

Group of Forty

Australia www.groupofforty.com

David K Miller Founder/Director



THOUGHTS FROM JANE... I would love you to start pushing against the belief that you know what is really going on in your life. I want you to feel that something is happening that your brain will simply never understand and it is not necessary for it to understand. You may be thinking something is going to happen to you this week. Something is not going to happen. It is happening now! Your idea that you can pray harder, purify yourself more, become more holy are false. You are already purified, holy and filled with prayer. It's your mind that takes the basic magnificent, pure substance of your Being and twists it into different shapes, some of which are uncomfortable. You wake in the morning and say "Today, I will try to fill myself with peace, joy, love, beauty." Your ego rolls around laughing because all this "trying" is precisely what the ego wants you to do. It wants you to keep looking at these twisted shapes, trying to find out how to untwist them. You try this...you try that until you become very trying – to yourselves and to others. So you end your day with a feeling of "I didn't make it". Why? Because in the last five minutes you fell over someone's shoes, broke your glasses, became furious and **that** is the feeling you were left with. You don't remember all the wonder filled moments during the day – only the last event. The anger at what happened and the anger towards the person who left the shoes there. Then all you do is scold yourself.



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MEETING OUR MEMBERS

Greetings from Central Australia. Well it's been a long and winding road from where I was born near the Grampians in Victoria - Ararat - to the here and now in Alice Springs. My adult life started at Uni studying Physics and Maths. I didn't complete these studies because I had been drawn into Eastern philosophy and as it turned out - my own Aboriginal heritage. From there I followed my heart which took me down many roads, studying Tibetan Buddhism, working with a colour healer rebalancing chakras and clearing out many lifetimes of debris, and shamanic journey work - to name some of the main influences in my life. In following my heart I have been auided to move to certain areas and work with the Earth energies there. I have done this using the shamanic journey technique. I had a close friend and colleague and we often worked together. We would assist in situations like bushfires and other emergencies where we could help to nullify the effects on people, animals and the elementals. We worked on whale and dolphin strandings to help prevent more happening. I found that whales are earthworkers and dolphins are light-workers - a bit similar to how people see themselves. The whales know all the major points under the ocean and often work with hem the same way we do. I got a message at one point just after a stranding that the energy in that area had needed a huge heart pulse. It still affects me quite deeply when I think of this now. It was a stranding of about 40 whales on Marion Bay Beach - not far from Hobart and very close to where I lived at the time. Everyone in Hobart was affected and there was a huge outpouring of love and compassion for these animals who had stranded themselves. I have also worked a lot with particular sites – as directed by the protectors of the land. I was told,

MAGAER LENNOX



The photo was taken on my 62nd birthday - I had a picnic at Hanging Rock on the Leo Super Full Moon in January I was taken down below Hanging Rock and the Light Beings showered me in this beautiful golden light.

that the Aboriginal people when able, plugged many of the power sites so they wouldn't be misused by the European invaders. A good example of this is the men's power site that is now known as Kinas Cross – all the worst attributes of the male character can be seen here and it has been amplified because it's a power site. Often I have been guided to reopen these sites and work with the energies to bring them into the 5th dimension. This also involves the ancestral caretakers of these sites. They too are striving for the 5th dimension. Since moving to Alice Springs I have found myself working with the Arcturians and the Telosians quite closely. Nice to be here and nice to work with you all. You can see more about me on my website.w.w.australiansacrediournevs.com Happy to communicate with people if they wish – drop me a line. Regards.

