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Hi, just a reminder that you're receiving this email because you have expressed an interest in Group of Forty. Don't forget to add davidmiller@groupofforty.com to your address book so we'll be sure to land in your inbox!

You may unsubscribe if you no longer wish to receive our emails.



Monthly Newsletter **GROUP OF FORTY**

David K. Miller - Founder/Director

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Connections Issue 254

DECEMBER 2017

In This Issue

Member of the Month Starseeds Counselling Personal Healing Announcements Visit our Facebook Pages International Calendar Council of Elders Report Volunteer Placement Australia Report Native Peoples Committee Spiritual Practice Biorelativity Report **GOF Monthly Lecture** Save the Date PCOL Report PCOLs - Around the World New Zealand PCOL

Argentina Re-Activations

Welcome New Members!

Members Matter Member Emails

Description of the Arcturian Spiritual Exercise Shimmering and Traveling to the Arcturian Crystal Lake

By David K. Miller

Shimmering is an important Arcturian spiritual exercise and it has many uses. It can serve as a method of protecting your aura. It also can help you to receive Fifth Dimensional energy from the Arcturian Crystal Lake. Below is the review of the steps for shimmering and traveling to the Arcturian Crystal Lake:

- 1. Become aware of your aura.
- 2. See your aura in the shape of a cosmic egg.
- 3. Become aware of the outer edge of the aura, the line around the egg.
- 4. Begin to rapidly pulse your aura by making the outer edge of the aura match this sound: Chants: "ta ta ta ta ta ta ..."
- 5. When I say the word "shimmer" know that your aura is going at a speed that is so fast that we cannot reproduce the sounds.

Featured GOF Member of the Month



Robert Maldonado

Robert
Maldonado is
our Member of
the Month. He
resides in
Fairhope,
Alabama and is
a healer,
writer, and

leader of a meditation group doing energy work and planetary healing.

In 2017 he became a member of GOF after viewing the movie the Blue Jewel and is the PCOL coordinator for the city of Fairhope.

Robert recently published his third book "Flying with my Higher Self-Awakening to Self Mastery" now at Amazon or (www.authorrobertmaldonado.com) that highlights the Arcturian teachings regarding higher-self connection and bridging Fifth Dimension and Third Dimension.

Robert added, "It is a wonderful experience to be reunited with my Star Family and meeting many of you at the annual conference in Arizona. It is truly a great honor to represent GOF for the city of Fairhope, Alabama and I am looking forward to contributing to GOF's vision of light for the planet."

Thanks to you, Robert, for your GOF work.

You can reach Robert at rrmaldo41@gmail.com

- 6. Chants: "ta ta ta ta ta ta ... shimmer, shimmmeeerrr, shimmmeerrr."
- 7. Leave your body now.
- 8. See the great corridor of light around the room.
- 9. Your aura is now separated from your body and is able to travel with me.
- 10. our aura remains connected to your physical body by the astral cord.
- 11. Go up the corridor.
- 12. Now we travel together through the corridor at the speed of thought.
- 13. Chants: "ta ta ta ta ta ta ..."
- 14. We travel through the corridor and we arrive in the 5th dimension at the Crystal Lake.
- 15. You are now above the lake with Juliano.
- 16. Look and find your Fifth Dimensional body at the lake.
- 17. Enter your Fifth Dimensional body with your aura now.
- 18. Your aura is receiving the Fifth Dimensional energy from this experience.
- 19. Feel your aura rise out of your Fifth Dimensional body.
- 20. You go to the top of the Crystal Lake.
- 21. You follow me as we go into the corridor again.
- 22. And together we travel at the speed of through the corridor. Chants: "ta ta ta ta ta ta ..."
- 23. We come through the corridor back to the room where we started.
- 24. You go to a place six feet above your physical body.
- 25. Your aura enters the physical body in perfect alignment now.
- 26. You feel a great sense of spiritual energy. It is a healing for you.

