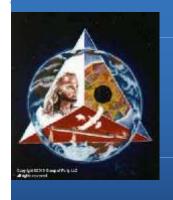
April 2021



Group of Forty

Australia

David K Miller Founder/Director



THOUGHTS FROM JANE.... What is Spirituality?

Spirituality refers to an aspect of reality that is more than physical, emotional or intellectual. This spiritual essence connects all things so as human beings we are actually participating in something greater than our individual selves. Human beings experience spiritual reality as benevolent and as the source of our higher ideals such as love and compassion.

For the human being the soul is our link with spiritual reality.

When the soul perceives spirit it evokes a spontaneous response of appreciation, gratitude and awe. Spirit is food for the soul. Without it, the soul starves and life is diminished. Without a spiritual focus, life is a selfish competition of survival of the fittest. The only aims are worldly success, money, fame, power and pleasure. If you can't aspire to these things, the best you can do is try to avoid suffering and abuse from the 'fittest'. In comparison, people with spiritual 'intelligence' understand that life is precious and therefore sacred and worthy of respect. What counts is the degree to which we can embody spiritual principles here on the material plane. Can we live in balance and harmony, creating generous and loving lives that make a contribution to the whole? Can we express tolerance, courage and dignity as we go about our daily activities? Are we capable of openness and forgiveness? If you have a high 'spiritual IQ' you understand that yours and others lives do make a difference, so it's worthwhile being the best person you can be.



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2021 Australian GOF Annual Conference October 16th and 17th 2021 Hydro Majestic Hotel, Blue Mountains NSW

Details later.

MEETING OUR MEMBERS

My name is-Rose McNair. I live in Auckland, New Zealand. I was born in Durban, South Africa but moved to Johannesburg in my late teens and about 10 years later moved to New Zealand. I am self-employed, an Accountant & Trainina Consultant. I also volunteer as a Radio Announcer at the local radio station in Howick East. I have a beautiful daughter who is soon to turn 30. Of course I have the Beautiful Baxter, my almost 3 year old dog. He is German Shepherd Crossed with New Zealand Huntaway and an awesome friend. My spiritual journey began from a young age, I was always able to see and feel things in a spiritual way, and various members of the family tried to 'snuff' this out of me. A lot of my childhood experiences forced me to seek answers to questions like, "what was I doing here?", "was I in the right family?" and why I felt like I did not belong with mine. I was 15 when I became a Christian. For many years I attended the Pentecostal church. I excelled in my spiritual growth with this group for many years. In 2007, I started to feel uncomfortable with the teachinas and behaviors of the minister. I searched for the answer from within and my Inner Being suggested it was time to leave the Church. I took my time in leaving, but the very reasons why I had originally thought I should leave started to resurface. I left and visited other churches and still felt it was wrong. Eventually I just stayed home. I met some interesting people then, including my neighbour, who talked of 'Conversations with God', and "A Course in Miracles". That was when I began what I call the "journey to myself". It is in this journey that I have come to realise, it was okay that I have never felt at home on Earth because it is not my home. I AM GALACTIC! I write and say it boldly because the first time I thought that, I was embarrassed and shocked at my audacity. I LOVE EARTH, I love the creatures and beings and people on this planet but I am not of it. I don't have a complete recollection of where I come from and it's probably because I have lived many lifetimes

ROSE MC NAIR



and have been on many missions here on Earth and elsewhere in the Galaxy. I think though, because of my many lifetimes/missions here on Earth, I have a strong connection and love for GAIA. My first realisation of Beings from other planets and being a Starseed was when I found Barbara Maciniak who channels Pleiadeans. And I felt I have been with them in the past. I never felt my Arcturian connection before joining the Group of Forty. I am so glad to know them. I feel such a great sense of love and care from them. I love working with all of you and the Arcturians. It's since joining the Group of Forty that I have become certain and more outspoken that I AM GALACTIC. Thank you to David, Janine, Jane and the rest of the group for contributing to my journey! I believe that Love Always Wins and if you give love to all things, people & places, you are bound to see a positive response sooner rather than later. Hold the Light and Keep the Faith.

