

# Group of Forty

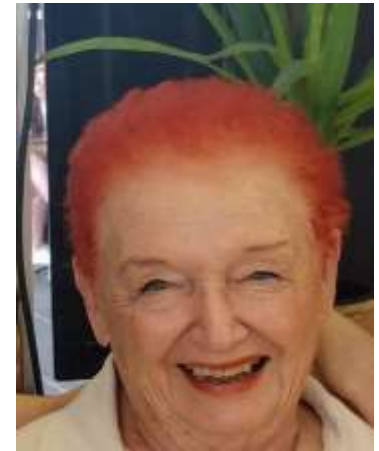
Australia

[www.groupofforty.com](http://www.groupofforty.com)

David K Miller Founder/Director



**THOUGHTS FROM JANE** The real primary diseases of man are pride, cruelty, hate, self-love, ignorance, instability and greed; and each of these is in opposition to Unity. Patterns like these are the real diseases and it is a continuation and persistence of these patterns, when we know they are wrong, which creates illness in our physical body. **Pride** is due (1) to a lack of recognition of the smallness of the personality and its utter dependence on the Soul, and that all the successes achieved are blessings created by the divinity within, and (2) the loss of the sense of proportion of the minuteness of us amidst the scheme of creation. **Cruelty** is a denial of the unity of all and a failure to understand that any negative action to another is an action against Unity. **Hate** is the opposite of love, the reverse of the law of creation. It's contrary to the whole Divine scheme and is a denial of the Creator; **Selfish love** too, is a denial of Unity and the duty we owe our brothers/sisters in humanity by putting the interests of ourselves before the good of humanity. **Ignorance** is the failure to learn, the refusal to see Truth when the opportunity is offered. **Instability**, indecision and weakness of purpose, result when the personality refuses to be ruled by the Higher Self, and leads us to betray others through our weakness. **Greed** leads to a desire for power. It is a denial of the freedom and individuality of every Soul. Instead of recognising that every one of us is down here to develop freely according to the dictates of the soul, to increase our individuality, and to work free and unhampered; the personality with greed desires to dictate, mold and command, usurping the power of the Creator. **The above** are examples of real disease, the origin and basis of all our suffering and distress.



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2021 Australian GOF Annual Conference

October 16th 2021

*This will be an online conference.*

## MEETING OUR MEMBERS

Hello all, I have been a member of Group of Forty for approximately 5 years. I live in Sydney near one of the lovely beach areas on the south side of Sydney. I have 6 grandchildren and another to be born in March next year.

I was a radiochemist working in the Nuclear Field but have shifted occupations to have my own business selling children's products. I am not proud to associate myself as a scientist because of the pseudo science and medical advice that is presently being pushed onto our lovely population.

I am a Pleiadean star seed with a calling to activate other star seeds and assist the earth in this epoch time in earth's history to planetary ascension. It has been my privilege to work with other fellow Group of Forty members earlier in the biorelativity work and now with the PCOL activities for Sydney, our sister city the Grose Valley PCOL in the Blue Mountains and worldwide links. It is my intention to relink with the biorelativity work because the earth needs all star seeds at this moment to step up to help increase the vibrational frequency for our planet and ourselves.

It is with gratitude that I have been able to utilise some of the Arcturian techniques to increase my own vibrational frequency and aura protection.

One of the most prevalent concerns I have at this present time is the FEAR that is almost palpable here in Sydney and worldwide. I believe it is our duty and calling to neutralise the fear messages that are being proclaimed by those in power and support ourselves and others in any ways that each of us has been led to take action.

## KERRY WILSHER



One way that I am completing this is to place mirrors around the perpetrators of the lies being told and encase them in bubbles where the lies can be neutralised and cannot enter the noosphere but are transformed into love.

I also invoke angelic and galactic support as well as network with like minded people to not feel isolated. I believe that this madness will end and we will transcend! God bless you all!

Kerry (kerrywilsher@gmail.com)

## HELLO FROM OUR LAKOTA FAMILY

I asked Pam, Lakota Elder, how her people talk to Mother Earth.

For me to personalize. For our Mother Earth, I will start with what an elder said to me , It has stuck with me, he said, "the people have forgotten how to talk to the earth, and she feels forgotten. She needs to be thanked for the bounty of all the gifts she gives us. The sacred water when we stop at a river or stream or take a drink. Give Thanks to her for her life-giving gift, or when we stand in a forest, talk to the standing people, the trees, thank them for giving us the air we breathe.