International Biorelativity Update

Our Biorelativity program has had a busy month. A Biorelativity study group has begun among the members in Brazil. Also there is now a new Facebook page devoted to Biorelativity in Brazil, in Portuguese, and that page had 1,080 hits in the first week! Luciano in Brazil has translated the Biorelativity manual into Portuguese for that country's membership use.

This month, our Biorelativity team around the world has been working to download healing images of renewable energy use into the Noosphere to help positively change the planet. The Biorelativity Committee chooses a new theme every month for our word. Our theme for January will be focusing on helping to lower extreme temperature patterns globally.

Our Biorelativity Committee meets monthly. Our committee membership includes Lesley, from the USA, Jane from Australia, Cosmin from Germany, Carla from Brazil, and David K. Miller.

Starseeds Counselling



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

Dear Gudrun,

I have been an active member of the GOF for many years. It is a project that resonates deeply with me and one that I support!

My issue is that in all these years in the GOF, I do not believe I have advanced myself spiritually. It is a challenge for me to sit in on the meditations and the guided visualizations because I do not experience anything! I think, then, that I am a phony with no spiritual gifts to bring to the group.

I am scared that I am a liability to the group and may be holding it back! I fear that I will not ascend.

Thank you for your guidance.

Dear Friend,

One of the first things that Juliano taught us when we were forming the GOF was that we are of assistance to one another. Where one is stronger, they can help the one that is not as strong. No one gets left out!

Your loyalty, perseverance and dedication are spiritual gifts and you bring those to the group. You have a deep devotion to spirit that comes from inside of you and is a constant in your life. Don't underestimate the power you hold!

I don't know what karmic debts you have or the lessons you came to learn. I do believe that one of the lessons is self-acceptance.

Self-acceptance means that you do not put yourself down nor do

The Committee wants to remind everyone that there is wonderful Biorelativity Manual and Guide on the website. Go to http://groupofforty/projects/biorelativity/biorelativity-guide. This manual can be downloaded and printed out. There also are great discussions and explanations of Biorelativity in many of David K. Miller's books.

The Biorelativity Committee is holding a webinar on Biorelativity on January 13th at 1:00 P.M. Arizona time. The webinar will focus on the process of Biorelativity and the Earth's feedback loop system. Information on registering for this workshop will be sent out in early January.

Remember, Biorelativity is a technique in which we connect telepathically with Earth for the purpose of communicating with the Spirit of Earth to help balance Earth's meridians and feedback loop system.

David K. Miller, LCSW Group of Forty Co-Founder

Group of Forty Monthly Lectures

with David K. Miller



The next lecture is on Saturday, January 6, 2018 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:

USA: (641) 715-3810 Access code: 164595 (confirm with # and 1)

Note: the access code is the same for all countries.

Sample other international numbers: Argentina: +54 (0) 11 5219-4138 Australia: +61 (0) 3 9028 0260 Germany: +49 (0) 221 98203420 UK: +44 (0) 330 606 0182

If your country is not listed, please <u>follow this link</u>, for a complete list of all country specific phone lines that you can use to participate from your country at the lecture.

The re-transmission of the lecture for Europe will be on **Sunday**, **January 7**, **2018 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

you compare yourself to others. You give yourself the love, compassion and kindness that you freely give to others!

My experience over the years in the GOF is that only very advanced souls are attracted to the teachings of the Arcturians. Only very dedicated souls are willing to put in the hard and challenging work required to be a member of this group.

Thank you for being a part of this group!

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

Quick Links...

Group of Forty Website Books Groups **PCOLs More About Us**



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!



SAVE THE DATE! 23rd Annual Arcturian Workshop

Dates: November 9th, 10th and 11th

Where: Prescott Arizona, to be held at the Prescott Resort

Theme: Using the Arcturian Group Thought Fields for Spiritual Healings and Ascension

Presenters: David K. Miller and Gudrun R. Miller

Exercises include:

Arcturian spiritual exercises, including shimmering, bilocation, thought projection, going to the Crystal Temple, Biorelativity folding space-time exercises, Helio-ah's healing chambers and Tomar's Arcturian Temple exercises.

