



**Group of Forty**  
Bi-Monthly Newsletter  
[www.groupofforty.com](http://www.groupofforty.com)

## Who is Helio-ah?

*By David K. Miller*

I worked with Juliano for many years. Juliano's colleague, Helio-ah, started coming through me around twenty years ago, and I was fascinated by the different tone and focus of Helio-ah's work. Over the years, Helio-ah has brought forth techniques that include accessing her Arcturian healing chambers. Helio-ah's healing chambers are described as containing many rooms the size of small phone booths. The booths contain a special Arcturian computer that is personalized for each of us that visit her healing chamber. Her Arcturian computers have access to our current and past lives and our soul records. There are many different exercises that Helio-ah uses in her healing chambers. For example, she can help heal traumas and unresolved issues that may be blocking us now in this lifetime. Helio-ah has sent down other healing techniques to help us during this difficult time on the earth. These other techniques include energy purification, which can be described as sending down healing Arcturian light, which is directed to the person's energy field. Some of the names of the varieties of this energy, or light Helio-ah uses include quantum healing light, Omega light and Arcturian blue light. In some cases, Helio-ah has done a type of psychic surgery on clients trying to remove energy blockages in their aura. While speaking about Helio-ah, I am reminded of the new age healing modality called vibrational medicine. Vibrational medicine uses energy waves, sounds, crystals and other frequency methods to induce healing through the alteration of the client's energy field. In most cases, vibrational medicine practitioners would send healing energy to the client's aura. In other cases, crystals could be used to alter blockages. In the method used by Helio-ah, we are bringing in fifth dimensional energy from the higher realms to heal clients' third dimensional bodies. Helio-ah's work can be considered a fifth dimensional form of vibrational healing.

### ***A Message on Healing from Helio-ah***

Greetings, I am Helio-ah. My message to you and the Starseeds is a simple one, but it has a lot of meaning. Basically, do not underestimate your need for healing at this time. The densities on the planet and also your devotion to ascension has accelerated your personal work. Also, when I say, do not underestimate the need for healing, I want you to also acknowledge your sensitivity as Starseeds. The effects of the toxic energy levels on this planet are quite overwhelming. And let me explain that the amount of toxicity in the atmosphere, in the biosphere, is enormous. I do not need to list for you the many toxic chemicals and pollutants that are continuing to fill the biosphere. Now these are particularly dangerous pollutants because they are man-made. I know there is a great controversy about what is causing global changes in the weather. Other major changes are now occurring on this planet, and it would be hard for any scientist to isolate a single chemical or pollutant or toxic substance that is the main cause of global changes. However, I think the most obvious and identifiable toxic aspect would be found in oil and in plastics and other derivatives that are continuing to create what I have called a toxic soup in the biosphere. It would be hard to describe the micro levels of toxicity that are now pervasive throughout the planet. What would be the hardest is for you to try and analyze how it is

affecting you. This does include what I call a toxic noosphere, because there are many old conflicts that are emerging and seeking resolution. But you may have noticed that, especially in this time conflicts, especially of a global nature, do not lend themselves easily to solutions, adding to the mental toxicity in the noosphere. So that is why I am saying: Do not underestimate your need for healing. This is the foundation of what you are living in in the biosphere, and it is affecting your immune system, your immune support, and your abilities to use a conventional healing for solving health problems.

So what is one to do? And I think the answer lies in first acknowledging that you have a personal need for healing, and secondly, that the type of healing that is needed is going to come from a higher dimension, healing is going to come from a higher level. I often with Julianio say that the factors that are now on the planet and influencing every aspect seem to make healing much more difficult to solve. Conventional methods do not always have the precision or grasp on how to deal with these new problems. Because in addition to the toxic biosphere, we have other planetary situations that also affect your spiritual energy. It is pretty difficult for a sensitive spiritual being like a Starseed, to live in a balanced way on the earth with this overwhelming planetary crisis.

