

Ring of Light

A Newsletter for the Members of the Julian Community

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Happy Winter Solstice!

Yep, it is that time again, the holiday season. This time of year that always feels out of control — too much to do, too many gifts to purchase, and too many parties to attend. On top of that, it is too cold and there isn't enough daylight (at least for those of us in the Northern Hemisphere). We know that Seasonal Affective Disorder (SAD) is starting to set in.

But what is this holiday season really about? Light. Hanukkah, the eight-day (and eight-candle) festival of lights. Kwanzaa with the seven-candled Kinara, and Christmas celebrations, which have always been full of candles or beautiful lights. And, as we know, some people take the light thing way too far and spend thousands of dollars lighting up their house at night. And, of course, the Winter Solstice is about celebrating the rebirth of the Sun.

Why all this focus on light? Historically, it is used to honor the new solar year. But, we think that it is humankind's way of keeping the fire burning; in essence, rekindling the Light within for a new year.

We hope that the wonderful submissions that we have included in this ROL issue help you rekindle the light within to find new potential and purpose for 2016.

Love, Light, and Peace!

Dan & Nancy Walton, and Jan Clayton

Julian Affirmation

You are light. You are at one with the Father. You at one with life. And you are an intelligent creative being, ready to use that light to it's fullest. Trust it, believe it and above all, use it.

So be it.

Now the keys to this are simply this:

From all that can be, came I.

From all that can be, I became.

From all that can be, I am light, I am love and I am one with the eternal light of creation.

So be it.

From Development #212

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At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

—Albert Schweitzer



Astrology

Feature Column by Eleanor Johnson
Poughkeepsie, NY



We begin this year of 2016 with many dynamic aspects. All of the outer planets, Uranus, Neptune, and Pluto are being aspected at their own pace corresponding to major shifts in the environment. The several Super Moons that have occurred recently bring emphasis to the powers of the planets, intensifying their energies.

Uranus squares Pluto for the remainder of 2016 and beyond. We have been influenced by this powerful square bringing huge change in the earth. Uranus, the planet of change, is shaking the status quo. Pluto is prodding all of us to transform what is no longer working in our lives. The combination brings about changes of great magnitude within the Earth and within ourselves. It has exposed much within our world that needs adjustment. There is great originality and genius in the combination of planets, which can create the power to transform on the inner levels of consciousness. It creates flashes of intuition and inspiration.

Water will continue to be a focus in some places — too much in some areas and not enough in other areas of the globe. Mother Nature will have her way, creating shifts in our personal lives and in the world.

Nature, which rules the oceans, is in its first house position. This is very powerful! And, it brings about changes where old limitations exist. It brings forth a desire to

create what is beautiful. Neptune not only rules the ocean but also the arts, music, and dance.

Neptune also rules the dream state. We can access much in the dream state, because Saturn is square Neptune during most of this year. Our dreams can be backed by common sense and discipline provided by Saturn.

The Capricorn Solstice, December 21 and 22, 2015 is the shortest day of the year. The Moon in Taurus that day is a stabilizing influence. It supports acceptance and forgiveness. This marks the change of seasons. This influences the next three months with a supportive Earth.

February has Venus in Capricorn and then Aquarius which allows us to be not only creative, but also inventive.

The Grand Trine with the Moon in Taurus, Jupiter is in Virgo, and Pluto is in Capricorn permits a transformative quality for the three months ahead. If we embrace this energy that is at our disposal, it may challenge our old way of thinking, allowing us to make substantive plans for the next three months. An interval of calm can be a result with many possibilities.

Let us make the possibilities a reality!

Love and Light, Eleanor

Rekindling the Light

by John Svirsky
Garrison, New York

This world is full of distractions. I find myself being pulled in so many directions, so many things are vying for my attention that I am always busy but never feeling fulfilled. And if my mind was not enough, now I have the whole of the Internet to entice me and keep me from connecting to my soul.

Even in writing this piece, I got distracted by how to format the page. My mind can find endless distractions. Like a child playing with his toys, I am endlessly distracted and quite honestly also content in the little world in which I am living. But what is the universe trying to show me?

I believe that the Internet and the media are mirroring the law of correspondence: "As Above So Below." In this case, as the planetary energies have sped up the veils between the planes have been lifted, and we are all living in a playground called Planet Earth, eventually to discover the meaning of the Truth: We are All ONE. Everything we experience is part of the Divine whole. All that we see is reflecting expressions of Divine Energy. What we see on the material earth plane is energy formed by thoughts, energized by intention, manifested and now has a life of its own. It is up to us individually to take what we like and leave the rest.

So this world of distraction is just showing me my monkey mind in action, jumping from one thought to the next; one idea to next; and keeping me from my Soul Purpose. From that distinction we remember we are part of the whole, rather than separate.

So what is a distractible soul like mine that's so attracted to the glitter, the hope and the promise that this next distraction will lead me to enlightenment ... to do? How do I return home to my soul group? What will help me re-connect to the light within that patiently waits for me to return my thoughts to center, rather than follow everyone else's creations that promise they can do for me what I am unwilling to do for myself?

This is what I have been doing recently, and I really like the result so far. I am setting aside the first half hour or sometimes more, to meditate. Like many of us, I have used the Internet to connect with some wonderful meditation teachers and tapes, some with music and affirmations that go from ear to ear in my headsets. But even these took me

away from where I wanted to be. One of my many character defects is that I don't like to be told what to do; I don't want anyone to force their will upon me. So honoring that, I have found just sitting early in the morning before the sun arises and allowing myself to have whatever feelings come to the surface very effective. I don't try to have a still mind I just sit with one intention: 'Dear God; please may I connect my heart, my mind, my body and my soul to your Divine Presence. Allow me to feel your love within me. Raise my earthbound essence to feel the Christ light within and may I express your will for me this day. May I do your will for me this day.'

I keep paper and pen by my chair to write down any thoughts, feelings or ideas that might come to the surface. Later I may enter the thoughts and ideas into the computer, but for now paper and pen is less distracting.

What have I found in doing this? In the silence, there is a world of noise. My mental mind many times acts like a child having a tantrum, hoping that if it cries loud enough it will stop this pursuit of connecting to my inner self; my Higher Power. I go through the tantrum, by embracing it, not ignoring it. By consciousness and a smile I say, "yes, I must be getting closer," for this is part of the process of returning home.

Like the prodigal son, I left home by incarnating. I allowed my ego mind (Edging God Out) to take control and guide me through a world of earthly experiences, many of which I thoroughly enjoyed and was grateful to have had. Yet no matter how much I acquired, how much I accomplished, how much I was able to convince others of how connected to the Light I was. I knew that something was missing. I just knew I was not fully connected to my soul, in many ways I was still separated from it.

It is impossible at this time for me to write about what happens from doing this meditation each morning, for it is so subtle, and so personal that words cannot do the feelings justice. What I can express is that time ceases to exist. My mind becomes still, my heart feels (connected) open and where I use to be filled with thoughts of direction and purpose I now just experience feelings of love, peace and wholeness. If those feelings had words they would be "Welcome Home John."

