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Monthly Newsletter

GROUP OF FORTY

David K. Miller - Founder/Director

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Connections Issue 264

OCTOBER 2018

In This Issue

Member of the Month
Starseeds Counselling
Personal Healing
Announcements
Visit our Facebook Pages
Website Tip
International Calendar
Council of Elders
Did You Know?
Q&A with David & Juliano
Annual GOF Conference
GOF Monthly Lecture
Earth Balance Teams
PCOL Report
GOF at Work
PCOL Channeling
Medicine Wheels
Australia Report
Book Club
Welcome New Members
Spiritual Exercises

Archangel Michael

Channeled by David K. Miller

I want to explain to you something about the galaxy and the universe. When you are in different parts of the galaxy, you can understand new parts of God. That means that there is a certain side of God you can understand better on the Earth, and there is a part of God that you can understand better on the Pleiades, and there is a side of God that you can understand better from Arcturus. Your ability to understand and be close to God also increases when you go to higher dimensions. This means that if you are in the Fifth Dimension, you have the ability to experience more closeness to God than you would on the Third Dimension. Of course you can also be close to God on the Third Dimension.

In the Kabbalah, God can be symbolically experienced as a Burning Bush. You cannot get too close to the bush because if you go too close to the bush on the Third Dimension, you can injure or harm yourself. But in the higher dimensions you can be close to the Fiery Bush without injury. Of course, you have the ability on the Third Dimension to be Fifth Dimensional. This means that you can be on the Third Dimension with Fifth Dimensional energy and strength. It means you can be closer to the Burning Bush if you are also connecting with Fifth

Featured GOF Member of the Month



Keith
Kreyling

Keith Kreyling is the October Member of the Month.

My name is Keith Kreyling and I'm from Haverhill, Massachusetts, USA. I live there with my wife Tabitha and our three daughters Jordan (11), Reina (8) and Ashlyn (7).

I work as a corporate recruiter for a global manufacturing company. My wife has the hardest job of taking care of the house and the kids when I'm at work.

My wife and I have been on our spiritual journey since about 2015, and currently we are both studying Reiki and crystal healing in hopes to one day open a Reiki healing center and metaphysical bookstore/crystal shop. I am a practicing Nichiren Shu Buddhist, which is a Japanese sect of Mahayana Buddhism, and I study at the Nichiren Shu Sangha of Greater New England (Kosen-Ji Temple).

I joined the Group of Forty about a year ago after stumbling upon one of David's books: 'Connecting with the Arcturians,' which I absolutely loved. It just resonated with me a lot.

After reading the book I decided I would join, and since then, I have taken over the Northeast US Regional Group Coordinator position, become a meditation presenter and, with Jane Scarratt's (Australian Country Coordinator) help, started an

Dimensional energy. The Galactic and the Ascended Masters know that different parts of the galaxy offer different experiences of God. This is one reason why many Ascended Masters come to the Earth and why different souls want to incarnate on Earth.

International Biorelativity Report

by David K. Miller

Our Biorelativity Committee has asked whether we could study the effectiveness of our biorelativity work. This would help us in our desire to promote biorelativity exercises throughout the world. The idea of biorelativity is that the conscious thoughts of planetary healers can positively affect planetary outcomes.

Can a group of powerful healers join together in higher consciousness and affect weather events, volcanoes, earthquakes and other potential earth-changing events?

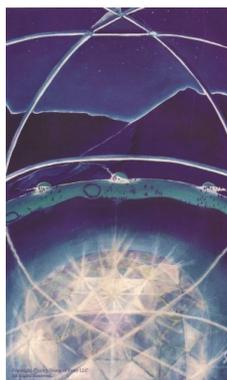
Our Biorelativity Team has been working for years to demonstrate this positive outcome. Throughout our years of practicing biorelativity, there have been many positive events achieved through our work. For example, Jane Scarratt recently reported that her team in Australia had been focusing on bringing rain to her area as many parts of Australia had been experiencing droughts. Last week she reported that strong rains had begun falling over the areas they were working with.

