your Spiritual Light Quotient"**

*by David K. Miller*

with the Earth's wisdom. You can say and ask "what does the Earth need to survive through this sixth mass extinction?"

I know you are doing meridian balancing exercises for example. This is excellent. The Earth needs to have work done on her pathways, on her meridians. You are doing work with Stonehenge, and other sacred places, unlocking the planetary codes of ascension. This is vital for the Earth.

Never before has there been so many higher spiritual beings working to communicate directly with the Spirit of the Earth. The Earth says this is a new experience. That is, to have Planetary Healers working and seeking direct communications with her. The Earth responds. Believe me, the Earth is responding because the accumulated damage, the accumulated abuse that is now occurring on this planet is serious.

Yes. It is true that humanity is abusing her mother. It is true that humanity is doing damage to many parts of the Biosphere. It is true that the Biosphere is in a very fragile state. The good news is that the Spirit of the Earth is also activating her wisdom, the Spirit of the Earth is activating her survival. I believe it is important that we, as Planetary Healers, communicate and encourage the Earth to have a wise response.

What is a wise response in this area?

Part of the wise response is that we want protection for sacred areas. We are discussing and we are transmitting our requests and our energy and knowledge to Mother Earth to remind her that there are many Planetary Healers on the globe, that there are people working in Cities of Light, and there are people who are working at sacred spaces like Stonehenge, like Mount Shasta, and other places that are dedicated to protecting mother Earth. The Planetary Cities of Light are also part of the sacred energies on this planet. But let's not be shy. Let's let Mother Earth know that these places are active and that we want to encourage protection. We want to encourage purity. We want to encourage cleansing of these sacred areas including the Planetary Cities of Light.

We do not want the sacred areas destroyed. We want the sacred areas protected. We can make this request in our prayers and meditations to the earth. We can let Mother Earth know that we are also dedicated to the ascension of Mother Earth and to higher energy. This means that the Earth responds to our higher thoughts. The earth responds to our efforts to make sacred energies. The Earth responds when we create

Harmony means that you are in tune with the flow of energy. Harmony requires that you be sensitive to feel this energy. This sensitivity is a key ingredient in being able to participate in the harmonic convergence. Sensitivity is needed if you are to be in alignment with the Great Central Sun and with the higher Fifth-Dimensional energy that is coming to Earth. In fact, much of that Fifth-Dimensional energy is already here. I am confident that you have increased your sensitivity.

Spiritual sensitivity is a key factor in the evolution of human consciousness. Let us speak for a moment about sensitivity. Some people are very sensitive and feel things and hear things. Other people are not sensitive. Even when they are in the same environment, they will not hear or feel what a sensitive person can hear or feel. Spiritual sensitivity is similar. Some of you can pick up spiritual energy as a very faint frequency. You are now living in what I call a high spiritual noise environment.

Noise means that there are a lot of interacting factors that make it harder for you to feel spiritual energy. There is a lot of duality and polarization. There is a lot of density. To be able to receive spiritual energy and to have the spiritual sensitivity to receive spiritual energy in that environment is a great accomplishment and great gift. There are not that many Starseeds on this planet in relation to the total number of people on the planet.

Starseeds are among the few who have this ability. Starseeds have

Planetary Cities of Light and say that we are working to dedicate these areas as sacred.

I think the big news for the Group of Forty, the big news for those like yourselves that are Planetary Healers is that mother Earth interacts with the Planetary Healers. Mother Earth acknowledges your dedication as a Planetary Healer. The time is coming soon where you will see a big payback, where you will see a big success. Because the Earth in her wisdom knows how to survive. The Earth in her wisdom knows how to respond in order to protect the sacred areas and the sacred places that are necessary for the continued survival of humanity.

I bless you all. I am Juliano. Good Day.

## PCOL Report Hello from Polbathic PCOL

Hello Starseeds,

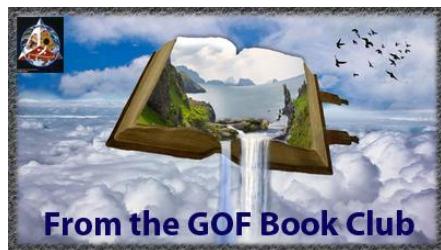
This month we want to share with you our experiences at the wonderful Summer Solstice celebration on the Tor at Glastonbury where the Mary and Michael Ley Lines intersect.