Now, just for a matter of comparison, you may have looked at time travel, and you may have heard stories of people who went back into the earlier times on the earth, even to the 17th century or 18th century, and reported the oxygen levels and the purity in the biosphere was unimaginable pure compared to the levels that now you are experiencing. That has been our experience, because we are also able to time travel now. As a side, we have two aspects of time travel. One is going back into an earlier time, and the other aspect is trying to change something in that earlier time, which is more complicated and usually not recommended.. Now there are time travelers from the future that have come back now onto the earth, and they are using their scientific perception and power to heal aspects of their future time.

You are open to the different Arcturian frequencies of healing, including the quantum healing, the Omega Light and the Arcturian blue light. This means that you can heal your energy field using these higher frequencies of light.. The Arcturians offer techniques for energy purification. The work that we do in the healing chambers with you is a step towards helping to train you towards energy purification. Energy purification can be viewed in different aspects. It includes energy neutralization. Energy neutralization means that the higher light an neutralize is a strong toxic force. It is important to understand that toxic energy can be neutralized. I want you to be open to neutralization. Do not be overwhelmed by the amount of toxic energy in the biosphere, but rather, focus on your abilities as spiritual healers to neutralize the energy within your aura, in your energy field. Because after the energy is neutralized, that means that the lower vibration, the toxic vibration, is removed as an irritant, and then you can be more receptive to the higher energy. This is an important step in your healing journey. That is, that in order to heal, you want to neutralize toxic energy first and then bring down the higher energy that can be an upliftment.

I am sending down to both of you (author's note, both refers to the channel David and his wife Gudrun) and to those listening to me, a blue light of neutralization. Receive that neutralization energy into your aura now. You could neutralize the effects of any additive, any mineral, any plastic that is in or trapped in your energy field, and even any negative thought forms. Receive and accept the Arcturian blue energy as a neutralization of those forces in your energy field now. I continue to send down the Arcturian blue light of neutralization. Now I am going to send down a second blue frequency You could call this a healing light frequency. Think about it also as energy upliftment.

Everything is related to a vibration. What I see happening now on the earth is the slowing of the vibration. So now with the purification and neutralization energy, we can increase, uplift, the vibration in your aura now. This is not a complicated procedure. It is some procedure we have reviewed many times which begins with the focus on the cosmic egg shape of your aura and the increase or raising the pulsing speed of your aura. As the aura pulse speed is raised your vibration is raise and you feel an upliftment in your energy field. I Helio-ah send down this new and special frequency of upliftment that you are now receiving in your aura. You may call it Helio-ah's healing light, HHL, Helio-ah's healing light. Receive that light now. The good news is that there is a tremendous amount of galactic light and energy being pumped into this earth biosphere.

Now, the light workers on the planet and the Ascended Masters continued to download higher frequencies in order to rebalance the spiritual energy of this planet. For as you know, the solution to this earth crisis lies in the fifth dimensional spiritual light. That higher light continues to be needed. Many Ascended Masters, with the help of the anchoring of the Starseeds, continue to download healing galactic energy onto the earth. This is a wonderful planetary upliftment that

you can partake in as well. I will be helping to guide you in this healing process both on a personal and planetary basis as needed.

I am Helio-ah, good day.



David K. Miller,  
Co-Founder Group of Forty,  
[davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com)



Dear Gudrun,  
I am an older Starseed now experiencing health issues. I would like to be able to access the quantum omega light healing technology and I am not sure how to do that. I have thought, maybe naively, that my spiritual beliefs and practices would be enough to heal me. I now understand that as the energy accelerates on the Earth that I need to access 5th dimensional healing techniques. I have done my best to support my health and don't blame myself for health issues.

