



Monthly Newsletter

GROUP OF FORTY

David K. Miller - Founder/Director

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Connections Issue 276

OCTOBER 2019

In This Issue

- Channeled Messages
- Starseeds Counselling
- Personal Healing
- Q&A with Juliano
- Announcements
- Visit our Facebook Pages
- International Calendar
- Council of Elders
- Annual GOF Conference
- GOF Monthly Lecture
- Earth Balance Teams
 - PCOL Report
 - Australia Report
 - PCOL Cornwall
- Welcome New Members
- Spiritual Exercise
- Book Club
- Inge Skeans Passes
- Meet Global Member
 - Emails
- Seeking PR Help!
- Did You Know?

Past Channeled Messages From Juliano

Channeling from November
2010 by David K. Miller

Predictions for the Year 2020

Juliano, channeled by David K. Miller

Spiritually, 2020 is going to be a strong year. The polarizations will become so strong that both sides will gain in strength, which means that the spiritual energy and spiritual communities will also be strengthened. One interesting polarity will emerge: the polarizations of science vs. spiritual. The spiritual side includes the ability to positively interact with Gaia and the ability to seek and protect the biosphere. This side will gain strength, in the year 2020. There is going to be more of an equivalence of balance between these two sides, which means that the spiritual side will gain in power. People who are involved in protecting the Earth will continue to seek ways of stopping the destruction of the biosphere, which includes slowing down global warming. These planetary healers will gain in strength in 2020 and they are going to become equal players on the world stage.

There will be a major environmental event that will bring protection of the biosphere to the attention of the global community and global leaders. This environmental event will be so strong that it will shake up the world and it will move many people towards the position of wanting to embrace and work with what I would call the Earth's planetary healers. The Earth's planetary healers are people who want to protect the environment and rebalance the meridians. They want to stop the mass extinctions, pollutions and contaminations of the biosphere. In 2020, the planetary healing side becomes stronger as a movement. They will become more successful in

Greetings, I am Archangel Metatron. The good news for you in 2011, one year before 2012, is that the spiritual energy and spiritual work are becoming more intense, and you are going to be able to make an evolutionary change that is great in your own development. Perhaps you have understood from the 10-10-10 energy that you will be able to accomplish in a short time what would normally take years, or in some cases lifetimes. That is acceleration. Acceleration is something that you understood when you came into the duality and when you came into the polarizations of this third-dimensional energy. When you talked to your guides and teachers between lifetimes, then you understood that Earth is the place to be, this is the time to be here. The Third Dimension is a free will zone, and the free will zone is also a dimension of duality, but it is a dimension of higher learning, a dimension of intense learning. Renew your commitment to unlocking the Codes of Ascension. The Codes of Ascension are within you. They are within your assemblage point. You are able to operate at all levels inter-dimensionally. You need especially fifth-dimensional energies, for your physical bodies, for your emotional bodies, for your mental bodies. Listen to these sounds and allow them to renew and to open up your Codes of Ascension within you. (*Singing in Hebrew*) *Kadosh, Kadosh, Kadosh, Adonai Tzevaoth.* (*Singing*) Let the Codes of Ascension remain open now.

their efforts to balance the Earth. There will need to be a reconciliation of both sides and this will occur. It is unfortunate that there needs to be a major event harmful to the biosphere to push this, but it appears at this point that only through strong events and some type of painful occurrence that people will begin to shift and will look for a way to heal the Earth. There are several possible scenarios for these events, such as a single collapse of a particular biosphere, or a nuclear accident that affects the planet.

I want to say something about nuclear power and nuclear accidents and nuclear conflict. You know that we, the Arcturians, are strongly against nuclear energy. We look upon nuclear energy as a very primitive and dangerous form of energy production, and there continues to be strong nuclear contamination throughout this globe. There are numerous places that are becoming seriously contaminated from Fukushima. There are continued nuclear accidents that are occurring around the world, many of which are unreported. There are releases of nuclear radiation through testing which is also going unreported. The level of nuclear radiation contamination around this planet is astounding. There is not an accurate way to measure the total global contamination from radiation. But the development of your immune defenses against radiation should be improved and you should pay to and improve your immune system's response to readiation.in 2020. This could mean taking supplements and finding creative ways to shield yourself from this radiation and contamination.