FROM THE LAND OF THE LONG WHITE CLOUD

Rose's Log on Tuesday the 21st day of the 4th month in the year 2020

Location: Bucklands Beach, Auckland, New Zealand

This morning I took my dog, Baxter, for a walk as I always do. I decided to change our usual route and so took the road that leads to Half Moon Bay through the bridge that connects Bucklands Beach to Half Moon Bay. As I approached the wooden bridge I heard a big splash, loud enough to make me think a person had jumped into the water. This was concerning as this was not a deep end of the estuary and I thought, "ooh that would have hurt". I moved quickly to see if the person was okay as they had not surfaced. We were also under Lockdown due to the Covid 19 virus that was currently threatening the health, well being and lives of the people of Earth. Swimming had been deemed "not allowed" by the powers that be at this extreme level of the Lockdown. Yet that splash sounded like someone was rebelling. As I moved closer, I spotted not the culprit - but the culprits. I saw an amazing almost dreamy dance being performed in the water. First, I spotted a young Stingray, gliding in the water to their hearts content and as I shifted my gaze there was its partner in mischief, a half grown, perhaps teenager, King fish. The fish was greenish blue in one light and then as its body meandered in another direction, it looked grey. It was as if they needed to splash around to draw attention to their happy adventure. They seem to be smiling and giggling at having drawn attention to themselves. The King fish went swimming through the water in a gentle speed alongside the Ray. Sometimes gliding and hovering over the Ray and other times staying "neck to neck" with his friend. They kept swimming away and then back toward the bridge. For ten minutes I stood watching, and excitedly pointed them out to any passers-by. By now a small crowd of onlookers had gathered to watch this in happy wonderment. We were all mesmerised by this sweet scene of harmonious well-being between these 2 gems of nature. Then the Stingray and its loyal companion swam away into the vast waterway that is the Tamaki Straits. Baxter and I walked on, I could not stop smiling all day. I started to wonder about these two creatures; what had brought them together; what had kept the fish following the Ray; what was their story? Of course, I am never going to know the answers to these wonderings.

But I know this: Long shall I tell the story of Natures display of how two different species can abide side by side in harmony. Many responses to this story so far, confirm that others, too, have seen the Stingray and King fish swimming in this unusual fashion. It would seem that these two have made that end of the beach their home for a short while. In doing so, they gave a gift of a beautiful experience to us, in a perilous time. Maybe they were Messengers of Gaia/Mother Earth allowing me to witness their dance as a confirmation of my dream of such a reality for Earth - different species on the planet living side by side in harmony.

Blessings to you all, Rose McNair. Auckland, New Zealand.

November

THE COLOURS OF THE GROSE VALLEY



PULPIT ROCK











You can see the effects of the fires in the background at Pulpit Rock. Eucalypts are regenerating but some other species will not come back. But, the beauty is still there. The Rhododendron Garden were lovely. They too were affected by the fires but the volunteers have worked hard to clean up the area and there was enough spared that it was a wonderful place to visit.

The red flower on the left is the Waratah- national emblem for New South Wales.

Martha Heeren, Sydney GOF member



LOVE, ENLIGHTENMENT AND GOODWILL TOWARDS ULURU – DECEMBER 21ST





There are five main Songlines that emanate from Uluru. Songlines are navigational tracks. In some parts of the world they are known as leylines. The Aboriginal elders and the trained Indigenous keepers of the Songlines will sing the landscape, and therefore be able to move from location to location through it, and teach each other. At each sacred site within that sung track, they perform rituals. Auntie Minnie (pictured) is a storehouse of information both Aboriginal and Egyptian, having been mentored for 40 years by Raymond Johnson, now recognised as having been the world's leading Egyptologist. Auntie Minnie says that in 1948, we moved into the Age of Aquarius. Since that time, the Universe has been in 'shunting' mode. On December 21st, 2020, she says the Universe will move out of shunt mode and will begin to breathe in, as we move into the new 13,000year cycle. She believes it's critical that on December 21st, we all focus on sending our Love, Enlightenment and goodwill towards Uluru, because that energy will ripple out into the Harmonic Grid that encircles the Planet. The women of Uluru have been practising for this event for generations, doing the Corroboree to send the energy down into Mother Earth to help her out of this shunting mode she's been in, so that the Universe can start coming back towards us. So, when we face Uluru at 9.02pm on December 21st, to send all our Love towards the Rock, we should also focus on seeing the Universe coming towards us.. Auntie Minnie explains the Harmonic Grid thus: The Eternal Mother is the Moon The Eternal Father is the Sun The electromagnetic waves between the Sun and the Moon filter down and for the Harmonic Grid around the Planet. We're all connected to that Harmonic Grid through 'The Silver Cord' and if there's a breakdown in the aggregation of atoms that make up our spirit in this body, the Harmonic Grid breaks down. We need a balance between the human and the spiritual aspects of our being to keep things in order. Auntie Minnie believes that Australia will lead the world into the new Millenium.

