

TEACHINGS FROM THE SACRED TRIANGLE



DAVID K. MILLER
VOLUME TWO

Note to the Reader:

This excerpt is from the book
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Visionary Art by Gudrun Miller

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Introduction

The symbol of the Sacred Triangle reflects the integration of three spiritual forces: the mystical religious traditions, the Native energies, and the galactic spiritual forces. The lectures in this volume include teachings from ascended masters representing each side of the Triangle.

Although this book is written primarily for those who feel connected with the Arcturian Starseeds, it is my hope that the general reader interested in metaphysics will also find the material activating. Throughout the book, the reader is often addressed as Arcturian Starseed or Group of Forty member. Group of Forty member is a term designating participants in a worldwide Arcturian meditation group. Information on how to join this group is contained in Appendix A. Also, Appendix B contains helpful excerpts from the Group of Forty newsletters.

The lectures in this volume are channeled material, and many of them contain references to tones and sacred sounds. Every attempt has been made to correct the sentence structures to comply with acceptable grammar.

I wish to acknowledge the following people: my wife, Gudrun, for her support, transcription assistance, and wonderful art work, Maria Menguzzato for the cover art, Diana Fairbanks for editorial assistance, Aimee Tyman for support, encouragement, and editorial assistance, the GOF members around the world who have made this project a reality, Odilia Rivera for her devotion and work in bringing this work to South America, and Aaron and Bonnie of Heaven on Earth Project for helping make this book a reality.

It is my hope that this book will help the reader unify their consciousness with galactic spirituality, Native teachings, and mystical thoughts. Greetings from the Stargate,

David K. Miller
Prescott, Arizona
April, 2004

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Trance Mediumship—A Personal View

My interest in trance mediumship and channeling began 14 years ago when I began visiting Sedona, Arizona on a regular basis. Sedona is an area that is one of the major centers of the New Age Movement, and some have even called this beautiful city, which is in the heart of Arizona Red Rock Country, the Psychic Center of North America, in part because of the abundance of psychic healers and trance mediums.

I began attending channeled workshops and studying their techniques. Over the past 14 years I have seen a variety of channels who seemed to alter the participants' states of consciousness. Also they were able to bring forth information on a wide variety of subjects, including personal healings and information about the "end times" of our planet, and what is referred to as the "planetary ascension," a term which describes the shift in consciousness from the third dimension to a higher dimension of experience reality.

My interest in trance work and channeling helped me to find connections between the American Mystical Indian Thinking, as exemplified by the Lakota shamanistic practice, and my own spiritual tradition, the Kabbalah, the major branch of Jewish Mysticism. I believe that the Kabbalah and shamanism also share similarities with many concepts of transpersonal psychology, especially when focusing on such issues as the higher self for accessing altered states of consciousness through trances.

In the Lakota religious philosophy, the shaman, or medicine man, has the ability to relate to other dimensions. Through accessing these altered states, he is able to relate to other spirits in order to help create a healing for the patient. Often he will use such tools as a sweat lodge, medicine wheel, dancing or drumming to help this "client" shift into a trance, or altered state, for a healing experience.

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However, one need not look only towards the Lakota medicine men to find traditions and tools for accessing higher dimensions for healings. Guidance for accessing altered states is provided in the Jewish mystical tradition of the Kabbalah. The Kabbalah, a Jewish Mystical movement that became popular with the publication of the Zohar in the 1200's, reached new heights during the "Safed Revival" in Palestine, following the Spanish Inquisition. During the 18th century, Hasidism, the successor to the mystical tradition of the Kabbalah (and sometimes called "Kabbalah for the masses"), reached popularity through the Baal Shem Tov. Many of the famous Kabbalists, including the Baal Shem Tov, Abraham Abulafia, Joseph Karo, and Chaim Vital were also trance mediums. In fact, it was common practice for Kabbalist to go into altered states and receive information or instruction from angelic beings, called maggids.

The Kabbalah was the heart of Jewish thinking until the rise of Jewish rationalism in the 19th century (or Jewish Enlightenment movement). The Kabbalah accepted channeling, or the trance medium experience, and many of the famous teachers were even able to channel rabbis from earlier generations. Not only was this type of channeling accepted, but it was seen as a sign that the person had reached a higher spiritual level of development, often referred to as "Ruach Hakadosh," or holy spirit.

Turning to modern times, a new mystical tradition has developed in America, in part through the development of the New Age Movement. Despite the negative connotations many place on the "New Age Movement," it is an undeniable fact that some of the "heroes" and ideals of this movement have had a significant effect on American religious and psychological thinking.