The good news is that there will be a serious attempt in 2020 to stop nuclear energy contamination, and there will be a great acknowledgement that everyone globally must be dealt with this problem. New world leadership will emerge and every one will accept that there must be ways of recognizing both sides in a polarized conflicted. It will become accepted that differences must involve a solution in which both sides and working out towards solutions instead of one side trying to dominates the other side. This type of solutions will become really apparent in 2020 after this conflict.

Let us turn to the spirituality in general. I find that 2020 is going to be a positive year for the spiritual community and for your spiritual work. There are more advanced spiritual people on this planet than in any other time in the history of this planet. That seems like a rather shocking report when you consider that many people believe that the spiritual seekers and the spiritual workers are not having a strong influence. But this is going to be different in 2020, because in 2020, partially out of desperation, and partially out of frustration, many of the world leaders will be looking towards creative, spiritual solutions. I hope that all of you who are spiritual workers and planetary healers will hold strong to your commitments towards promoting a spiritual solution to this planet's problems. Remember that the great spiritual work

I, Archangel Metatron call on the Omega Light to come down on each of you who are hearing or reading these words.

Project these onto your screen, of your mind, "Let the Codes of Ascension remain open for me during 2011." (Singing) *"Let the Codes of Ascension be open for me during 2011."*

See those words emblazoned upon the visual screen before your eyes, and in particular, try to place that screen directly in front of your Third Eye. And now I send the Holy Omega Light. *Aur Ha-Kadosh*. Omega Light (*chants Omega Light*). Let the Omega Light shine on your affirmation now. Remain open for the Keys of Ascension for 2011. The Omega Light comes down now, and emblazons your screen. Let that powerful affirmation drop deeply into your subconscious. We will go into a short meditation as you hold this light, and keep this light into your subconscious with this powerful affirmation. The Omega Light is coming from your Soul Light. The Omega Light is unifying your soul energy with your third-dimensional incarnational energy and unifying your affirmation into your third-dimensional unconscious. Your Higher Self and the Omega Light together are emblazoning on this affirmation and helping you to hold this powerful message, into your subconscious. (*Softly singing*) *Omega Light, Aur Kadosh* (*Hebrew for Holy Light*), *Aur Kadosh*.

that has been done, especially since 2012, has provided a strong foundation. This means that the spiritual solutions to the Earth's problems will be more easily accepted, and this is partially because of the foundational work that has been done.

Remember, the environmental crisis will now create a global consciousness and awareness that will override the individual differences. This means that people are finally going to accept that there must be some type of unity on this planet. This realization will be great news in 2020 and for humanity. The task ahead of healing the Earth is overwhelming and can only be solved through unity. Catering to only one special group is not going to work, and this will become apparent in 2020.

I want to also look at the Extraterrestrial energy and the multidimensional energy in 2020. There will continue to be sightings and interactions with extra-dimensions in 2020. There will be a major first contact, but it is going to be a first contact that is in reality, a multi-contact, where multiple revelations and contact are going to publicly occur. Multiple times people will report positive interactions with multidimensional or higher Extraterrestrial beings. There are several reasons for this; one is that the consensus among the Ascended Masters and the higher dimensional beings is that they will not allow the Earth to be destroyed. Therefore, the uncovering and revealing of the existence of higher dimensional beings and Extraterrestrial beings will contribute to a stabilization and unity consciousness on this planet. These "first contacts" will be a strong influence towards the energy of reconciliation. Polarized sides will accept the "first contacts" and begin to acknowledge that each side must be worked with and must be listened to and must have power towards a solution. The fact that there are so many spiritual people working on the planet is also contributing to a higher build-up of what I call "evolutionary energy" for "evolutionary change. There continues to be strong pockets of spiritual workers who are having a significant influence in 2019, and they will continue to strengthen their influence in 2020. It might be fair to say that the year 2020 is a year of realignment and rebalance. It is important for all spiritual workers to hold on to their power, and to develop personal during this time of planetary realignment and rebalancing. All those who hold power will be given a seat at the table which means that you, as spiritual light workers and planetary healers, are going to have greater influence in 2020.

