



# Group of Forty

Australia

[www.groupofforty.com](http://www.groupofforty.com)

David K Miller Founder/Director



**THOUGHTS FROM JANE...** We stand upon the edge of a great adventure or disaster, depending on the amount of responsibility that each of us take for what we create. We need a higher morality built into the hearts and minds of humanity. This is the Aquarian Age. The Age for scientific, social and spiritual ideology. We can create new realities because this age holds the momentum of all the previous ages. It is vital that there exists a purity of thought and motive because the results of the growing forces of power and creativity will be instant and enduring. As we reach a higher state of consciousness many of the material illusions that we feel are important in our life will drop away. Remember, when one person claims a higher consciousness the effect of the whole will be doubled. We limit ourselves when our consciousness is focused on mundane, physical realities. As we climb the ladder of consciousness we will be less and less affected by the difficulties of the lowest rungs. I must add, this doesn't mean we don't care about those on the lower rungs but we are no longer influenced by them. When our consciousness is higher, these levels lose their power and then anyone on those lower rungs will evolve.



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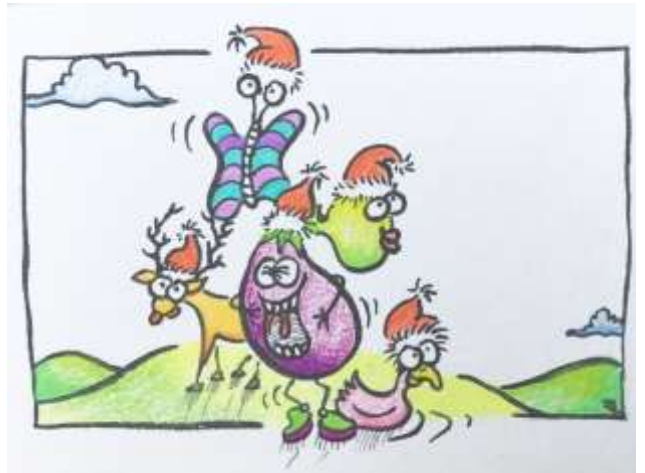
Please consider coming to our annual conference on September 26th and 27th 2020. We're meeting at the Hydro Majestic, Medlow Bath. We will have a webinar workshop with David and Gudrun Miller and also our Annual General Meeting. There will be two guest speakers. Day two we will have a meditation at the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

## MEETING OUR MEMBERS

I am profoundly glad to have found the Group Of Forty. I've meandered about for many years learning all sorts of useful things. The monthly and weekly timetable for all the meditations helps me a lot. My interests over the years include gems and minerals, nature in general, communication, the teachings of Don Juan as described in the first two Carlos Castaneda books, craniosacral therapy and all natural healing methods. For relaxation, I draw and paint, and music is a big part of me. I don't know what my one true spirit/power animal is. I love so many animals, and make it a priority to offer them light and love. I really feel drawn to the female Eclectus Parrot as it has an especially heart-opening effect on me. I'm delighted to be a part of the Australian meditation presentation team and have found a lot of balance in belonging to the Sydney Planetary City of Light group. I've been wondering why there are only seventy odd members in Australia, it's such a wonderful group. I can't say it enough. I'm showing you some of my creative drawings.



## MIA PAU



Mia's cards are available for purchase.



## WINTER PICTURES FROM OUR GLOBAL MEMBERS



Pictures from Cherie in Colorado, USA showing winter scenes around her home.

## 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.

### Heart disease

Make a paste of honey and cinnamon powder, apply on toast instead of jam or jelly and eat it regularly for breakfast. It also reduces cholesterol in the arteries and saves a patient from heart attack. Do this daily. It also relieves loss of breath and strengthens the heart beat.. In USA and Canada many nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalise the arteries and veins.

### Colds

Those suffering from common or severe colds should take one tablespoon of lukewarm honey with quarter of a spoon of cinnamon powder for three days. This will cure most chronic cough and cold and clear the sinus.

