

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXVIII

Number 2

June 2016

Summer Is Here!

Isn't summer supposed to be the time of vacations, lounging by the pool, reading a good book or two, and playing with the kids and grand kids?

Not the feel that we are getting from this summer. Chaos has found us — the year of the monkey, is it? — and we find ourselves careening from one tragedy to another. We go from the deadliest shooting ever at a night club to the snatching of a two-year-old from his parents at a Disney resort by an alligator. And that is just in Orlando in two days! Then there is the on-going Presidential Election shenanigans, which seem to have found a level of absurdity that we never dreamed possible. We have been afraid to even consider what is going on in the rest of the world, but we can't avoid the Brexit aftermath.

We picked our theme, *Finding Peace in a Chaotic World*, because a Chinese Astrologer told us that this would be an interesting year and quite chaotic. What an understatement. We hope that you find the insights provided by our writers to be helpful. We wish you blessings as you continue to look for that inner balance, despite the chaos going on all around us.

Love, Light, and Peace!

Dan & Nancy Walton, and Jan Clayton

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Julian on Chaos

"The Serenity Prayer is great for reminding us of the attitude we should have. It is also a good tool for helping us when we need to restore balance in a time of chaos."

June Burke, Practical Magus #52

*God grant me the serenity to accept
the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.*

"Every time you have ever seen a magus depicted, ... they were the silent ones, they were the quiet ones. They were the ones that moved quietly through the chaos. That is exactly what it is. You are in the space of the higher vibration and the higher sight. Therefore, you are totally aware of the chaos around you, because you have to be aware, but it is not affecting you. You are able to separate. It is not getting to you. You are working through it. And that makes a big difference."

From Practical Magus #77

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Astrology

by Eleanore Johnson
Poughkeepsie, New York



Welcome to the Summer Solstice! There was a full moon in Sagittarius at 29 degrees at the Summer Solstice. Full moons bring circumstances to a climax in our lives and in the world. Sagittarius is a mutable fire sign ruled by the planet Jupiter. Jupiter represents the higher mind, lifting our thoughts to new possibilities, stimulating aspirations, idealism, tolerance, understanding, and vision.

The planets Jupiter and Saturn are squaring each other in the heavens until July 2016. A square in Astrology represents two or more planets that are in conflict with one another. In other words, they don't see eye to eye with each other. This is currently mirrored in the political arena in our country as well as around the world.

Jupiter rules the Republican Party, while Saturn rules the Democratic Party. Saturn rules the world and big business. Saturn is the "Tester" and the "Teacher." It disintegrates old, wornout, useless forms of expression, so that useful, adaptable thoughts can prevail.

This square is aided by Jupiter trine Pluto, which will provide a positive flow of energies. Wisdom is the key word. Wisdom and understanding can complement each other. This trine can provide us with the ability to overcome obstacles both within ourselves as well as in the Universe. It can be the builder or destroyer, but can choose it to be the builder to create positive changes in our lives. These planets blend well together to bring about that goal.

In July, Venus is in the sign of Cancer. This brings out the nurturing loving side of this planet. When Venus resides in Cancer family events are expressed with love.

Venus will be in Leo from July 12 to August 5. In this sign, Venus is dramatic, kind, and compassionate towards others, as well as being fun loving and playful.

Mars, the planet of "Get Up and Go," is in Scorpio the entire month of July. Expect fireworks! Powerful emotions as well as great intensity can be expressed during this time. Mars is also known for its courage and resourcefulness in this sign. Mars can be hot or cold, there is no in between.

Mercury, the Communicator, enters Virgo in August. Venus also resides there during this month. Mercury will be the stronger of the two in this sign. Mercury provides stability to the mind with a logical, analytical, practical trend of thought. Venus can balance the mind as well as our feelings. The ability to make decisions of a positive nature can be balanced,

Mars, the planet of ego, enters Sagittarius in August and remains there through September. Mars is dynamic as it drives through obstacles. It is in conjunction with transiting Saturn. Mars may yell "Go!" while Saturn shouts "Wait!" Saturn holds back the energy of Mars, the action planet, lending a "wait and see" attitude. There is a need to face issues with this aspect and do something about them.

On September 1, there is a Solar Eclipse in the sign of Virgo, and it should cause things to happen. On September 9, Jupiter moves into Libra for a year, and it should bring a desire for balance and harmony. Libra is the "iron fist in the velvet glove." This can be the means through which harmony and peace can prevail.

