

# Ring of Light

A Newsletter for the Members of the Julian Community

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**W**elcome to the Winter Solstice Newsletter!!!

The Pure Energy of the Aquarian Age has arrived! Spirit and Flow are the underpinnings of this Age. Peace and Brotherhood are the goals for the next 2,600 years. Possibilities for our growth abound.

Peace is the gateway to our Soul and to this Aquarian Age!!

We have been blessed with the insights and understandings our writers have contributed on this topic. Enjoy!

We are thankful for having June Burke and Julian in our lives. We have all been changed for having known her and the Seraph Julian. They have left us rich with legacies of teachings, healings, a new sense of our being, of our self worth, of our place in the Earth and in the Universe.

We are thankful for the freedoms we enjoy and the path we have taken. Thankful that we can look back over this past year and recognize and celebrate our growth.

We ring in this new year 2013 pure Aquarian Energy. We are full of certainty that we make a difference in everything we do! Full of certainty that we do create an oasis of peace and love that go out like ripples in a stream to touch those around us and beyond.

Love, Light, and Peace!

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## Julian's 'New Year' Meditation

Imagine yourself standing on a pier, a dock...  
I want you to see yourselves all together, laughing and enjoying...  
And you know that something is leaving you.  
You put this shadow figure on a ship  
And you wave ... good-by .... and (2012) sails away.

As it sails away there is a bit of a poignant feeling, a little sadness, a little gladness. It is a bon-voyage that says I wish you well, I was glad to know you.

In the time I spent in you, many things happened in my life.

I learned to trust,  
I learned strength,  
I learned to love,  
I learned to give and receive.  
You taught me many lessons and now you wish to leave

So I wish you farewell bon-voyage and kind thoughts.

As that ship sails away  
Your eye locks onto a tiny dot on the horizon,  
And you fall still and quiet as it grows, until you begin to realize That this is another ship, and it is coming to you.  
When it is almost upon you,  
You can feel its aura.  
You can feel the music, and the songs coming from it.

And you know that there are happy things upon it.  
You know they are coming to you.  
And you know that in the heart of that ship, is great strength, great security, and all the things you need for your journey.  
It has now docked.  
Rejoice for it.  
This New Year comes bearing gifts beyond any you have ever known. Know that from it you will move on.  
Take a moment to behold the aura of the ship,  
To hear its music and the laughter,  
To feel the faint glow of love that reaches out from it  
And know with a certainty that it is good.  
So be it

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Authors: Rev. June K. Burke and the Seraph Julian

# Astrology

Feature Column by Eleanor Johnson  
Hopewell Junction, NY



We are ending the year 2012 with the Winter Solstice, Friday, December 21. At the Solstice point, the elements most prevalent have an emphasis on Fire and Air. With Pluto in the Sign of Capricorn, we can undergo deep and long term changes. Saturn, the ruling planet at the Winter Solstice, sets the pace for the year 2013 softening the energies.

Saturn entered the sign of Scorpio in October 2012. It will be in this sign for two and a half years. Scorpio is the transformer. It is a fixed Water Sign. It brings forth an emphasis for man to realize a state of personal awareness and even personal liberation. Saturn in Scorpio can bring things to our awareness that are deeply buried, for example issues from the past, especially, lessons in vulnerability. It can lead to profound spiritual evolution. It requires discipline, patience, responsibility, all the gifts of Saturn.

There is a trine this year 2013, a positive flow of energy which can aid man in his path of evolution. Saturn trines Neptune which encourages the desire to awaken the old and has the potential to heal and purify. This is a supportive trine with the ability to perceive and work effectively with the subtle elusive energies of Neptune. It can create cooperation and harmony. Take advantage of this opportunity to activate the power this trine offers.



It is important to take action as the trine without movement could tend to passiveness. There is an emphasis of the Water element as both of these energies are Water Signs.