Shine Your Light Bright in 2016

By Barbara Garro
Saratoga Springs, NY

*This little light of mine,
I'm gonna let it shine.*

(Lyrics, Avis Burgeson Christiansen;
Composer, Harry Dixon Loes)

As artists of life, a beautiful, precious, but fragile light comes from a creative spark within each of us.

Your face reflects your light, and the face you face will often answer in kind. What kind of light shines out from you towards those you meet moment by moment? How does your light shine out toward your familiars? Do you consciously shine special, unique light on special, unique people in your life?

How often do you even think about the brightness of your light much less how you keep your spark alive, moment by moment, day by day, ready to shine your light?

You know the glow of the beauty of inner light when you see it. Who are the people in your life who bring you such joy when you're with them or whenever you think about them? That's those others. What about your inner light? Do you know it and honor it? Do you think about making it shine?

Consider what C.S. Lewis had to say about relationships, "To love at all is to be vulnerable. The only place outside of Heaven where you can be perfectly safe from all the dangers and perturbations of love is Hell."

The Kabbalah says God gave the creative speak to every one of His humans. Some deny God altogether. Some simply don't know they have God's hidden gift inside. Others know God's gift. John, the Evangelist, wrote Jesus is the light of the world, light that enlightens everyone. Jesus told His followers that they are to be the light of the world and, if they follow Him, they will not walk in darkness.

All may look good to your world from the outside, yet, you know some things eat at you, worms at the core some call them. While you may not know them well enough to identify them, your light would shine so much better if you could remove them and work to heal the damage that's already been done.

Worms at your core block your light, stifle your spark, eating also away at your personal and professional happiness. Consider asking yourself these questions:

- How often do I get all fluffed up, because somebody didn't do what was promised, and then I begin huffing and puffing at whoever I confront, even though they may be innocent of any offense?
- How often do I repeat bad behavior?
- How often do I excuse my bad behavior?
- How cruel are my "jokes?"
- How often do I lie and feel innocent doing it?
- Who am I angry with that I stay so preoccupied with my hurt that I refuse to forgive and free myself of my self-imposed prison of pain?

Here's an action I am taking right now to keep my spark healthy to shine my light, and I invite you to consider joining me. I am taking the 21-Day Complaint-Free Challenge, which you can find more about by going to visit <http://www.AComplaintFreeWorld.org>.

How it works: I'm wearing a purple "AComplaintFree-World.org" unisex slip-on bracelet. When I complain out loud and I must switch the bracelet to the other wrist and start the count-down back at Day 1 — although complaint-thinking remains free. (The average time to complete 21 day free of complaint is 6-8 months.)

Why did I choose this action? Relationships are really all we have here on this planet. I wanted to begin 2016 disciplining myself to cultivate better interactions with people, both personally and professionally. Why did I choose it now? I learned about this challenge at an Albany, NY, Peace Project workshop on happiness. Already, on Day 7, I am a more self-aware person and people are enjoying supporting me in my struggle to avoid complaining.

Complaint-Free Day-by-Day — Here Are My Takeaways

Day 1: I learned to exercise my choice to refuse to complain, even if justified. When I did it myself, I also learned that my equipment probably did a better job and it had to be done twice anyway. (I would tell you what it was, but that would be outing a complaint.)

Day 2: I learned how stress-reducing it is to decide immediately to choose to stay complaint-free. Annoyance gone, I move on.

Day 3: I learned that the opposite of voicing a complaint is voicing a gratitude. This huge break-through felt so good to discover through working my way through this 21-Day Complaint-Free Challenge.



Day 4: I learned to give a sincere blessing to the source of my displeasure. How freeing this feels.

Day 5: I learned that staying the course complaint-free also means not complaining about me. Imagine...

Day 6: I learned that unkind acts are complaints and count.

Day 7: Impatience is a subtle, often silent complaint. Patience is the antidote to complaining. How satisfying to purposely wait in silence, knowing others will be served by my patience.

Living complaint-free also means avoiding insisting on my rights, blame, judgment, condemnation, criticism, fault-finding, and gossiping. Even though complaint thinking does not count, I learned that when I am in complaint thinking, my communication shines my bad attitude instead of my light.

In order to fully participate in this challenge 24/7, I had to let people know what I had taken on. Why? Stopping myself mid-sentence, citing “purple bracelet” in answer to questions needed some explanation. Two stories. First story comes from the first person I shared my Complaint-Free Challenge. I told her I fully intended, despite the “average,” to ace the 21-days first time out. She shared, while smiling a huge smile, “Barbara, if anyone else told me that, I would just laugh, but you, with the focus and determination I know you have, I believe you’ll do it.” Tomorrow is Day 8.

Second story comes from sharing the Complaint-Free 21-Day Challenge with two children, Ariana 7, and her brother, Marcus, 8. After explaining the Challenge and giving them each a bracelet, Ariana shared her “complaint” that I was already on Day 4 and they were still on Day 1. Hearing her, I told her I would grant her and Marcus a dispensation to make us all on Day 4. They were happy. Taking

full advantage of the freedom to think complaints, Ariana would occasionally run away from us shaking her head and hands. Forty-five minutes into the Challenge, Marcus came up to me and said, “I am back to Day 1.”

Now, if two children can take the 21-Day Complaint-Free Challenge seriously, how about if you follow their example and see what you learn about yourself by forcing yourself to stay complaint-free for 21 straight days?

Having fun inviting others to join me in the 21-Day Complaint-Free Challenge, here are some reasons from those who refused:

- “Why would I want to do that, complaining is one of my life pleasures?”
- “I’m good with people, don’t have a need to wear a bracelet.”
- “I’m going to wear it until someone says they want one, and then I will give it to them.”
- “I read the flier and the card, and it didn’t make me feel good, because I should be doing these things all the time, not just when I am wearing a purple bracelet.”

Being a complaint-free person requires lots of fore-thought before speaking, Imagine! Thinking before blurting! Before you harness your self-righteous guns, breathe out blame and breathe in win-win problem-solving!

Take the world-wide 21-Day Complaint-Free Challenge and I promise you will have a happier 2016! People are doing this at work, as families, in groups of friends, and at churches. So, if you are doing this with others, remember, if you call someone else on a complaint, telling them to switch their bracelet, you have to switch yours first, because it counts as a complaint for you! 😊

Update: I did manage to complete the 21-Day Complaint-Free Challenge in my first 21 days, always knowing where the duct tape was, thinking before I spoke, and not speaking a lot during the 21 days when what I was about to say would have been a complaint. If you would like, I did a diary of the whole 21 days. So, let me know if you would like to see Day 8 through 21.

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Beacons In the Night

By Terry Brown
Portland, MI

It is November 27, 2015. The end of our calendar year is almost at hand and this is a perfect day for reflection and meditation. A grey rain falls like teardrops cleansing away the detritus of what has been a challenging year; one filled with both heartache and loss, but, also love and promise. Like a moth to the flame, it is that light that beacons me forward – hope for the future. As I gaze out the window I reflect upon the many blessings in my life, including this day of solitude. The past several days have been filled with the hustle and bustle of preparations for a family holiday. Yesterday, we gathered as many of the family as possible together to celebrate and give thanks together. I also remembered to bless those lessons we learned in 2015. Many were beautiful, but not all have been easy. And, yes, some we would preferred not to have happened, but happen they did. We are still holding on to each other. This Thanksgiving Day, I am truly grateful for the strength of love that allows us to do so.

