



Higher and Lower Spirit Cohabitation

By David K. Miller

I'm sure that we are all stunned by the acts of violence occurring on our planet. I think that the desire of many of the Starseeds to leave the planet is related to the level of violence occurring not only to other people but also to the planet itself. One disturbing form of violence on the planet now is the unexplained school shootings by teenagers. Vywamus has offered one interesting explanation of how these types of actions can happen. Basically, there is in Kabbalah the idea of cohabitation of spirits, which includes positive higher spirits "residing" with a person on Earth as well as negative cohabitation. For example, many of us relate positively to Archangel Michael who gladly serves in the role of protector and healer for devoted souls who invite his presence into their life. If we feel the need for protection or assistance, then he can, in a special way, intervene on our behalf for highest good. In other cases, especially when we are in meditation or in trance, Archangel Michael can use us as a medium to help bring through healing energy, words, thoughts, or sounds. Many of us have benefited from Archangel Michael's energy. In the Kabbalah, it is known that a higher being can live with you for even a period of time so that you may complete a special higher task or learn a specific lesson. This type of cohabitation is called in Kabbalah "ibbur."

Now, the opposite can occur; that is, cohabitation of negative spirits can come into the Earth body. This has been referred to in our modern language as spirit possession. The movie *The Exorcist*, for example, portrays an extreme case of spirit possession. In Kabbalah, such lower spirit possession is called "dybuk." And in the Middle Ages religious followers of Kabbalah would wear special amulets to keep out evil spirits. Discarnate lower entities can become a powerful negative influence on someone. Our aura provides a protective energy shield around us. This protective energy shield usually can keep out unwanted lower negative spirits. However, a diminished aura can be compared to a weakened immune system. When the immune system is weakened, then one can more easily get a cold or virus. When one has a weakened energy shield, then this condition makes it easier for lower spirits or negative spirits to inhabit the Earth body.

A traumatic event, such as being in war or being in an auto accident, or other types of traumatic events, as well as the use of alcohol and drugs, can also contribute to a lowering of the vibrational frequency of the aura. We know that such drugs as methamphetamine, for example, cause diminished judgment, paranoia, and can set up a condition for spiritual negative possession. Street drugs lower the shield and mischievous or negative spirits can then easily attach themselves to a person and direct that person to do violence. In other cases, the negative spirit may contribute or try to contribute to a person getting a disease.

Many years ago, I personally witnessed a Russian shaman perform a remarkable healing on a woman. This healing focused on the removal of a negative spirit. Angelic assistance can be essential in removing entities.

A higher energy channel or healer can remove the discarnate energies from someone. A young teenager, who does not develop sufficiently, is certainly more susceptible to outside discarnate forces, especially if that young person has damaged their energy field through street drug use.

With all the violence occurring on Earth, one has to wonder about the level of discarnate influence on our planet. The guides often talked about doing clearings in the astral realms on Earth, which would lessen the negative influence of these spirits and also help them to move on. It also may be helpful and necessary for personal clearings, which would assist us in removing extra-dimensional negative influences.



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STARSEEDS Counseling

Dear Gudrun, while driving on a forest road that I have driven many times before, a deer ran into my car. I did not see it so the impact traumatized me and caused significant damage to my car! The deer ran off.

I forced myself to drive that same road again and I almost hit another deer! Fortunately, I saw this one and could put my brakes on!

My question is, why did this happen to me? I refuse to drive on that road again or on any of the forest roads around town!!

Driving anywhere makes me anxious anyway, so this adds to my anxiety.
I don't know how to deal with this.
Thanks for your help.

Dear Friend, I know that you are highly sensitive and easily overwhelmed. I'm sorry this happened to you and that it caused you so much trauma!
I'm glad you asked the question about why this happened to you. Here is my take on the event.

I think the deer needed to get your attention and is a power animal for you! Most of us in the Western culture know nothing about having a power animal.

