

*Group of Forty*

# **Planetary Cities of Light Handbook**

*by David K. Miller*



**Planetary Cities of Light(PCOL)**

**Groupofforty.com**

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**And the PCOL committee**

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The Planetary Cities of Light and the Ocean Reserves of Light projects are part of the Group of Forty. This includes planetary healing work established by the Arcturians through the channeling of David K. Miller. The Arcturians said that the planetary crisis will not be solved by the governments of the world, but rather by individuals establishing sacred places and cities of light around the globe. The planetary cities of light (PCOL) are focused on connecting with fifth dimensional energies, which would include establishing, protection, healing and balancing of all energies within the designated city or neighbourhood boundary.

This project was established over 15 years ago (2005), and at the time of this writing, there are 42 Planetary Cities of Light and 14 Ocean Reserves of Light participating in the network. These cities of light and ocean reserves of light are located across the entire globe, including Latin America, Europe, the United States, Australia and New Zealand. This manual covers the following subjects:

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The Planetary City of Light Project (PCOL) consists of designated areas around the globe capable of holding fifth dimensional thought patterns and energy, raising the spiritual energy field of each city and connected in a global network. It was created as a tool to help the earth with her ascension.

The Planetary Ocean Reserve of Light (PORL) are similar to the PCOL and are designated oceans or bodies of water that are in sacred and in need of spiritual protection and that are connected to the Planetary City of Light network of the Group of Forty.

Group of Forty (GOF) members identify an area, such as a village or a city neighborhood that they will work with regularly to raise its vibrations. This then, becomes a new Sacred Area on planet Earth called a Planetary City of Light. In it, crystals are placed on the perimeter of the given area, then GOF members gather on site and around the world to participate in the activation-meditation led by Juliano, the Arcturian who oversees this project. An activation ceremony is conducted and the local GOF members meet regularly, monthly or weekly, to maintain and further raise the vibrations of the PCOL/PORL.

#### **Characteristics of a planetary city of light:**

1. It is a spiritual designation.
2. It is holy, sacred and holds fifth dimensional light.
3. This designation is made with the assistance of the Arcturians and through the work of the Arcturian Group of Forty members.
4. It is part of a global network of Cities of Light.
5. It has a minimum of four members and it has gone through an activation ceremony coordinated with the Group of Forty.

The Planetary Cities of Light and Planetary Oceans Reserves of Light project has grown to over 56 cities and ocean reserves in 14 countries. The Planetary Cities of Light project was born on 9/9/9 during a weekend workshop at Mt. Shasta, California. The first round of Cities of Light was downloaded under the guidance of Juliano, an Arcturian guide, the second round in May 2010, and the third round during a GOF 10/10/10 conference once again at Mt. Shasta. During these events a vast amount of fifth- dimensional energy was downloaded into the nominated cities, which now hold the fifth-dimensional light and create an interface between the third and fifth dimensions. This project is an effort to bring our planet and humanity into a higher dimensional vibration.

The idea behind the Planetary Cities of Light includes several important aspects. The first aspect is helping create and raise the spiritual energy field of the planet. The second aspect has to do with the preservation of the actual Cities of Light as spiritual centers. This means that GOF starseeds are working in the Cities of Light to maintain and hold a spiritual vibration. These spiritual vibrations serve as a protective energy field so that lower vibrational third dimensional energies cannot dominate the energy of that Planetary City of Light. This means that some of the devastations, the disasters from Earth changes that are possible will not, or may not, affect the Planetary Cities of Light.

Part of the creation of the Planetary Cities of Light involves allowing spiritual energies to manifest. During our monthly reactivations, we visualize that we are raising the spiritual light quotient of every living being in the city and changing the entire infrastructure. These reactivations have two parts to them: Release of lower third-dimensional energy and downloading higher fifth-dimensional energy.

Planetary Cities of Light have a direct connection to Arcturus and to our star sister cities in the galaxy. They are an important step toward connection with our galactic families and star families and are the foundation for the emergence of the fifth-dimensional Earth.

New Planetary Cities of Light and Oceans Reserve of Light are being activated on a regular basis. Contact us if you wish to nominate your city as a potential Planetary City of Light or Ocean Reserve of Light.

