



Group of Forty

Australia

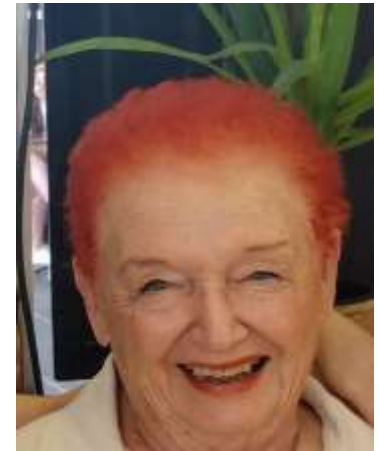
www.groupofforty.com

David K Miller Founder/Director



THOUGHTS FROM JANE...

People ask me "what am I supposed to be doing?" Your destiny is to feel the light within you and to use it as a beacon for all the world to follow. To raise your consciousness and feel your higher potential as you deal with the mundane events of the 3D. Find your centre and stay with it. You can't avoid your responsibilities on Earth because they are part of your potential. You can be on the Earth and not in it by being detached from the physical and then it has no power over you. Stop worrying about age and time and judge everything by how it makes you feel. Our evolvment into higher consciousness can take time but suddenly, one day, you are there. Just allow the process of your journey to proceed on its own. Trying to control your direction is being urged by your ego. Your Higher Self knows exactly where it is and needs no direction to follow. That 'direction' is coming from the ego. Surround yourself with people of a like mind so you can support each other. This is what Group of Forty can do. Your Higher Self is an individual life stream within a group consciousness. Accept everyone for who they are and where they are. Don't judge others by your own progress. We each have a life to experience our own way and our path will be at the direction of our Higher Self.



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Please consider coming to our annual conference on September 26th and 27th 2020. We're meeting at the Hydro Majestic, Medlow Bath. We will have a webinar workshop with David and Gudrun Miller and also our Annual General Meeting. There will be two guest speakers. Day two we will have a meditation at the Grose Valley crystal. Email Jane for more details

MEETING OUR MEMBERS

My name is Ann O Mahony & I was born in Cork, Ireland. My parents were dairy farmers so I spent much of my time chasing after cattle & doing odd jobs on the farm. I left Ireland in 1997, aged 26yr with my two brothers and a sister. We lived in Melbourne for four months and when I moved to Sydney, I fell in love with the place and have been here ever since. I got a job as a kitchen hand at a day centre for the aged and persons with a disability. I am still working with the same organisation but as a manager. My two brothers and sister went back to Ireland but I couldn't leave this beautiful place. Some courses I've completed are Certificate 4 in disability and I have a Diploma in Counseling.

My journey into spirituality started with the passing of my mother in 2011. I couldn't understand why it happened & went through a tough period of time coming to terms with it. I started to question everything, thinking there had to be more than to us just living and then dying. I started going to healing workshops, I did an astrology course & started meditation. Each time I went to something new, I learned new information which guided me on to the next new thing.

In 2014, I met the other half of my soul, my twin flame.

We had a brief time together before life's circumstances divided us but I have always believed we would reunite. I've had to do a lot of inner work in the past four years and I have expanded spiritually. My connection with my guides has become stronger and they communicate regularly with me through my dreams. I found Group of Forty via the Meetup group, Planetary Healers Sydney.

Ann O Mahony



I was looking for a group that I could do meditations with to improve my technique.

I didn't know anything about Group Of Forty but have found it to be a huge 'eye opener', especially learning about our Galactic brothers and sisters in the Universe.

Thanks to Group of Forty, my knowledge about Mother Earth has grown enormously and I now have a greater understanding about what we are doing here, individually, and as a group.

Blessings to you all. Ann.

NEWSLETTER CONTRIBUTIONS

I just wanted to share my exciting afternoon with you and the GOF members. This afternoon, fourteenth January 2020, while I was exploring the Botany Bay area for a place to place a Crystal, I stumbled upon an aboriginal smoking ceremony taking place at La Perouse.

