



Group of Forty

Australia

www.groupofforty.com

David K Miller Founder/Director



THOUGHTS FROM JANE... We all have a fear of power – fear of others' power and fear of our own power. If we are afraid of another's power, then we're unaware of our own. If you were in your own power, you would have the confidence to confront the power of others. Power is always there to be claimed. If you are unaware of your own power then the fear of your power is so extreme you have to keep any recognition of it in your unconscious mind. But if you are consciously afraid of your own power then you have at least come to an awareness that potential power lies within you. It is from fear that these illusions arise. That fear is based on a reality of past misdeeds- so in a way, they are true, but truth and illusion feel the same on the other side of consciousness. So you have to cross the boundaries to the 'higher side' to transmute all ill deeds from the past to claim your present power. To transmute karma, we must have awareness. In order to release old karma that causes the present fear of power, we must journey into other realities. This is a vital step on the Path to Mastery. You have to love yourself to forgive yourself for past mistakes. Loving self is your greatest protection against fear of power. Very few people can admit they are afraid of their own power but honestly, if you want your own power you would simply have it – all of it. Power is a component of your own individuation as is wisdom and love. You have as much power as you want. Be conscious of which part of you is denying it. Which level of consciousness -the smallest subconscious child to the super conscious higher Self. Look into that reality and see how the power has been misused. Learn from your mistakes and claim the power you had hidden from yourself.



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Please consider coming to our annual conference on October 19th and 20th 2019. We're meeting at Annandale Community Centre. We will have a webinar workshop with David and Gudrun Miller and also our AGM. Day two we will have meditations and enjoyable talks from our members. 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 30 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 become a presenting member of the Australian Biorelativity Team and also a member of the Australian Biorelativity Committee.

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

It Feels
GREAT
To Participate!

THE CHANGES IN THE PERSONAL ENERGY FIELD AFTER BECOMING A MEDITATION PRESENTER

Angela Burchardt Perth Civil Celebrant There has definitely been an upgrade in my energy field and I understand it as follows:- I made a commitment a few months ago to listen to the original broadcasts where I could instead of just fitting in the recordings at different times.- I noticed an immediate boost in my energy field because of my decision to be present while meditations are being broadcast - when asked to present meditations I became focused in a different way, more concerned about what I'm emitting, rather than just as an internal experience - it's still early days for me doing online presentations and I expect I'll get more relaxed with it and less concerned about the technology - when I'm listening to other presenters I'm feeling more movement in my energy field - so the internal awareness & activity has increased - recently I've been doing more checking, asking more questions about the information we're given - there's definitely been a qualitative shift in my meditation experiences all round. And It's Good!

Janine Malcolm NZ

I do feel much more connected to the group, but also to the Arcturians. Getting to know and recognise more people on the line from the Group Of Forty. I have more confidence in speaking in front of people. It challenges me to make time to rehearse, to get it right, and do a good job. I therefore receive self satisfaction and a personal sense of achievement. I feel an upliftment in my own energy each time. It helps me stay on a positive track, and I believe the presentations and the work we do, has also helped me to protect myself from negative situations and people, as I just don't want to put my energy near them. The result is they are dropping away from me, so it's all good

Cherie Peterson, Colorado

Presenting the meditations has given me an appreciation for a group that honors inclusivity and co-creatorship. Group work has been a major theme in The Tibetan DK's work (Alice Bailey material), so it's definitely something.

These meditations are something to do throughout the day; in terms of seeing the 12 crystals in the structure of the planetary tree of life. Seeing the acupuncture points balance the planet and support the DNA strands between the poles can be an almost continuous practice. Since I've been leading meditations for 30 years, this one begins to be incorporated on many levels with the work I do.

More testimonials next month.