"All the cultures of the world have been transplanted here, which was allowed by the Aboriginal Father Spirit, Baiame. He allowed the strangers to come to our shores because they brought the English language. Before that we had 600 dialects, and we couldn't talk to each other for so long. The English language has united us. We need to break down the barriers and share with each other."

This article was taken from the newsletter of Lia Scallon, Cairns, Queensland. Permission requested and received.

Empty

When you are with everyone but me, you are with no one.

When you are with no one but me, you are with everyone.

Instead of being so bound up with everyone, BE everyone.

When you become that many, you are nothing. Empty. Rumi

Q and A with Juliano through David K Miller

Micki in Melbourne asks:

Hi Juliano...you have mentioned that many souls are lining up to come to Earth and I understand we have chosen to be here. My question is: What exactly qualifies our souls to be able to incarnate now at this time? And when we are on the queue to come down here, is there a preference from one soul to another to have the right to incarnate on Earth?

A Well the question relates to what are the criteria for incarnating on the Earth at this time and I want to remind everybody that the Earth is a special planet. You have over 150 languages, maybe more and I am not sure of the exact number of religions but it is certainly a very high number of religions and the criteria are based on what learning requirements there are in each soul. Now it so happens that now on the Earth there are tremendous learning opportunities. From your perspective you might see this planet as a disaster in terms of the crisis, in terms of the danger to the biosphere but from the soul perspective these issues and the polarizations offer a wonderful learning experience.

Now because there are so many different experiences on the Earth --you could be born in India and live in poverty, you could be born in the United States and live well or born in the United States and live in poverty and these are just two quick examples. That means that there are so many opportunities and the criterion is: what is it that you need to learn? Now many planets do not have this level of opportunity so that is one reason why you see 8 billion souls on this planet.

Now some of the people that sign up may only come just for a birth experience and die after one year but the free will zone of this planet is a basic foundation for that. Now you might think that there would be, "okay, we are only going to take 10 percent of the people that are lining up to come to the earth, but again, remember the Earth is a special place so it can comfortably handle even the large population now.

It can comfortably handle this and this is the uniqueness of this planet. In regard to the second part of the question, the preference again is calibrated to your individual needs and to really understand this auestion and to understand the calibration, you have to understand the variety of experiences that are now available on this planet and this may seem normal to you but in other planets – and let me just take the Pleiades or let me iust take Arcturus – there is a much more homogeneous situation, much more homogeneous opportunities. There is not the diversity like there is on the Earth. Diversity in terms of culture, in terms of religion, in terms of language, in terms of free will so this is the basic attraction.

A LIGHTER MOMENT





FROM THE COSMIC ARROW

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

Full Moon - Scorpio Cycle 1st Nov' 20... 8 degrees.. Scorpio/Taurus.

Arcturian Connection Message:- 'Recent rains washed away the evidence'
'There are boundaries to respect in the world.'

<u>Last Quarter Moon</u> - Scorpio Cycle - 9th Nov' 20... 16 degrees. Leo. **Arcturian Connection Message**:- 'Mother and her two little ones gazed onto the plains ahead.'