I took a seat some distance away and watched. To my surprise and delight after some time, I was actually invited into the circle to join in the ceremony. It was just magic! I was so very grateful. Afterwards, I thanked the younger aboriginal fellow playing their traditional Instrument (they did not call it a didgeridoo but something else) and I chatted with him for 15 mins and asked him if it would be appropriate for me to go and thank Uncle Greg Simms for beckoning me to join in the group. He said 'absolutely', So, I went and introduced myself. Uncle Greg gave me his card and said I could ring him anytime. He told me that only aboriginal elders can conduct a smoking ceremony like this because they have the knowledge.

What a day! I really felt blessed to experience this and their warmth and felt humbled at their generosity in including me.

Belinda, member of the Sydney Planetary City of Light.

simpsonb164@gmail.com



OUR INTREPID TRAVELLING MEMBERS



Magaly (Sydney PCOL) attended a Cosmic Consciousness Conference at Uluru on January Eleventh 2020. There were over three hundred people there and we sat in a circle and held hands, chanted, played singing bowls. Participants also used Aboriginal clapping sticks. The fairy's came out to watch that night. The beings were grateful that we mediated there.



The clouds responded to our songs. I took the opportunity to visit Uluru morning and late afternoon.



The women's area on the side of the rock. We're excited we were there

MORE CONTRIBUTIONS FROM OUR MEMBERS

"FLOWER FOR THE EARTH"



Contribution by Anne, member in
Sydney Planetary City of Light

LET LIVE

We have our greatest challenge to affect the effects of this bush fire situation in Australia.

Before Christmas I was walking through my dying garden and felt a very gentle misty air (no it was not raining) and these two words came. "LET LIVE".

So I went round the garden singing these two words and feeling more and more positive and connected to Mother Earth. Then Christmas morning we had rain! What joy!! And from that rain, less than a day's worth, most plants have pushed new shoots and a few precious flower buds through. What magic there must have been in that water!

So I am wondering if we could plant these two words full of our combined magic into the minds of our fellow humans and then into the biosphere\ noosphere.

Can you see those beleaguered news readers smiling and asking everyone to say "Let Live" (not be destroyed). And at every major sports event a moment of stillness then all the stadium calling "Let Live".

Smile - it is a global event and we need to prevail.

Contribution from Danielle, member in Sydney Planetary City of Light.

SAI BABA OF SHIRDI QUOTE:

"Do not be misled by what you see around you, or be influenced by what you see. You live in a world which is a playground of illusion, full of false paths, false values, and false ideals. But you are not part of that world."

Contribution from Carel in Nelson Bay

DEVELOPING A JUST SOCIETY

Article for Group of Forty Australia Newsletter

By Angela Burchardt

How do we develop a 'just' society?

Australia has been suffering mightily from bushfires, drought and other weather imbalances, as have so many other countries on the planet. Volcanic eruptions, earthquakes, floods and warming of the planet have brought into high relief that as a human race we have to do better to save our society and the natural environment which sustains us. All of the major ecological elements on which we depend are polluted or in some way out of balance and unsustainable.

There's a recognition that we need to refer to ancient ways to help us get over the dependence on destructive practices which have brought us to this point.

All of these very difficult circumstances with which the earth and its inhabitants are experiencing has prompted me to wonder what a healthy and just society for the future would look like.

I'm thinking of a basic structure for government! (For those of you interested in numerology I'm looking at $4 + 3$, or 4×3 .)

4 mega departments in charge of

- i) Earth
- ii) Water
- iii) Fire
- iv) Air

Each of these mega departments to be answerable to and balance the triple bottom line, or the 3 P's:

- i) Ecological (Planet)
- ii) Social (People)
- iii) Financial (Profit).

