Group of Forty GLOBAL Newsletter | Issue 315 | March-April 2024



The Arcturians and New Spiritual Technology

By David K. Miller

The Arcturians presented us with new, spiritual technologies. These technologies include: The twelve etheric crystals for planetary healing, and many new, personal techniques for our ascension process including shimmering, the cosmic egg aura exercise, and bilocation. We certainly live in a different era from our ancestors. We live in the computer age with internet access, electromagnetic energy fields, and new, Astro-physics discoveries, including the quantum world. What new scientific discoveries lie ahead, and how could any new scientific discoveries affect our spiritual development and technologies?

The Arcturians point out that we are confronted now with a planetary conflict that they describe as "advanced technology vs. spirituality." Our planet's scientific technology has developed faster than our spiritual development. In realistic terms, this means that our technological advancements have made it easier for us to destroy ourselves and the planet. We have more sophisticated, computer-guided weapons for example, that not only can more effectively destroy our enemies, but they are also destroying our biosphere. Paradoxically, the solution to this overreliance on military, computerized technology can be overcome with older, spiritual ideas, many of which are brought forth by the indigenous, Native peoples of the world. For example, the Native peoples teach that it is important to unite with, and interact, with the spirit of the Earth. This was considered an ancient, spiritual technology. But today, this same technology needs to be reintroduced into our modern, technologically advanced society. The idea that the Earth is a living planet seems obvious to the Starseeds, yet modern, scientific society struggles with this concept or outright rejects the idea of Gaia as a living spirit. Probably modern, rational thinkers' worldviews see Gaia as the basis for ancient, pagan rituals.

Newer spiritual technology will focus on the vibrational world. Modern science has discovered electromagnetic energy fields, and the leading edge of healing today is moving towards vibrational medicine and vibrational healing techniques. We see these techniques developing through some of the Arcturian spiritual tools which focus on sound vibration, tones, and other types of vibrational energy for helping to put us into different states of consciousness where healing can more easily occur. I have always been fascinated when, during the Arcturian meditation exercises, they ask us to vibrate our auras faster and then bilocate and then travel at the speed of thought, the fastest speed in the universe. But how can we tie into

vibrational healing and vibrational medicine with our Arcturian spiritual practices? We are electromagnetic beings of light, vibrating at a higher frequency, yet we are also affected by the lower, vibrational energies being produced by hatred and polarizations that are destroying our world. These polarizations are making our lives more complicated plus there exists potential harm we can experience from the electromagnetic fields around us in our daily lives coming from cell phones, computers, and other electromagnetic devices. It has become more important for us to learn how to better protect our vibrational fields, and at the same time learn how to accelerate them. We can use old technologies from the ancient masters, for example, chanting sacred prayers to protect our energies.

The new, spiritual technology offers us new understandings and perceptions into the electromagnetic fields around us and we can use the new, Arcturian tools to both, protect ourselves and at the same time, to raise our vibrational energy fields. This is what the ascension is really about that is, learning how to raise our vibrational fields to the higher planes. The hidden ingredient to making this vibrational upliftment comes with our interaction with the Fifth Dimension. The Fifth Dimension is a place where new, spiritual law and new laws of physics, rule.

Maybe the best tool that the new, spiritual technology can offer us is to teach us how we can live and be more fully Fifth Dimensional, beings of light. The best technology that I can imagine is how to transfer then, the Fifth Dimensional energy from the Arcturians, back into the Third Dimension. Perhaps the downloading of the twelve etheric Arcturian crystals is a beginning way to do that. Another interesting technique is the way the Arcturians activate Planetary Cities of Light. They use an etheric basket. Essentially, that etheric basket takes Third Dimensional energy from the Planetary City of Light, lifts it up back into the starship, and transmutes it into new, Fifth Dimensional energies through a meditation exercised on the starship Athena. Then, that new, Fifth Dimensional energy is downloaded back into the Planetary City of Light where a shift in the energy field of that new City of Light occurs.