By accepting a power animal as a guide and a protector, you then have access to the unique characteristics and strength of that animal. The animal offers these gifts to you in order to help you with your personal issues.

I know that you are a trauma survivor and have done well to overcome your issues. However, you still remain hypervigilant and you struggle to feel safe in your environment.

You may think that a lion or a bear would be the ideal guardian for you but let me tell you about the deer as your power animal.

The deer is exquisitely sensitive and is well adapted to its environment. It can be totally relaxed but still be totally alert to any threats around it. Once alerted, it can run like the wind!! I even saw a deer chase a coyote once!

The deer is also beautiful and elegant!

If you accept the deer, you can get a symbol of the deer to wear or a picture to put on your wall. Meditate on the deer and get special messages and energy from the deer.

You are blessed to have this powerful and beautiful animal as a guide!
My blessings to you! Gudrun

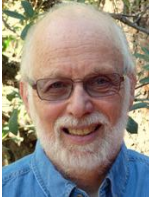
Blessings, Gudrun



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Group of Forty Monthly Lectures

with David K. Miller



The next lecture is on **Saturday, November 6, 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. You can check the teleconference/lecture time against your local time by using either: www.timeticker.com or www.thetimenow.com Contact David Miller at davidmiller@groupofforty.com for more information.

The GOF re-transmission on Sundays has been canceled due to low attendance. If you need to listen to the lecture and can not make the regular Saturday evening lecture session, then contact David to make other arrangements to hear the lecture.

MEETING OUR GLOBAL MEMBERS

Antonio Bulhoes



Hello everyone, It's Antonio here! I was born in a small city of the Brazilian northeast called Natal. I was raised in the middle of the two major religions in Brazil: Catholic and Protestant. I studied in a catholic school my entire life and my mom's family are kind of tough protestant people. Well, I have never fit myself in any religion but at the same time I always had a strong spiritual connection especially because when I was a kid I could see people who had passed over and hear voices talking to me very clearly.

When I became a teenager until the beginning of my adulthood I was very disappointed with religion and spirituality in general. Hence, I used to deny all the spiritual gifts that were in front of me. When I became 21, I moved to Europe in order to work and study, and over there I met some people that introduced me to other kinds of spirituality like the ascended masters, reiki energy and so on. From this moment, many things started making

sense. Then, when I came back to Brazil after 6 years living abroad, I came across different spiritual sources like Allan Kardec and Umbanda for instance.

I studied them all but I didn't want to be part of any religion, I was still uncomfortable. From synchronicity, I started meeting people that were on a similar frequency as mine and a few years ago I heard about galactic masters like the Arcturians, Pleadians and others. I had the feeling that I needed to know more from them to feel up my soul and I did it.

I have a business academic background and also more than 10 years of work experience in the business field. But nowadays I work as a teacher for kids and teens; I do translations from English to Brazilian Portuguese language and sometimes I work as a healer using energies like Xamanic Reiki, Shamballa Reiki, and the interdimensional healing tool (a healing technology brought by the blue people and the Confederate interdimensional beings). My new profession helps me to have more time to be myself and be closer to my higher self, which makes me feel like a whole being.

I am so glad to be part of GOF. I was very welcomed and amazed with what I have grown and learned spiritually so far. As a GOF member, I help with the translations and I have guided biorelativity meditations for the Brazilian members once a week and I also joined the PCOL group in my city, which is the city of Natal in Brazil.



U.S. Members wanting to join in the meditations are often having problems connecting. Here are the instructions when that happens:

Put the phone down...dial 2064516015...you will be prompted to put in the original phone number and the access code required....and you will be able to join in the call.

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

A new practice. Before we start the meditation, the first 2 mins are spent in silence. We are asking the participants to think words like 'Arcturian' and 'Arcturus'. This is successfully bringing peoples thoughts into the Arcturian thought field before the meditation and it is making our arcan power stronger.

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 them to listen to at any time. Just email: janes carratt@gmail.com.