The transpersonal psychology movement especially, has accepted the concepts of higher self and the relationship between spirituality and psychotherapy as valid areas of study for modern psychology. Also an entire branch of psychotherapy, which originated with the work of Milton Erickson, and many of the Brief Therapists, has developed an intervention utilizing

TRANCE MEDIUMSHIP—A PERSONAL VIEW

trance work, which can offer a way of helping the client obtain new perspectives through trance inductions.

But the New Age Movement also introduced the concept of accessing altered states of consciousness through trance mediumship. Many modern channels, such as Jane Roberts and Lazarus, used the trance state to access other “dimensions” or altered states. From the trance state, the medium communicates those ideas which offer new perspectives and healings.

Edgar Cayce is another modern trance medium who was able to use his “channeling” abilities to heal numerous patients, many of whom were diagnosed as having medical problems. Like the shaman, or the Kabbalistic master, many of the modern day channels, such as Cayce, sought to alter their client’s energy states and perspectives in order to help them experience higher or transformational perspectives.

The final ingredient that led me personally into experiencing trance mediumship and channeling was an encounter with a psychotherapist. I was working with a transpersonal therapist who believed in helping his patients access the higher self. During several sessions, he placed me into a light trance and directed me towards dealing with problems that I was confronting from the perspective of my higher self. Amazing results and insights developed, which greatly furthered my personal growth. I learned that I could put myself in a trance, and in that state access higher energy.

I found, for example, that my higher self was not concerned about issues of power, financial gain or fame. Rather, my higher self seemed to be more interested in my spiritual development. I began making decisions in my life based on those values, rather than on the values of financial gain or fame.

Shortly after doing dialogue with my higher self in a therapy session, I had my first channeling experience. I was on vacation at the North Rim of the Grand Canyon at a beautiful area called Sublime Point. While admiring the Canyon, I spontaneously began lecturing about my past lives and the past lives of my

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wife and other relatives. I also started discussing aspects related to the “coming earth changes.” During the remaining part of the vacation, I traveled through the Four Corners Area and visited two famous Anasazi Indian Ruins at Mesa Verde and Chaco Canyon. At each site, a flood of “information” continued coming through, relating to such issues as the Anasazi religious practices and their spiritual views. I learned of the existence of higher dimensional Native spirit guides.

Since these experiences, I have learned that I can use the “channeling” state to enter high states of consciousness in which I am able to access a different perspective on myself, and a higher perspective on struggles other people are having, as well as a new perspective on the Earth.

I now believe that from my own personal channeling and watching others channel, that trance mediums can provide a healing experience for others and for the Earth.

In reality, the trance experience, and the channeling experience, are basically a means of using one’s own higher self to contact other realities—realities which for the most part offer a higher perspective, and at times a perspective filled with healing energies and information.



Tools for the Ascension

Greetings, this is **Tomar**, we are the Arcturians. I am a spiritual master and teacher on Arcturus. I am here to speak with you about the tools of ascension and the tools of transformation that will help you move into the fifth dimension. It is clear that to move into the next realm requires a magnificent effort and focus. In addition, there are certain lessons that must be gathered and completed. Finally, there are certain tools of ascension—spiritual tools that are available that will help you to complete the journey into the next realm.

We, of the Arcturian species, are here to offer this assistance and explain some of the tools, and also to provide energy assistance and an energy boost. One of the greatest tools for the ascension is your receptivity to higher dimensional energy, including your receptivity to such beings as the Arcturians, and your receptivity to the teachings and to the energy efforts that we, and others, are making for higher evolution. There are specific tools of evolution. Ascension is not a random event. We have studied evolutionary processes on other planetary systems, and we know that there are similar circumstances exactly as you would find on Earth. We have seen other planetary systems that had species that were at your level and did not make the next jump. They ended up in destruction of the species and the destruction of the biosphere of their planet.

What is our conclusion from this? The conclusion is that to experience an ascension and a transformation of a planetary system to a higher state often requires an outside intervention and assistance from beings who can offer some guidance. Great teachers and masters have walked your planetary system. They

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have taught and have helped to gather large groups together for wonderful teachings and guidance. The results have not brought peace and have not brought harmony with the nature on the Earth. Our conclusion is that, without some type of outside assistance and left to themselves, planets will, in 95% to 98% of the time, self-destruct. When you look at your planetary system, you see that there are many near misses that could cause life destruction. There are many near misses in terms of wars and diseases.