FROM THE LAND OF THE LONG WHITE CLOUD



New Zealand has just set a great example to the world by recognizing what animal lovers have known forever- that our furry friends are as sentient as we are, and they have feelings just like we do. This landmark ruling by NZ is the first time this shift in perception and policy has been extended to *all* animals, not just chimpanzees, orangutans, or dolphins. The Animal Welfare Amendment Bill, passed last month, aims to make it easier to prosecute people in animal cruelty cases, as well as banning animal testing and research. Animal rights activists have celebrated the decision. "To say that animals are sentient is to state explicitly that they can experience both positive and negative emotions, including pain and distress," said Dr Virginia Williams, chair of the National Animal Ethics Advisory Committee. "The explicitness is what is new and marks another step along the animal welfare journey."

New Zealand Veterinary Association president Dr Steve Merchant said the bill has greater clarity, transparency and enforceability of animal welfare laws. "Expectations on animal welfare have been rapidly changing, and practices that were once commonplace for pets and farm stock are no longer acceptable or tolerated," he said. "The bill brings legislation in line with our nation's changing attitude on the status of animals in society."

Taken from "True Activist" June 2019

Q and A with Juliano through David K Miller

Yvonne in Sydney asks: Dear Juliano, Our planet is drowning in plastic. It has recently been found at the very bottom of the Mariana Trench, the deepest part of the Pacific Ocean. How can we as starseeds and biorelativity healers for the Earth begin to approach this problem? I have heard that there could be a bacterium which could consume and dissolve oil, could it also be applied to plastic? Is this true, and if so could we activate them in a meditation

A Yes, you are correct. The bacteria can be discovered and can be produced to eat the plastic. The problem is that it would have to be done on such a massive level for, as you know, this plastic is a global problem with far-reaching consequences and the scientists and the earth planetary healers still have not evaluated the dangers and the widespread distribution of this plastic throughout the planet. I would compare this issue with radiation and groundwater contamination because it is very difficult to separate contamination from the water. It is difficult to separate the contaminants from the drinking water. It is very difficult to separate the radiation from the soil. My recommendation is this. We are at a time of great need. The planet is in a time of great need for new scientific interventions in order to cleanse and rebalance this planet. The bacterium is one answer but it is not the total solution. I see that there are many new Arcturian starseeds and also starseeds in general that are coming into an awakening consciousness now on this planet.

At the same time others have not yet awakened and need to be awakened.

Think for a moment about the greatest scientist in the 20th century, Albert Einstein who made his best discoveries when he was but a young man, perhaps 29, 30, 31 years of age. Now, we need to awaken the higher consciousness and the higher scientific minds of the young starseeds so that they can download and they could receive the correct scientific information to do this purification and cleansing of this planet. Because, you see, the cleansing of the planet has to be a movement, it has to be a global movement around the entire planet. That is to say there must be a global effort to begin this and we must work in biorelativity for the quantum energy and the quantum healing so that the correct scientific and inspirational intuitive energy comes to the right starseed scientists who can make the correct discoveries in order that these discoveries be successful and be accepted. So you can see that it is a series of events, it is not just one event but it is a series of events that will lead to the cleansing. I recommend that we look into the biorelativity and the chain of events that I outlined and that these chains of events be downloaded and projected into the noosphere so that a series of events, a series of investigations, a series of new cleansing activities with higher scientific reliability will be received, activated and distributed and accepted around the planet on a quantum level.

Whatever Circles

Walk to the well.

Turn as the earth and the moon turn,

Circling what they love.

Whatever circles comes from the centre.

Rumi

COME TO OUR CONFERENCE IN OCTOBER 2019

Thank you to Carel, in Sydney, for creating the flyer



SAT 19th & SUN 20th OCTOBER 2019

It's that time of year again when we all get together to 'share ideas', have fun and laughter as a group. Please bring your friends. Non GOF members cost is \$20.

Annandale Community Centre, 79 Johnston St. Annandale, Sydney

SATURDAY 19th

9 am - 10 am Coffee and Cake

10 am - 12 noon David & Gudrun Miller, live satellite channelling from Arizona Q & A with Juliano included.