January has Mars in the Sign of Aquarius, which is very universally minded. There is an importance placed on philosophy and spiritual groups. Mars in Aquarius enjoys communication.

Jupiter in Gemini will trine Mars in Aquarius giving a healthy desire to learn and share knowledge, both are Air Signs and are the communicators of the Zodiac.

In February, Saturn sextiles the planet Pluto. This is a favorable aspect now, with Mars in Pisces, thrown in the mix.

The planet Mercury will retrograde February 23 to March 17. Mercury will be in the Sign of Pisces during its retrograde period. Our intuition should speak loudly and clearly. Much may be revealed as the planet Mercury will trine Saturn and Neptune. It can allow man to make common sense out of illusion. The inner self is in harmony with the outer self.

March brings Mercury, Venus, Saturn in Water Signs. Much Water may be shed from the heavens. The Water element represent emotions. Much sensitivity will be expressed with these energies. Mercury, Venus, and Mars are in Pisces in March.

Play your favorite music and dance. Pisces rules music and rules the feet in the physical body.

Love and Light,

Eleanor



## GRATEFUL AND THANKFUL TO OUR AUTHORS

With gratitude we thank each one of our authors from the bottom of our hearts for their wonderful heartfelt contributions to the Ring of Light in 2012.

Blanche Duffy  
Eleanor Johnson  
Lisa Katski  
Marc Lederman  
Alberta Leone  
Stan Perry  
John Paul Riley  
Rene Salvatori  
Saul Srour  
John Svirsky  
Anne Claire Venemans

The Ring of Light's purpose is to share ideas and experiences with the Julian Community. It is a vehicle to keep the Julian Community together.

Each of us has chosen to develop our unique talents during this lifetime. We welcome and encourage you to share your gifts with the Julian community through the ROL. How do you envision this newsletter evolving in the future? Please send us your thoughts, poems, recipes, etc. We want this to be a viable tool for the Julian Community.

## Saul's Corner

## The Conscious Mind

## LIFE AFTER DEATH (Workshop #301)

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Authors: Rev. June K. Burke and the Seraph Julian

Good morning. I am most pleased to be in your presence.

This morning you have chosen to talk about my world, so to speak, about transition and what it really means and what really happens. Because I want you to fully experience what happens, we will periodically through this workshop take time to enter the energy that you will feel at that time. I want you to be totally understanding of the fact that this does not mean you're going to die, and it does not mean that it's going to affect you in any adverse way, but you will have some introduction to the energies that you will be feeling.

To leave your world is a free will decision at the time of death. Contrary to all belief that it is totally out of your control, there is a decision made by the self--and it is the high self--at that time. Therefore, you will find people having miraculous returns, and you will find people who it would appear should have returned slipping over. But there is a decision, and the decision is based on the broader view obtainable to you at that time, the ability to see beyond the physical world, beyond you as one being and has some reality of your position in soul growth. So very often, when a person is lingering, they are in the first steps of decision making. They are deciding whether it is truly time to let go, or whether there should still be a struggle to remain and to sustain the life in physical form for a period longer.

To help you with those decisions, there is always gathered about you a welcoming committee, so to speak. Now in that group of spirit form is always someone you know. It may be family who has gone before you, it may be a dear friend who has gone before, a teacher who has gone before, but there is someone that you know, so there is a totally familiar energy around you. At that time, and it is usually for about three days, as you measure time prior to a demise, they will be aware of those people with them. That is why you will hear someone who is lingering say that Aunt Jane was here or Daddy was here, or someone who has long since

gone. And they are not living in the past, they're living in the future, for those people are truly with them, and are there to assist them. I think everyone of you, if you stop and think of any time that you have had an association with a death experience, has been aware that there has been such statements made by people on their final days, or in their final days, I should say. So they are not alone. They are being supported in their decision making. They are being helped to see more clearly that there is something beyond that physical world by the very presence of those who they thought were gone. They understand that life goes on, so to speak.