Tools of ascension are the same tools that are necessary and helpful for the planetary restoration and the bringing of the Earth into the fifth dimension. There have been successful planetary transformations where the planets were brought into another realm. This bringing of an entire planet into another realm is a monumental effort that requires group coordination far beyond what you have imagined or what you have accomplished—far beyond what any group, to this date, on this planet has managed to accomplish. Yet, the tools for a successful planetary coordination are available. You have modestly evolved computer technology. You have modestly evolved communication systems that could provide the opportunities to assist in a planetary transformation.

We will speak about the necessities for the sacred geometry structures on the Earth. It is the Arcturians' hope that the development of a sacred structure could be coordinated with other such sites on Earth. These structures would be designed using sacred geometry, and would be geometrically interrelated. Such "templars" could still be produced on the planet. These structures could be understood now. *Such patterns have been demonstrated through the bringing forth of the crop circles.* Certain designs have been brought forth from crop circles that are important tools for the planetary ascension.

The bringing together of geometric structures that are based on Arcturian designs, Pleiadian designs, or fifth dimensional designs can provide a harmony and a resonance on the Earth that would protect her from asteroid collisions, devastating

22. Tools of ASCENSION

earthquakes, magnetic reversals of the poles, and even the destruction of the ozone layer. Some people would question this. How is it that building structures in a certain design and having them in parallel locations across the planet, affects a planetary transformation? We know from our studies of planets and the galaxy and from our investigation of the inner Earth that the Earth is a living system. It is an entity. It is coming to your scientific awareness slowly that the Earth has a breath, has a life cycle, and has different aspects that are indicative of a living organism. Your understanding of the meridians on the body will serve you well in understanding the patterns of the Earth and how to work with her energies. Your scientists still do not grasp the significance of the Earth meridians, or the Earth gridlines, as we call them. They can treat the Earth the way Chinese healers treat a physical body using acupuncture. Gridline healing is one of the primary tools for the Earth's ascension that must be promulgated and activated. We cannot build these tools for you or intervene on that level. We can make you aware of them.

We study the gridline structures of the planet. We see that there are certain weaknesses due to pollution and environmental damage. Destructive processes have been caused by neglect. Imagine that you have been eating "junk food" and have been harming yourself with overindulgence in drugs and other abuses. You can see that the Earth, from our perspective, is in the same position. How can you say that the Earth is ill? Well, we have special abilities to look into the Earth. We knew the Earth thousands of years ago. We view the Earth in the past, the present, and the future. We can see the aura of the Earth. The Earth has an auric field in the fourth and fifth realms, just like you do. The aura field on the Earth has been collapsing and is not reaching out as far as it did earlier in its history. There are many holes in the Earth's aura. There is much darkness. The Earth was gloriously, energetically expansive as recently as 200 to 300 years ago.

The placement of the Ring of Ascension has provided an important psychological, spiritual, and etheric boost to the Earth.

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This powerful halo of light is still evident to those of the higher realms. It needs to be strengthened as well. The halo (the Ring of Ascension) is not going to be enough to heal the Earth. There is a need to build sacred structures and temples along certain gridlines. The gridline in Crestone, Colorado is a powerful one. This is a powerful place to provide a healing intervention into the Earth. Specific structures geometrically designed as a holographic triangle or dome shaped would assist in an Earth healing and also help release blocked energy.

The model of Chinese medicine and healing of blocked energy also apply directly to the Earth. We are aware that the abilities to provide such structures on the Earth are extremely difficult. Imagine if we suggested building 12 structures throughout the planetary system. There is a need for two or three in Russia. The damage from the Chernobyl area has greatly affected their gridlines. The damage to the Earth in that area is phenomenal and a great deal of healing energy is being sent to that area. There is a need in Argentina. Several structures need to be built in Africa. There needs to be a structure built in the North Pole and in England. People in the Stonehenge area knew of the significance of building such structures to resonate and heal the Earth.

There are other tools that we can use. Arcturian Starseed groups can provide assistance through organizing prayer circles and gatherings at specific locations.

Many of you in the Group of Forty have been aware of the necessity for doing this type of planetary work. It is important to be working at the same time in different areas so you can connect the gridline. That means that you would be sending the energy around the planet through thought projections and other such techniques. Groups must activate entire meridians. To do this requires a fantastic level of coordination. It has been our hope that the Arcturian Starseeds would evolve to the point and sophistication that would allow a high level of healing and planetary work. Such work would eventually allow the building of a structure devoted to an understanding and a promulgation

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of these ideas. Building such structures is a major tool that is available to you for your ascension. Many people who read this lecture will respond with ideas. The coming together of a center is still a major development that can occur.

Q: Do these structures have to be enormous and expensive, or could they be something like a tipi?

A: Some have to be major structures; some do not. It does not have to be expensive. It can be made from inexpensive materials.