### Immune system

A daily dose of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and virus attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

### Upset Stomach

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

### Weight loss

Daily in the morning half an hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder in one cup of hot water. If taken regularly, it reduces the weight of even the lost obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

### Indigestion

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

*Taken from [www.hsiaustralia.com.au](http://www.hsiaustralia.com.au)*

### Children Running Through

I used to be shy. You made me sing.

I used to refuse things at table. Now I shout for more wine.

In somber dignity, I used to sit on my mat and pray.

Now children run through and make faces at me. *Rumi*

## Q and A with Juliano through David K Miller

### Q. from Christopher in NSW

**I would like to ask a questions about abortion. Is an early abortion between 5-8 weeks considered a negative thing? Is there anything one can do to release any karma and process the situation positively?**

A.Well, the issue of abortion, I know, is an emotional issue on the planet but the difficulty of any abortion only occurs if the spirit has entered the fetus. Now, amazingly and surprisingly, sometimes the spirit does not come in until much later during the pregnancy. The spirit can enter three or four months or six months or even longer after inception. If the spirit has not entered the fetus then I do not see a problem with the abortion. But if the spirit has entered then there is a problem. Now, you are going to say "Well, how do we know when the spirit has entered?" that is something that you will sense. You are going to have to feel when the spirit enters. This means that not all abortions are bad, especially when they are done before the spirit has entered the fetus. My recommendation is if the person, or if a psychic or somebody can give you an evaluation and report to you and you can ask the psychic: "Has the spirit entered the fetus?" if the answer is 'no', then I would say that then the abortion is possible and the abortion will not have negative effects.

### Q. from Australia

**Juliano, it's starting to come out scientifically that silence and quiet is important for the brain and the development of our ideas about creativity. Could you explain the importance of silence and quiet for us?**

**A** The best way I can talk about silence and quiet is to talk about electromagnetic energy. Your brain and your whole body is electromagnetic. Your brain either has a positive or a negative charge. Also there is even an overall there is a charge on your life. So what happens is that when you are meditating you are neutralizing the charge. You are neither positive nor negative and perhaps that is also what is referred in the spiritual world as equanimity, which is one of the higher states of consciousness in meditation. Equanimity means you are not going into any charge, positive or negative, whether somebody compliments you or somebody gives you negativity.

In meditation you are transcending the negative and the positive. You are neutralizing the charge, either positive or negative and therefore you can transcend and go into a higher state of consciousness. I think it is a good way to look at the idea of meditation as a neutralization of either charge, positive or negative and then you can achieve this balance.



## PCOL PHOTOS



Sydney members. Second on the left is the South Australia coordinator Jen Hamilton.



Mornington Peninsula PCOL.

Meditation presenter Micki is in the centre in white and Marlyn is next to her on the right as you look at the picture.

## FROM THE COSMIC ARROW

From the Cosmic Arrow - Arcturus Connection\_\_\_\_\_By Sjoerd Tyssen

Use These gifts to help your meditations. 1<sup>st</sup>

**Quarter Moon** - Capricorn Cycle -

3rd Jan '20... 12 degrees.. Taurus

**Arcturian Message:-** 'Be not alarmed at the change of plans'

**Full Moon** - 'Lunar Eclipse' (Annular)

Capricorn Cycle 11th Jan '20... 20 degrees... Capricorn /Cancer

**Arcturian Message:-** 'Have no fear there is always an alternate approach

**And:-** 'some have fallen by the way, yet many have not'

**Last Quarter Moon** - Capricorn Cycle -

17th Jan '20... 26 degrees.. Libra

**Arcturian Message:-** 'when you have grown fully the tasks become more challenging'

**New Moon** - Aquarian Cycle -

25th Jan '20... 4 degrees.. Aquarius

**Arcturian Message:-** 'Can a timber merchant see the destruction he makes to the

forest'[sjoerdytyssen@bigpond.com](mailto:sjoerdytyssen@bigpond.com)