Equinox meditation at the Wollomi Standing Stones





March 20th 2021 was the Autumn Equinox and another meditation was planned at the Wollemi Standing Stones. At that time there was also a major weather event. Twenty six people had RSVPed to come but that number continued to go down as people heard the weather warning reports. But a few intrepid people braved the weather and took the trip to the Blue Mountains. The intensity of the rain somewhat diminished. The roads have had a lot of work in recent years and were passable as well. We went out to the Wollemi Standing Stones and around 12 people had come for our equinox meditation including one person from Canberra and another from Tasmania. The rains stopped long enough for us to have our equinox meditation within the centre of the stones. We then retreated to Helen's lovely home nearby for something to eat and lots of fun conversation around the table for several hours. The next day Belinda and our Tasmanian friend, Annette headed off at 9.30am to get Annette to the airport to fly home. They were trapped on the roads until after 6pm. At the start of the Blue Mountains, the road was blocked and they were sent on a detour to the Bells Line of Road which ended in an impassable flood. Luckily they found a B&B on higher ground where they could stay but then a landslide blocked the road above them and they had nowhere to go. Annette was finally put on a boat by the SES the next day and was able to get to the train and then to the airport and finally fly home to her children. Belinda was still trapped near Kurrajong where they were staying. Those of us who stayed in Rylstone on Sunday had a beautiful trip into the Wollemi National Park. The stones get their name from this park. Parts of the park were severely burned in the major fires of 2020 but one advantage was that the cleared bush gave us wonderful views of the interesting landforms in the area. Again the rain paused long enough for us to have a delightful short bushwalk and enjoy the special energy there.

Martha:- martha33@bigpond.com

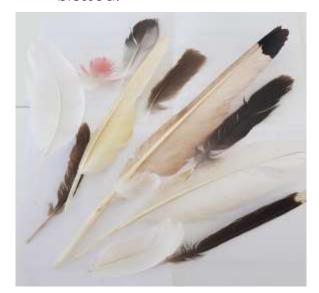


Rossy, Angela, Michelle, Kala



BURYING THE CRYSTALS FOR OUR PLANETARY CITY OF LIGHT IN PERTH

It was a wonderful day burying the crystals. In each cardinal point we found white and grey feathers from Chief White Eagle which confirmed to us we were in the right spot and blessed. White feathers are a sign the universal flow of energy is working in your favor. The colour grey sits in between black and white, which means that it represents the balance between two opposing forces, a neutrality of emotion and energy. We were being blessed.



Your features

The light you give off did not come from a pelvis.

Your features did not begin in semen.

Do not try to hide inside anger

radiance that cannot be hidden. Rumi

What is arcan power?? Why is it so important?

