



Group of Forty GLOBAL Newsletter | Issue 289 | November 2020



Homo Omega Man and the Dramatic Year 2020

By David K. Miller

We are approaching the end of 2020. This dramatic year has accelerated many changes that has brought our attention to the seriousness of our planetary crisis. The most disturbing event in 2020 has been the Covid-19 pandemic, which has affected all aspects of our world. The Arcturians believe that this pandemic is a result of the 6th mass extinction. However, there are other serious global crises occurring that potentially have even greater consequences, but these other problems have not yet reached the global attention. For example, some of the other potential catastrophes that may soon occur are the dying of the oceans, further destructions of our biosphere, depletion of the earth's oxygen levels and an intensification and acceleration of plant and animal extinctions. Only a few of the world leaders are acknowledging that we are in the middle of this dramatic planetary crisis. We, as planetary healers and Starseeds, are focusing our work on raising the consciousness of humanity as an important step towards planetary change. Raising the consciousness of humanity is represented in the new Adam, or Homo Omega. Homo Omega is the next evolutionary step upwards from Homo Sapien. Homo Omega is the model for our advancement to the next level of development which includes the ability to work with and understand 5th dimensional consciousness. Homo Omega will have the new spiritual tools and strength to heal our planet. In the year of 2021 Planetary Repair, let us use our GOF energies to promote and advance Homo Omega evolution.



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STARSEEDS Counseling

Instead of her regular column this month, we decided to feature Gudrun's lecture at the annual conference because it contains valuable information for all the Starseeds.

How Traumatic Events are Affecting Starseeds and How to Move Towards Repair

You as Starseeds are gifted with great sensitivity, great empathy, and great compassion, so during these trying times on the planet Earth, these gifts can become burdensome. Not only are you coping with your own emotional reactions to stress, and coping with your families' reactions, but also you can experience the greater imbalance caused by the stress on the planet. How can you cope with that level of stress, and possible sense of urgency to help when you are only one person, even though you know you are on Earth to do personal healing and also, planetary healing? If you are like me, the traumas occurring on planet Earth right now can be overwhelming. We have been reassured by the Arcturians and others, that being on Earth during this time is a great blessing for the Earth, and also it is also for us, an opportunity for great soul advancement, but we are also humans, experiencing life in the Third

Dimension. As humans, we are subject to the cares, concerns, worries that go with being human during this time of many crises on this planet. I remind myself every day to stay in expanded consciousness. I remind myself to remember that this drama has to play out on this planet, and I think the Arcturians mention that sometimes, because of trauma and crisis, we open our consciousness, we open to our deeper understanding, we also then, are able to heal.

I remind myself that we, in the Group of Forty, are actively working to raise the consciousness of humanity, and we work to offset the planetary crisis as best we can, and I am so proud of our collective work and our dedication in this Group of Forty project. I remind myself that this time on Earth is an opportune time for my personal soul growth, I remind myself that I chose to be here, even though often times I say to my soul what was I thinking? I think it is easier when we are in expanded and higher consciousness to imagine coming to a third dimensional existence, and it being like a piece of cake, oh yeah, I can do that, no problem. And then, once we are here, all the challenges of our identities as human beings come into play. I remind myself to focus on the beauty I see around me, and on the many lessons in my life, which are easy to forget when every day brings a new crisis on this planet. I remind myself that detaching from world events does not mean I lose my compassion and empathy. Detaching gives me a break, so I can stay centered and grounded. I will say a little more about detaching. Detaching allows you to be aware of your own inner process without judgement, and it allows you to observe your outer environment with curiosity, objectivity, and with no need to judge. There is then, no trauma triggered in your emotional body, if you are detached and observing, you can be much clearer, and you are not involved in a deep emotional reaction. This then, reduces stress, and ultimately allows you to see more expansive options regarding how you need to respond. You get breathing room.