I am Juliano, good day.

Starseeds Counseling



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

I would like to address an issue that David and I get questioned about frequently. The question we get asked is, "what is my soul purpose, or, why am I here on Earth now?"

Often this question is prefaced with the statement that the questioner is not happy on Earth and does not fit in here! I will share with you what I understand about this issue at this point in my life. You would not be here on Earth at this time, or any time, if there were not a purpose to your incarnation. The first and most important purpose that is often overlooked is personal healing. Healing your mental and emotional bodies from injuries and this life, other lifetimes and even your soul journey is critical for fulfilling your purpose. Often it is the main purpose you are here!

When you heal yourself then you are a clear channel of light and can fulfill your purpose without interference from your wounded inner self and/or your ego. I have witnessed Starseeds that have not healed themselves try to move into soul work and overextend themselves and collapse or regress because they are responding to their ego. They may not feel worthy or loveable and decide that if they can "prove" themselves, they will be ok.

Remember not to compare yourselves to others. Vywamus, the soul psychologist, reminds us

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



Arcturian Corridor
by Gudrun R. Miller

November 1-3, 2019

Friday evening through
Sunday afternoon

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,
November 2, 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 phone number and access code.

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

The re-transmission of the lecture for Europe will be on Sunday, November 3, 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

that we have a sphere of influence, this can be a houseplant, a pet, family, friends, community and on out. No sphere of influence is too small nor irrelevant! What is required of you then is to take time to gain insight into yourself and into your motivations. Are you responding to fear or to love? Are you compensating for lack of self-love or are you acting out of love, kindness and compassion for yourself and for others? Open yourself up to your guidance and answers will come to you from many sources including your dreams, your higher self, your guides and from the "universe!"

Blessings and love to all!

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.



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 working with a holographic chamber for Earth. They meet every Thursday night at 4pm AZ/ Aust 9am EST Friday. 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 every Monday evening at 5PM AZ/Aust 10 am Tuesday EST. Access code 164595#

Mber Rose (Colorado) and her Team will be focusing on the North to South Pole meridian. They meet every Wednesday evening at 4.30pmAZ /Aust Thursday at 9.30am EST. Access code is 164595#

Jan (New Hampshire) and her Team are focusing on healing the

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



with David and Juliano

Q: Elisabeth in Switzerland

asks: Juliano, please tell us how the ascension will occur time-wise for us personally, collectively, and for the Earth. Will we ascend *before* or *after* the Earth ascends?

A: The ascension will occur before the earth ascends and in terms of the time line, I can give you just generalities. I cannot give you specifics because the specific ascension is secret. It is similar to death. We are not allowed, or your guides and teachers are not allowed to tell you the day you are going to die because for obvious reasons, if you knew you were going to die in six months, then it could potentially change a lot of things that you are doing, for the good or for the worse. Different people might react differently, some might get more depressed, some might decide to spend all their money or some might decide to go on a holiday for six months. I mean it is

space time continuum rift. They meet on the first, third, fourth and sometimes fifth Friday at 6pmaz /Aust Saturday at 11 am EST. Access code 164595#

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

The meditation on a Monday night at 3am AZ/Aust 8pm EST is to work on meditations for Earth. Access code 396637#

The same themed meditation is also presented by US presenters on Tuesdays at 5PM AZ /Aust Wednesday 10am EST. Access code 164595#

Tuesday at 3AM AZ /Aust 8pm EST, the international team is focusing on ways to increase our skills and abilities for ascension. Access code 396637#

Wednesday at 3AM AZ/Aust 8pm EST we focus on various ways to strengthen the planet. Access code 396637#

Once a month on the second Wednesday of the month we present a powerful meditation on various subjects and ask for 40 people to come together for this meditation. 4AM AZ/Aust 9PM EST. Access code 396637#.

