

THE INTERNATIONAL ARCTURIAN GROUPS OF FORTY PROJECT NEWSLETTER

December 16, 2011

Issue 182

CONNECTIONS

**“40 Groups of 40 will be formed for personal and planetary healing -
Bringing us to the Fifth Dimension!”**

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Newsletter edited by David and Kate Sparks

Greetings from Ashtar

Channeled by Ziranna Dix
GOF Workshop Presenter and Member
Phoenix, Arizona

Greetings, this is Ashtar



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I am coming to you through Ziranna who is ever a part of the Groups of Forty, not always on a conscious level but we always work together for the best for Earth. I would like to tell you all and David how much you are all appreciated for your spiritual commitment to the Earth and her evolution into the higher dimensions. As we view the Earth from the spiritual space ships that are always above the Earth we can see the lights of the spiritual groups and how much they are a part of the light that each of you are and how this light affects the Earth – but also how this light affects the whole universe itself.

At the important time here on Earth -- when you look at it in that way, Earth is at a time of new beginning. As I watch the light focus that the groups of forty focus, I want you to know that you are really making a lot of difference as you fulfill your focus of light. We can see individual light focuses but then when you come together in the group focus it is magnificent, so I salute you all in your commitment.

It is important for you all to recognize that what you are doing is making a difference. I know many of you know this but I think it is important for us at this level to tell you how much we can "see" it. As I look at a hologram that I have on my ship that shows the light radiating from the Earth, it is magnificent. The Earth would not be where it is today without the many groups that give of their time and energy to help. When one spark moves into a larger spark this then allows another spark to brighten. It all works together. When the cities of light reach a new level of light, this allows other sparks of light to brighten also. I wish all of you could consciously come to the ship to see this process. Most of you come on an astral level but for most of you, for many reasons, the memory is then blocked when you wake up.

Of course as each of you focus the light for Earth this also focuses this light for you at Soul level, so Soul evolves its focus here on Earth. Your Souls are vast spiritual energies but as it creates a physical extension on Earth, it comes for many reasons. It comes to help Earth but also for its evolution. So Soul learns how to create at the physical level and that is important in its evolution. So I salute you all for your dedication and love as you and the beautiful Earth evolve.

My love to each who read this,

This is Ashtar through Ziranna

A Message from Mountain Eagle

GOF Workshop Presenter and Member

When the earth was ready for the inhabitation by humans, the creator told the nehnteshu grandmother nature...to inform all the entities on earth those living on, above, below, that



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humans were going to be given the chance, opportunity to live breathe and grow with the free will of nature's needs to be our responsibility to interpolate and manage so balance can be always achieved.

As we face each direction and acknowledge the sun, moon, earth and land, air, water, animal, human...we become connected to that purpose we were given life, breath, the grounding and the ability to use our hearts and minds to make a clear path of acknowledgment, and practices that the generations to follow, that the spirit/body, in us all, can be whole again.

Mountain Eagle

Datohmu@gmail.com

Indigenousworldtraders.com

Update on the Film, *The Blue Jewel*

By Oliver Hauck



Thanks to a wonderful donation from one of the GOF members just at the perfect time, I have just taken the film for dubbing at Bavaria Film studios, the oldest and most prestigious studio in Bavaria. The poster for the film festival, Cosmic Cine 2012, is almost finished. Editing continues and the trailer can be seen at: <http://www.youtube.com/watch?v=IQwagUoXxT8>. A version of the trailer with English subtitles will be coming soon.

Liebe,

Ollie



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Update: The official poster for the Cosmic Cine 2012 film festival was just completed! Here it is:

Das Blaue Juwel

Ein Dokumentarfilm über Planetare Heiler

Du bist von Bedeutung!

Samstag 14.04.2012
München mathäser Filmpalast

Samstag 21.04.2012
Karlsruhe Universum

Samstag 28.04.2012
Bonn Bad-Godesberg Kinopolis

Samstag 05.05.2012
Darmstadt REX Kino

Samstag 12.05.2012
Kinopolis Frankfurt Main-Taunus

STARSEEDS PRODUCTION PRÄSENTIERT „EIN FILM VON MENSCHEN FÜR MENSCHEN“
MIT DAVID K. MILLER; GUDRÜN MILLER; RUBEN SAUFKIE; DIETMAR BORN; ROGER NELSON; PEPPER LEWIS