Thank you for your help,  
Tired Starseed

Dear Tired,  
You are not alone. Many of us are having health issues.  
We are on a beautiful but compromised planet because of the 6th Mass Extinction, climate change and the polarizations. For those of us with exquisite sensitivity, the challenge of staying balanced and healthy is becoming more and more difficult.  
I trust that you know how to raise your frequency and don't need me to tell you how. Your skill at raising and expanding your consciousness is imperative now.  
Detach as much as you can from dramas going on in your immediate circle and on the planet!

Connect with your I Am Presence and call on your guidance and your teachers to help. Helio-ah can bring down quantum light from her healing chamber on the Starship Athena. Request that from her and invite her into your energy field.

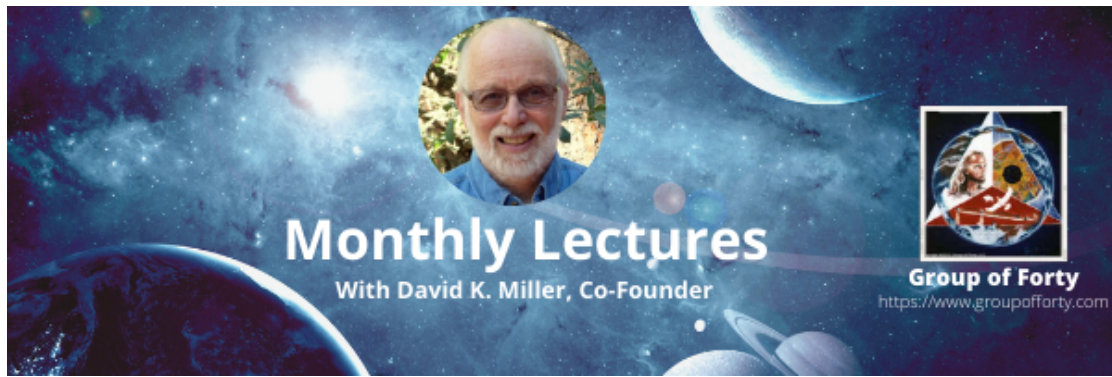
Another component to consider is that as the energy is accelerating on Earth, unresolved issues can surface for you to heal. Those issues can come from other lifetimes and also this lifetime. This then becomes an opportunity to heal yourself on a deeper level.

We need to clear ourselves from densities as much as possible in order to access the ascension.

Much love to you,  
Gudrun



Gudrun R. Miller  
Co-Founder Group of Forty  
[gudrunaz@yahoo.com](mailto:gudrunaz@yahoo.com)



The next lecture is on Saturday, September 6, 2025 at 5:45 - 6:45 p.m. Phoenix, Arizona time (MST). We will be meeting on [freeconferencecall.com](https://www.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](https://www.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.



### Q and A Policy:

**The deadline for submission of your question is the day (subject to change) before the session. Please do not submit *personal or political* 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](mailto:davidmiller@groupofforty.com).

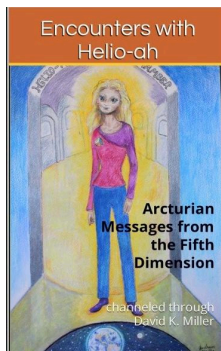
### Lecture:

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

## PCOL/PORL Applications

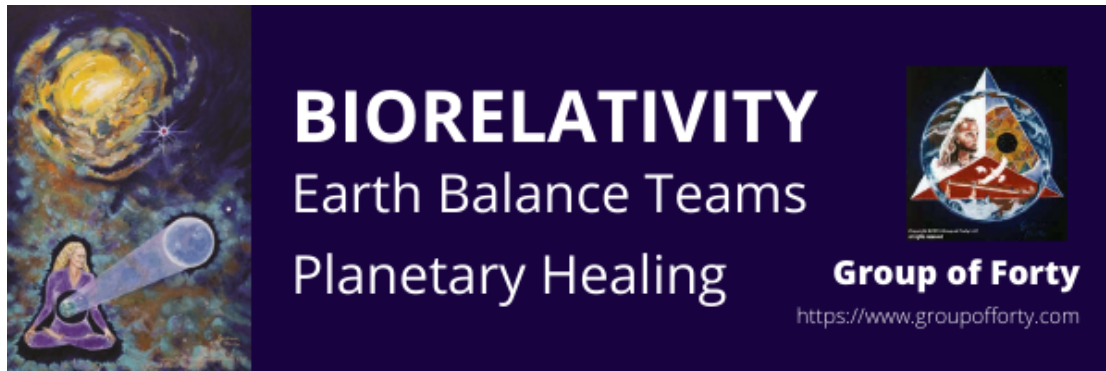
The applications for new PCOLs/PORLs were updated with the new contact information of the PCOL committee. Please download the new version in all available languages at this link.