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Here are four good Biorelativity exercises that our team recommends for planetary healing. To find out more on how to use these exercises contact either David, Jane, or Cosmin on the Biorelativity team.

1. Using etheric crystals to increase arcan power.
2. Visualizing TV radar for storms and visualizing the storm changing directions.
3. Merging future and present Earth; visualizing the two worlds next to each other.
4. Sending affirmations to Gaia.



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For the Group of Forty  
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# Planetary Cities of Light Report

difficult to predict but that is one of the things that is not allowed.

Now the time frame of the ascension is close. Now I know people will be saying, "You've been saying that for years Juliano, you said that in 2012, you said that in 2016, you're saying that now in 2019 but there is such an intense spiritual light field that is in coordination now with the Ascended Masters now on his planet and there are far more ascension energies now than there were even in 2012 so it may sound like a paradox to you because you might think "Well you just talk Juliano about the extinction, the 6th mass extinction and now you're saying that the ascension is closer and that the ascension energy field is stronger than it has been even in 2012".

But this is one of the polarizations which is that as there is more greed and as there are people who are in control of corporations etc. holding onto their positions, at the same time there is more power of the ascension and there is more power, more spiritual technology. One of the big issues now is creating the ascension energy field transformational atmosphere on the Earth because in order for the ascension to occur, there has to be a certain preparatory energy field on the Earth. This says to you that the ascension is not occurring in isolation but it is occurring as a co-experience with those on the Earth and that means that there has to be a certain vibrational energy, there has to be a certain thought field, there has to be a certain noospheric shift for the ascension to occur and that preparation is part of what you are all doing now.

The other aspect of this is if you



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International PCOL Coordinator  
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## Planetary Cities of Light, a Global Network

We activated a new city of light in Brazil: Porta Mucuri in Ponta Fortaleza September. We had over 20 members from Brazil and around the world participate in the activation.

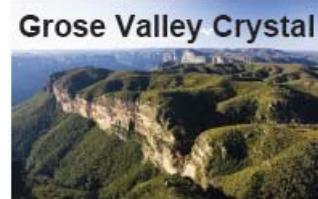
**On October 20th** the PCOL Committee will be having a special meeting with the PCOL in Herisau, Switzerland to learn more about their progress and activities there.

**On October 27, 2019** we will be activating a new PCOL in Aranjuez, in Madrid Spain. This activation will occur during our regular monthly PCOL international meeting on the same date.

Omega Light Blessings to you all,

Lin 😊

## From the Land Down Under



### Grose Valley Planetary City of Light Reactivation



Yvonne, Jenny, Mike, Monique, Sjoerd, Takeli, Liz, Dandi & Nic. Jorn was taking the photo & Kelly declined, but there were eleven of us for the meditation.

think about those who are working on the ascension it is extremely a small percentage of people compared to the entire population so that means that those like yourselves who are working on the ascension must be dedicated, must be intent and must use their Arcan powers to the best of their abilities to overcome what would be considered the densities. I know that did not give you the exact date or time but believe me there is a stronger ascension energy field ago now than there was seven years ago.

## 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](#).

### Sydney Planetary City of Light Reactivation



Back row: Grant, Mike, Adam, Catherine, Ann, Olga, Mia.

Second row: Sally, Yvonne

Front row: Me, Helen, Ulli, Anne, Kelly.

(Todd took the photo. Heather left early.) We had sixteen for the meditation.

### Gold Coast Planetary City of Light Reactivation



Susie, Belinda, Anne, Charmaine and Nigel. Jane took the photo.

We had seven for the meditation.