My first thought was for our Government, but it could be for any level of society, whether it's from the family unit to any country through to a world/planetary government. A world

government could prosecute major oil spills, drilling and fracking which possibly causes volcanoes, a country with major bushfires polluting planetary air ...

So how do we choose appropriate leaders? They must necessarily have come through the system and proved themselves worthy citizens with management of the 3P's.

Thanks to Group of Forty for the meditations which have opened up for me some wonderful ideas and possibilities for the future. Nothing in the above information is new, but I haven't seen them put together in this way before.

Enjoy this new decade of challenges! Or should I say 'abide in equanimity'!

AB 16Jan20

Angela is a long-standing member of GOF, she's a Celebrant and Colour Therapy Consultant, living in Perth, WA.



The Grose Valley Etheric crystal represents the creation of a new earth society – a just society. It will help to bring in new concepts, ideas perspectives on the aspects of society. By connecting our ideas and concepts with this crystal, we will infuse the noosphere with inspiration and new foundations.

CINNAMON AND HONEY

Honey is the only food on the planet that will not spoil or rot. It can turn to sugar but in reality honey is always honey. If left in a cool dark place, it will crystallise. When this happens, loosen the lid, boil some water and sit the honey container in the water and let it liquefy. It will as good as it ever was. Never boil or put in the microwave. This kills the enzymes in the honey. Scientists today accept honey as a "Ram Ban" (effective) medicine for all diseases. There are no side effects.

Arthritis

Arthritis patients may take daily, morning and night, one cup of hot water with 2 spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In recent research at /Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon of honey and half a teaspoon of cinnamon powder before breakfast, they found that within a week, out of the 200 people treated, 73 patients were totally relieved of pain, and within a month, mostly all of the patients who could not walk or move because of arthritis, started walking without pain.

Influenza

A scientist in Spain has proved that honey contains a natural ingredient which kills the influenza germs and saves the patient from flu.

Longevity

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take 4 spoons of hone, one spoon of cinnamon powder, and three cups of water and boil to make like tea. Drink ¼ cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100 year old, starts performing the chores of a 20 year old.

Cholesterol

Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the Canadian Weekly World News,, pure honey taken with food daily relieves complaints of cholesterol.

It Is Better to Use Ceylon ("True" Cinnamon)

All cinnamon should have health benefits, but **Cassia** may cause problems in large doses due to the coumarin content. Ceylon ("**true**" cinnamon) is much better in this regard, and studies show that it's much lower in coumarin than the **Cassia** variety

Taken from www.hsiaustralia.com.au

We search this world for the great untying of what was wed to us at birth
and gets undone at dying.

We sleep beside a stream, thirsty.

Cursed and unlucky his whole life,

An old man finishes up in a niche of a ruin, inches from the treasure.

Rumi

Q and A with Juliano through David K Miller

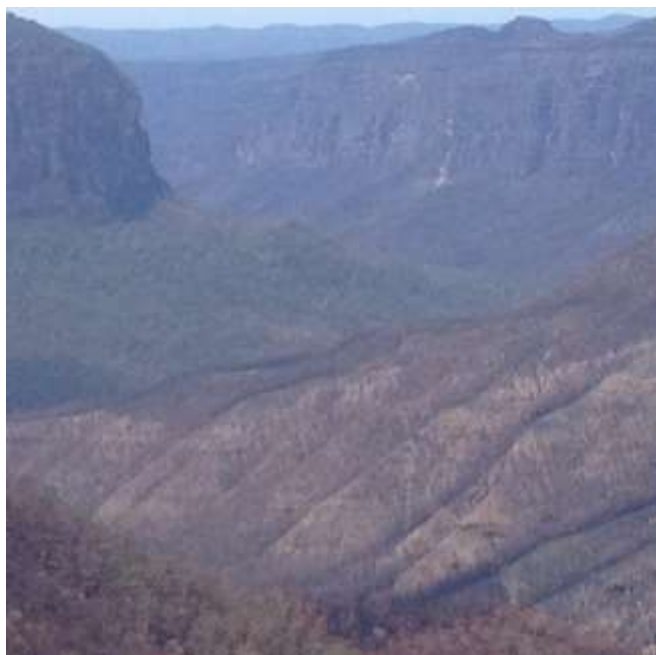
Q. Juliano, how do the Arcturians access information about our history? Is it imprinted in their libraries or are they able to access all the Akashic records?