As Mother Earth is just like us , what would happen to us if no one ever talked to us or paid attention to us or acknowledged the things that we do, or no one ever tells us, 'I love you'. I know I would feel very lonely and depressed.

Now food for thought... how can we, as a group put this in a form of meditation.

I know when I Sundance and it's 110°, I have to take myself to a lake or the Pacific Ocean and visualize my feet in the cold water, and then return. I know everyone that's out there gives thanks to every soft breeze that comes. Even when we leave the dance every day and I feel a breeze, I stop and give thanks.

I guess what I am trying to say, I need some help putting this in form. We can do a meditation starting with the sacred sites, going there, visualizing how absolutely beautiful the land was before everything went out of balance and the land will be beautiful again, if we all acknowledge Mother Earth and her gifts, maybe going there and just talking to her, just as we are talking.

Now, look at how amazing we are and how happy we feel after we meditate together.

Maybe we can stay on the earth and have a chat with our Mother and all that exist on her.

The natives see the earth like a human body. Her lungs are in South America, the rainforest, her heart it's in the Black Hills, her veins are waterways, everything she feels we feel, that's why we are all getting sick. We could do a form of doctoring on her through our meditations.

When we 'Doctor' somebody in ceremony, if they have a bad liver, we pray and we visualize that person having a healthy new liver inside of them.

**Pam Stark – California    Email: [pstark@att.net](mailto:pstark@att.net)**

## ACTIONS TAKEN AS A RESULT OF YOUR ANSWERS TO OUR QUESTIONNAIRE

**1 Thank you** to the wonderful members who filled in the Australia GOF questionnaire. We had a fabulous response. A small committee will now carefully gone over the answers and work out what we have to do to strengthen everyone's participation in our GOF work with the Arcturians for Ascension. Both personal and planetary.

**2.** From October 1st, the evening meditations will begin at **7.30PM EST/DST AND 9.30PM NZ**

**3.** We will **create a short video** for new members that will explain the GOF Australia dynamics. It can be saved to the desktop as a tool for information.

**4.** We will ask all the PCOL Co-ordinators to consider holding their **Reactivations on Go to Meeting**.

**5.** A suggestion was made that each PCOL lay down a medicine wheel in the meeting room and **Tarot or Oracle cards** be placed in the wheel and each participant will **choose a card** and then afterwards there can be discussion about the energy of that chosen card.

**6.** In the newsletter each month we will have a reminder that **the web pages are there for answers** to all your questions.

**7.** We will have a **regular page** in the newsletter with information about the various Arcturian tools we use in our planetary and personal healing work for Gaia and why we use them.

**8.** Before each meditation at a PCOL meeting, either the coordinator or the presenter will give, briefly, **a description of the Arcturian tools** that will be used in the meditation and also the reason why they are being used.

**9.** We will prepare a few sentences about **what** a planetary city is and **why** we have created them and **what purpose** they serve for the planet so members will be able to talk comfortably to other people about the project.

**10.** It's important for **new members to be supported**. So each new member will be contacted by either the National Coordinator or the local PCOL coordinator to orientate them to the group systems.



# **ANNUAL GENERAL MEETING 2021 WILL BE ONLINE**

## **Group of Forty Australia Saturday October 16TH**

**10:15 AM DST -12:15 PM DST Online Webinar** with David K Miller and Gudrun Miller –  
**Homo Omega- the next evolutionary stage in human consciousness**

**Open to non members for a small fee of \$20**

**Email: [janescarratt@gmail.com](mailto:janescarratt@gmail.com) for information and the link**

**12.30 PM DST -13:30 PM DST**

**Break for Lunch**

**13:45 PM DST -17:00 PM DST Report** on Group of Forty Australia for 2021  
by Jane Scarratt, Coordinator.

**Lecture** on ‘The Practice of Dowsing’ by Olga Kosterin

**Lecture** on ‘Sacred Geometry’ by Martha Heeren



## HEAVEN ON EARTH ~ GROSE VALLEY

In landscape photography there are magical moments that persist and are repeatable. Living in a misty area, one where temperature inversions seem more common than not, I have arrived at an escarpment viewpoint many times in complete white out, and you know eventually magic will happen. Particularly after sunrise as the warmth starts to evaporate the layers, revealing often these landscapes in the sky, reminders of a fictional Asgard, various imagined Heavens or even the more recent Hallelujah Mountains of Pandora (modelled on Zhangjiajie in the Hunan province of China, another misty area) as examples - whatever your beliefs, the combination of land and sky is forever mystical.



