



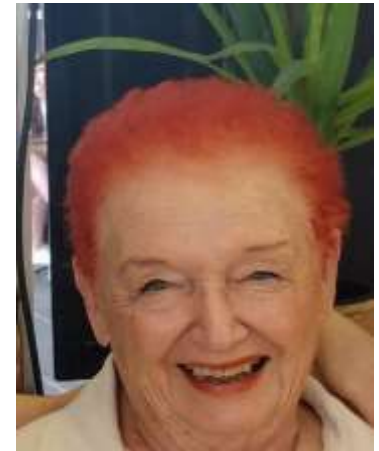
Group of Forty Australia

www.groupofforty.com

David K Miller Founder/Director



THOUGHTS FROM JANE...any time you choose to move away from a repetitive pattern of painful thoughts, no matter how real they feel, healing takes place. When you ask for healing, healing takes place. We all know life can be painful. You are ready to be healed, when you are ready to ask for it, which means that enough rage or self - pity has been released and what remains is a deep desire to end the pain and separation. A friend of mine says "You haven't had enough until you've had enough." As you move through these dynamic years with power, you begin to feel something growing inside you. Not just a feeling of anticipation but something that is unfamiliar. Don't analyse it; be aware and allow this feeling to arise. It's always better to feel your thinking rather than analyse it. Thinking is like a wind through your mind...it moves in...it moves out. When you step back and watch the thought rather than fixate on it, you move from short sighted to far seeing. You KNOW that something wonderful is about to happen. Your picture of the planet as alive and full of light is, for the first time in the history of this planet, global in its scope. And it's people like you, all over the world, that are going to make this global union happen. You were wise to pick this time to be here. Your small feelings will tell you when something needs to be looked at. That feeling of superiority, righteousness or judgment needs attention. Be alive.



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Our conference in September 2020

will be an online conference.

Watch this space for more details.

MEETING OUR MEMBERS

I am a Melbourne girl and feel blessed to live in the relaxed lifestyle in Australia where people of many ethnic backgrounds live peacefully and harmoniously together.

I created my jewellery design company, MKD Design in 1997. My vision was to create genuine, affordable jewellery, that matched our multi-tasking lifestyle and wardrobe, and that women could purchase for themselves, to help us smile, and feel connected to each other, and the earth.

I've always had a great interest in food and health and it started with the beautiful meals my French mother used to create at home. I studied Cordon Bleu Cooking in Melbourne and then did an advanced course at the London Cordon Rouge School. I was the culinary advisor for the Australian branch of a global French food and wine society in Melbourne.

I travelled extensively all over the world with my husband and when he needed support to deal with the chemotherapy because he had contracted leukemia in 2006, I researched survival techniques to assist him deal with the chemo.

I believe health and vitality starts with nutrition. We should choose to eat fresh, seasonal, nutritious food, preferably organic. Another important health step is to drink clean water to hydrate the cells. Regularly listening to calming music, and spending quiet time meditating and relaxing in Nature is wonderful.

MARLENE KATZ



Performing daily exercise, and enjoying the company of uplifting people is essential.

By making these simple changes to our lifestyle, we can also find more peace and contentment.

I believe that if we have not touched other peoples' lives positively, even in small ways, each day, we have completely missed the real reason for being here.

I found GoF after reading 'Connecting with the Arcturians'.

Indigenous knowledge combines with Western science to look after country



Now the Yugul Mangi Rangers' knowledge of the land and how it changes has been put into a seasonal calendar with the help of Michelle McKemey, a PhD student at the University of New England. Shortly after the SEAL IPA was declared in 2016, Mrs McKemey visited the rangers and interviewed them and the traditional owners about how they use traditional burning, and what seasonal changes they look for. "We talked about bio-cultural indicators — so when the seasons are changing, what things they notice in the environment that are important," Mrs McKemey said. "All these little things that they notice in the environment that might

not be directly related to fire management, but indicate that it's either a good time or bad time to start lighting fires. "Travelling on country to take photos of the important animals and plants for the calendar, Mrs McKemey collated all the stories and information shared with her by the Yugul Mangi Rangers and the traditional owners. "We can bring in some of the Western science when we talk about all the different plants and animals that are there and provide that scientific knowledge for fire management as well," she said. The calendar "Yugul Mangi Faiya En Sisen Kelenda" contains seven Indigenous languages from the different tribes in the SEAL IPA, as well as Kriol and English. A fire calendar like this has never been done before, according to Mr Thompson. "It tells us what sort of animals are available in that season," he said. "It tells us this is the time for fruits and berries, and then this is the time for waterlilies to come back after the rain." The Yugul Mangi Rangers are just some of the traditional owners combining their knowledge with Western science to get the best outcome for country. The Banbai Rangers of the New England have also worked with Mrs McKemey to revive their understanding of cultural burning. There should be more alliances between modern fire management and traditional burning practices.