A Well it is based on the Akashic records and the aura, the aura of the earth and the aura of each person. We have specialized computers and we have specialized central focusing using our high level computers. We can read your aura and we can read the aura of the earth and in addition we can do time travel backwards and forwards. So let us take the personal situation, the personal aura. We, like the Pleadians, can lock onto your personal aura from our 5th dimensional spaceship and then we can read your entire karmic history, all your incarnations on this planet and other planets because it is all recorded in the aura, and we also can look at how long you are expected to live on this earth and numerous other information. Now this information in the aura does go to the Akashic records also but we read it and we are knowledgeable about it by reading your aura and the aura of the earth because the aura of the earth also records everything that has happened. We also can go backwards in time and study what has happened. So those are the primary methods we are using for getting all this information about you and about the history of the planet. We do not have to use "the Akashic records" because the Akashic records are contained in the aura or access to any information about you or about the planet, are contained in the earth's aura and in your aura.

Q. Juliano, when one dies the eternal light body passes through to the light and into the 5th dimension. That being so, once Earth is raised to the 5th dimension why will there be any future need to experience any further incarnations on the 5th dimensional earth?

A First of all, everyone does not go to the 5th dimension so when the person asks a question about going to the 5th dimension, the implication sounds like everyone is immediately going to the 5th dimension and that is not true. There are people who will die and not go to the 5th dimension and so I want to clarify that immediately. The second point is that there are incarnations on the 5th dimension and maybe you might think that when you go to the 5th dimension that is the final place but the 5th dimension does have incarnations. In the 5th dimension you do have a 5th dimensional light body, for example, but fifth dimensional life is based on incarnations. For example, we, the Arcturians, could live in your terms, for 500 or 600 earth years but we can move up in our evolution and enter the 6th dimension, 7th dimension, or 8th dimension. So maybe from that perspective you understand the difference and I think it is, maybe shocking, that everyone will not go to the 5th dimension immediately. Everyone may eventually evolve to the 5th dimension but not immediately and when you are in the 5th dimension you are also preparing for going to a higher level. This leads to another important point in our teachings that the soul is not static and the soul is always evolving, the universe is evolving, everything is moving to a higher level. There is physical deterioration, your physical body deteriorates for example and there is entropy that exists in the universe but the soul is moving to higher light and when you get to the 5th dimension it will be wonderful, but you will move on from the 5th dimension to even more expansive areas and dimensions. Therefore, you will release yourself from the incarnational cycle on the 5th dimension which is different, I agree it is different, but it still is an incarnational process.

GROSE VALLEY FIRE



The Grose Valley after the bush fires. The fire took 47 days to control. The top picture is the area where we have always met to have our meditation as it overlooks the Grose Valley. It was totally burnt out but the hut was left intact.