REGIE OLIVER HAUCK BILDGESTALTUNG WOLFGANG FEIK SCHNITT GABOR HAAG; FARBRAUM GMBH THOMAS SCHUMACHER TON DOMINIQUE SIEMENS
3D ANIMATIONEN THOMAS SCHUMACHER MASKE USCHI CHRISTMANN MUSIK / SOUNDTRACK THOMAS HOFFMANN; TEAKmusik SPRECHER HANS-JÖRG KARRENBROCK
TITELSONG INSIDE OF YOU / VOCALS DOMINIK WETZLAU GRAFIK DESIGN CHRISTIANE BÜCH; ANDREA REXYGEL MANSITO DOROTHEE NAUMANN

Danke an Nikolaus Kugler und Pauline Taylor und allen Menschen, die diesen Film mit ihrer Hingabe und ihren Spenden möglich machen.

BAVARIA SYNCHRON
.....

Cosmic Cine
Filmfestival 2012

www.dasblauejuwel.net

Nominated
Cosmic Cine
Award 2012



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The two pictures below are of the Bavarian Film Studio. They have been very supportive and generous to Oliver, the Blue Jewel team, and the film.





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Ollie, the film director, and a beautiful member of the Blue Jewel team, Pauline, stop working briefly for a quick snapshot.





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Planetary Cities of Light – Questions and Answers Summary from Juliano

Channelled by David Miller

November 20, 2011

Transcription: David Arbizu

Greetings, this is Juliano, we are the Arcturians.

First I want to congratulate the Group of Forty for the fantastic efforts that you have made in establishing these cities. It has demonstrated the commitment to the Group of Forty, to the Earth healing and to the Ascension. And also it shows that people like yourselves really want to do something, they really want to bring this planet into the fifth dimension. You all understand so clearly that this is a moment in the history of this civilization and this era in which a major planetary transformation has to occur.

The Planetary Cities of Light project can be one of the main transformational tools for the planet. To answer all of these questions we want to establish a frame work, we want to establish a paradigm for which you can plug in the answer so that they will all make sense. Because we do not want anyone to be turned away, we don't want any city to be unattended if there are people in the city that want to be committed to the project.

The third dimension does not work like the fifth dimension. The third dimension is a step down energy and the third dimension needs some type of form or some type of structure. Now, everyone knows that there have been great spiritual ideas that have gone on in this planet and that have been either channelled or have been brought down from higher energy. When the ideas have been manifested, a structure has to be in place. This is where all or most of the problems seem to emerge, that is when you take a higher light, when you take a higher energies and you take the beautiful ideas of the fifth dimension, and you try and set up an implementation plan on the third dimension.

So, we want you to use the paradigm of the Kabballah Tree of Life which has been magnified to the Arcturian Tree of Life. If you look at the basic idea of the Tree of Life, the Tree of Life is set up to balance. I will use the examples of the idea of judgement versus compassion, because these two spheres on the tree of Life are at opposite sides. There have been other planets that have been set up under the Creator Light and these planets have been based on harsh judgements, so that if you are going to do something wrong, then you are immediately judged. This type of set up for a planet has created many problems and there is no freedom to deviate. Therefore a world with judgement only can be too harsh. On the other hand, there have been planets that have been set up that have great compassion. But, if there is too much compassion then those



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who are nefarious, those who are evil intent, get away with everything. They can destruct the planet. So there has to be a balance between judgement and a balance with compassion.

So, when I look at the Planetary Cities of Light project and how to implement this, we have to set up a paradigm with either structure or an overall plan with no rule or freedom to do things without structure. If there is too much structure, then people become upset and complain that the rules are too rigid. But we also know that if there is a lack of structure, then everything becomes too casual. If there is too much freedom, then often times the entire set up, the entire implementation becomes watered down and then the project could lose meaning.

The Planetary Cities of Light project is going to gain more attention in the world. This project is going to be used as a model for many people in the world. The PCOL structure has to be one that is set up that's long lasting, that even will survive anyone that is now here. This structure that you are now setting up is going to be the basis and can be the basis for future generations.

The question about being a member of GOF and participating in the Planetary Cities of Light Project is an important question. People now can set up Planetary Cities of Light with the Group of Forty. It may not necessary to use the Group of Forty set up Planetary Cities of Light. However the Group of Forty has now an international global network, therefore the advantage of doing Planetary Cities of Light within the Group of Forty frame work is to use that international global network. The global network is a method of increasing Arcan energy. You will not be able to participate in our global outreach without being a member of the Group of Forty. So there should be at least one person, a coordinator, that is a member of the Group of Forty and that can work within the GOF structure. This is just a logical.

