

Group of Forty

Monthly Newsletter

www.groupofforty.com

IN THIS ISSUE

Sananda on Coronavirus
Past Channeled Messages
Starseeds Counseling
Personal Healing
Announcements
Visit our Facebook Pages
International Calendar
Meeting Global Members
Council of Elders
Did You Know?
GOF Monthly Lecture
Australia Biorelativity
Earth Balance Teams
Special from Groom Creek
PCOL Report
Australia Report
PCOL Cornwall Capers
Welcome New Members
GOF Book Club

Sananda on the Coronavirus and Humanity's Immune System

Sananda, channeled through David K. Miller

The coronavirus is becoming stronger and is becoming more dangerous, because humanity's immune system is weakening. It has a higher degree of virulence, but it is the fact that man's immunity system is weakened and that makes it more susceptible. Man's immune system is weakened because of the high use of antibiotics, the high use of the pesticides which are ingested in the foods, and the high use of the plastics, and high use of other, bizarre chemicals that are even unknown to most of society that were used on military bases, including cleaning solvents.

The immune system is like a cascade, so if you are exposed to pesticides, radiation, solvents, and chemicals, your body has to fight those off, and then when there is another threat such as the coronavirus, your body has less defenses, less ability to defend itself from a virus, which a strong immune system would be able to handle. I would say that this coronavirus is the tip of the iceberg in terms of immune problems that are going to be facing humanity.

What will happen to humanity from this coronavirus? I think that, within six to eight months, there will be some ability to control it, and probably within twelve to sixteen months, they will have vaccinations, and it will be under control. But that is a long time from today, and that will cause a great deal of harm health wise.

There will be a period of time in which it will be dormant, but then it will come back again in the following year, 2021. I think that they will eventually develop a cure and they will develop a vaccination. But again, this is just one virus of many that will confront humanity, and the task is to admit that there is an immunity problem in the genetic structure of humanity due to the contamination, pollution, chemical, and radiation levels that are unprecedented. You would be shocked if you understood how much contamination is in each human body now. You would be shocked if we were able to analyze the air that everyone is breathing vs. the air that people were breathing one hundred years ago. This is unprecedented in terms of the level of defense structure that humanity is having to muster in order to defeat or to ward this off.

There is always hope and solutions. Spiritual wisdom and connections with the fifth dimensional energy can bring down solutions. When there is more desperation, then there is also often more openness to spirituality and spiritual solutions. The weakened immune system is going to be a greater problem for future generations. That is why you must have a certain, strong immune system in order to survive in the coming years. Higher consciousness and higher immune system can work together to strengthen you.

Past Channeled Messages *from Juliano*

From "*The Moment of Ascension*",
December 2013
By David K. Miller

At the moment of ascension, there is a heightened power. There are ways of creating that moment of intersection of dimensions. Certain enlightened masters that I have mentioned have done this.

Jesus/Sananda has done this. There are other people who are on this planet who have ascended.

In the upcoming Ascension you will need the boost of energy to be able complete this process. When you receive the boost of energy, I want you to understand something very important. You will immediately have heightened powers. You will immediately have heightened



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

spiritual powers. At the moment of ascension, your powers of teleportation, your powers of telekinesis, which is the ability to move objects with your mind, your ability to bilocate, your ability to shimmer, your ability to do the Cosmic Egg exercise will all increase dramatically.

Now some of you may feel very dualistic. Some of you might feel heavy. You might feel burdened by the problems of the Earth. You might not even feel that spiritual or energetic. This will not be the feeling you will have when the Ascension comes because in this timeless moment you are going to feel so energized, so full of life, so full of spiritual powers. You will need all of those spiritual powers because you are going to teleport yourself; you are going to use powers of telekinesis and teleportation and the powers of bilocation to remove yourself from the Earth.

The idea of removing the body is a complicated one. There are two basic approaches to this. The first approach is that with this heightened power at the moment of ascension, you will bilocate first by using your astral body, and then you will use your powers of teleportation to bring that body to the Fifth Dimension. The second approach asks a very interesting question, do you really want your third-dimensional body with you in the Fifth Dimension? I know that many of you are having difficulties with your third-dimensional body. Some of you have aged dramatically. Some of you have illnesses that you are dealing with or disabilities. You might ask the question, "Why would I bring this body to the Fifth Dimension?"