Beautiful photography by Gary P Hayes

### The Origin of the World

Human beings seem to derive from this planet,

but essentially we are the origin of the world.

A tiny gnat's outward form flies about in pain and wanting,

while the gnat's inward nature

includes the entire galactic whirling of the Universe.      Rumi

## Q and A with Juliano through David K Miller

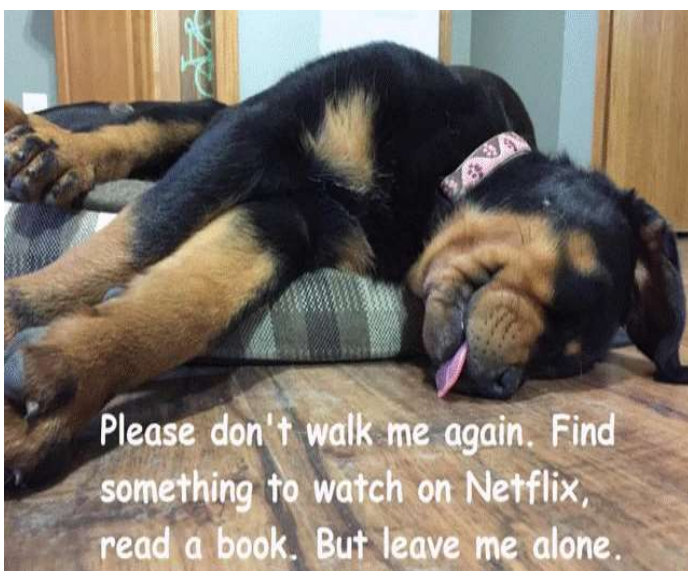
**Hi Juliano, can you please tell me more about Lord Arcturus and his work. Is he also from the 5th dimension or another one? Thank you.**

**A** Lord Arcturus is an Arcturian who has a special school of advanced planetary healers and personal healers. It is a select school. I cannot say it is better or worse than our school but our school is generally more open across the Earth and we are working with more peoples. We can probably compare Lord Arcturus' to a PhD, and as you are working with us and maybe we would be considered Masters or a Masters Degree level. Lord Arcturus is working in a more specific advanced work. Some of his planetary is related to soul specific development of a very technical nature. I know that some of you have contact with him. He guides some of you. He communicates with some of you, some of you are able to channel him. He has a planet that is devoted to his work and perhaps at some point we will work with this channel so that he can channel Lord Arcturus and provide you with some of the specific information and more highly advanced technical information about the Arcturian work and how it applies to the advanced level. Many of you are ready to go onto more technical advanced work. I am not saying that you would have to leave your planetary work but working with Lord Arcturus would provide a huge input of higher advanced Arcturian light.

**Micki asks: Hi Juliano, Reiki has its roots in Japanese origins & dates back to the early 1920's to the teachings of Mikao Usui. I read recently the Reiki energy came from the Arcturians!! Could you please tell us more about the beautiful Reiki energy from the Arcturian perspective?**

**A** We will look at the Reiki energy and we are very impressed with Reiki for a variety of reasons. The first is because it fits in with our healing modalities which are focused on energy and the fact that the humans are energy beings, you are electromagnetic energy beings and Reiki deals directly with the aura and the energy field and the body as an energy system and secondly, we like it because it deals with the concepts of universal life energy, sometimes called Chi and other names in Japanese, that fit in with the fact that there is a healing life force energy throughout the universe and that that life force energy is available to everyone. We cannot take credit for the development of this. In fact the original development of this occurred during the Lemurian times and the Lemurians were deeply connected with higher advanced healing modalities. We enjoy and encourage the Reiki but we cannot say that it was our system that was brought to the Earth. Now you might ask then, "Well who did bring the Reiki to the Earth from the Lemurians?" and you know there is an ancient Chinese tradition that goes back to the earlier, before Christ, centuries when the Chinese did have contacts with many other extra-terrestrial beings and some of them included the Pleiades and some of them included people from Antares and it was during this time that a deeper connection was made to many of the healing thoughts and modalities, especially the concepts of Chi that were brought by the ancient Chinese.