To be held at the Prescott Resort, Prescott Arizona Special room rates will be available!

Planetary Cities of Light Report



Lin Prucher International PCOL Coordinator linprucher@groupofforty.com



Sneak peek at a special GOF PCOL Project to be Re-introduced in 2018

Planetary Cities of Light and the Arcturian Tree of Life



David is available for personal healing work in person in Prescott, and

he also does phone readings. Contact him via email:

davidmiller@groupofforty.com

ANNOUNCEMENTS

David K. Miller is happy to report that his book, *Connecting with the Arcturians 2*, will be translated and published in Dutch. The Dutch publishing company, Uitgeverj Akasha, has just signed a contract with Light Technology in Sedona for the publishing rights.



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

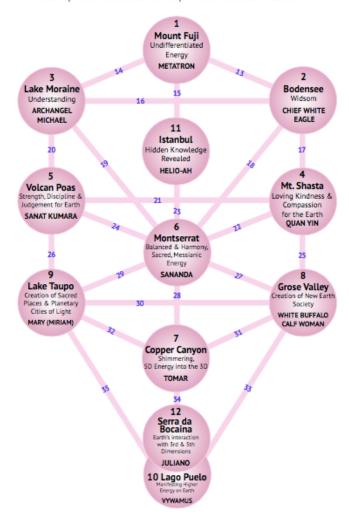
The book has recently been translated into Spanish with the great help of Odilia Riveria and Alex Davlar. Light Technology Publishing will soon have it available, and we will send out the information to our Spanish speaking GOF members as soon as it is on line! In the meantime, the eBook is available 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, is now available for purchase from <u>Light</u> <u>Technology</u>.
- > David's book,5th Dimensional Soul Psychology: Channelings by Vywamus, is available on the Light Technology website.

Arcturian Tree of Life with Numerical Paths

Each Sphere is associated with a Spirit Guide and Sacred Location



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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.



Group of Forty group on

Facebook

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

There is also an open group for nonmembers. 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 Spanishspeaking 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/1b8lHFl

The Blue Jewel website

International Activity Calendar

You must log in to view the calendar **Click Here**

Planetary Cities and Ocean Reserves of Light And The Paths on the Arcturian Tree of Life

Choose a new path, so we can work with all paths

- 1. Mount Fuji Crystal, Japan 2. Bodensee Crystal, Germany 3. Lake Moraine Crystal, Canada 4. Mt. Shasta Crystal, USA 5. Volcan Poas Crystal, Costa Rica 6. Montserrat Crystal, Spain 7. Copper Canyon Crystal, Mexico
- 8. Grose Valley Crystal, Australia 9. Lake Taupo Crystal, New Zealand
- 10.Lago Puelo Crystal, Argentina 11. Istanbul Crystal, Turkey
- 12. Serra da Boçaina Crystal, Brazil 13. USA, Arizona, Groom Creek-PCOL
- 14. USA, Nevada, Carson Valley-PCOL 16. AUSTRALIA, Gold Coast-PORL
- & CANADA, Vancouver 17. AUSTRALIA, Dandenong-PCOL 18. AUSTRALIA, Applecross-Shelley-PCOL
- 20. AUSTRALIA, Gold Coast-PCOL 21. AUSTRALIA, Sydney Harbour-PORL
- 25. ARGENTINA, Buenos Aires, Palermo
- 26. CHILE, Concepcion-PCOL
- 28. SPAIN, Montserrat-PCOL
- 30. SPAIN, Sant Pere de Bibes-PCOL & NEW ZEALAND, Auckland-PCOL
- 31. AUSTRALIA, Grose Valley-PCOL 32. AUSTRALIA, Sydney-PCOL
- 33. AUSTRALIA, Mornington Peninsula-PCOL
- 34. MEXICO, Mexico City, Cuicuilco-PCOL & AUSTRALIA, Brisbane North-PCOL
- 35. AUSTRALIA, Melbourne, Port Phillip Bay-PORL

As an aid to personal and planetary ascension, Juliano offers another strategy. The members of a Planetary City of Light get together and choose a path to work with from the Arcturian Tree of Life.