The answer has to do with an interesting observation. Number one, it is difficult to leave your third-dimensional body there on the Earth! There are problems with leaving the body there because you still will have a percentage of the astral energy in the body. You can teleport your body to the Fifth Dimension.

I want to explain another interesting phenomenon. This is called the vaporization of your third-dimensional body. Vaporization means that your body suddenly disappears and is vaporized. Vaporized usually implies that you are exposed to a great deal of heat. This is interesting because you know a large percentage of your body is composed of water. So, if you were exposed to a highly intense energy, then your body could be vaporized and disappear.

SAVE THE DATE!



Group of Forty 2020 Annual Conference October 23 -25, 2020

Our annual conference will be held from Friday, October 23
– Sunday, October 25, 2020, at the Prescott Resort Hotel,
in Prescott, Arizona, USA.

Group of Forty Monthly Lectures with David K. Miller



The next lecture is on Saturday, February 1, 2020 at 5:45 - 6:45 p.m. Phoenix, Arizona time (MST).

We will be meeting on [freeconferencecall.com](https://www.freeconferencecall.com) international phone line, which is specific for each country.

An email announcement will be sent out one week prior with the [freeconferencecall](https://www.freeconferencecall.com) 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, February 2, 2020 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

Biorelativity News

Every meditation is on the website. Log in. Go to **Projects/Planetary Healing/Biorelativity**.

Scroll down the page and click on 'Biorelativity Session Recordings.' Here is the link:

<https://groupofforty.com/projects/biorelativity/>



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



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



Planetary Healing BIORELATIVITY Earth Balance Teams

Starseeds Counseling



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

Dear Gudrun,
I am not able to meditate. When there is a guided visualization, I see nothing. I do not believe I have ever achieved a trance state. Mostly, my mind just races around! David has probably covered this before in his lectures but could you give me some pointers please.

Active Mind

Dear Active Mind,
Your concerns are not uncommon but I would not agree that you have not achieved a trance state. Anything that you do habitually and routinely without having to think about requires some state of trance. For example, driving your car or watching television or even reading a book. Anything that calms your mind can be a way to get into a deeper state of trance. When you sleep, you go into an altered state, but you usually are not aware of yourself in that state of consciousness. I recommend that you do your meditation practice without force or expectation. You can chant mantras or even "Om." You can listen to music that calms you and even music that causes you to dance. Movement can lead to trance. Drumming, singing, walking, and other repetitive activities help alter your state of consciousness. Being in nature, walking in the woods, and gardening are my favorite methods of trance. Not everyone has the same way of achieving an altered state of consciousness. Some are more visual and can "see" when there is a guided meditation. Some are more resonant with movement, and some with sound. You can assess for yourself what works best for you, and then set optimum time aside to practice.

Good luck!
Blessings, Gudrun

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.

The meridians the teams are keeping filled with fifth dimensional light are:

The Equator, The Pacific Ocean currents, the space time continuum rift, The North to South Pole meridian, The Ring of Fire, and clearing negative thought forms from around the planet.

Keith and Tabitha (Boston) and their Team are focusing on working in a holographic chamber for Earth. They meet every Thursday night at 4pm AZ. Access code 164595#

Corae (Nebraska) and her Team meet every Monday evening at 5PM AZ. Access code 164595#

Mber Rose (Colorado) and her Team meet every Wednesday evening at 4.30pmAZ. Access code is 164595#

Jan (New Hampshire) and her Team meet on the first, third, fourth and sometimes fifth Friday at 6pmaz. Access code 164595#

The meditation on a Monday night at 3am AZ is to work on meditations for Unity consciousness, activating Starseeds, Balancing Meridians and understanding ascension tools. Access code 396637#

The same themed meditation is also presented by US presenters on Tuesdays at 5PM AZ. Access code 164595#

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

Wednesday at 3AM AZ 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. 3AM AZ Access code 396637#

Quick Links



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

Monthly Lecture Recordings:

[Link for December 2017](#)
[Link for January 2018](#)

[Group of Forty Website](#)
[GOF GOF Books](#)
[Groups Worldwide](#)
[Planetary Cities of Light](#)

[More About Us](#)

[Activity Calendars](#)
[Criteria for Planetary Cities of Light](#)

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

[PCOL Coordinator](#) responsibilities.

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.