1. The coordinator of the nominated city must be a GOF member.
2. There must be a minimum of 3 GOF members to start a PCOL.
3. It is preferable that there be a working group of at least 4 committed GOF members.  
Four members are generally too few people to achieve the functioning of a PCOL because, if a member leaves the group, the criteria are no longer met and it is possible that other members lose their enthusiasm and also leave.
4. The nominated area must be a place where people live on a daily basis. It is preferable that at least one GOF member live within the chosen area.
5. At least four crystals are to be buried on the perimeter at the North, East, South and West points of the area to become the Planetary City of Light. This is done *before* the activation ceremony.
6. Establish a regularly scheduled day and time to meet, at least once a month, but weekly if possible.
7. The group can be open to light workers to join in this group work. They could then possibly become members of the GOF.

7.1. Request the Application Form from the PCOL International Coordinator  
([rmaldopcol@gmail.com](mailto:rmaldopcol@gmail.com).)

7.2. **Submit the PCOL Application**, with all the required information, maps and photos.

Briefly describe your city or proposed neighborhood to become a PCOL

7.2.a) Neighborhood:

7.2.b) City:

7.2.c) State (county/región):

7.2.d) Country:

Size:

Population:

Spiritual energy of the area:

Other important details:

Are you willing to participate in monthly meetings and respond to emails?

Names of GOF registered members and email addresses: 1.

2.

3.

4.

Who will be the PCOL Coordinator? (Must be a GOF member) How many GOF members are living within the proposed PCOL?

Total number of participants?

Why do you want to become a Planetary City of Light?

Are you and your group committed to keeping channeled content and spiritual study materials private and not sharing with non-GOF members?

Do you undertake to invite people who will arrive in your group to meditate at your PCOL to become a GOF member?

Preferred activation date:

Date of this application:

Please include the following in your application:

- a) a picture (s) of the proposed PCOL.
- b) A map that shows its location in the world.
- c) A map that indicates where the crystals will be buried.
- d) A picture (s) of the GOF members involved.

Email to Bob Maldonado, International PCOL Coordinator, at [rmaldopcol@gmail.com](mailto:rmaldopcol@gmail.com). Please allow 30 days for a response to your application.

Briefly describe the ocean or water area to become a Planetary Ocean Reserve:

- a) Neighborhood:
- b) City:
- c) State (county/región):
- d) Country:

1) size

- 2) spiritual energy of the area
- 3) other important details:

Are you willing to participate in monthly meetings and respond to emails? Names of

GOF registered members and email addresses:

- 1.
- 2.
- 3.
- 4.

Who will be the PCOL Coordinator? (Must be a GOF member):

How many GOF members are living within xx miles/km of the proposed PORL? Total number of participants?

Preferred activation date?

Date of this Application:

Where did you hear about the Planetary Ocean Reserve Project? Why do

you want to develop a Planetary Ocean Reserve?

Please send a picture of the proposed POR with your application. Email to Robert Maldonado, International POR Coordinator, at [rmaldopcol@gmail.com](mailto:rmaldopcol@gmail.com). Allow 30 days for a response to you're application.

1. Connect to the Activation Ceremony through computer or telephone to the conference connection.
2. All people gather together in one site for the ceremony.
3. Alternatively people can be positioned in alignment with North, East, South and West, forming a circle around the nominated area, connected by mobile phone to the conference.
4. The energy will be received and stored into the crystals, which have been buried to create the perimeter of the PCOL/PORL.
5. There will be the participation or direction of David K Miller to conduct the ceremony and to channel Juliano.
6. There will be the participation of other global GOF members & other PCOL's joining in to enhance the Arcan power of the activation.

Once a month (minimum) have a reactivation meditation.

Example of meditation you could present is below and ask the global PCOL coordinator for different meditations and you can adjust these for your own area.

You can get together in the PCOL or meet at any of the crystal burial places. Make it an outing for your members. You may want to create a medicine wheel in an area in the PCOL.

Also, it is recommended to consult regularly with your country coordinator.