We weren't actively thinking of it yesterday, but this one day of the year was set aside by President Lincoln who took part in and stood witness to the suffering the people endured during our own civil war. His attempt to create a day that places the focus on gratitude, turned into a long-lasting way for the United States to inspire and rekindle light in a country where brother once fought against brother. Lessons of loss and an appreciation for the blessings of life are best not forgotten. Looking to set a foundation where people set their sights on hope for the future, he set the foundations for an official "national" day of Thanksgiving. As time goes by, however, lessons often fade and so often we repeat the mistakes made in the past.

More recently, my heart trembled and I allowed doubt in my belief in the light to flicker. It was difficult for me to see any light shining within the darkness that seemed to pervade Paris that night. Somewhere in the back of my mind, I really was aware that this was nothing new. I was part of my meditations to put anyone experiencing violence in the light. This night, it took on a more personal note, as my daughter-in-law's parents and our dear friends lived in France. Even after I knew everyone

was fine and despite my studies, I allowed doubt to have its way.

Forgetting the bigger picture, I wondered whether we were truly ready for the Aquarian age we talk so much about. This was supposed to be the age where we formed a "circle of love", and yet people were still treating each other in despicable ways. As events continued to unfold, I soon realized that for a moment I'd let fear steal something precious from me. Fear is what helped to fuel the frustrations and hatred of the few individuals who saw no light of hope and so were unable to forgive, let go and experience God's love. My soul ached as I prayed for all involved – and then – I watched as the light of hope was rekindled. People began to reach out to each other. Comrades and complete strangers stepped into a void left by fear and violence, and filled it with love.

Regarding my doubt, I realized that for a moment I had something in common with the perpetrators of the violence. I'd lost faith in the true nature of humankind. The light of love is what remained constant that night – what will always drive us to reach for each other. How was I, a want-to-be-light worker, going to be able to rekindle light when needed by others, when I could not maintain it myself? I looked to my studies and over time began to understand. I found a passage by Julian that said, "Doubt can be a very positive thing if it is leading you to suspect that something in your life is not good for you". I had never understood that this side of myself wasn't





trying to extinguish anything, it was actually trying to tell me something.

I do believe that the path towards our spiritual growth is linked to intensely personal, often painful awakenings. My personal observation is that this awakening, no matter how impactful, is something that occurs again and again. These moments are steps along the whole of my metaphysical journey. In the past, I have been known to amble along and pay little heed to my surroundings. Because of that, I am no longer surprised when I find myself lying flat out, staring up at the sky, because I wasn't paying attention. Being aware I have a tendency towards mindless wanderings, does not an easy fix make. It is more a process; one in which I continue to learn. In addition to being more mindful, I am beginning to question these "trips". Have I stumbled or fallen out of mindlessness or am I being asked to pause and reflect? Perhaps, I am supposed to look at the journey in a different way. Perhaps, a different path needs to be taken. Maybe, just maybe, I needed to experience suffering in order to gain some deeper understand and compassion. This journey is but one of many, with the same goal – finish the circle that leads me back to being one with God. I've also come to believe part of my journey is learning to let my light shine; to let hope and not fear be my guide.

During the 18th Gathering of Light, two extraordinary women provided examples of techniques we can use to help us become more mindful and focus on ways to tap into our abilities to access our own light force. Lisa Cobb described how kindness and forgiveness can be tools to open our hearts to the light. She led us through a beautiful meditation that related directly to this: one

that first wished happiness for ourselves, then for someone we are close to and, last but not at all least, we mindfully wished happiness for someone we disliked. Later that same day, Angela Sanders spoke about the Science of Happiness, explaining that scientists are studying and believe happiness can actually be created; that thoughts really can create reality. She suggested that we perform acts of kindness and mindfully focus on gratitude. These premises resonated deeply with me. It was also something I saw exemplified in the acts of kindness shown over and over again on the streets of Paris and elsewhere throughout the world. Recognizing that this journey is not one that must necessarily traveled alone, people chose to walk together, shared their burdens, were kind and many offered up forgiveness.

It seems to me that the courage and love it takes to move us towards such acts of kindness and forgiveness, whether it be for ourselves or others, is incredibly powerful and where rekindling of the light may be found. The Seraph Julian said, "See the power of the divine force begin to work with each individual,..." and, "See every living thing filled with light." I see it shining like a beacon in the night as people fill the void. One individual at a time we become one, and rekindle the candles of love.

Tonight, as I look out my window the sky begins to darken. I visualize, bless and let go of my doubts for the day. I acknowledge I am still learning what inhibits me and let them go. Trusting that my higher-self knows the way, I continue my journey, one step at a time, and share burdens and kindnesses as I am able. At peace with myself for the moment, I light a candle and watch as the glow stretches into the darkness.



Report from the 18th Gathering

By Jan Clayton
Los Altos Hills, CA



The boat harbor at the hotel, Lake Muskegon

Lake Muskegon (a bay of Lake Michigan) provided a lovely backdrop for The 18th Gathering this year, and our Michigan hosts were more than up to the challenge of making all of us “outsiders” feel very much at home. The hotel/conference center was lovely and the food was great. The presentations were excellent. But, of course, the best part of the weekend was seeing old friends and making new ones.

Who knew that Larry and Saul could do stand up. “The Wise Guys” got the weekend rolling on Friday night by creating laughter that lead to tears (the good kind).

On Monday morning, Lisa Cobb led a wonderful session on Mindfulness. Lisa taught us about the Emotional Freedom Technique (EFT) and how tapping can not only release issues, but also bring us or others into the moment. Use of the phrase “I’m in!” to signify that you are in the moment while tapping, struck many as being a real key.

Lisa Cobb: “My aha moment was the moment I felt myself shift from not feeling worthy to speak in front of so many wise souls to feeling like I was home.”

Linda Scheer: “One of my Aha moments was during Angela’s talk, ‘Happiness is a work ethic.’”

The second afternoon session was lead by Angela Sanders about the Art and Science of Happiness. Who would have know how much happiness is being researched right now, and how important it is for our health and well-being. I think that most of us were impressed with the information.

Angela played Shawn Achor’s Ted Talk titled “The Happiness Advantage.” It is well worth the 12 minutes it takes to watch it — quite entertaining and informative. You can find it online.

Angela talked about how to cultivate happiness with exercise, music, gratitude, a happiness journal, raw foods, acts of kindness, and, of course, meditation.

Connie Golden: “My aha moment was when Angela Sanders said that Dopamine, produced when we are happy, turns on the learning centers of the brain. When we are confident and happy, we do learn more quickly and retain what we have learned more easily. Helpful to me and to students that I work with.”



The Universal Laws Altar

Saturday night we had a marvelous dinner at the Crosswinds Restaurant. Yum! Great company and great music by a local guitarist.