## MONTHLY PHONE MEDITATIONS IN AUSTRALIA

**Thursday Meditation January 16th – Janine** 11am DST  
396637#

**Thursday Meditation January 23rd- Gene** 11am DST  
164595#

**Thursday Meditation January 30th – Anne** 11am DST  
396637#

**Sunday Lecture February 2nd** -11.45am DST 164595#

**Thursday Meditation February 8th- Gene.** 11am DST  
164595#

**Webinar on SHIMMERING Sunday February 9th** 8.30am  
DST Go to meeting link will be forwarded to you.

**Thursday Meditation February 13th – Angela** 11am DST  
396637#

**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#

**Thursday Meditation February 12th – Anne** 11am DST  
396637#

**Thursday Meditation March 19th- Mber** 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, February 7th 7.30pm DST** We will be discussing Chapter Twenty One of "Expand your Consciousness" by David Miller.

### Bringing Herbs into your life

**GRAPEFRUIT:-** People using grapefruit have a clearer attunement to their spiritual goals. There is also a greater sense of global community; the perfectly round shape of the fruit reflects the idea of resonance to the Earth. However, the juice of this fruit engenders an unusual response in most individuals. This response is one of released acidity from the physical body. Because of this response, the current body state may be more utilized and understood spiritually. This unconscious evaluation of the physical body is a way to tune into the shared morphogenetic field called humanity, the way people are interrelated worldwide. This impact enables an individual to attain spiritual goals more easily, particularly when such goals relate to humanity. Individuals use grapefruit to lose weight. Such individuals may find greater success in losing weight if they also bring their spiritual focus and attention to various global activities and projects. There is an enhanced perception of direction for groups. There can be assistance with group energy as it focuses on a given goal. Individuals become better leaders as a result.

### 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) Ten –

**Lago Puelo in Argentina.** Lago Puelo is the home of the first crystal to be brought down to Earth. The crystal holds the primordial energy for the whole planet. It is an energy of initiation and connection. Lower Malchut (Manifesting Higher Energy on Earth). This sphere is known as the kingdom, which is Earth, where we must burn off karma through service (with good deeds), sharing, and correcting ourselves. **Vywamus,** A fifth-dimensional soul psychologist known for his insight into the psychology of Earth problems and resolution of issues related to starseeds incarnated on Earth. Adonai The female energy and the galactic/ cosmic name that rules the third and fifth dimensions. It means “my Lord.”

#### Sefirot (Sphere) Eleven -

**Sphere Eleven Istanbul in Turkey.** This crystal is the seat of hidden knowledge revealed. Da'at (Hidden Knowledge Revealed) **Helio-ah** A female Arcturian ascended master and Juliano's twin flame. Elohim Tzevaoth

Miller, David K.; Yashin, Mordechai. A New Tree of Life for Planetary Ascension (Kindle Locations 879-884). Light Technology Publishing. Kindle Edition.



## CORNWALL CAPERS

Hello Starseeds/Lightworkers...Wishing you a Happy New Year from all in Polbathic Cornwall - although it's been a tough 2019 with crisis points personal, climate or political we now have a new start - another opportunity to bring about (or manifest) Love, Peace, Harmony and Balance with Unity Consciousness for the world. We can all do our bit - by regularly doing our PCOL/PORL and Bio Relativity meditations and self-healings - regularly setting time aside for practice with commitment, dedication and devotion with love in our hearts, focus of mind and with the love and support from all our guides including Sananda, Mother Mary Chief White Eagle AA Metatron, the Ascended Masters and our galactic brothers and sisters (Arcturians).

We can be the change we want to see in the world - and keep the faith that we can make a difference - even when it is hard to see it! Until next time - sending you all spiritual comfort and love - keep shining your light. Together in unity consciousness  
Namaste  
Stephen



## LIFE SIMPLY EXPLAINED

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years." The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?" And God saw it was good. On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?" And God, again saw it was good. On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years." The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?" And God agreed it was good. On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?" "Okay," said God, "You asked for it." So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone. Life has now been explained to you.