All participants in the meditations are not required to be GOF members, aside from the 3/4 core GOF members

- Visualize and activate all the crystals that were charged and buried at the time of download and activation around the city.
- Visualize the city surrounded by golden-white energy forming a ball of light.
- Create an interactive field between all the Cities of Light, create new meridians and unblock energies in surrounding cities.
- Form an energetic connection between the City of Light with Inner Earth by visualizing a link, similar to your etheric cord and extending it downward to Agartha — the heart of Inner Earth.
- Visualize the pulsating golden-white light surrounding the City of Light pulsing brighter and brighter and then begin to shimmer the energy.
  - Command the energy around the City of Light to *shimmer, shimmer, shimmer!*
- Project the city wrapped in a shimmering ball of golden-white energy to the 5th dimensional Moon-Planet of Alano and the whole city will momentarily appear in the Fifth dimension.
  - Visualize the City of Light, wrapped in a shimmering, pulsing golden-white cocoon of energy resting upon the Moon-Planet of Alano.
  - Now, while on Alano, release the lower-vibrational imprints brought with the city from the Third dimension. Say three times to yourself silently: “Release, release, release.”
  - The City of Light will now receive the shimmering energy from its sister cities.
  - Visualize that the entire infrastructure of the City of Light is being charged by fifth-dimensional energy and light.
  - Project the City of Light back to the Earth. Intend perfect realignment. It is vibrating on much higher frequency than before. Some people living here are able to receive this energy. Some will reject it. Make a prayer or visualization that the entire population of the city will be able to receive this light.
  - Once again visualize the interactive field between all the Planetary Cities of Light and the higher frequency traveling around the planet from city to city, unblocking what is blocked and raising the Spiritual Light Quotient of the planet.

- At the end of the meditation, consciously bring the 5<sup>th</sup>-dimensional energy into all the chakras and seal it inside the chakras and the whole body

- Initiates the initial activation of the area as a Planetary City of Light.
  - Communicates with local GOF members about PCOL activities in the local area.
  - Organizes regular maintenance meditations for the PCOL, at least once a month.
  - Keeps updated on PCOL activities worldwide.
  - Maintains contact with your Country PCOL Coordinator.
  - When appropriate, coordinate locally the participation in GOF global PCOL meditations and activities.
  - Attends the monthly global PCOL Meeting.
  - Submits a quarterly report, to PCOL International Coordinator, outlining activities and accomplishments of the PCOL during that period. (March 21, June 21, Sept 21, Dec 21).
  - Attend other PCOL Coordinator meetings, as appropriate.
- 
- Provide information and guidance to local GOF members who wish to start a new PCOL in their country.
  - Assists members in completing New PCOL application.
  - Communicates policy changes to the local PCOL groups.
  - Communicates International activities to the local PCOL groups.
  - Encourages GOF members to activate new Planetary Cities of Light and new planetary sister Cities of Light.
  - Oversees maintenance of PCOL lists in their country.
  - Maintains contact with Local PCOL Coordinators.
  - Helps the local PCOL groups participate in global PCOL activities, such as global activations or global meditations.
  - Coordinates quarterly PCOL reports for their country and sends to the appropriate Regional Coordinator
  - Ensures that the policies and procedures established by the PCOL Advisory Committee are implemented correctly in the country.
  - Helps to develop methods for publicizing and promoting increased PCOL activity within the country.
  - Attends monthly global PCOL Conference via internet or phone.
  - Assures that monthly reports on all PCOL activities within the country are given at the monthly PCOL global Conference.
  - Encourage PCOLs within the country to communicate with each other.

Please join us, usually, every third or fourth Sunday of the month at 9:00 A.M., Mountain Standard Time, Phoenix, Arizona.

This will be on a Go To Meeting/Webinar format.

You can connect either through your computer or with your telephone. You will receive an invitation by email with all the necessary information. At this meeting we may have:

1. Downloads of nominated cities.
2. Activations of sister cities.
3. Reports from the Coordinators of each Planetary Cities of Light.
4. Questions and answers related to Planetary City of Light (You may submit questions for Juliano to the Global coordinator during the month.)

When the new PCOL is established, then it is time to choose one of the existing PCOL as a sister city:

1. Each PCOL can have at least one Sister City on planet Earth and many also have a Star Sister City in the galaxy. Energies are exchanged between the sister cities, so one strengthens the other. 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.
2. See the list of existing PCOL and their sister cities on our website and choose one, if possible, that is close to you so that you can visit each other.  
Or, if possible, choose one that has no Sister City and feels like it has an energy related or complementary to your Planetary City of Light. Make sure there is language compatibility and if preferably a liason who speaks the language with some fluency. Speak to the global coordinator.
3. 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.
4. Once agreement is reached, email to the Global Coordinator the name of the chosen Sister City.
5. 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. First one city sends energy of their city in 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**.
6. The next step is to contact Bob, the International PCOL coordinator, and schedule an **activation** of the two sister cities during one of the monthly PCOL teleconference calls with the assistance of Juliano.
7. Now you can practice bilocation to your sister city.