One proposal is that we begin to record our exercises and then list any positive outcomes that we noticed from our work. We are investigating now how to set up such a mini-research project. If you have any desire to help us with this research, please contact David at davidmiller@groupofforty.com.

The committee feels that it is important to begin to scientifically document the effectiveness of our work.

~ David

Using Arcturian Group Thought Fields for Spiritual Healings and Ascension



The dates for the 23rd annual workshop will be November 9-11, 2018, and the workshop will be held again at the Prescott Resort in Prescott, Arizona.

The resort is offering us another fabulous room fee of only \$105.00 per night for this premium hotel.

Earth balance meditation group, which meets every Thursday at 7 pm Eastern. I have loved every minute of it, and I look forward to continuing my journey.

My wife and I also look forward to meeting everyone at the 23rd GOF Annual Conference this November in Arizona!

Thank you, Keith, for all you do for the Group of Forty project.

Starseeds Counselling



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

Dear Gudrun,

I think I know what my mission is on this Earth in my current lifetime. Part of my mission is personal and has to do with self-acceptance and love for myself.

The other is as a healer for others and a way to show the concepts of the 5th Dimension. I am totally committed to the Arcturian teachings and to expanded consciousness.

I do all of my work with the highest intention and integrity.

The problem is that I am so tired. I want to rest, goof off and play!

Time is now of the essence on this planet and I think we need to work extra hard on our missions.

If I don't complete my mission, what happens? Will I still be able to ascend?

Tired!

Experience three days of intensive workshops on Arcturian Spiritual Technology and expanded consciousness for personal and planetary healing.

The primary presenters will be David K. Miller and Gudrun Miller. This workshop will be focusing primarily on David's channeling. Throughout the workshop Arcturian exercises for the ascension, shimmering, and planetary healing will be offered. This will be a unique opportunity to experience Juliano, Helio-ah and Tomar.

Special sessions will be offered regarding Tomar's healing temples and Helio-ah's holographic healing techniques.

The registration page is up on the website. [CLICK HERE](#)

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

Group of Forty Monthly Lectures with David K. Miller



The next lecture is on Saturday, November 3, 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.

An email announcement will be sent out one week prior with the [freeconferencecall](http://freeconferencecall.com) phone number and access code.

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

The re-transmission of the lecture for Europe will be on Sunday, November 4, 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



Biorelativity Planetary Healing Earth Balance Teams

Dear Tired!

You and me both! I think many of us can identify with you!

Part of self-healing is the ability to be happy and to experience joy. It is also a part of higher consciousness, the experience of joy!

There is an urgency to our work now as times are accelerating, but doing your mission is not supposed to be, I believe, another burden of Third Dimensional existence.

The Kabbalists believe that you are a better receiver of light when you are in a state of happiness and joy.

See if you can find a balance where you have both the opportunity for fun and play and to be joyful and you have the ability to fulfill your mission with a lighter heart!

Love to you!

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

Quick Links...

Monthly Lecture Recordings:
[Link for December 2017](#)
[Link for January 2018](#)

[Group of Forty Website](#)
[Books](#)
[Groups](#)
[PCOLs](#)
[More About Us](#)



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

GOF Handbook & Workbook
are now available as an eBook

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 favourably BECAUSE she knows we are here.

REMEMBER.....A planet cannot ascend by herself. A planet must have higher thought forms, higher beings, on it. Biorelativity is the ability to interact with the Spirit of the Earth with higher consciousness. On one level, biorelativity can create unity consciousness and a unified energy field. Noorelativity is the ability to send thoughts and energy into the Noosphere for the purposes of manifesting a higher healing light throughout that planet.

Please consider being involved in this project. You join in on the phone conference line. Some of the Teams have changed their weekly meditations.

Keith and Tabitha Kreyling in Boston and their Team are focusing on the Space/Time Continuum Rift. They meet on a Thursday night at 5pmAZ Access code 164595#

Christofer Aven in California and her Team are focusing on the Ring of Fire meridian. They meet Friday afternoon at 4:45pmAZ. Access code 164595#

The Gold Coast Team is focusing on the Pacific Ocean currents. They meet Tuesdays at 2amAZ. Access code 396637#

The Perth Team with Michael Maynard as coordinator, is focusing on the Ring of Fire meridian. This group meet on Skype on Tuesdays at 1amAZ.

