

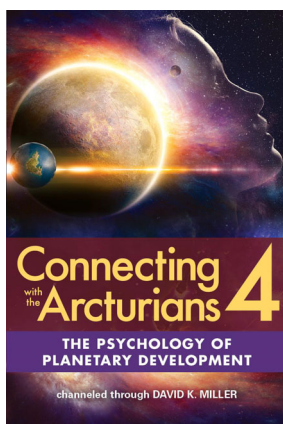


Group of Forty GLOBAL Newsletter | Issue 295 | May 2021



Manifesting Homo Omega on Earth

By David K. Miller



It is amazing to think that we the Starseeds, can be part of the evolution of humanity. Normally, I think of evolution as a process that takes thousands, or even millions of years. Now, the Arcturians are suggesting that the next evolutionary developmental stage for man can occur during our lifetime. When I think about this as a possibility, I come to this conclusion: Everything on the planet is in a stage of acceleration, therefore even evolution can be experienced as an accelerated phenomenon. The biosphere is declining rapidly, computer technology is doubling or tripling in advancements yearly, and the sixth mass extinction is already occurring at extraordinary rates and speeds. So given all this rapid change, it would appear reasonable to expect evolution to also be in an accelerated stage. Can our evolutionary changes occur fast enough to save the planet and stop the sixth mass extinction? What else can we do to encourage the rapid acceleration of Homo Sapien? The answer that comes to me is that we must use social media more thoroughly.

Recently, through the help of Carla Varella in Rio de Janeiro, Brazil, I participated in an online Arcturian conference which was broadcast on YouTube and Facebook. This one-hour lecture was translated into Portuguese by Carla, and we had over 4,000 participants in a mere 12 hours. In less than 24 hours, we had thousands of hits. From that experience, over 230 people joined our Group of Forty Telegram site, and 10% of those people subscribed and became new GOF members.

I conclude that, given the right media skills and openings, we can find creative ways to bring the Arcturian message to more people. More people need to learn about the next evolutionary stage of Homo Sapien, which the Arcturians call Homo Omega so that we can make people more aware that an evolutionary advancement is possible, and that this advancement is groundbreaking. Then, as more people become aware of this new, evolutionary possibility, then the hundredth monkey effect will take place, and a huge, global movement could start that will help us quickly manifest Homo Omega on Earth. Then, the true and permanent healing of this planet will occur.



David K. Miller |
Co-Founder
Group of Forty
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STARSEEDS Counseling

Dear Gudrun,

I recently understood why I hang onto abusive relationships too long. I know now that I am looking to be accepted and loved and to have a sense of belonging. I pick people that are like my family of origin that are not able to validate me much less to love me.

Since having this awareness, I have been exiting toxic relationships which has taken a lot of courage for me to do!

I fear being alone and I am lonely. I am not sure that being so lonely is not worse than being in toxic relationships.

How can I cope with my loneliness and with feeling like such an outsider?

Lonely

Dear Lonely,

First of all, I applaud your courage to exit toxic relationships. You are making room for healthy relationships and for a deeper connection with your higher self. Receiving abuse can be distracting and can keep you from your soul purpose.

Secondly, being alone and feeling lonely is not a pathological condition nor is it a failure on your part. Loneliness is a part of the human condition. I believe we Starseeds who are incarnated here are lonely for our soul family and for a deeper connection with God or the Creator energy, as well as a connection with our higher self and with our guides and teachers!

If you can reframe your loneliness as an opportunity to reflect on who you are as a genuine and authentic being that may not fit in with what your family and with what your culture may want you to be.

Being alone can give you time to reflect and to understand who you really are and what your soul mission is.

Love and Blessings, Gudrun



Gudrun R. Miller
Co-Founder Group of Forty
gudrunaz@yahoo.com

Group of Forty Monthly Lectures

with David K. Miller



The next lecture is on Saturday, June 5, 2021, 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.com phone number and access code.

Contact David Miller at davidmiller@grouppofforty.com for more information.

The re-transmission of the lecture for Europe will be on Sunday, June 6, 2021, 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

MEETING OUR GLOBAL MEMBERS

Tracy Linde

I was born in Cape Town, South Africa and immigrated to San Diego, CA with my parents and brother in 1993. I finished high school in San Diego and moved back to Cape Town for a short time and then on to New York, where I studied International Business and Marketing. I was in an operations management class, not too far away from the Twin Towers when the devastating events of 9/11 occurred. After the trauma I spent



time travelling to London, Paris, Antwerp, and Nice before I decided to settle back down in San Diego.