After breakfast on Sunday, Linda Scheer taught us a bit about Tai Chi, its benefits and its history. We then spent about 30 minutes in motion. It was a wonderful way to become in touch with the body and to meditate while moving.

After the closing ceremony and lunch, many started home, while others visited Art Prize in Grand Rapids or many of the other great events and places that the area has to offer.

It was a great Gathering and we all want to thank our Michigan hosts for creating such a wonderful weekend. Mary Miller said it all, in my opinion (look right). And, we hope to see you at the next Gathering. Information and a Registration Form can be found on page 13-14.



Richard, Angela, Saul, Elaine, Chuck, Connie, Lynn, & Camille

Mary Miller: "The Gathering, whenever I have been able to go, has always been a joy. Every new relationship I have formed, meeting with long time friends and listening to amazing presenters. What could be better.

Usually, I fly a few feet off the ground for about a month after The Gathering. I love ceremony and all the altars and symbology were exquisite this year. The classes were discerning and perceptive. The activities were all quite full of fun. The food this year was once again worth the trip by itself.

Camille Albrecht and [...] Elaine Harsh were more than adept at making this a spectacular occasion. Thank you. My thanks also to all the many others that helped: altar designers, class presenters, greeters, teachers, healers, playmates, and participants for making this special occasion work.

On my altar at home is a slip that says "Thank you Julian/June and creator for making it possible for me to be at The Gathering in New York 2016."



Larry assisted Linda in demonstrating the partner Tai Chi form



Jan, Adele, Terry, Deb, Cherrie, Marilyn, & Cindi

Saul's Corner

LIFE AFTER DEATH, Part 5 (Workshop #301- class 3)

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

Continued from September 2015 Ring Of Light

Any question before we go to plane number six?

The important thing to recognize is that the movement from one plateau to another is not a check list. You will flow through all of them, and once you have achieved one, you are perfectly able to go back to the others, to move between the White Plateau and the Lavender freely back and forth. The thing to recognize, of course, is that there is a freedom of movement, that there is no judgment, that you're not supposed to be on one that makes you better than the other. You must experience them all, and as you go through them, you will go through the first ones more quickly when you're ready for the next one, so there is a constant movement and flow.

Now when you have moved from that so-called Lavender Plateau. I don't know where we came up with that color, but it sounded logical at the movement. You move then into that which we shall call the Blue. And the Blue deals with strictly non-personal training, and that is the training of the soul itself. And it is the training of the soul itself in the exchange of its potential and energy, its ability to move and interact with others. It is here that the consciousnesses are worked with. And you notice I use the plural, for you learn to work with your emotional consciousness, which is in the soul in its raw form, not in a personality form; with the mental consciousness; and with the concept of body; for, although the body itself is not there at that point, you still have an inner concept of your responsibility to body. It is here that there is reinstated in you your responsibility to the temple that will house you in the future, it is here that you again have reinforced in you the responsibility to the use of all levels, and the responsibility to the control of the emotional self.

Now emotion, as you know, is an instigator. An emotion sets apart for you to follow. For instance, if you are angry at someone, the path immediately becomes critical, it becomes misunderstanding, it becomes anger, resentment, it becomes finding what's wrong with that person. If you are in love with someone, all of a sudden, none of those things are there, and it is only the beauty of that person, how good they are, and so on. So the emotional understanding on the non-personal level on this level, or this plateau, gives you the concept of

the balance and how to balance emotion.

Now you have known from teachings, readings, and so forth, that to balance an emotion the polarity emotion must be touched. In other words, if you're thinking in anger, you must think non-anger, not necessarily to the situation you're in, but in relationship to yourself. So you say, you think of all the non-angry times you've had in your life, and that begins to modify the anger in the situation you're in at the moment.

Now there is the personalization in the physical level that makes you attach yourself to the anger in the first place. So it is in this sixth plateau that you are trained to know an emotion without feeling it, and then you're dealing in the level that I deal in emotions. When I'm in this physical body, I can feel the emotion because I'm in this physical body, and when I'm out of it, I understand the emotion, but I do not feel it, which makes it much easier for me to handle emotional situations from factual aspect, rather from the emotional aspect. And that same training you're getting on that sixth level. So you bring yourself into balance.

Now sometimes you would think that to love and to be imbued in the emotion of love is a marvelous thing. It is, but there had to be a balance even to that, for you know the old adage that love can make you blind? If you love, you can convince yourself that there is nothing wrong when there is something wrong that needs to be corrected. And so you learn on that level that the emotion of love has an ability to become illusionary as well as become supportive, and so you have to learn to balance love, to say there is a very practical side of love, a side of love that says I love, but that doesn't mean that you can beat me every night and I'm supposed to say that's all right. It doesn't matter whether it's an emotional beating, a mental beating, or a physical one. The object is, you learn the balance of the love, just as you learn the balance of the hate and every other emotion, by not feeling it, but understanding it, and seeing it almost as a chess game, where there are valid moves that make it a good thing, and there are moves that make you lose everything. So, that is your sixth plane.

Now, I would like very much for you to experience something of that sixth plane, and so what we're going to do right now is a small exercise that is geared toward understanding emotion. Would you like to pick an emotion? The one you would like to understand more fully. (Students chose emotion they wanted to deal with.)

The first thing you have to do in order to detach from that is to raise the elevation of the consciousness and the vibration of the self.

So the first thing that you're going to do is take a deep breath

to relax the anxiety of the moment of the day and let them loose, so to speak, and let yourself feel light despite your recent repast.

You're going to let yourself feel light. You're going to let yourself feel completely free of this day and this moment. You are here, an individual unto yourself, and you are about to begin to raise the elevation of the senses.

And I will ask you to repeat after me:

Ah lay ah - -
 Ah lay ah - -
 Ah lay ah - -

(1/2 step up)

Ah lay ah - -
 Ah lay ah - -
 Ah lay ah - -

Ooo Tah Ooo - -
 Ooo Tah Ooo - -
 Ooo Tah Ooo - -

Repeat last three lines:

Ooo Tay Ooo - -
 Ooo Tah Ooo - -
 Ooo Tah Ooo - -

Ah tay - -
 Ah tay - -
 Ah tay - -

Now, at that vibration you are ready to let go of the personality and the phrase that you use is:

I shed (your name)
I stand alone, a cosmic being.
I stand alone, a cosmic being.
I now view the emotion _____.
I view it as a detached cosmic being with no personal input.

I let it speak to me; I speak to it
But with no personal feeling.
I see it for its progressive ability.
I see that it can grow, move forward.
I look at its opposite
I look at its stagnancy and its ability to hold back.
I look at its repetition in my life and its frequency.
For I look at its action in my life and the void it creates.
I see it, not as a personality, but as the cosmic being that I may understand it, rather than feel it.

Stay with your emotion for a few moments.

Permit yourself to see this emotion functioning around you as if it were functioning around someone else, not the personality of the self. And know yourself as a detached cosmic being, able to see and understand the power, the thrust, and the focus of this emotion in your life.