Now just because you've seen someone and talked with them doesn't mean you're going, but it means that you will better be able to accept the fact that they will be there when it is your time. Any couple who have had a loving relationship, anyone who has had a good friend, and so forth, a good relationship with their parents--even if it's a bad relationship--because, in my world, the anger is no longer there. It is diminished and you may find those people waiting to help you. But you will also understand when you see them that you're no longer mad at them. You see? There's a whole new energy that you are in at that time. You're not in the same unforgiving state, so to speak.

So the preparation to make a move is assisted by those on my side, including angelic forces who are with you at the end. If the decision is to go with them and be led back to my world, the first area that you enter is sometimes referred to in written work as the "white plateau." It is the plateau of entry and adjustment. To reach it, you pass through the astral plane. Now in that split moment when you detach from the physical, you send out messages, and many times it is at that split moment, the detachment from the physical body, that your spiritual essence is seen, felt, or heard by those who are not with you. An example of this is that during that first period of splitting until the astral plane has been passed through and the sleep state entered, that is a communicative time. When the woman Isabel Hickey died, she left her body on a Tuesday morning and on Tuesday evening, or early close to morning on the next day, appeared at the bedside of the instrument as real as you are sitting here, because they had been dear best friends and she just wanted her to know that she'd made it. And that was the exact message she gave. Her eyes sparkled and she said, "I made it." So, it is a very real experience, and many

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Life after Death continued from page 5

of you will have it as you go along.

Once you have passed the astral plane and entered the white plateau, you will enter a sleep state. Now this is a semi-conscious state in which you are totally aware of the love being poured to you from the physical world and from the spirit world, but you will not participate with it, you will only receive it. In other words, you can feel it, you take it, you accept it as yours, and you wallow in it, so to speak, because it is yours, given to you. The reason for the sleep state is for you to adjust to the light body. After all, you've been dragging around the physical density for whatever number of years you've been in the world, and now you have the need to be in a light body that does not have the same density or the same control. It takes adjustment, and during that sleep state, you begin to adjust to a new energy and vibration.

Now that sleep state will last, according to the way you measure time, anywhere from two months to two years, according to the need of the individual. The average is about two months, and during that time, there is no communication made to the Earth plane. You are, at that time, in a hold position. After that time, you are better able to communicate again, because now you're in the new frequency and are beginning to learn how to handle it

Now you can compare that state of sleep to a dream state, when you're aware of things going on around you, you're aware of people around you, but you aren't quite participating in it. It's as if you're watching somebody else do it, even if you're in the "movie." You know? Even if you're in the dream itself, you are standing back and watching.

The death experience itself is an elevation of the frequency of yourself to the point and pitch which permits you to sever the cord to the physical body. There is usually a feeling of movement, a rushing forth. Because you are moving from a dense

frequency to a high frequency, it is very often felt as rushing through a tunnel into the light, out of the density and darkness into the light. Some people have a sound experience with the breaking of that physical attachment, and it is sometimes a high buzzing sound, so many death experiences will describe a buzzing, a tunneling, a feeling of rushing, but it is always a swift movement and it is usually projectile. It's going forward, not going backward. And that in itself tells you something, that death is not an ending or a retreating, it is a movement forward. You're moving forward into it.

Now, as you have moved forward, passed through the astral, come into the light, gone to the sleep state, this is all adjustment period. From the adjustment period comes an evaluation period, and it is at this time you will evaluate your past life. And you notice I say you will evaluate your past life. You will be assisted by the spirit guides who were with you in that life and by those who are in spirit form here in this world. You will look over your life without the personality and ego, and you

will see where you have been your own worst enemy. You will see where you have strengthened and where you have not, and from those visualizations, from those images of your soul growth or the places where you have avoided it, you will determine what you want to do from here on in.

