



**Due to the holidays, there will NOT be a December newsletter**

## Climate Anxiety and the Sixth Mass Extinction

*By David K. Miller*

I read about a new term in the media called "climate anxiety". It is defined as a condition in which a person experiences severe anxiety over possible, future catastrophes due to climate changes. It is interesting to me that no one talks about mass extinction anxiety. I would define this as fear of the end of all plants and animal life on this planet, and the severe, catastrophic consequences from a mass extinction.

For some reason, information about the sixth mass extinction has not made it to the forefront of the media, and no one in the media seems to connect the danger that the sixth mass extinction poses to the survival of humanity. Maybe the sixth mass extinction is immediately affecting people living comfortably in their suburban homes. However, there is a chaos theory called "the butterfly effect." This effect refers to a phenomena in which an unbalanced system can collapse at any moment, and that such a collapse could be set off by a seemingly insignificant event.

In chaos theory, a shift or change in the direction of the flight of a butterfly could set off an imbalance, causing catastrophic changes in the biosphere, hence, the name, the butterfly effect. Of course, we all hope that our biosphere will not collapse, and our planet will be balanced. This butterfly effects reminds me of how many in the world approach extinction of a seemingly minor species. E.g., we often hear about protective species such as seemingly insignificant fish, maybe even birds or rodents that are on the brink of extinction. I often hear he argument "what difference does it make if this species of fish, or this insignificant species of birds become extinct? That dying species does not affect my life, so the argument goes. The point of the butterfly effect is no one knows for sure what an effect on the entire planetary balance will have when a certain species dies. Even changing the flight path of a Monarch butterfly or the extinction of an insignificant species might set off a chain reaction that could lead to planetary chaos.

Every species is part of the beautiful balance that holds the biosphere together. We need to convince people that all species are sacred and important, no matter how insignificant we might think they are.



David K. Miller |  
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# STARSEEDS Counseling

Dear Friends,

Spiritfire would like to comment on the holiday of Thanksgiving that we celebrate in November in North America. Gudrun

I greet you in the light of this new day. I am Spiritfire. I want to thank all of you for honoring the Mother Earth. I am grateful to see the love and respect that you have for her and also the dedication you show in honoring her by creating sacred spaces. You also speak to her of your commitment to her healing! She is listening. She loves you!

You have a beautiful tradition in North America called Thanksgiving. You gather with your families and celebrate the harvest. It is a joyful time of sharing love and sharing the abundance of this planet.

We also had a tradition of giving thanks but it was in the form of gratitude that we expressed in every moment of our day. When we rise in the morning, we thank the Creator for another day. We thank the sun for rising and giving warmth. We bless the food that we eat and we give a small portion to Mother Earth in gratitude. At night we give thanks for the stars and for the Star Brothers and Sisters that watch over us.

We give thanks for all of our brothers and sisters in the animal and the plant kingdoms. We give thanks for our tribal family. We are grateful for the wisdom of the elders and for the gift of our children.

I encourage you also to give thanks for all that you have in your lives. It makes life beautiful!

Blessings, Spiritfire



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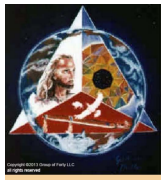
## Group of Forty Monthly Lectures

with David K. Miller



The next lecture is on Saturday, December 4, 2021 at 5:45 - 6:45 p.m. Phoenix, Arizona time (MST). We will be meeting on [freeconferencecall.com](https://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](https://www.timeticker.com) or [www.thetimenow.com](https://www.thetimenow.com) Contact David Miller at [davidmiller@groupofforty.com](mailto: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.



## IMPORTANT NOTICE!

EFFECTIVE NOVEMBER 16, 2021  
OUR NEW CONFERENCE PHONE NUMBER is

**1-667-770-1669**

The country codes remain the same

## MEETING OUR GLOBAL MEMBERS

### Mariana Wrege

My name is Mariana Wrege, mother of 6 years-old Luka and married to Jorge. I am grateful and happy to be a member of the Group of 40.

