

Group of Forty

Australia

www.groupofforty.com

David K Miller Founder/Director



THOUGHTS FROM JANE

Our Motives We have to look at our motives for our actions. It's important we try to do "the right thing", but even more important that we have a pure motive. Pure of heart means having a pure motive. So a job for our inner observer is to watch over our motives and warn us if there is any doubt. In the case of important decisions we should perhaps meditate and think about our motive and make sure it is sufficiently pure. A method is to look at the problem from all sides. We don't have the luxury on the third dimension to be able to see the result of our actions. We need to see a problem from all sides especially from the side of someone who disagrees with us. No matter the argument, everyone with a disagreement has a valid point and we have to understand and be prepared to listen to all opposing views and find a common ground that is fair for all concerned. With all this focus on purity and "doing the right thing" it's easy to drop into the old habit of suppressing what we see as negative within us rather than transmuting and overcoming it. Suppressing creates new blocks and brings us back to where we started. Better to acknowledge and integrate all parts of our personality into a single conscious unit. Only when we are fully conscious of our negative parts can we successfully transform them.



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Make an entry in your diary for our annual conference on October 20th and 21st 2018. We'll be meeting at Jemby-Rinjah Eco Lodge for our meeting on Saturday 20th and then having lunch together at a local venue. Sunday 21st we'll have a joint meditation at the Grose Valley crystal. It's wonderful to meet other members face to face. Email Jane for more details.

MEETING OUR MEMBERS

Hello everyone, I'm Anne Scarratt and I live on the Gold Coast in Queensland. I've been a member of Group of Forty since 2015.

I travelled extensively to many countries and lived in London for a number of years before returning to Australia.

I have been a registered Naturopath and Kinesiologist for over 20 years and excel in the natural therapies field.

I established the Sydney Kinesiology Centre in 1993 in Sydney's Eastern Suburbs where I have continuously practiced, but have now opened a clinic in Queensland's Gold Coast and I work exclusively from there these days.

My focus has always been in finding the blocks that affect our life force energy which in turn then causes physical imbalance. As a result I use my extensive knowledge and experience in the Naturopathic field to identify biochemical imbalances, and I then utilize my Kinesiology skills to discover the emotions and behavior patterns that underlie the dysfunction.

With the beginning of a shift into the 5th dimension at the end of 2012, it has become increasingly important for people to clear old habit patterns, otherwise these imbalanced energies will block the life force of individuals causing disease states to arise.

I was introduced to the Group of Forty through my sister Jane Scarratt, and have since focused on training to become a presenter.

ANNE SCARRATT



I believe that through meditation you can connect with your Essence or Presence and then use that part of you during the guided meditations. I have always been interested in keeping the earth in balance and the Group Of Forty has given me the opportunity to do that in concert with many other like minded people.

Blessings Anne

Spiritual practice... To protect yourself from the intrusion of viruses into your electro magnetic energy field, the sound is: duooh-duooh-duooh. This sound goes through your entire electromagnetic spectrum, helping to repel all viruses and lower-energy bacterial substances. **Repeat to yourself, "I am an electromagnetic, resonant being and I am attracting only light. I am repulsing all bacteria and viruses. My magnetic field is so charged that it can repulse that which is of harmful nature to my physical body."** Teachings from the Sacred Triangle by David K Miller vol 3 ch 27

MEETING OUR GLOBAL MEMBERS

Hello, my name is Glen Powell and I live on the edge of the Cotswolds. I originate from Liverpool, the home of the Beatles. I was lucky enough to see them play at the iconic Cavern club back in the Sixties (which gives you a clue to my age!) I studied my degree at Liverpool University and went on to study metaphysics in the U.S.A. My career background was in marketing with British Airways and this gave me the opportunity to travel the world extensively. I later moved into insurance and sales working as a General Sales Manager specialising in the provision of Human resources. I am now retired which affords me plenty of time to indulge in my hobbies which are reading, golf, music and theatre. I have been a spiritual teacher for over thirty years. Initially, my love of healing lead me to qualify as a spiritual healer and during this period I became excited about, and later became, a spiritual teacher. I teach a long established spiritual development group that has been focused on Ascension and the Ascension pathway. I also teach a Philosophy group and a spiritual philosophy group as part of the University of the third age initiative. This encourages older people to continue their personal learning and gives them opportunities to take part in short courses and join a variety of groups facilitating them to experience new skills and meet new people. My group has grown and developed from here and is now a thriving, permanent group. I have had the pleasure of meeting some very interesting people within my groups. I enjoy leading new people to the path of light and I like the interaction with people as this was something I was skilled in during my working life. My other interests include Philosophy and particularly Metaphysics.