Love and Light, Eleanor

How I Find Peace in Chaos

By Renee Salvatori
Wheeling, West Virginia

Many find their inner peace through meditation, being in nature, a spiritual practice, religion, exercising, or a hobby. These are all excellent techniques, but for me I have to find ways to become calm even before I can do these things.

I am constantly thinking and moving. As I get older, I allow myself to sit patiently and lounge in inactivity more, but it doesn't come easily for me. Once I get moving or thinking, I am like a runaway train and when other people's runaway trains are added into my world, it can feel like frequent collisions. So I have to personally find ways to stay on track.

The foods we eat and the liquids we hydrate with are vital in helping our body function better. Nothing can feel worse than being irritable while battling blood sugar woes. Also, staying well hydrated allows your lungs to take in more oxygen and makes breathing into a problem, distraction, or chaos easier.

I like coffee, but even if you ingest caffeine in other ways the effect is still the same. I limit myself to no more than two cups and usually not after 3 pm. I also understand that when I drink it, I don't feel much like meditating afterward, as I'll be too interested in cleaning, walking, or talking. Also, if I have a cup in the evening to get me through a busy period, my sleep will be disrupted and I won't be as refreshed in the morning to take on the world. By watching your caffeine intake in foods and drinks, unnecessary anxiety can be avoided.

Supplements are also beneficial for me to balance myself out. I take a B-complex supplement. It seems to work beautifully for me as it calms my body in a way that a glass of wine cannot. It is a water-soluble vitamin, so most do not need to worry about getting too much. If you have health concerns, please consult a doctor. Niacin is in most complete B formulas and this can cause a temporary skin flushing. I solved this by taking it with food and not with caffeine. I also take magnesium and calcium, which is much like the B complex in having a calming effect on my body.

Thoughts and actions also affect the body. I say confirming words or silent little mantras throughout the day as if I were holding myself and saying, "I am okay", "I

am safe", "I am calm," and "I am peace." The little Polish proverb, "Not my circus, not my monkeys" often keeps me from the chaos that does not belong to me. In this essay, we could substitute it with, "not my tracks, not my runaway train." This also could lead into the subject of making time for yourself and not over-scheduling.

I also try to limit things that are fearful, unsettling, sad, angry, or dark, unless I am in a frame of mind that I can handle it. This could go for anything including news channels, music, television shows, literature, social media, family, and friends.

Sometimes one of the simplest ways to find peace is to take a nap and let your body restore. Summer is upon us and we can also restore by being outside in fresh air and connecting with nature. There is nothing like the breezes, the night sky, the warm sunshine, the soft mist or light rain, the melody of little creatures, and the scents of flowers.

Look for ways that work for you, and use those ways to calm your body, mind, and soul.

May the internal peace within you meet the peace that is outside of you.

Brotherhood

By Jan Clayton
Los Altos Hills, California

**In this time of polarity,
when all possibilities are
within view.**

**We look to Brotherhood
— to Universal Love —
to find the elevated view
that serves all.**

**There is no right.
There is no wrong.**

**There is just the need to find the
best we can be, together.**

Practicing Mindfulness Within a Chaotic World

By Lisa Cobb
North Muskegon, Michigan

Chaos is defined as “complete and total confusion or lack of order.” There are many people who appear to be addicted to chaos; they do not know how to handle calm, peaceful, or “normal” situations. Many seek out drama, because it distracts them from what they are really thinking and feeling. I believe most people in our current society, at all ages, feel void of purpose. Mindfulness practices teach us how to be comfortable without and within chaos and assists us in defining what brings us true joy and happiness.

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging ourselves or others. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than spending time in the past, or projecting and predicting the future.

During times of chaos, our system is flooded with stress hormones and our default emotion may be set to worry, fear, or anger. Our fight, flight, or freeze reaction is set into motion. In that moment, we ask ourselves, do I want to react or respond to this situation. Practicing mindfulness, taking a moment to breath and check-in, invokes our parasympathetic response, lowering our heart rate and blood pressure, and lowering the level of stress hormones. It teaches us the important skill of being in the present moment, thus stopping stressful, destructive thoughts or beliefs from spiraling out of control and manifesting in chaotic behavior.