Can non members participate who are not in the Group of Forty?" And the answer is yes, as long as there are Group of Forty members that are working in the project with them. T

We are working through this channel David Miller. David knows the structure and is helping to set up a structure. We support this channel and we support the Group of Forty efforts that have manifested this structure through him.

This project and this Planetary Cities of Light project is going to gigantically increase after the premiere of the GOF film, the GOF sponsored film "The Blue Jewel". So, there needs to be structure present that can be implemented. So, therefore, we have set up a few simple rules and, remember let see what the balance is".

We feel that the minimum number of people to activate a Planetary City of Light should be four people. Now, that is not a high number of people and even four is a small number.



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Can one person set up the Arcan energy light strong enough to do the activations of the Planetary Cities? Well, in some cases there might be somebody who is that strong and is able to emit, and is able to amplify their thoughts and their connections, that they could do it. But, how many people really have that intensity? And how many people can solely do it by themselves? One of the activities of activating the City of Light is actually going around the whole city. You have to set up points at the cardinal points, points of the geography of the city. You have to bury some crystals. You have to do some chanting. So, that is quite a burden for one person.

Can there be exceptions? Well, the answer is that there always are exceptions. And we know for example that Mount Shasta, right now, may not have four members that are living there, but we know that many of you are visiting; many of you are working and sending energy there. So there can be modifications but generally there is the idea that we stick to the four. So, if somebody wants to set up a City of Light by themselves, then I think it is wise to get at least 4 people.

The second thing is what about the group coordinators. This comes back again to our belief in a structure that has to be established. Some of the group coordinators, in fact, most of the group coordinators that are the country coordinators have done so much work, have worked so hard and they have worked hard because you are establishing the foundation. It is always hardest to set up a foundation, so that later other people may not have to work so hard.

One person cannot oversee the whole planet. The channel can't understand every different city, because just for example there are three or four new cities in Brazil and some of those cities aren't known to the channel. There are other examples of people who want to set up cities that are two million people and there are not enough people to go around the city. So there are different circumstances and therefore the coordinator who is living in the country knows the circumstances. So what I'm suggesting is that part of the structure is to support the coordinator of the country. Basically you need to have people to set up a PCOL and they should be willing to work with the GOF coordinator of the country.

Let us look at what we have accomplished, let us look at each one of the cities, let's not reject any City of Light now, Develop a way of reviewing the PCOL work and make a decision. So, for example, there is a Planetary Cities of Light committee that is working to review all these issues. It is not a committee that is going to be overly rigid, but it is a committee that will say: "OK, does it make sense that a city going to be able to continue? If it is not, then maybe that city should be put on hold. You can then call it a Sub-Planetary City of Light. (Note: the PCOL committee decided to call cities not meeting the criteria Honorary Cities of Light). We want every Planetary City of Light to be special.



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So, in summary, don't turn away anybody and any light worker that wants to work with a City of Light. And if they cannot meet a criterion usually then there should be methods where those people can be helped.

Introducing Planetary Cities of Light to the Public!

By Vera Le Doux

Coordinator of Taos City of Light

During the months of October and November our local Group of Forty engaged in several public events which brought interest and new members our way. We had 2 public art shows, a symposium and a public celebration of 11:11:11.

In October, John Murray, the local Founder of GOF had a One Man art show at Centinel Bank, which happens to be the only locally owned bank in Taos City of Light. We also maintained a booth at a local symposium. Books by David Miller, Founder of GOF, brochures and flyers were available to people passing by the table. We displayed 2 maps, one with the 12 Etheric Crystals and the other displaying the Planetary Cities of Light.

In November, we had artwork by several local GOF members displayed at the same bank. In the foyer of the bank we had information about who we are, what we do, what the benefits are to the community and information about Taos City of Light.

We also held a public celebration of 11:11:11 where we created Sacred Space and enjoyed each other in guided meditation, Sacred Dance, singing, and wonderful food.

These efforts and sharing of our light and energy have brought us new members and opened a portal to the community, as we have been invited to offer more public lectures and information on Planetary Healing and Galactic Consciousness.

