

December 2021



# Group of Forty

## Australia and New Zealand

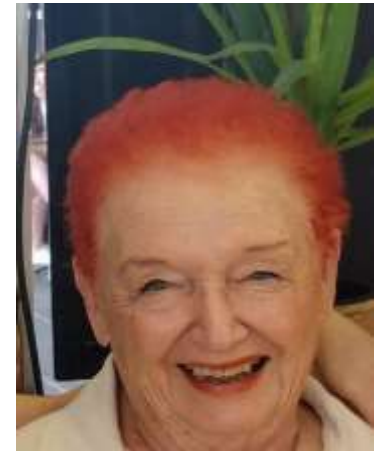
[www.groupofforty.com](http://www.groupofforty.com)

David K Miller Founder/Director



MERRY CHRISTMAS

**JANE AND ALL THE GROUP OF FORTY MEMBERS IN AUSTRALIA AND NEW ZEALAND WISH EVERYONE A HAPPY CHRISTMAS.**



**MAY 2021 BE FILLED WITH ALL KINDS OF BLESSINGS FOR YOU AND YOUR FAMILIES.**

**WE LOOK FORWARD TO A 'YEAR OF TRANSFORMATION' FOR MOTHER EARTH AND NEW HEIGHTS OF UNDERSTANDING AND A HIGHER CONSCIOUSNESS IN HUMANITY THAT WILL BRING FORTH THE EMERGENCE OF HOMO OMEGA**

## Content

Page 2	Meet our members
Page 7	Q and A
Page 8	Cosmic Arrow
Page 9	Herbs
Page 10	PCOL news
Page 11	Biorelativity news
Page 13	Book Club
Page 15	Namaste wildlife news.

**2022 Australian GOF Annual Conference**

**October 14/15th 2022**

## MEETING OUR MEMBERS

Hi I'm Carol Bird from Auckland, New Zealand. I joined the GOF in August this year and have been actively participating in the weekly group meditations. It has been an accelerating period of great spiritual growth since my connection with Juliano and the Arcturians. I bought David's book on New Spiritual Technology for the Fifth Dimensional Earth about 10 years ago but did not really understand the techniques the Arcturians talked about. During lockdown, I picked up the book again and the content started to make sense to me and I felt a strong impulse to connect with the GOF to do planetary healing. I grew up in a conventional Chinese, Shanghai-nese family back in Hong Kong. I went to Catholic Church and schools. The first spiritual experience I remembered was when I was about 8 years old. Jesus came to me in my bedroom in a bright light ball and he healed my sore eyes from crying. I wanted to end my life that time; the earth experience was just too violent and painful for me. My family decided to immigrate to New Zealand when I was a teenager and I completed my Uni education in Management at University of Auckland. I wasn't able to fit in anywhere in the family, in the society and the path of questioning 'why am I here and what am I supposed to do' continued. My life changed drastically when I separated from my partner and took my 4 year old daughter to India in a search for Enlightenment. The spiritual discipline in Yoga helped me a lot and I completed a 2 year Postgraduate diploma under the traditional Himalayan Yogic path, Guru Parampara collaborating with Andhra University. I came back to Auckland when my daughter turned 6 because I wanted her to have a holistic education in a Steiner School.

Fast forward 10 years later, I'm now transformed into a full-time Auric Magnetic Healer (Energy Healing). It was as if suddenly I received an activation and things started falling into place. I'm fulfilling my life purpose/mission in the midst of global pandemic and chaos. I work with Ascended Masters, Archangels and Galactic Masters who show me sacred geometries, vibrational movement and sounds in my healing. I'm called to prepare people's bodies to a Light body.

## CAROL BIRD –NZ



Recently I have been working with people remotely who suffered vaccine effects and the healing helped with clearing toxicity of blood and blockages in various areas. I'm also teaching children (Age 7-9, 10-12) on zoom about tapping into cosmic consciousness, how to feel energy, their chakras and perform self-healing and protection. The GOF meditations we do weekly are powerful and instantaneous. David's books keep expanding my understanding/ remembrance of past life experiences. It is of tremendous importance that I incorporate the Arcturians technique in my spiritual daily practice and healing. I'm very grateful to David and the team of GOF for their work to pave the way for people like me. Thanks for letting me share my journey.

Email: [carolamh2020@gmail.com](mailto:carolamh2020@gmail.com)

## HELLO FROM OUR LAKOTA FAMILY

Here is a picture of **Chief Arvol Looking Horse**, the 19th keeper of the sacred white buffalo calf pipe and bundle. **Pam**, my good friend on the left, **Jake Sounding Sides** and my other good friend **Yogi** on the right. We were at a conference.