Vywamus, a Fifth Dimension Soul Psychologist, once encouraged us to use the phrase: “Well, isn’t that interesting?” when confronted with stressful situations. There is a concept in recovery programs which states, and I love this: “Don’t just do something, sit there.” So, when you say don’t just do something, sit there, it gives you a pause, a break, you can move into higher consciousness instead of just “knee jerk reacting.” This of course, does not mean you shouldn’t take action, but whatever action you take is not done out of fear or anger, it is not a stress response. So, this is a very stressful and traumatic time for most on planet Earth, I would say that most people are suffering chronic, persistent, post-traumatic stress disorder. The trauma is not one event, but a series of ongoing events which can erode your immune system and your emotional resiliency, you can burn out. And what is burn out? Burn out essentially means you shut down, you shut down your compassion and empathy, and you can go into a state of disassociation. You disconnect from yourself on all levels, you can’t care anymore. The danger here is moving into despair, depression and disconnecting with your higher self, you essentially give up. I think that is a defensive posture, it seems like it gives you a break, however, it does not allow you to evolve or progress in your own growth. So, this is a sad and scary state, a low frequency to be in. What you need at this point is deep rest, good self-care, including asking for help from others, you especially need an infusion of love. Love from yourself to you, love from others, love from your environment, from Mother Nature, there are so many ways to receive a lot of love into your heart. Your heart is ailing and needs some life support.

I once gave a lecture which I called “Trauma and Ascension,” and the gist of this lecture was we, as Starseeds, are all trauma survivors. We have survived trauma in this, and in other lifetimes, and also in our soul journey in the vast universe. What I know of those that truly survive trauma, is that they are very strong. You Starseeds are some of the strongest people on Earth, or you wouldn’t be here today. When you survive trauma, there are not many things that can take you down, you essentially have “been there, done that.” Please remember this when you find yourself despairing, when you find yourself wanting to shut down and close off. Also remember that you are not alone, and that you have a host of higher dimensional teachers and masters here to assist you. You also have access to the wonderful Starseeds in the Group of Forty. It is not a weakness on your part to be overcome by world events, it does not mean you are not doing your spiritual work, or that you are a failure. Reach out for help, speak about your pain, know that for many of you, this traumatic time on Earth can trigger memories of other traumas that you have survived in your current life and your soul journey. Don’t shy away from these memories, but rather understand that the surfacing memories can give you opportunity for deeper healing. I think that is one of the interesting aspects of trauma and pain. When we suffer trauma and pain, it opens us up to issues that we may have blocked or we aren’t aware of, and then we have access to those and well, that is uncomfortable, and while that may seem burdensome and overwhelming, we do not want to open that Pandora’s Box and look at all this stuff we have been hiding from or been unconscious about. But it is still there, even though we weren’t going to look at it, this then, gives us an opportunity to heal those aspects of self. Talk with someone about your experience, get help if you need it, be kind and forgiving of yourself and others when you can, even those that you don’t like. Love yourself for the strong being that you are. As we move into the “Year of Repair,” as the Arcturians are calling it, look also to repair what is hurt inside of you, and you are worth it and you are loved.

Finally, I’d like to read to you some powerful words that I read on the internet from an indigenous person from the Cheyenne River Lakota Nation in South Dakota, whose name is Tiokasin Ghosthorse:

"This is the hardest time to live, but also the greatest honor to be alive now, and to be allowed to see this time. There is no other time like now. We should be thankful, for creation did not make weak spirits weak spirits to live during this time. The old ones say: 'This is the time when the strongest spirits will live through, and those who are empty shells, those who have lost the connection, will not survive.' We have become masters of survival, we will survive, it is our prophecy to do so. Humanity must shift from living on the Earth to living with her."



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Group of Forty Monthly Lectures with David K. Miller



The next lecture is on Saturday, **December 5, 2020 at 5:45 - 6:45 p.m. Phoenix, Arizona time (MST)**. We will be meeting on 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 for more information. The re-transmission of the lecture for Europe will be on Sunday, December 6, 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 or www.thetimenow.com.



**with Juliano,
through David K. Miller**

Fred in Boston asks:

Juliano, my questions have a few queries....

1. What happens to others around us if we ascend - like business partners, family? Will they see a physical body so they can have closure?
2. If the physical ascends as well, what occurs in situations involving the payment of life insurance, transfer of assets, or a Will?
3. Is our ascension the greatest gift we could give family and friends because of understanding what has happened?