<https://groupofforty.com/projects/planetary-cities-of-light/pcol-application-and-maintenance/>



## 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](#)



We have a dedicated international team coordinating and hosting planetary and personal healing meditations on a weekly basis in North America, South America, Australia, and Europe. All of our meditations come from the many years of David K. Miller's channelings with the Arcturians.

Our Biorelativity Committee meets monthly to oversee the program. Currently we are looking for a new bio-relativity coordinator. Please contact me if you wish to hear more about this position.

The monthly schedule containing all the information you need to access our meditations can be found here: <https://groupofforty.com/gof-international-activity-calendar/>

Please notice a change in the schedule. Due to lack of presenters and team leads we have eliminated one of the two Wednesday meditations (4:30 PM AZ time). That said, we are seeking more volunteers for presenting the weekly meditations for the USA (Monday-Thursday). Please contact me for more information or any questions you might have.

A reminder that the website is a very useful resource. A more detailed section on Biorelativity can be found here: <https://groupofforty.com/projects/biorelativity/>

Tuesday Biorelativity for North America sessions with Juliano are transcribed and available upon request.

The recordings of the weekly meditations are posted on the website daily, as well as on our private Telegram groups. If you have not already joined our Telegram group, please use the invite link:

- **For the US** <https://t.me/+ztPNUpEbdj8zM2Ix>
- **For Australia/New Zealand** [https://t.me/+wBNY3PK\\_0XQwNDax](https://t.me/+wBNY3PK_0XQwNDax)
- **For the UK** <https://t.me/+ZT5qWfg1D6xjNjM0>
- **For Brasil** <https://t.me/grupodequarentabril>

## From the May 6, 2025 Biorelativity

Greetings, I am Juliano, we are the Arcturians.

One of the tools of Biorelativity is based on the concept of the observant self. The observant self concept means that you as an observer influence the outcome of the process that is unfolding. If you were not an observer, or there were no observers, then technically, the outcome would shift.

How is it that being an observer affects the weather or affects the earthquakes, or affects the temperature? The answer lies in consciousness. The Earth has a consciousness, and you as an inhabitant on the Earth have a consciousness.

Certainly, when you are doing something, especially something that may be wrong or disharmonious, and it is called to your attention, you have become an observer of yourself. That act of observation then presents you with the opportunity to shift your actions.

Now, the Earth does not have as developed of a consciousness as humanity. You and I as planetary healers are working to understand what it means to have a planetary consciousness. We are working together to understand how a planetary awareness, or how the spirit of Gaia, when she becomes aware, can influence the outcomes or the processes such as weather, earthquakes and fires.

I would say that this is a new experience for Gaia, as well as in part for you, and I would say that you are on the forefront of working with planetary consciousness and influencing planetary consciousness in a way that can shift unwanted events.

Now, when we look at unwanted events such as fires or earthquakes or temperature imbalances, ask the question, is the shift that you want or I want for the greater good? I think that it is. It's important in our biorelativity process to add that as a clause in the biorelativity interventions.

That is to say: "We request that Gaia become aware of this situation, and if it is in the highest good, then let this be shifted. If it's not in the highest good, then perhaps it could be moderated".