The Biorelativity Team is presenting a minimum of 19 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. janes carratt@gmail.com

GROUP INFORMATION

Any question you have can probably be answered by going to the group web page:
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 it's 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 the bottom of the home page to '**media**' to find short videos explaining Group of Forty.
- Want to listen to meditations on YouTube?...then we have a [Group of Forty YouTube channel](#) with 3,540 subscribers. Explore the home page, videos, and playlists.



Jane Scarratt
National Coordinator in Australia
For the Group of Forty
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News from the Planetary City of Light Project – Bob Maldonado

PCOLs just activated in September:

Puerto Colombia, Colombia

Portal Arrayan, Argentina

Upcoming activations in October:

Please join in these empowering events. Group of Forty members will be sent an e-mail invitation in the week before the event. Everyone is invited to join in and add to the Arcan power of the activation ceremony. So go tell and invite your friends. Spread the word.

Villa de la Ascension, Aguascalientes, Mexico, on Sunday, October 9 at 10:00 am Arizona time.

Maestro Juliano, Costa Rica, on Sunday, October 17 at 10:00 am Arizona time.

Walaba, Costa Rica, on Sunday, October 24 at 10:00 am Arizona time.

Next in line:

Ensenada, Mexico

Santa Veronica, Costa Rica

Libertad, Colombia

What do the 100 monkeys have to do with the Planetary City of light? And what does it have to do with you?

You may remember that the 100th monkey refers to the effect that happens when 100 monkeys learn a new action or task together, then, magically or quantumly, the entire population learns the new action or task through a quantum interaction and communication. The idea can be applied to the Planetary Cities of Light in that once there are a certain number of strongly activated Planetary Cities of Light, then that situation will quantumly activate the planet.

As planetary healers one of our most important roles is to spread the word about the fifth dimension, about the ascension, about the just society. We want to heal the earth and make it a better place to be and for everyone to be living a happier, healthier life in higher vibrations. One of the best ways to do this is through creating and maintaining Planetary Cities of Light.

Juliano reminds us that the 100th monkey concept is something that people can easily understand because everyone wants to protect the area in which they live. So, what you can do is talk up the idea of the Planetary Cities of Light! That's your part of the story!

As more and more people become aware of our project, and more planetary cities of light are formed and join together in our Group of Forty Network of Planetary Cities of Light, at some point we will reach critical mass where the whole idea will go viral. Imagine all the cities of the earth embracing this idea. At that point, many people will immediately understand and work together. As the idea spreads there will be a magnificent shift as huge waves of consciousness throughout the noosphere.

Meanwhile, we are actually seeing this unfolding before our eyes as we have an unprecedented number of Planetary Cities of Light and Planetary Ocean Reserves of Light being prepared and activated around the globe. New people are joining GOF because they are enticed by the idea of creating PCOL's in their communities and that is what they are doing: joining and immediately working towards creating them.

So may this news encourage you to start your own and also talk about the concept of the Planetary

Cities of Light to others, of creating a sacred space in your neighborhood that can attract and hold fifth dimensional light so that only activities of higher vibration are carried out. Let's create Shangri-La, a Shamballah, a Heaven on Earth!

Do you want to create your own Planetary City of Light? It takes three Group of Forty members who are enthusiastic and willing to meet together in meditation once a month to start a Planetary City of Light. For more details on how to start your Planetary City of Light, go to the GOF website, click on "GOF Planetary Healing Projects" then "Planetary Cities of Light," and choose "How to start your own PCOL." Here's is a shortcut to the page:

<https://groupofforty.com/projects/planetary-cities-of-light/how-to-start-your-own-pcol/>

Of course, you can always write to me Robert Maldonado (rmaldopcol@gmail.com) or your country coordinator for more information.

Additionally, we have a [PCOL Handbook/manual](#) on the website that provides step-by-step instructions on how to create a Planetary City of Light/Planetary Ocean Reserve of Light. Visit this page:

<https://groupofforty.com/wp-content/uploads/2021/09/PCOL-Handbook.pdf>

Remember, all GOF members are invited to the monthly Global PCOL Network meeting on Sunday, October 31st at 12pm Arizona time. We look forward to seeing you!