This may be a model for how we can also transfer, uplift, and transmute our Third Dimensional energy field into Fifth Dimensional energy. This would be especially important and effective as we continue our journey on the Third Dimensional Earth.



David K. Miller, Co-Founder Group of Forty, davidmiller@groupofforty.com



Dear Gudrun,

I live near my large extended family. I love them all and would do almost anything for them. The problem is that some of them are disrespectful, critical, and often shaming of me. They lie to me and exclude me from many of their activities. Am I wrong in giving up my love and trust of them knowing they will continue to hurt me more? I want to treat them coming from my highest and best self. Too Naive.

Dear Naive,

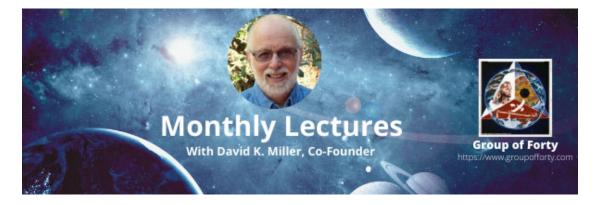
If you keep giving trust to people who hurt you, you are setting yourself up for more abuse.

You can let them know that you don't like being treated badly: However, it is not up to you how people act. It is not your job to change them. They are responsible for their behavior. Your love for them is admirable and I know you will not cut them out of our life, regardless of their treatment of you. I believe this love is coming from your highest and best self. Your love is pure. You can love them but also not trust them. You can learn to understand that their treatment of you is not personal. You can develop compassion for them because of their ignorance. This is a tremendous opportunity for soul growth.

Love, Gudrun Co-Founder Group of Forty



Gudrun R. Miller Co-Founder Group of Forty gudrunaz@yahoo.com



The next lecture is on Saturday, April 6, 2024 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.



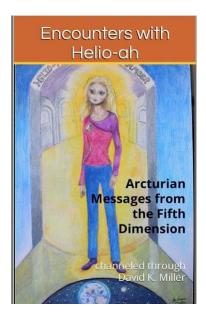
Q and A Policy:

The deadline for submission of your question is the day (Thursday) before the session. *Please do not submit personal questions.*

All GOF members will receive the Q&A transcript for its valuable information. The Q&A transcripts will be posted on our website and members only will have access to the transcript through a special weblink that we will send out to our members. Donations for participating in the session are still encouraged, and participation in the live call is \$6. Payments can be sent to davidmiller@groupofforty.com.

Lecture:

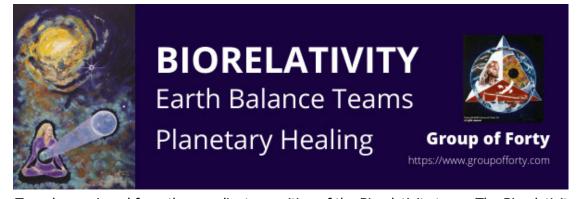
The lecture recording will be posted to our website shortly after the session.



Now Available on Amazon

David's new book "*Helio-ah Arcturian Messages from the Fifth Dimension,*" is now available as an e-book on Amazon.com:
Encounters with Helio-ah: Arcturian Messages from the Fifth Dimension eBook: K. Miller, David: Kindle Store

This book is comprised of a collection of channeled lectures on healing techniques by the Arcturian teacher, Helio-ah. These channeled lectures were given during the past fifteen years. Now for the first time, these lectures are appearing in a collected version.



Tracy has resigned from the coordinator position of the Biorelativity team. The Biorelativity Committee has taken over the direction of the Biorelativity program. The committee includes Cosmin, David, Dawn, and Hannah. We are looking for more people to join us on our committee. We have many different ideas and meditations to review, and we are very eager to welcome onboard any new members who wish to learn more about Biorelativity

eager to welcome onboard any new members who wish to learn more about Biorelativity, and would like to meet some of the international members who are doing such a fantastic job.

Please <u>contact me</u>, <u>David Miller</u>, if you are interested in joining this committee and helping out in directing and overseeing the planetary healing meditation program.