Greetings, I'm Juliano. We're the Arcturians! Let's look again at the idea of arcane power and how this concept can be applied to your Biorelativity meditations.. Originally, we developed this word, the word "arcan", in our language. Arcan is an Arcturian word, and we have modified its pronunciation to make it easier for you to hear the sounds in your language. Arcan refers to the power of thought. I often compare it to "voltage". If you have a 100 watt light bulb, it will give more light than another that is 20 watts. Measuring the power of thought is interesting. In fact, as far as I know on Earth there is really no measurement of the power of thought, there are methodologies for measuring thoughts, but the idea of the power of thought is still being explored and investigated. But in the Arcturian world, and especially in the world of the fifth dimension, the intensity of your thinking is an important factor in understanding the effectiveness of your work. I have said that there are differences between thoughts in the third dimension and in the fifth dimension, and one of the main differences is that, in the fifth dimension, what you think happens immediately. From this perspective, the third dimension is a place for you to practice your thoughts. Therefore, one of the requirements to enter the fifth dimension is to have the mastery of correct thinking. I look at the third dimension from this perspective, and that the Earth is a school where you can practice correct thinking. Let us observe the Biorelativity meditations and the arcane power, because if you are creating and working on something happening on the planet, then you are wanting to increase your power of thought and the effectiveness of your power of thought in your meditations. This means that, in many ways, your biorelativity meditation is like the fifth dimension, and that if your power of thought is accelerating, then you will be able to manifest what you are thinking and creating more easily, so you can practice correct thinking. Part of arcan power is the ability to project thought. I'm going to explain this: We have the projection of the thought in which you're self-projecting to another location, and we call this bilocation. But you can also project a thought, and one of the ways to do this is to visualize thought as an affirmation. Then you see that statement spreading over the city like a marquee. The second technique is to unload the thought in the Noosphere of the planet. The Noosphere is defined as the collective fields of thought on the planet. Therefore, downloading thought will create a force that will penetrate the planet's field of thought. Most people who live on the planet don't really know the laws of the subconscious, or the laws of the power of thought. There are chaotic thoughts, lower density thoughts, and there are very few people who are trying to apply the technology of arcan thought in a specific area. So use your powers to increase the arcane energy of your thoughts and to expand your thoughts and you will be surprised by the powerful effect this has on the evolution of the planet. It is in the field of thought of the meditation where the manifestation happens, since thoughts, used correctly and with the right power, will lead to manifestation. Please give us your undivided attention during our meditations, so that we can achieve the highest arcan power. That means no dual tasking during the meditations, please. Adapted from the global PCOL channeling from Juliano through David K Miller on March 28/29th

Q and A with Juliano through David K Miller

Francine in NSW asks:

I appreciate very much the focus on the North Pole in our meditations which represents the Crown Chakra of Mother Earth. In chakra and aura balancing, many of us pay particular attention to the chakra which is about a foot below the soles of the feet. This would translate to the South Pole of Mother Earth which is subject to the Earth changes afoot. What is the Arcturian view of the South Pole in the biorelativity work that we do?

A The South Pole represents the energetic connection to the Earth and that is why you are linking it with the soles of the feet and the North Pole which you link with the Crown Chakra, is connecting to the heavens and to the galaxies and to the cosmos. Remember that there is a positive and a negative, there is a dipole, so to speak, and that you would connect both want to when biorelativity, that is, that you are the link, you are the channel for the downloading of higher energy, especially from the central sun or from Alano, coming through the Crown Chakra of the planet but also through your ground Chakra and then being grounded into Mother Earth through the soles of your feet and this becomes a closed link, a necessary link, and it is important that you make this connection and close the circuit because we want to raise the consciousness and vibration and the healing powers of the Earth by bringing down the higher light from heaven and the South Pole and the soles of your feet, so to speak, complete that circuit so that the energy can successfully be downloaded into the core of the Earth.

Member in US asks; How do we prepare our physical body for the transition?

A I would say that prepare the physical body the same way you would prepare yourself for meditation, the same way you prepare yourself as a spiritual Master. For example, you might decide that if you are going to be doing a lot of meditating you would not eat a lot of heavy foods. You may decide that you would be doing yoga, you may decide that you would be doing something physical, but to be in the best health that is possible at time, and that would recommendation; that is, to the best of your ability, given what your limitations are, try to maintain as best as possible the physical health. But do not confuse the state of your physical body with the state of your spiritual body because it is your spiritual body that is going to lead you on the ascension, not your physical body. The spiritual body is above and superior to the physical body and making your physical body interact with your spiritual body is the best preparation. So when you are doing the exercises such as thought projection or going to the Arcturian Temple or going to Alano, this is great preparation for your practicing of the ascension. The idea is that the physical body will become subservient to your spiritual body and your spiritual body will command and transform your physical body, so people might worry; I have this disability or I am sick or I do not have total health. The important thing is your relationship to your spirit body and practicing spiritual work, especially the Merkaba travel, which is a great preparation for your ascension and for your transformation.