Pictures from Elizabeth Clarke, Grose Valley coordinator

FROM THE COSMIC ARROW

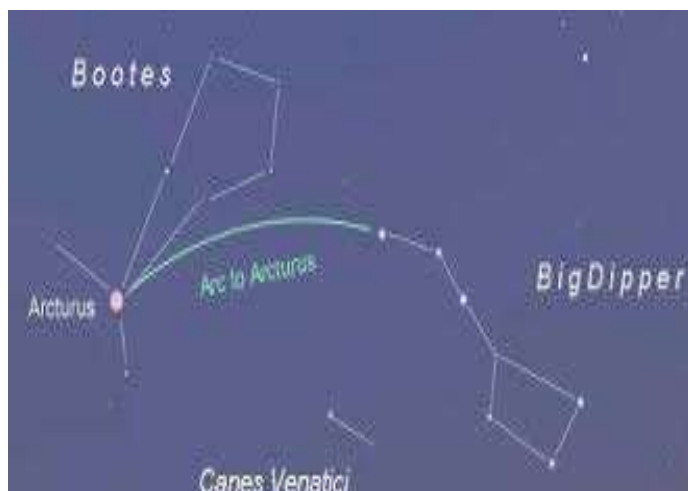
From the Cosmic Arrow - Arcturus Connection_____By Sjoerd Tyssen
Use These gifts to help your meditations.

1st Quarter Moon - Aquarius Cycle -
2nd Feb' 20... 12 degrees.. Taurus
Arcturian Message:- 'Be not alarmed at the change of plans.'

Full Moon - Aquarius Cycle - 9th Feb'
20... 20 degrees.. Aquarius/Leo
Arcturian Message:- 'Bring up the pale of water please?'
And:- 'None of my acquaintances sent me a fare well card but you did. Thank you.'

Last Quarter Moon - Aquarius Cycle -
15th Feb' 20... 26 degrees.. Scorpio
Arcturian Message:- 'Never before have so many seen so few glories.'

New Moon - Aquarian Cycle -
23rd Feb' 20... 4 degrees.. Pisces
Arcturian Message:- 'There are beautiful flowers in the magic garden.'
sjoerdtysen@bigpond.com



MONTHLY PHONE MEDITATIONS IN AUSTRALIA

Saturday Q and A with Juliano February 15th 10.30am
DST 164595#

Thursday Meditation February 20th- Corae 11am DST
164595#

Thursday Meditation February 27th – Jane 11am DST
396637#

Thursday Meditation March 5th- Henry 11am DST
164595#

Monthly Lecture March 8th -11.45am DST 164595#

Thursday Meditation March 12th – Anne 11am DST
396637#

Saturday Q and A with Juliano March 14th 10.30am DST
164595#

WW Meditation Sunday March 15th – 8.30am DST
164595# or go to meeting link will be sent to you

Thursday Meditation March 19th- Mber 11am DST
164595#

Thursday Meditation March 26th – ??? 11am DST
396637#

Thursday Meditation April 2nd- Cherie 11am DST
164595#

Thursday Meditation April 9th – Jane 11am DST
396637#

Thursday Meditation April 16th - Chad 11am DST
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: the Access code
is : 396637#

For US meditations the Access code is: 164595#

THE BOOK CLUB



Australia's next book club discussion will be **Friday, March 6th 7.30pm DST** We will be discussing Chapter Twenty Two of "Expand your Consciousness" by David Miller.

Bringing Herbs into your life

Hawthorne:- The ability to create greater attunement to the choices in life is one of its important spiritual characteristics. It assist you to understand how you manifest God in your life. The way each of us manifest our own particular vision of God is unique to each person. The way this is transferred naturally leads to a great focus of energy in the heart centre. There is an energy formed in the heart that can be quite warming and remains long after the herb has been used or has fulfilled its function of aiding the blood or the hearty. These energies surround all of us. The ability to let go is enhanced with Hawthorne. This is centered in the heart so you learn to let go so you may trust. You begin to realise the body will function by itself...you don't need to put attention on it; what happens is liberation primarily in the hearts centre. Your ability to love comes more easily. Negative thought forms in your aura are dislodged or even destroyed. You become more forgiving of yourself more than others. In Lemuria, the plant was all about sharing. You gave Hawthorne to a friend just as today, you might give them a crystal. The hearts chakra is energized.

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 Sefirot (spheres) are communicating with each other energetically, not in isolation.** The path is teaching how to create balance between the two Sefirot (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.