We were blessed to meet up with Fi Mash, the South U. K. GOF Coordinator, and Elizabeth Keller from the USA. We took the long procession at predawn on one of those typically chilly British mornings, but this did not deter me from wearing shorts! Fi set up a crystal grid overlooking the most beautiful view of the mist rolling over the Somerset levels like a blanket of cotton wool. The place was crowded and the drummers beat in the dawn. Fi brought three crystal dragons (Sodalite, Apatite and Green Aventurine) for a crystal grid and we joined hands and meditated with our Arcturian Guides who surrounded us with a column of white light, downloading Fifth Dimensional energy into Mother Earth to raise the spiritual light quotient and spread this through the planet via the Ley Lines placing thoughts of love, peace, harmony, balance and unity consciousness into the Noosphere. Afterward we joined other groups for a circle dance of joy before descending for breakfast!

Well done to Fi for carrying her large crystalline dragon friends to the top of the Tor! Thanks to Elizabeth for bringing her serene energy. Joy to the world and love to you all.

the ability of spiritual sensitivity and this sensitivity is now going to a new level. That new level has to do with the cosmos and the universe. That new level of spiritual sensitivity means that you, the Starseeds, are able to receive the very faint energies that are coming from the Great Central Sun and from the Fifth-Dimensional masters, guides and teachers. The energies are also coming from the great-attractor force and from other distant places.

**Jane Scarratt**  
National Coordinator in Australia  
For the Group of Forty  
[janescarratt@gmail.com](mailto:janescarratt@gmail.com)



## "EXPAND YOUR CONSCIOUSNESS"

Chapter 14 by DAVID K. MILLER

### Questions and answers from Australian Book Club

**Why was 2011 designated as the year of the Planetary Healer?**  
When we designated 2011 the year of the Planetary Healer, we knew that there would be a much more intense need for your work and intervention. We knew that the polarizations you see would become more intense. We knew that Earth changes or global changes in weather patterns were going onto become more active and that the opportunity for telepathically connecting with Earth is stronger now than



Together in unity consciousness.  
Stephen

## ***From the Land Down Under***



**Grose Valley Crystal**

## Sydney Planetary City of Light



any other time before.

**Why have many of us incarnated to be here during this amazing time on Earth?**

It is truly an amazing opportunity to use your skills as Planetary Healers. Many of you have incarnated onto Earth at this time to explore, practice and contribute to the planetary healing experience, which is the key factor in the biosphere's survival and Earth's rebalancing.

**Name one of the tools for Planetary Ascension and why is it important to work with the whole planet as one unit?**

We speak about your personal ascension, but we also constantly speak about the Planetary Ascension. We know that Earth, as a planet, will ascend. One of the major tools for the Planetary Ascension is the Ring of Ascension. We will now explore in greater depth the meaning of the Ring of Ascension. How can you, as Planetary Healers, use the Ring of Ascension to more effectively work your biorelativity exercises for the healing and rebalancing of Earth? It is time to work with the whole planet as one unit. It is time to realize that one part of a climate, one part of a continent communicates with and is in balance with other continents. What happens in Australia affects what happens in the United States and in Canada and so on.

**Why do we need to be cautious when working with the Earth's feedback loop system?**

However, it is not the only approach. There are circumstances in which you would work specifically with one area. But even when you work

Winters Day in Sydney, looking towards Coogee where one of the crystals for the PCOL is buried. *Photo courtesy of Belinda.*



Judy O'Donnell, a member of The Mornington Peninsula PCOL, enjoying a coconut water 'cocktail' at the Horseshoe Bay Markets on Magnetic Island, off the North Queensland coast.