I am from Brazil, currently living in Sydney - Australia. I have a Masters and a Doctor Degree in Psychology and Human Development and I have worked teaching kids and adults (mostly teachers and school principals) for over 20 years. Since I was a child, I have loved everything Spiritual. Growing up in Brazil led me to study and learn about various religions which was great, however I always thought that there was something "missing".

Moving to Australia in 2014 was amazing yet challenging (as any big moves, especially one across the world!). Those challenges led me to search for tools to support myself and my family during tough times. I came across Coaching where I learned various techniques such as NLP, Hypnosis, mBit, Tapping (EF), Archetypal Coaching, Reiki, Access Consciousness... Even though they were amazing I still felt that there was a "gap" inside.

In 2020 I came across the Quantum Stellar Board, which is a tool that helps to clear, harmonize and balance our physical, emotional, mental and spiritual bodies. As the name indicates, it is "Stellar" and it works with the support of various Commands such as Ashtar Sheran's. My rational mind at the time of the course I was doing was telling me that the things I was learning were "crazy" and could not be true. My heart, on the other hand, was telling me "Yes! This is it!" Working with the Board has broadened my mind and spirit to Extra Dimensional life.

In June this year my Quantum Stellar Board teacher introduced me to another technique: the Arcturian System of Multidimensional Healing, channeled by Clarindo Melchizedek. I felt a deep connection with the Arcturians and, as a good lifelong learner, I started researching about these amazing loving beings. That is how I came across David's book: "Connecting with the Arcturians". I am just starting to learn more about Extra Dimensional civilizations and each thing I learn makes my heart warmer with love.

Nowadays I work as a holistic healer and teacher of these wonderful techniques, and I can say that I now found the pieces that were missing. Thank you for the opportunity to learn with you all, it is a great honor for me.

Much love, Mari



**BIORELATIVITY**  
Earth Balance Teams  
Planetary Healing



**Group of Forty**

<https://www.groupofforty.com>

Free Conference Call wants to improve their call service, so from 12:01 AM on November 16th there will be a new dial-in number for meditations: **1-667-770-1669**

The access numbers do not change. However, if you happen to dial into the old number, after the changeover, you will be asked to hang up and redial the new number. The operator will advise you of the new number.

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 Mediations" is a phrase members could use when 'selling' GOF to outsiders. We would still use the word 'biorelativity' within the Group of Forty.

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 meditation recordings sent to them so they can download them to listen to at any time. Just email: [janes carratt@gmail.com](mailto:janes carratt@gmail.com).

The Biorelativity Team is presenting a minimum of 19 plus 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 any further information you may need. [janes carratt@gmail.com](mailto:janes carratt@gmail.com) We also send out a weekly list of meditations to anyone who asks for this service.

## 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 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](#). Explore the home page, videos, and playlists.



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## News from the Planetary Cities of Light Project

### Recently activated in October:

Valle de la Ascension PCOL, Aguascalientes, Mexico  
 Maestro Juliano PORL, Costa Rica  
 Walaba PCOL/PORL, Costa Rica

### Activations in November:

Trinatoma Mainimbu, PCOL Argentina, November 13 at 9:00 am Arizona time  
 Ensenada PORL, Mexico, November 14 at 10:00 am Arizona time.  
 Santa Veronica PCOL/PORL, Costa Rica, November 20 at 10:00 am Arizona time.

### Next in line:

Libertad Tundama PCOL, Colombia  
 Luz Tinjana PCOL, Colombia  
 Corazon Cristalino PORL, Colombia

The PCOL Committee has decided that in 2022 we will be transitioning from the monthly Global PCOL Network meetings to Quarterly meetings. We feel that this will allow for greater participation and bring more focus and strength to the network. Also, we will not be having our monthly PCOL global meeting in November and, instead our last one for the year will be in the month of December.

We continue to encourage the PCOL's to look at ways to bring Homo Omega into the PCOL's to include adding a statement about this in the beginning of your meditations. The PCOL project itself is a big part of the Homo Omega evolutionary process, and by elevating the Spiritual Light Quotient we make people more receptive to Homo Omega.