SPHERES OF THE PLANETARY TREE OF LIFE

Sefirot (Sphere) Twelve –

Serra da Bocaina- Brazil

This crystal represents the interaction between the third and fifth dimensions. Upper Malchut (Third-Dimensional Earth Interacts with the Fifth Dimension)

Juliano The main Arcturian guide and ascended master working to help activate Earth and the Arcturian starseeds toward the ascension.

Adonai represents that aspect of the Divine that oversees the third dimension.

Miller, David K.; Yashin, Mordechai. A New Tree of Life for Planetary Ascension



CORNWALL CAPERS

Hello Starseeds and Lightworkers

This month we are sharing what we've been up to - since our last article.

In our PCOL meditations we work closely with the Montserrat crystal and Sananda, the sixth sphere in the Arcturian Crystal Tree of Life - which represents balance and harmony together with sacred messianic energy (see attached photo)

At the centre of our larger medicine wheel we have a card representing Montserrat which is inside a Copper pyramid, surrounded by four Strawberry Quartz and four Pink Botswana Agate crystals - with a Rose Quartz sphere for good measure!

At the moment we always have this centrepiece displayed in our room - whilst we may also work with different combinations of crystals in our wider circles within our crystal medicine wheels - this all helps with the overall energies of the PCOL.

On 12th January, my wife Bex and I joined in the workshop and ceremony for the activation of the Uluru-Sun umbilical cord on the Planetary Rainbow Serpent and Michael-Mary lines at the Hurlers stone circles at Minions up on Bodmin Moor, Cornwall.

It was absolutely freezing - totally opposite to Australia- it was a very bright but windy day, the ground was sponges and saturated from heavy downpours the previous day.

FROM STEPHEN & REBECCA

We were in the outer circle - during this powerful gathering I experienced being in a column of white light linked straight up to the Arcturian Jupiter Corridor of Light to the Starship Athena - basically downloading energy as light into the Ley Lines - especially for Australia but also spreading out far across the planet - bringing in energies of calm peace balance harmony - allowing us to stand in our power.

So - we've been busy - and so have you! Stay positive your hard work is appreciated.

Actions speak louder than words so let's get out there - join in - get connected - your planet needs you!

Until next time - Omega Light Blessings.

Stephen



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 DST/2amAZ will include Unity Consciousness, Meridians, Activating Staseeds, Ascension tools. **Both USA teams and Australian teams will be working with this.**

The theme for the **Tuesday night meditation** is **raising our skills and our energy**. The team meets at 8pm DST/2am AZ Access code 396637#

Wednesday night we are working on meditations for Earth. The team meet at 8pm DST /2am AZ 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 March 11th at 8pm Aust DST/2am AZ. Maralyn (Aust) will lead the meditation. Access code 396637#

THE CURRENT TEAMS ARE:-

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.

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.

Keith and Tabitha (Boston) and their Team are focusing on merging the 5D and 3D earth and clearing all meridians and ley lines. They meet every Friday at 11am DST Aust / in US Thursday at 5pm AZ. Access code 164595#

All the presenters have selected their own meridian meditation and, as they are rostered through these wonderful small Earth balance teams, the meridians will be covered in a more comprehensive manner.

We will be covering the following meridians:

1. The Gulf Stream
2. The Pacific Ocean Currents
3. The North to South Pole meridian
4. The Equator
5. The Space Time Continuum
6. The Ring of Fire
7. Releasing negative thought forms around the planet
8. The Indian Ocean dipole

The calendar will be updated to include the individual meditations.

BOOK CLUB AUSTRALIA

Expand your Consciousness

Chapter Nineteen

by DAVID K MILLER

Q How does using a medicine wheel or circle establish a connection to a harmonic energy field. Give some other examples of Harmonic resonance. Can be tools to interact with the harmonic energy field of the planet. They are tools through which people in group meditation can telepathically communicate in a harmonic way with Earth to restabilise her energy system.