A LIGHTER MOMENT

Paddy and Murphy are on a cruise. Murphy says, "It's awfully quiet on deck tonight". Paddy says, "Sure and everyone is probably watching the band." Murphy says, "There isn't a band playing tonight". Paddy says, "But I definitely heard some fella say" A band on ship"



Everything will kill you



so choose something fun

FROM THE COSMIC ARROW

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

<u>Last Quarter Moon</u> - Aries Cycle - 4th April '21... 15 degrees.. Capricorn

Arcturian Connection Message: 'Birds are creatures of habit also.'

New Moon - Aries Cycle 12th April '21... 22 degrees.. Aries.

Arcturian Connection Message:- 'Right hand man not here today.'

<u>First Quarter Moo</u>n - Aries Cycle - 20th April '21... 0 degree.. Leo. Arcturian Connection Message: 'May we always be welcomed by your generosity.'

<u>Full Moon</u> - Aries/Taurus Cycle - 27th April '21... 8 degrees.. Taurus/Scorpio. Arcturian Connection Message:- 'There can be diamond beyond the rocks.' And:- 'Dancing bears went by today.'

Bootes

Arcturus

Arcturus

Canes Venatici

PCOL NEWS

We activated a new Perth PCOL in Stirling-Wanneroo on March 22nd. It was a beautiful ceremony.

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.

Grose Valley will share **Love and Understanding** of the importance of PCOL's on the planet. Juliano said it resembled Arcturus.

Mornington Peninsula will share its Joy and Calm. It's just beautiful there.

Sydney will share its **Unity Consciousness and Responsibility.** It's a city where you are an honoured friend.

Gold Coast is a holiday destination and will share its Light heartedness and welcoming energy to all

Brisbane North has a great energy of Self love and Acceptance of all. It's a city comfortable with itself.

Perth will share its Inner Peace and Harmony

East Auckland will share its energy of **Appreciation of Earths beauty.**

We have four Ocean Reserves of Light and they will all share integrity in dealing with the oceans.

Bringing Herbs into your life

Knotweed...This relieves toothache and stops bleeding gums. The herb is effective in dissolving stones in the physical body. It has the ability, on a spiritual level, to dissolve a number of blockages in your path. This can be simple things like annoyances or difficulties. A strengthening of positive affirmations may also develop. Those who work with affirmations and yet struggle to truly feel or know them are greatly aided by this herb. This dissolving effect may also remove negative thought forms, although here it is not so much in the etheric or emotional body as in the mental body. You need to use with caution. If you dissolve and empty there can be a filling effect, a way one is strengthened with the positive nature that one receives, as negative thought forms dissipate and positive ones replace them. This can lead to a place of imbalance in which practicality is ignored. What you want to happen is what happens. It is like wishful thinking. This is a way in which intuition is displaced with these positive thought forms. The action of this herb in the tea form has a balancing and self-governing effect in which affirmations are taken in balance. Relinquishing of practicality is less likely to take place. This is useful because in using affirmations it is wise not to swing too far into wishful thinking. There is, with the cleansing of thought forms, a negative enhancement of energetic process in the physical body.so all forms of meditation are enhanced, the ability to receive information from guides is stimulated and an ability to understand the nature of negative thought forms is strengthened.

PCOL Coordinator News

Mornington Peninsula PCOL/PORL Coordinator, Micki Kellett

Contact Micki:- marcellakellett@hotmail.com

We had a lovely meeting at Maralyn's house by the waters of Port Phillip Bay. Everyone enjoyed the gathering.

Gold Coast Queensland PCOL/PORL – Co-ordinator Jane Scarratt

Contact Jane:-janescarratt@gmail.com

We had 7 people at our activation this month. We presented a lovely meditation for the Earth, then we had a talk about the Arcturian tools we use in the Cosmic Cross and why we use them and then we presented the Cosmic Cross meditation for our PCOL.

Brisbane North. Contact Jane as above

We met face to face and also on "Go to Meeting". We enjoyed the Cosmic Cross meditation. We talked about the Arcturian tools and why we used them and also the importance of our planetary city of light.

