



# Group of Forty

## Monthly Newsletter

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

## The Medicine Wheel as a Galactic Tool for Healing

*By David K. Miller*

The medicine wheel is a tool for spiritual development and ceremonies developed by the Native Peoples in North America. It may have a galactic origin from the Star family. From our perspective as Starseeds, it can help us in:

1. Biorelativity exercises,
2. personal and planetary healing ceremonies and
3. connecting with the higher galactic energy.

Recently I reviewed my earlier channelings about the medicine through my connections with the spirit guide Chief White Eagle. This channeling reminded me of the ceremonial importance of the medicine wheel and its relevance to our Group of Forty planetary healing work.

Gudrun and I have had a large beautiful medicine wheel in our yard for over 20 years. Over the years many visitors have entered the medicine wheel for personal healing experiences and to say prayers for planetary healing. Our medicine wheel stands near our medicine tipi, which is a tipi that is only used for healing purposes. Often in our tipi healing sessions we would spend hours conducting healing chants, exercises and channelings. Then we would move the group into our medicine wheel in order to accelerate our healing work. We would stand and meditate around the outside of the medicine wheel while Chief White Eagle would lead us in special exercises for both personal and planetary healing. We would all immediately feel a powerful earth connection, a galactic connection and a connection to our higher souls. The energy from the medicine wheel helped us to conduct powerful healing ceremonies for the earth and it also helped us to connect to our past, present and future selves.

Let us re-commit ourselves to using the medicine wheel as a powerful tool for planetary healing during the upcoming year 2020, the year of planetary repair. Many of you already have medicine wheels in your yards or even within your homes. Like the tree of life, the medicine wheel is a galactic tool which can be used by all planetary healers around the globe.



David K. Miller |  
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## STARSEEDS Counseling

Dear Gudrun, I very much like the idea of using the medicine wheel but have no idea how to start. Is it ok for non-indigenous people to use the wheel or is it sacrilegious? How do I build one?  
Thanks

Dear Friend, I think it is fine to build and use the medicine wheel with the right intention. As I understand it, it is both a most sacred structure used for prayer and healing and it is also used as a teaching tool that helps children, especially, to learn ways of connecting with the Earth, the Universe, connecting with themselves and with their community.

The structure is a circle within a circle. The inner circle is the connection to the heart of Planet Earth

and to the Central Sun. The inner circle is open and the outer circle has four lines in the four directions that divide the circle into quadrants.

When you build your circle, you can place crystals in the four direction lines and in the center of the wheel. The rest of the construction materials are up to you. Trust your intuition.

There are so many applications for the use of the wheel, I will share how I like to use it. I use the Sioux symbolism which is that the East is the direction of spiritual inspiration and awakening, the South is the direction of the heart and often deals with relationships, the West is the direction of strength and the North is the direction of wisdom.

There are also colors that are assigned to the four directions and the colors vary in the different tribes and the different applications.

The colors that I use are yellow for the East, red for the South, black for the West and white for the North.

The overriding principle is the sacredness of the wheel.

Approach the wheel with humbleness and an open heart and open mind.

You bring a gift or offering when you use the wheel such as corn meal or tobacco or sage. Let's say I want help in dealing with a relationship. I enter the wheel in the East, give my offering and stand in the quadrant between the East and the South. I ask for spiritual input and clarity in dealing with this issue.

I then go to the South and I ask for information about the heart connection with the problem and I pray for an open heart. Then I move to the West where I pray for the strength I need to deal with my issue. Then onto the North where I pray for wisdom to help me approach the problem correctly.

Finally, I move to the Center where I connect with Mother Earth to receive her wisdom, guidance and support and I reach up to the creator/Central Sun energy to connect with my guidance and my higher self.

During this process I go into deep trance and accept the information that comes to me with gratitude and with humbleness.

Trust what comes to you. This is such a powerful tool. Your children also may love to use the wheel.

Finally, there are power animals that are associated with the four directions. An animal guide may come to you and share their strength and wisdom too.

Many blessings, Gudrun



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

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## Group of Forty Monthly Lectures with David K. Miller



The next lecture is on Saturday, November 7, 2020 at 5:45 - 6:45 p.m. Phoenix, Arizona time (MST). We will be meeting on [freeconferencecall.com](https://www.freeconferencecall.com) international phone line, which is specific for each country. An email announcement will be sent out one week prior with the freeconferencecall phone number and access code.