Planetary Cities of Light Report



Robert Maldonado
International PCOL Coordinator
rimaldo@gmail.com



Arcturian Self Care Practices in a time of Crisis

The COVID-19 global pandemic is giving us cause to reflect on how we can live a better life within planetary crisis and find ways to face and deal with change. As planetary healers it's an opportunity for us to see this crisis as something calling us together into a higher level of collaboration, creativity, and conscious living. That way we can emerge globally living more sustainably, peacefully, and enjoyably with our local communities and cities of light. Sometimes it takes an apparent tragedy to wake us up, yet its crises like this that allow us to remember who we are and our true purpose, which is to heal our planet and ultimately leave it better for the next generation.

Which leads to the importance of using all the self-care practices that the Arcturians have given us to better deal with personal and planetary crises. The basic principle here is that you want to harness your inner healing power and be a positive example and support to others, so that you can uplift people who are going to be experiencing fear, anxiety, and scarcity. In addition to common sense social distancing and basic hygiene our imperative for a positive outcome is the need to optimize our own psychological and physical health to boost our immunity and resilience. Here are a few basic reminders:

1. Sleep at least eight hours every night.
2. Get regular exercise, preferably outdoors.
3. Eat a balanced and healthy diet.
4. Work with fears as they arise but don't let them overwhelm you. It is essential at this particular time to do what you can to balance any fears you might have with self-nurturance. This can be a very stressful moment in our lifetimes. Every day make sure you are taking moments to relax your mind, release your fears, breathe in deeply, and strengthen your connection to your Self. Notice what you are feeding yourself mentally/emotionally-- take breaks away from the news broadcasts replacing that time with something that fills you up, empowers you, makes you laugh. Tune in and notice moment to moment if you are getting depleted or energized. Make more choices of the latter.
5. Focus on opportunities, not doomsday scenarios: how can this situation cause positive changes that we and the world need anyway? This keeps us out of a hopeless victim mentality, which is bad for our health.
6. Meditate or pray daily to focus your mind and uplift your consciousness
7. Finally, focus on your spiritual practices. Here are a few to consider:
 - Do the cosmic egg daily. Visualizing our cosmic egg every day, even several times a day, keeps illness away and does not allow any negative thought or energy into the energy field.