Sky-Circles

The way of love is not a subtle argument.

The door there is devastation.

Birds make great sky-circles of their freedom. How do they learn that?

They fall, and falling, they are given wings.

Rumi

Q and A with Juliano through David K Miller

Ken in USA asks:

What is the most powerful way to increase life energy and longevity when in the body on Earth?

A In order to increase longevity in this difficult time of the sixth mass extinction I recommend the following:

One, decrease stress. Stress is the number one killer in the human species. Having said that I have to point out that living in this time of mass extinction is stressful. How are you to give up stress when you are in this terrible and very stressful situation of watching the ecocide that is occurring? There are certain perspectives such as 'all is as it should be', there is 'this is a play that is being played out', or 'there is higher good that will come from all of this'. There are certain types of thinking that will help you to detach and one of the best ways of dealing with stress comes from learning how to detach.

The most important aspect, secondly, in longevity is diet and this is a complex matter too because of the chemicals in the food and the chemicals in the atmosphere and the chemicals in the plants and animals. It is difficult to have purified food. We feel that there is a special diet but each person must find that special diet. There are general rules such as being more vegetarian can be helpful but I do not want to make a blanket statement because some people have special needs and are not going to be able to adapt to a vegetarian diet and need the animal protein.

There is the key concept which is balance and this is the teachings of the Tree of Life that we must find and help people find a balance in their diet and how they approach life during this stressful time of the mass extinction.

The next thing of course is the immune system and inflammation. Your immune systems need to evolve. Your immune systems are terribly taxed. One of the next evolutionary steps that I see in the Omega man/woman model or prototype is a more advanced immune system. There are certain vitamins or supplements, there are certain meditations and certain ways of detoxing that will help to strengthen your immune system and lower inflammation in the body. These are some of the keys for longevity but we do not measure necessarily the success of an incarnation based on longevity, rather we recommend you look at your spiritual mission and your spiritual light quotient when evaluating a lifetime on earth.



A LIGHTER MOMENT



Day 9 quarantine.... 😂😂😂😂



FROM THE COSMIC ARROW

From the Cosmic Arrow - Arcturus

Connection_____By Sjoerd Tyssen

Use These gifts to help your meditations.

Full Moon - Appulse Lunar Eclipse - Cancer Cycle - 5th July' 20... 13 degrees.. Cancer/Capricorn.

Arcturian Connection Message:- 'Work and reward always come after each other'

And:- 'These are the timber frames you desire.'

Last Quarter Moon - Cancer Cycle - 12th July' 20... 21 degrees. Aries.

Arcturian Connection Message:- 'I can fix this now.'

New Moon - Solar Annular Eclipse - Cancer Cycle - 20th July' 20... 28 degrees.. Cancer.

Arcturian Connection Message:- 'Powerful players are coming to perform for us today'

First Quarter Moon - Cancer/Leo Cycle - 27th July'20... 4 degrees.. Scorpio

Arcturian Connection Message:- 'Join our gathering and reap the benefits.'

'sjoerdtyssen@bigpond.com



MONTHLY PHONE MEDITATIONS FROM THE MASTERS

Thursday Meditation July 16th – Jane 11am EST
396637#

Thursday Meditation July 23rd- Gary 11am DST
164595#

Thursday Meditation July 30th – Janine 11am DST
396637#

Sunday Lecture August 2nd - 10.45am EST 164595#

Thursday Meditation August 6th- Cherie 11am DST
164595#

Thursday Meditation August 13th – Anne 11am EST
396637#

Saturday Q and A with Juliano August 15th 9.30am EST
164595#

Thursday Meditation August 20th - Chad 11am EST
164595#

Thursday Meditation August 27th – Angela 11am EST
396637#

Thursday Meditation September 3rd- Tim 11am EST
164595#

Thursday Meditation September 10th – Charmaine
11am EST 396637#

Saturday Q and A with Juliano September 12th 9.30am
EST 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#