Now to many who have the image of my world as a harp-playing place, I must tell you there is very little harp-playing other than in music lessons. You do not find people sitting on clouds with halos shining and harps vibrating. All right? It is very amusing to our world to see what your world sees us as. However, my world, at that level, is for total adjustment to your placement in the new energy. So you will evaluate your life. You will say, "I really didn't do so well with patience, but I did manage, you know, to help some other people through service." You will determine just how valuable you were to yourself and to others, and you notice I put self first, because if you're not valuable to yourself, you can't be valuable to others.

Anyone who thinks that by being the total slave to other to other people's energy, to other people's desires are in any way helping themselves to soul growth, are kidding themselves, as they say in your world. You must be

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"...death experience itself is an elevation of the frequency of yourself to the point and pitch which permits you to sever the cord to the physical body."

## *Journey Into Peace*

Today was one of those days that we sometimes have where everything seems to be going in the wrong direction. I had an appointment in Troy, New York, which is a 60 mile drive each way, and decided that I had better take a travel mug full of hot coffee to sip along the way. When I put the brewed coffee into the microwave to make sure it was hot enough a circuit blew and I was without electric in the kitchen. As I went around the house to see if anything else was out I flipped on the light in the basement and a bright flash happened then – nothing. Got my flashlight to check the electrical box in the garage and it appeared that all of the circuit breakers were on. At this point I called the “jack of all trades” person who helps me out when I need him but he was out and his wife said he would be home shortly.

I called the person who asked me to make the trip to Troy to explain what had happened and promised to keep the appointment if possible. My “jack of all trades” person called about a half hour later and said he would be over as soon as possible.

The clock was ticking away and by now I realized I would not make Troy by 2 pm and made another call to apologize for not being able to fulfill my part of the bargain. It was costing me about \$200 by not making it to the meeting but I was happy that things went caflooy before I left so Buddy would not be home alone if something really serious was wrong.

After some repairs and the change of light bulbs the electrical workings seemed to be back in order so I decided it would be a good time to go to the health food store for some supplements for Buddy and me plus I needed to fill up on gas. After I filled up on gas and was ready to leave the station I checked both directions before starting out into the lane when out of nowhere a car made a turn onto the lane driving so fast that I barely had time to slam on the brakes while I grabbed Buddy so he wouldn't go flying off the seat.

When I arrived home and finally got time to sit down and have a glass of cider I realized that I was not the least bit upset. I did not earn the \$200 I would have had I made the trip to Troy, it cost me money for the repairs which I did not expect to spend, and a reckless driver came very close to causing a serious accident but there I

sat enjoying a glass of cider and being thankful for the outcome.

As I contemplated my reactions I realized that this has been building for a while be it so gradual that I was not fully aware of it even happening until today. Lately when something on the negative side happens I find myself saying a prayer of thanks for the outcome that happened instead of what could have happened. I've also become aware that much of the time I'm a lot more relaxed even when dealing with the normal “stuff” that can come up and rattle my cage. I still find myself getting annoyed at stupidity like the other day when the person in front of me in the checkout line did not separate her order from the order in front of her on the conveyor belt and everything got checked out on the other person's tab. You can bet I mentally called her a few choice names while I waited for half an hour for the supervisor to get her checked out (couldn't go to another line because there was only one other line open and that was overflowing). And people with a downright disregard for the rights and safety of others will often evoke a few “street” comments from me, but I calm down quicker and don't keep replaying it in my mind for hours or even days.

I'm marveling to myself at how differently I'm taking many of the things that happen. Instead of throwing a tantrum at some large or small inconvenience more and more I'm accepting things and saying a “thank you” that something more sinister did not happen. And I feel a lot more peaceful!

I'm very much aware that I still have a long way to go and I doubt that anyone is going to nominate me for sainthood any time soon but I like the way I feel! Perhaps it's like seeing the glass as half full instead of half empty and being thankful for the half a glass instead of decrying that it's ONLY half full! It's a really nice feeling! I'm going to work on having it more often!