## Want to know my magic formula to getting to more of the GoF meditations? by Nadia, member in Victoria

Lately, I really had trouble getting to our weekly meditation offerings, and my energy was suffering as a result. One of my GoF friends said "even if you can't do the meditation, just listen in - a part of your higher self will still be involved." OK, so in that case, my only challenge was to join the call! I came up with my magic formula and its made all the difference, my energy and skills are being raised!

### Do you want to hear the magic formula to getting to the GoF meditations? Just putting it in the calendar!

#### Here's what I do:

1. Go through Jane's monthly list of events, add every meditation on that day/time, include the phone number and code. Set it up as a "recurring meeting" with "no end date" (or 'till the Ascension, whichever comes first!). Because most of the GoF meditations happen on the same days and times each week you really only need to do this once - then watch out for any changes to the Q&A or monthly lectures, or PCOLs etc.
2. If you have separate work and personal calendars, like I do, set them up in both! For my work calendar, I didn't want any of my 'normie' colleagues to see all the meditations, so I set up the meetings as "private" and "show as 'Free'" - this means if someone at the office needs to book me at that time, they still can.
3. Set a reminder pop up 15 or 30 mins before, whichever suits you best.

In my experience, when I get the pop up reminder, see it on my work laptop and mobile phone at about the same time. I ask "does this suit me now?" Usually it does! On the weekends, I get the pop up on my mobile and can often wrangle my plans to call in. I estimate this has almost tripled my attendance at meditations. And do you want to know the best bit??? **The more you GO the more you GROW!**

**Nadia Armstrong   Senior Omnichannel Business Analyst**

### The Population of the World

Christ is the population of the world,  
and every object as well. There is no room  
for hypocrisy. Why use bitter soup for healing,  
when sweet water is everywhere.      Rumi

## Q and A with Juliano through David K Miller

**Rita in Switzerland asks:**

**Juliano, how can we recognize or find our home planet, our galactic roots? Thank you.**

**A** I think it is a wonderful task to search for and find your own planet but in order to do that you have to have some knowledge of the galaxy and it has only been recently that there has been the updated pictures and updated explorations from the Hubble telescope for example, that would even provide most people with the perspective on their galactic homes.

Now generally we speak about the Pleiades, the Sirians, the Antarians, the Andromedans which is in another galaxy, and also from Arcturus and our moon planet Alano. These are just several of the home planets that are potentially related to you in your search. But there are many unknown planets, that is, planets that have not been discovered yet or that might be in star systems on the other side of the galaxy that you do not know about.

So, my recommendation is to:

1. to the best of your ability try to study and explore astronomy. Try to learn as much as you can about different star systems that are within this section of the galaxy. Try to even look at pictures - there are wonderful pictures on the internet, for example, of the different star systems that are in this neighbourhood of the galaxy.

Now I also want to point out that there are other star systems that are way on the other side of the galaxy that you may not have pictures of or access to but to the best of your ability try and make observations, study different pictures such as the Hubble telescope's entourage of wonderful images, and finally,

2. I recommend meditating under the stars when it is warmer outside of course and just like I presented once this idea of the empty chair technique where you are visualizing that you are on top of the Earth in a chair receiving light from the Arcturians and the star Arcturus. The other aspect is to spend sometime outside with the stars and try to receive the information from your star system, from your home planet.

So, the short answer is that as much as you can, become familiar with the star systems in your galaxy.

Now I realize that the other planets may not be discovered yet and there have been approximately what is called exoplanets, 2,500 or even more exoplanets which are planets outside of the solar system but none of these planets yet are proven to have life on them, at least higher life. But nonetheless, study, see images and this will help to activate your memories.

## A CREATIVE MOMENT

Daniela Xavier in Brazil was participating in a biorelativity meditation. She felt the energy field of the meditation in a powerful way and created this image.



## FROM THE COSMIC ARROW

From the Cosmic Arrow - Arcturus Connection By Sjoerd Tyssen

Use These gifts to help your meditations.

**New Moon** - Total Solar Eclipse - Sagittarius Cycle (Over Antarctic) 4h Dec'21... 12 degrees.. Sagittarius.

**Arcturian Connection Message:-** 'Many a time I've been this way and I'm still in awe.'

**First Quarter Moon** - Sagittarius Cycle - 11th Dec'21... 19 degrees.. Pisces.

**Arcturian Connection Message:-** 'Seven Tibetan Buddhist monks chanting.'

**Full Moon, Lunar Eclipse** - Sagittarius Cycle - 19th Dec'21... 27 degrees.. Sagittarius /Gemini .

**Arcturian Connection Message:-** 'The tall are above the crowd to see further.'

**'And-** 'Came by to find you gone.'

**Last Quarter Moon** - Sagittarius Cycle 27th Dec'21... 5 Degrees.. Libra.

**Arcturian Connection Message:-** 'This challenge is to surmount two obstacles.'

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



## GREETINGS FROM POLBATHIC

Hello Starseeds, This month, I thought we could continue with the theme of LOVE and I would like to share with you all - our joy - and a photo of our daughter's wedding to Jake (who originates from over the pond in USA) - a little bit of good news for a change!!