A Well, ascension is the greatest gift you give to yourself. It is not necessarily a gift to the family but it is a gift to you. Now the observation is that the ascension, because of the spiritual upliftment, will create an energy field of spirituality and upliftment for the family members who are left behind and they will, so to speak, experience the tails of the higher heightened energy but I would not say it is a gift to them as much as it is a gift to yourself. Now this is just like I have been talking about, you have to be prepared for using the spirituality and the higher dimensional energy. The ascension is a downloading of intense accelerated light but if you are not prepared or trained to use that light, it will not be useful.

Therefore, the family, without any preparation or understanding, would not be able to use it either. Now when you talk about Wills and all these other aspects, I recommend that you try to get all those in order before the ascension because they are not going to magically fall into place. You are not going to magically write a Will, assign all your bank accounts to your trustees or divide up your property. That had better be done before. I am glad you asked this question because in the earlier discussions of the ascension Sananda gave the lectures entitled "Do not look back" and what he meant by that is, when the moment of ascension comes you do not want to think "Did I do the Will, did I set up enough life insurance, is this person going to be taken care of," because those are all attachments to the Earth and by focusing on the attachment at the moment of ascension you will block your energetic transfer into the higher light so that is why Sananda gave the lecture, "Don't look back."

Your physical body transmutes and there was another term that was used in the New Testament I believe, called the transmigration where your physical body is transmuted from its physical form to a 5th dimensional form and in that transmutation or transmigration the physical body essentially is shifted into the 5th dimensional spiritual body and this is a good description of what happens in the 5th dimension. There have been some discussions about what happens to your clothes, for example, and I know that is rather odd but in the story in Ezekiel when he ascended, his student was with him, Eleshia, and Ezekiel's clothes were left behind as a symbol to let Eleshia and other people know that he was ascended. Now in this day and age and at this time there is some question if your body ascends are you going to leave the clothes behind?" and in the case of Ezekiel he purposely did that because he knew that people did not understand the ascension process. His main student understood it but his other students did not.

So what is going to happen, how will people understand this, for example, will they view you as being dead because in terms of that, the determination of life insurance policies, the determination of other assets and distribution of assets is dependent upon proof of death and if you ascend, there really is no proof of death other than if the clothes were left behind but then you might get into issues such as "was this person kidnapped or what really is happening" and frankly, this is going to be problematic and the only suggestion I have is to prepare the people, family, friends or whoever that would be around and you can discuss with them that you may ascend and this could be interpreted as a disappearance.

Now if you may want to leave back a sign to your family such as Ezekiel did, for example, leaving down the clothes. In your meditations for ascension - and pre-ascension - you can make an agreement with your higher self that you will leave back a sign such as a red handkerchief or something that would be acceptable and understandable by others that would give people the knowledge of your ascension. Because you are not going to have time to make those decisions at the time of ascension because it will cut short the energy and may jeopardize the ascension. But I cannot guarantee you that the legal process that we have just mentioned will somehow go smoothly because there will be many other issues, but you might take some comfort in knowing that the polarizations and the condition on this planet is going to be more accelerated and therefore what you and I will call the normal attention to such matters may not be at as high a level as it is right now.



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MEETING OUR GLOBAL MEMBERS

Rhonda Dworaczyk



Greetings, I am Rhonda (from Houston) and I've been a GOF member since May 2019. I love connecting to that wonderful energy the Arcturians bring! I had tried meditating off and on but could not concentrate for long. Then when I joined the GOF meditations, it quieted my busy mind and I feel such great energy during most of the meditations.

I was born and raised in Texas and have lived here most of my life. I am now living in a small, quaint suburb of Houston. I did secretarial work in downtown Houston for a while until I got married and started a family (over 40 years ago). After my 2 sons were a little older, I decided to go to college to earn my teaching certificate and get my BA degree. I taught Art in Junior High for 7 years, then in High School for 17 years.

During that time I went to night school for over a year and earned my certificate as a massage therapist. I love helping people to heal their bodies and minds from stress and anxiety.

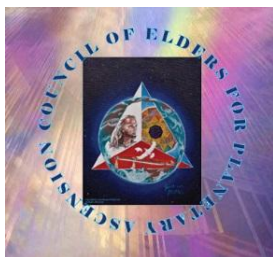
During my time as an Art teacher in High School, I worked on my own group of abstract drawings. Ideas just kept popping into my head and I felt led to draw what ended up being 90 drawings throughout my 17 years of teaching High School. They are mostly about a chaotic universe and some even have the ascending Earth. I wasn't sure what these drawings were really about until I started reading books just recently on the shift and ascension of our world. WOW! I couldn't believe it, as so many of the symbols in my drawings were written about in these books. This is when I felt I was led to join GOF. I have now read and enjoyed many of David Miller's books which have answered many of my questions.