## A LIGHTER MOMENT



## FROM THE COSMIC ARROW

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

**New Moon** - Virgo Cycle -  
7th Sept'21... 14 degrees.. Virgo.  
**Arcturian Connection Message:-** 'The Evening Sun hangs on the horizon.'

**First Quarter Moon** - Virgo Cycle -  
14th Sept'21... 21 degrees.. Sagittarius.  
**Arcturian Connection Message:-** 'Masculine Energy is matched by feminine Energy.'

**Full Moon** - Virgo Cycle - 21st  
Sept'21... 28 degrees.. Virgo/Pisces .  
**Arcturian Connection Message:-** 'To work for compassion is a worthy challenge.'

**And:-** 'Always stay to the left of those lakes and you will find your township.'

**Last Quarter Moon** Virgo Cycle  
29th Sept'21... 6 Degrees.. Cancer.  
**Arcturian Connection Message:-** 'Material possessions can become a burden to bear.'

[Sjoerdyssen@bigpond.com](mailto:Sjoerdyssen@bigpond.com)





## GREETINGS FROM POLBATHIC

Hell all lightworkers/starseeds, I thought this month I would share with you a new Crystal I recently obtained called Aragonite (see attached photo). This wonderful little gem stone, which is pleasing to the eye, is basically composed of fossilised marine organisms and it comes in many different colours and is sometimes banded - sometimes not. Each piece is unique! Just like each of us! This Crystal is good for cleansing and purifying the energy centres and aura. It is good for healing and balancing the emotional body thus allowing for more 5th dimensional light and energy to enter and be absorbed by the physical, emotional, mental and spiritual bodies. This will allow for a stronger and greater connection to higher states of consciousness and overall healing. I look forward to continually working with this Crystal in PCOL meditations - it is a powerful earth healer. Together in unity consciousness  
Arcturian light Blessings Stephen



## Bringing Herbs into your life

**Licorice...** there is a tendency here to allow deeper states of emotional release in a person. There may be problems due to blocked understanding of one's purpose or difficulty in understanding a relationship, such as the way people are struggling to understand each other. When these energies are held deep within, there may be some difficulties relating to the emotions that come to the surface. Excessive states of anger or fear may result. The use of licorice may affect these blockages, so that an individual is able to release them more easily. In emotional release work, there is often some benefit in using this herb. A cleansing of the blood also occurs as a result of this release process. This can be of some assistance on the physical level along with other blood cleansers. This herb is for those who are more aligned with their spiritual purpose, because a full understanding and use of the emotions is not easily available to those who are not aligned with higher spiritual purpose. Emotions are energy and that energy is understood and realized as a greater manifestation of God in one's own being when licorice is used. This pure energy is quite useful, and with licorice, one may be able to release it more easily. Emotions which might otherwise prevent the development of psychic abilities, are allowed to come to the surface to be worked with and released. This may prevent the development of most psychic abilities. For instance, one who is becoming a conscious channel may develop blockages because of self doubt. This may be brought into focus by licorice so you realise its roots and allow it to be released.

## PCOL Coordinator News

**Mornington Peninsula Victoria**  
**PCOL/PORL Co-ordinator, Micki Kellett**

Contact: [marcellakellett@hotmail.com](mailto:marcellakellett@hotmail.com)

Because we are in lockdown, we enjoyed a phone conference call with members of the PCOL and members from all over Australia. We have three presentations by three different members. A meditation, then a talk and then a re activation meditation.

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

Contact: [janescarratt@gmail.com](mailto:janescarratt@gmail.com)

We had a lovely afternoon with 8 members and guests. Meditation, a talk about the new concepts we must open to for the future and then a re activation meditation. Lovely afternoon tea afterwards.

**Brisbane North PCOL Contact Jane**

We meet in person and on a 'Go to Meeting' link. This way members all over Australia are able to join in and support the PCOL. Meditation, talk and re activation meditation. Members who are meeting in person then enjoy conversation and refreshments.

**Newcastle meditation**  
**Coordinator Carel Fillmer**

Contact : [carelfillmer@gmail.com](mailto:carelfillmer@gmail.com)

We have three members in our proposed PCOL. We enjoyed a phone conference get together with members all over Australia.