Our next Quarterly Spanish meeting will be on November 20 where we will also be activating the Santa Veronica PCOL/PORL in Colombia. Please come and join us.

I wish to also thank all the country coordinators and PCOL coordinators for the terrific positive reports from the their PCOL's, some of which I shared at the GOF annual meeting on October 30.

Remember all GOF members are invited to the global PCOL network meeting on December 19 at 12 pm Arizona. You do not have to live in a Planetary City of Light to attend. Your energy is welcome and adds strength to the network and you will also receive energy and light. So be sure to come!  
 And for those of you celebrating the Thanksgiving holiday this month I wish you a Happy Thanksgiving!

*There is a sun in every person—the you we call companion.*

*Quality*

*Rumi*



Robert Maldonado  
 International PCOL Coordinator  
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October 31, 2021  
Channeled by David K. Miller  
davidmiller@groupofforty.com  
all rights reserved

Greetings. This is Juliano. We are the Arcturians.

When you are working to raise the spiritual light quotient of the Planetary City of Light, you are on the right path. There are several important points to note: First, the Planetary City of Light you work with has superior arcan power in its energy field. This means that the meditations you do in the Planetary City of Light have a higher power of thought, and it means that it is more possible to manifest. Secondly, I agree that, by raising the spiritual light quotient of the Planetary City of Light, your arcan power increases and therefore you find yourself in a stronger position to work towards the manifestation of Homo Omega. What is clear is that the solution to this crisis of the Earth, to this planetary crisis, lies in a spiritual intervention, and the nature of that spiritual intervention includes working for the evolution of Homo Sapiens.

The evolution of Homo Sapiens into Homo Omega is a galactic project. The Galactic Masters, the Ascended Masters, the other masters and guides from all over the galaxy, are sending their energy and light to help you manifest Homo Omega. In fact, the designation of a Planetary City of Light allows the city to receive galactic energy. We talk about grid energy, but I know that everyone involved in this project is very excited about connecting with the galaxy and galactic energy. Yes, we call this project Planetary Cities of Light but this project, by its very nature and achievement, connects with galactic energy. And you are starseeds, and this means that it is natural for you to connect, to contact the galactic energy. We have provided several spiritual technology tools to make this easier. Remember that we have the Ring of Ascension and the energy of the Cosmic Cross connecting with the galactic center.

I encourage each Planetary City of Light to choose a star system that you feel close to. Many of the star system choices you feel close to depend on where you are located. For example, in the northern hemisphere, Arcturus stands out in the sky especially during the winter, and for the Planetary Cities of Light of the northern hemisphere it would be easy to choose it as their allied or closest star. But in the southern hemisphere you can find that Arcturus does not stand out so much and you can have other star systems, other stars that stand out before you.

Remember that one spiritual exercise and technique I have suggested is the visualization of yourself sitting in a chair above the Earth, for example above the North Pole, discharging light from Arcturus into your crown chakra. I would like to say that we are going to make an addition and say that you are sitting in a chair in alignment with the star Arcturus and you are discharging that light into your Planetary City of Light. What is important is that you and your members, as a Planetary City of Light, have to come together and agree on which star system, which constellation, you feel closest to. It may also be another galaxy, as I know that some of you feel close to the Andromeda galaxy. And there are many other galaxies, so this might require some research on your part, but for this initial exercise I recommend that, from your Planetary City of Light, with the knowledge and intuition that each of the members has, decide which star system you feel closest to and work on connecting and discharging that energy in your Planetary City of Light, and it is preferable that it is a star system that is visible. It is also true that from your Planetary City of Light you can connect with a star system or with the Central Sun and the energy of the Central Sun.

What does this bring you as a Planetary City of Light? What does this bring to you as starseeds and meditators? First of all, remember that on highly evolved planets in this galaxy there are Ascended Masters. Secondly, just like you contact looking for galactic powers, galactic energy, quantum energy and Omega Energy, other starseeds members of Cities Galactic Light Planets are also doing it. Because there are Planetary Cities of Light in other parts of this galaxy and, like you, these Planetary Cities of Light are moving to connect, to receive, to interact.