I have been reading and studying about energy healing since 2001. One night in 2007 as I got into bed, I suddenly started feeling my whole body vibrate from the inside. It felt like such a wonderful energy

that I didn't want it to end and I didn't want to go to sleep. Very euphoric! I was awake most of the night with that wonderful experience. When I awoke next morning, I wondered what did that mean. I think I know now, as I have not been ill with anything since that night. I also put healing crystals beside my bed and throughout my home, and give them away to friends.

I am now retired from teaching school and am studying Reiki. I give massages as needed to family and friends. Philosophies I adhere to: We have all we need to heal ourselves if we just go within; the journey we are on is never wrong, so forgive yourself and others and move on; dwell on the positive not the negative. Thank you to the Arcturians and others that are guiding me in the right direction. I'm looking forward to the Ascension of Mother Earth and all who are ready for the 5th dimension!

Love and Light, Rhonda.



COUNCIL OF ELDERS REPORT

The Medicine Wheel and the Star Family

We are happy to announce that this is the second 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 2

Sometimes the historians and the scientists are surprised that the Native Peoples and the earlier peoples, such as the Mayans, had so much knowledge of the sky and of astronomy. It is easier to understand when you can picture the beautiful sky and the people interacting with the sky on a nightly basis. I encourage you all to interact with the night sky as much as possible. One of the earlier exercises that we worked on and suggested was that you meditate and you connect in an open area with Arcturus. I know that there are parts of the world where Arcturus is not visible. You can connect Earth energies with the night sky.

So, for example, in the southern hemisphere, you may decide to connect energetically with the Southern Cross. You may decide to connect energetically with the Magellanic Clouds, the nebulae known as the Magellanic Clouds. Telepathically, you can also connect with the Star Family during your meditations under the sky. (Tones: "OOOhhhhh").

We are part of the Star Family, we, the Arcturians. We are also involved with the Pleiadians in the gifting of the Medicine Wheel and the gifting of the circle. The mandala has contributed to the formation of the Medicine Wheel or the Medicine Circle.

I'd like to compare the Medicine Wheel to the crop circles. The idea of the Medicine Wheel as it was given to the earlier Native Peoples focuses on creating telepathic communications with the planet Earth and also creating a telepathic link to the galaxy. The Medicine Wheel also can be used to create a telepathic link to the Wheel of Incarnation. This is quite an expansive energy, and the Medicine Wheel is quite an expansive tool.

The Wheel of Incarnation is representative of the histories that you all have on this planet. You've had many earlier lifetimes on this Earth. Some people will refer to the Medicine Wheel as representing the Wheel of Incarnation as it is represented in the Hindu philosophies. This is a good comparison. You also will look at the Wheel of Incarnation holographically. One of our primary teachings relates to holographic perception. We are helping you to expand your perceptual field so that you are opening up to the holographic world.

The third-dimensional world is linear and it is more confining. The higher perception always includes holographic energies so that you begin to see multi-levels. In incarnational terminology, multi-levels refer to cosmic karma and cosmic incarnations. That is to say that the Wheel of Incarnation is related to your Earth incarnations, and especially for you, the Starseeds, the Wheel of Incarnation also relates to your cosmic incarnations. The Wheel of Incarnation also relates to the fact that you have had already incarnations on other planets. Some of these planets that you have been incarnating on have even been in the third dimension. Some have even been on the fifth dimension.