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 Arcturians 2](#), 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](#).

~~~~~

## Next in the series .....

### ["Connecting with the Arcturians: Volume 3"](#)

- Do the Shimmering Exercise. Shimmering is a very powerful spiritual exercise that accelerates the aura through thought. The idea of accelerating your energy field is important because the Ascension is going to create an acceleration of your energy field just like you do in shimmering. By increasing the vibrational pulse of your aura, you are able to send your astral body, or your etheric body directly into a corridor, and into a fifth dimensional place.

- Chanting and Toning. To unlock the ascension codes tone: Kadosh, Kadosh, Kadosh, Adonai Tsevaoth. (Holy, Holy, Holy is the Lord of Hosts). They are sacred Galactic and multidimensional words that help us open our Ascension codes at a subatomic level in our DNA and help us to remember our galactic heritage and offer us protection.
- Use Affirmations: Set the intention to cleanse and clear the immune system. Start with "Let the healing light enter my immune system." As the healing light enters your immune system, there is an acceleration of the evolution of the immune system so that you can next say, "I unlock the codes of healing light within my DNA." As you say those words, the immune system and its DNA are accelerated to a higher vibration. The lower energy virus cannot parasitically attach to your energy system and begin to replicate because the immune system is vibrating at a higher level that will overcome the virus.
- Personal healing chamber to the starship Athena. It is recommended to travel there at night with your light body to heal and rejuvenate. Our Arcturian family is available and willing to work with us.
- Perform Reactivation Meditations to strengthen the immune system and your Planetary City of Light.

Let's write the story of 2020 as a year where in the midst of a global tragedy we birthed a new way of being and became the planetary way showers by caring for ourselves. Just as the toughest life experiences can catalyze our greatest personal growth, so can this planetary emergency lead to a real evolution of our species.

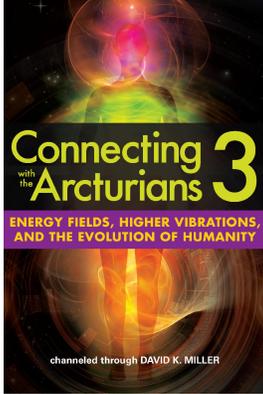
Blessings,  
Bob Maldonado

---

## PCOL Channeling from Groom Creek, AZ

*A special meeting of the PCOL in Groom Creek Arizona was held in March. Bob Maldonado, PCOL International Coordinator, attended this special ceremony as well as David and Gudrun Miller, and Loretta and Sharon, PCOL members from Groom Creek. Below is the transcription of the channeling from that ceremony.*

Greetings, this is Juliano, we are the Arcturians. This Planetary City of Light known as Groom Creek is a "Foundational Light City." By "foundational" I mean that it is holding higher light, not only for the city itself, that is the Groom Creek city of light, but also is holding light for the Group of Forty project. It is important for you to understand that this city of light, Groom Creek, is known now throughout the entire system of the entire Planetary Cities of Light project throughout the Group of Forty. That is what I mean by saying that it is foundational, and we, the Arcturians, are sending a special booster light, a booster activation to this city of light, now, for you are helping to hold the energy, you are helping to hold the light, and the network of planetary cities of light are receiving the boosting that I am now sending directly to the city of light. Here you are, in this room, in the center of the city of light of Groom Creek, receiving the boost of light, so sharpen now your receptivity as I, Juliano, align my starship Athena, directly over this house in the center of this city of



[This Book](#) is available as an e-book and a hard copy book through Light Technology Publishing.

You can also find it on Amazon at [this link](#). 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; 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.

light. (Tones: Om). I am downloading a booster of activating energy from the starship Athena into this room, and as it is received in this room, the light activation field of the Planetary Cities of Light Project is radiating outwards to the outer edges of this city of light. You all know the four cardinal points, and have a general idea of where the city of light boundaries are, so visualize again, the light field filling up with fifth dimensional energy, and then radiating outwards to the outer boundaries of the Groom Creek city of light. (Tones: Om). As the whole dome of light over the city of Groom Creek is now filling up. Visualize a dome of light over Groom Creek, and visualize that it is being filled up with this energy. (Tones: Om). You are helping to make this city of light more receptive, and also as a transmitter of city of light energy, it is going outwards to all the cities of light on the planet Earth that are connected with the Group of Forty project. So, see now, the overflow of light emanating from the boundaries, and visualize that the Arcturians are sending down the higher, fifth dimensional light into the room you are seeing the light emanate from the room to all the boundaries of the Groom Creek city of light. Now see the energy emanating again outward to around the globe to all participating cities of light, even though you may not know their names or where they are, just sense that you are radiating outwards this flow of light energy. Again, the light is downloaded into your basement center out to the edges of the boundary of the planetary city of light, Groom Creek, and then from there, it is emanating outward again to all of the cities of light in the Group of Forty project. We will go into meditation now.