Yvonne Villien and her team in Sydney north are focusing on the Equator meridian line. They meet as a group.

The original meridian team is focusing on the Gulf Stream Meridian, one of the most powerful meridians on the planet.

We could do with support from more members as there are three more meditations that need to be continued.

The USA and Australian Biorelativity Teams are now focusing on strengthening humanity's immune systems and the immune system of the planet, and also activating and energizing our DNA codes and the DNA codes of the planet.



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

download. [Click here](#) for the link.

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

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

Please click the button to sign up online.



Many blessings!



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

phone readings. Contact him via email: davidmiller@groupofforty.com

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.livrriacultura.com>

<https://www.kobo.com>

> David's new book, Connecting With the Arcturians2, is available for purchase in soft cover from [Light Technology Publishing](#).

Planetary Cities of Light Report



Lin Prucher
International PCOL Coordinator

linprucher@groupofforty.com



Welcome to Búzios, Brazil, near Rio de Janeiro

...
our newest Planetary City of Light AND
Ocean Reserve of Light!



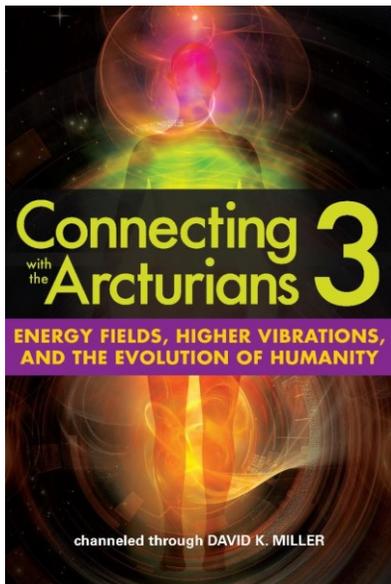
> David's book, 5th Dimensional Soul Psychology: Channelings by Vywamus, is available on the [Light Technology website](#).

> 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](#).

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Next in the series ...

"Connecting with the Arcturians: Volume 3" coming soon!



"Connecting with the Arcturians 3" will be available as an e-book and a hard copy book by December 2018 through Light Technology Publishing.

This third book contains the most up-to-date information on ascension that is available, including new spiritual techniques to aid the process.

David's earlier books: "[Connecting With the Arcturians](#)" and "[Connecting with the Arcturians 2](#)" by David K. Miller offer a comprehensive



Where will the next one be? Perhaps near you.

We presently have active groups of people around the world on four continents and in many cities working with forty Planetary Cities of Light and twelve Planetary Ocean Reserves of Light in our Group of Forty network. We also have an additional fifty-nine areas around the world that have been activated at some time in the past nine years, but presently lack members to keep them activated.

We welcome anyone with the passion and desire to help enrich themselves, their area, Mother Earth, and are willing to make a monthly commitment to gather with local, like minded light workers for a joyous gathering of meditation and light and maybe even a picnic.

Benefits include having fun once a month, raising your personal Spiritual Light Quotient, and also that of Mother Earth. Members have reported improvements in their local areas since starting their PCOLs & PORLs, both on land and in sea.

See the PCOL pages of the GOF website for more details or write to me at [linprucher@groupofforty.com](mailto:linprucher@groupofforty.com).