## Biorelativity Coordinator News

If you would like to be part of the Biorelativity Meditation Earth Balance Team, please email Jane Scarratt at [janescarratt@gmail.com](mailto:janescarratt@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 January 8th at 8pm Aust DST/2am AZ. Janine (NZ) 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#

**Corae (Nebraska)** and her Team are focusing on placing Galactic energy to Earth's subconscious to dissolve negative thought forms and also the Ring of Fire Meridian. They are also including meditations for activating starseeds. They meet every Tuesday at 11AM DST Aust /Monday at 5pmAZ. Access code 164595#

**Mber Rose (Colorado)** and her Team are focusing on the North to South Pole meridian. They meet every Thursday at 10.30am DST Aust / US Wednesday at 4.30pmAZ. Access code is 164595#

**Jan (New Hampshire)** and her Team are focusing on energising the powerful Gulf Stream Meridian. The team meet on the first, third, fourth and sometimes fifth Saturday at 12 pm DST Aust /US Friday at 6pm AZ . Access code 164595#

## BOOK CLUB AUSTRALIA

### Expand your Consciousness

### Chapter Nineteen

by DAVID K MILLER

#### **How are medicine wheels similar to crop circles?**

Crop circles are highly advanced medicine wheels that contain geometric patterns related to deeper energies within Earth. 5D beings work with crop circles to create these energy configurations which are telepathic communications with the spirit of the Earth. They give instructions to Gaia tell her that Earth is in transition and coming into 5D energy.

#### **Crop circles also communicate about the earth feed-back loop system. Explain a little about this system and how it can be accessed?**

Earth's feed back loop system is set to maintain a certain relationship between the chemistry in the atmosphere and on Earth. If the chemistry on Earth shifts then the atmosphere makes a corresponding adjustment to maintain levels that allow everyone to breath. There needs to be a certain percentage of oxygen and nitrogen. Earth's Feed Back Loop System is not understood by scientists. They don't know how to communicate with it because the feed back loop system is a secret code that has a powerful function. The secret code is not easily broken...not easily accessed. If accessed for non - spiritual reasons, there could be chaos and it could be used for military purposes.

#### **What is HAARP and what negative effect does it have on our planet?**

Earth's feed back loop system can be a way of controlling weather patterns in certain parts of the world. Eg volcanic eruptions...earthquakes. This is what HAARP is trying to do....crack the codes of the fb.l.s. They are close. They know there is a basic harmonic frequency on Earth. All planets- all stars have a radio frequency vibration. HAARP want to explore whether it is possible to shift Earth's frequency and the results of doing this. Scientists don't understand why a planet vibrates at a certain harmonic frequency.

#### **Briefly, what are Harmonic activations; how do they affect and balance the Earth's feedback loop system?**

They are a doorway...they are a time of harmonic energies and communications with Earth. Harmonic energies are opportunities to communicate with Earth's feedback loop system. A time to communicate with the harmonic energies.

#### **How is the medicine wheel perhaps more accessible energetically than some of the crop circles that we have been seeing? Give 3 examples**

The MW functions as an interactional tool through human prayers and telepathic communications with Earth, and it can hold spiritual energy. The crop circle might exist for one planting season, holding its spiritual energy during this time, but the Medicine Wheel can hold your energy for a more sustained time. It can hold your healing thoughts and communicate them to Earth.



## 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](mailto: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: [janescarratt@gmail.com](mailto:janescarratt@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: [janescarratt@gmail.com](mailto:janescarratt@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 [janescarratt@gmail.com](mailto:janescarratt@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](mailto: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@smalllivingspaces.com.au](mailto:michael@smalllivingspaces.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](mailto: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.