## **Arcturians**

A fifth dimensional species devoted to higher spiritual development throughout the galaxy.

## **Arcturus**

The brightest star in the constellation Boötes, also known as the Herdsman. This is one of the oldest recorded constellations. Arcturus is also the 4<sup>th</sup>-brightest star seen from Earth. It is a giant star, about 25 times the diameter of the Sun and 100 times as luminous. It is a relatively close neighbor of ours, approximately 40 light-years from Earth. High up in the sky in the late Spring and early Summer, Arcturus is the first star you see after sunset. You can find Arcturus easily if you follow the Big Dipper's handle away from the bowl.

## **Ascension**

A point of transformation reached through the integration of the physical, emotional, mental and spiritual selves. The unification of the bodies allows one to transcend the limits of the 3<sup>rd</sup> dimension and move into a higher realm. It has been compared to what is called "the Rapture" in Christian theology. It has also been defined as a spiritual acceleration of consciousness that allows the soul to return to the higher realms and thus is freed from the cycle of karma and rebirth.

## **Ascended Masters**

Teachers who have graduated from Earth or teachers who already are on higher dimensions. An Ascended Master can be from any Earth religion, including the Native American traditions.

They have graduated from the Earth's incarnational cycle and have ascended into the 5<sup>th</sup> dimension. Ascended Masters can include Archangels, higher beings from the galactic world, teachers and prophets from many different extraterrestrial civilizations.

## **Biorelativity**

Biorelativity encompasses the use of mental telepathy and mental thought processes to interact with the Earth and the spirit of the Earth. The downloading of energy through corridors can be viewed as an acceleration of Biorelativity. When you connect in a group consciousness with a Biorelativity exercise, then you have created a powerful interactive force. We use Biorelativity techniques to send healing energy to our planet. The practice is similar to the concept of group prayer in which people are sending positive thoughts to change the outcome of an illness. Native Americans know how to pray to the Earth as a group, often asking for rain, for example. In Biorelativity exercises, we now have the powerful advantage of globally connecting with many different Starseeds working to unite telepathically for the healing of Earth. In Biorelativity exercises, groups of Starseeds around the planet send healing thoughts to specific areas in the world.

Storms, hurricanes and even earthquakes can potentially be averted, deterred or lessened in strength so that minimal damage is inflicted. The Arcturians point out that

on higher planetary systems, groups constantly interact telepathically with their planet to ensure maximum harmony between inhabitants and planetary forces.

### **Bilocate**

The ability to be in two places at the same time. One can be physically in your body and mentally or spiritually in another dimension simultaneously.

### **Biosphere**

A term used to describe the whole environment of the Earth, including the oceans, atmosphere and other necessary ingredients that keep and support all life.

### **Central Sun**

The center of any astronomical star system. All star clusters, nebulae and galaxies contain a nucleus at their center. Even the grand universe itself has a Great Central Sun at the center of its structure. In most cases, a giant star exists at the center of all star systems. The Great Central Sun of the Milky Way Galaxy provides life-giving energy to the entire galaxy.

### **Chakras**

Energy centers of the human body system. These centers provide the integration and transfer of energy between the spiritual, mental, emotional and biological systems of the human body.

### **Channeling**

The process of entering a meditative trance to call forth other entities to speak through you. See trance channeling.

### **Chief Buffalo Heart**

An Ascended fifth-dimensional Native American guide who focuses on using heart energy to help one ascend.

### **Chief White Eagle**

An Ascended 5<sup>th</sup>-dimensional Native American guide who is very connected to Jesus and other higher 5<sup>th</sup>-dimensional beings.

### **Corridor**

A pathway or etheric tunnel on Earth that leads to a higher dimension. Corridors can be found in high-energy places such as sacred sites on Earth. The Arcturians believe that we can establish corridors within our meditation areas on Earth.