I enjoy the mix of a truly interesting cross-section of ideas and views. Our development group first made contact with our friends the Arcturians over two years ago. I have found that working closely with these highly knowledgeable beings has taken my knowledge to a higher level and I now have a real understanding of being able to move my consciousness forward to a much higher vibration. Having read most of David Miller's books, I have found them rewarding and illuminating. Following the advice from the Arcturians, I joined the Group of Forty to meet and develop a strong relationship with other light workers and star seeds. My aim is to participate in the wonderful work that GOF does to support mother Earth and help her move closer towards her ascension as well as help illuminate a pathway for as many other souls towards their own ascension. I look forward to joining together with other members of the Group of Forty movement in working to promote and encourage as many souls as possible to find a loving world of peace and enlightenment.

A Pilgrimage to a Person

When you are not with close friends, you are not in the presence. It is sad to leave the people you travel with. How much more so those who remind you of God. Hurry back to the ones protecting you. On every trip, have only one objective, to meet those who are friends inside the presence. If you stay home, keep the same purpose, to meet the innermost presence as it lives in people. Be a pilgrim to the Kaaba inside a human being, and Mecca will rise into view on its own. *Rumi*

DID YOU KNOW... Taken from a Lecture March 2013

The ascension is also part of Arcturian theology. The Arcturians also have a theology that is based on service to the galaxy. Service is one action that transcends the dimensions. Service on the third dimension is equivalent to service on the fifth dimension. There are many benefits and gains from service. The good energy that you receive from the service that you do on the third dimension is equivalent to the good energy on this fifth dimension. In fact, there is now a debate going on that the service on the third dimension sometimes is creating a greater benefit for the soul development. That is to say that the soul, through service, is seeking to maintain itself in a higher state of consciousness permanently. The soul is looking for a place to manifest on the highest level possible in a permanent way. And therefore there are certain activities that benefit a soul. This sounds strange because you would say from your perspective that you get certain points and if you do certain number of services, then you have enough points and you can ascend. That is a simplistic and positive way of looking at the reality. From the third-dimensional perspective that view has some merit. All the great prophets and all the great teachers throughout the galaxy have done a great service. The fact is that there are so many opportunities for service on the Earth. Yes, the Earth is a freewill zone, this is true. But also, because the Earth is a freewill zone, the Earth has a tremendous opportunity to provide various levels of service and these levels of service that are available have great potential for soul expansion.

This is galactic principle. It is a principle that comes directly from Adonai; that is that the service that can be done on the lower dimensions is of great benefit on all dimensions and that is of great benefit to one's soul journey. The fact is that there are so many opportunities for service on the Earth right now. From one perspective you could say that the Earth is so misguided, so no wonder there are so many opportunities, which is true. On the other hand, you can say that because of all the misguidance and confusion and darkness there are an infinite number of opportunities for service.

Thought represents the entire energy field of a planet. Thoughts represent the entire energy of a dimension. The thought field is the basis of holding together the third dimension. You have the existence of the veil which separates this reality from other realities, but this veil is also a thought force. The thought force can be penetrated. What is amazing is that your thoughts are able to be transmitted also in a quantum way.

For example, your thoughts and what you do with your thoughts are recorded in the Akashic Records. Every thought that you have in this incarnation is actually recorded. This is a positive development. It is not a negative development. I am only explaining this to you so you understand the extensive range and dynamics of thought energy.

FROM THE COSMIC ARROW

From the Cosmic Arrow - Arcturus Connection
By Sjoerd Tyssen

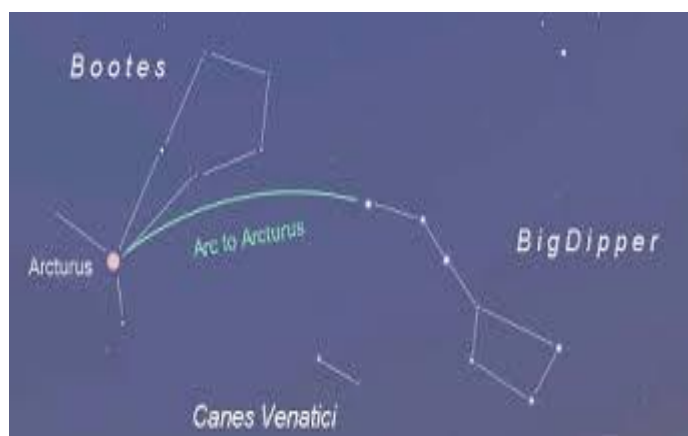
Full Moon – Piscean Cycle -
2nd of March '18... 11 degrees. Pisces/Virgo
Message: - 'This is a Different way to Prepare these Scallops'
Or - 'Joy is Relative to the Service Given & Received'

Last Quarter - Piscean Cycle -
10th of March '18... 19 degrees. Sagittarius
Message:- 'Give, to be Generous in Love'