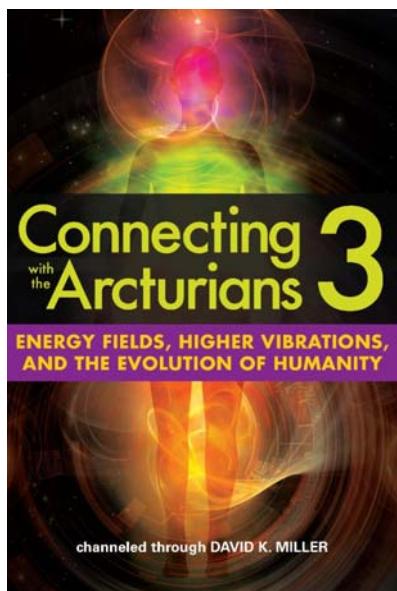


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> David's book in Spanish, "Enseñanzas del Sagrado Triángulo Arcturiano," is available in the Amazon.com Kindle Store and may be purchased [using this link](#).

## 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

## Cornwall Capers

Stephen, Coordinator of Polbathic PCOL

Hello Starseeds,

This month we have been out and about exploring the Neolithic "Hurlers" which are three stone circles arranged in a row.

Located on Bodmin moor here in Cornwall - set among derelict tin mines and rugged terrain high on the moorland peaks - with fantastic views.

We went to experience the energies of the Michael/Mary ley line which runs through this sacred site from St Michael's Mount on its way towards Glastonbury Tor.



It was a beautiful but very cool and windy autumnal day as we hiked across the moor.

The southern circle is the smallest - the central circle is the largest and the northern circle is in between! The central and northern rings were once linked by a granite pathway along its axis and there was a spread of crystal Quartz on the floor inside the central circle.

The energies in and around the circles felt amazing - the energies felt fresh, cleansing, energizing, and uplifting - we were filled with joy from Mother Earth.

Feeling high spirited- we moved onwards taking a short stroll into Minions village where we visited the tea rooms for a lovely Cornish clotted cream tea - cream on top of course! Naughty but nice!

We are sending you all uplifting energies from Cornwall and we hope you get a small glimpse of the area from the attached photos.

Omega light blessings. Together in unity consciousness,

Stephen  
S G Moore  
[satcitananda64@yahoo.com](mailto:satcitananda64@yahoo.com)

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.

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](#)



## Welcome New GOF Members!

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

| FIRST NAME | CITY              | STATE / REGION | COUNTRY   |
|------------|-------------------|----------------|-----------|
| Daniel     | Bergisch-Gladbach | Bavaria        | Germany   |
| Elizabeth  | Madrid            |                | Spain     |
| Ellen      | Missoula          | MT             | USA       |
| Joseph     | Ashland           | MA             | USA       |
| Leon       | Honolulu          | Hawaii         | USA       |
| Michele    | Adelaide          |                | Australia |
| Oscar      | Temple City       | CA             | USA       |
| Yader      | Rio de Janeiro    |                | Brazil    |



Birgit Smothers  
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## Open Your Ascension Codes

Go into meditation now and tell yourself:

"The Ascension Codes are now open within me."

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 [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/1b8lHF1>

[The Blue Jewel website](#)

### International Activity Calendar

You must log in to view the calendar

[Click Here](#)

Sing: "Kadosh, Kadosh, Kadosh Adonai Tsevaoth."

Let your Third Eye be open. Let your Crown Chakra be open. Let your Heart Chakra be open as a higher vibrational, fifth-dimensional light is received in your energy system. Your Merkabah vehicle of light is before you. It is specifically tailored for your own energy field. Visualize that you are now sitting in your Merkabah vehicle; rise together above the room, above the sky, to the Ring of Ascension. In your Merkabah vehicle.

It's a vehicle that brings you to the higher dimension and brings you to the palace. Let the Ring of Ascension bring you into this beautiful energy field and prepare you for the fifth dimension.