Bringing Herbs into your life

Horehound. With horehound there is an alignment with pure physical energy so you may accept such an energy as useful on the Earth. People involved in manual labour or who need to work with difficult physical tasks may find their spirituality assisted. They may acknowledge God in all that they do even that which is the most physical. This spiritual property also assists the muscles to rest during meditation. There is less distraction and difficulty during meditative states. The awareness of God in all that is physical matter is enhanced. It could assist engineers or scientists seeking to understand microscopic matter. You learn to better accept what you see. This is not always easy. With horehound the physicalness of existence is seen more clearly and individual's fears relating to what they see are eased. Doctors would find this a great remedy for narcolepsy. This herb is attractive to the canine species. There is a tendency for us to remember this from Lemurian times. It assists dogs to be closer to humanity. One of the dog's important lessons is to know this physical existence more deeply, to provide it as an explanation or understanding of one facet of Earth to mankind. It is an unfolding of this life stream. This is a two way street - which is why dogs are man's best friend.



PCOL Coordinator News

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

The 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 would like to associate a Planetary City of Light or Planetary Ocean Reserve of Light with each path. What does this mean?

Each numerical path has a mission to explain the method of achieving the connection between the two spheres. For example, 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 2 spheres that it is connecting.

We would like a Planetary City of Light or Planetary Ocean Reserve of Light designated to each path. This would be a way of enhancing the energy of that path which will help balance the earth. Working with the path and learning about it is beneficial to each individual personally as well as to the whole Planetary City of Light itself. You will better understand the necessity of balancing opposing forces and bringing those opposing forces into a unity instead of working against each other. This results in bringing more peace and harmony in one's own life. The next step would be teaching others about the relationships that are necessary to implement the planetary healing associated with that path.

the Pathwork for the Arcturian Tree of Life

(written by David Miller and Lin Prucher)

The Sydney Harbour Planetary Ocean Reserve of Light is on path #21 that connects Mt Shasta, "loving kindness & compassion for the earth", with Volcan Poas, "strength, discipline and judgement for the earth".

So that Planetary Ocean Reserve of Light would have the mission of learning, then teaching and explaining how we create planetary balance between judgment and compassion on the earth.

For example, if we have contaminated or destroyed parts of the earth, the earth might respond with harsh judgment, like volcanic eruptions or earthquakes as a way of clearing and resetting.

But we want the new balance to occur with an integration of compassion and mercy on the earth.

Therefore, we must find a *balance* so that the *judgement* isn't too harsh.

At the same time, we can't be too understanding about people who are destroying the earth.

We cannot let them have a free reign. We must figure out how justice can be implemented so that destruction of the earth can stop.

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.

Every meditation is on the web pages. Log on. Go to projects/biorelativity. Scroll down and click on 'meditation recordings'.

The Australia Biorelativity Committee decided to stop saying '1.2.3. Enter' when we come back into our physical bodies at the end of a meditation. Instead, we will suggest that you enter at your own pace with the intent "I will be perfectly aligned".

Now that we have "go to meeting" we would like to present a regular weekend webinar where we all come together to discuss our GOF work. Some of the Committee thought we should give a short talk on a subject and then we have a group discussion about it. Others thought a few questions from the book club format would be a good idea and then we could discuss that.

I have some questions for you?

1. What do you think of the idea?
2. What subjects would YOU like discussed?
3. What day and time would suit you. (It would be an hour).

Please think about this and email with any suggestion. janes carratt@gmail.com

BIORELATIVITY SNIPPETS

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.

Formula for a powerful meditation:

The probability of the change we are trying to accomplish equals the sum of your group arcan power + focus + intent - resistance

What is resistance?

You are tired.

The family want your attention.

You want to watch a TV show.

The dog needs to go out.

You are writing an email.

You are eating something.

You don't actually believe this works.

The presenter annoys you.

The meditation is taking too long.

There are a hundred and one things that can distract you from focusing on the meditation.

BOOK CLUB AUSTRALIA

Kaballah and the Ascension

Chapter One

by DAVID K MILLER



How are you able to access your highest energy

if you are able to access the Creator energy and open up to receive information from your highest self — then it is important that you do so. It is important for you and for the planet. You want to get yourself into the best possible spiritual shape. Many of you already are going through major physical problems and imbalances. This is going to continue as long as the energy field around the planet is in so much fluctuation that it is very difficult to maintain a balance.