There is a great energy flow coming into the room with the light going to the outer edges of the Groom Creek boundaries, and then going outwards to all of the other cities of light in Australia, South America, Europe, Canada, and Mexico. Now, as the light is filling up the room and the whole Groom Creek, I want you to now understand that we are using this city of light as a receiver of high, Galactic planetary city of light energy. Because of its unique position as a foundational energy field, we are re-aligning the Groom Creek city of light as a gigantic receiver of Galactic energy, coming from the Galactic planetary cities of light, from Alano, from the Central Sun, from Antares, from the Pleiadies, the Orion group, and from all city of light in this galaxy. Let this Groom Creek city of light activation be a central receiver of this galactic field of Planetary Cities of Light. Focus now on receiving their emissions, their emanations, and their connecting with you with love and support. We will go into silence.

You are reaching out into the galaxy, you are reaching out to the higher thought forms, the higher planetary cities of light throughout the galaxy, for it is your work and efforts in creating this network that sensitizes you to be able to receive the higher force fields of planetary cities of light activation throughout the galaxy. Now, open up your crown chakra to this higher light so that you can personally receive guidance activation, wisdom, understanding, and planetary healing skills that will enable you fulfill your mission as planetary healers and activators in this Planetary Cities of Light project. (Tones: Om). Now, as you are receiving this planetary cities of light, galactic activation, feel this activation energy again, filling the room and filling the Groom Creek planetary cities of light, and then emanating outwards to all the planetary cities of light in this Group of Forty project. You are helping to increase the receptivity powers of galactic energy into the Groom Creek area and enabling it to emanate outward to all of the cities of light.



David K. Miller |  
Co-Founder  
Group of Forty  
[davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com)

The follow-up to this book, "[Connecting with the Arcturians 2](#)", focuses on planetary transformation from a galactic perspective. It covers such topics as embracing galactic spirituality and planetary evolution, the aura enhancing technique known as shimmering and much more. The reader also gains more understanding of the planetary healing technology such as biorelativity and other global healing techniques.

You can buy these books at the following links:

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

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

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



Visit our  
**Facebook  
Group & Pages!**

### [Group of Forty group](#)

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](#)

[German Facebook Information page](#)  
[German Facebook Group](#)  
[Romanian Facebook page](#)  
featuring *Connecting with the Arcturians* by David K. Miller

**Other Links for The Blue Jewel film by Oliver Hauck:**

[Das Blaue Juwel](#)  
[The Blue Jewel \(English\)](#)

The Blue Jewel DVD on Amazon: <http://j.mp/1b8lHFI>

### **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](#)

[Group of Forty - Portuguese](#)  
[Group of Forty - Japanese](#)  
[Group of Forty - German](#)  
[Group of Forty - Romanian](#)

# From the Land Down Under



Andrea, (front) from Brazil joined in our February PCOL re-activation for the Gold Coast Planetary City of Light and Pacific Ocean Planetary Reserve of Light. Back line: Selina, Marie, Charmaine | Middle line: Jane, Anne and Auralia



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

## CORNWALL CAPERS

### Polbathic PCOL in Cornwall, UK



Hello Starseeds/Lightworkers,

In February we had a special visitor to our PCOL - Fi Mash - Southern UK Coordinator - who travelled over to see us and experience the energies of our PCOL.

We had a fantastic time - my wife Becky, Fi and I - in spite of the weather as the tail end of a storm rolled by - which brought us high winds, rain and sea mist! But we didn't let that stop us as we showed her around visiting the North and Western points of the PCOL where we buried 2 of our 4 crystals.

We then went to Rame Head to show her the beauty of our area - when we trekked there it was thick mist! But miraculously after a short time as we ventured along the coast towards Looe - the mist cleared. Our travels ended up in West Looe looking out to the nature reserve on Looe island which was gorgeous but still very windy! Then back over the river into East Looe for a cup of tea and chips with curry sauce for lunch - Yummy! Next time we'll get scones with jam and clotted cream!

It was great to get together - share stories and break bread together - I hope you get the chance to do that, too.

Hope you like the photo! We don't look that wind swept, do we ???!

Together in unity consciousness, Stephen



am very grateful. My life is about being fully present with patience, understanding and compassion, taking responsibility and being of service, using the skills I have come with and developed.

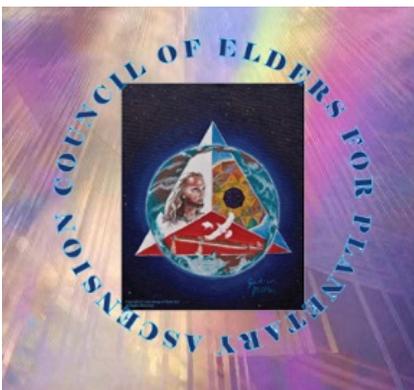
The truth is, we all have unique skills and abilities gathered throughout our experiences, that we bring with us, these are making us unique and beautiful. We all are equally important, supported, cherished and loved and it all fits in the big picture, harmoniously, beautiful, wise and supported by unconditional love.