Omega Light Blessings to you all,  
Lin 😊

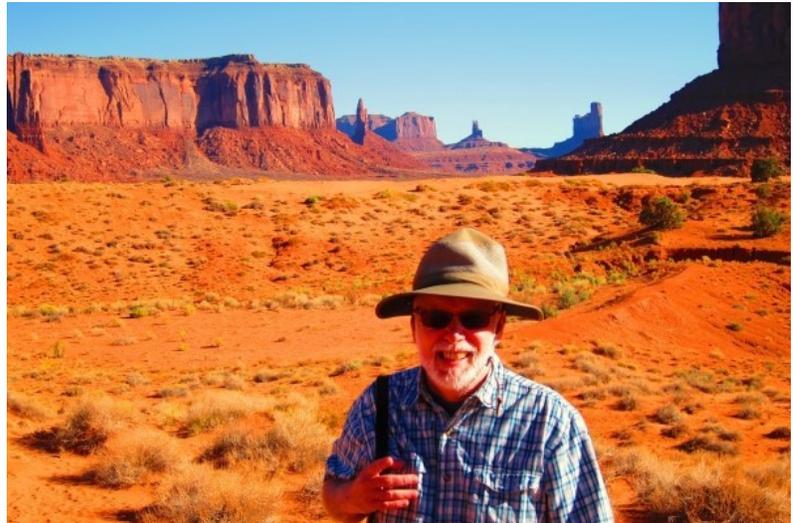
presentation on the ideas and views of an extra-dimensional, extra-terrestrial civilization on the Earth situation from the planet Arcturus.

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.

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.

## GOF at Work



David and Gudrun visited the sacred Navajo power spot called Monument Valley in September. This powerful area is located on the border of northeastern Arizona and Utah. David and Gudrun, with two other GOF members, did special healing work at the site with the Galactic Kachina and Chief White Eagle. The guides helped to open up a new Fifth Dimensional corridor at the area.

In future editions of the newsletter, David will be providing copies of those channelings to our members.

David K. Miller

## Planetary Cities of Light Monthly Channeling

### The Galactic Kachina and the Planetary Cities of Light

Channeled by David K Miller  
davidmiller@groupofforty.com  
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Greetings. I am Juliano. We are the Arcturians.

I think it is important to remind everybody and to explain to everybody about the meaning of the Galactic Kachina.

We, as the Group of Forty, are working with the Sacred Triangle energy. The Sacred Triangle energy works together

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 [on Amazon](#). Simply go to: <https://amzn.to/2zy9erY>

We will soon be announcing when the book "Connecting with the Arcturians 3" will be available.

David K. Miller



Visit our GOF Facebook Pages!

[Group of Forty group on Facebook](#)

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

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

**New:** [GOF Biorelativity Page](#)

[Das Blaue Juwel](#)

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

[Planetary City of Light Lago Puelo](#)

[German Facebook Information page](#)

[German Facebook Group](#)

[Romanian Facebook page](#)

featuring Connecting with the Arcturians.

**Additional links...**

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

[Spanish GOF website](#)

with the Native Peoples' energies, the Galactic energies, and the Mystical energies of all Religions on the planet Earth.

We, the Arcturians, feel a special bond with the Native Peoples and with their important contribution to the idea of a Kachina. In the work with David and Gudrun this past week or two, we have been with them as they have visited the home of the Kachinas in Flagstaff, Arizona. I want to teach everybody again as to why we, the Arcturians, are happy to work with the Group of Forty on the energies of the Kachinas.

The Kachinas are spirit guides. They are intermediary guides working between sacred ceremonies and people of sacred energy. The Kachinas connect the people on Earth to the spirit world. The two native peoples in Arizona that work with the Kachina are the Hopi and the Navajo tribes. These are well known American tribes. The Navajo and the Hopi believe that the Kachina spirits live on a mountain in northern Arizona called the San Francisco Peaks. This mountain is the highest mountain in Arizona.

I, Juliano, am working with Chief White Eagle who is a powerful Native Ascended Master and teacher. In working with Chief White Eagle, we have brought forth a new Kachina. A Kachina that really is so new that the Navajo and Hopi tribes are not understanding completely who and why this Kachina is so important now. So, we, the Arcturians, are seeing our role as teaching and introducing the concept, the idea, and the figure of the Galactic Kachina.

So, you see before yourself the image of the Galactic Kachina. Who is she? What is her role? And how does her work relate to the Planetary Cities of Light project?

The Galactic Kachina is an intermediary between the light workers, the Arcturian Starseeds and the Grand Central Sun, which is that part of our galaxy that holds the spiritual energy of all life forms. The Galactic Kachina is a spirit guide that brings forth light and energy to the earth. But we say that sometimes this energy from the Central Sun needs to be interpreted. It needs to be brought down in a way that humans can understand it. And that is what an intermediary does. The intermediary goes to the high places that perhaps you cannot go and it interprets and brings down the energy. So, I am happy, again, to show you and introduce you and everyone to the Galactic Kachina.