Now thank the comprehension and the ability to see and hear and feel and know it on a cosmic level, to understand the pros and cons of it, and having known and understood, then let yourself again sound:

Ah Tay - -
 Ah Tay - -
 Ah Tay - -
 Ah Too - -
 Ah Too - -
 Ah Too - -
 Ah Toh - -
 Ah Toh - -
 Ah Toh - -
 Ah Ah - -
 Ah Ah - -
 Ah Ah - -

Take a deep breath and let yourself again know this room.

And now, how many of you thought you were in touch with the emotion?

Were you able to see it differently?

Were you able to see, perhaps, its path in your life and where it was going and where it was taking you and leading you and where you might want to change the route?

The object of this detachment is so you can take and look at something. If you are looking at a road map and you have a clear cut route determined and you're following that route, and suddenly you realize that there is a detour on your route, the emotion dealing with that detour can be very overwhelming. It's going to make me late, I don't know that territory, I feel uneasy with it.

But if you sit back and look at the road map and look at the fact that a detour has to occur as a fact--in other words, it's not being done to you personally, it's there, it has to happen or else you're going to have trouble with your car. You can't go the way you thought you could. Then by going to this detached state, you see the validity of the detour, you are able to look at the map and immediately see three other routes you can take, and you realize that you can phone ahead and say I'm going to be late. In other words, it takes the pressure off and lets you deal with the facts of the situation and not with anything else, and that's important for man to be able to do to survive. And so he has every trip back to may world, a training on the level of detachment, and that's cosmic detachment that permits you to see. Any questions?

Q. Why would that make me short of breath?

When you are detaching the personality, which has been your whole existence, it's almost like putting yourself some-

(Saul's Corner, continued on page 12)

(Saul's Corner, continued from page 11)

where out there and it can be a rather frightening thing. For instance, when I come into this instrument, you can't see it, but just before I enter, her heart pounds and her breath stops as a sort of feeling. It's a detached...she's being detached, and this is exactly the same thing that happens in this exercise. There is that sense of detaching everything you've ever known of yourself, so it can be very alarming. Also, in those little toning's, you brought yourself up by three or four levels of consciousness in that little space of time, and that can be like running too fast. When you're doing this alone, you might stay in those tones for a longer period of time.

Q. I was wondering about in doing it myself whether I need to have just those particular tonings used?

Those tonings that I used are the framework of the tone. You will find it adjusting to your own voice. And as I say: Ah Too, Ah Toh, Ay Tay, Ah Too, Ah Toh, you may find yourself saying, ooh tah. You're going to have the oo and the oh and the ay in there and the sharp, the Teh, Teh, Teh and the Ah. These are phonetic sounds that act like levers. So it is wise to stay in the framework of them, but you will find that you may sound it a little differently in your own body.

Q. Can you relate those sounds to levels of consciousness or something else that we can...

This is a different thing in sound, this is a spiral. Ah Lay Ah. Its a slower. Ah Lay Ooh in between is the bond, then Ah Tay is a rising. So literally what you do is, you twirl your energy until you can literally rise out of it.

Q. What was the final one coming back?

It's Ah Tay Ah Too Ah Tah. It can be a double Ah. Ah Ah Ah Ah Ah Ah. It's a rocking AH.

The Ah sound is physical. The Ah sound relates to... You think of Ahhhhh, it's yours, it belongs to you. Oh means moving out, pushing away. All right? Tooo, rising above. Tay, meaning detach. So it is me moving outward, moving upward, and detaching.

Q. Even working alone without having any knowledge of these, we would express the sounds that were our own personal self.

Yes, but they would be in the Ah Oh Ooo and Tay sounds, but you would pick them up almost as a personal mantra.

Q. Coming back was like a rubber band snapping, kind of like a rubber band snapping, going out and then just kind of hauled back.

Remember this, we're rushing this today. If you were doing this, you would take a longer period on your own, and you would be able to come down a little easier, and so forth. You

would not necessarily be moving so fast. You might find yourself humming as the vibration takes over.

Q. I found the emotion having a kind of a life of its own. It was like there was a force that was external to me that was controlling it, but it was my thoughts or my interaction with it that allowed it to build or contract. Are the emotions controlled by external forces, I mean the basis of the emotion?

The basis of the emotion is internal, not external. Remember, you say somebody makes you mad, but they don't, you make you mad, all right? And the circumstances that make you mad are usually indwelling. There is something that you don't feel about yourself, rather than what you really feel about somebody else. You know, the kids always say that big show-off. All right? Well it's not really that they're showing off that matters, it's the fact that they seem to be having something you don't have, therefore, there's an inadequacy that makes you angry at them showing off. You see, it's that sort of thing, so when you detach from an emotion, it's like looking at an energy flow and power that you're separate from now, but it's really yours, because you detach from it, but now you have the ability to see beyond its feeling aspect to you into the controlling aspect. This is the controlling aspect, the detachment.

Q. Is this like the one before? I'm trying to compare it, and it's like I can feel anger. I can't see it as anything, but there was something there.

In this exercise or the one before.

Q. This exercise seemed to me like the one before. It's like I was looking for something that wasn't there.

In essence for you, what you were experiencing was similar, because in the one before you let go of you for, probably, the first time in a long time. But you will see that they function differently in your life as you go along using them and become more familiar with them.

Q. Okay, but there's kind of like...

The feeling is going to be the same, but the purposes are different. The feeling of this one is in the detachment, that sense of what have I done to me. Remember, as Becky said, a feeling of almost a shortness of breath, that sort of thing. Some people might feel a little sad, that sort of thing. It's almost as if you're turning your back on the you you're used to being with. And you become detached from it. And, of course, the only thing in the human world one looks for is attachments. I want a friend, I want a lover, I want a spouse, I want a, I want a, I want a. And it's all attaching to you thing, and in this exercise, you're taking all that muddle that you brought in there and you're saying, you're out there and I'm here.

And that can be a little spooky, but the actual reasoning of it is, only then can you clearly see where all that is. Only then can you clearly see that you may be handling things that are not your right to handle. You may be taking on responsibilities for others that are not your responsibility to take on.

Now, you know, you may be failing to take on responsibilities that you should be taking on, but because the personality can give all kinds of reasons for it is detached, you're able to see the facts. So exercise one is an inter-relationship exercise with any incident that still deals with the emotion of that incident. This is one that detaches you and teaches you the control system that lets you handle all the rest, you see, so one is an interaction and the other is a comprehension without emotion.

Q. What I'm trying to get at, I guess, is to know what I'm doing.

And the one lesson in life you have to know is that it's all right not to know what you're doing.

Q. I can say all this stuff, but I look back and...

Your whole personality is to research, itemize, know, and then--and only then--you feel secure. (Right) And in this exercise and the exercise before it, we're asking you to step away from all the framework you usually use. So first it will seem very nebulous and maybe even as if there's nothing there, but as you work with it, you begin such clear-cut insights that it takes away the need to do all the rationalizing.