Blessings,



September 26, 2021
Channeled by David K. Miller
davidmiller@groupofforty.com
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Greetings, I am Juliano. We are the Arcturians!

In planetary change and evolution, there is an important concept in the theory known as the 100th Monkey Effect. In short, this effect means that when 100 monkeys learn a new action or task together, then, magically or quantumly, the entire population learns the new action or task. In the specific case of the 100th Monkey Effect, this refers to an island where there were 5,000 monkeys and 100 monkeys learned the new task, which was how to wash the food, and then, miraculously, the 5,000 monkeys learned it. This is the idea of transforming and communicating with a large group from a quantum level.

I am using the 100th Monkey Effect to talk about Planetary Healing, and specifically to bring together Group of Forty members from around the world, people who are interested in Planetary Healing and planetary change. The idea is that, once a certain number of people are reached, higher consciousness and higher meditations will stimulate an activation. We state that this number is 1,600. Today I want to talk about the 100th Monkey Effect in terms of using this concept for the Planetary Cities of Light. The idea is that once there are a certain number of strongly activated Planetary Cities of Light, then that situation will quantumly activate the planet. When we talk about Planetary Cities of Light, it is interesting to observe this concept of the 100th Monkey Effect, because, in many ways, a Planetary City of Light has the ability to have an enormous influence on the world.

When you think of the Planetary Cities of Light, there are outstanding properties to talk about: First of all, it is one of the most magnetic and attractive forces for people to enter the Group of Forty. Second, the Planetary Cities of Light have the ability to form a network, and that network strengthens each Planetary City of Light, so that there is a "quantum" effect that each Planetary City of Light would not have individually. It is true that the Planetary Cities of Light Project, by itself, develops and helps each Planetary City of Light, on an individual level, with its energy and sacredness, but the powerful effects that a Planetary City of Light has, increase when working in a network. That is why the idea of the

100th Monkey Effect globally can increase exponentially and potentially in a way that can even outperform individual members.

What would it be like to have the 100th Monkey Effect transferred and implemented in the Planetary Cities of Light? Basically, it would be a worldwide movement in which suddenly all cities would want to be sacred; in which, in some way, all cities would want to protect their spiritual energy; in which all cities would commit to the purity and cleanliness of the environment; in which all cities would feel the interaction with Gaia.

What we are indicating for planetary healing is sacredness, spiritual protection, and the evolution of an energy field around each Planetary City of Light that connects it to higher fifth-dimensional energy. And this can become a real-world movement, and with this worldwide movement then you will see what I call the 100th Monkey Effect all over the planet.

What a beautiful approach to meditation! What a beautiful goal, when there is now a pressing need for hope, when there is a desperate need for change, when many people feel powerless! You and your work are offering hope and a solution to the planetary crisis.
I am Juliano. Good Day!

Blessings,



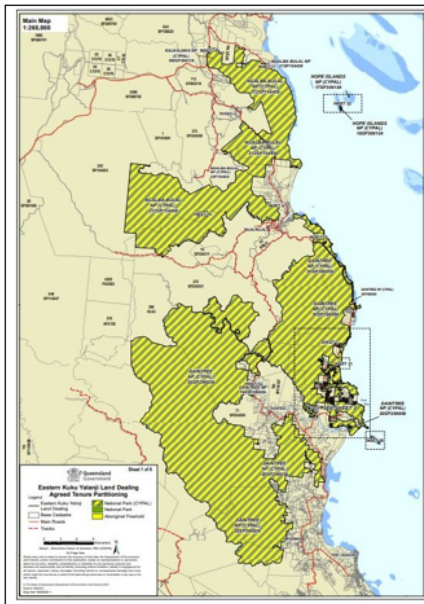
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Daintree Rainforest Returned to its Custodians



The world's oldest living rainforest has been returned to its custodians in a historic hand back ceremony in Far North Queensland. The Daintree Rainforest, estimated to be 180 million years old, was added to the UNESCO World Heritage List in 1988. Native title had already been established over much of the land, but the traditional custodians wanted more than recognition. They wanted a say in the management of their land and their cultural heritage. the Eastern Kuku Yalanji People will jointly manage the four national parks with the Queensland government.