Thank you to all the Artists and all those who helped set up at the Bank, to those maintaining our booth at the symposium and to Pinki for the use of her beautiful space for our 11:11:11 celebration, and welcome to our new members.

Below are some of the pictures from GOF members that were presented at the November Art Show:



Awakened Christ Consciousness
By Vera Le Doux

Ascension Codes
By Vera Le Doux





Scorpio Rising
By Amrit Patricia Dobrin

Notes from the December, 2011 PCOL Committee Meeting

Notes written by Vera Le Doux

Committee Members: David Miller, Gudrun Miller, Vera Le Doux, and Kate Sparks

The topics listed below were discussed.

1. All 3 nominated cities were approved for the January 2012 download
2. Minos has the members necessary for download, but Shanti wishes to wait until she builds up a stronger group.
3. All cities in question and all cities without a coordinator or group will be called "the Honorary Cities of Light", that way we don't have to remove any cities, merely hold the



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energy for them and send them an extra boost of energy during our monthly PCOL teleconference calls.

4. Santa Fe and Albuquerque are working with Taos City of Light. There is a possibility for downloading them as PCOL next year, as the groups in both cities are growing. The Santa Fe group met with Nina Brown who channels the Golden Dolphins and who will be joining GOF, participating in the building of the Arcturian Temple.
5. The PCOL presentation will be posted on the website.
6. PCOL nominations for January:
 - a. Porto Alegre (1.5 million people), Brazil - the coordinator has chosen an area within the city
 - b. Alto Paraiso, Brazil - only 1 GOF member 8 people promised to help
 - c. Shangri-la, Brazil - was downloaded previously, but the group wasn't able to meet

Calling All Medicine Wheels...

By Kate Sparks

The December monthly lecture (which can be accessed [here](#)) discussed the power, meaning, and usage of the medicine wheel in both the third and fifth dimensions. Below, we have featured a couple of pictures from the Groom Creek/Spruce Mountain Planetary City of Light located in Arizona. We would like to feature additional medicine wheels from around the world in upcoming newsletters. Please send your relatively high quality photos and a brief description (one paragraph) of your medicine wheels to kate@katesparks.com. Please note that depending on the number of submissions we receive, we may not be able to include your picture right away. Blessings, Kate



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This photo was taken at the Medicine Wheel located at David & Gudrun Miller's home in Groom Creek. This Medicine Wheel has been in existence for many years and has already seen three incarnations of their sacred tipi constructed on the adjacent land.



This photo was taken at the Medicine Wheel located at David & Kate Sparks' home on Spruce Mountain. The drum and instruments seen in the center of the circle were used by Ruben Saufkie and members of his family in a beautiful blessing ceremony for the medicine wheel, land, and PCOL as a whole.



Arcturian Temple News

By Amrit Patricia Dobrin

The circle of Temple meditators is continuing to grow. Cecelia Downer has established a free conference call number and will have regular sessions to keep meditators in touch. We would love to have helpers from Japan and Oceania. Also perhaps the Brazilians and other South Americans would like to unite our two projects in some way. Cecelia's contact info is cdnm33@yahoo.com.

We are comfortable with building the Temple from the inside-out. This approach means having a strong, crystal altar and active meditators first, rather than making a physical container first and then trying to fill it. I do see the 3-D structure materializing in early spring.

Here are two possible meditations you might use:

1. The Ring of Ascension, a meditation given by the Arcturians:

Visualize the Ring of Ascension around the Earth holding the 12 Etheric Crystals and download 5-D energy into them.

2. Water, variations on this meditation appeared simultaneously to some of our meditators:

Sending 5-D energy into even one drop of water, one can holistically affect all water. Try this every time you have a glass of water. Also, sending 5-D energy into oceans, streams, clouds, cells, etc. and feeling and holding the flow patterns.

Toning "TO MAR" can help to hold the space. Tomar seems to be not only the name of a great Master, but also the sound for a power or function.

Making the Temple meditation part of your own spiritual practice helps to fulfill your longing to SERVE our beautiful planet.