### **Cosmic Egg**

The optimal shape of your aura for health benefits. When the aura is in the shape of an egg, one is expressing maximal energetic possibilities. The egg is a universal shape of wholeness and thus it is also referred to as the Cosmic Egg.

### **Crystal Temple**

An etheric temple on the 5<sup>th</sup> dimension that has been made available for our use by the Arcturians. The Crystal Temple contains a lake more than one mile in diameter, which

houses a huge crystal half the size of the lake itself. The entire lake and surrounding area are encompassed by a huge glass dome, allowing visitors to view the stars.

### **Etheric**

A term used to designate the higher bodies in the human system. In India, etheric is used to describe the unseen energy and thoughts of humans.

### **Etheric Crystals**

Invisible crystals that contain 5<sup>th</sup>-dimensional energy that have been sent to the Earth by the Arcturians. The purpose of these etheric crystals is to provide healing energies to the Earth's meridians.

### **Fifth Dimension**

A higher dimension of existence that is above the 1<sup>st</sup> and 3<sup>rd</sup> dimensions. We currently live on the 3<sup>rd</sup> dimension. On the 3<sup>rd</sup> dimension, we are bound by the laws of cause-and-effect and the laws of reincarnation. The 4<sup>th</sup> dimension is the astral realm and also the realm of dreams. The 5<sup>th</sup> dimension transcends this and is the realm of infinite energy and love and can be compared to the Garden of Eden. In the 5<sup>th</sup> dimension, one transcends the incarnational cycle. One can say that one graduates from Earth and goes to the 5<sup>th</sup> dimension. The Ascended Masters residing now in the 5<sup>th</sup> dimension include Jesus/Sananda. The Ascension focuses on going to the 5<sup>th</sup> dimension.

### **Galactic Kachina**

In Native American Navajo folklore, a kachina is an intermediary between the higher spirit world and this world. The Galactic Kachina is the intermediary between the Central Sun and this planet. The Native peoples were the first to accept a spiritual philosophy or theory, which includes the existence of other higher beings throughout our galaxy. They take the perspective of the broader galactic view, which says that we are all part of a galactic family.

### **Galactic Spirituality**

This includes a spiritual philosophy or theory that accepts the existence of other higher beings throughout our galaxy and therefore takes the perspective of the galactic view in understanding our planetary evolution as part of a galactic family of civilizations.

### **Grid Lines**

Another name for energy lines that run through the planet. In Chinese medicine, energy lines that run through the body are called “meridians.”

### **Group of Forty**

A concept of group consciousness suggested by the Arcturians for our use in the group Ascension process. According to the Arcturians, 40 is a spiritually powerful number. The

Arcturians emphasize the value and power of joining together in groups. A group of 40 consists of 40 different members located throughout the U.S. and worldwide who focus on meditating together at a given time each month. Group interactions and yearly physical meetings are recommended. Members agree to assist each other in their spiritual development. The Arcturians have asked that 40 Groups of Forty be organized

These groups will assist in the healing of Earth and provide a foundation for the individual member's Ascension.

### **Helio-ah**

A female Arcturian Ascended Lady Master and Juliano's twin flame.

### **Holography Work**

In the scientific world, holography is described as a part of any image, created through a laser that actually reproduces the original whole image. In 5<sup>th</sup>-dimensional work, holography is the ability to access all universal energy from any spot in the universe. Holographic healing is based on the assumption that we can access our greater self through holographic energy.

### **Iskalia Mirror**

A fifth-dimensional etheric mirror that has been placed above the North Pole by the Arcturians. The purpose of this mirror is to help focus high light from the Central Sun and to direct that light to Earth for transforming the Earth into a 5th-dimensional planet.

### **Juliano**

The main Arcturian guide and Ascended Master working to help activate the Earth and Arcturian Starseeds towards the Ascension.

### **Jupiter Corridor**

An inter-dimensional corridor between Mars and Jupiter that extraterrestrial ships use to enter our solar system. Also, many extraterrestrial ships can remain in an orbiting position there without entering the 3<sup>rd</sup>-dimensional Earth space.

### **Harmonic light:**

Fifth-dimensional light often appearing as gold balls of etheric energy. This light can be transmitted through the noosphere and can spread energy of balance and harmony wherever it is directed. It can be directed by the thoughts and prayers of Starseeds around the planet.