My wish for you is Peace, Joy, Love, Happiness, and all good things for this Holiday Season and for the years ahead! Remember Julian's affirmation:

**God Is,  
I Am,  
And We Are One!**

**Namaste!  
Blanche Duffy**

## Journey To Peace

There is a saying that the journey of a thousand miles begins with a single step. How are your steps?

One small step. One big step?

One little grin. One big smile?

One little ah ha moment. One big proverbial brick to the head moment?

One step back. Two steps forward?

The journey to anything begins with a thought, a step, or a resolution. The step can be big or small. It can feel certain or uncertain. You know the *Footprints in the Sand* poem when Jesus carried the tired soul. Sometimes we are carried forward and sometimes we carry others. With help or helping another, either way, it is always with the heart towards peace.

The journey is just that. It doesn't happen overnight but may encompass your lifetime with many starts and stops. But, no matter the rate of speed, it is still a forward movement to peace or more peace.

May peace be with you,

Renee Salvatori

Wheeling, West Virginia



able to serve yourself in order to serve others; you must be able to know that you are a valuable being. So you must see what your soul growth was and how it interacted with the rest of the souls.

From that, you move to orientation into my world. Now when you're used to walking and making a noise--you know, you walk and when your foot hits the pavement it makes a sound--and you find yourself walking with no sound at all, it's a little strange. And when you realize that if you think of the left corner of someplace, you're there, it's a little hard to get used to, isn't it? But once you're here, your thoughts take you wherever you want to be. So it does take adjustment or else there can be some terrible traffic jams, you know?

So you have an orientation to the energies of my world, and you have an expectation of that particular plateau in my world, what you expect of it, and whether your expectations can be met there or not. It doesn't matter how highly evolved you are, you must go through the first plateau. It's sort of like immigration. You have to go through that filtering aspect before you move on.

Adept questions: That's the white plateau, you're talking about.

That's the white plateau. Yes. So in the plateau of entry and adjustment, the white plateau, you begin to understand my world, and you begin to let go of pre-conceived ideas about it. You begin to realize that no one is going to make you do anything, that anything you do is going to be by your own desire to do so. We will show you everything to do, but you and you alone will decide whether you do it or not.

(to be continued in next Ring Of Light)



**Journey into Peace**

By Anne Claire Venemans  
Utrecht, Netherlands & San Jose, California

We are all on a journey. In an ideal world that journey would be a peaceful one, yet for most of us it turns out it is a journey that has its peaceful moments as we are involved with the hustle and bustle of our everyday lives.

There are always so many things to do! Just the practical things like grocery shopping, doing the laundry, cleaning the house... Staying in touch with friends and family. And then there are the demands our jobs put on us.

All these things are just the normal things we encounter living our lives ~ all these things also make us very busy people as we try and keep up with them, juggling our calendars to make everything fit. It seems that all too often we have a tendency to over-commit ourselves. To want to do more than our time or our energy allows

And as we are so intent on 'what is next', we may forget to make time to take a deep breath and focus on the sense of peace we so desire.

This changes with the arrival of Winter, as our energy turns more inward. Suddenly the yearning for that quiet place, that peaceful space within ourselves is right there.

The Holiday Season then gives us the time (at least after all the shopping and gift-wrapping is taken care of) to direct our attention to other things, new things. To our plans. To thoughts on what would make this world a really beautiful place to be in...

We wish for a peaceful world. And perhaps even for some peace and quiet. Because deep inside we know that all our creative endeavors, all the new and wonderful plans we want to bring into our reality these coming seasons can only stem from that point of peace deep inside

ourselves.

It makes this time of year a great time to take that journey to that peaceful quiescence in the core of our being. To connect with the reality of ourselves from where we can be aware of the things we need rather than the things we want, or the responsibilities, the obligations we have.

As we permit that peaceful quiescence to fill us, as we start breathing in that stillness while exhaling peace ~ we quietly start spreading that energy that is 'peace' from inside ourselves to the world around us.