<u>New Moon</u> - Scorpio/Sagittarius Cycle -15th Nov' 2020 23 degrees.. Scorpio. **Arcturian Connection Message**:- Junkyards are full of opportunists

<u>First Quarter Moo</u>n - Sagittarius Cycle - 22nd Nov'20... 0 degree.. Pisces Arcturian Connection Message:- 'Being kind and thoughtful are virtues'

<u>Full Moon - Lunar Eclipse</u> - Sagittarius Cycle - 30th Nov'20... 8 degrees.. Sagittarius/Gemini. **Arcturian Connection Message**:- 'Toward the shore the whale swam significantly' **And:**- 'Have no fear the bell will toll at six PM'

sjoerdtyssen@bigpond.com



MONTHLY PHONE MEDITATIONS IN AUSTRALIA

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

Sunday Mornington Peninsula Re activation.

November 15th 10.45am DST 396637#

Thursday Meditation November 19th - Charmaine 12 pm DST 396637#

Sunday Adelaide Meditation November 22nd 2.30pm DST 396637#

Thursday Meditation November 26th – Tim 12pm DST 164595#

Saturday Sydney ReActivation November 28th Christmas picnic. Contact Carel Fillmer.

Saturday Gold Coast ReActivation November 28th 2.30pm DST 396637# **Christmas celebration**

Thursday Meditation December 3rd- Jane 12pm DST 396637#

Sunday Monthly lecture December 6th 11.45am DST 164595#

Brisbane Re activation December 6th 1.15pm DST 396637#

Thursday Meditation December 10th – Cherie 12pm DST 164595#

Saturday Q and A with Juliano December 12th 10.30am DST 164595#

Saturday Grose Valley Re activation. December 12th 12pm DST In person at GV crystal Sunday Auckland Re activation. December 13th 12.15pm DST 396637#

Thursday Meditation December 17th Janine 12pm DST 396637#

The Australian Biorelativity Meditators meet every Monday, Tuesday and Wednesday nights at 7.40pm DST 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 Indian Turnip...

This plant has powerful medicinal properties. It is used by the American Indians to alleviate asthma, headaches and rheumatism. It helps you awaken to your spiritual purpose. This can even be beyond life purpose as if understanding more of what God has intended for them or what they elected for their lives before coming here. This means an opening or release of energy. When you work on a spiritual project, it will be greatly enhanced by taking this herb. Spiritual work or life purpose goes through an individual in cycles. The appreciation of the way these cycles take place is enhanced. You might think you're your spiritual purpose is a constant and continuous thing. This is somewhat true but it must also coordinate with mankind's spiritual purpose, with an awareness of your life and how you integrate what you do. The way energy of a spiritual nature manifest in your life must follow patterns that cooperate and harmonise with the physical, mental and emotional levels. There is an enhanced ebb and flow of energies particularly those associated with lunar cycles. The natural spiritual energy associated with the plant works well with the energy of water as it is utilized in the leaves and especially in the flowers. Water retained there is often, on a spiritual level, associated with the Moon. So there is a release of energy of a spiritual purpose in coordination with lunar cycles. Understanding the flow between humanity and the Moon is of great benefit

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.

Juliano said:- I would like you in Australia to work on listing and bringing forth the strengths that your cities have as spiritual areas and what and how they could be transmitted to other Planetary Cities of Light.

Could you think about your Planetary City of Light and email Jane with your thoughts about the strengths of your city.

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.

PCOL'S We **NEW** have made dormant. Applecross/Shelley Members moved and the focus to maintain the energy faded. However, the good news is that the members who moved are wanting to create PCOL's in their new areas. So, Kala is working with Angela, north of the river, to create one around Gwelup and Wanneroo. Michelle has moved down to the south, near Rockingham and will be working to create a new group there. So, we may have lost one PCOL but we'll be gaining two.