Contact David Miller at [davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com) for more information. The re-transmission of the lecture for Europe will be on Sunday, November 8, 2020 at 10:00 a.m. Phoenix, Arizona time. You can check the teleconference/lecture time against your local time by using either: [www.timeticker.com](http://www.timeticker.com) or [www.thetimenow.com](http://www.thetimenow.com)

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Shalom, shalom, shalom. Greetings, this is Juliano, we are the Arcturians. I am enjoying the opportunity to meet with you and look at some of the questions. It is always interesting because you have such a unique perspective from the 3rd dimension. I want to remind everybody that things look different from the 5th dimension and many of the questions and problems that you see from the 3rd dimension will be totally resolved and you will have a much broader perspective and you will understand so much more when you enter the fifth dimension. Certainly there are some things that are extremely difficult to understand from the 3rd dimensional perspective but with your inquisitive minds and your openness to expanded consciousness we will do our best, from our perspective, to offer as much wisdom as possible.

*Rhonda in Houston asks:*

**Q.** *Juliano, is the spread of Covid-19 as bad as they say it is or is it a smoke screen for something else going on in the world?*

**A** The answer is yes to both of them. It is as bad as they say it is and it is a smoke screen but not the way you think it is. The Covid19 may infect a larger population than any other disease that the planet has ever seen and the Covid19 is mutating. In New Zealand where they thought that they had stopped it, but this virus is able to mutate and mutate in ways that people have not understood. Viruses can mutate and this is the problem with the vaccine because the health officials will develop a vaccine but that vaccine will not cover the mutations and that is probably the biggest danger of this virus. It still has not been explained to the planet why this virus is so dangerous- because it knows how to mutate.

Now this is similar to pesticides because when they use pesticides some of the weeds exposed to the pesticides mutate and adapt to the pesticide so that the pesticide is no longer killing them and there is a very high level of mutation. This is the type of mutation that we are talking about in the Corona virus. So, we need to find ways of neutralization of the virus. The vaccines and the neutralization need to be able to mutate when the virus mutates and this is a tricky virus as was shown in New Zealand because the virus is capable of going dormant, almost like it has a mind of its own and then when people have their guard down it is able to mutate and then go into another form. So, the answer is yes, it is as bad as you are reading.

Now the second part of the question is: is it a smoke screen, and I know there is a lot of political wrangling and trying to say this has political implications. The real issue goes back to the sixth mass extinction because this Covid19 crisis is a symptom of a greater problem on this planet and the greater problem is the destruction of the biosphere. The greater problem is that as the animals lose their habitat, they come closer to interacting with humans and when that happens, they start sharing viruses and they start sharing negative energetic interactions.

The second part of this is that the earth has a self-regulating system. The earth knows that humanity is destroying the biosphere and as part of the self-regulating system one solution is to eliminate or to curtail the population of humanity as a self-regulating mechanism. There is no question that there are too many humans on this planet now and that this is creating an increased pressure and causing devastation and destruction of the biosphere. I believe that the new term was 'ecocide' which is the destruction of the ecological systems.

So, the smoke screen is that this is related to the sixth mass extinction. Yes, there are people who are using this for what are seemingly political advantages but that is minor compared to the threat that this virus, and I may add future viruses - this is not the only virus that is going to emerge, there are other viruses - The danger of this virus again is that it knows how to mutate.

Now I want to conclude this part because I know it is alarming a lot of you, with a personal solution for each person and the solution is not going to be in the vaccine. The solution is in adapting and improving your own immune system. I have spoken before about the Homo Omega. Not only does

Homo Omega have advanced consciousness and expanded consciousness but Homo Omega has an advanced immune system and each one of you needs to look at and train and improve to the best of your ability, your immune system.



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## MEETING OUR GLOBAL MEMBERS

### Hannah Tayler-Jones, GOF UK Coordinator



I love connecting with the Arcturians and the wonderful global team in Group of Forty, headed up by David and Gudrun Miller.

It's an honor to connect to so many of you in the Group of Forty around the world. I'm Hannah and I live in the beautiful county of North Yorkshire in England very close to the historical city of York. Love and life has brought me to Yorkshire.

I'm originally from Manchester, England, and prior to settling in Yorkshire, I lived on the South Coast of NSW, Australia for 13 years, until 2012. Whilst in Australia, I trained as an Angelic Reiki Master Teacher and I continue to offer teaching and workshops in healing and spiritual studies in Yorkshire.