New Moon - Piscean Cycle -
17th March '18... 27 degrees. Pisces,
Message:- 'Singing a Song can cheer the Gloom away' -

1st Quarter - Piscean Cycle -
25th March '18... 4 degrees. Cancer
Message:- 'Guiding a Boat down the River is a Special Task'

Full Moon – Piscean-Aries Cycle-
31st March '18... 19 degrees. Libra
Message:- 'Friends and Lovers need to Communicate their Desires'



CORNWALL CAPERS

Hello Starseeds, This month we are looking at jet which is usually black. It has a hardness of 2-4 so use white sage to cleanse this softie!! Jet is basically trees which fell into the sea when our mother earth was young and then over millions of years in this pressure cooker - undertook a chemical change to jet. It has been used in jewellery for a long time - way back in history and has been found in archaeological digs. It was made very popular by Queen Victoria during her period of mourning for her beloved Prince Albert and became associated with mourning. It is good for the root chakra and is good for grounding, protection, purification and yin yang balance. It helps clear impurities in the bodies and is able to absorb cleanse and neutralise negative energy. It can help explore the inner void where all potentials lie - I found it peaceful and calming and the grounding light and I felt protected and secure. So see what you think - give Jet a try and attune to your chosen piece using the meditation in our earlier articles - gentle handling and remember - white sage cleansing for this one! Together in unity consciousness
Namaste Stephen



Q AND A WITH JULIANO

In Arcturian fifth dimensional society what is the role and place of Animals? EG in a Planet Earth context: in Ancient Egyptian civilisation cats and crocodiles were considered sacred. In contemporary India, cows are revered. We also talk of certain animals species originating from certain star systems. Are there animals that we are aware of (or other species) that originate from the Bootes constellation / Arcturian Star System

To answer this question, we honour our animals. I want to explain that animals also can evolve just like the humans are. You are an animal, a mammal, you are part of the evolutionary cycle of the Adam race. You are not in its final form. The animals that you see on earth are also not in their final form. They can be evolving. Your pets are examples of how your connections with them can help them evolve. There was a beautiful starseed author, Olaf Stapylton, who wrote a wonderful novel about the evolution of dogs and how in the future they became more advanced and were able to do fantastic energetic behaviors that now the dogs that you know cannot do. Yet, when you look at your dogs you know they have a greater potential and that they are benefitting from connections with you. In the same ways cats have high powers of telepathy for example and this was benefitted in egyptian times. We are assisting our animals in their evolution and also we are trying and have successfully changed the nature of some of our animals so that for the most part they are all vegetarians, able to survive on certain grasses, berries etc. We see that our animals are in harmony. We see that they are part of an evolutionary cycle. Some of our animals, that you do have on earth - animals that come from Arcturus - are certain types of cats. We have quite a few cats - we have the cows you talked about ...we do have reptiles.

We have a large variety. But our plant and animal life is not as diverse as it is on earth. In the same way as when I have talked about the many languages and religions...your planet is unique in that. So, we don't have the many different biospheres like you do. Therefore, we don't have the many species you do. We do have dolphins on Arcturus and we have great telepathic communication with them because we have oceans on Arcturus as well. Throughout our future conversations we will talk more about our relationships with animals but you can see that we are telepathically connected with them -much like you would call being a horse whisperer, a person who can telepathically communicate with their horse. This is a good way to describe our relationship with animals. Because we are more sensitive and more advanced and we are contributing to their evolution.

Question
from Hannah Taylor in UK.

I'LL NEVER ASK FOR MORE...

Give me a quiet corner and a little time to hear -- the singing of the birds from dawn to dusk throughout the year . . . **Give me** a chance to think things out before its time to go -- **Give me** a place where I can sit and see the sunset glow. **Give me** a cottage far from all the bustle of the town -- **Give me** a garden I can tend until the sun goes down . . . **Give me** the opportunity to see the seasons turn -- watching Nature at her work. So much there is to learn. **Give me** a window with a view that's beautiful to see. **Give me** the joy of gathering my fruit from bush and tree . . . **Give me** good days and sleep-blessed nights when I have closed the door, and anyone can have the world. I'll never ask for more. *Contributed by Jonathan Bell*

MONTHLY PHONE MEDITATIONS IN AUSTRALIA

Thursday Meditation from the Masters March 15th –
11am DST, 0386720180 396637#

Sunday Meditation March 18th - Belinda Simpson
11am DST 0386720180 396637#

Group PCOL meditation Wednesday March 21st
8.30pm DST ??? will be the presenter. 0386720180
396637#

Thursday Meditation from the Masters March 22nd – Jane Scarratt 11am DST, 0386720180 396637#

Sunday Meditation March 25th – Carel Fillmer – 10.15am
DST 0386720180 396637#

Thursday Meditation from the Masters March 29th – Marie Ashworth 11am DST, 0386720180 396637#

DAYLIGHT SAVING FINISHES!!!!