Yes, it requires superior sensitivity. Yes, it requires some knowledge of the star systems that are visible to you. It might be necessary to observe a star map, it might be necessary to observe the stars at night. The question is how your Planetary City of Light connects with the galaxy and with the network, because there is a network, there is a galactic network of Planetary Cities of Light. Therefore, on the one hand we say, "Yes, you are a Planetary City of Light," but another aspect of your job is to become a Galactic City of Light.

This can be visualized as a multidimensional energy, and I will tell you that the Planetary City of Light

with which you are working is multidimensional. This means that the Planetary City of Light, as it evolves and increases its energy, participates in higher dimensional processes, and this requires an expansion of the energy field of the Planetary City of Light. Perhaps the visualization I recommend comes from the visualizations related to presence and are known as "I Am Presence".

Remember that in this visualization you are on Earth and then you have your Middle Self upon you and your Higher Self upon your Middle Self, and this is connected with the Universal Light. Try to visualize your Planetary City of Light being multidimensional, try to visualize that the Planetary City of Light has aspects of itself that include the Lower Self, the Middle Self and the Higher Self. It would actually be the Lower Light Planetary City, the Medium-level Light Planetary City, and the Upper Light Planetary City. The Planetary City of Lower Light is the energy with which we have been working to transmute it, and remember that we do it through the exercise of the basket, where we descend the basket and collect the energy of the Planetary City of Lower Light, raise the basket and in our starship we transform it into higher light.

So, the Planetary City of Light has multidimensional layers, and the higher energy field of the Planetary City of Light is receiving and interacting with higher-dimensional energy. We want to create pathways of connection between the aspect of the Planetary City of Upper Light and the lower energy field, and the upper aspect of the Planetary City of Light extends throughout the galaxy. This is another way of saying that each Planetary City of Light has a higher potential, each Planetary City of Light is being aware of its lower aspect, its middle aspect and its higher aspect, and the higher aspect connects with the galactic energies, just as you have a Lower, Middle and Higher Self and your Higher Self is connecting.

In short, I recommend that you choose a star system with which you feel close, and all or several can choose the same, that does not matter. You can choose Arcturus, the Pleiades, Antares, Sirius, Aldebaran, there are many star systems available in the night sky. In your meditations in your Planetary City of Light, connect with that star system, adopt, if you will, one of those star systems, and then begin the process of connecting and interacting on a galactic level. And finally divide the conceptualization of your Planetary City of Light into Lower, Middle and Upper, and conceive your Planetary City of Light being multidimensional. You will see that this will be an amplification and an elevation of the spiritual light quotient of the formidable Planetary City of Light.

Blessings to all. I am Juliano. Good morning.



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Images of the Grose Valley, Blue Mountains, New South Wales, Australia. Home of the Grose Valley crystal.  
Taken by one of our members.

## Kowanyama Aboriginal language program revives cultural connection



Aboriginal languages once banned under colonial rule are making a classroom comeback, creating new connections to culture in remote western Cape York Peninsula, Queensland. Kowanyama, north-west of Cairns, is home to three distinct language groups that were almost eradicated. But they are now being taught to students at Kowanyama State School and it is having a far greater impact than anyone in the community could ever have imagined. First Nations people were forbidden from speaking their languages — Kokoberra, Kokomnjen and Kunjen — when they were moved onto Anglican missions in the early 20th century.

Kokoberra elder Priscilla Major is one of only a few people remaining who speaks all three languages fluently. "Adults who are in their 20s, 30s and 40s, even in their 50s and 60s don't know their language," Ms Major said. Students are venturing out of the classroom and onto country. "Being outside learning in the way they used to learn and their ancestors used to learn was a really important aspect for them," Ms Bell said. On the banks of Magnificent Creek, which runs through the heart of Kowanyama, students learn to say the Aboriginal names of local flora and fauna. They also visit Kowanyama's aged care home to share their lessons with community elders and learn more about Aboriginality. "Identity is a really important part of being an Aboriginal person, and that identity was taken from a lot of people a long time ago," Ms Bell said.