We currently have over twelve presenters who keep a very active schedule conducting planetary healing meditations for North America and Australia. Additionally, David continues to conduct planetary healing meditations for North America every Tuesday afternoon at 4 pm Arizona time. These meditations David is doing are now being transcribed by Tim Maher and are being distributed to the Biorelativity GOF members around the world.

Finally, Ariana, our YouTube coordinator, continues to post David's Tuesday Biorelativity weekly meditations on our YouTube channel every week. So, if you cannot make David's meditations on Tuesday, please check out the YouTube channel where they are now posted. The channel address is www.YouTube.com/user/groupofforty. We now have over five thousand subscribers on our YouTube channel.



David K. Miller, Co-Founder Group of Forty, davidmiller@groupofforty.com



Invitation to Participate in a Special Meditation for Gaia

Dear friends, fellow members of the GOF, and soul family Omar Ta Satt and Han Taja,

I was guided to join the Group of forty and I participate in the GOF meditations and the PCOL Activations whenever I can. I am Dechen Amijah, and I live in Berne, Switzerland

I would like to ask you whether you would like to participate in a 10-minute meditation every Sunday, local time at 14.00 hours. This meditation is similar to the biorelativity meditations that the Group of Forty does for planet Earth healing. David suggested that I present it in the newsletter so that it can be introduced to all of you.

About me

I am a part-time radiologist but more interested in energy and metaphysical healing. I am a level II QHHT practitioner, and I do Reiki and Elise Mila energy work, Akashic record readings, and intuitive healing.

About the meditation

During the last QHHT (Quantum Healing Hypnosis Technique) practitioner reunion in Phuket, my Arcturian incarnation was confirmed. I also did a session for a friend Cecilia who turned out to be a fellow Arcturian. She also had the special ability of channeling Source which was confirmed during the session. We were told to start a group and told that the energy of this group would allow others of this group to come together. She channeled the details for the meditation. The information was a 10-minute meditation every Sunday local time at 14.00 hours.

How to perform it

The meditation is simple and easy to do. At 14.00 hours Sunday, local time, please quiet yourself, ground yourself, and then connect to your center for 10 minutes.

"The coming together in meditation is a way of minds coming out of the collective, through and up out of the cloud and into your consciousness. We invite you to visualize a cloud that is above you, which stretches far and wide. Now envision yourselves rising up and going through this cloud. And when you are above it, you may feel the peace, the silence, and the connectedness with YOU. You may experience a sensation in your body, this sensation is your body connecting to Source and to yourselves. It is simply you coming home to you." (The Source through Cecilia).

We are being asked to work as channels for new Gaia and to send universal light into the grid. The more souls who do that in each time zone, the stronger the light, the stronger the pulse will echo around the world.

Please also feel free to translate this to your own languages and to invite others to the group. It is also okay if one does not want to join the group, one can still participate in the meditation.

If this resonates with you, please feel free to join the group AM United through the following links. More important than joining would be to participate in the meditation and spread it if you can.

Below are the links to find out more information. Copy and paste the links in your browser.

WhatsApp

https://chat.whatsapp.com/IyC6nPsvgBd44yuezpsj79

Telegram

https://t.me/+43wZF4eqTfY4YjI0

Facebook

https://www.facebook.com/share/jVf5wBEQt4oFf4ik/?mibextid=K35XfP

Thank you very much,
AN'ANASHA
Dechen Amijah (and Cecilia)
Group of Forty
Berne, Switzerland



I am sorry to report that Jader and Marcela have resigned as PCOL coordinators due to unforeseen reasons in their personal lives that require their attention. The Planetary Cities of Light committee has assumed the role of coordinators of the PCOL program. This committee includes Cosmin, Purvesh, Elisha, and me, David Miller. We have taken over the leadership of the Planetary City of Light Project as co-coordinators.

We have set up a new email for PCOL communications. That email is pcol@groupofforty.com. Please use this new email to communicate with us on any topic related to the Planetary Cities of Light, including submitting new applications for PCOLs.