Now, the Galactic Kachina, is a spirit guide for Galactic energy. It is true that there are other Cities of Light in the Galaxy. There are, as I have repeatedly said, about 5000 planets in the Milky Way Galaxy that have higher civilizations and higher light. All of these, including now the earth, have

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

[The Blue Jewel](#) website

## ANNOUNCEMENT

Attention all GOF Members  
from the MidWest Division:

I would like to organize a  
conference call so that as many  
of us members in the MidWest  
could become better  
acquainted. I am certain we  
have many talented leaders in  
this membership. Bring your  
ideas of how we can build a  
closer communication between  
us Starseeds.

You can contact me at  
[coralierman02@gmail.com](mailto:coralierman02@gmail.com).

Thank You,



Corae Lierman,  
Midwest  
Coordinator of  
The Group of Forty

[coralierman02@gmail.com](mailto:coralierman02@gmail.com)

## Website Tip ...

### Search Engine Link on our GOF Website

On the upper right hand corner of  
the home page of our GOF website  
([www.groupofforty.com](http://www.groupofforty.com)) we have  
put a search engine link. This  
search engine is linked to our vast  
GOF library, including all of the  
monthly lectures for the past 10  
years. The search engine is also  
linked to articles put together by  
our planetary healing teams  
regarding Biorelativity and  
Planetary Cities of Light.

So if you need to find information  
on any Arcturian subject, we  
recommend you use this search  
engine link. You will be very happy  
to see the results.

worked together to make a sacred network of Galactic Cities  
of Light. This is exciting. And your work here on the Earth is  
part of that network of Galactic Cities of Light. The Galactic  
Kachina can help you to communicate and to interact with  
the Galactic Cities of Light.

I am happy that the Planetary Cities of Light project really is  
about a network. It is about holding energy as a network  
because one Planetary City of Light standing alone is not as  
powerful as a network of Planetary Cities of Light. You are  
working very strongly, very devotedly, to making the network  
on the Earth of Planetary Cities of Light.

Think now about the importance of the Galactic Kachina and  
think of the importance of connecting, of joining, the  
network of Galactic Cities of Light because you as light  
workers need the quantum energy and light field that comes  
from the Central Sun. You, as Planetary Cities of Light  
workers, want to connect with the highest source of 5th  
dimensional energy and light.

You can also feel the connection to the other Galactic cities.  
Yes, I know, it is requiring a great deal of sensitivity but that  
is why the Galactic Kachina is here. The Galactic Kachina as  
an intermediary and Spirit Guide has great powers to reach  
many places with great sensitivity, perhaps many places that  
you could not reach by yourself.

So I welcome and introduce to you the Galactic Kachina  
today as an assistant, as a Spirit Guide, not only to the  
Group of Forty, but to the whole Planetary Cities of Light  
project. Blessings, my friends, from Flagstaff, Arizona, and  
thank you again to Chief White Eagle for his wonderful  
assistance in connecting with the Kachina light.

I am Juliano. Good Day.

## Medicine Wheels from Around the World

Hola David,

I want to share with you my new medicine wheel in my  
garden. I have been reading about this ritual of native  
teachings. I have just finished two courses with Magda's  
school Connecting with the Arcturians and the lecture club.

Now I feel sure about my knowing and will continue studying  
with the GOF family to share my knowledge in my town. I  
feel closer to the Arcturians.