Introducing mindfulness into the lives of our children and teenagers is perhaps the greatest gift we can offer our planet. Research has shown that practicing mindfulness leads to a more balanced home, school, and work life. It creates clearer decision making, improves relationships, and enhances creative thinking. Mindfulness builds emotional intelligence, boosts happiness, increases curiosity and engagement, reduces anxiety and depression, soothes the pain of trauma, and helps kids (and adults) focus and learn. Mindfulness promotes empathy and compassion for others, which is positive on all accounts, since by attempting to increase others’ wellbeing and happiness, we take the focus off our own perceived problems.

Mindfulness, much like the lessons taught by Julian, won’t bring you instant results. It isn’t a quick fix, and there is no end goal. It is a continuing, lifetime practice. We are not perfecting meditation or doing things right. Every session, moment and experience is different, ever-changing and evolving. Sometimes the practice is easy. Sometimes the mind is busy. With mindfulness, we simply acknowledge what is going on without judgement and bring the focus back to the breath and filling ourselves with universal love, light, and guidance. Mindfulness, when practiced in a state of calm, is easily prescribed in times of chaos.

In our Development classes, Julian taught:

I am the power.

I will design, shape, and mold my life.

**Within the balance and harmony of my energy,
I will succeed.**

This is my truth.

So Be I

... and so it is with mindfulness practice. The *power* is in the pause, before we respond. In the response, we shape, design, and mold our life. Finding balance and harmony, even during troubled times, is possible.

So Be It.

Balance

By Anne Claire Venemans
Utrecht, The Netherlands

A well-known perspective on balance in today's world is: "Stability of one's mind or feelings." And the greater this stability (this balance) becomes, the closer we expect to come to a peaceful state of being. However, a more conventional way of looking at balance is: "A counteracting weight or force."

This may mean that in order to get or stay balanced, to keep stability in our mind and feelings, and to find that peaceful state of being, we need a counteracting weight or force that ensures the scales won't tip in either direction.

Immediately two things come to mind when I start thinking about this topic. The first one is the question: *If the scales won't tip — if I can reach that point of perfect balance — wouldn't that be a static place? A point of stagnation even?* Not necessarily. It means that whenever something happens that we feel pushes us out of balance, we don't wait until we actually are out of balance, but we immediately start counteracting this movement with something that will restore our perfect balance.

And that brings me to the second thing. *What weight or force can we use to counteract that which causes us to lose our balance?*

At first glance, it may seem that there is an infinite number of answers to that question, as every person has his or her own way to regain their balance. So let's look at what balance really is: the stability of one's mind or feelings. This means that in order to be balanced, we need to look inside ourselves. Even though we can go to places of great balance and harmony — we can turn to nature or go to a spa, have a massage — all that these things outside of ourselves do is help us restore the balance, the peace inside of ourselves.

From this perspective, Julian has taught us that there are four main directions to turn to in order to regain our balance. What all of these have in common, is that we take time to be with ourselves. Just ourselves. Even 15 minutes away from everything else; 15 minutes of stillness so that we can listen to our Inner Selves, can do wonders for our balance, and therefore our inner peace.



The key to life is balance

These four directions are more or less dictated by astrology. For those of us with the sun in an air-sign (Aquarius, Gemini, or Libra), taking time to *talk it out* or to *write it out* usually works well. Those of us with the sun in a fire-sign (Aries, Leo, or Sagittarius) will find that any form of *physical movement*, like hiking or jogging, will help to blow off steam. The ones among us with the sun in a water-sign (Pisces, Cancer, or Scorpio) often find that *expressing themselves creatively* through colors or shapes brings back balance. While those that have the sun in an earth-sign (Taurus, Virgo, or Capricorn) will find that *sitting down, taking a deep breath, and drinking a cup of tea* will do the trick.

The beauty of it is that as soon as we set aside 15 minutes of stillness with ourselves, it will start working wonders in our lives. When we keep taking these 15 minutes every day, making it part of the pattern of our lives, we will find ourselves more and more balanced. And more and more often experience that peaceful state of being, no matter how chaotic the world around us may be.

First published on my blog <http://anneclaires.blogspot.nl/> on April 25th, 2010.