I began a part time job in a General Surgeons office doing administrative work, and was a translator when needed for our Spanish and French speaking patients. It was then that I realized how much I not only loved helping others, but what an impact I was making in their lives. The only negative aspect of this job was that as an empath I found myself getting sick quite often as a result of taking on their pain and suffering. At that

time, I did not have the knowledge and tools to clear my energy, protect myself and understand the concept of detachment.

I have always had a great curiosity about meditation and a desire to integrate it into my life. In June 2017, I took a 4-day course called the Happiness Program. I finally learned to meditate. I discovered the beauty of stillness and silence, and the grace that can be found therein. I learned deep breathing techniques to help calm the nervous system. This was lifechanging for me. The integration of meditation into my life helped strengthen my aura, my immune system and brought me much inner peace.

At the same time, I noticed a deeper connection and awareness of the Earth and my surroundings. I began to feel the pain of the ocean and felt a collective guilt for all the harm we have caused her, and all her precious inhabitants. Messages began to flow through me while in meditation. I could feel many changes and openings were taking place. I also began to see things with more clarity and have worked on understanding and accepting that the belief structures around me and the community I have belonged to for most of my life simply do not align with my truth. As a parent this awareness has been quite challenging. I have a 13-year-old daughter, and an 11 year old son and I would be doing them a great disservice if I continued to play by all the rules that brought me so much discomfort and unhappiness for much of my life. I am still navigating these challenges, but have far more tools now to help guide them for their highest good.

My dear friend and fellow GOF member, Marcela Estrop, is a channel and has helped me over the past few years by bringing forth powerful information regarding my soul purpose in this lifetime as an energy healer. It is through her that I learned I am a Starseed from Pleiades and she who has connected me with my Spirit Guide.

My connection to the Arcturians and Group of Forty began in March 2020. Marcela sent me a YouTube video of David Miller and an introductory excerpt from 'Connecting with the Arcturians, Vol I,' The words resonated immediately and my curiosity for these higher beings, the 5th Dimension, their messages, as well as my own soul history and purpose in this lifetime peaked. It felt as though their messages were written directly to me. I immediately joined the group, almost a year ago now. The Biorelativity meditations have been extremely powerful for me in awakening and activating my healing abilities from past lifetimes. It is reassuring to know that the 5th dimension is always available for us to go to, whether we are participating in planetary healing, the healing of humanity or self-healing.

I am honored to be a presenter for the GOF meditations over these past few months. I am also extremely grateful to Gudrun Miller, who has been supporting me on my own personal healing journey and helps me see and make sense of things from a higher perspective. I have a greater sense of peace now knowing where I come from, and what my soul purpose in this timeline is.

I am a Divine healer and I do believe that I am here to do God's work.

Blessing to you all and may we all continue to do the powerful work we are here to do.
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Council of Elders Report

<https://www.groupofforty.com>

The Medicine Wheel and the Star Family

Juliano by David K. Miller

This is the 7th part of a series of 8 articles from a 2011 lecture about the Medicine Wheel.

Part 7

The Medicine Wheel also has the ability to harmonically communicate to the galaxy. The Medicine Wheel has the ability to harmonically receive the highest light from the center of the galaxy, and it can be used by you to send harmonic light outward. This is a good practice because you want to attract higher dimensional energy and beings to the Earth. One of the reasons why the fourth-dimensional Grays came to the Earth is because of the disharmonious energies that were sent out. One of the reasons why many of the Ascended Masters are coming to the Earth now is because many of you are sending out higher harmonic energies.

One of the ideas of the harmonic convergence, such as 11-11-11, 12-12-12, and other of the exercises is to reinforce the sending out of harmonic light so that higher beings will continue to be attracted to and come to this planet. That is one of the main missions of many of you Starseeds, that is, you want to contribute to and develop new techniques for using harmonic energy and the harmonic attraction force. One of the greatest tools for this is using the Medicine Wheel.

Now, I will turn the next part of the lecture over to Chief White Eagle. I am Juliano. Good day.


Hey ya ho! Hey ya ho! Greetings. All my words are sacred. I am the Chief White Eagle. I welcome this opportunity for you and me to be together. I want to acknowledge that we are creating with you a beautiful circle above this planet. We, the Native Peoples, the Ascended Masters, the higher Grandmothers and Grandfathers are continually participating in a great Medicine Wheel above this planet. We are in the fifth dimension, and with our work, we are interacting to bring down the power of harmonic light that Juliano has talked about. We want you to be participants in a great Medicine Wheel, which is the Medicine Wheel that encompasses the whole Earth. We want you to continue to build Medicine Wheels around this globe in all the different areas that you can reach. You want to increase the power of your Planetary Cities of Light. You want to attract more people and more lightworkers. One of the greatest ways to do this is to use the Medicine Wheel.