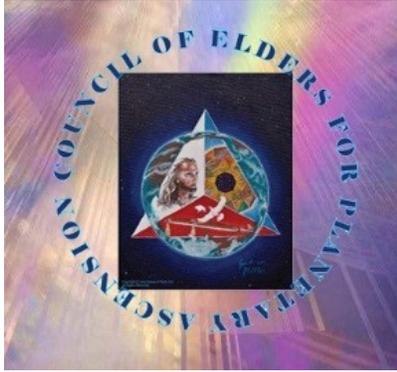
Blessings. Thank you for all,

Claudia  
Claudia Lilian Gariglio  
[claugariglio@yahoo.com.ar](mailto:claugariglio@yahoo.com.ar)

## International Activity Calendar

You must log in  
to view the calendar

[Click Here](#)



At our recent meeting of the Council of Elders we discussed the difficulty people have of accepting galactic spirituality concepts and of accepting the existence of extradimensional higher galactic teachers and masters.

Even those who can accept mystical teachings from religions on the planet and even those of the indigenous spiritual perspectives don't necessarily have an open mind to Galactic Teachers and Galactic Spirituality.

Juliano described this in terms of having resonant energy with galactic concepts because of prior experience in the soul journey. In other words, you are more advanced in your awareness.

If you have this awareness and this acceptance of higher Galactic teachings, you are no doubt a Starseed!



The Medicine Wheel that David and Gudrun have has been set up on their property for over 20 years. The medicine wheel has been used in numerous GOF ceremonies over the years. Many GOF members have visited and used this medicine wheel for their healings. It has strong healing powers.

We are proud to have this medicine on our property and are happy that GOF members have used it.

David and Gudrun Miller



Medicine Wheel at David and Gudrun's home in Prescott.

## From the Land Down Under



Grose Valley Crystal

We are in a minority in terms of the collective awareness of expanded consciousness which includes the Galaxy and the greater Universe!

Blessings from the Council of Elders,



Gudrun R. Miller  
Council of Elders  
Co-Founder  
Group of Forty

## Did you know?

### Earth Responds to our Actions

The idea of Biorelativity is that we can communicate with Earth. Earth is a living spirit. Earth receives our thoughts and feelings about her. Earth receives our images of her. It is well known among the Native American peoples that ceremonies like this are powerful in helping to send positive and healing energies to Earth.

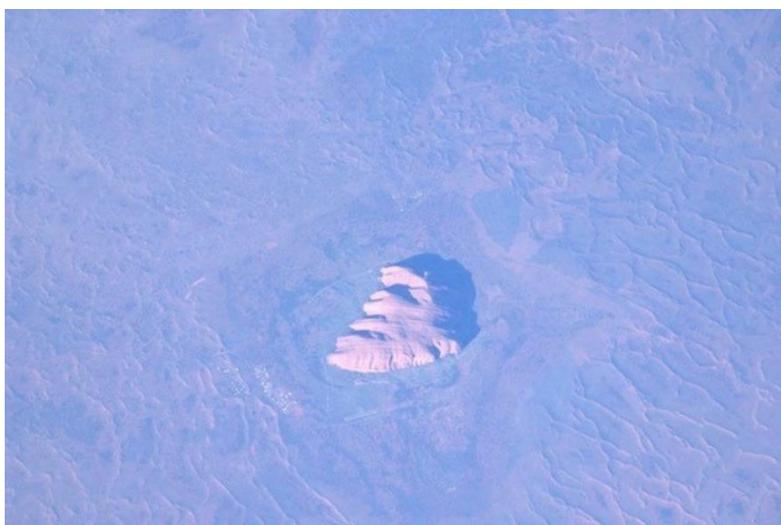
- We are interested in deepening your skills of planetary healing through Biorelativity.
- We all know that Earth is going through rapid changes now.
- We know that Earth is having powerful storms and that there have already been volcanic eruptions and earthquakes in the recent past.

How can you as humanity

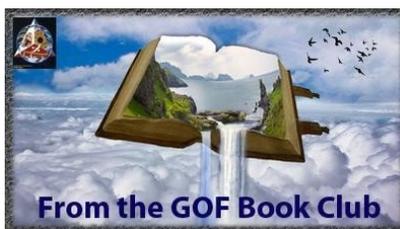
NASA astronaut Douglas Wheelock, who is currently aboard the International Space Station, shares with the world through Twitter pictures of the Earth he snaps.

Known to his nearly 68,000 Twitter followers as "Astro Wheels," Wheelock has been posting impressive photos of the Earth and some of his thoughts ever since he moved into the space station in June, five months after it got Internet access.