**Adelaide Meditation**  
**Coordinator Jen Hamilton**

Contact: [j.e.hamilton53@gmail.com](mailto:j.e.hamilton53@gmail.com)

We meet in person and on the phone conference call. We always have an enjoyable talk and a meditation and refreshments afterwards.

## Sydney PCOL/PORL

**There is a Committee to Coordinate**

Contact:- [yvonnevillien@gmail.com](mailto:yvonnevillien@gmail.com)

Sydney is in lockdown so we had our re activation meditation as a group on the phone conference line. Gwen presented a meditation, then Yvonne presented a talk about Homo Omega and Mia presented the re activation meditation.

**Perth Stirling-Wanneroo PCOL.**  
**Co-ordinator Kala Govindarajoo**

Contact: [gkala@gmail.com](mailto:gkala@gmail.com)

We had to change at the last moment to a phone conference call because of a sudden disturbance in our venue. Again, meditation talk and then Kala presented the re activation meditation.

**Grose Valley PCOL**  
**Co-ordinator Liz Clarke.**

Contact: [eliz.clarke@yahoo.com.au](mailto:eliz.clarke@yahoo.com.au)

We are in lockdown, so the meditation was held on the phone conference line. Always enjoyable connecting with members.

**East Auckland PCOL/PORL**  
**Co-ordinator Janine Malcolm**

Contact: [janinemalcolm@extra.co.nz](mailto:janinemalcolm@extra.co.nz)

We're in lockdown. Good attendance....the group found it powerful to be together on the phone. It was a new experience for them, as we have been meeting in person for a long time.

**Hobart Meditation**  
**Coordinator Annette Maxwell**

Contact: [anet.maxwell@gmail.com](mailto:anet.maxwell@gmail.com)

We start with a drumming session and then enjoy a meditation and a talk from Jane

## BIORELATIVITY SNIPPETS

The Global Biorelativity Committee believe that people get confused with the word biorelativity and we really need to simplify this. We thought "Planetary Healing Mediations" is a phrase members could use when 'selling' GOF to outsiders. We would still use the word 'biorelativity' within the Group of Forty.

**COMMENT.** The phone meditations are awesome! I appreciate anyone who takes the first step to lead the meditations and I encourage many people to try, as we are all Starseeds come here to fulfill our purpose. We are no longer going to be sitting in the background, this is the time to rise up, lose all inhibitions and step into your power.

We're presenting an additional meditation on a Sunday evening at 7pmEST. The focus is purely on the meridians. To keep the meridians filled with 5D light, in balance and harmony is a wonderful task for Gaia's well being. It's the same with us- when our meridian flows are strong and in balance, we feel well and happy. Gaia, too appreciates this work.