Of course, you will wonder, how can it be that if I have had an incarnation on a fifth-dimensional planet, then why am I here on the third-dimensional planet? In order to understand that, you have to use the holographic energies to look at the concept of what I call "coiled incarnations." You will look at a coil, and you will notice that the coil is going up and around, but there is a part of the coil that seems to be somewhat flat. This flat part of the coil symbolically refers of multiple dimensional incarnations on a plane on the coil. You are moving up in your evolution. Your evolution can be compared to a DNA strand, which also appears like a coil. You are moving up the coil. There are places on the coil where your development stays on a plane, and in one part of the plane you are in the third dimension, and in the other part of that plane you can be in the fifth dimension. Eventually you reach a point where you are totally fifth dimensional and you never, unless for some reason you choose, have to return to the Third Dimension. *(To be continued).*



For the Council of Elders
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Planetary Healing BIORELATIVITY Earth Balance Teams

All meditations are placed on the closed Facebook page and also on the web pages. There is also a mailing list for anyone who wants the meditations sent to them so they can download into a personal MP3 player to listen to at any time. Just email me, janes carratt@gmail.com.

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. janes carratt@gmail.com.

Remember to keep checking out our regularly updated www.earthmatters.world

BOOSTING MY ANTENNA

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. Antennas 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 Burchardt Perth Western Australia



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Planetary Cities of Light Report



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New PCOLs Activated

During the month of October, we activated new Planetary Cities of Light (PCOL) in Ecuador and Puerto Rico, and a Planetary Ocean Reserve of Light (PORL) in Puerto Rico. This is the first PCOL in both Ecuador and Puerto Rico and the second PORL in the United States.

We are managing an extraordinary period of growth in PCOL project with a full schedule of activations through the end of the year. This is due to the amazing enthusiasm, dedication and hard work of our wonderful Country Coordinators and all their members. By the end of this year, our network will have grown to a total of 63 active Planetary Cities of Light and Planetary Ocean Reserves of Light (PORL) — an impressive increase in the midst of a very challenging year. This includes the addition of 12 PCOL's in Latin America (Brazil, Chile, Colombia, Costa Rica, Peru, Ecuador, and the United States) and two PORL in Florida and Puerto Rico. We anticipate many more planetary cities of light in 2021 in the United Kingdom, Spain, Australia, and Mexico.

In the coming year we are being asked to devote and focus our work in our PCOL's towards planetary repair. A wonderful way for us to contribute to planetary repair is using the sacred medicine wheel in our meditations to telepathically communicate with the spirit of Mother Earth. Many of our PCOL's have already created their own medicine wheels and Juliano and Chief White Eagle have shared much with us in this regard. In this issue Ariana and the Tao's PCOL share with us a wonderful example of using the medicine wheel to bring in the Sophia Christ Light to connect with the network.

Chief White Eagle speaks of the Galactic Medicine Wheel in a channeling at the recent GOF conference: "Because just like we upgrade the Jewish tree of life to the Arcturian tree of life, we are upgrading the medicine wheel to be a galactic medicine wheel, meaning that it has the ability to interact with the higher forces in the galaxy. And this is what is needed now on this planet. You need an external force, perhaps this was explained by Sananda that you need an external force that saves, but also true that you need an external galactic force. But the first nations people have provided a great tool to communicate with the spirit of the earth and to communicate with the central sun. There is a great renewal energy coming from the Central Sun and the galactic medicine wheel does both for the earth and the spirit of the earth and it connects to the galactic core, and many of the higher ascended beings. And I think one of the great spiritual tools for the GOF is to advertise and work with a galactic medicine wheels around the planet. People love the energy of the medicine wheel and they feel comfortable with it. It's a universal symbol like a mandala and even the original native peoples got and received the instructions on the medicine wheel from their star brothers and sisters."

"O creator, father, mother creator giver of life, show us the way to help promote the galactic medicine wheel for we believe it is a universal symbol that many people will embrace for planetary healing. It is a universal symbol that will open many people's hearts for respecting and loving the planet. I feel the power arising now in the year 2021 for the repair of the earth comes in several different phases: listening to the earth; responding to the earth; gathering personal power. Let me emphasize my friends that I am calling on you the GOF to gather for personal power to do your planetary repair work. This is not ego; we are talking about gathering power for planetary healing. And as we enter the years 2021 you will need the resources, charisma, the ability to advertise, teach, motivate people to engage in healing ceremonies and rituals. One of the great ways to begin the process is with the medicine

wheel. There are many medicine wheel ceremonies and there are ways of using drumming pipes, but the most effective is gathering people together in the medicine wheel to do planetary healing. You will be surprised at how many people will be attracted to be working with you in your galactic medicine wheel. Let there be a medicine wheel that covers the entire planet, that works with your planetary city of light."