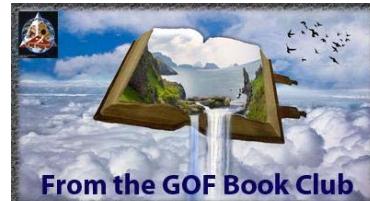
Now take our Merkabah vehicle and travel back into your room, back into your home again, back into your physical body. You step out of your Merkabah vehicle and are into expanded consciousness. Your Codes of Ascension have been opened, and you feel a deep state of harmony and light and awareness. May the Light of Ascension that is on the Earth's horizon (it is a beautiful harmonic glow and you are part of that glow) follow you everywhere!



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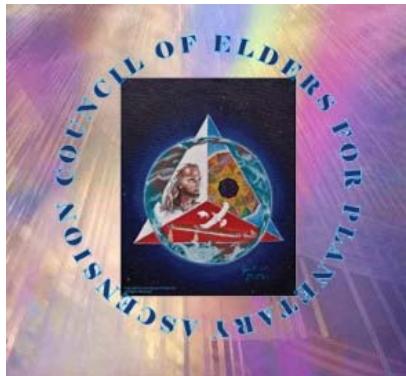
### Australian Book Club

*From the book  
"Expand Your Consciousness",  
Chapter 17, by David K. Miller*



**What is the key to maintaining a protective energy field? Discuss the different methods.**

The key in maintaining your survivability during this unprecedented shift is to create a protective energy field so that you can adapt. Adaption is a multidimensional process. Adaption includes protection so that you are not overly bombarded with dangerous energy. Also adaption includes making the shifts in your DNA to adapt to what is becoming the new normal. The different methods I have explored with you to protect your energy field involve creating the cosmic egg using colors, and shielding. Shielding can include placing a cone of light around you that is the spiritual color known as Arcturian blue or layered white light. The idea is that your



The Council of Elders assesses the state of the planet Earth to report to the Galactic Council, especially regarding climate change, survival of the species, volcanic activity and man-made disasters. We talk and discuss in our meetings the evolution of the ascension process and also, we do meditations to keep our frequency as high as possible. I want to share with you one of our short meditations:

Let's feel our bodies, connect with the breathing, we activate the observer, that part of our consciousness that has the ability to witness, to watch with no criticism, no judgement or comments, just pure witnessing.

Let's settle in our bodies, relaxing head, shoulders, chest, opening the heart, down to the solar plexus, soften internal organs, relaxing legs feel the feet in contact with the earth. Focusing now on the emotional center, the Third Chakra, on the solar plexus.

Let's relax the emotional center and bring our witness and watch what emotional state we have with us today.  
*Pause (30 seconds).*

spiritual energy field needs to be protected. You know that you will take your spiritual body with you when you leave the planet, and you do not want your spiritual body to be damaged or distorted. You have mental, emotional, physical, and spiritual bodies. Primarily, the spiritual body has those aspects of you that will ascend and transfer to the higher dimensions. Logically, you would agree that it is most important to protect your spiritual body from assaults. Assaults from external forces can include radiation. Many people on the planet have become mentally unbalanced. You are witnessing unprecedented wars, social upheavals, conflicts, and polarizations creating imbalanced energy fields. This is a time for acceleration. Suddenly people are realizing that there are limited resources. Unfortunately, this is a time in which people generally, from a social and political standpoint, are becoming hardened in their positions. They do not want to compromise. You have seen this a great deal in recent years. This kind of polarizing energy is going to continue. There is a lot of distorted energy. People are hypercritical in a negative way toward people who do not agree with those in power or those who have a certain view. Polarization has been a problem on Earth for many centuries. In previous lifetimes, many of you have had negative experiences in groups. You have either been, shall we say, prejudiced or abused by groups. On the other hand, you have been part of good groups. The negative groups somehow have been betraying you; some have even become cults. There are many different scenarios that have occurred in the group energy on Earth. However, this does not mean that groups by themselves are bad. It just means that there is a typical force that can use the group energy for selfish purposes.