Many Blessings,

Amrit



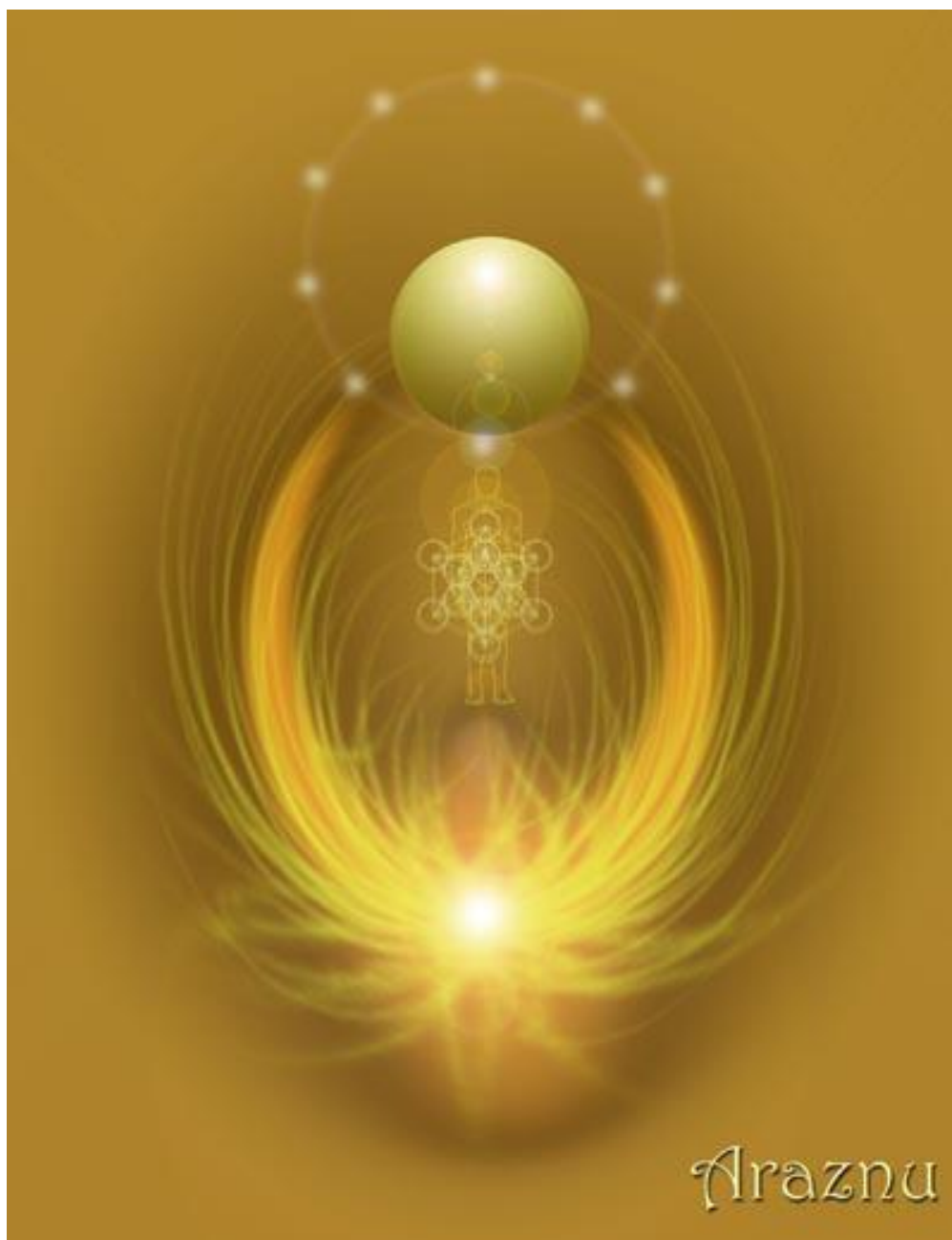
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A Channeled Image – "Metatronic Frequency Series"

By: Deb-Aurah

www.bluerayhealing.com

This is one of the "Metatronic Frequency Series": Metatronic activation, attunement, alignment and healing to assist with incoming energies.





An Email from a GOF Member

By Purvesh

GOF Member, Argentina

Dear Ones,

A new sub-crystal has been downloaded at the Palermo Lake in Buenos Aires, Argentina. In coordination with Pepe's group we called upon Lord and Lady Arcturus, Juliano, Tomar and Helio-ha and with our group and Pepe's we did a circle around the Lago Puelo lake and created a replica and with our intention we brought the replica to the Palermo lake. It was very beautiful. On December 9th we will download another sub-crystal in Uruguay doing our retreat.

We felt that every City of Light should have a sub-crystal to amplified and support 5th dimensional energy.