The Eastern Kuku Yalanji people have taken formal ownership of 160,213 hectares of country. The Daintree is back in the hands of its traditional custodians.



Jane Scarratt
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Hello Starseeds,

I thought this month we would talk a little about Rose Quartz Crystal . This is a popular love Crystal and appears in many shapes and sizes see attached photo.

We regularly work with this Crystal in our PCOL meditations. The energies are always amazingly gentle - yet powerful!

We also have Rose Quartz Crystals in a grid around our house and around the boundary of our PCOL which we buried in Mother Earth at the time of download and activation of our PCOL.

Rose quartz - as many of you probably know - has a very warm loving calming nurturing supportive and compassionate energy and is a divine feminine energy encouraging self-love, self-worth, and self-healing - it's ideal for healing - especially the heart chakra!

Having Rose Quartz around you, your home or your PCOL will attract unconditional love energy which will naturally raise your vibration thus increasing the spiritual light quotient of you and Mother Earth - a boost towards ascension!!

Until next time,

Together in Unity Consciousness
Arcturus Light Blessings
Stephen



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 one monthly online meditation in the Zoom Webinar, on the fourth Saturday, at 5:00 Pm, with the aim of helping to repair the Earth as a living being. There are more than 80 participants from Spain, France, Mexico, Brazil, and South America attending the meditations. The Arcturian School also organizes Moodle courses and Zoom webinars for the training of Planetary Healers in the Arcturian teachings and the expansion of the Arcturian Project on the planet.

Online meditations at the Arcturian Temple

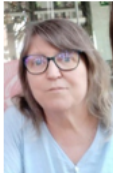
The Arcturian Virtual Temple is a virtual global meditation space reserved for the members of the Group of Forty, which is connected with our Temple in the Arcturian School and with the Temple of Tomar in Arcturus. It has been founded by the Arcturian School at the direction of Tomar to help accelerate the planetary Noosphere and human evolution. The Temple of Tomar on Earth has 12 Temple Guides and offers a daily meditation in the Zoom Webinar in Spanish, French, English, and Brazilian Portuguese.

Online meditations for Spain

The group of Sant Pere de Ribes, as the central group of Spain, organizes several meetings and meditations per month in Zoom at 12:00 noon in Spanish time with the Forty Groups of Spain for the protection and maintenance of the Planetary Cities of Light and coherence and strengthening of the peninsular network.

Check the calendar on the Facebook Groups:

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



Magda Ferrer

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National coordinator of the Group of Forty in Spain

Director of the Arcturian School and Tomar Temple on Earth



Mitla

Talking about a place like Mitla, is to talk about history, mysticism, tradition, and magic; about a place that inhabits in the eternity, where time is diluted to exist in the middle of an atmosphere full of color, smell, and taste.

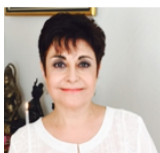
Mictlán, which in Nahuatl means "place of the dead", was the name that the Mexica gave to this place. The Zapotec name is Lyobáa, identified as "resting place", "grave", "place abundant in corpses" or "cemetery". Chronology: 200-1521 AD. C.

Mitla is the second-most important archeological site in the state of Oaxaca in Mexico, and the most important of the Zapotec culture. It became the main religious one in a later period as the area became dominated by the Mixtec. While the valley was relatively isolated, the Zapotec did have contacts with other Mesoamerican peoples. This has been demonstrated by cultural, pottery and other influences that flowed back and forth between other peoples.