They married on 5th November and we had a peaceful and Love filled ceremony at our local church St Germans Priory - originally built by Norman invaders around 1100AD. The photo is of my wife and I, Holly and Jake together with our granddaughter Viviana standing in front of the rare Norman carved arched doorway.

It bought to mind the thousands and thousands of loving couples taking the same journey in years gone by and it reminds us that there is more which binds us, as humanity, than that which divides us.

The men wore traditional tartan kilts (Cornish and Irish American) and we had a very special day arriving at the church in a vintage 1920's car and seeing all our family and friends as I walked her down the aisle. The day went so fast, and as we exited the church to the tune of 'All you need is Love' by the Beatles.

Finally, I wanted to share one last thing that I learned- geneticists say if you go back in time far enough - everyone comes from a common ancestor- therefore we are all family - brothers and sisters - so I hope you can feel the Love. Sending you all love peace and shimmering Arcturian light blessings. Together in unity consciousness

Stephen and Becky.



## PCOL Coordinator News

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

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

This month we met in person for the first time in nearly a year. We also had members all over Australia join us on the conference line.

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

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

We have a lovely Xmas party planned for the weekend. Members and guests will bring food to share and we'll enjoy another afternoon in conversation and meditation.

**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 dedicated members in our proposed PCOL. While in lockdown we enjoy a phone conference with members from all over Australia.

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

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

We had 12 on the phone conference line and two people in person. Talk and meditation were powerful and we look forward to the next one.

## Sydney PCOL/PORL

**There is a Committee to Coordinate**

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

Sydney is in lockdown so we have our re activation meditation as a group on the phone conference line. There is a short talk about the importance of our PCOL and then we have a meditation as well as a re activation meditation.

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

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

we always enjoy a 'go to meeting' presentation. We also have members coming together and we will discuss having meditations at the various burial sites of the crystal.

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

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

We are still in lockdown, so the meditation was held on the phone conference line. We had 19 on 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 still in lockdown. Good attendance on zoom. The group found it powerful as they are used to meeting face to face. Conversation was vigorous and entertaining afterwards.

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

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

We had a lovely meditation with around 12 members and guests joining together in person and on the conference line. We always have a drumming session before the meditation and that sets a really high energy.



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

We're presenting an additional meditation on an occasional Sunday evening at 7.30pmDST. The focus is purely on the main meridian lines on Earth. 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. **Check the weekly meditaiton schedule.**

**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.'



**Adele** in Victoria.

The global Biorelativity Team present a Meditation from the Masters every Wednesday at 6pmAZ time/ Thursday Aust 12 noon/Thursday New Zealand 2pm. Each week we have had a different access code. This has been proving difficult for many of the participants, so the global committee decided to just have one access number for this specific meditation.

The phone numbers always stay the same but the access no for this specific Meditation from the Masters will be 164595# **Please, check the weekly meditation schedule.**

**We have a world wide meditation scheduled for**  
**December 22nd 2pmAZ**  
**December 23rd Aust**  
**8AM DST**

**December 23rd NZ 10AM**

**"Strengthening acceptance of a higher dimensional intervention for Earth"**

Please check the weekly meditation schedule.

If you would like this schedule emailed to you, then contact Jane, Biorelativity Co ordinator. [janescarratt@gmail.com](mailto:janescarratt@gmail.com)