And the stronger our personal journey into peace becomes, the better can we observe our potential, perceive our creativity, and distinguish ways to make them work for us in a practical, productive manner in our lives.

We are all on a Journey into Peace ~ not just this time of year, but every step of the way as we are discovering our brilliant uniqueness and are unfolding our greatest potentials.

I wish for you a happy, healthy Season and a wonderful New Year.

I wish for you to find peace on your journey ~ every step of the way!



## The Key To A Lighthearted Life Path

A four day five night workshop in County Limerick, Ireland  
May 26 - May 31, 2013 by Sam & Anne Claire

I think that I am on the right track -  
now lets find the key that lights the way.

Sam & Anne Claire



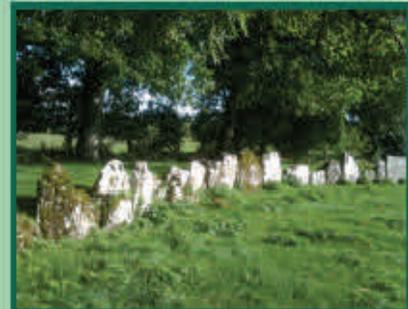
The purpose in life is to have fun! This workshop is designed to do just that - create more fun in your life. We will be working on aspects of your life path that will not only manifest your desires, but will help keep you on your path of spiritual growth.

The arena that we will be using are ancient stone circles that have many layers of use throughout thousands of years. Primarily however, their use has been to answer personal questions in a way that not only gives great advice, but serves the community and the universe as well.

The stone circles are close to Lough Gur, a location of strong mystical energy and many megalithic sites. One circle has a prominent stone with both a Hawthorn and Ash tree growing out of it! These trees were used by the ancient mystics to bring about strength, protection and magical energies.



We will be using all of the energies of the area in a way that brings about rewarding and joyful insights into our individual life paths. There will be plenty of time to explore the surrounding area that is rich in history and natural beauty.



The workshop starts with dinner on Sunday May 26, and ends with breakfast on Friday May 31. The cost p.p. based on double occupancy is \$725. or €550. This includes 5 nights bed & breakfast as well as dinner Sunday and Thursday. Add for a single room \$225. or €150.

When we receive your deposit your space is reserved. Full payment is due April 1, 2013.

For more information you can get in touch with Sam and Anne Claire at [theshamansjourney@gmail.com](mailto:theshamansjourney@gmail.com)

Payment information:

U.S.: You can send your check to Sam; PMB 08046, PO Box 190, Jefferson, OR, 97352 Or contact Sam if you wish to pay by credit card using our PayPal account. < [samholland7@gmail.com](mailto:samholland7@gmail.com) >

NL: You can transfer your payment into account 49 32 10 040 with the description 'Ireland Workshop' The name on the account is A.C. Venemans.



We will be staying at the Deebert House Hotel. A 6 year old country hotel close to the site. The hotel has comfortable modern facilities with good wifi and is located in the ancient walled town of Kilmallock. The town has the remains of a Dominican Priory and the Church of Peter and Paul.

[www.deeberthousehotel.com](http://www.deeberthousehotel.com)



Larry Scheer's Tarot book: **A Bridge on the Road of Life** is finally published!

Hello community members! After decades of research and writing I have completed my book. My understanding of the Tarot is primarily based on what I learned from both June and Julian. I tried to share this wisdom in my writings. I enjoyed creating this book. It is my wish that you will enjoy reading and studying it even more.

### About the Book:

There are not many Tarot books on the market that have full color images. This edition contains full color images and diagrams to help you comprehend the complete symbology contained in the A.E. Waite version of the Tarot Cards.

The Tarot is a tool for self awareness and self discovery. It was designed to help you become more aware of your full potential. It serves as a reminder of our spiritual origins and how we are connected with all of creation. The knowledge obtained through the study of the Tarot will help you develop a connection to your higher self. The goal of this book is to teach the Tarot in a manner that will enable you to unlock doors to the greater understanding the Tarot was meant to share.