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**Group of Forty**

<https://www.groupofforty.com>



Hello Lightworkers and Starseeds,

I thought this month we would talk a little about Honey Calcite. We have been working with Honey Calcite recently in Polbathic PCOL meditations along with many other calcites we have worked with over the years eg Orange Calcite, Green Calcite and Blue Calcite.

Calcites have a very gentle energy - good for cleansing, purifying, energising, and emotional healing. I have always enjoyed the energies when working with Calcites.

Honey Calcite helps in our meditations with calming, balancing and healing the emotional body bringing serenity and bringing the emotional body into alignment which helps raise the spiritual light quotient of our planet - which is needed now more than ever - for Mother Earth.

Arcturus Light Blessings  
Together in unity consciousness  
Stephen



## UXMAL

Uxmal is an ancient Maya city of the classical period located in present-day Mexico. Its name comes from “Oxmal” which is Maya for “three times built”. It is considered one of the most important archaeological sites of Maya culture, along with Palenque, Chichén Itza, and Calakmul in Mexico. It thrived between the 7th and 10th centuries AD and its numerous architectural styles reflect several building phases. It is in the Puuc region of the eastern Yucatán Peninsula. Recent studies have suggested that Uxmal was the capital of a regional state that developed in the Puuc region between 850 to 950 AD. It has been designated a UNESCO World Heritage Site in recognition of its significance.

Uxmal is located 62 km south of Mérida, capital of Yucatán state in Mexico. Its buildings are noted for their size and decoration. Ancient roads called sacbes connect the buildings.

Its buildings are typical of the Puuc style, with smooth low walls that open on ornate friezes based on representations of typical Maya huts. These are represented by columns (representing the reeds used for the walls of the huts) and trapezoidal shapes (representing the thatched roofs). Entwined snakes and, in many cases two-headed snakes are used for masks of the rain god, Chaac; its big noses represent the rays of the storms. Feathered serpents with open fangs are shown leaving from the same human beings.

The buildings take advantage of the terrain to gain height and acquire important volumes. The House of the Magician is the most impressive structure; The Nunnery was named by the Spaniards; The Governor’s Palace is an excellent example of stone mosaic work; other buildings are the House of the Turtles; the Platform of the Jaguars; the House of the Doves; the Ball Game and The Grand Pyramid, which cover an area of more than 1,200 m<sup>2</sup> (12,917 sq ft).

Source: WIKIPEDIA, Yucatán Today



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#### **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/templvirtual/>

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



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National coordinator of the Group of Forty in Spain

Director of the Arcturian School and Tomar Temple on Earth

## **Messages from GOF Members**

### **Omega Man/Woman Essential Oils Blend**

Contributed by Tim Maher - Texas [tnmaher88@gmail.com](mailto:tnmaher88@gmail.com)

As an aromatherapist, I have developed many wellnesses, metaphysical, and massage blends. I also use my blends in my massage therapy sessions as needed. My first step was to research the oils that could be used to create the blend. I needed a balance of Divine Masculine and Divine Feminine oils and should include some of the oils that were not only used in biblical times but included an association to the spheres of the Arcturian Planetary Tree of Life. My research has provided me with the following data to create the blend.



The Oils			Possible Spheres
Bergamot	Oil of acceptance and self-love	Both Male and Female	4
Cedarwood	- Oil of community	Female	8/9
Clove	- Oil of boundaries	Male	5
Frankincense	- Oil of the Highest Self	Male	1
Lemon	- Oil of Focus	Male	10
Magnolia	- Oil of Compassion	Female	4
Myrrh	- Oil of Awakening the Higher Self	Female	6
Rose	- Oil of the Divine	Female	11
Rosewood	- Oil of Balance and Centering	Male	6
Sandalwood	- Oil of the Multi-dimensional Self	Male	6/12
Thyme	- Oil of Release and Forgiveness	Female	4/5

Notice the balance of the oils, five male and five female and the association with the spheres of the Arcturian Planetary Tree of Life.