Q. But it seems like almost a dream. (Yes) ...current situation, I'm afraid, well, wait, you're dreaming...

Yes, you see, you're getting back into the personality that says, I've got to rationalize it, is this a dream or isn't it? You say, so what, whatever it is, I'm here and I'm going to experience. It doesn't matter if it's a dream. Doesn't matter if it's something totally different from a dream. I am here; I am experiencing, it's alone time. In other words, you're learning to let go, and that's good.

Q. Well, it's like the discipline that says, you're going to do it, it's kind of like a sign post. If you don't have these sign posts, then you're some place else. I'm still stuck in this...

You must throw away the sign posts, for a while. The object is this, discipline is acceptance, it is not a struggle. Remember that. Discipline is an acceptance, it is not a struggle. It's the difference between saying, I've got to do this or I enjoy doing this. I do it because I choose to, not because I'm forced to. So when you think of discipline, Oooh, get it in there, box it up, keep it straight. So this is a discipline. It is a discipline in letting go by accepting that you can. And I'm glad you're

talking about it, because there are many people who feel the same thing, but don't know whether they should mention here. But the thing is this, discipline is acceptance. Accept that this is doing you good, accept that it's all right if you don't know all the detail. In time you will. It's like learning to play the piano. You may put all the sonatas you want, but until you learn the scales and get your fingers to bend, you're not going to know how to play the sonatas. You were there, you were experiencing.

Q. That's just accepting it.

Good.

Q. I was wondering, is this the same, Julian, as what is called self-remembering, that you can become consciously aware of your actions and see yourself .

Yes, you are outside of it looking at the fact of it, which helps you to understand so that when you are inside of it you can handle the emotion of it.

Q. Yes, but isn't that...doesn't that take an expanded consciousness?

Yes. All of these exercises are geared to expanded consciousness—every one of them. So there is a relationship, but each one is like a small segment that happens at a certain place in you, and this happens to be a sixth plateau place that it happens.

Q. What takes exactly takes place in a dream? Are you experiencing the emotions directly, or are you detached from the emotions in the dream?

You are detached from the emotion and experiencing the incident of whatever it is you are asking, but you are not embroiled emotionally in it.

Q. In a nightmare...one time I had a nightmare and my heart was going pitty-pat. Is that what you're talking about?

When you are in the dream, there are several kind of dreams. If it is a teaching dream, you are detaching and seeing the facts. If it is a dream that comes from a fear or something of that nature, it will bring up those fears in you and you will feel them.

Q. Would this technique be good for dealing with personal relationship problems, or something like that?

Yes. Because if you're having relationship problems, nine-tenths of the interaction is based on hurt feelings. Now if you're a slob and somebody tells you you're a slob, you're still going to have hurt feelings, but until the day you face the fact that you're a slob and start trimming up, you're still going to

(Saul's Corner, continued on page 14)

(Saul's Corner, continued from page 13)

have hurt feelings, and you're going to go through life with hurt feelings because everybody's going to tell you you're a slob. You see? That's a very off the wall, perhaps, sort of example, but it's the truth. Until you face the issue, and the only way you can face the issue is by detaching emotionally. And somebody gets into an argument and they decide they're always going to have the last word, well, that arguments going to keep on forever if both of them have got the idea they're going to have the last word. They'll be little old men and little old ladies and they'll still be trying to get the last word in, until they face the fact that having the last word doesn't solve the problem.

Emotion is sort of like a tidal flood. It takes everything in its way with it. So it can destroy, you see. Now a tidal flood can also give great water value to the barren land, so it is not a total negative, but when it's in its force, that roaring force, it is destructive. So what you're doing is backing up from the roaring force and finding out how to re-route the water--literally--so it can be a positive experience.

Q. Julian, some of our psychology books kind of separate the word "feeling" from emotions. Do you have something you can say about that that would be helpful?

Well, it is very hard to separate them, no matter how hard they try, because once you emote, you feel, and an emotion can be built out of an idea. For instance, there are certain word combinations in our world--worlds, universes--that have certain emotions connected with them--Father, Mother, son, daughter, lover, wife, child.

There are certain preconceived emotional attitudes that go with them. Now, if somebody has an experience that alters that preconceived idea and they're feeling different from the preconceived emotion, there's a conflict. For instance, tomorrow is Father's Day and everyone's supposed to feel wonderful about their fathers, so my father has beaten me every day of my life and I'm ten years old. Now, the whole world is saying hooray for father and I'm feeling thumbs down on father. Now that's going to create a conflict in me, and unless I have an ability to separate what I'm feeling and the preconceived emotional package, I am going to have to go to fact, and the fact is this man is not really a father. He may have the title by parentage, but by action he is not, therefore, I have to be able to recognize that I don't have to feel like father.

(To be continued in the next issue of the Ring of Light)

Bicycle Journey

By Renee Salvatori
Wheeling, WV

Sometimes we coast through parts of our life. It is a moment to catch our breath. It's like that moment of momentum, after peddling your bike, when you put your feet up and glide, so to speak. But life isn't just about coasting. The coasting part is easy. It can be the peddling part that gets our attention. Not that peddling is bad, it can help us focus on our purpose and get us moving in a certain direction and at a certain speed.

Rekindling parts of yourself and your life are a lot like peddling a bicycle. We peddle, coast, peddle, coast. Some parts of our journey we exert energy and some days we glide. Each day and every ride will be different, as will the terrain and the wind velocity. But when we peddle and rekindle, it keeps us moving forward.

Rekindle means to build on something that was already started. The root word kindles means to start, ignite, illuminate, strike, or spark. Think about starting a fire or going on a first date. We pay attention to that initial part of what we are doing. We carefully build the base of the fire or the foundation of this budding relationship. This initial kindle process receives our attention and focus. Then, slowly, gravity of sorts, takes over and we don't have to work so hard, as if there is a pause and ease.

But just as coasting on a bicycle doesn't last forever, neither will other parts of our lives. Some things will need attention and effort to rekindle them. For a fire, you may have to stoke or feed it more kindling. For a relationship, you may need to place more emphasis on it. So you figuratively pump your bicycle peddles.

When we think of what we wish to revive or rekindle in our lives, it could be spiritual, family relationships, friends, well-being, empowerment, health, happiness, day-to-day schedule, fun, your freedom, your lover, or whatever.

What in your journey needs to be rekindled or shown attention, built up, or stoked? Peddle, coast, peddle, coast, rekindle, enjoy, rekindle, enjoy.

The ROL Forum

We would like to thank Carry, Joel and Camille's students for their questions for the Forum! (If you don't see your question in this issue, expect it in the next one; we haven't forgotten!)

I know from experience that it is always hard to come up with questions when asked. We may be reading a book, or listening to a workshop audio and think "Wait a minute! How does that work? What is meant by that?" Or, we can encounter a situation in life where we may not quite see how the Julian Teachings can help us right there in that moment.

We would love to help you with our perspectives and answers to your questions! And remember that there are no unimportant questions; no question is too small or too silly for us to answer.

So whenever any question comes up, please don't hesitate to send it to Anne Claire: anneclaire77@gmail.com

We are looking forward to hearing from you!

Carry Meijs from the Netherlands asked: Although I know the teachings of Julian will always be valuable, I have the idea that there was a great deal to prepare us for the new millennium? Is there any new perspective on the material?