Easter Sunday April 1st Jane Scarratt 10.15am EST
0386720180 396637#

Thursday Meditation from the Masters April 5th –
11am EST, 0390280260 #

Thursday Meditation from the Masters April 12th –
11am EST, 0390280260 #

Sunday meditation April 15th – Micki Kellett
10.15am EST 0386720180 396637#.

Thursday Meditation from the Masters April 19th –
11am EST, 0390280260 #

Sunday Meditation April 22nd – Marie Ashworth –
10.15am EST 0386720180 396637#

Thursday Meditation from the Masters April 26th –
11am EST, 0390280260 #

The Earth Balance Biorelativity Meditators meet every Monday night at 8pm DST on the phone conference line.
Access code 396637# Email Jane for information.

Conference Call dial in No:- For Aust: ring (03) 8672 0180
or (03) 90280260, Access: 396637#

For US meditations, ring (03) 90280260, Access: 164595#

THE BOOK CLUB



Australia's next book club discussion will be **Friday, April 6th 7.30pm EST** We will be discussing chapter one of "Expand your Consciousness" by David Miller.

Bringing Herbs into your life

Chickweed:- It is used for joining together harmonious thought forms to be shared worldwide. This involves the generation of religious movements, the creation of societies and the enhancement of larger sociological functions. Individuals who use this herb from time to time will be in increased communication with kindred souls worldwide, who may have a spiritual involvement similar to their own. These individuals may not be using the herb. This is largely an unconscious contact but it is a way individuals simply know each other. The plant is found all over the planet. This pattern has been going even before the Lemurian civilization fully developed. The karmic lesson of the plant is to show worldwide that mankind is one, just as the planet is one. Even though chickweed is old and has been through many civilisations, her name is even today, unchanged. the manipulation and understanding of energy fields as feelings can be enhanced by this herb.

PCOL Coordinator News

If you are interested in creating a PCOL/PORL in your area, talk to Jane. I am always delighted to assist. A small area is preferable.

The next joint pcol/porl meditation will be held on March 21st at 8.30pm DST. Please find the time to join in.

The next meeting of the Australian PCOL Committee meeting will be on April 7th.

Maintaining a PCOL/PORL is really a community service. We are benefitting all the inhabitants. We are being of service to our community.

Please be Ambassadors and talk about the Planetary City of Light Project to people you meet. If you would like a bit of "blurb" to assist you, email me and I'll send information.

The Grose Valley PCOL members asked Juliano what their Galactic Sister City was and he told them Alano, on Alano.

The huge moon planet Alano is close to the Central Sun. Alano has been designated to be the receiver of the shimmering that we do with the aura of our PCOL/PORL. Alano is receiving and holding the fifth dimensional energy for each of our PCOL/PORL's. It is a consistent place holding the energy of the City on the fifth dimension.

It is with great reluctance, that we designate the Dandenongs PCOL in Victoria, "dormant". The coordinator, Ian Lewis has not been able to generate members to sustain the PCOL. It will be re activated in the future, when new members are available.

THE IMPORTANCE OF PLANETARY CITIES OF LIGHT AND OCEAN RESERVES OF LIGHT

I want to speak about the Planetary Cities of Light because the Planetary Cities of Light are actually also connected to the 12 etheric crystals, and they are part of the new meridians. We can use the metaphor of bypass surgery again. That is not a total analogy. The Planetary Cities of Light are holding light, but they are also creating vessels that can receive new fifth-dimensional energy and new fifth-dimensional light. It is clear that the Earth cannot go through the changes and balances that are needed without a fifth-dimensional input. This fifth-dimensional input has to be held in some container. It is the same in your personal work. You can download light, but if you don't have a way of holding the light, then personally, you can become disorganized and confused. You have to have a way of either emptying yourself or expanding yourself so that you have a way of processing and holding newer energy. That includes expanding your mental body, expanding your emotional body, and expanding the spiritual body and also expanding and shifting the physical body. It is the same way with the Earth. The Earth needs some new way to hold this energy. That is where the Planetary Cities of Light are. I, Juliano, am calling on you to activate many Planetary Cities of Light. It is time to activate a second level. These current Planetary Cities of Light are holding existing energy. In some ways we can use again the example of the bypass because some people are saying we need to unblock the energies in certain main cities. Yes, I agree. Also, you can work with enclaves within larger cities. You can work with neighborhoods. The small neighborhood within a big city can become a City of Light.

Juliano speaking about the importance of Planetary Cities of Light

KIA ORA – GREETINGS, FROM NEW ZEALAND.