Q: Could a pattern placed on the ground also be effective for Earth healing?

A: Both can work. The pattern is good and it helps. When you are working in Chinese medicine, with acupuncture (which came from higher galactic sources), then you actually place a needle in a meridian. There is also a method called accupressure where the same is accomplished without the needle. This planet has many negative forces and many misguided people. So the structure itself has a special purpose. The needed structure will force people coming to it to respond to a different energy. We can say that geometric patterns help to enlighten the planet. A structure then becomes necessary, especially at this level of development. There are certainly enough structures on the Earth for religions. The tipi itself is a structure that is inherently healing to the Earth's meridians. We are going to provide instructions in doing specific grid work at a later time.

The other tools of ascension have to do with your own personal transformation. Your role is planetary transformation and personal transformation. There are existing tools that you have been using and will continue to use. There are new tools that are going to come to you; tools that will enable you to travel to the center of the Earth in your etheric body; tools that will enable you to enhance your therapeutic and telepathic communications; tools that enhance your DNA codes. You will jump lifetimes ahead of your current development and go into a new body. One of the main ideas of the ascension is that you are going to

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enter your light body, your fifth dimensional body. To enter that body you have to be prepared. You will cause your current body to reintegrate into a new form.

There will be new codes and mantras that will be given. You have the sacred code: "Holy, Holy, Holy is the Lord of Hosts." You have been practicing that one. It is powerful and unlocks the process within to allow you to use the energy of your body and thought patterns on the third dimension as a means of transforming into the light body. "I am one with *Tzevaoth*." This is a new mantra. [Note: In Hebrew *Tzevaoth* refers to the word "hosts" or angelic forces.] *Tzevaoth* is a galactic word that is based on the understanding of the planetary forces and the planetary masters. The Ring of Ascension is a demonstration and manifestation of the planetary core and "hosts" and the awareness that you have engendered of the planetary systems. The planetary core and "hosts" include Sananda, the Archangels, Pleadians, and Ascended Native American guides. Chief White Eagle will speak with you. This is Tomar.

Hey ya ho ya hey! This is **Chief White Eagle**. Blessings to my many friends. Blessings to the Earth, to Mother Sky, and the stars. We understand the teachings of the galactic family. We have been placed here by our star family to provide healings to the Earth. We understand the relationship of the Earth to the solar system, and the healings that can occur from the galaxy. There are star families that are actually working on healing a galaxy. This is a tremendous conception. There is enough going on in our section of the galaxy to keep many people busy for centuries. It has been our belief and understanding that Native American structures such as tipis can fulfill some of the teachings from the Arcturians and other star families. We have developed specific prayers, sounds, and ceremonies that will provide continual healings to the Earth. We need you to fulfill this work.

All who are Starseeds are not only involved in the personal transformation and ascension, but you are also involved in the planetary ascension. We of the White Brotherhood/Sisterhood,

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and we of the Native American ascended mastery, are particularly and strongly devoted to the planetary ascension. We know that there are codes with certain Natives that when spoken and chanted will keep the throb of Mother Earth going. We are helping now to activate those fields. Let peace and harmony prevail in the veins of Mother Earth. Let the teachings of the caretakers of Earth's spirit be transmitted to the Arcturian Group of Forty. You are endowed with the ability and responsibility to care for the spirit of Mother Earth. This is a sacred and desirable task. Only those of highest purity and valor are allowed to do such work. Look within your heart and see what level and mission of this work you can perform. Blessings my dear brothers and sisters, this is Chief White Eagle.

OOOOOHHHHMMMMMMMMMM. My dear ones, this is **Quan Yin**. Your etheric faces are shining so brightly with love. You are capable of so much devotion. I speak to you of devotion. This is another tool for your ascension and development. I, Quan Yin, am a teacher of devotion. I know that some of you struggle with the ability to persist in your work. Some even doubt your ability to fulfill soul mission and obligations. I assure you that, with devotion, you will be successful. The key to devotion is in the heart. The soul and the heart are linked. Where the heart is, the soul will manifest and develop. When the soul has the energy from the heart, then the Earth mission as taught, manifests, my dear ones. I teach people to look into their hearts. The method I use is based on Mother Mary. Let the light of Mother Mary, the great teacher of heart energy, enter your heart chakra now. (Tones: *hhhhhoooooooouuuuueee*.)

All lower heart feelings such as jealousy and hatred are emotions that can be released. Let those drop away as *your heart is filled with the light of Mother Mary*. (Tones: *hhhuuuuoooo*.) Your hearts are purified. Adonai, light of God, help all purify their hearts. Pure hearts, connect with your soul light and know that *the energy of "I am Tzevaoth" fills you and guides you*.