I am happy to report that the PCOL activity continues to grow in the month of February and March. Already on March 9, we activated a new PCOL, Arboleda de Luz in Medellin, Colombia. We have three more PCOL activations planned in March, including Blue Butterflies, Manaus, in the Amazon in Brazil on March 23. Mallorca, Spain on March 24, and Lur Berri, also known as Nueva Tierra, Basque Country, Spain. This will be activated on March 30.

All announcements and links for these activations will be sent to members using our Constant Contact mailings, and I hope that you can participate.

Finally, I would like to ask that anyone who wishes to volunteer and help us on the committee, please let me know. You will have the great opportunity to meet friendly international members and learn so much about the many different, beautiful places around the globe that are being activated in this project.



David K. Miller, Co-Founder Group of Forty, davidmiller@groupofforty.com



In the past four years, we have seen progress and consolidated online work at all levels, promoting global groups and meditations with a larger audience of Spanish, French, and Brazilian Portuguese-speaking attendees. This has given greater prominence and height to the monthly online meditations and to the webinars of the Arcturian School.

Additionally, in Spain, the monthly online meetings with the GOF of Spain have strengthened and consolidated the peninsular network, intensifying the bond between coordinators and members of the different groups. The interest in general online meditations has increased since the result is more satisfactory and effective in large groups than in small groups.

The Arcturian School has contributed greatly to the renewal and progress of the groups in Spain and to the success of global meditations, providing resources and teachings and promoting the understanding and acceptance of the galactic.

IN-PERSON MONTHLY MEDITATIONS

The fourth Saturday of each month is the GOF/PCOL monthly meeting day for active groups in Spain. On that day, all the PCOL groups meet to carry out a monthly Reactivation of their PCOL in the window from 12 to 15:30 and, in the afternoon, both the GOF groups and the PCOL groups attend the monthly online Biorelativity meditation.

ONLINE MONTHLY MEDITATIONS IN ZOOM

- Meditations of the Group of Forty of Spain every second Saturday of the month at 12:00 noon in Spain, in which we carry out exercises for the protection, healing, and spiritual elevation of the country and all the Planetary Cities of Light of the peninsular network.
- 2. Advanced Biorelativity Meditations with international participation every fourth Saturday of the month at 5:00 p.m. in Spain. We have a list of subscribers who receive the agendas and we also post the announcements on our GOF Facebook group.
- 3. Meditations in the Virtual Temple with a monthly agenda that we send to our subscribers and post in our Virtual Temple Facebook group.
- 4. Mindfulness practices in the Virtual Temple every second Thursday at 8:00 p.m. in Spain to strengthen greater receptivity to the Arcturian messages and techniques.
- 5. Monthly channeling with Tomar through Ana Rosa Moreno in the Virtual Temple. We send the agenda to our subscribers and post the announcement in our Virtual Temple Facebook group.

You can consult our agendas:

1- Grupo 40 Spain: https://www.facebook.com/groups/grupo40Spain/
2- Virtual Temple: https://www.facebook.com/groups/templovirtual/



Cacaxtla Xochitécatl

Cacaxtla, in Tlaxcala state, was the capital of a region inhabited by the Olmeca-Xicalanca people. The origins of the Olmeca-Xicalanca are not known with certainty, but they are assumed to come from the Gulf coast region and were perhaps Maya settlers who arrived in this part of central Mexico around 400 CE.

The centre of the city of Cacaxtla was the 200-meter-long, 25-meter-high Gran Basamento – a natural platform offering a fine defensive position and commanding views over the surrounding terrain. The city's main religious and civil buildings were located on this platform, as were the residences of the priest class.

Because Cacaxtla's main basamento was not excavated until the 1980s, many of the original-coloured wall decorations have been preserved and can be appreciated in situ by visitors to the site. Of particular interest is the fact that most of the murals seem to combine the symbology of Mexican altiplano cultures with influences from the Maya, making Cacaxtla unique in this regard.