Just 30 mins by ferry from Auckland city, and nestled in the harbour amidst East Auckland's Planetary Ocean Reserve of Light is Waiheke Island, known to the Māori people as the "Island of trickling waters". So close to Auckland's sprawling modern metropolis and yet, arriving there you could be forgiven for thinking you had transported back in time to the 1950s or 60s, even 30s and 40s in parts, or somewhere in the Mediterranean. It's inhabitants consist of artists, musicians, scientists, writers, poets, actors, with eccentrics being strongly represented. Olive groves and horticulture do well in its micro climate, and of course tourism is huge as the ever stressed, uptight city dwellers escape in their boats and by ferry for a weekend of relaxed laid back bliss. They don't miss out, because they can still get their lattes and Antipasto boards, and somehow, the locals have managed to cater to the city folk whilst maintaining their quiet island, sometimes eccentric lifestyles. Crafts, music festivals and creative events of all kinds provide visitors with plenty to do and see. An old wool shed is converted to house the museum, with 1930s style baches (shacks) and cottages, now shops and cafes. Names like Stony Batter, Dead Dogs Bay, Kumera Pit, Mudbrick and Pie Melon Bay are common over the island. There was no need for fancy names back then. It's picturesque blend of white sandy beaches and bays, forests, and farmland make it the perfect place for a break from the city. The energy of the island and the mood of the people is felt as soon as you step ashore. One of our beautiful crystals has been dropped in the bay in the North of the picture on this island of trickling waters. You can feel your body and spirit relax, as you walk ashore this island jewel that is situated in the most unlikely place.....the backyard of a bustling city.



Waiheke Island

In a quiet garden where birds and flowers
abound
Speak gently and tread softly,
You walk on holy ground.
For unto every garden God cometh
secretly
His presence there disclosing
To all with eyes to see.



Contribution by Jonathan Bell

HELLO FROM BART IN HOLLAND

Gaia, the weather and our moods

The weather in February was extreme in Holland. Twice as many hours of sunshine, 50% of the normal rainfall and a cold front in the last 2 weeks, which has had a great impact on us. It was the combination of cold and a severe Eastern wind, that made it extremely cold. Lots of people got the flu, many then suffered from pneumonia. People stayed at home and everybody was talking about it. But every event has its upside as well. When the frost lasted more than a week, everybody started to talk about the possibility of skating (or just being on the ice) which is a very popular activity for almost everyone in Holland. Ice on our ditches, lakes, channels and rivers unites us. It is symbolized by skating, but it goes further than that. It is one of the traditional Dutch activities that brings a very special vibe to the country's energy. It is one of the reasons why Holland is very good at skating. At the Olympic Winter sports in South Korea, we won eight gold medals, all in skating. During the Olympic Games, our King was encouraging our sportsmen and that was a very warm and uniting picture that I will not forget easily. Our King is popular and a symbol of our unity. Skating does unite us and the two together touched me. I really felt 'Dutch' and connected to the Games. A very special touch of the Winter Games was the rapprochement between North and South Korea. That was a very beautiful event, which had an impact on the collective, the Noosphere. These series of events reminded me what Juliano once told us about the relationship between our moods and the Noosphere and especially the interplay between our moods and the weather. That the weather influences our moods is well known, but that our moods influence the weather was new to me at the time. Juliano gave the example that if we were emotionally

concerned about a coming hurricane, this collective fear could influence its course and the hurricane could be drawn inland instead of staying out at sea. I recognize this principle more clearly now, especially when the moods of people coincide and are positive, as it does in Holland at the thought of being able to skate. But it's also recognisable if it is too cold, too wet, too hot, etc. and we all are complaining about the weather. The media's focus is on it and a negative vibe is released into the Noosphere. I think that is one of our challenges, not to go along with the vibe of complaining, when the weather is extreme. Juliano opened my eyes to this and I am grateful for that because it makes me feel the greatness and the magic of our planet more. It becomes more obvious that our planet is a spirit and is influenced by us. It's the same as two people who are living together influence each other, likewise we and Gaia influence each other. This sense of oneness encouraged me a few years ago to say 'hello' each day to the trees I love, to the river, to nature. But now it becomes clear that I can also say 'hello' to the weather (conditions). To say whole heartedly "hello" to King Winter, to the cold wind, to the rain and to the coldness. I bicycle 15 km every day and in February it wasn't fun because of the wind and cold. But from now on, I will say 'hello' to the weather, not only for myself, to uplift my mood, but also as a contribution to the collective, and, most important for Gaia, to acknowledge her nature and to appreciate her through the weather.



Biorelativity Coordinator News

If you would like to be part of the Biorelativity Meditation Earth Balance Team, please ask Carel Fillmer for details. carelfillmer@gmail.com

The Earth Balance Team have a new meditation for the Team to place their focus. We are focusing on delivering Galactic energy to Earth's subconscious to dissolve negative thought forms.