How are we able to get in touch with the higher self and what happens.

In the Kaballah this is called the neshamah. With the neshamah, you are able to access your psychic abilities to the highest level. You are able to look into the future. You are able to look into the past. You are able to look into the pasts and futures of others.

Now this sounds like an extraordinary ability, but it is not. It is a gift. It is something that you all are able to do. You have the genetic code for it, you have the mental structure, you have the ability to align your mental bodies, and you have the historical precedent

What stops this in us

The only thing blocking you is your belief that it is out of your range. It is not. Each of you can look at other people and even look into yourselves and experience past lives.

How do we open our heart and what will that achieve and why is it important

The path of the light, the path that ascends up the ladder, is based in your heart chakra. The heart chakra is the centre of the Tree of Life. It is there that you can access all energies that are available, including energies of the highest form. By accessing the heart sphere, you can receive a sliver, a spark, of all the other spheres. It is a mistake to believe that you can do this work without opening up your heart. The heart is the key to the soul. Your heart energy and your ability to love yourself and others are vitally important. The highest form of love is the love of the Creator energy, our Father/ Mother. When you are able to tap into that love, you will have the love that will help you accept yourself and love yourself.

THE NEXT BOOK CLUB MEETING

Australia's next book club discussion will be **Friday, August 7th 7.30pm EST** on Go to Meeting. We will be discussing Chapter five of "The Kabbalah and the Ascension" by David K Miller.

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 **1st Sunday of month** at Brackenridge. 10.45am EST.

Melbourne Victoria Mornington Peninsula PCOL/PORL
Meets monthly for re activation of PCOL and social interaction between members. Meetings on **the third 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 2.15pm WA Time in Applecross or Shelley. Contact Angela: email: angelasceremonies@gmail.com

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

Adelaide: South Australia Meet **third Sunday of the month** at 2pm SA time in Westbourne Park. Contact Jen:- j.e.hamilton53@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.

54. Law of Evolution

Like the cocoon that evolves into a butterfly, so does the soul of mankind forever evolve, by degrees, into the perfection of the Christ Perfection. This is law. You cannot stop it, for it is the fulfilling of the law. There is a way to hasten the process. We have been given the power of thought, and since thought creates, you can become that upon which you dwell. Suppose you would be an illumined body of light. This desire is the fulfilment. If your heart longs for illumination you will work in that direction and fulfil the laws of illumination. 1. All light of Being is within you. 2. As you dwell on this light, it must express in your outer. 3. As a Light Being, you would dwell on Light-ness and repel all negative thoughts. This is the necessary cleansing of consciousness and negative ideas in the subconscious mind. All race thoughts must be uprooted. How? By looking at them, analysing them. Is this God? Is it real? No, then it is no part of me for I am a spiritual being. That is illumination Complete understanding of all that was, is and is to be.

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

These two little cherubs arrived on the weekend. They require round the clock feeding so they are keeping me very busy and sleepless. If we were still I lockdown, they would probably still have their mothers to look after them. I actually didn't get an emergency call for around seven weeks or see any roadside victims. But in the first week restrictions were lifted I received five "hit by car" victims. The first one was Millie who is missing half her ear. I don't want to think how that happened but it is healed now and is just cosmetic and won't affect her. Actually, I think it adds to her beauty and character. The second one I am looking after is Gandalf the eastern grey. He hasn't opened his eyes as yet so needs plenty of care. Have an awesome day. namaste love light and blessings to you



Millie

I thank you all for the donations you have sent me. They have been really appreciated.



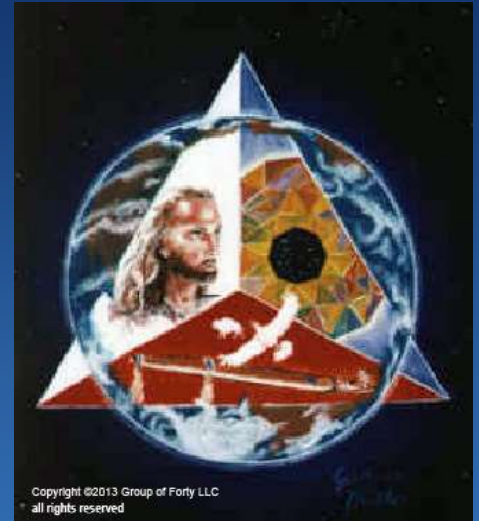
Gandalf



"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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