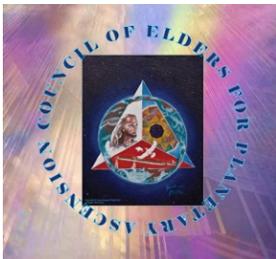
I am a creative soul and my formal education was in the Fine Arts and Painting, and my love of color and light has led to a career in interior consultancy. At the moment, I renovate homes for sale, with the ethos of giving someone a home that has been improved and finished with a creative eye and energetic awareness.

Whilst on retreat at Chalice Well, Glastonbury in 2015, using the activated 13 Mashasamatman Crystal Skulls to access Galactic Race consciousness, I became aware of the Arcturians wishing to communicate with me. This galactic connection has developed beautifully during these past five years and taken me in many new directions, including the Group of Forty, which I joined in 2017. My Arcturian guides are loving, very encouraging and supportive in all that I connect with here on Earth and I have such overwhelming affection and love for them and for their unerring input and guidance in my life and work.

It's wonderful to be a part of this international and galactic effort to help our beautiful Water World planet through this unprecedented planetary awakening. Aside from my Arcturian guidance, I have a strong affinity with the Angelic Realms and with Elementals and beautiful healing crystals and gemstones. I am committed to anchoring Fifth Dimensional Light through Arcturian and Archangelic assistance here in my home country of the United Kingdom and I am here to support and encourage our local members here to achieve the same.

I wish you all Heartfelt Blessings for these exciting years ahead as we transition into an Ascended Fifth Dimensional Planet. If you wish for more information on our local projects in the UK please send me an email to: [gofinuk2@gmail.com](mailto:gofinuk2@gmail.com)

Blessings, Hannah



## COUNCIL OF ELDERS REPORT

### The Medicine Wheel and the Star Family

We are happy to announce that this is the first of a series of 10 articles from a 2011 channeling by Chief White Eagle and Juliano through David K. Miller. This information is relevant to our planetary healing projects, and we would like to bring this information to the attention of our members again, especially since we have a large number of new members who may have never seen this lecture. For the final installment, we will add updated information on the medicine wheel, given us recently by Juliano.

Part 1 of 10:

Greetings, I am Juliano. We are the Arcturians. Let us look at the relationship between the Medicine Wheel and the Star Family energy. The idea of the circle, the idea of the Medicine Wheel, is a gift from the Star Family to the peoples of the Earth. This concept of the Medicine Wheel is a galactic symbol that is also related in many cultures. For example, the mandala is also in the shape of the circle. In the Indian cultures these mandalas also have corresponding energies to the Medicine Wheel.

There are things that are unique about the Medicine Wheel. There are unique relationships established between the Star Family and the Native peoples of the planet and the Native American peoples. The Star Family has ongoing contact with the receptive peoples of the Earth.

What is the Star Family? The Star Family is a group of higher masters that are similar to the Galactic Council. They are leading and overseeing the evolution of Earth energies. They also oversee the evolution of other planetary energies throughout the galaxy. You are not the only civilization in this galaxy, but the Earth is a special civilization and the Earth has a high number of Starseeds.

We have defined the Starseeds as those people who have had previous incarnations in other lifetimes and on other planets. The Starseeds are also people who have had contact in Earth lifetimes with other star beings from other planets. Many of you have had contact with your Star Family in other Earth incarnations. This has opened you up to the connections to the Star Family.

The Star Family includes, but is not limited to, the Pleiadians, to the Arcturians, to the higher Sirians, to the Antareans. We also speak of those people from Alano, and we speak of many other planetary systems closer to the Central Sun. We also speak of the Andromedans who are coming from your sister galaxy. Your sister galaxy Andromeda has many parallels to the Earth and many parallels to your gigantic, beautiful galaxy that you call the Milky Way.

The Andromeda Galaxy is home to the Blue People. The Blue People are highly evolved spiritual beings who have been able to exist in a thought form. They are able to exist without incarnations into a physical body. This development is an evolutionary step in which you are on the track to achieve. It is difficult at this time, in this physical body that you are in, to conceptualize of an incarnation without a body. Imagine, if you will, that it is possible to have a presence without a body, but you would exist only in a thought form. This is one of the powerful levels of evolution that the Andromedan Blue People have achieved.