I will get in touch with the coordinators of the PCOL of La Plata and Bahia Blanca in Argentina and some cities in Brazil to encourage them and help them to do the same.

Thank you David and Vera for your support.

With love, light and blessings,

Purvesh



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A GOF Gathering at Lago Puelo, Argentina for the 11/11/11



~ PLANETARY AND PERSONAL HEALING MEDITATION ~

The biweekly planetary and personal healing meditations led by Lesley Anderson and Kezia Lechner will continue. All healings use the latest Arcturian technology as advised by Juliano. Calls are Monday and Thursday evening and last about 15 minutes. Mondays are always planetary healing. For more information call Lesley Anderson - 541-271-3570. Thursdays are open for personal healings. Contact Kezia Lechner - keziarenee@gmail.com.

Parameters for personal healings, as established by Juliano and David are:



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1. You must be a GOF member
2. All "healees" must be on the phone for healing calls
3. Please send all emails in English
4. If you can't speak English you must have a translator present during the healing call

~ CALL TIMES ~

9:00 p.m. - Eastern Standard Time
8:00 p.m. - Central Standard Time
7:00 p.m. - Mountain Standard Time
6:00 p.m. - Pacific Standard Time

~ CALL NUMBER ~

712-432-0075 - Access Code - 309724 #

Introducing Lesley and Kezia

Planetary Healing Meditations

By Lesley Anderson

I am Lesley Anderson, GOF member for many years. I lead a fifteen minute, often channeled, planetary healing meditation, the Arcturians call this Biorelativity, every Monday evening at 6:00 PM Pacific Time, U.S.A., for all GOF members. Call in at 1- 712 - 432 -0075 - Bridge - 309724 #

I use all three sides of the Sacred Triangle, in particular, combinations of the 12 Arcturian etheric crystals and their energy field, the Arcturian Tree of Life. We increase our light quotient, our arcan power, by shimmering to and from inner earth, cities of light, ring of ascension, crystal temple, and the Arcturian stargate to name a few sources available for higher thought and light in earth healing.

Juliano has asked a guide in the Meditation Temple on Arcturus to work with me. Many of my personal guides and the energies surrounding me are Native American. I work with the Grandmothers and Grandfathers, the tepee and smokehole, the Sacred Pipe and the Sacred Hoop or Medicine Wheel and Galactic Kachina. We work in the Divine Light, Aur Hakadosh, with various aspects of Source. In this group you are protected in these energies.

Our intentions and techniques are to bring about the highest vibrational harmony and balance to earth with an energy feedback to all group members.



Mitakuye Oyasin,

Lesley Anderson

GOF Personal Healing Meditations

By Kezia Renee Lechner

I am Kezia Renee Lechner, a GOF member for the past two and a half years. While I joined fairly recently, I find belonging to the GOF to be extremely fulfilling. I co-lead the Planetary Healing Meditations with Lesley Anderson, and lead a fifteen minute mediation (either personal or planetary healing) every Thursday evening at 6:00 PM Pacific Time. The call in number is the same as above.

In a reading with David, Juliano suggested I offer personal healing in the Meditation Group, and said I was particularly well suited for remote healing. I have been a reiki master for the past twelve years, and because helping people and animals through my healing work is my passion, I was very pleased and moved to be asked to use my healing gifts!

Juliano gave me very specific instructions, which I faithfully follow. We use the Arcturian crystals very specifically, as well as the assistance of Juliano, ascended masters, guides and angels, and the healing power of the high, holy Omega Light, to help raise the light quotient, repair holes in the aura, and to establish balance, harmony and wholeness in all four bodies of the "healee". Like Lesley, I have been assigned a guide from the Arcturian Meditation Temple.

If interested in receiving a personal healing, please contact me at keziarenee@gmail.com. Guidelines for "healees" are also listed above.

Testimonial

"The three personal healings I received through the Meditation Group were a powerful healing experience. In my case the personal healing catalyzed a series of nocturnal dreams which illuminated specific information about a painful childhood experience I needed to acknowledge and release..... My entire healing process took a quantum leap! I physically felt the 'processing' for the duration of the work.

Thank you!"