The team is working on the Ring of Fire meridian at the moment. There are many rumblings around the Pacific Basin.

We feel that our Immune systems should be made stronger, so we will also present regular meditations for our **Immune Systems**.

The Biorelativity Committee feel that many people don't understand the word 'Biorelativity', so we are adding a small paragraph of explanation at the beginning of each meditation and changing the name to 'Planetary Healing Biorelativity'.

We have found that repeating meditations is a wonderful idea because with repetition our visualisations become stronger as we become more familiar with the meditation.

EARTH BALANCE TEAMS

When the Earth Balance Team move onto a new meridian, there is no focus then, on the meridians that they have worked with, so the idea was created to ask members all over the planet to form small groups and take responsibility for a specific meridian. They are asked to meet each week for 15 mins to maintain the focus on that meridian. The response has been wonderful! We need a team who would commit to focusing on the Equator meridian. Gaia thanks you!!

Anyone interested in this, please contact Jane. Email: janes carratt@gmail.com

THE CURRENT TEAMS ARE:-

Perth members have taken responsibility to maintain the Pacific Ocean currents. The team comprises GOFA members Michael Maynard, Monika Jakli, Kathryn Whitehand and Sofia Souklis.

Sydney north members GOFA members Yvonne Villien and Gwen Bowyer with support from friend Pat Scheveling are working with the Ring of Fire meridian.

Gold Coast and overseas members have taken responsibility for the Space Time Continuum Rift. The team comprises GOFA members Jane Scarratt, Anne Scarratt, Marie Ashworth, Helen Cowley, Joanne Manton and overseas members Paola Correa, Elisabeth Hoogduin, Mike Tong and Chloe Van Zuylen and Claudia Meija.

Christofer Aven in California leads a team maintaining the North to South Pole Meridian. The team includes Jan Dugan from Alabama, Gary Chaunce from Ohio, Jeannette Carlisle from Texas, Norma Samulian from Chicago.

Keith Kreyling in Boston, Massachusetts leads a team maintaining the North to South Pole meridian. The members of the team are Keith and Tabitha Kreyling, Gene Yoder and Bonnie Sue Rauch.

Sydney members Carel Fillmer, Belinda Simpson, Kerry Wilsher, Terence King and Ulli Hansen have taken responsibility for the Pacific Ocean Currents.

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.

THE BEAUTY IN OUR...

GOLD COAST PCOL/PORL

Paradise Point –is the east point of our Planetary City of Light

Situated along The Esplanade at Paradise Point, Paradise Point Parklands are the perfect location for a stroll, picnic, fun in the playground or to simply relax overlooking the water. The amazing views make this one of the most beautiful parks on the Gold Coast. The winding walkway through the Parklands provides a great way to start exploring the many features on offer. Pack a picnic, throw a snag on the barbie, or if you really want to relax, there are many coffee shops or fish and chip stores located right along the Esplanade. The kids will be entertained for hours with the large playground area. There are also open grassed areas, perfect for a game of cricket with the kids, or a kick of the footy. The park benches overlooking the beautiful Broadwater provide a majestic view, and a romantic spot to enjoy with your loved ones. New Years Eve is a family night out, with thousands flocking to the Parklands to enjoy the balmy evening and the magnificent fireworks display.



Many excellent restaurants are found along the Esplanade



A safe swimming area for adults and children.



A beautiful clear quartz crystal was buried here between the two trees.



Fireworks on New Years Eve



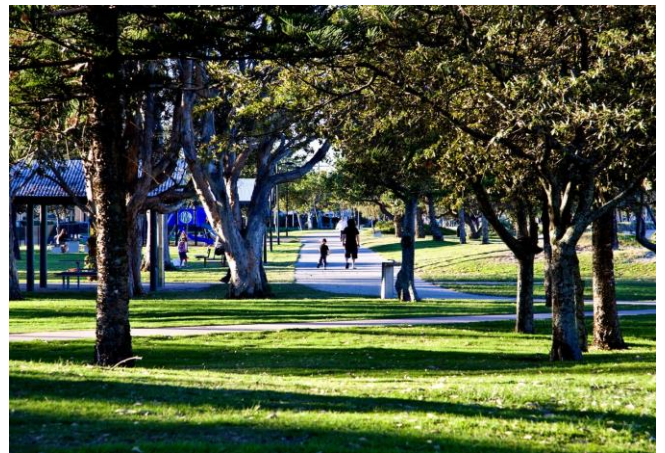
Peaceful areas for walking and meditating.



Homes on the many canals in the area



Low tide and all the joy it brings



Peace and tranquility in abundance



Peaceful family picnics. The seagulls love it



Aerial view of the parklands

AROUND AUSTRALIA

Sydney NSW PCOL/PORL. Meditations on **last Saturday of month at 2pmEST**. If any members are interested in joining us, please email Carel on carefillmer@gmail.com or phone 0414 939 760.