The Andromedans also have taken an interest in the Earth population and the Earth Starseeds. What is beautiful about the Starseed energy is that the Starseed energy attracts other Starseeds. The Starseed energy attracts other Star Family members. The Star Family members include all of the higher evolved beings in the Milky Way Galaxy. This means that the Star Family includes you! You are part of the Star Family, and you are able to connect on many different levels with the Star Family energy. The Star Family has been interacting, in particular, with the Native Peoples for many centuries. There are many encounters, and there are many stories and many histories of the Star Family giving information and energies to the Native Peoples.

Part of the reason for this is simple. In the earlier times, people were living under the skies. In the earlier times, people lived and interacted with the sky at night. They interacted with the Star Family energy directly on a nightly basis. Civilization has created large cities and has also contributed to removing many of you from that nightly interaction with the Star Family and with the sky.  
*(to be continued...)*



**For the Council of Elders**

Birgit Smothers  
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## Planetary Healing BIORELATIVITY Earth Balance Teams

The U.K is now presenting a weekly meditation every Wednesday at 12.15pmAZ (8.15pm UK time.) Hannah has organized an international team to support these meditations. Contact Hannah at [gofinuk2@gmail.com](mailto:gofinuk2@gmail.com) for dial in numbers and access codes.

The Biorelativity Team is presenting a minimum of 14 meditations per week. We are letting Earth know

we are here and we are supporting her and she will respond more favorable *BECAUSE* she knows we are here. **REMEMBER**.....A planet cannot ascend by herself. A planet must have higher thought forms, higher beings, on it. Biorelativity is the ability to interact with the Spirit of the Earth with higher consciousness. Biorelativity can create unity consciousness and a unified energy field. Noorelativity is the ability to send thoughts and energy into the Noosphere for the purposes of manifesting a higher healing light throughout that planet. There is a monthly calendar on the web pages. Contact Jane if you would like to be part of the Presentation Team or just need further information. [janescurratt@gmail.com](mailto:janescurratt@gmail.com)

Please remember to look at our [www.earthmatters.world](http://www.earthmatters.world) web page. We are posting articles about negative events that are affecting the Earth now. We are also posting web sites for information on the many positive ideas that are being created to assist in the healing of the Planet.

We are now chanting the Kadoish mantra before each meditation as a way of strengthening our focus for the meditation.

What are the principles and what are the ideas and how can you maximize interventions? This is a list of the seven principles.

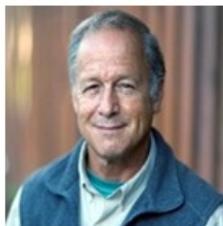
1. **The first principle** of coming together for planetary healing, Biorelativity and healing work is choosing the most powerful time that it is done.
2. **The second** is using the power of a network.
3. **The third principle** is deciding how often or how frequent the meeting or intervention should be. Sometimes you're going to meet once; sometimes you're going to meet twice, and sometimes you're going to meet three times.
4. **The fourth principle** is the intensity of the exercise, and this relates specifically to the Arcturian concept of Arcan Energy. "Arcan" is an Arcturian word that describes the wattage, or a measurement of electromagnetic force, that is exhibited through thought patterns.
5. **The fifth factor and principle** in doing the Biorelativity or planetary healing exercise is to maximize the positive outcome by calling on assistance from higher beings from other realms. This is an important aspect.
6. **The sixth principle** is the use of crystals, including the etheric crystals, to maximize and create a new thought field and energy field.
7. **The final principle** is focus. This is the opposite in our terminology of randomness. In randomness, it just happens coincidentally or accidentally. In focus, we use our intention to increase our power.

The principles that Juliano is explaining should happen with a focus and with an intention. This exercise is powerful and is likely to have as powerful effect as a random shift. When you are doing the planetary interventions, Juliano recommends these principles be followed. This program and outline can also be applied for individual work and group healing. This means that there is always a possibility that coming together using these principles of networking, time, frequency, intensity, assistance from other realms, crystals and focus can also be used to heal people. This method is part of quantum healing. With this kind of energy, amazing results can be accomplished on an individual basis.



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## Planetary Cities of Light Report



Robert Maldonado  
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### News from the Planetary City of Light Project, September 2020

News from the PCOL Advisory Committee:

- The PCOL of Rimac in the city of Lima, Peru was activated at the PCOL Global Meeting on September 27, 2020.
- Due to the large number of PCOL applications from Latin America, we will host separate activation ceremonies in the future: Ecuador PCOL on October 17 and the Puerto Rico PCOL/PORL on October 31.