Carel will be working to create a PCOL in the Newcastle area

Kerry will be working to create one around Botany Bay

The work being done through the Planetary City of Light Project is not to be taken lightly. Quite frankly I would say we both underestimate and overestimate what we are doing. We underestimate the magnitude of the change we are initiating and maintaining and allowing to take place. We underestimate how important our role in that is. We, as Planetary Healers, are beacons of light. Our higher vibrations positively affect our surroundings. When working with our PCOL, we are active conduits for more light to be anchored in our location. Throughout the eons of time on earth, progress has been made when there has been that connection between a being on earth connecting with star beings—as we hear in many indigenous stories. So, we need people to be in the physical location of the PCOL. We overestimate our power when we overextend ourselves. In this case, I believe it is because we do not fully understand the magnitude of the project and our place in it.

Last month Juliano reminded us that it is important to keep the energetic shields of the PCOL activated and up. We are not only bringing higher vibrational energy into the city, but also blocking lower vibrations from entering. This needs to be reactivated and maintained on a regular He also pointed out that the presence of GOF members within the PCOL was important because they telepathically interact with the aura of the PCOL and their presence helps to anchor the energy in the city. He said that, "In a sense, the Planetary City of Light is a permanent Biorelativity exercise in which you are working together to hold a powerful light frequency for the place where you are living."

BIORELATIVITY SNIPPETS

Good morning, Everyone who drinks coffee and uses a Nespresso, Aldi Expressi, Dolce Gusto and Caffitaly machine would assist the environment by using these environmentally friendly coffee pods. Micki's daughter, Connie & husband Jacob, have come up with the idea of Reusable Coffee Pods for coffee machines instead of filling land waste with the current coffee plastic pods which is a problem..and with every purchase a tree is planted!! The website is podly.com.au With thanks from Mother Earth (smile) Identify yourself as a GoFA member and you will be given a discount code

HIGHER CONSCIOUSNESS

Australia's largest insurance company, Insurance Australia Group (IAG), withdrew its support from raising the Warragamba Dam wall at its AGM last Friday. After negotiations with IAG's senior management team about a resolution lodged on behalf of shareholders and Traditional Owners, IAG Chair, Elizabeth Bryan, made the following announcement at the company's AGM: discussions with The Colong Foundation for Wilderness and others...it has become clear that a decision to raise the height of the Warragamba Dam wall could well result in the destruction of both large areas of natural environment and also important cultural heritage sites. our increasing awareness of the environmental and cultural heritage issues, I make the commitment that we will step back from advocating for a specific solution, including the raising of the Warragamba Dam wall."

BOOSTING MY ANTENNA Angela Burchardt, Perth, Western Australia

Recently in meditations for extending one's antenna to the fifth dimension I've had some interesting thoughts around that process and how important it is for our personal growth.

Antenna's play the role of receiving and radiating frequencies whether it's for radio, television or any other smart device. The human energy field is an important frequency adaptor. In making our own fifth dimensional antenna more effective we need to set the dial correctly to receive from the right channel.

Focus lapses sometimes and we may receive emissions from other channels which could be from a lower, unwanted frequency.

We need to set our intention for what we want to receive or emit. When we want to meditate for our planet, our PCOL or ourselves, our focused concentration needs to be clear with our intention – setting the dial - and not let other frequencies interfere. Regularly meditating with the Group of Forty is excellent for boosting our personal fifth dimensional antenna, and for experiencing the joy that's possible with one's contact with the divine.

Happy meditating!

Angela.

MEETING THE REGULAR BIORELATIVITY MEDITATION PARTICIPANTS



Janine, GOF Co-ordinator in New Zealand



Marie on the Gold Coast



Greetings, I am **Rhonda (from Houston)** and I've been a GOF member since May 2019. I love connecting to that wonderful energy you and the Arcturians bring!



Belinda in Sydney



BOOK CLUB AUSTRALIA The Kabbalah and the Ascension Chapter Seven

by DAVID K MILLER

How do the processes of Karma and Ascension intertwine?

You cannot speak about who you are and why you are here unless you discuss karma and participation in the ascension. You can do a tremendous amount of work and release an enormous karmic load in a brief time. When the end is near, you accelerate by working harder; you want to do as much as possible before the ascension arrives. This is part of human nature and is a positive development.