I have put together three possible blends for the Omega Man/Woman energy and awakening. Each blend will create 10mL of blended essential oil that can be added to a base oil for topical use, diffuser use, or bath use.

Omega Man/Woman #1 (the balance of 4)			
Bergamot	40 drops (2mL)	- Oil of acceptance and self-love	Both Male and Female
Frankincense	20 drops (1mL)	- Oil of the Highest Self	Male
Lemon	20 drops (1mL)	- Oil of Focus	Male
Magnolia	40 drops (3mL)	- Oil of Compassion	Female
Myrrh	20 drops (1mL)	- Oil of Awakening the Higher Self	Female
Rosewood	20 drops (1mL)	- Oil of Balance and Centering	Male
Thyme	40 drops (2mL)	- Oil of Release and Forgiveness	Female
Omega Man/Woman #2 (the feminine energy increase)			
Bergamot	40 drops (2mL)	- Oil of acceptance and self-love	Both Male and Female
Frankincense	20 drops (1mL)	- Oil of the Highest Self	Male
Magnolia	60 drops (3mL)	- Oil of Compassion	Female
Myrrh	20 drops (1mL)	- Oil of Awakening the Higher Self	Female
Rosewood	20 drops (1mL)	- Oil of Balance and Centering	Male
Thyme	40 drops (2mL)	- Oil of Release and Forgiveness	Female
Omega Man/Woman #3 (the balance of 4)			
Bergamot	40 drops (2mL)	- Oil of acceptance and self-love	Both Male and Female
Frankincense	20 drops (1mL)	- Oil of the Highest Self	Male
Magnolia	40 drops (2mL)	- Oil of Compassion	Female
Myrrh	20 drops (1mL)	- Oil of Awakening the Higher Self	Female
Rosewood	20 drops (1mL)	- Oil of Balance and Centering	Male
Thyme	40 drops (2mL)	- Oil of Release and Forgiveness	Female
Sandalwood	20 drops (1mL)	- Oil of the Multi-dimensional Self	Male

The final step is to combine the blend with a base/carrier oil like Sweet Almond, Coconut, Jojoba, Olive, Sunflower. Take 20 drops or 1mL of the blended oil and add it to 6 teaspoons of a carrier or base oil. This combination should provide you with 30mL of an Omega Man/Woman blend that can be used in a variety of methods for yourself or others. Wearing a drop on your forehead or behind each ear will help awaken the spirituality and balance of those around you.



transcends logic. And what is different about the Group of Forty and maybe other spiritual groups, is the connection to quantum healing, the connection to using a force, that is transcending the space/time continuum as it is manifested on the Earth. Many high level teachers and spiritual masters on the Earth recognize the existence of galactic life and spiritual energy and realize that there are certain ways of collecting that energy. The Arcturians have demonstrated to us that there are certain techniques of connecting with the fifth dimension. This includes using the corridors and going to the crystal temple, of using the Ring of Ascension, and being able to use the etheric crystals. The etheric crystals are all duplicates of the master crystal from Arcturus that is in their crystal temple. These duplicate crystals have been strategically placed around twelve different places on the planet that hold a specific energy. That means that the fifth-dimensional energy is anchored in these places.

In the Arcturian planetary tree of life, the crystal downloaded at Serra da Bocaina in Brazil represents the interaction of third-dimensional energy with fifth-dimensional energy. The Arcturians believe that Brazil is able to hold galactic energy and that it can hold the interaction of this galactic energy within the third dimension. We have tried to teach that Earth is interacting with the galaxy. Logically, it is hard to understand how Earth can interact with a galaxy that has billions of stars within it and is so unimaginably large. There is no logical way to explain it to you. But I can tell you that the light-force energy and the spiritual energy from higher light sources are able to cross all dimensional areas.