- Meditations for planetary repair in 2021 are being developed.
- The USA held its first country meditation on October 17. All USA members were invited.
- On September 16, 2020 Hurricane Sally, a powerful Category 2 storm registering winds of over 105 miles per hour slammed into the Gulf coast of Alabama and Florida. The storm's destructive force downed thousands of trees and telephone poles, destroying buildings and homes and affecting every community in the region. Just before landfall, the Planetary City of Light of Fairhope, Alabama found itself in the storm's crosshairs experiencing the destructive winds of the hurricane's eyewall. Despite this all our members were safe with minimal damage to property. It was a time that many will never forget.

Looking back here are a few lessons from that experience:

1. Have a protection plan for your property and PCOL should you experience a major climate event like a hurricane. These events are increasing and the Arcturians are committed to helping and protecting us. They recommend downloading blue Arcturian light into the designated area and your aura to repel lower, darker energies. Another tool to calm erratic and severe weather patterns is to visualize a ring of golden light filled with harmony and balance surrounding the area of concern and using the Hebrew phrase El na refa na la "please heal now" as healing and harmony permeates the entire area. This protection became evident when at the last minute the hurricane shifted direction placing the strongest intensity east of the city, sparing us from its most destructive storm surge and rainfall.
2. The PCOL members focused their meetings and meditations on biorelativity to mitigate the storm's impact as it approached. It is helpful to submit a planetary event/situation to the GOF biorelativity team (<https://groupofforty.com/projects/biorelativity/new-planetary-event-record/>) and use other biorelativity meditations offered by the GOF.
3. During and following a major event make sure to check in with members to assess their welfare and provide assistance as necessary.
4. Use the climate event as an opportunity to bring awareness to the climate crisis and the need for "Planetary Repair" into the minds and consciousness of everyone in the PCOL and community in discussions and social media. It could be something as simple as "We are now experiencing climate hurricanes."
5. Promote the concept of the PCOL project in the creation of more sacred sites—an expansion of sacred energy for protection and to bring more balance and stability for a more favorable climate and that encourages healing.
6. Plug into the global network for support in your biorelativity meditations to include using sister cities.
7. Finally, hold a vision of a New Earth and Omega Man/Woman in your PCOL meditations and discussions. Visualize the blue jewel as a 5th dimensional planet in the future, with many cities of light holding 5th dimensional light, with the Omega energy field, the Quantum Energy Field of Omega light operating, influencing the political, economic, sociological, military, environmental, and biospheric energy fields. Let us also use the ring of Ascension holding this 5th dimensional light and see all the Planetary Cities of Light contributing to holding and raising the Spiritual Light Quotient of the PCOL and the planet.

Remember, all GOF members are invited to next month's Global PCOL Meeting on November 29, 2020. You do not have to live in a Planetary City of Light to attend. Your energy and light will bring additional light and strength to the worldwide network. We look forward to seeing you.

Omega Light Blessings

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## Report from Florida PCOL and PORL Group

Ever since we performed the PCOL activation and Ocean Reserve we have experienced a great awakening with the nature around us. Being in Florida is living in a tropical environment and we have seen large schools of fish in the backyard, dolphins swimming around the dock and many birds that have come to the garden and patio to let their presence be known, families of birds walking around the patio and ducks swimming in the pool. This is a daily occurrence and something that we feel very blessed to be able to experience and enjoy in this City.

Large fish jump in the water and there is a great connection with the beautiful nature. Since our activation we have seen more energy and movement from the river. We can feel and hear the increase of energy that is being generated by the river.

It is beautiful and amazing and creates a great sense of harmony to our City. In addition to nature we saw beautiful rays from the sun that come in the direction of where we have buried the crystals both in the land and in the ocean. The beautiful rays of sunlight and the colors in the sky during sunrise and sunset have been amazing. You can see in the pictures provided the

beautiful colors that we have been able to enjoy. We are very thankful and feel blessed that we are able to see and experience this.

At night it shows extraordinarily strong and bright stars that are always flashing and moving, it feels that this bright star is trying to communicate and send us messages. Additionally, during the day and in the evening, I see orbs in the pictures. In the pictures provided you can see some illustrations of these orbs. We can feel their presence with love and protection that provide to our Stuart City and Ocean Reserve.