In the last thousands of years there were the voices of single and few that pushed mankind on the evolutionary spiral, but these times call for the voices of the many to rise. Those of us that came to bring higher perspectives, a higher consciousness, to bring love and live by example, with love to each other and to our home, the Earth, to usher a brotherhood and sisterhood as foundation for a new Earth. We are all a part of this. We matter, each one of us, with our own individual, unique presence, expression, abilities and experience, to let us live out the highest and best in us for the highest good, at an individual and collective level. We are those voices and those lights that need now to speak out and to shine through.

I am grateful and blessed to be at your side at this evolutionary crossroad for mankind and Earth. Many Blessings to you all, brothers and sisters,

Cosmin

Cosmin Supeala,  
GOF Country Coordinator for  
Romania and Germany  
msupeala@yahoo.com



## Council of Elders Report

The issue we discussed this month was the coronavirus. We all agreed that it is a global crisis. We focused on how to use the impact of the

Buddhist retreat was held there: The miracle day in which we had the opportunity to meet and talk with Buddhist Lamas called Rinpoche, about the Arcturian Etheric Crystals (see photo).

We are planning to do one or two trips per year. Our next trip is to Costa Rica, Volcán Poas, as soon as we have a date, we will share that in this newsletter.

After Costa Rica, we are planning to visit Mexico The Copper Canyon, then Mount Shasta in California, USA, then Lake Moraine in Canada, and Sierra de Bocaina in Brazil. After that the idea is to continue to Montserrat, Spain, and to Lake Constance (Bodensee) in Germany, then to Istanbul in Turkey, Mt. Fuji in Japan, and finally we will visit New Zealand Lake Taupo and Grose Valle in Australia.

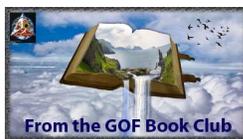
We know that with the coronavirus, this time is not the best to travel, so we will be very attentive at how this situation develops and unfolds.

After the retreat, GOF members showed interest in joining the Group of Forty and getting information to create Planetary Cities of Light in: Talca, Chile, Santiago, Chile, Chia, Colombia, Rafaela, Argentina, and Santa Fe, Argentina.

Sharing pictures of the retreat in Lago Puelo, Argentina. (Editor's note: There are more photos on Facebook)



Purvesh San Martin  
GOF Coordinator for South America  
Member, Council of Elders  
[purveshsanmartin1@gmail.com](mailto:purveshsanmartin1@gmail.com)



## GOF Book Club

*Expand Your  
Consciousness*

Chapter 20  
By David K. Miller

Do we have new cellular memory for each lifetime? Discuss this.

Cellular memory transcends lifetimes. It even transcends era. The cellular memories you have from your childhood dramatically affect you. Many have used reincarnation as the great clearing. Some people believe that when you die you go into the intermediary realm and from that position you are re born. The belief is that there is a cleansing of the cellular memory. Therefore, you come back into this lifetime with a clean slate.

When there is a reincarnation it does not mean that there is a total clearing. It means that all cellular memory is erased. When observing other galactic civilizations we found people often repeat mistakes. Some civilizations despite their best intentions as higher beings seem to repeat patterns that result in their destruction.

crisis to unify the GOF, to come together as a global family! We are a beautiful family! We see it as a wake-up call to humanity in the understanding that we truly are all connected. This then is an opportunity for Starseeds to rededicate themselves to the mission they came here to do. For the GOF, we can use the structure of the GOF to work together globally to help bring fifth dimensional light and healing to the Earth and to humanity. Your help is needed and welcome. Juliano asked us to look at the Tree of Life and the spheres of compassion and loving kindness versus judgement. The Earth has been forgiving and kind to her children through the 20th Century and the first part of the 21st Century. Now she is moving into harsher reactions that are a direct result of our denial about the state of the planet and about the abuse and misuse of the planetary resources and structure. Mankind has had unrestrained freedom to self-destruct and to destroy the biosphere necessary for life on the planet. She has worked on stabilizing the biosphere. Multiple energies need to be in balance to maintain a healthy biosphere. What does she want us to learn from this virus? The virus stops everyone nationally and internationally. This is harsh medicine that is being given to the world. The Earth has accommodated so much. More lessons are to come. The next event also will be worldwide. Mother Earth is responding to the misuse of her! Juliano stated that the virus will abate by summer, but it will take years to recover from the impact of the virus. What are we to learn? The Earth can offer harshness if the biosphere is threatened. The oceans are dying and the dying of the oceans lowers the immunity of humanity. There is a holographic relationship between the health of the oceans and to people's immune system. Also, Juliano pointed out that the rainforest destruction is related to the lungs of the planet. It is no coincidence then, that the virus affects the lungs and the ability to breathe!

GOF members can come together now and raise the consciousness of humanity and bring down fifth dimensional light and energy! This is, after all, what we agreed to come here to do!

Love and Blessings!



Gudrun Miller, Co-Founder Group of Forty Member, Council of Elders  
[gudrunaz@yahoo.com](mailto:gudrunaz@yahoo.com)