I want to say to you that in our teachings, the Medicine Wheel is a sacred space. The Medicine Wheel is a great gift that we have received, and you have the ability now to create a sacred space by building your own Medicine Wheel. You can use that sacred space. You can bring your powers into it. The Medicine Wheel can amplify and can increase your powers of harmonic thinking. The Medicine Wheel is a wheel of harmony. Harmony is the opposite of polarization. *(To be continued.)*



For the Council of Elders

Birgit Smothers
GOF USA Group Coordinator
Council of Elders Member
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BIORELATIVITY
Earth Balance Teams
Planetary Healing

Group of Forty
<https://www.groupofforty.com>

Everyone, I need Biorelativity Meditation Presenters. Please, if you have the time, would you be in touch with Jane. You will be trained and it's wonderful to be part of that wonderful contribution of service to Group of Forty members.

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 to listen to at any time. Just email me: janesarratt@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 for further information you may need. janescarratt@gmail.com

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

The Global Biorelativity Committee will be presenting another worldwide meditation on June 19th/20th. This will be on a GoToMeeting link. The time will be 8 am EST. The Biorelativity Committee have requested members in GOF to create their own image of Homo Omega. These images will be displayed at the worldwide meditation. We are organizing with Jader Antunes in Brazil to present meditations in Portuguese on Telegram. Please, support this concept.

We have changed the time of our Mon/Tues/Wed evening meditations to 7PM EST to accommodate our New Zealand members.



Jane Scarratt
National Coordinator in Australia
For the Group of Forty
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We are growing and spreading more light around the world!

Since the beginning of 2021 we have added 6 new PCOL's to our global network. In April we activated the new PCOL's of Morpho, Costa Rica and Primavera-Cumbaya in Ecuador, the second one in both countries, and will be activating a PCOL in Sonora Mexico on May 15, and a Planetary Ocean Reserve of Light in Valencia, Spain on May 23. In the future we expect new PCOL applications from Cuba, Peru and the Netherlands.

We also want to acknowledge the linkage and connections that all the planetary cities of light are making with the energies of the sister cities in strengthening the network. Juliano reminds us that what makes the planetary cities that we live in sacred is our connection to our sister cities on the earth. It is the same concept we use in the Group of Forty; that the energy of a group of starseeds working together creates a force greater than one person. We are essentially creating energetic corridors across the planet and the more we use these corridors to communicate, the stronger the network.

When there are sister cities working together each sister city may have a particular energy. The energy of each planetary city of light are unique. Juliano suggests that each PCOL make a list of spiritual strengths and energies and then how they can be shared with your sister city. Then after you make the list ask: "what energies can a sister city share with us?" The energies can then be exchanged between the sister cities, so one strengthens the other. Sharing your strengths is a shortcut to higher vibrations sooner for all!

Eventually the vibrations of the area will be enhanced and protected so that anyone with negative intentions, such as wanting to harm the environment of the city, will feel uncomfortable and leave; likewise, people with good intentions will be drawn to the area. The higher and sacred vibrations of the PCOL will also protect that area on Earth.

So, we ask that each PCOL identify a city or cities that they want to become a sister city with. When a new PCOL is established, we ask that it choose one of the existing PCOL's in the network as a sister city. Below are some guidelines on how to do this:

1. See the list of existing active PCOL's on the GOF website and choose one, if possible, that is close to you so that you can visit each other or that feels like it has an energy related or complementary to your Planetary City of Light. Make sure there is language compatibility and preferably a liaison who speaks the language with some fluency.
2. Connect with the coordinator of the PCOL you feel like working with to see if her/his Group is interested in working with your group.
3. Once agreement is reached, email to the PCOL Country Coordinator and Global Coordinator the name of the chosen Sister City.
4. Connect with the coordinator of your Sister City and set up a time for an "energy exchange". Decide on specific date and time of the day when both groups meet simultaneously and exchange their energies. One way to do this is for one city to send the energy of their city in the form of a big ball of light to the other one, then the other one to the first one. You will open an interdimensional corridor. This will be the initiation.
5. The next step is to contact Robert Maldonado, the International PCOL coordinator, and schedule an activation of the two sister cities during one of the monthly PCOL Network meetings with the assistance of Juliano.
6. Now you can practice bilocation to your sister city. Juliano also suggests that you can shimmer with your sister city of light to Alano as another way that the energy can be shared and transformed between planetary cities of light.