This increased activity in the city has happened since our PCOL and Ocean Reserve Activation. We feel very special and blessed to have the opportunity to experience as part of our awakening. We thank the Master's for sharing all of this with our group and in our PCOL.

**Laura Covella,**  
Asistente Coordinador de Latinoamérica  
Group of Forty



Beautiful Sunrise



Sunset but the sun is opposite



Birds / Pajaros



Flying Fish



Master Visiting Us



More Orbs

## *From the* Land Down Under



### Gold Coast PCOL Re-Activation



Participants in the **Gold Coast PCOL Re-activation** include: *Back row:* Laura, Anne and Gus.  
*Front row:* Glynnis, Catherine and Renee. Jane was the photographer. There were 7 members on the



## Grose Valley PCOL Re-Activation

Mike, Liz (Coordinator), Sjoerd and Takeli participated in the **Grose Valley PCOL Re-activation**. There were 13 members on the phone conference line as well.

## The Magpie Story

This is a Dreamtime story from the Wathaurong People. The traditional boundaries of the Wathaurong people span the coastline from the Werribee River to Lorne peninsula and traverse inland in a north-westerly direction towards Ballarat.

‘Long time before today...The sky covered the earth making everyone crawl around in the dark. The Magpies, being proud and industrious, gathered and worked to raise the sky so everyone could move about freely.

They gathered some long sticks and fighting hard they lifted the sky up. They placed the long sticks on small and big rocks; they fought to lift the sky even higher.

The sky split open, showing the beauty of the first sunrise. They were so overjoyed to see the light and feel the warmth of the sun’s heat, they burst into song. As they sang, the blanket of darkness broke and drifted away like clouds.

To this day the Magpies greet the sunrise with their joyful song.’

Re-told by Uncle David Tournier

I read this story many years ago and had an interesting experience afterwards. I’d read it just before going to sleep. The next morning I woke and was still in between dream space and waking when I heard a magpie sing.

Immediately I felt my 3D mind - my everyday mind - clear and I felt a spaciousness in my mind that I hadn’t felt before. I have since come to know this spaciousness through meditation and many years of spiritual practice.

So the story to me, reflects this process of clearing the dense material mind and opening to the spacious divine mind.

Many people see these stories as myths. But they are far from that. You see these stories are told to children and people grow up with them. When a person is ready to understand the wisdom in the story, it will show itself. I believe that is what happened to me.

So the wisdom is not communicated in language but by experience. This is the only way true wisdom can be ‘learnt’. If you are a ‘teacher’ in this field it’s not about inculcating people with theory and concepts, it’s about trying to awaken the wisdom within each person. It is already there, we just have to allow it to surface.

In a way it’s more unlearning than learning, because in order to allow the wisdom to arise within, we often need to deconstruct the ‘normal’ thinking that is instilled in us from childhood.

I hope this gives the reader a better understanding of Aboriginal Dreamtime stories and how profound they are. And I’d just like to mention also that the term Dreamtime was the nearest the English translators could come to translate the concept of the parallel realities - time without time - that this term seeks to describe.

Magaer Lennox



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# MONTHLY ACTIVITIES OF THE GROUP OF FORTY IN SPAIN



## Group of Forty activities

The fourth Saturday of each month is the monthly GOF/PCOL meeting day for active groups in Spain. On that day, all the PCOL groups carry out a monthly Reactivation of their PCOL in the time window from 12 to 15:30 and, in the afternoon, both the GOF groups and the PCOL groups meet for the connection with the monthly online meditation that the Arcturian School organizes. Other GOF meetings are at the discretion of each group.

## Online monthly Advanced Biorelativity exercises

The Arcturian School organizes two monthly online meditations in the Zoom Webinar, one on the second Saturday and the other on the fourth Saturday, at 5:00 PM, in both cases with the aim of helping to repair the Earth as a living being. There are more than 50 assistants from Spain, France, Mexico, Brazil and South America attending the meditations.

## Online meditations at the Arcturian Temple

The Arcturian Virtual Temple is a virtual global meditation space reserved for the members of the Group of Forty, which is connected with our Temple in the Arcturian School and with the Temple of Tomar in Arcturus. It has been founded by the Arcturian School at the direction of Tomar to help accelerate the planetary Noosphere and human evolution. The Temple of Tomar on Earth has 12 Temple Guides and offers a daily meditation on the Wormhole Classroom Webinar in Spanish, French, English and Brazilian Portuguese.