Perth Stirling-Wanneroo PCOL. Co-ordinator Kala Govindarajoo Contact Kala:-gkala@gmail.com

We had a beautiful activation of our PCOL with Juliano. There were 16 participants from around the global GOF network. We are looking forward to making this a powerful base for tranquility and inner peace energy for the entire PCOL network.

The PCOL Australia Committee of all the coordinators in Australia and New Zealand meet bi-monthly. Our next meeting is in June 2021

Sydney PCOL/PORL Reactivation

We had a beautiful meeting at Annandale. Kerry led two lovely meditations. We had eleven people including 3 brand new people and two others who have attended at other times.

Contact Yvonne for more details:-yvonnevillien@gmail.com

Report from Grose Valley by Coordinator, Liz Clarke.



Beautiful day at the Grose Valley crystal. Contact Liz:- eliz.clarke@yahoo.com.au

WELCOME NEW MEMBERS Luke Horne ...Hobart Garry Lunson...Hobart Annette Lunson...Hobart

BIORELATIVITY SNIPPETS

To all GOF Aussie and NZ members,

We need more Biorelativity meditation presenters. You will be trained and supported. It's great being part of the Team and being of service to other members and to the Planet. Contact Jane: janescarratt@gmail.com

The Australia, New Zealand and United Kingdom Biorelativity Committee meet bimonthly to discuss our presentations and concerns. The next meeting will be in June 2021

We're discussing starting our Monday, Tuesday and Wednesday evening meditations at 7.00PM EST out of consideration to the New Zealand presenters. The current time in New Zealand is 10pm. We will let you know the Biorelativity Committee's decision.

The **global Biorelativity Committee** will be presenting another world wide meditation on June 19th/20th. This will be on a go to meeting link. Time will be 8am EST. Watch this space.



VALE KAREN STEPHENSON

One of our wonderful members, Karen Stephenson, a member of Group of Forty Australia since 2005, and a former member of the Biorelativity Presentation team, has passed away in her sleep. Our thoughts and love are sent to her daughter, Rainbow and all the members of her family.

MEDITATIONS FROM THE MASTERS AND PCOL RE-ACTIVATIONS

Thursday Meditation April 15th – Marcela 11am EST 164595#

Sunday Mornington Peninsula Re activation. April 18th 10.45am EST in persdon

Sunday Perth Stirling-Wanneroo. April 18th

2.15pm WAT Go to Meeting link **Thursday Meditation April 22nd Janine** 11am

Thursday Meditation April 22nd Janine 11am EST 396637#

Saturday Sydney PCOL ReActivation April 24th 1.00pm EST in person Annandale Saturday Gold Coast Re activation April 24th 1.15pm EST In person

Sunday Auckland Re activation. April 25th 2.15pm NZ In person

Sunday Hobart meditation April 25th 4.00pm EST 396637#

Thursday Meditation April 29th – Tracy 11am EST 164595#

Sunday Monthly lecture May 2nd 10.45am EST 164595#

Thursday Meditation May 6th Mia 11am EST 396637#

Saturday Grose Valley Re activation. May 8th 12pm EST In person at GV crystal

Sunday Adelaide meditation May 9th 2.00pm SA 396637#

Thursday Meditation May 13th-???? 11am EST 164595#

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

The Australian Biorelativity Planetary Healing Meditators meet every Monday, Tuesday and Wednesday nights at 7.40pm DST on the phone conference line. Email Jane for information

MEETING THE REGULAR BIORELATIVITY MEDITATION PARTICIPANTS



Theo on Connecticut



Micki in Melbourne



Elisha (Elisabeth) in Netherlands



Angela in Perth

BOOK CLUB AUSTRALIA The Kabbalah and the Ascension Chapter Nineteen

by DAVID K MILLER

This is available as an e-book or hard copy through <u>Amazon.com</u>

The third and fifth dimensions are becoming closer, but we need to build bridges. Why is the importance of this tied into unification?

Each bridge and each corridor we connect with is bringing the 5D light that much closer to the third realm. The importance of this is tied into unification. What is happening is a unification that is going to occur with the 3D and the 5D. That moment of unification will be the ascension. From one perspective, that moment will last only for a brief moment. From another perspective it will last as long as you need to come into the proper energy to move into the 5D.