Response from Anne Claire

Julian has said on more than one occasion that he has taught the teachings we now know as The Julian Teachings (the Transition Energy, Development, Mystical and Practical Magus classes, and the information taught in workshops) at the beginning of every Age.

As one Age moves to the next there is a vast change in the energies we as humanity are living in, as well as an increase in the frequency of the energy. This means that as the Universal energy evolves, humanity evolves and our understanding of the Teachings evolves.

At this point in time, at the start of the Age of Aquarius, the Teachings are geared to a movement away from the *structure* of the Piscean Age, and into the *movement and flow* of the Aquarian Age. On a personal level, the Teachings aim to raise our awareness and to bring us ever closer again to our light bodies. This then gives us an indication that our expanded awareness at this point in time will be used to experience the physical as well as in the etheric, bringing both together into a working whole in our day-to-day lives.

Therefore the Teachings are not as much taught to prepare us for the new millennium, but rather to give us an understanding as to where we may be going in this new age, the Aquarian Age.

The Teachings or material is still pretty new stuff! After all an age takes 2600 years!

The new perspectives come from a new understanding of ourselves and the world we live in, as we evolve with the Teachings the way Julian has taught them this time around.

Joel Mitchel from France asked: How can we develop more awareness of the interrelated factors sustaining and growing fear, confusion and mass violence in the world, while cultivating peace and the presence of light in ourselves and our relationships?

Response from Anne Claire

Regarding this question I have looked up my notes on Julian's talk on the 4th Gathering of Light, which took place 28–30 September 2001, just a few short weeks after "9/11."

When a horrific incident occurs, we go through five stages:

- Shock — The initial shock can make us feel detached.
- Anger — This is a "danger zone;" it is when the "pointing of fingers" takes place.
- Self Pity — Why here? Why now? Why us?
- Grieving
- Return to life

Do know that in this age hatred will not be tolerated! It will self destruct, be eliminated, or nature will intervene. And this includes your own reactions!

Attacks (9/11 and more recently in France) are created by attitudes that have formed and have been held over years. They are created by every type of judgement; by every inconsiderate action by anybody in the Universe.

What happened is because of the actions of mankind:

- Misusing the energies
- Aggravation of each other
- Irritations
- Non-awareness

Therefore man (humanity) has to solve it.

Something that was recently also stated by the Dalai Lama: <http://www.collective-evolution.com/2015/11/17/the-dalai-lama-tells-everybody-to-stop-praying-for-paris/>

When helping after an attack has occurred (of course this is also true in case of natural disasters, accidents, or anything that takes place on a much smaller scale and closer to home):

- Do not become the incident. Know that you can help!
- Create normalcy; bring normalcy back into your own life.
- Step into the Light of yourself, and you will react properly (where the ego may say 'my way or else...').

(The ROL Forum, continued on page 16)

(The ROL Forum, continued from page 15)

- Laugh! Laughter is important. Laughter breaks the energy so there is space for new things. Laughter is to claim a safe space.
- Bringing balance back into you, in order to bring balance back to the earth.

To deal with fear, confusion and violence on one side, while cultivating peace and the presence of light in ourselves and our relationships, Julian says:

Fear, confusion and violence need to be brought to the surface in order for it to be dealt with.

While there seems a lot of violence going on in the world right now, realize that there has never been less war in the world than in this point in time.

In other words, due to worldwide coverage of TV and internet we are likely to be more aware of what is going on anywhere in the world at any given moment, than we were in the past. Yet overall, there is less violence going on than ever before...

- Take hold of your life, bring the power back to you to shape your life and your world.
- Do I like me? Look where you are dragging your feet, and change that. You will start liking you more!
- Do I like my world? It is a pretty big place. Don't wait for something grandiose to happen; simply say: "Bless our world".
- How do you like your community? Start with yourself and let rings go out through family, community and the world.
- Be conscious and aware of how you act every moment in your life. Be in the moment and aware of who you are in every moment.
- Power is both individual and collective, use your individual power in order to create change in the world.

To obtain the original recording of Julian's talks at the 4th Gathering of Light, check the Julian Teachings website: <http://julianteachings.com/shop/workshops/>

Or send an email to Saul Srour: <http://julianteachings.com/shop/order-form/>

Response from Adele Lederman

Since the early history of man's appearance on the earth, there has been periodic raids, wars, enslavement by one group over another. Similarly there has also been periods of growth both spiritual and cultural in the growing populations.

As I look at the history of these events, I see the action of the Universal Laws at work, such as polarity and correspondence. None of the negative effects have been universal and lasting. Considering this, I am reminded of Julian's statement that what a person sends out is returned ten fold.

That statement eases the fear and stress of the world events as I meditate each morning, to reduce my own stress and worry. I have also learned the value of affirmations to generate serenity and peace within.

Response from Jan Clayton

It is hard to add much to what Anne Claire and Adele have written about. I thought of one little thing. I think that the issue for all of us is one of *trust*. We need to trust that if we cultivate the Light within that it will spread throughout the Universe. Julian reminded us over and over again that the only person we can change is ourselves, so I try to focus on doing just that. I typically ignore much of the news — the reports of terror all around us — because I don't think that it is productive for me to dwell on the negativity in the world. Instead, I make it a habit to send light to whomever will receive it.

Anonymous: How did Julian mean forgiveness, such as when one is in a horrible divorce that turns nasty.

Response from Adele Lederman

The most important teaching that I received from Julian was that in order to forgive another, one must forgive one's self.

That may be a most difficult thing to do as we tend to hold on to negatively judging ourselves. We can apparently give lip service to forgiving and forgetting another for their deeds, however when it keeps surfacing again and again over time, we may realize we have not let it go.

It was then that Julian's words impacted me. In that vein, I wrote this poem as a reminder to myself.

Letting Go

Letting go is so hard to do.
It's the secret of growth I'm told.
It seems to be a test of faith,
A challenge for the bold.

If I keep this pain within,
It probably will get worse.
I really do not need it.
It certainly is a curse.

But then there is that moment
that's truly heaven sent.
When I release this burden
and feel so totally spent.

Why did I keep it in so long?
Why didn't I let it go?
It must have served its purpose.
Perhaps in time I'll know.

One of Camille Albrecht's students asked that we open a discussion about how one can best establish a healthy relationship between the ego and the Higher Self. Many teachings, such as those of Eckhart Tolle, teach that we need to free ourselves of the ego while Julian teaches us to respect and love it. What are your thoughts on this?

Response from Jan Clayton

I guess that I was brought up to think that ego was a bad thing. I was taken aback at one of the first Julian workshops that I attended when Julian said something very close to: "Ego is not always a bad thing. It is necessary for your survival. Ego is your friend. It protects you." In addition, Julian talked about our human uniqueness manifesting through the ego personality.

On the other side, June/Julian leads us during certain meditations to ask the ego to "step aside" as we go on our journey: **"As the power and light fill you – as you open to the reality of you – you feel yourself, the ego personality, drop away. Your ego drops as a veil. And you stand radiant in your focus and light."**

June also mentions that adepts must release themselves from all personal attitudes of the ego personality toward the situation that they are working with — to be able to "look at the facts."