"A little farther east, we saw the sacred monolith Uluru, also known as Ayers Rock. I have never had the opportunity to visit Australia, but someday I hope that I will stand by this miracle of nature. Can you see the face of an aborigine?"



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



## Benefits of the Book Club

Book Club Australia is held once a month on a Friday night at 7:30pm EST. It is a great place to farther your learning and expand your consciousness. Some of the topics and their questions at Book Club can be difficult to get your head around, especially if you are new, but it is a place where you can ask the question and have the discussion with others more knowledgeable to broaden your understanding.

influence Earth so that there is more balance? The answer to that question lies in your prayers, your ceremonies, and your actions. Earth responds to your actions. Earth responds when we seek a better balance with her.

Ceremonies like this are a gigantic first step in helping to create balance for Earth.

But Biorelativity even goes one step forward from there. Biorelativity says that we can help to moderate storms through our global meditation. One powerful idea of Biorelativity is that of the planetary cities of light. We all know that there are many parts of the planet that are filled with pollution. There are problems in the air and the oceans, but one powerful solution is making cities sacred, making special places holy and dedicating them to new balances. We call these new sacred areas planetary cities of light.

Why do we use the term "planetary?" Because these cities are dedicated to creating a planetary balance that will work for the whole Earth. These cities are working to contribute to a new energy for the new Earth and a new balance in which everybody is living in balance with Earth.

[Arcturians: How to Heal, Ascend, and Help Planet Earth](#) - Book Two, Chapter one, by David K Miller.

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

When I first started with the Group of Forty, I remember thinking this is beyond me. I have no idea what they are talking about and do not understand the words and terms they are speaking. Book Club can help. You can just come relax and listen. You never know what you may pickup that could help you, which leads me into my story this month.

At a recent Friday night Book Club, we were listening to questions and answers from the book "Expand your Consciousness," chapter five by David K. Miller. The question was, "Give a description of the soul or the 'I Am' Presence." I remember thinking, I don't know. How DO you describe the soul or your 'I Am' Presence? I can't see it. I don't know what it looks like. So how could I possibly describe it? Most things can only be described if they have been seen or experienced.

In the answer it said that the Hebrew word "Neshamah" was the Kabbalaistic name for the higher soul, which is called the I am Presence in New Age philosophy. The Arcturian teachings tell us that we should all become acquainted with "Neshamah," relate to it, and get to know it well. So how do we do this?

It is suggested that some high vibrational toned Hebrew words can help to connect us to our soul. During our discussion at Book Club about this, one of the members, Catrina McGhee, commented she had repeated this word "Neshamah," like a chant, and felt a strong connection to her 'I Am' presence. I decided to try this for myself.

I've always just sat quietly somewhere for a few minutes, breathing deeply, maybe meditating a little, or saying the Kaddosh Mantra. This was something new to try. I began to say this beautiful word, 'Neshamah,' over and over quietly and slowly to myself. It began to feel like I was calling someone. It did not take long before the presence was there. The power of the energy that I experienced taking over my space was overwhelming at first; strong but gentle; peaceful and calming. I felt like I was in another world, supported and loved.

Since then I have called the presence often, and now I only have to say 'Neshamah' once or twice, and I don't have to be sitting quietly, breathing deeply or meditating to do this. It is the fastest and strongest connection I have felt to my 'I Am' Presence. And best of all, I can do this anywhere: while I'm out walking, when I am working, with family or in any situation where I feel the need to be supported. I know it is always there and the powerful connection I feel when I invite it to come in this way is different. I'm still not sure how I would best describe my soul. I can certainly feel it,



## with David & Juliano

Question by Carel Fillmer of Sydney ...

Well you're talking about the people who want to change their sex gender, correct?

This question requires some uncovering and explanation of the soul mission so I have to answer this question on several levels.