The Creation of “Comes The Phoenix”

by Stephen Schmidt
Muskegon, Michigan

I am often asked why I wrote *Comes The Phoenix*, and where I got the ideas for the content. My response is multilayered. Where does anyone get an idea for anything? Where did Leonardo da Vinci get the inspiration to paint the Mona Lisa? Where did Thomas Edison get the idea to create the light bulb? What inspired the Wright brothers to invent the airplane? Where do you, dear reader, get your ideas? I believe that all ideas, all inspiration comes from The Divine, God, Creator, Source—whatever name one feels comfortable in using.

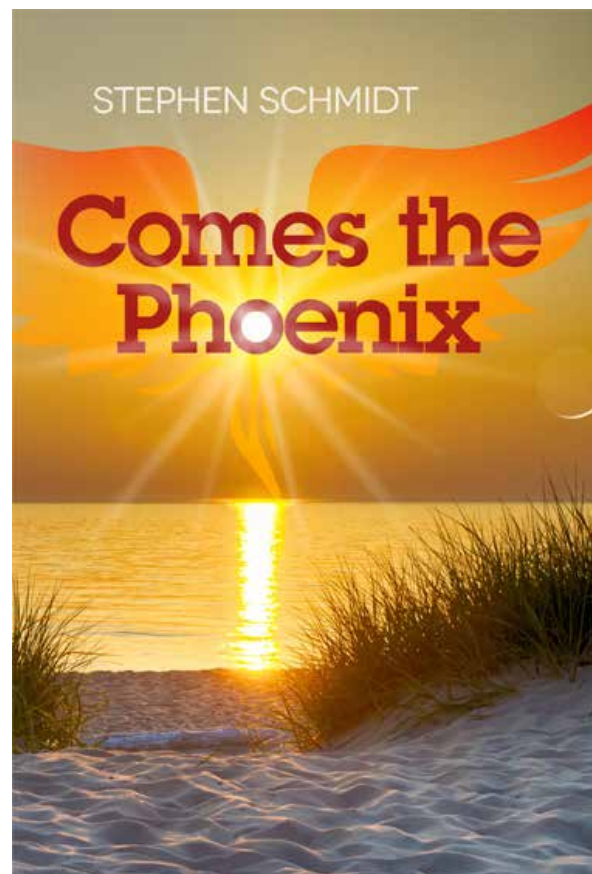
I have known for quite a long time that I had a story to tell. I wasn't sure when the actual writing would occur, but someday it would. I wasn't exactly sure where the story was going or how it was going to end, but during the creative process that didn't matter. For more years than I can recall, I jotted down notes, key words, paragraphs—anything that suddenly came to me as possible “material for the book.” Approximately 3 years ago, whenever I would go to a psychic medium for a reading, I started receiving the same or similar messages. “What's going on with the book you are supposed to be writing? Spirit is telling me that you have something to say and that your readership is waiting. There are people out there who need to read your book. You do have something to say.” And so it went.

A little over two years ago, a good friend and gifted psychic, Eddie Conner, told me about the class called, *The 90 Day Novel*. It is a class taught online and via the telephone for 15 weeks. If one writes every day for 90 days, one has a rough draft of the first manuscript. That was the motivation I needed.

But what did I want to write about? I knew that I wanted to write love story about two men. I wanted to create characters who happened to be gay who were also productive, contributing members of society. Many stories have been written about unhappy men and women, attracted to the same sex but who were also saddled with serious addictions and a myriad of other problems and thus, end up becoming suicidal. I didn't want that. I also knew that I wanted to weave into my telling of the story some of what I know of metaphysics and spirituality. My teacher of the 90 Day novel class, Al Watt, concurred with me that this kind of story hadn't been done so far.

Psychologist Carl Jung once said, “The privilege of a lifetime is to become who you truly are.” This is the uncon-

scious mantra of the main character, Tyler Reynolds, in *Comes The Phoenix*. He strives for authenticity in his life and gets frustrated when those he cares about don't embrace their authentic lives. That's Tyler's perspective. How often we want those we care about to be at the same place we are in life. We want him or her to especially be on our same spiritual path or to be emotionally ready for a relationship. When they are not, pain, dissatisfaction and disillusionment set in.