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. Additionally, the USA will be having its PCOL country meditation on November 21, and the Spanish Quarterly meeting is on November 22, 2020.

Omega Light Blessings.

Taos City of Light Medicine Wheel

by Ariana

Greetings from Taos City of Light! We have some exciting news - on Sunday, November 1st, 2020 - we have activated another medicine wheel in our area. While the first one is a traditional one, dedicated to connecting with Mother Earth and with the Source, this one is on the other hand dedicated to Sophia Christ Light within and to the principle which births and conceives new realities.

Sophia Christ Light is not dedication to the Divine Feminine only. It is the light of our Higher Self which is both Divine Feminine and Sacred Masculine, which is shining in our DNA waiting to be revealed and activated.

This medicine wheel has eight spokes - seven of them represent our connection to the female ascended masters: Isis, Hathor, Green Tara, Mary, Mary Magdalene, Quan Yin and White Buffalo Calf Women. The eight spoke represents the entire angelic collective consciousness.

These great teachers and way-showers are our model for embodying the new evolutionary human being - the Homo Omega.

In our ceremony we have connected this medicine wheel with all the medicine wheels in Taos City of Light, with all the medicine wheels in all our Planetary Cities of Light and with all the medicine wheels on the planet, including indoor medicine wheels, which our group members built in their homes. It is also connected to all the medicine wheel in our galaxy.

It is programmed to radiate PEACE, BALANCE AND HARMONY into the unified energy field of Taos and beyond and to birthing the Galactic Shamanism by working with both planetary and galactic energies.

Ultimately, this medicine wheel is here to birth Sovereign Creators and to help us remember our DIVINITY.

In closing - this medicine wheel was not completely finished at the time of the activation ceremony, as we were planning to add more stones to the perimeter in order to completely close it - but then we realized, that we had exactly 40 stones forming the circle. And that means - that this medicine wheel is complete!

18th Anniversary Lago Puelo Crystal – Argentina 10/20/2002 – 10/20/2020 First Arcturian Crystal downloaded on Earth



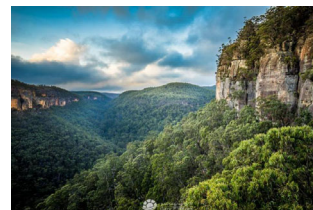
On October 20, we met GOF meditators from the Puelo Lake to celebrate the 18th anniversary of the downloaded of the crystal in the pristine and fresh waters of the lake. 10/27/2020 FWD: for the newsletter 2/2 For many years we have been meeting to celebrate this anniversary and we have connected with the Masters of the Sacred Triangle to renew and update the energy of the crystal with the Mother crystal in Arcturus. It was a day of radiant sunshine, a blue sky

and clear of clouds, the lake water was calm and the heat of spring made it an ideal day for the

meeting. We had the assistance of many Masters such as Juliano, helio-ah, Tomar, Lord and Lady Arcturus, T-Rahn, Vywamus guardian of the crystal of the Lake Puelo, Masters of the inner earth, native Masters and the entire Arthurian family who accompanied us from the starship Athena and Gaia. Arcturian Master T-Rahn performed an intense work of cleaning and energy calibration between the crystal of the temple in Arturo and the Lago Puelo crystal, bringing a powerful beam of Arcturian blue Light directly to the center of the crystal. The Lago Puelo crystal came out of the water and connected with the starships Athena and Gaia. From the ships, the Arcturian Masters emitted rays of blue light towards the crystal, forming a triad of energy from the different vibratory sources. A beautiful beacon was formed that emitted the light of the Arthurian consciousness in all directions around our mother earth, blessing all beings, plants, animals and the sacred mountains. The energy of the crystal of Lake Puelo joined that of all the Arthurian etheric crystals expanding the Light received and discharging it towards the heart of Gaia. Thanking all the Masters, we descended the crystal that was enveloped by the crystalline Argentine Patagonian waters. It was a very powerful and beautiful encounter. Blessings for all.

Navin Martinez, GOF Lago Puelo Coordinator, Argentina

From the **Land Down Under** **(Australia)**



Big magic is afoot. Prepare for a Solar Plexus activation bigger and more impactful than we have ever experienced on this planet in known 'history' when Uluru gets fully activated and switched on by the local indigenous custodians (The Anungu people) and supporting visitors from 26th October for 5 days after being able to climb it has been closed to the public.