Cacaxtla conserves the oldest mural painting featuring a human figure and symbols from other cultures (Teotihuacan, Maya, Mixtec, and Totonac). These paintings portray the bird man and the feline man, possibly ruler - priests of the Olmecs Xicalancas who inhabited Cacaxtla between the years 600 and 900 AD. The bird man is associated with Quetzalcoatl, the generous deity who taught people the arts and agriculture. The feline man is associated with the rains that fertilize the Earth.

The most famous of Cacaxtla's preserved paintings is the "Battle Mural", or Mural de la batalla, located in the northern plaza of the basamento.

Source: https://en.wikipedia.org/wiki/Cacaxtla



The centre of the city of Cacaxtla was the 200-meter-long, 25-meter-high Gran Basamento – a natural platform offering a fine defensive position and commanding views over the surrounding terrain. Cacaxtla conserves the oldest mural painting featuring a human figure and symbols from other cultures (Teotihuacan, Maya, Mixtec, and Totonac).



The most famous of Cacaxtla's preserved paintings is the "Battle Mural", or Mural de la batalla, located in the northern plaza of the basamento. The Mural del Templo Rojo is located at the Governors' Room It is in the staircase leading to the room, and only one side is visible to the public.



Priestly attire, figure on right doorjamb



Ana Rosa Moreno's New Arcturian Book in Spanish Available on Lulu

Dear Group of Forty:

This book is the result of the transcription of the recordings of the Arcturian meditations, channeled by Ana Rosa Moreno, coordinator of GOF 1, Mexico, during 2021. These meditations show the diversity of work conducted by Juliano through Ana Rosa, for 25 years in this group. His objective has been to make us aware of the importance of encountering Fifth Dimensional energy and the various benefits we have, among them, the expansion of our consciousness.

Likewise, what it means for our beloved planet Earth to work with this energy to promote its evolution towards the Fifth Dimension. This energetic experience takes us by the hand

to heal ourselves, raise our vibrational frequency, evolve in love and service, and strengthen us Starseeds in our union being ONE in love. Likewise, we work with love to heal some areas of the planet, balance its energies, and activate certain areas with this energy for the benefit of the place and those who live there, along with many other experiences, always focused on service to humanity and towards the Earth. Another great gift on some occasions is the presence of Master Jesus and Mother Mary and Archangel Michael, among other beings, accompanying these meditations and whose words fill us with wisdom, love, and light.

Four Starseeds from GOF 1 Mexico participated in organizing this work, including: transcription by Javier Suaquita, editing by Sara Liliana Salama, cover design by Ernesto Álvarez, and the prologue by María Renée Zavala. My deep gratitude for their commitment to this Arcturian work. Below is the link for purchasing the book in Spanish: (note: copy and paste the link into your browser).

Click here for the book in Spanish

Blessings,



Ana Rosa Moreno GOF Mexico Ana rosa moreno@yahoo.com



Passing of Emilio Martinez

Dear David,

I hope you are well. This message is to inform you that this morning, our coordinator, Emilio Martínez Gutiérrez, has passed away. We bid him farewell with love and light, expressing gratitude for everything he left behind.

The responsibility of the GOF-Mexico now rests upon us, the council, which you are familiar with and which I represent. We will continue the work that Emilio diligently carried out and cared for. I remain available and attentive and please feel free to reach out if you need any further information.

Blessings, Pilar Ovalle Vice-coordinator GOF-Mexico pilar_ovalle@yahoo.com.mx







Welcome All New Members of the GOF!

For the first few weeks after joining the GOF, please check your junk/spam mail box occasionally. You could have communications sent by your County Coordinators that you are not aware of. These communications could be alerting you to special events and meditations.

And this is also good advice for long time members. Who really knows what happens with technology these days, and cancel culture. Joining the GOF is a powerful way to lend your energies with the Group thought field. Together we can change the outcome.