The mixed Zapotec state had a population of more than 500,000. They had developed and used sophisticated construction techniques, a writing system, two calendar systems, and sophisticated systems of agricultural cultivation.

The archaeological zone of Mitla has monuments made up of two quadrangular courtyards surrounded by large rooms on each side. The other set is a single patio surrounded by stepped bases made of adobe. It is unique among Mesoamerican sites because of its elaborate and intricate mosaic fretwork and geometric designs that cover tombs, panels, friezes, and even entire walls of the complex. These mosaics are made with small, finely cut, and polished stone pieces that have been fitted together without the use of mortar. No other site in Mexico has this decorative work.

Oaxaca Travel, WIKIPEDIA, INAH



Ana Rosa Moreno

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Messages from GOF Members

Hello from Pam Stark and My Lakota Family!



My son, Jesse, and I went up to this sacred site. What a wonderful place to meditate and pray, and talk to the standing people and our mother. I was really feeling the little people around me.

We are going to go back up there or we'll take a trip to Mt. Shasta. I would like Jesse to play his singing bowls.

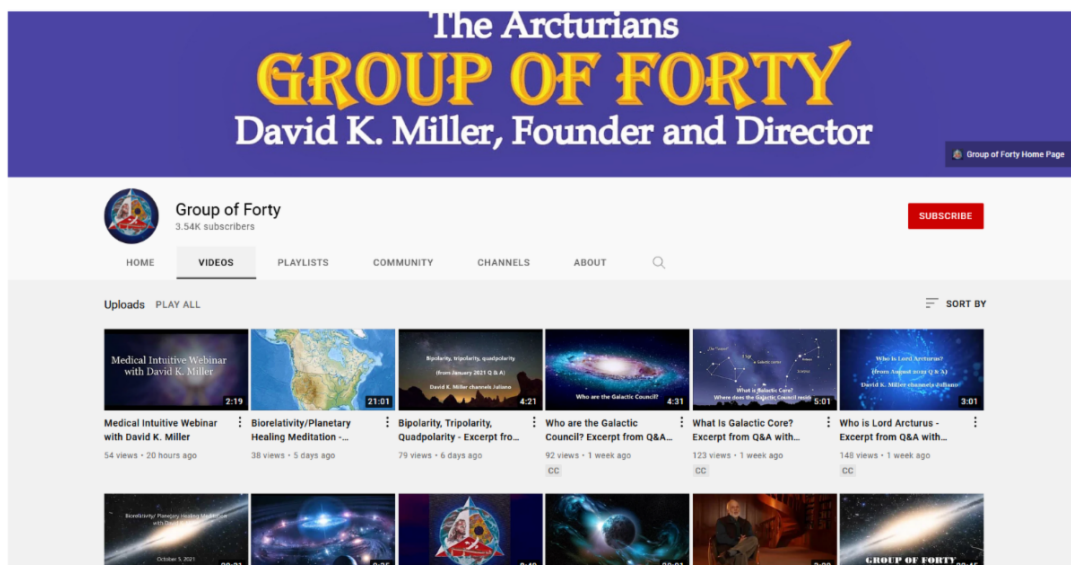
I just thought I would share Jesse's website with you. I'm very lucky; any time I have a block, I ask Jesse to do a sound bath on me.

My son is a Tibetan bowl sound healer. His passion is to wake people up.

Here is his website: www.Singingbowlhealing.com | Jesse Stark



Pam Stark
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We have been asked to add subtitles to Group of Forty videos. The YouTube channel does this automatically - it auto-generates the subtitles in all the different languages. As this is a computer translation, it is not perfect.