Learning more about the path and finding ways to implement it aids personal evolutionary growth. Doing this within the Planetary City of Light network has a huge synergetic effect on bringing forward the planetary ascension.

This project was originally started in the earlier years of the Planetary City of Light Project and will be re-introduced with more detail in 2018. The aim is to have at least one Planetary City or Ocean Reserve of Light on each path. So those PCOL teams who are interested will be asked to please choose one of the unclaimed paths #13-35. Eventually we will have all paths covered and some paths with several Planetary Cities or Ocean Reserves of Light.

We will have fun with this!

Omega Light Blessings to you all,

Lin 🐽



OF ELDING FOR PARTY OF THE PART

Another year has passed and we on the Council of Elders have accomplished many of our goals.

In the last year we have sponsored numerous webinars where we share our experiences and wisdom. These are excellent lectures and available to all to view in case you could not make it to the webinar!

We also reached out to other spiritual groups with moderate success. This will be an ongoing effort so that we can increase our arcan power globally.

Corae Lierman and Mountain Eagle are working to expand our indigenous peoples, or First Nation Peoples, connection with the GOF. We wish to bring the concept of the Sacred Triangle to the consciousness of the planet.

Juliano is helping us to make a more direct and interactive connection with the Galactic Council.

It is an honor to be a part of this esteemed group of people who are so dedicated to higher consciousness and to the teachings of the Arcturians and the other masters.

May your year be blessed with many spiritual breakthroughs!!!

PCOL Reports from Around the World





From New Zealand - the Land of the Long White Cloud

The usually sleepy little historical village of Howick, the Centre of East Auckland's Planetary City of Light, gets ready for the Christmas season and the crazy "Midnight Madness" shopping events that take place at this joyous time of year. At these midnight events there are bargains for all.

The shops, cafes, theatres, art galleries in this quaint little English style village come alive with music and laughter. Howick is also known for its Christmas Lights Trail.

For many years locals from the area, plus thousands more from across Auckland, enjoy the month of December as every evening up to thirty homes participate in the Christmas Lights trail. Each year "Your guide to East Auckland's Light Displays" is published on the media. Homes and gardens are decorated in competition to raise money for charity. It providesw an enjoyable two-hour drive for families to follow the trail of lights on a summer evening.

Stockade Hill overlooking the quaint village of Howick in one direction and the islands leading to the South Pacific Ocean in another is another tradition. The large native Pohutukawa tree on the top of the hill is decorated with Christmas lights every year.

This tree goes back to early New Zealand history, during the Land Wars, when Bavarian mercenaries stationed here in 1863 erected a Christmas tree and sang Christmas carols.

Today the large Pohutukawa on the hill boasts Christmas lights, which are lit on this night of "Midnight Madness." Evenings of caroling, family picnics, and "Christmas in the Park" events are held on the hill during this season of goodwill.

Love,

Gudrun R. Miller Member of the Council of Elders gudrunaz@yahoo.com

GOF Volunteer Placement Program



Volunteer Placement Program

Volunteer Placement Program

Volunteer Positions Available:

Northeast Regional
Group Coordinator

Southeast Regional Coordinator

These positions provide an opportunity for GOF members to use their skills of organization and customer service, and a commitment to serve the visions and goals of the GOF. You are fully supported in the role as a Group Coordinator.

A new <u>Volunteer Request</u> form is now available on line.

Consult the Volunteer

Placement Program Quick

Guide and Volunteer

Placement Program Manual

for more information and

orientation.