GoldCoast Queensland PCOL/PORL

Meditation on **last Sunday of the month** in Helensvale 1.00pm. Ring Jane(07) 31391451 or email: janescarratt@gmail.com

Brisbane North Queensland

Meditations are being held monthly in Brisbane. Next meditation will be **1st Sunday of month** at Brackenridge 10.30am.
MeetUp: Arcturian Lightworkers Brisbane North
email: natalie_rankin@hotmail.com

Melbourne Victoria Mornington Peninsula

Meets monthly for re activation of PCOL and social interaction between members. Meetings on **the last Saturday of the month at 10.30amEST**. Ring Karen Stephenson for more information. 0410289727
email: karenstephenson08@gmail.com

Melbourne Victoria Mt Dandenong Meets **every Monday night** at 7.30pm in Ferny Creek, Melbourne. Optional supper provided. Ring 0397552242 or email ianlewis12345@bigpond.com

Grose Valley Blue Mountains NSW

Meditations to maintain the PCOL will be held **every second Saturday of month** at Noon EST at the Grose Valley Crystal. Contact Liz: 0469 602487 email: eliz.clarke@yahoo.com.au

Applecross/Shelley Perth

Meditations to maintain the PCOL will be held on the third Sunday of the month at 2.30pm WA Time in Applecross. Contact Monika: email monika@lippert.hu

Auckland NZ PCOL/PORL

Meet on 2nd Saturday of each month at Farm Cove at 2.30pm. Refreshments afterwards. Contact Janine:- janinemalcolm@xtra.co.nz

GOLD COAST, AUSTRALIA and COSTA AZUL, BRAZIL PCOL and PORL SISTER CITIES

At our December meeting we had an Arcturian multidimensional healing session before our monthly meeting. This summer, the Camaragibe River that runs through our sacred PCOL has been really polluted! We have had very little rain so the level of the river was low and the pollution became more concentrated. In our January meeting, even though we only had a few participants, we brought our PCOL/PORL Costa Azul to the Arcturian PCOL Temple and connected with the PCOL network and strengthened our connection with the PCOL/PORL Gold Coast, our sister city on the planet. After that we lifted the 12 etheric crystals and entangled their network with the PCOL network in a large grid of amorous pink light. We worked with the drought of Ceará-Brasil, and the pollution of the Camaragibe River. We worked deeply with unity consciousness between our cities, with the Earth, with the Universe! We will be meeting again tomorrow.



Camaragibe River

Andrea Amorim, Coordinator Costa Azul PCOL

UNIVERSAL LAWS

How many people say "I would like to know God's Laws, but I don't know them". So, in this newsletter for the next few months, we're going to give you the Universal Laws. To merely read the Laws isn't enough. You must use the Laws and prove them correct. Everything works by Divine Law as there would be no order in the Universe without these Laws. It's very important for us to practice these Laws because a life without law and order can be a life of trouble, chaos, trial and error, or hit and miss. When you work with law you know the outcome of every venture **because** it is law and therefore it can't fail.

24. The Law of Believing.

Everything is possible if you believe and, I might add, and equally important, nothing is possible unless you believe it is possible. Now, study this – reason it out – and above all, "prove it". If you want to do a certain thing, be a certain thing, a writer, a musician, an artist, well what stops you? You are the master of your life, your destiny. You have all the power within you which is the Creator's Grace. It will always be sufficient. Do you believe this? If so, begin what you want to do. It must be more than wishing; you must will it. There is nothing in heaven or on earth doing what you want to do. Why? Because you have Free Will. Our greatest gift is Free Will. Use it positively or negatively. It is your choice! Now, you want to be a writer. Do you believe you can write? If you do not believe, then go no further. But, if you do believe, begin. Start this thing you want to do. All the forces of the universe stand ready to serve the person who wants to do something and believes they can. It is the law. ALL THINGS ARE POSSIBLE IF YOU ONLY BELIEVE.