### Book Review:

Here is what Camille Albrecht has said about **A Bridge on the Road of Life**:

*Your book is a masterpiece and will no doubt become a classic Tarot text. Your wisdom shone through, providing practical accurate information for attendees to use."*

*People are thrilled with your book, Larry! I have received feedback on how easy it is to understand for the novice and how rich with depth for the advanced student. Bravo!"*

### Acknowledgments:

I want to thank the following community members for making this book possible:

Thanks to Jan Clayton for her help with editing, formatting, reviewing, and expert guidance on writing this book.

Thanks to Karen Ehrendfeldt for the design and layout of the cover for the book.

Thanks to Robert Adamson for his thoughtful review.

Thanks to my wife, Linda Scheer, for her patience, encouragement. and help with reviewing this book for correctness.

### How to get your copy:

#### Cost:

\$30 per book plus shipping.

#### Shipping cost:

1 - 2 books: \$5.15

3 - 8 books: \$11.35

If you want a copy of my book send an email to

[larry@tarot.xs.com](mailto:larry@tarot.xs.com) and a check to:

**Larry Scheer**

**643 Dorothy Ave**

**San Jose**



A Bridge on the Road of Life

### A Bridge on the Road of Life

A Practical Guide to Understanding Tarot Symbology



**Journey Into Peace****by Alberta Leone****Croton on Hudson, New York**

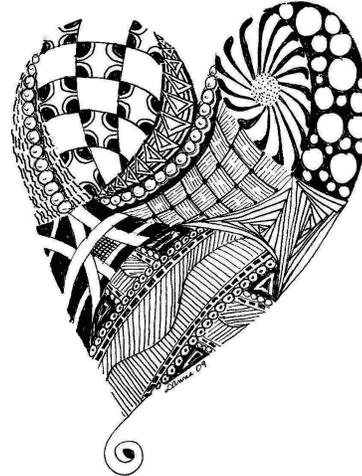
Now, that is a journey indeed! There are so many ways to think about what finding peace really means. An immediate reaction might be to think in terms of a world without hostility but so often that is fleeting and, at best, lasts only until the next border dispute or terrorist act. Perhaps peace is what one might sense when there is no fear or uncertainty. For now, those examples are a lot more global than what I am considering.

The journey, as I see it on a personal level, is more of an internal and introspective experience. A time when the negative outside influences are shut out and the silences raise you up and give you lightness. I never understood until recently how anyone could say that they are not thinking about a thing, not focusing, just staring off into the distance and going totally blank and feeling serene about it. I tried to do that many times and found myself wondering about someone or an object in the room and just not being able to reach that point of serenity. Maybe I am just easily distracted or cannot let go of the day to day turmoil? Then, one day not too long ago, I found myself in that “place” – free of any anxiety, no random “to do” lists, no noise and no sensory awareness of my surroundings. It was, indeed, a wonderful and peaceful time.

It was not a feeling I could force and basically just waited so I could allow it to happen again! Then while I was sitting at my computer one morning and, like so many of us, perusing Amazon for things that might strike my fancy, up popped some recommendations for me. Among them was one for a book about Zentangles®. Well, I had no idea what that was or why it would come up on a list of items suggested for me but I was curious enough to do some research and discovered it was created by a couple, Rick Roberts and Maria Thomas, who intended to help people find their inner artist. This intrigued me since I am a watercolorist or was but lost the urge to create after some losses in my life. It just wasn't fun anymore.

The process involves creating images using structured patterns and requires no previous art background. The materials are very simple, a fine black pen, white paper and a pencil to start. It sounded interesting to me and

after reading some information about it and viewing some samples online, I decided to try it.