From the Land Down Under



Grose Valley Crystal

New Year celebrations in Sydney PCOL/PORL

Residents celebrate New Year's Eve on boat cruises, urban parklands and beaches. Others hold special parties or barbecues at their homes. Public countdowns to New Year's Day are held at large events in major cities, such as Sydney, and televised so those at home can join in on the celebrations.

As the clock strikes midnight, to mark New Year's Day, fireworks are launched in a shower of display to send off the old year and welcome in the New Year. People toast to the New Year with champagne and wine.



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



Re-Activation Ladder of Ascension: San Martin de los Andes and Re-Activation Medicine Wheel: Lago Puelo, Argentina

On February 23rd, 2018 at 9 AM AZ time, there will be a webinar via GoToMeeting, with David and Gudrun Miller, translated in Spanish by Purvesh, to celebrate the reactivation of the Ladder of Ascension in San Martin de los Andes.

A group of eleven people from the PCOL Palermo, Buenos Aires will travel to San Martin de los Andes to do a ceremony of re-activation of the Ladder of Ascension. Later both GOF groups from San Martin de los Andes and Buenos Aires will travel to Lago Puelo to do a ceremony of re-activation of the Medicine Wheel at Lago Puelo.

The celebration will mark six years since The first activation of the medicine Wheel at Lago Puelo.

All Spanish-speaking and English-speaking people are invited to the webinar. The channelings will be in English with Spanish translation.

We invite all GOF members and non-members to come to the celebration and enjoy the beauty and purity of Patagonia in Argentina. Please get in touch with Pepe (pepelema@smandes.com.ar) or Purvesh (purveshsanmartin1@gmail.com) to reserve a place for the celebration.





Jane Scarratt janescarratt@gmail.com











Purvesh San Martin GOF Coordinator South America purveshsanmartin1@gmail.com



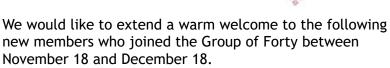
The Native Peoples Sacred Triangle Committee continues to work toward providing a more complete balance and harmony with ALL THREE sides of the Sacred Triangle:

The Spiritual Ascended Masters; The Benevolent Extraterrestrials -the Arcturians; The First Nations Peoples' - Indigenous

Chief White Eagle reminded me that He IS a member of ALL THREE SIDES of the Sacred Triangle.

He is an Ascended Master on the Galactic Council. He and his ancestral connections are from the Star Nation System, the





| First Name | State | Country |
|--------------|-----------|-------------|
| Jonathan | Sydney | Australia |
| Melodine | NY | USA |
| Tabitha | MA | USA |
| Keith | MA | USA |
| Joanne | Pomona | Australia |
| Maria Emilia | HI | USA |
| Catrina | Sydney | Australia |
| Tiziana | Herisau | Switzerland |
| James | Singapore | Singapore |

Birgit Smothers USA Group Coordinator birgit@groupofforty.com Pleiades. He lived life times on Earth as a custodial Indigenous.

Chief White Eagle has been intensifying His message to the Indigenous on the Earth once again. He has reminded them that they need to awaken to their true roll here on the planet, bringing renewal of ritual and holding Sacred Spaces. The evolution of the Planet on its route to Ascension demands their participation now in a very large way. The Grandmothers have taken on the Power that was stripped from them, and now leading by example to awakening the Divine Feminine in us all.

The Committee is looking for ways to assist the Indigenous of ALL Nations. How can we pass on these "Tools" that the Arcturians have shared with us. We are planning on sharing the venue of the GOF Webinars with many of these cultures, as a way to share their Ancient Rituals. The Galactic energies help to add to the Power of these Rituals that had been used for Centuries to strengthen the Grid lines and planetary plates.

The Arcturians have been helping for decades to introduce their technologies to awaken the Starseeds. We are on the edge now, of an even grater realization.