The first level is that humanity is evolving toward an androgynous being. Androgynous is the concept of a higher evolution where the species has the sexual characteristics of both traits, male and female. In some planetary systems in the galaxy, androgynous is actually expressed as the person having the female and male characteristics together so that would mean that they would actually have the sexual organs of both and you would see men who have breasts, and I could go on describing this but I think you get the idea. So the first level is that as part of this evolutionary process there are some of these people who have gender disharmony who are on the forefront of this evolutionary process. But you can see that evolutionary change is not always pretty and, in evolutionary change, sometimes there are great problems.

The second part of this is that the gender decision is made

and I know how it makes me feel so perhaps this is the way to do it.

Thank you to Catrina who brought this to our attention.

I wanted to share this unexpected experience with you because some of you may want to try it too. If you find at times that it's difficult to relax, calm the mind, meditate and connect to your higher self, just chant this soft rhythmical and high vibrational word and see what happens.

Book Club is not just about studying the books. This is a perfect example of how helpful it can be.



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## Welcome New GOF Members!

We would like to extend a warm welcome to the following new members who joined the Group of Forty between September 18, 2017 and October 18, 2018.

| First Name | State/Province | Country   |
|------------|----------------|-----------|
| Assia      |                | France    |
| Jesus      | California     | USA       |
| Joshua     | California     | USA       |
| Rosanne    |                | Israel    |
| Takahashi  |                | Japan     |
| Wendy      |                | Australia |



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

before one comes into the physical body, but there is a very good alignment that must be made when the soul comes in because the soul makes decisions: I want to come in as a male; I want to come in as a female; I want to come in as an androgynous being; I want to come in as bisexual but the alignment (in other words, how well the soul comes in) is very fragile and there can be a misalignment. So it is definitely more complex for a soul to come into these androgynous or bisexual situations or transgender situations if there is a misalignment. Misalignment can also include choosing the wrong parents or choosing the wrong situation.

Now the other situation is that I think that there is confusion between androgyny and actual sexual gender. This is confusing because you can be androgynous and still hold one gender or another. There is experimentation going on in the earth society using drugs to change the gender. There are certain people who really have made the commitment to come in as one gender but got crossed. This had to do with alignments as they came in, and those people generally feel the need to change. But even when they feel the need to change, there are problems. It is not a simple solution.

I am only going to conclude this by saying this is a very complex situation and requires careful thought because changing the gender often creates other problems, especially other medical problems. Also, it creates the feelings of loss of identity and prejudice and being



## Infuse Stabilization and Harmony Into Your Energy System

Call in the energy of Helio-Ah.

Helio-Ah will now work with you.

I am going to download this holographic energy into your Crown Chakra.

Sing... Heeeeeliiiiiooohhhhhhaaaaahhhhh

I, Helio-ah, call on holographic light forces to enter each of the Starseed's consciousness now. Let this holographic light now enter.

Through your thought projections and your visualizations you will begin to understand the essence of the universe, the essence of the souls, and your link to all of the soul light energies in this universe and in this galaxy.

Chant... Kol Ha Neshama, (Hebrew for All Living Spirits). "All living light and all liquid light coalesce into the Starseed consciousness now and forever."

I ask you to do the following arm motion:

- Move your hands out in a circular motion, in and out. This energy is so intense that you must keep it moving and I want you to be in motion. One of the secrets of holographic energy is motion and movement. You may experience an increase in your own energy level as you do these movements.
- Let your cosmic egg energy around your body enlarge for you are of the essence of this universe. You have heard the statement "connect within and you will know the essence of all." Hallelujah.
- Rub your hands together rapidly.
- Now place your hands by your ears. You will experience being in another realm when you do this.
- Put your hands on your knees.
- Reverse.
- Now place your palms by your navel.
- Tone... oooohhhhhmmmmmm. This connects you with earth's energy and light.

abused by other people, which creates even more difficult problems.

A very complex situation and I cannot give a clear answer for everyone that will work but remember, look at this from the evolutionary perspective that there is an evolution going on toward androgyny.

Jane Scarratt  
National Coordinator in Australia  
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I call on the light from the Central Sun to enter the Iskalia Mirror to bring down stabilization and harmony.



Jane Scarratt  
National Coordinator in Australia  
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### Our Purpose

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

We are dedicated to teaching humanity 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



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