Usually, moderation can be achieved without interfering in a negative way with the planetary consciousness. So keep these thoughts in mind as we work today.

Planetary consciousness is a deep subject. I believe that there are fewer people on the planet now who are exploring it, let alone working to use planetary consciousness to modify unwanted events. And so it is the learning curve, and it is a process where you and I are learning about Gaia and learning about how she likes to respond and what she is capable of responding to.

I am Juliano.



Vera LeDoux (Ariana)  
Ariana ([arianataos@live.com](mailto:arianataos@live.com))  
Coordinator of Taos City of Light



## Group of Forty YouTube Channel

### From the YouTube corner - What is my Role in Planetary Healing & Planetary Ascension?

One of the latest videos added to GOF YouTube channel is titled:  
**What is my Role in Planetary Healing & Planetary Ascension?**

<https://youtu.be/IFfGXpy4Ztk>

This video is an excerpt from the Sacred Triangle and Planetary Healing Webinar presented and channeled by David K Miller on April 27, 2025.

Ten questions/topics were addressed by the representatives of the Sacred Triangle - Juliano, Sananda and Chief White Eagle:

1. The Sacred Triangle and Its Symbolism
2. Arcturian Perspective on Planetary Development
3. Role in Planetary Healing and Ascension
4. Planetary Tree of Life and Sacred Spaces
5. Manifesting Planetary Unity Consciousness
6. Holographic Planetary Healing
7. Role of Native Spiritual Teachings
8. Planetary Cities of Light
9. Realism of Waiting for Outside Intervention
10. Personal Ascension and Return to Earth

If you are interested in buying the entire 1 hour and 30 minutes long webinar, contact David K Miller:  
[davidmiller@groupofforty.com](mailto:davidmiller@groupofforty.com)

All of our videos have subtitles in all languages. In order to see them you have to select them. Activate the CC button, click on the settings and choose "auto-translate".

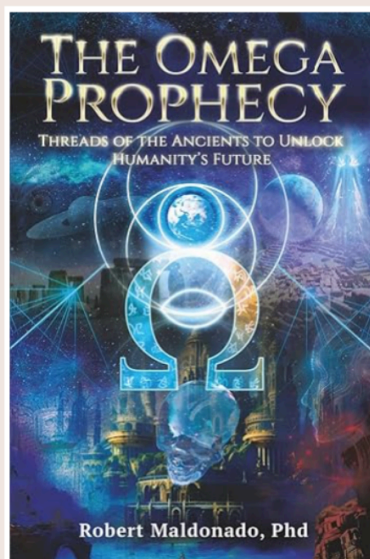
**And last but not least - Remember to LIKE - SHARE & SUBSCRIBE to the channel to show your support!**



Vera LeDoux (Ariana)  
Ariana ([arianataos@live.com](mailto:arianataos@live.com))  
Coordinator of Taos City of Light

## OTHER ANNOUNCEMENTS

**Bob Maldonado, GOF member,  
has published a new book**



### **THE OMEGA PROPHECY:**

*Threads of the  
Ancients to Unlock  
Humanity's Future*

You can purchase the  
book on Amazon.com  
**using the link below:**

<https://bit.ly/4fVlQAb>

Kindle Edition: \$2.99 | Paperback: \$14.99

David's books can be found on Amazon as Kindle editions, Apple iTunes, Google Play, Barnes & Noble, and Kobo. You can also find all his books at the link blow on [Light Technology Publishing](#).



## 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.com/register>.

Copyright ©2025 David K. Miller | davidmiller@groupofforty.com | 928-776-1717

#### **Visit our websites:**

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

Spanish: [Inicio - Group of Forty](#)

Portuguese/Brazil: <https://groupofforty.com/foreign/brasil/>

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@dennergroupp.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](#)

Group of Forty | P.O. Box 4074 | Prescott, , AZ 86302 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)