## Online meditations for COVID 19 Protection

We carry out these meditations on the second, third and fourth Saturday of May at 12:00 noon: on the second Saturday we carry out the protection of the Planetary City of Light of Sant Pere de Ribes; the third Saturday we have an exercise of Shimmering to raise the Spiritual Light Quotient of the Garraf area where are the Sant Pere de Ribes PCOL and the Sunway PORL and the fourth Saturday the exercise of Two Earths (2020 and 2022) and the Homo Omega in the Auditorium of the starship Athena of the Arcturians.

## Check the calendar on the Facebook Groups:

<https://www.facebook.com/groups/templovirtual/>

<https://www.facebook.com/groups/grupo40Spain>



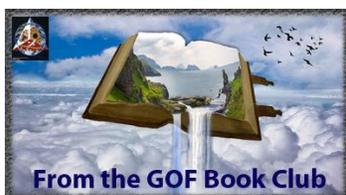
**Welcome New GOF Members!**

We would like to extend a warm welcome to the following new members who joined the Group of Forty between September 1st and October 1st, 2020.

NAME	CITY	STATE	COUNTRY
Alejandra	Bogota		Colombia
Ana	McAllen	TX	USA
Carmen	Bogota		Colombia
Cleary	Melbourne		Australia
Cynthia	Tucson	AZ	USA
Daniel	Bogota		Colombia
Doug	Daniel Island	SC	USA
Fernando	Cali		Colombia
Fredy	Bogota		Colombia
Joy	Eindhoven		Netherlands
Julian	Cali		Colombia
Lubby Carolina	Bogota		Colombia
Manual	Naples	FL	USA
Maria	Estero	FL	USA
Marian	Den Haag		Netherlands
Meicy	Palmira		Colombia
Olga Liliana	Cali		Colombia
Ondina	Maples	FL	USA
Oscar	Posadas		Argentina
Rosita	Naples	FL	USA
Sharon	Melbourne	VIC	Australia
Victoria	Ave Maria	FL	USA
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## GOF Book Club

### *Kaballah and the Ascension*

Chapter 3  
By David K. Miller

#### **What are many of the psychological problems that you have on the lower and middle soul levels?**

The problems we wrestle with from day to day and the problems that elude us or that we don't want to recognize in ourselves usually have spiritual significance.

#### **Why is it so important to work out these problems now?**

In previous lifetimes, we have gone to higher energy states only to tumble down because we hadn't worked out these minor problems. At the time they were called little blocks and you didn't consider them important. Yet you soon found yourself in a rather embarrassing position or in a position that there seemed no way out. Then you lost your spiritual power and the ability to vibrate on higher energy waves. Don't think that just because it's a problem of the lower soul or the lower personality it is not crucial. Don't think that the middle personality isn't important. They are very important.

#### **Why do these problems occur to people and why are you having these life problems. What is the significance of them?**

You asked for the problem to teach yourself a lesson. When you are in the middle of a lesson it seems more difficult. You want to terminate the lesson. You can drop the lesson if you move and expand your consciousness and then you can take the next growth step. When you expand your consciousness and recognize the necessary personal lesson then the problem and its significance will not be dominating your life. When you recognize the personal lesson then the problems you are struggling with takes its proper perspective. It is your reaction to the problem that is as important as the problem itself. Think about a problem you have now and your reaction to it. Can you state what your reaction is to the

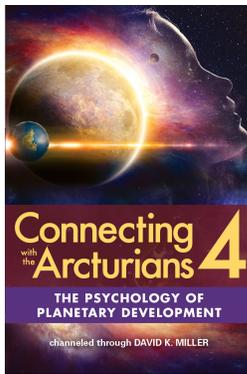
problem? You have a chance to learn a great spiritual truth. You could be wiser and spiritually alive if you learned to solve the problem. What is your reaction? Are you open to solving this?

**When it comes down to working on your own personal problems, there is resistance. Why?** It's true you want to gain spiritual knowledge, you want access to higher knowledge and energies. Yes, when it comes to working on your personal problems, there is resistance. Why? You are reluctant to go through a difficult experience. It is that reaction that is creating the resistance. Resistance is self-generating. A snowball rolling down the mountain getting bigger and bigger. Deal with the resistance and you can grow. Most of us didn't want to come into this incarnation. If you are comfortable, you don't grow but it's hard to leave the comfortableness. There is no guarantee that that comfort will last forever. Spirit have great respect for the fact that we came into incarnation to deal with our soul problems.