Above all have fun and enjoy the journey together!

A reminder to please join us at our next monthly Global PCOL Network meeting on Sunday, May 30 at 12 pm MST.

Blessings,



Robert Maldonado
International PCOL Coordinator
rmaldo@gmail.com

From the **Land Down Under ~ Australia**



Wiradjuri Dreamtime Lessons Are Written In The Stars



When the tree goanna makes its way back down onto land, that's the time to go hunting, according to Wiradjuri Dreamtime astronomy. Long before the Babylonians and the Greeks and prior to both the Renaissance and Enlightenment periods, there was Indigenous astronomy. This makes the First Nations' cultures of Australia the world's oldest astronomers. Millennia before the Greeks mathematically proved the Earth was round, Australian Indigenous stargazers had already noted that the position of the south celestial pole moved as they travelled north and south. These lessons of the sky and relating Dreamtime stories are being rediscovered through the Australian Indigenous Astronomy team. Cultural Astronomer Trevor Leaman is a University of New South Wales Ph.D. candidate in the School of Humanities and Languages and is researching the astronomical traditions of the Wiradjuri people of Central NSW with the Australian Indigenous Astronomy team. He says science and storytelling have always been part of the constellations covering the entire northern and southern sky. "Sometimes the magic is lost when you don't incorporate that cultural element," he said. "We've got 88 constellations and each one is a story, there is a reason for them and a narrative to them." One of the most recognizable constellations is Orion, named after a hunter in Greek mythology. In Indigenous culture that constellation is also a hunter with a belt that holds a boomerang, or in other Dreamtime narratives it is three brothers in a canoe, depending on the global position of the stargazer.



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Message From **Cornwall ~ England**



Hello Lightworkers and Starseeds,

My wife and I would like to share with you some of the things we've been up to in the UK's third lockdown, now that we are slowly beginning to come out of lockdown and return to the 'new' normal. As you can see from our photos - we've been visiting the boundaries of our PCOL where we buried our crystals - all those years ago nearly eleven years now! That's me next to the next the big tree with our Crystal under Mother Earth (aka we call the tree our Green Man) and in the other picture my wife on one of our coastal walks - made possible by the reinvigoration of the Spring energies (its put a 'spring' in our steps!) so we managed a six-mile hike at the weekend!! We felt a fantastic connection to Mother Earth and her boundless gifts and energies.

I hope that wherever you are or whatever season you're experiencing that you're able to take time to connect with our beautiful Mother Earth in any way you can.

Together in Unity Consciousness
 "We are all brothers and sisters"
 Shimmering Arcturus Light Blessings
 Stephen and Becky



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 70 participants 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 Spain and COVID 19 Protection

We carry out these meditations on the second, third, and fourth Saturday at 12:00 noon. These medications are applied to Spain but they serve as training and example to apply them to other countries and also to the Planetary Cities of Light.

Check the calendar on the Facebook Groups:

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

**Magda Ferrer**magdagof@gmail.com

National coordinator of the Group of Forty in Spain

Director of the Arcturian School and Tomar Temple on Earth

Messages from GOF Members

Hello from Pam and My Lakota Family!



Hi everyone!

I thought I would share some thoughts with you, my extended family, about myself. I have been blessed to walk with the Lakota people for 25 years. They are one of the Great Plains tribes of North America in South Dakota. I have been blessed to be involved in sweat lodge, Sundancer and have done many other ceremonies. What I have gained in my life is learning how to walk in this world with respect for all living things and respect for our Earth Mother. Her blood is our life because we can not live without clean water.

Thank you to David, the Arcturians and to the Group of Forty, I believe the spirits guide us if we are listening to our hearts and give us help on our path. I am so moved by the meditations and thank the people that walk us through the daily meditations. I was compelled to email Jane and tell her how moved I've been with the meditations as they make my

prayers for Mother Earth stronger. To me prayer and meditation is the same thing. Yes, we are all related- one heart-one spirit-one mind! Looking forward to working with all of you. I'm happy to answer questions.

Blessings

Mitakuya Oyasin

All my relations

Pam Stark

starkgoldiepam@gmail.com

Welcome New GOF Members!

We would like to extend a warm welcome to the following new members who joined the Group of Forty between April 1st and April 31st, 2021.