12:30 - 2 pm Lunch at cafe next door

2 - 4 pm Annual General Meeting for GOFA then Q & A

SUNDAY 20th

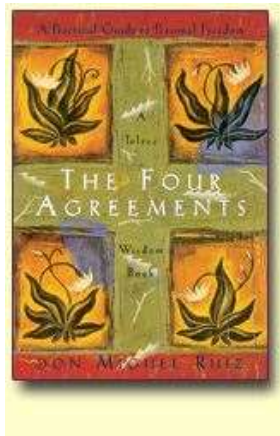
9 - 10 am Coffee and Cake

10 - 10:30 am Meditation Grose Valley Crystal & Ladder of Ascension

10:30 - 11:30 am Martha Heeren is giving an interesting talk on Earth Energies & Ley Lines

12 noon Closing ceremony then 1pm lunch at cafe next door

Any questions please ring Jane 0423 054 107 or Carel 0414 939 760



Be impeccable with your word. Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't take anything personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't make assumptions. Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and trauma. With just this one agreement, you can completely transform your life.

Always do your best. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstances, simply do your best, and you will avoid self-judgment, self-abuse and regret.

Don Miguel Ruiz

SYDNEY PLANETARY OCEAN RESERVE OF LIGHT



Winters Day in Sydney. Belinda looking towards Coogee where there is a crystal buried to support the Planetary Ocean Reserve of Light.

Planetary Tree of Life pathway: *SYDNEY HARBOUR PORT; Spheres: four at Mt Shasta and five at Volcan Poas - Loving kindness and compassion and judgment



DID YOU KNOW...

Extract Taken from Fifth-Dimensional Soul Psychology chapter three by David K Miller.

I want to speak a little bit about what relationship you should have to the programmed self, because we call the ego the programmed self. We want to separate or detach from the Earth self, but what kind of relationship are we going with the Earth self when we separate? Are we going to separate in joy? Are we going to separate in respect? Are we going to separate in mutual understanding? Because your relationship to your ego is still an important part to your ascension process. It may seem surprising when you realize that your relationship with your ego is an important part of your ascension work. What kind of relationship do you think you have to have with the ego to help your ascension? Continue with your work being in joy. You need to continue working joyfully. So working will be joyful, okay. It is almost impossible to be egoless. There are people who have achieved the state of egolessness, and they are special earthly and loving people, but generally, when you are trying to function on this planet, you need some kind of defense. You need some kind of ego. So yes, I agree that you have to have a positive relationship with the ego, but also the ego can become an enemy if it gets out of control. Look at the emotional age of the people who are running this planet. We would say that many of the leaders on this planet are at a very low age emotionally. There a lot of "babies" running this planet. Many of the world leaders are looking for control and are unhappy when they can't stay in control. We are all human, and we have to recognize that we are human.

FROM THE COSMIC ARROW

From the Cosmic Arrow - Arcturus Connection_____By Sjoerd Tyssen

New Moon - Total Solar Eclipse - Cancer Cycle -

3rd July '19... 10 degrees. Cancer

Arcturian Message:- 'On this beach you will find many small crabs'

1st Quarter Moon - Cancer Cycle - 9th July '19... 17 degrees. Libra

Arcturian Message:- 'Being a seeker makes one wary of deception'

Full Moon - Partial Lunar Eclipse - Cancer Cycle 17th July '19... 24 degrees. Cancer/Capricorn