Meet Izzy, the twelve-year-old koala whisperer on the Island. Her mother and father run a koala sanctuary that takes in and cares for injured, orphaned and sick koalas with the hope of releasing them back into the wild when possible.

with one area of the planet, you have to take into consideration how the change that you are requesting will affect other parts of the planet. Say a hurricane is coming to Louisiana and you asked for that hurricane to be stopped. You would have to consider that because of the forces being expressed that hurricane would go into another state and cause damage there. So another approach is to ask that it be dispersed over a wider area. An even more intensive approach would be to look at the ocean currents coming from the Southern Hemisphere and the warming in the oceans there to observe how this affects violent weather.

**Jane Scarratt**  
 National Coordinator in Australia  
 For the Group of Forty  
[janescarratt@gmail.com](mailto:janescarratt@gmail.com)



## Teachings from the Sacred Triangle

Vol. 3, Chapter 27 by  
 David K. Miller

To protect yourself from the intrusion of viruses into your electro-magnetic energy field, the sound is: *duooh-duooh-duooh*.

This sound goes through your entire electro-magnetic spectrum, helping to repel all



Trees in Speers Park Newcastle, near the Tomaree Head Ladder of Ascension, being kept warm for the winter.



**Jane Scarratt**  
 National Coordinator in Australia  
 For the Group of Forty  
[janescarratt@gmail.com](mailto:janescarratt@gmail.com)

viruses and lower-energy bacterial substances.

Repeat to yourself:  
**"I am an electro-magnetic, resonant being and I am attracting only light. I am repulsing all bacteria and viruses. My magnetic field is so charged that it can repulse that which is of harmful nature to my physical body."**

## *From the ... Land of the Long White Cloud*



New Zealand



New Zealand has just set a great example to the world by recognizing what animal lovers have known forever; that our furry friends are as sentient as we are and they have feelings just like we do. This landmark ruling by New Zealand is the first time this shift in perception and policy has been extended to all animals; not just chimpanzees, orangutans, or dolphins. The Animal Welfare Amendment Bill, passed last month, aims to make it easier to prosecute people in animal cruelty cases as well as banning animal testing and research. Animal rights activists have celebrated the decision. "To say that animals are sentient is to state explicitly that they can experience both positive and negative emotions including pain and distress," said Dr. Virginia Williams, chair of the National Animal Ethics Advisory Committee. "The explicitness is what is new and marks another step along the animal welfare journey."

New Zealand Veterinary Association president, Dr. Steve Merchant, said the bill has greater clarity, transparency and enforceability of animal welfare laws.

"Expectations on animal welfare have been rapidly changing and practices that were once commonplace for pets and farm stock are no longer acceptable or tolerated," he said. "The bill brings legislation in line with our nation's changing attitude on the status of animals in society."

*Taken from "True Activist," June 2019*



Janine Malcom



## Welcome New GOF Members!

We would like to extend a warm welcome to the following new members who joined the Group of Forty between June 18, 2019 and July 18, 2019.

| First Name | City      | Country   |
|------------|-----------|-----------|
| Alejandro  | Baltimore | USA       |
| Anne       | Sydney    | Australia |
| Annette    | Hobart    | Australia |
| Carol      | Brier     | USA       |
| Emanuel    | Brisbane  | Australia |
| Ken        | Dublin    | Ireland   |
| Oivind     | Moos      | Norway    |
| Pamela     | Seixon    | Portugal  |



Birgit Smothers  
USA Group Coordinator  
[birgit@groupofforty.com](mailto:birgit@groupofforty.com)

## 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.

**Visit our websites:**

[USA/International:](#)

[www.groupofforty.com](#)

[Spanish speaking countries website](#)

[Portuguese/Brazil website](#)

[German speaking countries website](#)

[Turkish website](#)

**NEW: [Romania website](#)**

To join Group of Forty, click the button below



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P.O. Box 4074, Prescott, AZ 86302 USA

[davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com)  
Phone: 928-776-1717

Newsletter edited by David Miller and Jeri Denniston (jeri@dennergroup.com) with editorial help from Gene Yoder. If you have articles to contribute, please send them to: [gyoder2@yahoo.com](mailto:gyoder2@yahoo.com) by the 18th of each month.