FIRST NAME	CITY	STATE	COUNTRY
Brenda	Salinas	CA	USA
Cristiana	London		UK
Garry	Hobart		Australia
Gloria	Stockholm		Sweden
Janelle	Kelowna	BC	Canada
Lieke	Tilburg		Netherlands
Luke	Hobart		Australia
Marlo	Miami	FL	USA
Pablo	Santiago		Chile
Rena	Perth		Australia
Rutger	Tilburg		Netherlands
Shelly	Clifton	VA	USA
Shital	Bellaire	TX	USA
Waldemar	Bochum		Germany

New Members from Brazil:
Adriana
Andreia
Antonio
Celia
Julia
Marcia
Maria Augusta
Priscila M.
Priscila C.
Renata
Simone
Susana
Victor
Walter



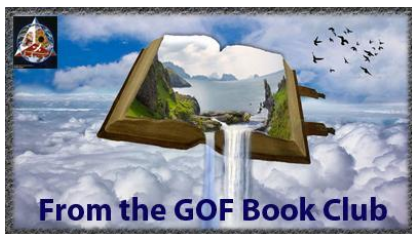
Birgit Smothers
USA Group Coordinator
birgit@groupofforty.com

Social Media Skills Wanted!



We need your social media skills!
If you would like to represent our group - GOF USA -
on Instagram and Telegram.
Please contact me!

Birgit SMothers
USA Group of Forty Group Coordinator
birgit@groupofforty.com



GOF Book Club

KABBALAH AND THE ASCENSION

Chapter 23
By David K. Miller

How did the Tree of Life become available to planet Earth and what does it represent?

The original downloading of the tree of life was given and expressed through a select few higher beings but now it's being transmitted through the whole planet. It represents a galactic spiritual knowledge that was given throughout the galaxy and the universe. It represents the multidimensional nature of reality and manifestation.

What does the Tree of Life demonstrate and has contributed to the manifestation of the third dimension and Earth?

Demonstrates the existence of other dimensions. Starts the idea that manifestation on Earth is at the bottom part of the tree but Earth can only manifest through work done in the higher spheres or higher dimensions. The reality of Earth the 3D is based on work that is occurring in other spheres and in other dimensions. What you experience on Earth is only an aspect of your multidimensional nature and what you see on Earth is only one aspect of the many different interactive and dimensional forces that are occurring. These forces have led to the manifestation of the 3D on Earth.

To begin to understand the Tree of Life we start at the top, explain the nature of the Tree of Life and what the 3 columns represent.

The first understanding has to do with duality. Tree has 3 columns. The nature of the tree has to do with the essence of the right and the left columns and how a balance can be found through the middle column as well as with the top and the bottom energy of the columns. The top Kether, crown represents undifferentiated unmanifested light that comes from the Creator. It is the driving force but it is undifferentiated and this means that it is not usable and not comprehensible in a human's mind. This follows a downward path to manifestation. On the path to manifestation, the undifferentiated energy must go through dualities...through the right and left columns and eventually into the center. The center represents balance.



Jane Scarratt
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Q *Dear Juliano: Our question is about what is the Arcturian belief regarding eating meat, and does this eating of dead meat affect our evolution and ascension, and should we all be aspiring to become plant-based eaters only? Could you give us the Arcturian perspective on this, please?*

A I would be happy to offer you the perspective on meat. First, you are meat eaters in your evolution, in fact, it was the Neanderthal, Homo Sapien, Cro-Magnon are all primary meat eaters and it was these subspecies, including the Homo Sapien's thirst for meat that led to the extinction of many large animals in early history. There were extremely large groups of mammals earlier. You have seen pictures of them, some much larger than elephants, for example, and these species, Neanderthal, Cro-Magnon, homo sapiens, all killed them often for meat

I know that there is a belief that the original humans were plant-based but our perspective is that they were meat-eaters. You have inherited this. Now, what is the proper diet to have on the planet, especially in this time of great crisis? And I understand the question that is being posed because there might be some belief that eating meat would prevent you from ascending.

First of all, we look at it from our perspective as being in balance. That means that we use the example of the Native Americans such as the Lakota in the North American continent. They were meat-eaters too, and when they were on the buffalo hunt, they would ask spirit for permission to take a buffalo from the herd and they needed the buffalo, not only for food but for clothing and other things they would use the bones for. So they would only take the one buffalo that they would need and they would eat the meat and they were thanking spirit for giving them permission to kill one. This is the perspective of eating meat which is in alignment with nature and in alignment with asking permission for this.