What is it we need to release?

Many of you are coming here to accomplish some wonderful releasing. You know the importance of releasing attachments, negativity, conflicts and the completion of your karmic debts. Know of the power of grace. You will have the opportunity to accelerate your release and your karmic process. You can be very accelerated; you can move very quickly toward releasing. Releasing karma is not a matter of time. It is a matter of consciousness of beauty and acceptance.

As you ascend what connections can you make?

As you go up feel the wonderful connections you can make. Know that many ascended masters are available to you, as well as the Arcturians, Pleiadians, and other extra-terrestrial masters. There is life throughout this galaxy. There is life throughout this universe. There are other dimensions and other beings exist in interdimensional areas. It is time that earth humans understand the existence of these dimensions. You are going to connect with the dimensions so that you can graduate and move to a higher dimensional realm. It is more exciting and expansive than you can imagine. You are confined to the 3D It is a beautiful place but full of many contradictions and many densities. How beautiful it is to come to this light and this opening. Rest assured there is a beautiful opening that all of you are moving toward. Some say the opening is every 2000 years some say it is 12,000 years.

THE NEXT BOOK CLUB MEETING

Australia's next book club discussion will be Friday, May 7th 2021 7.30pm EST on Go to Meeting. We will be discussing Chapter Twenty two and twenty three of "The Kabbalah and the Ascension" by David K. Miller. Our next book for discussion will be "How to heal, ascend and help Planet Earth". We will be creating a new format for our book club and this will be discussed at the May meeting and trialed when we discuss chapter twenty four.

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

Perth Stirling-Wanneroo PCOL

Meet third Sunday of each month at Sinagra at 2.15 Perth time. Contact Kala:- gkala26@gmail.com

FUTURE PCOL ACTIVATION

- > Adelaide, South Australia;
- Hobart, Tasmania:

If you have friends living in these areas, please, talk to them about the importance of creating and maintaining PCOL/PORL's

SUB CRYSTAL DOWNLOADED INTO THE CAPE YORK PENINSULA

Australia has 5 sub crystals around our coastline. They are all a duplication of the Grose Valley crystal and were downloaded by Juliano, with GOF members assistance. The sub crystals are the same size as the Grose Valley crystal but less powerful. Their job is to support the work of the Etheric Crystal at Grose Valley and can only be used in this country.

There is a sub crystal going to the tip of Cape York in far North Queensland. This is an area very significant to the Aborigines - most of Cape York is owned by Aborigines apart from some bauxite mines & cattle ranches.





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

Gday beautiful souls, hope everyone is well. This month I have this divine little sugar glider called Clovus. Sugar gliders are a small and quite adorable species of flyting marsupial. He and his parents were living in a tree that was chopped down. The people did not realise they were living there in their little burrow high up in the tree. Mum and dad managed to scoot off as it fell but little bub was left behind. The lady rescued him and rang me. I went and picked him up. He was syringed and fed and now, he is able to feed himself and once I teach him how to fly, I hope to release him back with his parents in a couple of months. Thanks guys. Have a great month. Namaste, love, light and blessings to you and family.



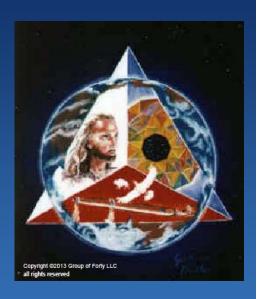




"40 Groups of 40 will be formed for Personal and Planetary Healing Bringing us to the Fifth Dimension!"

We are dedicated to teaching humanity about the ascension to the fifth dimension.

We coordinate the creation and maintenance of Planetary Cities of Light and conduct Biorelativity Exercises to create energy for positive change in the world.



David K Miller, Founder/Director Group of Forty

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Gudrun Miller, Founder/Director Group of Forty

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Janine Malcolm, Coordinator New Zealand

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