Give an example of accumulated karma and how you may overcome it?

You might be responding karmic ally to events earlier in your life. You could have been exposed to radiation when you were young and it could be affecting you physically. This has nothing to do with your recent activities as a lightworker. Now, however you have the ability to focus your healing in ways that you could not have comprehended when you were younger. Exposure to radiation is one example of accumulative karma from this lifetime.

How can negative thoughts manifest as karma?

Another example might focus on the way you think of yourself. You can avoid negative thoughts sometimes, but some stay with you even though they did not manifest immediately. Perhaps you think you have released those thought patterns and then a major disturbance occurs in your life and seems totally unrelated to your light work. In all other aspects of your life you have been fortunate and devoted but suddenly you have a major block and you don't know where it came from. You don't want to deal with it but you are being forced to do so with a hard push. Such an event is not unkind. Some of the blocks that occur are not necessarily the results of thoughts or patterns that you have experienced since your introduction to the ascension. Blocks originating from earlier events do not necessarily mean that you are currently thinking in a wrong way or that you are now unworthy. You have not failed and become undeserving of the ascension. Don't continue with that kind of thinking because it is that type of thinking that originally fostered the block.

THE NEXT BOOK CLUB MEETING

Australia's next book club discussion will be Friday, December 4th 7.30pm DST on Go to Meeting. We will be discussing Chapters Fourteen and Fifteen of "The Kabbalah and the Ascension" by David K Miller.

We will have a break in January and return on February 5th.

AROUND AUSTRALIA & N.Z.

Sydney NSW PCOL/PORLMeditations on **fourth Saturday of the month** at 12pm – 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 1.30pm EST. Refreshments after. Ring Jane(07) 56657575 or email: **janescarratt@gmail.com**

Brisbane North, Queensland

Meditations are being held monthly in Brisbane. On the 1st Sunday of month at Brackenridge. 10.45am EST. contact janescarratt@gmail.com

Melbourne 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 110.45 am EST. contact janescarratt@gmail.com for more information

Grose Valley Blue Mountains NSW

Meditations to maintain the PCOL will be held every third Saturday of month at Noon EST at the Grose Valley Crystal, Blackheath Contact Liz: 0469 602487 email: eliz.clarke@yahoo.com.au

Auckland NZ PCOL/PORL

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

Adelaide: South Australia Meet third Sunday of every month at 2pm SA time in Westbourne Park.
Contact Jen:- <u>i.e.hamilton53@gmail.com</u>

Hobart: Tasmania Last Sunday of the month at 3pmEST contact Jane: janescarratt@gmail.com

We'll be adding four more to this list in 2021

'A fire calendar like this has never been done'



The calendar details the animals and foods that can be found during the changing seasons. 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. 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 biocultural indicators — so when the seasons are changing, what things they notice in the environment important." that are 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."

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

Gabriel the Swamp Wallaby.

Divine little Gabriel was found with his head still in his mums pouch as she lay passed away on the ground- another victim of the road toll. I gingerly reached in to grab him and put him in a pouch to be taken home and put onto a heat pad immediately. After that traumatic experience, he has recovered well and is a delight to have in the family, as they all are. Gabriel is probably 6 to 8 months away from release. Swamp 'wallies' are found from South Australia to Queensland and mainly eat grass, as well as small shrubs and leaves. They are solitary animals. However, I have raised and released a few now and whilst they are flighty, they have a real 'no nonsense' attitude about them and mature fast, in comparison to kangaroos. They are also nicknamed "the black stinker" as they can be smelly little kids, but can't we all! Namaste. Love, light and blessinas. Trent



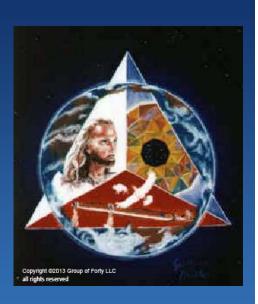


Gabriel, the swamp wallaby

"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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