A. We can telepathically communicate in a harmonic way with Earth to re stabilise her energy system. Earth's fbls is affected by the disharmony on the planet which creates irregular vibrations that affect the harmonic vibration of the planet and therefore affect the fbls. Harmonic convergence and harmonic energies are ways of stabilising the harmonic energy field of the planet. This is one of the most powerful tools in biorelativity; the stabilisation and creation of harmonic light. Harmonic light has different cycles so you can be on resonant cycles or frequencies with Earth which helps create harmony. This is also found in music as some people sing a resonant tone in an octave above or below the main score. It all harmonises. One of the most powerful tools in biorelativity. The use of the medicine wheel can accelerate harmonic energy and light. The mere creation of the medicine circle establishes a harmonic energy field where you build it. That can be utilised multidimensionally to send harmonic energy to Earth's fbls.

It can also connect with other medicine wheels around the planet. The crop circles are harmonic tools for fine tuning Earth's harmonic energy. Earth has a complex harmonic pattern. Adjustments of Earth's harmonic frequency can only be expressed in complex geometric patterning as in crop circles. The medicine wheel has the ability to do harmonic adjustments to Earth and it is not built as completely as crop circles are. The medicine wheel is a relatively simple geometric pattern. Some crop circle patterns have never been seen on earth before. These patterns are set up so that they correspond to human communication. The MW can easily increase its power when you step into it. It can also increase its healing and communication powers to the harmony of the feedback loop system.

Q. What can GOF members do using these medicine wheels?

A. There should be one in every pcol. They have Multidimensional abilities. They communicate with Earth and other medicine wheels. Increase in power logarithmically. 10 MW's around the planet are far more more powerful than two.



AROUND AUSTRALIA & N.Z.

Sydney NSW PCOL/PORL Meditations on **fourth Saturday of the month** at 11.45am – 2pm DST. We have refreshments afterwards. Ring Carel 0416 054 818 or email: carelfillmer@gmail.com

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

Brisbane North, Queensland

Meditations are being held monthly in Brisbane. Next meditation will be **2nd Sunday of month** at Brackenridge. 10.45am EST. **AND...**

Brisbane West, Queensland

Meets monthly for social interaction between GOFA and meet up members. Meeting on **1st Sunday of the month** at Bardon. 10.45am EST
Email: janes carratt@gmail.com

Melbourne Victoria Mornington Peninsula

Meets monthly for re activation of PCOL and social interaction between members. Meetings on **the second Sunday of the month at 11 am EST.** contact janes carratt@gmail.com for more information

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, Blackheath 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 1.15pm WA Time in Applecross or Shelley. Contact Michael Maynard: email michael@smallliving spaces.com.au

Auckland NZ PCOL/PORL

Meet on **second Sunday of each month** at Farm Cove at 2.15pm. Refreshments afterwards. Contact Janine:- janinemalcolm@extra.co.nz

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.

47. Law of Fortification.

Fortify yourself with the All-Mighty power available to you. Every day, consciously surround yourself with this mighty energy. See it swirling clockwise and anti-clockwise, a force so powerful that nothing can penetrate it. This is of the greatest importance in these times, for it will become virtually impossible to keep out thoughts of negativity and fear in any other way. Protect yourself morning, noon and night. Use this in a conscious way. Be aware of this protection; let it be real. Ask and you shall receive; that is the law! This is the Law of Fortification. Applying the life force of the Universe to protect you against all negativity, all disease; all things that are not for your highest good. This is your heritage; the gift of the Father. The veil is slowly being drawn aside and many things are being brought to remembrance This mighty protection is yours to use, but it is still for you to use or reject.

Extract from Hugh de Cruz: New Age Universal Christianity Without Religion

The D'harawal Country and language area extends from the southern shores of Port Jackson (Sydney Harbour) to the northern shores of the Shoalhaven River, and from the eastern shores of the Wollondilly River system to the eastern seaboard.