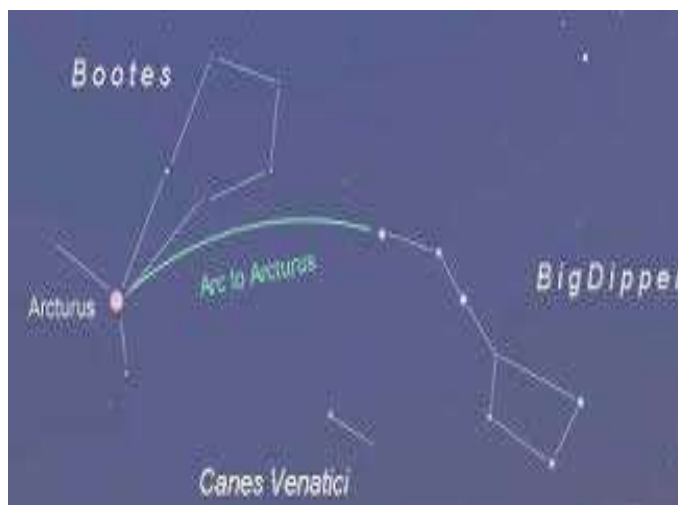
Arcturian Message:- 'Beginning anew is the final challenge now'

And:- 'Beware the beginning comes at the end'

Last Quarter Moon - Cancer Cycle 25th July '19... 1 degrees Taurus

Arcturian Message:- 'These are the words we use in friendship'

sjoerdttyssen@bigpond.com



MONTHLY PHONE MEDITATIONS IN AUSTRALIA

Thursday Meditation July 18th – Janine Malcolm (NZ)
11am EST 0386720180 396637#

Sunday World Wide Meditation July 21st
9am EST Meditation to awaken young Starseeds all over the planet. Phone conference line Access code 164595#

Thursday Meditation July 25th – Jan Dugan
11am EST 0390280260 164595#

Thursday Meditation August 1st – Anne Scarratt
11am EST 0386720180 396637#

Sunday monthly lecture with David Miller and Juliano.
August 4th 10.45am EST 0390280260 164595#

Thursday Meditation August 8th – Jeannette Carlisle
11am EST 0390280260 164595#

Sunday Q and A August 10th – Juliano/David
9.30am EST 0390280260 164595#.

Thursday Meditation August 15th – Marie Ashworth
11am EST 0386720180 396637#

Thursday Meditation August 22nd – River Vasquez
11am EST 0390280260 164595#

Thursday Meditation August 29th – Jane Scarratt
11am EST 0386720180 396637#

Thursday Meditation September 5th – Cherie Peterson
11am EST 0390280260 164595#

Sunday monthly lecture with David Miller and Juliano.
September 8th 10.45am EST 0390280260 164595#

The Earth Balance Biorelativity Meditators meet every Monday, Tuesday and Wednesday nights at 8pm EST on the phone conference line. 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, August 2nd 7.30pm EST** We will be discussing Chapter Sixteen of "Expand your Consciousness" by David Miller.

Bringing Herbs into your life

FENNEL: This allows you a greater sense of grounding. This is especially useful when you need to feel connected to the Earth for certain types of work. There is greater Earth energy available. When taking this herb, you are likely to move through several transitional phases in which there is deep introspection. As you attune to the earth's energy, you look upon the earth and see suffering and difficulty. As you see this, you must move through a transition phase to accept and work with this suffering. Otherwise, the energy from the earth is cut off from the physical body. Then you focus on physical body complaints instead of the spiritual understanding that all people on the Earth deserve love. There was a time when there was less suffering but then the message of fennel related more to pure Earth energy and ways it could be redirected in joy and happiness without such transitional phases being necessary.

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.

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 your Planetary City of Light to people you meet. I'm happy to send information for you.

Choosing a pathway on the Planetary Tree of Life.

The paths on the Planetary Tree of Life represent a series of steps to achieve overall integration and planetary balance, which includes sustaining all life forms on Earth. We want to associate a Planetary City of Light or Ocean Reserve of Light with each path. Each numerical path has a mission to explain the method of achieving the connection between the two spheres. EG there is a line connecting justice and compassion. **There has to be a balance, a way in which these two spheres are communicating with each other energetically, not in isolation.** The path is teaching how to create a balance between the two spheres that it is connecting. By associating a Planetary City of Light or Ocean Reserve of Light with the paths on the Tree of Life we are hoping to expand the outreach of this paradigm.