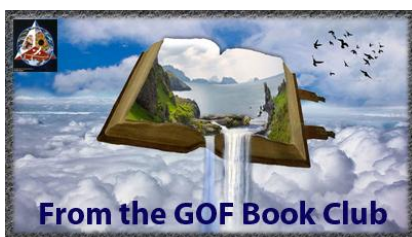
In order to see the subtitles, you must click the settings button in the lower right corner and then click



Description of Our Arcturian 'Tools' The Cosmic Egg Exercise

Extract:- Connecting with the Arcturians, Vol 2, chapter 21 | by David K. Miller

Become aware of your aura and see a blue line around it. This will be the line separating your energy field from the universe. You can draw the line with your mind. It has a powerful reality because you enclose your energy system in this line. The enclosure of the energy system is now in the shape of an egg, and we call this shape a cosmic egg. It is an archetypal shape of spiritual light and energy. When you bring your energy field into this archetypal shape, it allows you to do the spiritual exercises more easily and effectively. You can create protective fields and directly improve the functioning of your mental, spiritual, and emotional bodies. As you see your energy field with the line around it, become aware of how many inches away this line is from your physical body. Don't try to change that distance. It could be seven, eight, or twelve inches. The most important thing is that it is a distance you are comfortable within which you know that you can have a direct influence and control of the energies. As we have said earlier, I would much rather have you go eight inches out and feel more confident and have a greater effectiveness than to go fourteen inches out. Go eight inches out and then go into the shape of a cosmic egg. As you do, you will feel (*I hope*) a greater sense of organization in your four bodies.



GOF Book Club

How to Heal, Ascend, and Help Planet Earth

Book 1, Part 3, Chapter 1
By David K. Miller

Discuss How the Ascension Waves Will Work

A requirement for the ascension is that the fifth dimension is going to interact with the third dimension. This can actually be described as two spheres interacting — one sphere is the third and the other is the fifth. At the moment when these two spheres touch, there will be a downloading of intense spiritual light and energy from the 5D to the entire planet but only the Starseeds will be able to receive and use that light.

Remember, it takes energy and tremendous force to lift people into the fifth dimension.

There has to be a core group of people who have the power, the love, the spiritual light quotient to hold and establish the groundwork for an ascension. and can hold and transmit the energy to other people and that is a requirement.

It is generally believed that there will be three levels or three waves of ascension and that those who do not go in the first wave will definitely go in the second wave. In the third wave, people will go just because they are

totally convinced at that point that this is the best way to deal with everything.

If the date were given, it would affect how people act, which could negatively affect them. People might give up trying to heal Earth; people might give up trying to work. You are supposed to go on as if you are not going to ascend, even though you know you are. The ascension will occur with an awakening sound. This sound has never been heard with so much force by so many people at once.

The first wave can happen at any moment. It is interesting that as the world becomes more polarized and as there seems to be an increase in catastrophes on the planet at the same time spiritual openings for the ascension increase. Part of it is because of the polarizations. Polarizations do extend themselves to different political movements right and left and each one seems to get more polarized, this is true, but what is overlooked in polarization is that those who are spiritually minded get stronger, that is, the polarization is also moving you in spiritually in a stronger direction.

Most people are not going to have totally completed all their lessons. Most people are not going to be 100 percent ready, and it is understood that complete readiness is very difficult to achieve. However, there is an aspect of ascension called grace. Sananda oversees that aspect of ascension, but the idea of grace is this: You are gifted a special compensation. You are granted a special light that helps you bypass and skip some things so that you can ascend. The only thing that is required from you is that you have a sincere and honest intention to ascend and that you continue to work on yourself as hard as you can. So do not give up and say, "I am just going to wait for the ascension," but work as hard as you can with a direct and open heart. And then grace will lead you in the way up.



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Q *Dear Juliano:* Tell us more about the state of mind one needs to achieve at the moment of ascending. We need to leave the world behind and not look back but we worry about the state of the planet and the future for our children and families.

You mentioned that ascension would probably happen when the world is in turmoil and that preparation is a key. One of our own lessons, does that mean letting go of failures? Do we have to let them go as lessons that we are here to learn? Is it a good idea to drop the belief that we need to be here to help?

A It is a long question and we will take it in sections. The state of mind necessary is called detachment and the idea is that you cut the cords of attachment to the planet. Now when you start talking about what my children need then, that is not bad but it is a sign that you are not ready to detach and leave. So the idea in ascension is that you are detached from the planet, that is the state of mind.