According to Senior Star Lore Elder, precious Grandmother and custodian of Uluru, Auntie Nelly Patterson, this is the time for the Tjukurpa Pulka, the Creation Lore, Creation Time Dreaming and the New Way Dreaming.

This powerful activation will also mean that there will be a blast of divine light and activational energy sent through the song lines of the planet, connecting all of the Earth Chakras together. Especially one of the major energetic arteries and song lines, The Rainbow Serpent (representing Divine Feminine Energy to many).

Auntie Minnie is a storehouse of information both Aboriginal and Egyptian, having been mentored for 40 years by Raymond Johnson, now recognized 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 13,000-year 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 practicing 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:

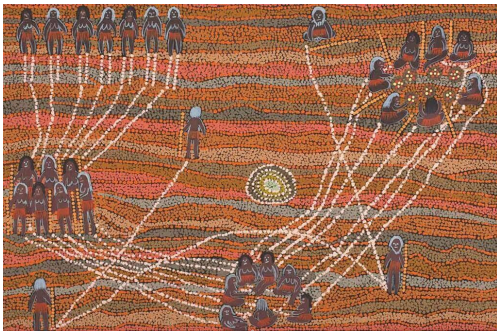
The Eternal Mother is the Moon

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 millennium.

"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."

There are five main song lines that emanate from Uluru. Song lines are navigational tracks. In some



parts of the world they are known as ley lines. The Chinese call them Dragon lines. The Aboriginal elders and the trained Indigenous keepers of the song lines 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.



Jane Scarratt
National Coordinator in Australia
For the Group of Forty
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Rose's Log on Tuesday the April 21st, 2020
Location: Bucklands Beach, Auckland, New Zealand

This morning I took my dog, Baxter, for his usual walk. 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 whomever this was 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 had not adhered. As I moved closer, I spotted not the culprit but the culprits. As I saw an amazing almost dreamy dance being performed in the water. First, I spotted the young Stingray, gliding in the water to its 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 mesmerized 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, I wondered what had brought them together. I wondered what had kept the fish following the Ray. I wondered what their story was. I am never going to know the answers to these wonderings. **But I know this:** Long shall I tell the story of Nature's 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 to us of a beautiful experience in a perilous time. Perhaps they were the Messengers of Gaia/Mother Earth. Perhaps it was me witnessing this as a confirmation of my dream of such a reality....different species on the planet living side by side in harmony.



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>



Magda Ferrer

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National coordinator of the Group of Forty in Spain

Director of the Arcturian School and Tomar Temple on Earth



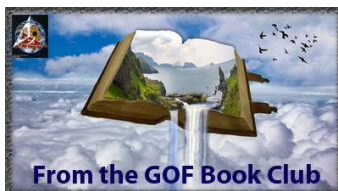
Welcome New GOF Members!

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

FIRST NAME	CITY	STATE	COUNTRY
Christine	Sedona	AZ	USA
Danielle	Westminster	MA	USA
Francine	Sydney		Australia
Hitesh	Noida		India
Jacyntha	New York	NY	USA
Janice	Cloundra	QLD	Australia
Kerrie	Brisbane	QLD	Australia
Lupita	Quito		Ecuador
Maddalena	Niederlenz		Switzerland
Mandi	Tulsa	OK	USA
Maria	Talca		Chile
Nadia	Gränichen		Switzerland
Patricia	New Britain	CT	USA
Peter	Santa Barbara	CA	USA
Reyna	Tijuana		Mexico
Robyn	Melbourne	VIC	Australia
Rose	Auckland		New Zealand
Sharon	Prescott	AZ	USA



Birgit Smothers
 USA Group Coordinator
birgit@groupofforty.com



GOF Book Club

Expand Your Consciousness

Chapter 19

By David K. Miller

Is a pathway of accelerated karma unobtainable? How can we keep ourselves up to the challenge of this work?