### 46. Law of Cosmic Travel.

Where would you go? Where do you go in your sleep? Oh, you do travel, cosmically, in your sleep, but you can also travel cosmically in your waking hours, at will, wherever you wish, when you know the way. In Divine Mind, there is no time, no distance. All merely is. Man is pure spirit, taking on a fleshly body to function on this earth plane. He is not alone, ever. He has constant connection, or the Silver Cord to keep him in constant oneness with God. When you travel cosmically you merely go out with your Cosmic Cord. It will always bring you back. Many travel cosmically but do not remember, or know that they do, and yet, they have been seen by those visited. So, ask to remember upon the return, the glories seen, the vastness beheld, the wonders of God, the wonders of this thing the world calls 'man'. Thrill with the knowledge that all power was given you to go to the farthest parts of the world and prove that wherever you go, I go with you. How? Why? Because we are, forever, just the one. "O will never leave you" the Master said. Well, if you and God are one, how can He leave you? This then is the way to travel cosmically. Travel then, that your joy may be full. *Extract from Hugh de Cruz: New Age Universal Christianity Without Religion*

## INDIGENOUS WEATHER

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 Ngoonungi



### September-October

Murrai'yunggory—cool, getting warmer  
The time of the gathering of the flying foxes. A magical time of the year when the flying foxes gather in the darkening skies over D'harawal Lands. They come in from the north-east, the north, the north-west and the west, and swirl over the Sydney area in a wonderful, sky-dancing display just after sunset, before setting off for the night-time feeding grounds to the south. But it is also a very important ceremonial time for the D'harawals, which begins with the appearance of the splashes of the bright red Miwa Gawaian (Waratah) (*Telopea speciosissima*) in the bushland.

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](http://www.bom.gov.au/iwk/dharawal/burrun.shtml)

## VALE ANDREW KRAHEL

It is with great sadness that we inform our family of the untimely death of Andrew Krahel. Andrew passed away on Thursday January 4th. He was the husband of Magaly, a valued member of GOF Australia and an active member of the Sydney PCOL. Please keep Magaly and the seven children in your thoughts as they go through this difficult time.

Magaly said "I feel comforted that an army of angels lifted him up".



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

I might have a sabbatical this month if that's ok, and come back next month. I have been so busy for ages. Can I make a suggestion? If you could do a quick article on all of our 'other than human species family' that we have lost and I can forward some links to some organisations doing awesome work and if any of our divine GOF family feel inclined to donate money or time it is all appreciated. On the upside, passing over is but a doorway to all other things. It's the suffering of innocents or any creatures that gets to me; that being said, I guess I have re-learned with the help of David, you and many others on my journey, we can only, in a third dimensional aspect, shape our sphere of influence to serve the highest good of the 'all that is', and in doing so, continually raise our vibration while having the intent of expressing unconditional love and being of full service to others and thus help create a reality of pure love that is befitting to each and every single creature, or creation, and even if we are having a lower dimensional experience on the less light side of duality, forgiveness is for all and all cycles must return to the light from which we came. Namaste love, light and blessings. Trent

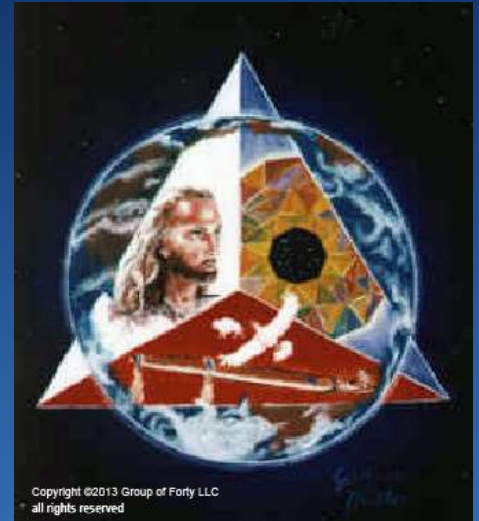




# "40 Groups of 40 will be formed for Personal and Planetary Healing Bringing us to the Fifth Dimension!"

*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  
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