Now detachment is not bad, it is not a negative thing, and so the words in English make it sound as if it

is indifferent, you are not indifferent, you still have empathy for the planet but you realize that this is a learning planet that these are some of the things that are part of the process here and you detach from that because you are graduating and that is the right attitude.

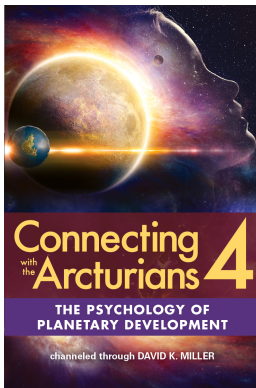
No, we do not use the word "failure", we use the word "learning". You are here on this planet to learn. I do not expect that everybody is going to be a hundred percent successful so if you are going to focus on failure and use that system then you are going to experience guilt and a lower vibration but if you say well, this has been part of my learning experience and I have learned a lot. You can think: I have tried this and maybe it did not work successfully but this is still part of the learning.

So we are looking at graduation from the Earth and in graduation, if you look back at all the courses you took in high school you might not have A's in everything and you might have even failed one course and you might have gone to summer school to make it up. Look at it that way, do not look at failure but look at graduation.

Being here to help is not a bad belief. You need to be here to help but the question is when your soul is ready to graduate then do still you need to stay in high school? If you are ready to graduate and there are still problems in high school, are you going to foil your graduation and say, no, I am going to fail or I am going to stay here so I can help everybody, or do you want to go on. Think, I am graduated, I can move on, and that is the attitude. So look at it as a graduation as opposed to needing to be here.

Now if you say that you need to be here then maybe you are not ready to graduate but that is not a judgment, that is your call. You have asked what is the proper attitude and the proper attitude is graduation, you have learned lessons and you are ready to move on to college.

ANNOUNCEMENTS



[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.

You can buy these books at the following links:

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

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

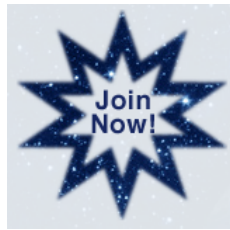
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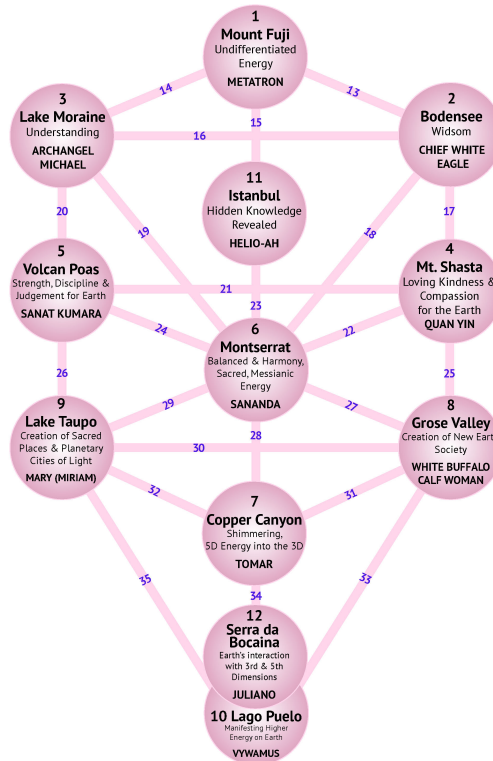
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Newsletter edited by David Miller and Jeri Denniston (jeri@dennergroun.com) with editorial help from Birgit Smothers. If you have articles to contribute, please send them to: birgit@groupofforty.com by the 18th of each month.

Tree of Life

Arcturian Tree of Life with Numerical Paths

Each Sphere is associated with a Spirit Guide and Sacred Location



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For more information and explanation of the Arcturian Tree of Life, please contact David at davidmiller@groupofforty.com

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