Header Analysis:

Field	Observation	Phishing Indicator
Return-Path	<accountupdate@google.org></accountupdate@google.org>	Lookalike but not necessarily Google-owned for mail sending. Google uses @google.com or @docs.google.com.
Received from	First hop: mail.badactor.ru (91.222.123.45) → then relayed via 164.90.214.153	Not Google's infrastructure.
SPF	spf=fail for google.org from 164.90.214.153	Unauthorized server sending email on behalf of google.org.
DKIM	none	No DKIM signature (legitimate Google mail always signs DKIM).
DMARC	fail	Domain policy not met, another strong red flag.
Reply-To	support@verify-now.org (differs from From:)	Attempts to divert replies to attacker-controlled domain.

Conclusion: Email did **not** originate from Google. Multiple authentication failures (SPF, DKIM, DMARC) show spoofing.