Now in the modern era, you are removed from that process of hunting even though you primarily were hunters and gatherers only a few thousand years ago. Therefore, it is a great separation in your energy from the hunting and the whole process of the technology of the butchering and the packing of meat,

etc. has really lowered the vibrational energies of meat-eating and has removed people from the spiritual part of the meat.

I recommend that as much as possible when eating and when eating meat that there be a prayer or a thanking of spirit. That at least will help you to recapture some of the higher ways of eating meat. Eating meat by itself does not stop you from ascending. What is key is that the meat should be eaten in balance as opposed to large amounts of meat that you do not need. You have to decide on that balance on whether you would do it three times a week, twice a week, once a week or not at all, it is your own personal decision.

It is true that when you go into the higher consciousness and higher realms there is less need for protein and there is less need for meat. We, the Arcturians, do not eat meat and one of the issues is that as we get into the higher states of consciousness we are able to need less food and use what some people have called liquid light which helps one to live on higher food vibration. We have the example in the Hebrew Bible of manna which was the food that was dropped from the heavens during the Israelites wandering in the desert and this is a very important concept because higher food does exist at advanced spiritual levels.

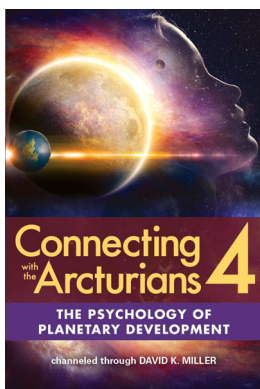
Manna was the perfect food and when the Israelites ate the food it totally satisfied their need, it was not meat, it totally satisfied their hunger and provided all their nutritional needs. But there is no one producing manna on the planet now and eating manna would be a goal as you move into higher states of consciousness and higher dimensions. Then you would be interested in relating to food like that. But I do not recommend that people who have been eating meat suddenly stop, rather that you do it in a balanced way, that is, you only eat meat that you really need. The reason I say this is because you have been raised this way and in this society, in this culture, and you may need the protein and to suddenly stop it without the proper diet or proper supervision or knowledge, could lead to serious problems in your biology.

Eventually, most people who get into higher consciousness and higher light move their energy away from meat and I know that there are people who believe that going meatless is a higher movement towards spirituality and generally it is that way but again, maintain balance, your eating meat now will not prevent you from ascending. I recommend that you do it in a balanced way and listen to your body and see what it is that it is wanting. There are many health advantages now to not eating meat. One of the main health advantages is the toxicity and pesticides and chemicals that are in the current meat and the ingestion of this meat does cause or can cause other health problems in the long-term basis.

ANNOUNCEMENTS



We are happy to announce that David's Book, "Connecting with the Arcturians," has been published in Portuguese in Brazil.



[David's Latest Book, Connecting with the Arcturians 4](#), 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.

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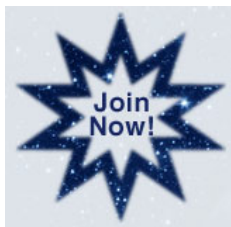
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We are dedicated to teaching humanity about the ascension to the Fifth Dimension. We coordinate the creation and maintenance of Planetary Cities of Light and conduct Biorelativity Exercises to create energy for positive change in the world.

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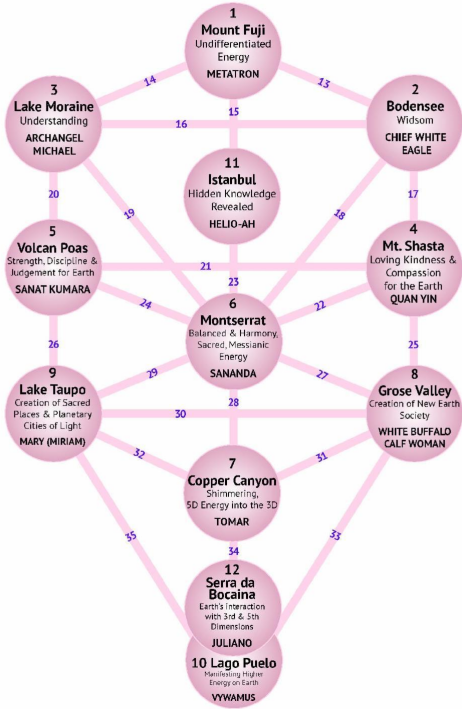
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Tree of Life

Arcturian Tree of Life with Numerical Paths
Each Sphere is associated with a Spirit Guide and Sacred Location



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