Blessings, CoRae Lierman

We would like to extend a warm welcome to the following new members who joined the Group of Forty in January and February 2024!

We would also like to welcome the many new members from Mexico, Brazil, and other South American countries!

NAME	CITY	STATE	COUNTRY
Alison	Davidsonville	MD	USA
Catie	Arnold	MD	USA
Geoffrey	Severna Park	MD	USA
John	Severna Park	MD	USA
Laura	Warren	NJ	USA
Luis	Santo Domingo		Dom. Republic
Macy	Adairsville	GA	USA
Morgan	Woodstock	GA	USA
Nancy	Los Osos	CA	USA
Starla	Lusby	MD	USA
Steven	Santa Rosa	CA	USA
Tamara	Coral Gables	FL	USA
Tudor	Galati		Romania
Yasemin	Riva	MD	USA



Birgit Smothers USA Group Coordinator birgitgroupofforty@gmail.com



GOF is now on Instagram!

Find us under Arcturian Group of Forty!



Group of Forty YouTube Channel

I would like to invite you to explore the Group of Forty YouTube channel: https://www.youtube.com/user/groupofforty/videos

New videos are uploaded weekly. All our videos have subtitles in all the languages. To see them you have to select them. Activate the CC button first. Then you would go and click on the settings and choose "auto-translate."

There are several playlists. If you are a coordinator you might want to keep an eye on the "Meditations by others" playlist. These meditations led by various GOF members are either Biorelativity or PCOL meditations. Transcripts are available upon request.

Please subscribe to the channel. If you click the "bell" button, you will receive an email notification every time a new video is uploaded.

Ariana (arianataos@live.com)



Vera LeDoux (Ariana)
Ariana (arianataos@live.com)

ANNOUNCEMENTS



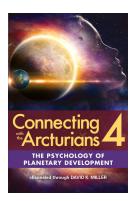
Connecting with the Arcturians 5

David's book, Connecting With the Arcturians 5 is available on Amazon as a Kindle edition. It is also available on Apple Tunes, Google Play, Barnes & Noble, and Kobo.

This book offers a wide range of techniques, interventions, and

explanations to help make sense of the current planetary crisis. It addresses the issue of how the reader, as a starseed, can contribute to solving planetary imbalance.

Click here for a direct Amazon link.



Connecting with the Arcturians 4

David's book, Connecting With the Arcturians 4 is available as an e-book and a hard copy on <u>Light Technology Publishing</u>.

You can also find it on <u>Amazon at this link</u>. This 4th book contains the most up-to-date information on ascension that is available, including new spiritual techniques to aid the process.

- > David's book, *Connecting With the Arcturians3*, is available for purchase in soft cover from Light Technology Publishing.
- > David's book, <u>Connecting With the Arcturians2</u>, is available for purchase in soft cover from Light Technology Publishing.
- > David's book, <u>5th Dimensional Soul Psychology: Channelings by Vywamus</u>, is available on the <u>Light Technology website</u>.
- > David's book in Spanish, "*Enseñanzas del Sagrado Triángulo Arcturiano*," is available in the Amazon.com Kindle Store and may be purchased <u>using this link</u>. 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 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 <u>Light Technology Publishing</u> or call Light Technology at 800-450-0985 to order your hard copy of any of David's books.

All of these books are available as e-books and paperbacks on Amazon. Simply go to: https://amzn.to/2zY9erY



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.

To join the Group of Forty, click the Join Now button at left or visit https://groupofforty.comregister.

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Visit our websites:

USA/International: <u>www.groupofforty.com</u>

Spanish: <u>Inicio - Group of Forty</u>

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Romania: http://grupul-de-40.org/despre-noi/grupul-de-40-in-romania United Kingdom: https://groupofforty.com/foreign/united-kingdom/

Newsletter edited by David Miller and Jeri Denniston (jeri@dennergroup.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.

Join the GOF Facebook Group, subscribe to our GOF YouTube channel, and stay connected in our private Facebook Group!





International Activity Calendar | Spiritual Tools

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