Alessandra Gelmi
GOF Member



Announcements of Ongoing GOF Activities

1. David is available for personal healing work in person in Prescott, and he also does phone readings. Call David at (928) 776-1717 if you would like to schedule a session.
2. Gudrun is also available for phone sessions based on soul psychology. She specializes in starseed issues. Call her at (928) 776-1717 or e-mail her at Gudrunaz@yahoo.com.
3. Worldwide meditation schedule:
Our worldwide meditations are scheduled for every 3rd Saturday of the month (Sunday in some countries). We are alternating the 12 hour 12 crystals meditation and the Planetary Cities of Light 24 hour meditation:

December 17.....12 hour 12 crystals meditation
January 21.....Planetary Cities of Light 24 hour meditation
February 18.....12 hour 12 crystals meditation
March 17.....Planetary Cities of Light 24 hour meditation
4. Mountain Eagle, a Native American from Washoe County, Carson Valley, Nevada has joined our Group of Forty. He would like very much to contact other Group of Forty members. Feel free to write to him at datohmu@gmail.com
5. Birgit Smothers has started a special GOF Facebook page. Contact her through her name on Facebook and you can join her page.
6. Rubin Saufkie has joined our GOF. He is a Hopi and is a participant in the film the Blue Jewel and also he has been a presenter at the Sedona workshop in 2011. Ruben Saufkie rmsaufkie_h2opi@yahoo.com can be reached at his e-mail address. Rubin will also be attending the premiere of the GOF film in Munich, Germany and he will be a presenter with David and Pepper Lewis at a one day workshop in Munich following the premiere of the movie.
7. PCOL channeling session, including question and answers is a special monthly session devoted to the Planetary Cities of Light. It will be held on December 17th, 2011 at 9:00 a.m. Phoenix, Arizona time, Mountain Standard Time.
8. David will be doing a special channeling on January 1st, 2012 at 2:00 p.m. MST (Arizona time) on our teleconference line, **welcoming in the 2012 energy on New Years Day**
9. David and Gudrun Miller will be doing a two day workshop in San Jose, Costa Rica on February 4th and 5th, 2012. The theme of the workshop is Spiritual Healing Workshop:



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Removing Blocks for Spiritual Advancement. They will be hosted by GOF members in Costa Rica, Gaby and Hugo Seltzer. It will be held at Casa de Piedra
<http://www.casadepiedraescazu.com/>

Contact Hugo Seltzer in San Jose, Costa Rica for registration information:
hseltzer@gmail.com

10. The audio files from the Carson Valley workshop are available in two ways:

- a) For receiving the computer audio files via www.yousendit.com for \$50.00 PayPal payments accepted for the yousendit.com delivery through PayPal at:
davidmiller@groupofforty.com
- b) For \$60.00 you can receive the actual CDs of the lectures via mail. The total lectures from the workshop are over 11 hours! Payment for the hard copies can be made through PayPal or send check directly to: David Miller, P.O. Box 4074, Prescott, AZ 86302

Group of Forty - The Monthly Lecture with David Miller

The monthly lecture is held on every 1st Saturday of the month at 5:45 p.m. MST.

The next lecture is on Saturday, January 7th, 2011 at 5:45 – 6:45 p.m. Phoenix, Arizona time (Mountain Standard Time) – please check your times below. The conference phone number is (712) 432-3100 Bridge # 488147.

The re-transmission of the lecture for Europe will be on Sunday, January 8th, 2011 at 10:00 a.m. Phoenix, Arizona Time.

You can check the teleconference/lecture time against your local time by using
www.timeticker.com

4:45 – 5:45 p.m. Pacific Standard Time – Los Angeles, California

5:45 – 6:45 p.m. Mountain Standard Time – Phoenix, Arizona / Denver, Colorado

6:45 – 7:45 p.m. Central Standard Time – Chicago, Illinois

7:45 – 8:45 p.m. Eastern Standard Time – New York, New York

Question & Answer Sessions



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The Q&A is every 3rd Tuesday at 7:30 p.m. (MST), channeled by David. Please contact David to register. The next Q & A will be on December 20th, 2011.

Do you have Thoughts, Ideas or Articles for the Newsletter?

If you have any thoughts, ideas or articles that you would like included in the newsletter please send an email to: Kate@KateSparks.com.

Linda's Etheric Frontroom

You have no Arcturian neighbors? Join Linda's etheric Frontroom for a live chat.