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**Q** *Juliano, I have studied with various lecturers about the 12 stages of Light body.*

- *Could you talk about the specifics on Light Body transformation?*
- *Are all Starseeds going through similar processes/stages/ sequences?*

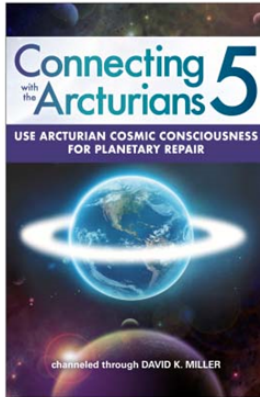
**A** Well there are many discussions and different attitudes and different observations about the light body. Ours is based on more of a simplistic description, that is that we do not describe stages, rather we give the basic description of your light body as your 5th dimensional body. Each person's 5th dimensional body can be based on their own imagination or their own memory of their highest historical point of health and beauty on the 3rd dimension.

That means that you have the ability, each of you, to formulate and help create your 5th dimensional body. Our description then is that the light body is the 5th dimensional body. When you see pictures of Ascended Masters either on the internet or in special spiritual books, you always will see them in their 5th dimensional body and they are appearing then in their highest and most beautiful and harmonious form. That is what your 5th dimensional or light body will look like. I do say that the light body and/or the 5th dimensional body which are the same, are vibrating in alignment with your highest soul. Some call it the I Am Presence or as it is also called in Hebrew the Neshamah, the higher soul.

I believe that is all you need to know, that your 5th dimensional body and light body are the same and

that you, in your highest wisdom and expanded consciousness, will help to co-create that 5th dimensional body and I encourage you in your practices and meditations, to visualize that body and visit that body and practice integrating the body. Our approach then is what some would call rather a simplistic approach however it does work and it makes it easy and obtainable for all Starseeds.

## ANNOUNCEMENTS



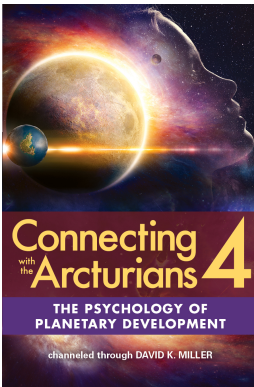
We are happy to announce that David's new Book, "*Connecting with the Arcturians 5*", is now available as an eBook!

Direct Amazon link:

[Connecting with the Arcturians 5: Use Arcturian Cosmic Consciousness for Planetary Repair](#)

Kindle edition by Miller, David K.. Kindle eBooks @ Amazon.com.

It is also available on Apple iTunes, Google Play, Barnes & Noble, and Kobo.



[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](#)

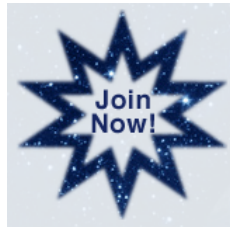
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## **Our Purpose:** **"40 Groups of 40 will be formed for Personal and Planetary Healing - Bringing us to the Fifth Dimension!"**

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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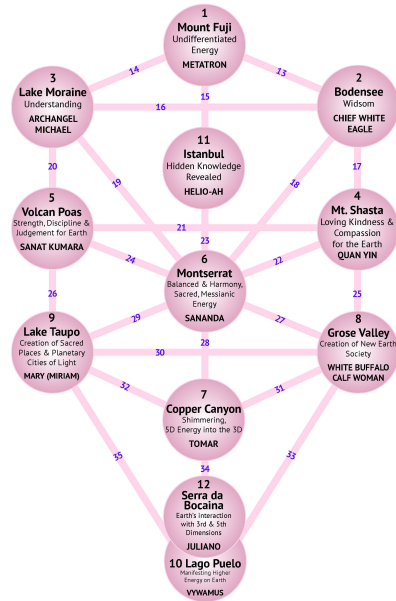
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# Tree of Life

## Arcturian Tree of Life with Numerical Paths

Each Sphere is associated with a Spirit Guide and Sacred Location



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