**Pedro in Rosebery, Sydney**  
**Mariana in Glenwood, Sydney**

**DAYLIGHT SAVING STARTS IN NZ ON SEPTEMBER 26th**

**DAYLIGHT SAVING STARTS IN AUST ON OCTOBER 3RD**

## MEDITATIONS FROM THE MASTERS AND PCOL RE-ACTIVATIONS

**Saturday Q and A with Juliano September 11th 9.30am EST 164595#**

**Saturday Grose Valley Re activation.** August 14th 12pm EST Access code 396637#

**Sunday September 12th Brisbane PCOL Reactivation in person and Go to Meeting 11amEST**

**Thursday Meditation August 19th- Tracy 11am EST 164595#**

**Sunday Mornington Peninsula Re activation.** August 15th 10.45am EST Access 396637#

**Sunday Perth Stirling-Wanneroo.** August 15th 2.15pm WAT 4.15pmEST Go to Meeting link

**Thursday Meditation September 2nd- Marcela 11am EST 164595#**

**Saturday Newcastle meditation September 4th 2.00pm EST 396637#**

**Sunday September 12th Brisbane PCOL Reactivation in person and Go to Meeting 11amEST**

**Thursday Meditation August 26th Jane 11am EST 396637#**

**Saturday Q and A with Juliano September 11th 9.30am EST 164595#**

**Saturday Grose Valley Re activation.** August 14th 12pm EST Access code 396637#

**Sunday Adelaide meditation September 12th 2.00pm SA 2.30pmEST 396637#**

**Thursday Meditation September 2nd- Marcela 11am EST 164595#**

**Janine 11am EST 396637#**

**Sunday Mornington Peninsula Re activation.** August 15th 10.45am EST Access 396637#

**Sunday Perth Stirling-Wanneroo.** August 15th 2.15pm WAT 4.15pmEST Go to Meeting link

**The Australian Biorelativity Planetary Healing Meditators meet every Monday, Tuesday.**

**Wednesday and Sunday nights at 7.00pm EST on the phone conference line. Email Jane for information.**

## QUESTION AND ANSWER FROM THE BOOK CLUB

### **“How to Heal, Ascend and Help Planet Earth” by David K Miller**

#### **Chapter Two**

**“Understanding the Planet” researched and presented by Australian GOF book club member, Teresa (Sydney)**

Earth, our home planet, the third planet from the sun and the fifth largest planet in our solar system. The Earth's axis, a line straight through the middle of the planet, from the North to the South Poles, is tilted 23.4 degrees, thus different parts of the globe are tilted towards the sun at different times of the year, which gives Earth its seasons. Life on our planet is possible as it is a terrestrial planet, which means it has a heavy metal core, a rocky mantle, and a solid surface. Also, it has liquid water. The Earth's atmosphere is hugely important for sustaining life. It consists of a huge blanket of gases - mostly oxygen and nitrogen, protecting our planet from the sun's rays and helps to keep the temperature comfortable, and helps to protect us from meteors, too. Our first ever pictures of the Earth, from outer space, utterly transformed perspectives, on our civilisation, our planet and our relationship to the universe beyond our skies. And when NASA astronauts first physically viewed the earth from outer space, due to the space program, they described a cognitive shift in awareness, after seeing our planet “hanging in the void”. This view from space, causing a shift in awareness, in which the viewer becomes overwhelmed and awed by the size of the planet, gives a state of mental clarity, known as the “overview effect” These views from space, help in working on Earth's energy field. Earth has an energy field just like we all do, so, Earth's energy field can also have problems - it can get holes in its aura. Nuclear bombs can cause holes in the aura, and Earth's life - force energy can leak out. An example; some military experiments and activities, specifically, high frequency radiation activities (HAARP) using certain secret weaponry in recent wars, severely damaged the core etheric energy field of countries in the Middle East, damaging Earth's aura in that area. Earth's systems are very complex systems. They are interrelated throughout the whole planet, and include a variety of earth, geological, and weather-like occurrences such as, ocean currents, winds and jet streams, and tectonic plate systems. Forests, absorb carbon dioxide, and directly affect the oxygen content in the atmosphere, which includes a very complex and interactive electromagnetic shielding system. This is to help protect from cosmic forces and radiation continually bombarding Earth. This atmosphere filtering allows the biosphere to maintain its successful balance, supporting the comfortable existence of humans and other life forms. Earth regulates and holds it balance through the working of the feedback loop system. Which is an immune system type response, to open up the energy flow, to self-correct imbalances. This self-correction process is much more complex, but I know Jane will explain things more fully. Earth is a living organism and has Meridian lines, which run throughout the whole of the earth and have an important role of keeping the feedback loop system on the Earth in a balance, so the biosphere can continue to function properly. The feedback loop system consists of positive and negative feedback loops. As there are thousands of meridians, throughout the Earth, in the atmosphere, in the jet stream, these meridians keep the energy flowing. But when these meridians become blocked, one example, dams being built on special rivers, blocking or contaminating the energy flow in some way, then earth may express illness by extreme reactions, e.g. volcano eruptions, dryness and droughts, extreme storms, earthquakes, as Earth goes into self correction, to achieve a balance for its life forms. What happens in one part of the earth affects the whole planet.



## GROUP INFORMATION

Any question you have can probably be answered by going to the group web page.

**[www.groupofforty.com](http://www.groupofforty.com)**

### Log in

Top right hand corner is a **search box**.

Put in a **couple of words** that describe your query. Research the information given.

If it's information about the 'tools', then **click on 'GOF Spiritual Tools'** tab on the top line

If its information about **Biorelativity or Planetary Healing**, click on that tab. You can also access the meditation recordings here

Need copies of newsletters or want to view the monthly calendars? Go to **activities and events**. Scroll down the list.

Scroll down to bottom of the home page to '**media**' to find short videos explaining Group of Forty.

Want to listen to meditations on UTube?...then we have a **Group of Forty UTube channel**. Explore the home page, videos and playlists.