D'harawal seasons
Time of Parra'dowee



November-December

Goray'murrai—Warm and wet

This season begins with the Great Eel Spirit calling his children to him, and the eels which are ready to mate make their way down the rivers and creeks to the ocean.

It is the time of the blooming of the Kai'arrewan (*Acacia binervia*) which announces the occurrence of fish in the bays and estuaries.

Permission to use the D'harawal seasonal calendar is granted by the D'harawal Traditional Knowledgeholders' and Descendents' Circle.

www.bom.gov.au/iwk/dharawal/burrun.shtml

MEET ANNE CRAVEN



Anne is a member in Sydney who is training to be a presenter in the Australian meditation team. Anne is a psychologist, born in Lithgow and has lived in Sydney for the past 24 years. Anne gets her greatest relaxation with her photography and loves taking pictures of flowers and UFO's. Anne found Group of Forty through the MeetUp Planetary Healers Sydney group and is inspired to be involved because and I quote—" I am passionate about Earth, the importance of planetary healing, of understanding why I am here on the Earth at this crucial time and the opportunity for Ascension this lifetime is giving me" unquote.

Stories from Trent Mills, Namaste Wildlife Shelter and Group of Fortv Australia member.

Gday to you all , I hope everyone had an awesome Christmas and New Year, even with a lot of the tragic circumstances that have been happening with the bushfires we all must find joy where we can , and on that note the amount of support and good will generated globally but especially locally for all species who have been affected has been so heartening. **I just recently graduated from a wildlife foster carer to becoming a shelter in my own right** and the amount of non monetary donations I have received is amazing. Knowing that many others who are more affected and in need have been overwhelmingly supported shows what the group collective consciousness of humanity and Mother Gaia are capable of when focused on a positive cause (something we already know). I am always grateful for any monetary donations as well. The truly divine rescue this month is the aptly named 'Sacred Kingfisher' who came in with an injured wing. Whilst they are much smaller than their more famous laughing cousin, the Kookaburra , their beauty exceeds their size. They are, quite literally, breathtaking with their shimmering, turquoise plumage and delicate features. Pictures don't do justice to the bird's natural radiant colours. Sacred Kingfishers live in mangroves, woodlands, forests and river valleys in Australia, New Zealand and parts of the western Pacific. Both male and female are similar in size and colour although the female is generally lighter with duller upper parts. Their diet consists of crustaceans, reptiles, insects and infrequently fish. The birds perch on low exposed branches and once prey is located, the Sacred Kingfisher swoops

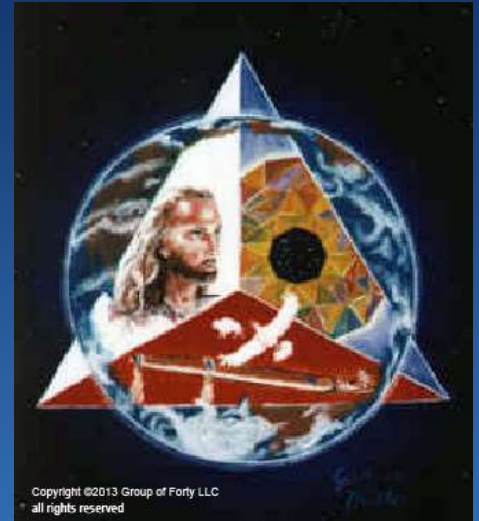
down and grasps it in its bill, returning to the perch to eat it. For most of the season they are solitary except for the breeding season from September to December. Usually, they have two lots of chicks and nests are burrowed in a termite mound, hollow branch or river bank. Truly another wonderful heavenly expression of Mother Gaia's beauty. Have an awesome month. Namaste love, light and blessings to you all.



"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.



**David K Miller, Founder/Director
Group of Forty**

Email: davidmiller@groupofforty.com



**Gudrun Miller, Founder/Director
Group of Forty**

Email: gudrunaz@yahoo.com



Jane Scarratt, Coordinator Australia

Email: janes carratt@gmail.com