### What is the Biggest Challenge on Earth?

One of the biggest challenges on this planet focuses on how to bring fifth-dimensional energy down into the third dimension. Perhaps it might be fair to say that many of you have had previous lifetimes on other planets. Some of you have had previous lifetimes as fifth-dimensional beings. I think it is also correct to say that you might have underestimated the density of the third dimension. Even the ascended masters, who have come to this planet bringing great gifts and energy, have underestimated the densities on this third-dimensional Earth. These masters have led exemplary lives. They have access to what is considered miracles. Yet some of the masters who have incarnated on Earth have had difficulty in overcoming the third-dimensional density. Their teaching and energies still have not helped humankind to overcome this current planetary crisis.



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Through observation slowly we separate, we de-identify with the emotional pattern without expressing or repressing our emotions. Now let's bring our focus to the heart. Let's feel with the heart. Pause. When consciousness and the love of the heart meet it becomes a sacred heart. Let's feel this sacred Christ heart, this unconditional love, compassion, equanimity. *Pause (30 seconds).*

We inhale light, and we exhale low vibration emotions, we breathed in light, we breathed out anguish, pain, suffering, breathing in light, love and unity, breathing out separation. *Pause (30 seconds).* Moving now from the heart to the being. We are going to take a symbolic step back from the heart into the inner golden sky, the golden emptiness of being. We transmute in this state and we move from being to non-being: This is our Buddha nature, this is our divine essence. Entering Shunyata, the golden emptiness of non-being. We lose our personality and connect with our essence, our true nature, in this space we are no longer separate from source, we are coming into unity consciousness.

We remain silent for a few minutes entering unity consciousness. From here we thought project to the ring of ascension along with the ascended masters from the sacred triangle.

We unify with them in unconditional love. Now we bring to the aura of the earth the omega light that descends to the earth and connects with



## Inge Skeans' Passing

Inge Skeans, long term GOF member and dear friend, has passed away in Sweden on October 2, 2019. Inge was one of the original GOF members and active and supportive in many of our activities throughout the years. She attended many GOF workshops, including the workshop in Bregenz, Austria, in 2017. The picture above was taken at that workshop in 2017. Inge helped David edit one of his earlier books,

"Teachings of The Sacred - Triangle Volume I." She recently had moved back to her home country Sweden and was very active in spiritual groups there and was starting a GOF group in Sweden. She had many friends in the GOF all over the world. We will greatly miss her and send her our blessings on her soul journey.



## Meet Our Global Members

Hello everyone, my name is Gayle and I currently live in Delhi, India with my two daughters and my partner. I am originally from London, UK. I am a Holistic Life coach and work with clients in Europe and the United States via skype. I am also the founder of a group called "When Women Gather." This is a global group for women and its mission is to inspire and raise consciousness. My work in Delhi with this wonderful group

helps to empower Indian women economically, creatively and energetically. I've been trained and have worked as a yoga therapist and meditation teacher in London for fourteen years. When I have time, I love to paint and I'm actually making more time for this now that I am in India. I feel very excited at the ever increasing convergence of science with spirituality and creativity with spirituality and I love to 'talk the ears off' my friends and clients on these subjects.

I am thrilled to become a member of the Group of Forty community and am 'over the moon' at being able to contribute energetically and have access to the wonderful teachings of the Arcturians. "Much love and a big hug to everybody!"