## THE NEXT BOOK CLUB MEETING



**Australia's next book club** discussion will be

**Friday, October 1st 2021 6.30pm EST** on Go to Meeting. "How to Heal, Ascend and Help Planet Earth" by David K Miller.

Our format for the book club is to create questions on the chapter and each participant is given a question to research and then present their answer. We then discuss with each other, our own thoughts and perceptions on the subject. We have members who just like to join in and listen and that is a wonderful addition to the energy. Email Jane or Yvonne for more information.

**[janes carratt@gmail.com](mailto:janes carratt@gmail.com)**  
**[yvonne villien@gmail.com](mailto:yvonne villien@gmail.com)**

## AROUND AUSTRALIA & N.Z.

**Sydney NSW PCOL/PORL** Meditations on **fourth Saturday of the month** at 12pm – 2pm DST. We have refreshments afterwards. Email Yvonne: [yvonnevillien@gmail.com](mailto:yvonnevillien@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](mailto: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](mailto: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 11.0.45 am EST.** contact [janescarratt@gmail.com](mailto: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](mailto:eliz.clarke@yahoo.com.au)

**Auckland NZ PCOL/PORL**  
Meet on **fourth Sunday of each month** at Farm Cove at 2.15pm NZST. Refreshments afterwards. Contact Janine:- [janinemalcolm@xtra.co.nz](mailto:janinemalcolm@xtra.co.nz)

**Perth Stirling-Wanneroo PCOL**  
Meet **third Sunday of each month** at various venues at 2.15 Perth time. Contact Kala:- [gkala26@gmail.com](mailto:gkala26@gmail.com)

## FUTURE PCOL ACTIVATION

Adelaide South Australia – Jen Hamilton  
Hobart, Tasmania – Annette Maxwell  
Newcastle, New South Wales- Carel Fillmer

## LADDER OF ASCENSION

### BELL ROCK, ARIZONA



**Bell Rock** is one of four rock formations in Sedona believed by New Age adherents to contain a power vortex. It is said to contain masculine energy, which helps increase spiritual strength, confidence and decisiveness.

It is a beautiful bright red rock with a height of perhaps 400 feet. It is an ancient rock, perhaps looking and being on this planet for hundreds and even millions of years. In fact, the rock at one time was under the ocean.

There was ocean water around this beautiful rock. It has many crevices as it has been experiencing the wind, the rain, the oceans and many other environmental and atmospheric inundations and energies. It is shaped as a bell and has a smaller top and a wider bottom.

## NAMASTE ANIMAL SHELTER.

Good monthly all. Hope all is well for everyone in this upside down world. We are all doing the hard work for the masses by holding the light. We all seriously rock. This month I have had such a thrill. A beautifully divine, endangered creature, called a greater glider needed care. This beautiful girl was rescued from a barb wire fence. Luckily she had minor injuries and was able to be released a week and a half later. It was a true delight to watch her scamper away. Greater gliders are the same size as possums but they have wings like sugar gliders and instead of arms at their sides they put their arms out the front and fly like superman ( so cool). They can fly 100meteres at a time; they live in the tree tops and are very rarely seen. They live on eucalyptus leaves which was a surprise because I always thought koalas where the only ones that ate eucalypt.They are another endangered species because humans are still taking their homes and damning them to extinction. My heart breaks for all creatures who needlessly suffer; including us. but take solace in the fact that ascension is here and there will be no more craziness Namaste love light and blessings to you all and your families.

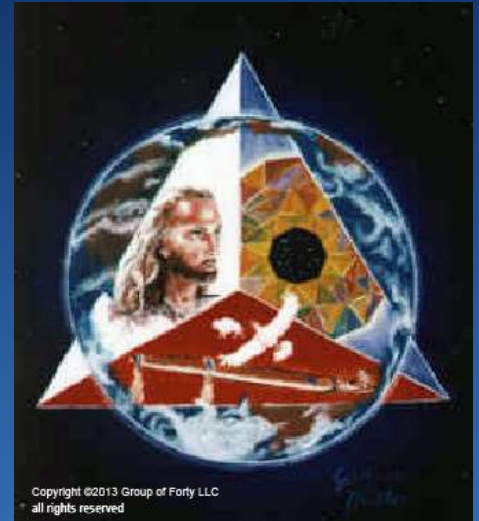




# "40 Groups of 40 will be formed for Personal and Planetary Healing Bringing us to the Fifth Dimension!"

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

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



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