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## ANNOUNCEMENTS



[This Book](#) is available now as an e-book and a hard copy book through Light Technology Publishing.

You can also find it on Amazon at [this link](#). This fourth book contains the most up-to-date information on ascension that is available, including new spiritual techniques to aid the process.

David's earlier books: "[Connecting With the Arcturians](#)" and "[Connecting with the Arcturians 2](#)" and "[Connecting with the Arcturians 3](#)" by David K. Miller, offer a comprehensive presentation on the ideas and views of an extra-dimensional, extra-terrestrial civilization on the Earth situation from the planet Arcturus.

Subjects included in this fascinating presentation are: 1) the Arcturians' view of the ascension or "rapture;" 2) what is the Fifth Dimension and how we, as the human race, are evolving toward the higher dimension; 3) the impending Earth peril and dangers to the Earth biospheres; 4) Jesus' (or Sananda's) role in the ascension and why he has a new name in the higher realms; 5) The Arcturian Stargate, a soul transfer station referred to in the Edgar Cayce's writings. When we finish the Earth's incarnations, we can travel to the Stargate for our next "soul assignment."

This first book also describes a new concept in spirituality, the Arcturian Sacred Triangle. For the first time, the Arcturians offer a way of uniting Earth's spirituality so that a planetary healing can occur. Readers will learn how ascended Native Americans' mystical Earth spirituality and galactic extra dimensional spirituality can be united to enhance a healing for the entire planet.

- > David's book, [Connecting With the Arcturians3](#), is available for purchase in soft cover from [Light Technology Publishing](#).
- > David's book, [Connecting With the Arcturians2](#), is available for purchase in soft cover from [Light Technology Publishing](#).
- > David's book, [5th Dimensional Soul Psychology: Channelings by Vywamus](#), is available on the [Light Technology website](#).
- > David's book in Spanish, "[Enseñanzas del Sagrado Triángulo Arcturiano](#)," is available in the Amazon.com Kindle Store and may be purchased [using this link](#). The follow-up to this book, "[Connecting with the Arcturians 2](#)", focuses on planetary transformation from a galactic perspective. It covers such topics as embracing galactic spirituality and planetary evolution, the aura enhancing technique known as shimmering and much more. The reader also gains more understanding of the planetary healing technology such as biorelativity and other global healing techniques.

You can buy these books at the following links:  
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Visit [Light Technology Publishing](#) or call Light Technology at 800-450-0985 to order your hard copy of any of David's books.

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

We are dedicated to teaching humanity about the ascension to the Fifth Dimension. We coordinate the creation and maintenance of Planetary Cities of Light and conduct Biorelativity Exercises to create energy for positive change in the world.

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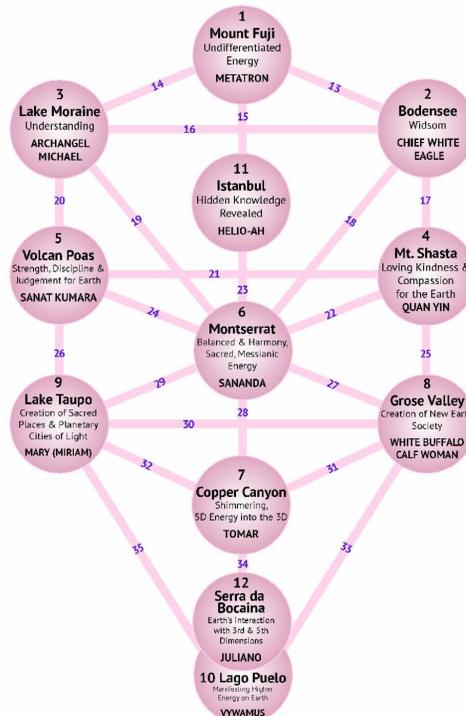
NEW: [Romania website](#)

Newsletter edited by David Miller and Jeri Denniston ([jeri@dennergroun.com](mailto:jeri@dennergroun.com)) with editorial help from Birgit Smothers. If you have articles to contribute, please send them to: [birgit@groupofforty.com](mailto:birgit@groupofforty.com) by the 18th of each month.

## Tree of Life

### Arcturian Tree of Life with Numerical Paths

Each Sphere is associated with a Spirit Guide and Sacred Location



**Upcoming Events**

[International Activity Calendar](#)

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