As you fill your heart with your soul light, look on planet

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Earth from a vantage point above the Earth. Look at Earth and see the meridians and the energy field. Look at certain groups in your area and at countries. Go where you will. (Tones: *ooohhhmm.*) Follow your heart and see what you can do. There is so much love for you. Merge your energy with the Ring of Ascension light. Sense the energy of the masters. Being with their energy is part of your mission and fulfills your purpose. This is Quan Yin.

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Appendix A

Help build the energy necessary for group ascension!

Group of Forty Registration

The goal of this project is to establish a network of 40 Groups of Forty throughout the world. The formation of 40 groups will enhance the energy of group meditation, provide powerful healing energies for the Earth, and aid all members in raising their consciousness to the fifth dimensional level. Each Group of Forty will provide the basis for building the energy necessary for group ascension.

Meditations

All groups simultaneously meet in meditation once each month. Currently it is held the first Saturday of every month at 5:45-6:45 p.m., Mountain Standard Time. During the main meditation, David channels a message for everyone in all the groups, which is later transcribed and sent out to all group members with the monthly newsletter.

Group of Forty members do not have to be physically together to participate in the group meditation. The powerful Arcturian energy can be called in wherever any member is meditating, and through that connection, the member can experience the group energy being generated by all Groups of Forty.

Meditations also include a group healing, where all members of the group focus healing on one designated person in the group who has requested it. Members who have been the focus of this healing energy have reported profound healing experiences. All work by the Arcturians is directed towards personal healings, healings for Mother Earth, and our

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transformation to higher consciousness, leading to ascension to the fifth dimension.

The Monthly Channeled Message

Messages channeled during the simultaneous group meditation usually cover topics including:

- The Arcturian Frequency
- Preparation for Ascension
- Arcturian Healing Chambers
- Multidimensional Corridors
- Accelerating our Spiritual Growth
- The Arcturian Crystal Temple
- The Arcturian Stargate
- The Sacred Triangle
- And much, much more; new info every month!

Members are encouraged to submit questions for the channeling sessions to David at the beginning of each month.

The Monthly Newsletter

David prepares a monthly newsletter, providing general announcements and updated information that pertains to all groups. The newsletter, along with a transcription of the monthly channeled message, is mailed to all members each month. Cassette tapes of the monthly channeling sessions are also available on a subscription basis.

The Email Reflector List

David maintains a reflector list through email communication, where those members who wish to may share experiences

GROUP OF FORTY REGISTRATION

and information, ask general questions of the group, and also have a chance to get to know individual members from near and far. It is a wonderful way of building our Group of Forty community. It is an invaluable resource and a great deal of fun, too. It is open only to members.

The Annual Arcturian Group of Forty Gathering and Workshop

Annual Gatherings are planned for the second weekend in October and are held in Sedona, Arizona. This is a fantastic opportunity to make your in-person connection to the entire Group of Forty project. There are different topics addressed in David's channelings each year, along with guest presenters. It has been a profoundly enlightening, healing, and above all, enjoyable experience for many past participants. David and Gudrun also conduct other workshops during the year at other places around the United States.

Registration

To become a Group of Forty member, fill out and send in the registration form on the following page. A fee of \$40 U.S. is required at the time of registration. This annual fee helps to cover the costs of mailings, copying and transcribing of the monthly channeling sessions during the year. Please indicate on the form if you would like to be a Group Coordinator.

Upon receipt of the registration form, David will assign you to a group. Your name will be registered with your group's coordinator, who will then contact you. New members will be placed in groups as close to their homes as possible. Please allow three weeks for a group assignment to be completed. You will receive a letter at that time announcing your group number assignment and group coordinator.

You are highly encouraged to meet your other group

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members, either by phone, letter, email, or in person. The group energy is most powerful when these connections are made and maintained. Many groups hold group events and meet for the monthly meditation when possible.

For additional information, or to register, contact:

Group of Forty Administration
P.O. Box 4074
Prescott, AZ 86302
USA

Phone: 928.776.1717

Email: zoloft@cybertrails.com

Web: www.cybertrails.com/groupofforty

GROUP OF FORTY REGISTRATION

Group of Forty Registration Form

First Name: _____

Middle Initial: _____

Last Name: _____

Address: _____

Country: _____

Phone: _____

Fax: _____

E-mail: _____

Are you interested in being a group coordinator?

Yes _____ No _____

Send registration form and \$40 check or money order to:

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

To receive the monthly channeled sessions on cassette,
add an additional \$72 for 12 months (or \$36 for 6 months).

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