Do not worry about the seemingly slow progress; compare it to lifetimes. Back in 1993 we were talking about accomplishing things that might otherwise have taken several lifetimes or more. Everyone was eager "Bring it on. I can take on karma for five more lifetimes if it means that I am close to ascending and close to transcending this planet." Are you still as eager? You need to respect yourself for the paths you are on. It is monumental to go through many of these karmic problems. There are periods of grace and smooth sailing. It can't all be hard work. There needs to be a time of letting down. Many make the mistake of letting down in the beginning. You have integrated the major hurdle or the first huge step.

Why is it so difficult to predict the Ascension time frame?

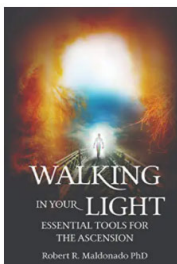
People do not take into account things that have occurred in earlier times. To predict you would have to access so much information you would need a computer to process it. Occurrences now could be the result of events dating back to the middle ages. Some incidents happening now are a result of events 2000 years ago. People began at that time to formulate religious beliefs that are affecting the planet today. Even though those formulations were based on limited knowledge they were accepted then and have been instituted deeply affecting the process of your whole lifetime.

How have light-workers completed Stage 1 of the Ascension process?

The first part of the initiation of the planetary ascension has been completed. Many have participated others are just being exposed to it. Because of the work done by so many lightworkers - publications, lectures, speeches of many channels - the groundwork has been successfully laid. Great devotion has been shown. There is now a solid base of workers, knowledge and transformational awareness that has infiltrated the planet. Some catastrophes have been prevented by thought patterns and work on the grids by lightworkers.

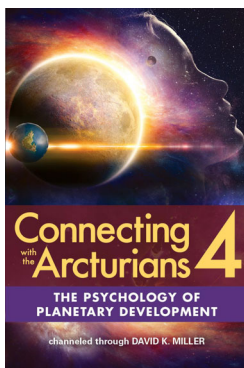


Jane Scarratt
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Our PCOL international coordinator, Robert Maldonado, has published his latest book "Walking in Your Light: Essential Tools for the Ascension." This book explores our understanding of the subtle Light Body and introduces tools to raise one's vibration and to ascend into the higher dimensions of consciousness, rediscovering our immortal essence and magnificence. The book includes the role of the Arcturians in bringing higher light and consciousness to the planet. It is available now on [Amazon.com](https://www.amazon.com) in Kindle e-book and paperback.

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:

[Connecting With The Arcturians](#) [Connecting With The Arcturians2](#)

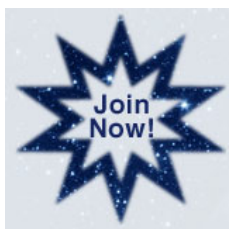
Visit [Light Technology Publishing](#) or call Light Technology at 800-450-0985 to order your hard copy of any of David's books.

All of these books are available as e-books and paperbacks on Amazon. Simply go to: <https://amzn.to/2zY9erY>

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.

To join Group of Forty, click the button below or visit <https://groupofforty.com/register>.



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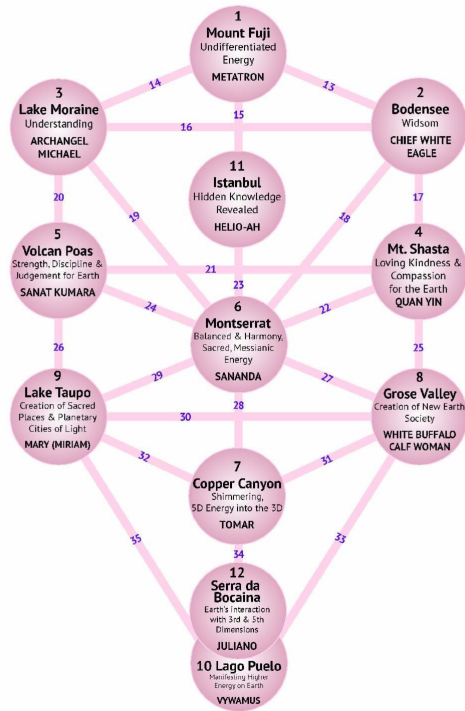
[Portuguese/Brazil](#)

NEW: [Romania website](#)

Newsletter edited by David Miller and Jeri Denniston (jeri@dennergroupp.com) with editorial help from Birgit Smothers. If you have articles to contribute, please send them to: 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



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