Well, as someone described it, it is like brain yoga. As I worked on my first piece I found myself in a calm, contemplative, reflective place and lost all track of time and my surroundings. When I stopped and looked at what I had done, I not only had the joy of finding myself in a good and peaceful place but, I also had a 3 ½” x 3 ½” ink drawing that gave me a sense of accomplishment and pride in learning and doing something new.

I was so excited about this experience that I shared it with some friends who are doing it now. If I am feeling stressed or at loose ends, I start a “tangle” and when I am done I cannot remember why I had those negative feelings. Perhaps it is a way for me to go to that “place” and reconnect with art again? Doing these small drawings has made me look at the world around me differently and I find myself looking for new patterns in nature that I can add to my drawings and seeing patterns now that I never or hardly ever noticed before.

There is a ritual in doing these abstract patterns and yet one is creating something new. There is no prescribed or expected outcome and really no mistakes. The second time I tried a “tangle” I was using a model from a book and went off in what I thought was the wrong direction. Well, there is no wrong direction and I turned that random line into my own new pattern that integrated with the other patterns I was incorporating into the work. Every time I look at that early work, I smile at the joy it gave me. This may be a small step on this journey but it lands me in a place I want to be in more often.

## Contact Us.....

The Ring of Light is a periodic publication serving the Julian Community. A \$10.00 US annual contribution on your part will cover the cost of your newsletter! Make checks payable to Dan Walton. This newsletter is a tool to connect our community. It is your tool to share and use ideas, activities and creative works. Thanks to the many contributors.

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**Next Issue Theme: "Joy in the Moment"**

**Deadline for Submissions: February 28th, 2013.**

### Newsletter Submissions—How to !

For entries larger than 25 words, please submit a text file in electronic form. Send us a 3.5" computer disk or electronic contribution to:

Dan & Nancy Walton  
306 Seaview Drive  
Benicia, CA 94510

**We thank each and everyone of you for your financial support that allows us to bring the Ring of Light to you.**

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**ROL via E-MAIL!**

**What a novel idea!**

If you prefer an electronic version please contact us via our  
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A Newsletter of the Julian Community  
c/o Dan & Nancy Walton  
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**The 16th Gathering of Light  
October 18, 19 and 20, 2013  
Lake George, New York**



**Awakening Light**

We enter pure Aquarian Age energy in 2013, ready to forge a new world that we have the power to create. All the tools we need to build a glorious and peaceful future are at hand if we accept God's great gift, The Awakening. The Light is all around us; it lives and breathes within us. The 16th Gathering of Light is a time to nurture and encourage The Awakening Light within all of us, as we stand united in the doorway of our future. Come join us to renew old friendships and to make new ones as we enter this creative moment in time!

The Gathering will be held at the beautiful Fort William Henry Resort & Conference Center <http://www.fortwilliamhenry.com/> in Lake George, New York. Information about speakers and topics is forthcoming.

The price is \$310. p.p. double occupancy or \$425. for a single room. Lakeside rooms will be available on a first come basis. The price includes meetings, rooms & all meals starting with dinner Friday and ending with lunch Sunday. A dinner cruise on Lake George is planned for Saturday night. Extra nights at the hotel are \$115 per room.

For more information, please contact Saul Srour: [s77aul@yahoo.com](mailto:s77aul@yahoo.com)

**16th Annual Julian Gathering Registration Form  
Fort William Henry Resort & Conference Center  
Lake George, New York  
October 18, 19 and 20, 2013**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Type of accommodation:**

Double Occupancy, cost \$310 per person

Single Occupancy, cost \$425 per person

Addition Nights, cost \$115 per room

**Preferred roommate:** \_\_\_\_\_

**Deposit:** The minimal deposit to hold your space is \$100.

**The remaining balance is due no later than July 1, 2013.**

Please mail this completed form along with your payment by check made payable  
to Saul Srour

at 178 Truckee Lane, San Jose, CA 95136

For special dietary needs  
and/or for more information about The Gathering,  
please contact Saul Srour at [s77aul@yahoo.com](mailto:s77aul@yahoo.com)