***THE MORNINGTON PENINSULA PCOL;** Spheres: eight at Grose Valley and ten at Lago Puelo - Victory and Kingdom (The Third Dimension)

***PORT PHILLIP BAY PORL;** Spheres: nine at Lake Taupo and ten at Lago Puelo - Splendor and Kingdom (Third Dimension)

AUSSIE ECCENTRICITIES



Keeping the tress warm in Speers Park, Newcastle.

The Tomaree Head Ladder of Ascension is in this area.

Photo courtesy Carel, Sydney

**"I SHALL PARTICIPATE, I SHALL CONTRIBUTE,
AND IN SO DOING, I WILL BE THE GAINER."**

WALTER ANNENBERG

@LifehackQuotes

CORNWALL CAPERS

Hello from Polbathic PCOL HelloStarseeds, This month we want to share with you our experiences at the wonderful summer solstice celebration on the Tor at Glastonbury where the Mary and Michael Ley Lines intersect. We were blessed to meet up with Fi Mash the South U. K. GOF Coordinator and Elizabeth Keller from the USA. We took the long procession pre-dawn on one of those typically chilly British mornings - but this did not deter me from wearing shorts! Fi set up a crystal grid - overlooking the most beautiful view of the mist rolling over the Somerset levels like a blanket of cotton wool. The place was crowded and the drummers beat in the dawn. Fi bought three crystal dragons (Sodalite, Apatite and Green Aventurine) for a crystal grid and we joined hands and meditated with our Arcturian Guides who surrounded us with a column of white light - downloading 5th dimensional energy into Mother Earth to raise the spiritual light quotient, and spread this through the planet via the Ley Lines - placing thoughts of love, peace, harmony, balance and unity consciousness into the nooshere. After, we joined other groups for a circle dance of joy - before descending for breakfast! Well done to Fi for carrying her large crystalline dragon friends to the top of the Tor! Thanks to Elizabeth for bringing her serene energy. Joy to the world - and love to you all. Together in Unity Consciousness. Stephen.



Stephen in shorts!!



Picture on right:- Becky, Fiona and Elizabeth..

Biorelativity Coordinator News

If you would like to be part of the Biorelativity Meditation Earth Balance Team, please email Jane Scarratt at janes carratt@gmail.com.

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! Please join in this amazing work for Gaia. Juliano has assured us that Gaia is hearing us and is beginning to trust that we are always there supporting her. Gaia thanks you!!

Monday night meditations at 8pm EST will now be called Arcturian Tree of Life meditations. We will be placing the 12 spheres of the Arcturian Tree of Life into the North Pole to activate the planetary Codes of Ascension.. **Both USA teams and Australian teams are working with this.**

The theme for the **Tuesday night meditation is Raising our Skills and our Energy.** The team meets at 8pm EST Access code 396637#

Wednesday night we are working on strengthening the aura of the Earth. The team meet at 8pm EST access code: 396637#

Once a month, on the second Wednesday of each month, we will come together for an Arcturian 40 meditation for Earth. The next meditation will be August 14th at 9pm EST. Maralyn Palamara will lead the meditation. Access code 396637#

THE CURRENT TEAMS ARE:-

Sydney north members GOFA members in the North of Sydney are working with the North to south pole meridian. They meet together as a group every Tuesday.

Corae Lierman in Nebraska and her team will work with the Ring of Fire meridian/the aura of the earth/negative thought forms around the earth. They meet every Tuesday morning at 10am EST. Access code 164595#

The South Central Biorelativity Team with Mber Rose Love are looking after the North to South Pole meridian. They meet Thursday morning at 9.30am EST. Access code 164595#

Jan Dugan in Alabama leads a team working on the Space Time Continuum Rift and the Equator. They meet on access code 164595# at 11am EST Saturday except for the second Sat of the month when we have Q and A with Juliano.

Keith Kreyling in Boston, Massachusetts leads a team working with the Pacific Ocean currents. They meet on 164595# every Friday morning at 9am EST.