If there was a difficulty in the writing my first novel, it was in incorporating enough background about various metaphysical and spiritual concepts to let the lay person understand the story, but to not bore the person familiar with such topics as well. What were those topics? Energy healing modalities such as Ama-Deus, Reiki, Healing Touch, and others such as reincarnation, soul mates, the Star People, and psychic readings, to mention a few. My goal was to write an entertaining novel that was also educational on several levels. I believe I have succeed-

ed with that endeavor. If a reader wants to know more about any topic raised in *Comes The Phoenix*, he/she can Google it and find out more.

The creation of *Comes The Phoenix* has been an incredible experience. It continues to be so as I enjoy this journey we call Life.

To learn more about *Comes The Phoenix*, read excerpts, or to order your copy, visit the website www.ComesThePhoenix.com. To learn more about Stephen Schmidt, visit www.stephenwschmidt.com.

Temier on Peace and Brotherhood

Submitted by **Sam Holland**
San Jose, California

- If two people disagree both are right. To compose yourself in the face of dispute, just look through the others eyes. To create brotherhood, just find peace within your heart. Then all else can be comprehended and dispute becomes acceptance.
- Sooner or later peace can only be achieved by becoming peaceful. In any conflict the real heroes are the ones that initiate peace. That takes genuine courage, but there is no other way to create lasting brotherhood.
- Peace and love are different energies, but when combined become the strongest force in the Universe. Peace rejects negativity and love reaches out and soothes. Together they create a kindhearted pulse that creates brotherhood and heals.
- Peace is the opposition to fear. Peace gently contradicts fear until there is no room for fear. Then courage springs up and all that fear has created no longer exists. Then the Universe smiles.
- Peace, even though it creates stillness, can reach out and affect others, creating even greater peace. That means that peace is also a moving energy. How remarkable the world could be if everyone would allow peace movement.
- Becoming peaceful is an intensely personal experience. Yet the peaceful energy moves and expands, touching everything around you. Then the Universe smiles.
- For every angry, judgmental thought or utterance an attraction is formed that amplifies the negativity. It is due to the unavoidable influence of cause and effect. If everyone would see the positive in the negative and allow the positive to surface, then the negative is dissipated and peace will reign.
- If you look for the bad you will find it and it will grow. If you look for the good you will find it and it will grow. You are in charge. Your decision is your free will choice.
- The mind is a wonderful thing. Through thoughts and actions the mind creates your future. A focus on peace creates peace. A focus on anger creates anger. It is a free will choice so why not create peace?
- If you look closely there is amazing, productive efforts being put into creating world wide brotherhood. There is also a natural resistance because of perceived needs for retribution and a fear of change. The strength and courage to accept change begins by creating internal peace.
- Truth is found inside oneself. As soon as it is shared it becomes a perspective. It becomes an ego trip if there is a need to defended it. The remedy is to accept the others opinion without necessarily agreeing with them. Then you are on the way to creating brotherhood.
- Peace gathers together, creating a space for brotherhood. Retribution divides, creating unresolved differences. Peace is stronger but free will choice is the path. However, the Universe smiles when peace is chosen.
- Hate or aggression can divert a problem, but it never solves them, indeed it amplifies them. However, maintaining a peaceful perspective does shift the focus to problem solving.
- Creating division comes from fear leads to more fear. Creating compassion comes from peace and leads to more peace.



Finding Peace and Light In a Troubled World

by John Svirsky
Garrison, New York

If what we are doing doesn't work, try a different way. A friend of mine who is an excellent athlete taught me this valuable lesson. We were bowling one evening, and his game was off. In other words, I was winning. So, he started bowling with his nondominant hand, and I asked him what he was doing. He said that what he had been doing was not working so he wanted to shake things up a little bit by bowling with his nondominant hand. After a couple of frames, he returned to his winning ways using his familiar dominant hand. He was such a great teacher for me.

When Jeanne and I played doubles tennis with him and his wife, Jeanne loved it, since she played at her best and they usually won. His talent/gift was that no matter who played with him, everyone played better. *Just by being me, and me is enough.* He reminded me never to take the game of life too seriously, after all, life is just a game. Remembering to laugh along the way. One of my wishes in life is to be like my friend — able to raise the vibrations of everyone I am with, no matter what we are doing.

The best way to break a habitual pattern is to replace it with new and better one. We all know that "nature abhors a vacuum." If something does not work, even the most recalcitrant among us will eventually change and try another way — if for no other reason than to survive. Perhaps that is what the Guardians are doing to planet earth right now — breaking established patterns of status quo with major change. Unfortunately, in so many areas of our lives, including the political arena, this has also taken the road of extremism, either to the right or the left, politically. At the moment, it appears we have lost the fine art of compromise.