Linda Prucher – every 3rd Thursday at 7 p.m. (EST)
605-477-2100, bridge # 781076
lindaprucher@libero.it

Local Monthly Teleconference Meetings/Meditations

West Coast (USA)

Cheryl Weinfeld – every 2nd & 4th Tuesday at 7:30 p.m. (PDT)
712-432-3900, bridge # 206680
cherwein@gmail.com

East Coast (USA)

Linda Prucher – every 3rd Thursday at 7 p.m. (EDT)
605-477-2100, bridge # 781076
lindaprucher@libero.it

NM/CO (USA)

Vera Le Doux – every 1st and 3rd Saturday at 3 p.m. (MDT)/2 p.m. (PDT) (worldwide meditations)
218-862-7200, bridge # 281462
veraledoux@msn.com

Germany, Austria, Switzerland



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Ursula Hanel and Chandrika Singh – every other Wednesday in the month at 7 p.m. (UTC +1), in German
089 / 94399955 or 030/92037027, bridge #605
u.hanel@freenet.de & chandrikasingh2002@yahoo.co.uk

Germany, Austria, Switzerland

Avatara'Elina and Nama'Ba'Shie – each Wednesday at 7 p.m., in German
0049 (0)721-9113001316 PIN-Code 3104
www.muttererde.info / namabashie@yahoo.de

Germany, Austria, Switzerland

Avatara'Elina and Nama'Ba'Shie –
New! Each Sunday at 8:00 a.m., in German. We do a guided meditation for 1 hour, either with the German etheric crystals or with the Planetary Cities of Light.
0049(0)721-9113001316 PIN-Code 3104
www.muttererde.info / namabashie@yahoo.de

Australia

Caroline Beechey – every 4th Sunday at 10:15 a.m. NSW (Worldwide Meditations)
00111-218-862-1300, bridge # 994263
cddlb@bigpond.com.au



Spiritual Healing Workshop: Removing Blocks for Spiritual Advancement

A Spiritual Sacred Triangle - Channeled Workshop
Led by David K. Miller, Channel and Author, and
Gudrun Miller, Visionary Artist and Counselor

Date & Time: Saturday and Sunday, February 4th and 5th, 2012 (9:00 a.m. - 6:00 p.m.)
Location: San José, Costa Rica, "Casa de Piedra" <http://www.casadepiedraescazu.com/>
700 meters south of the Catholic church of Escazú, entrance on the right side of the road with two rock columns.
Cost: \$120 USD

Information about the Presenter

David has been a student and channel of mysticism for over 18 years. He works with the energies of Kaballah, the ascension, shamanism and higher dimensional forces. David also coordinates a worldwide meditation group known as the Group of Forty which has over 1200 members. David works with spiritual masters, such as Sananda, Vywamus, the Arcturians, the healing energies of the Archangels and a fifth dimensional Native American guide known as Chief White Eagle. His published books include: [Connecting with the Arcturians; Teachings from the Sacred Triangle, Volumes 1, 2, & 3; Raising the Spiritual Light Quotient; Kaballah and Ascension;](#) and [Biorelativity and Planetary Healing.](#)

Details about the Workshop

This workshop will be an opportunity to explore the concept of self and any blocks within the self that prevents spiritual development. We will be doing specific exercises and ceremonies to clear ourselves of any blocks in our path for self-development. There will be opportunities to release old concepts of self and even past life blocks to your self. Special ceremonies for this releasing will be offered. This workshop will help participants bring their lives more into spiritual harmony and flow. We also will be working with Chief White Eagle, an ascended Native American teacher, and Vywamus, a psycho-spiritual ascended master.

Registration Contacts:

Hugo Seltzer | hseltzer@gmail.com | tel. 8342-6867
Loredana Protti | info@casadepiedraescazu.com | tel. 2288-0242

Payment information:

Send payment of \$120 USD to: Hugo Daniel Seltzer Drak (bank account BAC #909213845)
Alternatively, PayPal payments can be made to: davidmiller@groupofforty.com
David Miller can be contacted by phone (928)776-1717 or by the e-mail address above.

Group of Forty Website:

<http://www.groupofforty.com>



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In Closing...The Holy Light

Channeled by Kate Sparks

www.KateSparks.com

Greetings, this is Sananda.

I am so pleased to see and feel the holy light on the planet at this special time. You know I am not concerned what religion you are or if you know me by name. I speak to you through your heart. Your heart knows me and our connection brings that remembrance of your true home.

I speak to you with my love and my light and how you love yourself and how you love others is the way. It is the way to our father and it is the way back home.

So call on me and ask me for a favor, ask for grace and I will serve you.

I am always loving you,

Sananda