Juliano advised us that when we are working with the 3D meridians, we are re-habilitating the meridians. The Arcturians use the 5D meridian system of the twelve etheric crystals to assist us.

Juliano again told us in the June Q and A session that the work the teams are doing on the meridians is very good.

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.

BOOK CLUB

'Teachings from the Sacred Triangle'

by DAVID K MILLER

All questions and answers from Chapter 13 Vol 3 by David K Miller and the GOFA Book Club members.

What energy vibration is it hard for us to escape from and what are we tuned into?

There are many different conflicts on all levels and these conflicts have certainly had an effect on the energy vibration of the whole planet. Thus it is hard to escape the effects of the conflicted thought and energy distorted patterns that have permeated the universal consciousness of man. We are all tuned into the universal consciousness, either through the dream world, your consciousness, or through your normal waking life.

What energy patterns surround us, and dominate the planet?

The energy patterns are all around us, just like the energy patterns from television and radio, the warlike and conflicted thought processes and energies have been dominating the planet. The relationship between spirit and a place or spirit and a location is very profound.

Why would we need a portal?

These areas where a portal is manifested will help people access higher levels of energy and higher experiences. Even if we are doing the proper meditation, proper prayers, and proper downloading of information, no matter where we are, we would be able to accelerate and raise our energy.

But we are still a being who is affected by negative energies of our planet. We are affected by the energy around us. It is only natural to want to be in a higher place, and it is natural to want assistance and to be attracted to different locations that would help you to raise your vibration.

How do the crystals assist?

The crystals have elevated consciousness of many people because the interactive forces and spirits that were already around these areas became more active. The spiritual energy becomes accelerated and with the focus and thoughts that you and others have projected to these areas a beautiful raising of the energy occurred.

What is the key to raising your vibration?

Create an interactive force between your vibration and thoughts, your intentions and a place. There were many beautiful areas activated by ancient people. They have not been used nor practiced with. It is necessary to seek out these old power places and to re activate them. There are certain vibrations in different places and on different planets.

What are the two aspects of the ascension?

One is that you, as third-dimensional beings, are transforming and evolving. We wish to go to the fifth-dimension. **Secondly**, through this input of spiritual energy and light from other sources interacting with your work, you can accomplish this.

AROUND AUSTRALIA & N.Z.

Sydney NSW PCOL/PORL Meditations on **last Saturday of the month** at 12.45pm EST. We have refreshments afterwards. Ring Carel 0414 939 760 or email: carelfillmer@gmail.com

GoldCoast, Queensland PCOL/PORL
Meditations on **last Sunday of the month** in Helensvale 1.15pm EST. Refreshments after. Ring Jane(07) 56657575 or email: janes carratt@gmail.com

Brisbane North, Queensland PCOL
Meditations are being held monthly in Brisbane. Meditations held on **1st Sunday of month** at Brackenridge. 10.45am EST. contact Jane janes carratt@gmail.com

Melbourne Mornington Peninsula PCOL/PORL
Meets monthly for meditations and social interaction between members. Meetings on **the last Sunday of the month at 11 am EST**. Contact Glenda 0439639592 email: g.lancaster777@gmail.com

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

Applecross/Shelley Perth PCOL
Meditations will be held on the **third Sunday of the month** at 1.15pm WA Time in Applecross or Shelley. Contact Michael: email fruition@michaelmaynard.com.au

Auckland NZ PCOL/PORL
Meet on **second Sunday of each month** at Farm Cove at 2.15pm. Refreshments afterwards. Contact Janine:- janinemalcolm@xtra.co.nz

Adelaide - South Australia
Meet on **third Sunday of the month** at Westbourne Park at 2 pm. Refreshments afterwards. Contact Jen at j.e.hamilton@gmail.com

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.

38. Law of Cleanliness-a law of the physical.

It has been said that cleanliness is next to godliness. And so it is. Keep the physical body clean, for in that way it can breathe and excrete the poisons.