PEACE-HARMONY-BALANCE for those who *CHOOSE* to take their rightful roll into the Ascension.



CoRae Lierman Coordinator Native Peoples Sacred Triangle

coralier man 02 @gmail.com

Members Matter Corner

Dear members, just a reminder in case you missed it:

We now have a page on our website where you can advertise your business to other members. Just e-mail me at birgit@groupofforty.com or our newsletter editor, Gene Yoder at gyoder2@yahoo.com and we will post your business.

Wishing all a blessed holiday season and New Year!



Birgit Smothers USA Group Coordinator birgit@groupofforty.com

Emails from Members

Hello!

I thought you might consider this Vywamus discussion on "Your Inner Guidance!" for your newsletter. Vywamus guided the LA GOF Meditation on 11/7/17. It was a beautiful meditation.



Vywamus asked me to send this to you.

Thank you so much for this amazing network of Lightworkers that you & Gudrun have created. I have met so many wonderful people through the GOF. I just loved the November lecture. Quite illuminating.

Much love to you & Gudrun Sending hugs xoxox

Namaste Cheryl

FYI: the notes that were sent out:

Hello,

Here's the info from Vywamus, Arcturian Soul Psychologist

Spiritual Practice

You can do the cosmic egg exercise using the instructions you already know to enhance your dimensional shifting abilities. There will be times when you can't do this exercise in such detail. The second part of this exercise will link, or anchor, your ability to do a dimensional shift.

Begin this exercise by placing your right hand on your third eye chakra, and say, "Dimensionally shift now!"

Then slowly remove your right hand from your third eye, and feel the expansion of your third eye chakra.

We'll do this one more time.

We are anchoring this as a link to make it easier for you to enter the shifting experience. That means when you are in a situation on the Third Dimension and need to be in this higher consciousness and perception, you can place your right hand over your third eye. Do that now.

If possible, place the palm of your hand (the point that is the energetic center of the palm is called the Lao Gung point in Chinese medicine) over your third eye, and then say out loud, "Dimensionally shift now!" and slowly remove your hand from your third eye.

This anchoring can be used in an emergency situation or when you don't have the luxury of time for the entire dimensionally shifting exercise.

Hello Dear Ones,

Let's focus on Your Inner Guidance!

- Do you listen to your thoughts?
- Do you allow yourself to get quiet? Without TV, cell phones, electronics
- Do you have a special tree to visit?
- Is your third eye active in the way that you'd like?
- Are you always asking your friend or family for advice when you already know?
- Are you grounded daily?
- Have you cultivated your KNOWINGNESS?

Standing in your ONE-NESS is very important to create SELF-LOVE, self-reliance and contentedness.

• Is your triad working? Triangle - pineal/brain/heart

Many triads exist that aid you in being balanced always, i.e.

- You/sun/moon
- Your tree: your biology/Gaia/Creative Source

PS. I added this: your Higher Self (soul), Intuition (pineal), Innate (field that knows your biology/body). Your intuition is the bridge between your soul and your Innate.

Vywamus

Arcturian Soul Psychologist

Angel Cards; noted by Vywamus

Raye

"Yoga and exercise are essential to your well-being, peace of mind, and spiritual growth right now."

If you have any questions, please contact me.

Much love & hugs Namaste

Cheryl Weinfeld

cherwein@gmail.com

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#### A short note from Oliver Hauck, Producer of "the Blue Jewel"

The Blue Jewel is based on the Group of Forty work for Planetary Healing.

From "Connecting with the Arcturians 2: Planetary Transformation from a Galactic Perspective" by David K. Miller.



Jane Scarratt National Coordinator in Australia For the Group of

Forty janescarratt@gmail.com

Oliver Hauck has generously made the movie available for free on YouTube. To see the movie for free go to YouTube and type in 'Blue Jewel full movie.'

Oliver reports that to date he has had over 12,309 hits on the site.

David

#### **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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