### **Light body**

The higher etheric spirit body that is connected to the highest soul energy.

### **Multi-dimensional Presence**

We can become aware that we exist on several different dimensions. The Arcturians are trying to help us become aware that we have an existence not only on the 3<sup>rd</sup> dimension, but also in the 5<sup>th</sup> dimension.

### **Noosphere:**

The Noosphere is the thought energy field contained in the aura of the Earth. It can be compared to the planetary subconscious, but it is more than that. The Noosphere has been described by the 20<sup>th</sup> century philosopher Teilhard de Charden, who linked man's evolution to the Noosphere.

The Noosphere contains the accumulated collective thought energy of all beings on the Earth, both past and present. The noosphere is composed of

an energy field of subatomic thought particles or thought waves. The Noosphere affects the overall planetary energy field.

### **Omega Light**

This is a 5<sup>th</sup>-dimensional light that has high healing properties. The light can help transcend the world of cause and effect; thus, it can help produce miraculous healings. The effects of this healing light can be increased by toning the sounds “Omega Light.”

### **Ocean Reserve of Light**

This is an extension of the Planetary City of Light Project.

The goal is to set up small ocean reserves that can become linked to fifth dimensional energy. This could occur in bays, shorelines and other special ocean areas.

### **Path work**

This is a term referring to the connecting lines on the Arcturian Planetary Tree of Life. These lines represent stages of consciousness and awareness that humanity must develop in order to complete the healings necessary and represented by each sphere.

**Planetary Tree of Life also known as the Arcturian Planetary Tree of life** An adaptation of the Kabbalistic Tree of Life, to help promote planetary healing. 12 spheres each representing Earth Healing Energies are presented in a special configuration of triads, columns and spheres united through connecting lines called paths. See Tree of Life in this glossary

### **Planetary City of Light Activation**

A special ceremony led by Juliano, the Arcturian master, and channeled through David K. Miller in which a new city of light is activated and brought into the Planetary City of Light Network.

### **Planetary City of Light Network**

This refers to the fact that all individual cities of light are part of network of global planetary cities of light. When they become part of the network, then they can benefit and interact with the energies of all cities of light around the globe participating in the project.

**Planetary Tree of Life also known as the Arcturian Planetary Tree of life** An adaptation of the Kabbalistic Tree of Life, to help promote planetary healing. 12 spheres each representing Earth Healing Energies are presented in a special configuration of triads, columns and spheres united through connecting lines called paths.

### **Pleiades**

A small cluster of stars known as the Seven Sisters in some mythologies. Some Native Americans believe that they are descended from the Pleiades. It is near the constellation Taurus, about 450 light-years from Earth and is the home of a race called the Pleiadians, who have frequently interacted with Earth and her cultures. It is said that the Pleiadians have a common ancestry with us.

## **Portal**

An opening at the end of a corridor that allows one to go into an inter-dimensional space.

This could allow one to go into the 5<sup>th</sup> dimension.

## **Sacred Triangle**

A term used by the Arcturians to denote a triangular symbol representing the unification of three powerful spiritual forces on Earth: the White Brotherhood/Sisterhood Ascended Masters, including Sananda/Jesus; the extraterrestrial higher dimensional masters such as the Arcturians and the Pleiadians; and the Native American Ascended Masters, such as the Chiefs White Eagle and Buffalo Heart. The unification of these spiritual forces will create the Sacred Triangle that will aid in the healing and Ascension of Earth.

## **Sananda**

Sananda is known to us as the Master Jesus. He is considered one of the greatest Jewish Kaballists of all time. His galactic name, Sananda, represents an evolved and galactic picture of who he is in his entirety. In the Kaballah, Sananda is known as Joshua ben Miriam of Nazareth, which can be translated as Jesus, son of Mary of Nazareth.

## **San Francisco Peaks**

A 12,000-foot mountain range near Flagstaff, Arizona, that is the sacred home for the Navajo Indians. The Kachina spirits are supposed to live there.

## **Shimmering**

An exercise developed and taught by the Arcturians which includes increasing the vibrational speed of one's aura so that one can enter into higher states of consciousness.