Each cell takes in oxygen and secretes waste. Drink a lot of water because that is the way to keep it functioning properly, eliminating all waste. Water has a great spiritual effect, too. Keep it running over your body every day for about 4 minutes. You will soon begin to feel the benefits because while it cleanses, it leaves the skin with an essence that also rejuvenates.

Keep your tongue clean and clear. It is there that you "taste life" or feel the goodness of God. This is something you must discover for yourself.

Take good care of your physical body so that it will long "do" the works of the Father within. Keep a lighthouse for him to dwell in.

GOF AUSTRALIA FAMILY TRAVELLING AROUND AUSTRALIA



Extraordinary landscapes at Lake Mungo, Victoria.

Ulli, a member of the Sydney PCOL and her family visited this incredible area.



Judy O'Donnell, member of The Mornington Peninsula PCOL travelled to Magnetic Island off the coast of North Queensland. Here is Judy enjoying a coconut water 'cocktail' at the Horseshoe Bay Market.



Meet Izzy, the koala whisperer. A 12 year old girl living on the island. Her Mum, Ali is a vet, and as a family, they run a koala sanctuary that takes in and cares for injured, orphaned and sick koalas with the hope of releasing them back into the wild when possible.

To connect with Galactic Kachina energy. Teachings from the Sacred Triangle Vol 1 Ch21

"I know who I am, and who I want to be, and how I want to act. Then I connect to the Galactic Sun and my spirit is filled with the Central Sun energy field. Then I walk tall. I walk with power. I walk with confidence. I soon see the meaning of all actions on Earth."

Stories from Trent Mills, team member of the Jeanus Wildlife Shelter and Group of Fortv Australia member.



G'day dear ones, another month flies by. Where does the illusion of time go? Today we have the largest member of the kingfisher family. This is divine Kookaburra, Julian. Those of you who are regularly readers of this monthly newsletter might notice a pattern developing in the names given to the children whom I am lucky enough to have come into my care. A small homage to our Arcturian family. Young Julian was found by a caring soul with no injuries other than he had lost most of his tail feathers. This doesn't physically hurt the bird, but even for the

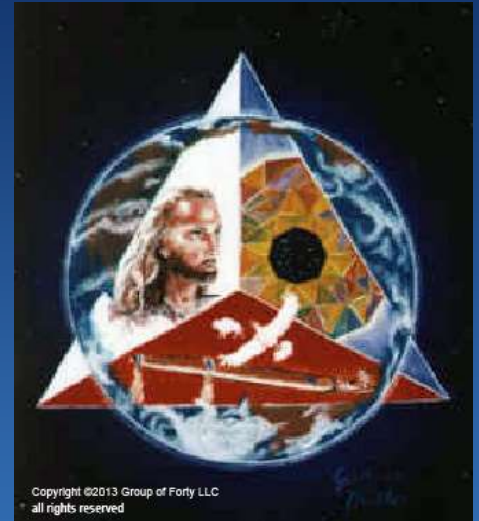
merry, merry king of the bush, it is a certain death sentence because without them being able to gain flight, all birds are easy prey for predators. However, when they are rescued and brought into care, it is also one of the easiest and treatable of injuries. Give them good food, time and comfortable accommodation and you are almost guaranteed a successful release. 'Kookas' are native to Australia and New Guinea. They mate for life and live in pairs or small family structures. When in the wild, they get all their moisture from food. Most information states that Kookaburras are very territorial and won't allow outside Kookaburras into their space. But, as with most species, this is subjective to the individual creature. My own experiences have had more positive than negative releases, especially with young Kookaburras being re-released into new territory. This is the usual practice because when wildlife is injured on or near busy roads, it's not safe to release them back in the same area. We do our best though. Julian will stay in an observation enclosure until he is safe to be upgraded to a bigger aviary. Divine gratitude, namaste, love, light and blessings.



"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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