Alice Miller, psychologist in Europe, postulated the idea of repetition compulsion which states that people tend to repeat earlier incidents based on their memories of that incident. So, what you bring into this lifetime is often based on what happened in a previous lifetime. That could be a positive or a negative. You might have had high talents in previous lifetimes. You might have penchants for the understanding of languages or music for example. These gifts were probably brought with you in this lifetime from previous incarnations. These cellular memories enable you to access those traits successfully in this lifetime. That certainly seems to be very positive. On the other hand, you have also faced particular problems in this lifetime; health problems, relationship problems, and financial or career problems. The cellular memories from previous lifetimes have been reloaded into your mind and into your genetic codes. The energies in this lifetime will bring you into situations in resonance with your cellular memories. These renewed situations are done for a specific purpose. It is part of your evolution and in part you need to complete certain lessons.

#### Do those memories have an effect on the planet?

The evolution of a planet also depends on the cellular and cosmic memories of its inhabitants. The concept of cosmic memory relates to the origin of the Starseeds on Earth. They bring memories from previous extrasolar planetary incarnations. Cosmic memories influence DNA. There are also extra planetary influences on the Adam species. This includes beings such as the Grey beings or the Orion people from that planetary star system known as Sirius. I am referring to influences from earlier conflicts on stars distant from Earth.

Star civilizations have been in existence millennia before humankind appeared on Earth. These star systems and planetary systems went through many advanced stages technologically and spiritually. They also went through some disastrous and catastrophic energies, that in some cases led to severe destruction of entire planetary systems. Some of you have cellular memories from these catastrophes and they are embedded in the cosmic memory of Earth.



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



Extract from lecture with Juliano through David K Miller Sept 2012  
'Working with Earth's Feed Back Loop System.'

In healing work, think about working with the whole system and bringing the whole system into balance. With your help, the system knows how to bring itself into balance. This healing process is the same thing with the planet. We can try to analyze each aspect of the imbalances in the planet. We will go down a very complicated road which may not make sense to us. We can talk about the global climate warming. We can say that the climate is increasing a half a degree centigrade each year or the water is rising several feet per year. Each one of these problems can have quite dramatic effects. The Earth has the resiliency and the ability within its feedback loop system to monitor and make self-corrections. The Earth can compensate for an overly

stressful reaction in areas such as global warming. The Earth must be instructed, or the Earth must be communicated with, to react in its feedback loop system using the whole system.

Working with the entire planetary system is an important concept in planetary healing. Let us look at global warming, for example. Global warming is a symptom. We could say that global warming is one aspect of a greater imbalance on the Earth. If we lower the temperature on the Earth, then we still are going to be back to a normal balance. Changing one aspect of the Earth doesn't take into account the whole system of the planet. This doesn't take into account that the Earth has a feedback loop system that has the resiliency to deal with an imbalance in one area and can be compensated and made up in another area. The whole system has to be involved.

This systems approach is a high level of evolutionary planetary thinking. This whole planetary approach that I am speaking of is found in advanced civilizations throughout the galaxy. These civilizations have surpassed the Earth. They have, for example, overcome the impulse to destroy themselves through wars. They have abandoned nuclear energy. There is no advanced civilization in this galaxy that travels intra-galactically that uses nuclear energy. Nuclear energy is considered a primitive and dangerous energy.

This systems concept that I am describing is a higher order concept. These advanced civilizations have used these higher concepts to integrate themselves with their planets and to activate the innate healing energy within a planet.

You, as planetary healers, have come to this planet on a mission to work exactly with this concept. Therefore, we need to encourage you to use the ability of Biorelativity in a way that begins to foster a unified activation of the Earth's feedback loop system. The Earth's feedback loop system can respond to your input.

---

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

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

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



Copyright © 2020 David K. Miller | P.O. Box 4074,  
Prescott, AZ 86302 USA | [davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com)  
Phone: 928-776-1717

Visit our websites:

USA/International: [www.groupofforty.com](http://www.groupofforty.com)

[Spanish speaking countries](#)

[Portuguese/Brazil](#)

[German speaking countries](#)

[Japanese](#)

NEW: [Romania website](#)

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

---

## Upcoming Events

25th Annual Conference, Prescott Resort & Conference Center, Prescott,  
Arizona, Friday, October 23rd - Sunday, October 25th, 2020.

More details soon!

[International Activity Calendar](#)

[Spiritual Tools](#)