Gayle. [gayle-thomas.com](http://gayle-thomas.com)

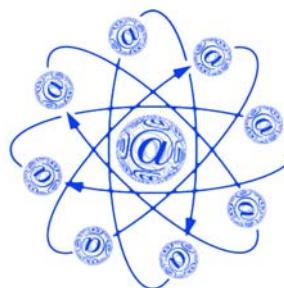
the Iskalia mirror, magnifying itself. The Omega Light starts manifesting on the aura of the earth as a golden rain reaching and touching all life on Gaia. This omega light penetrates into the earth thru the minerals, getting to the very core, to the crystalline heart of Gaia and surrounds the heart of the earth with this beautiful golden Omega Light. The spirit of the earth integrates this light of god and projects it to the surface and we can see how the meridians and parallels of the earth become golden light, the new grid of the earth. Pause. We are bathed by the omega light, the earth is receiving this quantum light that helps transmuting lower 3D vibration into higher 5D frequency. Together with Gaia, with our mother earth we are entering unity consciousness, we are one with each other and with planet earth, we, together are pulsating, transmuting into multidimensional consciousness and expanding into our multidimensional being of crystal light. Pause, silence.

Very good, we are ready to come back to the body, slowly we thought project back and reconnect with the body, feel the breath coming in and out of the body, feel the weight of the body. I hope you enjoyed!!



Council of Elders,  
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## Emails from GOF members

I was recently introduced to the Group of Forty by my sister who lives in Fortaleza - Alessandra Romano Grangeiro. She suggested to me to search the internet to see if there is a PCOL in Spain. I found Magda in Barcelona and she directed me to Hortensia, who is leading the activation of the PCOL in Aranjuez, in community of Madrid of which I'm already a member. Really, how lucky I am! I'm really excited and touched to be part of such extraordinary work! Last Saturday I went to Monstserrat with some friends and it is extraordinary how things change once you are opening your channels... it was amazing! So beautiful energy... pure love! I was there with the crystals we are going to use for the PCOL activation in Aranjuez. Best regards, Elizabeth.

## Seeking a PR and Marketing Person!

The GOF is looking for a volunteer to help coordinate our PR and marketing program. If you have PR experience and are interested in helping us promote Biorelativity, PCOL's and the GOF in general, please contact David Miller at: [davidmiller@groupoffortycom](mailto:davidmiller@groupoffortycom).

## Did you know?

One of the contradictions of the Ascension is that as you are accelerating your consciousness and as you are preparing yourself for the Ascension, you become a more valuable person on the third dimension. As you accelerate your consciousness, then you begin to participate in the group consciousness that can potentially change the evolution of the Earth. You can also participate in the evolution of humanity, and also you become able to participate in the consciousness that practices biorelativity by telepathically communicating with the Earth to sustain a shift in the Earth.

When you ascend, then who is to replace you? Who is to continue your service? This is an interesting balance because it was hoped that at this point on the Earth that there would be more people ready for the Ascension. You may find that surprising because you are so ready for the Ascension. You are so into the ascension energies. You are so committed to the energies! You would think that there would be more

people into the Ascension, especially as the chaos on the planet increases.

This was why the Ascension was presented to you in three waves. In the first wave there are only going to be a few people, a small number who would understand and be able to use the spiritual technologies such as thought projection and pulsing and shimmering to participate in the Ascension. After the first wave, there will be 8 to 10 times more people who would be affected.

This is something I think should be clarified because many people would ask, "If I ascended, my family would be lost. If I ascended, there would be nobody to take care of the rest of my family. Or, there would be some possible other catastrophe." Actually, the Ascension is activation energy for those who did not ascend. In other words, the Ascension creates a positive energetic bubble that those who are around you will experience. Those around you will receive a positive energy from your ascension, and therefore, they will be positively affected by your ascension.

Please understand that you are in service now. You are in service because of your higher state of consciousness. You are in service. When you do ascend, your energy will positively be affecting those that are still here on the planet. Also understand that since you are providing this level of service, then you have committed yourself to this planetary work. You understand that you are needed here, and therefore, this is the contradiction. The contradiction is that you want to ascend and go into the fifth dimension. On the other hand, you are needed here. How do you approach this? The answer is that you follow the Divine Will. The answer is that you remove or suspend your ego.

*Extract: - Lecture from Juliano in October 2012 by David K Miller.*



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**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 **To join Group of Forty, click the button below**

*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.*



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