## **Stargate**

A multi-dimensional portal into higher realms. The Arcturian Stargate is very close to the Arcturus star system and it is overseen by the Arcturians. This powerful passage point requires that Earthlings who wish to pass through it complete all lessons and Earth incarnations associated with the 3<sup>rd</sup>-dimensional experience. It serves as a gateway to the 5<sup>th</sup> dimension. New soul assignments are given there and souls can then be sent to many different higher realms throughout the galaxy and universe.

## **Starseeds**

People who have or are born with the awareness of galactic consciousness. Starseeds may also have memories of past lifetimes on other planets and feel connected to civilizations of other planets, such as the Pleiades or Arcturus. Some Starseeds have come to Earth at this time to assist her in this evolutionary transformation.

## **Thought Projection**

A technique described by the Arcturians involving projecting thoughts through a corridor to reach the 5<sup>th</sup> dimension and beyond.

## **Tomar**

An Arcturian Ascended Master whose specialty is using and describing the Arcturian Temple energy.

### **Tones/Sacred Sounds**

Sounds producing a vibratory resonance that helps activate and align the chakras.

### **Trance Channeling**

Putting yourself into a light trance to do automatic speaking. Trance is a type of self-hypnosis, in which you put yourself into an altered state of consciousness. There is light trance and there is deep trance. A deep trance is where you go out and are almost in a somnambulant or sleep state. This is the way Edward Cayce used to channel. In light trance channeling, one is still awake while bringing through messages.

### **Tree of Life**

The Tree of Life is a galactic blueprint for the creation of this reality. It includes 12 energy codes placed in spheres in the shape of a tree. These codes are for individual and planetary healing. The three spiritualities of the Sacred Triangle are included in the Tree of Life. The Tree of Life is not flat, but always multi-dimensional and holographic. The Tree of Life has pathways for manifestation found in its twenty-two lines. The Tree of Life connects to the energies of the Cosmos.

### **White Brotherhood/Sisterhood**

The White Brotherhood/Sisterhood is a spiritual hierarchy of Ascended Masters residing in the 5<sup>th</sup> dimension. White is not used here as a racial term. It refers to the white light or higher frequency that these masters have attained. The masters include Sananda, Kuthumi, Mother Mary, Quan Yin, Sanat Kumara, Archangel Michael, Saint Germain and many other ascended beings.

### **White-Buffalo-Calf Woman**

In Lakota Native American folklore, she is the fifth-dimensional spirit being that appeared to them bringing forth special information about holy ceremonies and accessing higher spirit. She taught the necessity of being in harmony with the Earth. Her focus is on the unity of all beings and that all are relations. She is representative of the dawning of a New Age.

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## About the Channeler and the Visionary Artist

**David K. Miller** is the director and founder of an international meditation group focused on personal and planetary healing. He has been director of this global healing group, called the Group of Forty, for more than fifteen years. David has been developing groundbreaking global healing techniques using group consciousness. He works to direct powerful healing group energy to help heal areas in the Earth that need balance, restoration and harmony. The technique he uses with his group work is called Biorelativity, which uses group consciousness work to restore the Earth's feedback-loop system, a complex planetary system that maintains the correct balance of our planet's atmosphere, ocean currents and weather patterns.

David's mediation group has more than 1,200 members worldwide. In addition to his lectures and workshops, David is also a prolific author, writing 8 books and numerous articles on Earth Healing Techniques. His recent books include: Teachings of the Sacred Triangle, Volumes 1-3, New Spiritual Technology for the Fifth-Dimensional Earth, Raising the Spiritual Light Quotient of the Earth and Biorelativity. Several of his books also have been published in German and in Spanish.

David works with his wife, Gudrun Miller, who is a psychotherapist and visionary artist. Together they have conducted workshops in Brazil, Germany, Australia, Mexico, Argentina, Costa Rica, Spain, New Zealand, Belgium and Turkey. David's foundation for this work lies in his study and connection to Native American teachings and his intense study in mysticism, including the Kaballah. He also has an intense interest in astronomy and the relationship of the Earth to the galaxy.

*Group of Forty*  
**New Member Form**

First Name:

Middle Initial:

Last Name:

Phone:

Email:

Are you interested in being a Group Coordinator?

Yes \_\_\_\_\_ No \_\_\_\_\_

Send a \$40 check or money order in U.S. dollars only:  
Group of Forty Administration, P.O. Box 4074,  
Prescott, AZ 86302.