## QUESTION AND ANSWER FROM THE BOOK CLUB

### **‘How to heal, ascend and help Planet Earth’ by David K Miller chapter three**

#### **How can you open your heart more.**

Researched by Teresa Hufnagel - Sydney

The way of the ascension, and the entrance key to pass into the fifth dimension, is by opening your heart to the love of all that is, all that was, and all that will be. So, the quality known as love, as in, when you are experiencing the closeness and the love for our Creator, this closeness, is the highest and most important experience. Maintaining this closeness is required that your heart is always there with the Creator and the hierarchy. The hierarchy is referred to as the Tzeva'oth, the core of the army that is working with the Creator. And when you are close to the Creator, the ascension is so easy. So, how can you open up your heart more? As, the reward for opening your Heart, is access to the strongest force in the universe: Love itself. One way is by taking a few deep breaths and asking, "Heart, what decision should I make here? What action feels the most right?" See what comes up, then engage in the outcome. Another way is: Follow your bliss by engaging and trusting your highest excitement, even if you don't think you're ready yet. In this case, bliss refers to a higher calling. So, open yourself to be filled with your own bliss. Giving yourself the permission to FEEL. By allowing yourself to approach whatever you've locked away, you are taking a massive jump into the waters of your Heart. Giving yourself the mental permission to feel, will "speed up" the process of Heart opening. Prayer. When you say a prayer of intention, to whomever or whatever you most strongly resonate with, the act of praying itself, will help you to open your heart. When you start praying, you experience immense spurts of inner growth. A short example: "Dear Spirit/God, please help me to open my heart, and to have the courage to feel whatever is inside of me." Spending time alone. How often do we really spend time 'alone.' Spending time in solitude, you can truly open yourself and explore whatever you'd like. See where your thoughts take you, and just see what it's like to be alone. It might be painful or even scary at first, but don't allow yourself to get distracted. You'll add a whole new experience and understanding into your life. Get outside of yourself. A little contradictory to the last example, but in reality, they actually work hand-in-hand. After exploring the depths of yourself, it's now time to share that, purely through being with others. Try to give them your full energy and attention, so you can understand them, just as you did yourself. Gratitude. Opening your heart in gratitude releases a continuous stream of love energy that supports spiritual clarity and creativity. Heart-opening through healing touch sessions. In many cases, we carry around energetic baggage that we don't realise is affecting us. Cleansing and balancing the heart chakra can help tremendously by improving energy flow throughout the entire mind, body and spirit. Set the intention in your mind and focus on opening your heart. Performing random acts of Kindness. It could be, opening a door for someone, or spending an entire day in service to a project that is close to someone else's heart. Giving to others, we experience vicariously through them, leading us to experience deeper levels of empathy. Learn how to be vulnerable. Being vulnerable means exposing ourselves to possible attack and has been embedded over time in our DNA. Being half animal it helped us to survive as a species. But now, we have become too defended against others. By being vulnerable, we are opening up to being with our Spirit. There are so many more ways to open our hearts. E.g. practicing forgiveness, spending time in nature, spending time with children, animals. And, much more.

## 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, February 4th 2022 7.30pm DST** 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)

## NAMASTE ANIMAL SHELTER.

Gday all, this pair of not so common brushtail possum's are a beautiful mother, daughter combo called Mary and Alano. Mary, the mother was found in a tool shed wrapped around her divine little daughter, Alano, Mary had a bad head injury. I had no trouble in placing them in a carrier to take them home. The first couple of weeks were touch and go for Mary, but she has pulled through marvelously. She received a lot of love from her daughter and myself. She will have a couple of months of rehabilitation and will then be released. Brushtail possies, as their name suggests, have a very distinctive brushy tail, that is easily identifiable. They are nocturnal marsupials who carry babies in a pouch and live primarily all around Australia. Their favored habitat being rainforests, eucalyptus forests, wooded garden areas and, as we further encroach on their homes, the roof of your house. They are primarily herbivores but sometimes have been known to eat insects and eggs. Mum carries bub in her pouch for up to 5 months and then on her back till bub is about 9 months. Most research indicates they only have one baby at a time, but I had twin pinky(no fur) brushtail possum's come to me last year that were found in mums pouch after she had passed. Unfortunately, they didn't survive because they are so small. That doesn't stop us from trying. It's wonderful to at least make them warm and comfortable with some milk in their tummies and lots of love and blessings to before they pass over. Have an awesome month. Namaste. Love, light and blessings.



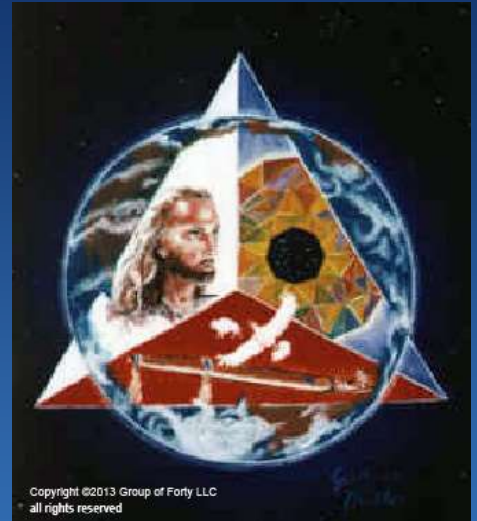
Donations always gratefully received.  
Trent –Email: [lgotchills208@gmail.com](mailto:lgotchills208@gmail.com)



# "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.*



**David K Miller, Founder/Director  
Group of Forty**

**Email:** [davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com)



**Gudrun Miller, Co-Founder  
Group of Forty**

**Email:** [gudrunaz@yahoo.com](mailto:gudrunaz@yahoo.com)



**Jane Scarratt, Coordinator Australia**

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



**Janine Malcolm, Coordinator  
New Zealand**

**Email:** [janinemalcolm@xtra.co.nz](mailto:janinemalcolm@xtra.co.nz)