One of the most interesting quotes from Julian comes from the last Development class:

"You hear that all the time in your world, people actually belittling their own ability. That is a hang over from the Piscean humble, 'mía culpa' attitude, where you must pretend you don't have a talent otherwise you are being an egotist."

Well, forget it. Ego takes on a whole new realm in this new energy. Ego now comes to its full recognition of what it is meant to be, and that is, the impetus for you to do. It's not just 'Look what I've done.' ...

In this Age, ego says 'There is so much more to me than anything even I know and I am ready to investigate it.' Ego becomes the prompter, the motivator. It takes on a less callous attitude, is more considerate of others, and is broader in its scope. Love your egos my friends; they are God given, and they're with a positive purpose."

As you look through The Teachings, it becomes clear that we need to respect and be thankful for, maybe even love our ego personality; however, we must also become adept at asking it to step aside so that we can achieve detachment from a situation to work with it in the most perfect way.

Remembering Our Friend Bonnie

Bonnie Paradies passed away on October 6, 2015 after a long illness. She lived in Saratoga, CA and is survived by her husband, Ron, and her three dogs.

Bonnie was a kind, caring, supportive and compassionate person. She was smart, strong, wise, talented and very generous. Bonnie possessed many other attributes among which were her great organizational skills, a classic example being The Gathering in Monterey. The event was handled with efficiency and acute



attention to detail — a characteristic she displayed in many other areas of her life.

Bonnie had a "no-nonsense" and very direct approach which some might have found off-putting, but which I found was always well-intentioned and without any mean-spiritedness.

We shall all miss Bonnie, but hope that those of us who knew her will take comfort in the knowledge that she is in a better place, after a life well lived.

Rest in Peace my dear Bonnie. — **Audrey Jonsson**

Bonnie was a great friend of mine and she taught me a lot about life. I miss her deeply.

However, there are a few things about Bonnie that I will always remember.

She was an excellent organizer having organized two Julian community Gatherings.

She was a long-time student of Julian's mystical teachings spanning 30 years, including the Mystical Magus and Transition Energy. She achieved the 7th Mystical Magus initiation.

As her health allowed, she attended almost every Julian workshop as well as the Mystical Magus and Transition Energy classes.

Bonnie was true mystic and will be missed.

In Peace — **Sam Holland**

The 19th Gathering of Light SEEDS OF LIGHT

Novemberber 4-6, 2016

The Magi of the Rising Sun (led by Saul Srour) is proud to host The 19th Gathering of Light.

The first Gathering of Light occurred in 1998. Its purpose was (and still is) to bring those working with the Julian Teachings and those walking similar paths together for a weekend of sharing. The Gathering participants share knowledge, light, love, and lots of fun. People from around the world have an opportunity each year to renew old friendships and make new ones.

The Seraph Julian and teacher June Burke practiced and taught Peace and Harmony throughout the years. This 19th Gathering is dedicated to assisting the planet by spreading the "Seeds of Light" to help elevate the Universal Energies for spreading peace, harmony and unconditional love.

Please join us at the beautiful Best Western Hotel in Kingston, NY, from November 4 through 6, 2016 to give support to the Julian/June Burke teachings and be a "Seed of Light" on the Planet Earth! Julian always said we should enjoy ourselves even while spreading the good works of healing and service and what better time than when we gather as a community!

Our dear friend the Seraph Julian repeatedly told us, "There is a future and it is good." Join us at The 19th Gathering of Light as we participate in the creation of the future as "Seeds of Light."

The 19th Gathering of Light program will include speakers well versed in the Julian Teachings. As always, there will be ample time to renew old friendships and build new ones.

LIVE LIGHT, SPREAD THE LIGHT, and BE THE LIGHT

Gathering Cost

Per Person Price:	
Double Occupancy:	\$310
Single Occupancy:	\$450
Extra Nights:	\$142 (per room)
Deposit:	\$100

The price includes meetings, lodging, and all meals beginning with dinner Friday and ending with lunch Sunday.

Best Western Plus
Kingston Hotel and Conference Center
503 Wahington Avenue, Kingston, NY 12401-2906

How to Get There

By Car: Use the NY Thruway, exit 19 to Kingston; take Washington Avenue exit; then aprox. 3 blocks to the hotel.

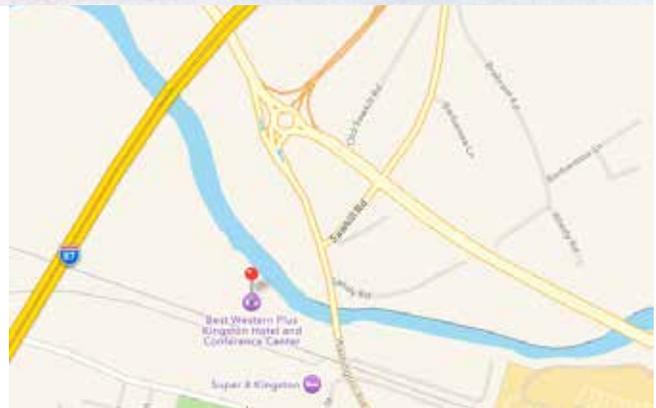
1 3/4 hours from New York City

1 hour from Albany, NY airport

40 minutes from Stewart International Airport

Trailways Buses:

Convenient from New York City, and Albany and Stewart airports. The Kingston bus terminal is about 3 blocks from the hotel. The schedule can be found at: <http://www.trailways.com>



19th Gathering of Light Registration Form

Best Western Hotel, Kingston, New York

November 4-6, 2016

Name/s: _____

Address: _____

Phone: _____

Email: _____

Accommodation Selection:

Double Occupancy (\$310 per person) _____ Roommate Preference: _____

Two Beds: _____ One King Bed: _____

Single Occupancy (\$450 per person) _____

Extra nights (\$142.00 per room, please specify which nights) _____

Indicate any special accommodation or dietary needs:

To Register:

Please mail completed form and a \$100 per person deposit.

The balance is due on July 30, 2016.

No refunds guaranteed for cancellations after September 30, 2016.

Please make checks payable to: **Saul Srour**

Send form and check to: **Saul Srour**
112 Mountain Springs Dr
San Jose, CA 95136

Questions? Contact: Saul Srour
s77aul@yahoo.com
Cell (973) 519-7184 Home (408) 809-4866

About the Ring of Light

The Ring of Light is a periodic publication serving the Julian Community. 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 writers and editors who contribute their words and ideas to this publication.

Our Next Issue

Theme: Achieving My Greatest Potential

Submission Deadline: 3/1/2016

Send electronic submissions to:

warrendaniel34@yahoo.com

Send short paper submissions to:

Nancy Walton

1148 Fairlawn Ct. #1

Walnut Creek, CA 94595

Contact Us

To report a **change of address**, please contact Saul Srour at: s77aul@yahoo.com

To received an **electronic version** of the ROL, please contact us at: warrendaniel34@yahoo.com

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

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