TO TICKLE YOUR FUNNY BONE

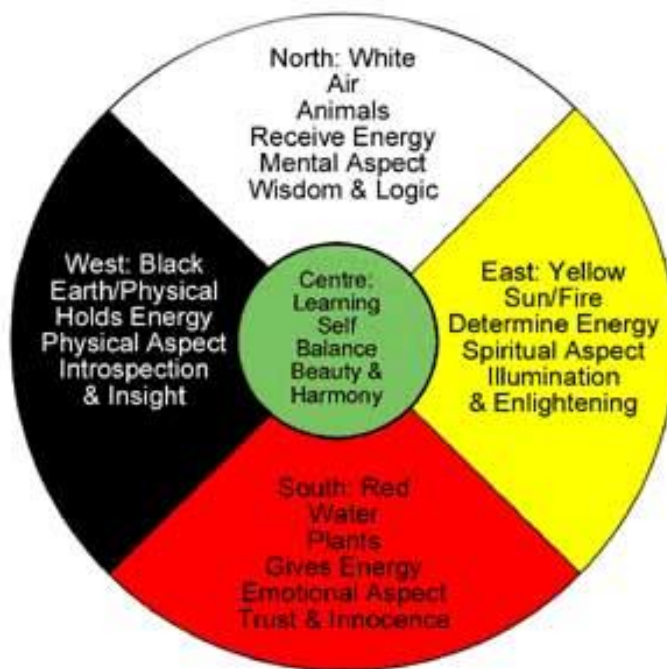
A man suffered a serious heart attack while shopping in a store. The store clerk called 000 when they saw him collapse to the floor. The paramedics rushed the man to the nearest hospital where he had emergency open heart bypass surgery. He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital. A nun was seated next to his bed holding a clipboard loaded with several forms, and a pen. She asked him how he was going to pay for his treatment. "Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance." The nun asked, "Do you have money in the bank?" He replied, "No money in the bank." Do you have a relative who could help you with the payments?" asked the irritated nun. He said, "I only have a spinster sister, and she is a nun." The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God." The patient replied, "Perfect. Send the bill to my brother-in-law."



MEDICINE WHEEL INFORMATION

Historically, the medicine wheel is constructed by laying stones in a particular pattern on the ground oriented to the four directions. Most medicine wheels follow the basic pattern of having a center of stone, and surrounding that is an outer ring of stones with "spokes" (lines of rocks) radiating from the center to the cardinal directions (East, South, West and North). Just as the sun rises in the east every morning and ushers in a brand new day, we have the opportunity to enjoy renewed energy, inspiration and new possibilities. **This is what the EAST represents;** all of our potential choices. Sometimes a problem has so many layers to consider we feel overwhelmed and move into fear, so the first thing to do is to find a place of calmness, the eye of the storm. When faced with a problem, it's a great idea to write down all of your choices, *every possible option*, and give yourself the gift of *not* needing to know the answer right away, trusting that clarity will come. But the first step is to cultivate a sense of inner peace and inspiration in the middle of chaos. **The direction of SOUTH** on the medicine wheel represents community, the heart and a sense of belonging. Once you've written down all of your choices from a platform of neutrality it's time to cultivate your support team and bring in your community. Make a list of everyone who can support your process, this can be family, friends, teachers, mentors . . . don't forget to include your guides and allies from the spirit world. You may want to talk things over with a few of them but it's not necessary to actually connect with everybody. The knowledge that you are fully supported by all of your people is incredibly powerful. Allow yourself to enjoy a felt sense of connectedness and to fill yourself up with it. Once you have an idea of every possible choice that would address your problem and you've also connected whole heartedly with your support, it's time to move into the west. **The WEST** brings us the ability to cut through the fog of confusion and move into clarity about what we actually want.

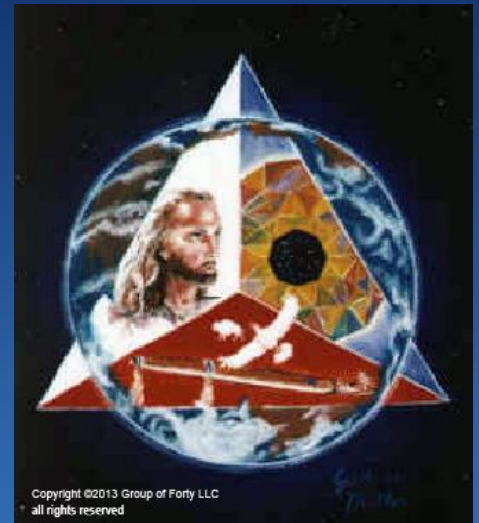
The work of the west is to release the obstacles that are in the way of creating the life we want to have. It's essential to take the time here to identify and release those fears which are based in outdated beliefs such as "I'll never be good enough," "It never works out for me," "It's too hard," etc" Once we've let go, we're free to take 'right action,' the best solution for our problem from all of the options we identified in the east. **The NORTH** is the place of power, leadership, of good timing and right action. Now that you are feeling inspired, supported and clear it is much easier to be active. You can step out into the world from a very powerful, conscious platform. This is the time to develop and implement a plan of action. Spirit is the anchor to each of these steps. When we're operating from essence, connected to our internal wisdom teacher and in alignment with Spirit then our walk around the medicine wheel will be fruitful, although not necessarily easy. **When we find ourselves confused, stuck, isolated or struggling, all we need to do is step back into the East and start over.**



"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.



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