So breaking up established patterns is a good technique to apply in our lives when life just isn't working the way it used to or when it changes while we are not paying attention. The ways we made money in the past may not be working now (unfortunately, that has been true for me). The political system is being shaken up. The people are tired of the old political system and are demanding change by picking alternative candidates, such as Bernie Sanders or Donald Trump.

It is darkest before the light. That is when most people will give up, lose their faith, and forget Julian's eternal words, "God is my Source of all supply, He answers my

every need." The power and intention of Julian's words have gotten me through many dark nights, when fear knocked on the door, but faith answered. Another comforting reminder is that fears cannot exist where faith is present. Just like darkness cannot exist in me once I focus my attention on the light within. "As I focus on this, light is my perfection, my protection, my very being ... It releases me from negativity and permits me to move forward in certainty that wholeness and light are mine. God Is, I AM, We are One." (Julian affirmation).

The Kybalion states that the first principal is: *All is Mind (and Mind is All)*. Another of the seven principals is *Polarity*. Much of planet Earth is going through a major transition, the first stages of which include fear, darkness, and turmoil — one only needs to read the front page of the newspaper or watch the news to see it. I suggest that this is all part of the journey back into the Light. Our hope is that as we progress on the road of this new Aquarian Age, we are headed toward wholeness, light, love, and peace; however, the first rungs of the ladder seem to be headed to their polar opposites. So, as we live this journey with great intentions of returning to the Source, expressing the light within us, and living from our Christ selves, we come across its opposites: lack of purpose, fear, not knowing what to do next, doubt, despair, darkness, and depression.

Being spiritual students, many of us feel that negative moods are not a problem for us, because we follow a spiritual path. However today, we are finding that few of us are immune from the clutches of negativity. (As an aside, I have great love and compassion for those who have no spiritual belief system with which to travail these murky waters). For years, many others and I tried denial. If we gave them no energy, they did not exist. True, but these thought forms are devious and cunning, and wait for the right time to rear their ugly heads.

I have found in my life that it has been better sometimes to acknowledge their existence, and that I am human and powerless over them. Eventually, I asked for help from God, who works through all of us. I had to stop isolating and start living through the fear and darkness to a new way of living.

In a recent Ted Talk, Adam Leipzig posed five questions to help discover one's life purpose. Let me share them with you, for this is an example of how the forces of light

can illuminate the darkness. Most important, it requires our participation to make it so.

Five things you need to know to accomplish your life purpose:

- Who are you?
- What is the one thing that you feel supremely qualified to teach other people?
- Who do you do it for?
- What do those people want or need?
- How do they change or transform as a result of what you do for them?

Notice that only two of the five questions have to do with you. The other three questions are about others. The happiest people are outward facing, not inward facing. They focus on helping others. They know

- Who they serve
- What those people need
- How those people change as a result

Happy people make it a point to make other people happy.

So for today, I practice gratitude all day long for that which I have in the present. I'm grateful for things that I so often took for granted like plumbing, hot and cold running water, the air to breath, that I can walk, that I can write, etc. For a whole month in my journals (inspired by a book called "The Magic" by Rhonda Byrne), I wrote at least 10 things I was grateful for from the day before. This exercise dramatically changed my attitudes, for I found that gratitude is contagious. The more I focus in on it, the more it is present in my life. Then I found myself saying, Thank you, Thank you, Thank you for each of the gratitude's. Again my life changed for the better. I transformed from mental and intellectual appreciation to a sincere heartfelt gratitude to the universe, towards life, and toward others. I went from feeling separate to feeling an integral part of a Divine Plan and Purpose, which I freely admit is above my pay grade. I AM most grateful to choose daily to be part of this greater plan for my life and the evolvment of all life.

Just for today, I am grateful that I can write this article, I can laugh and enjoy life knowing, like a child making sand castles, I have another opportunity to play, to work, to sing, to cook, to cry and to be all of me.

Thank you, thank you, thank you.



CHAOS

By Adele Lederman
Walnut Creek, CA

Chaos abounds across the sea
I'm filled with fear that I can be
A part of all the misery
with chaos that is like a disease
Infecting so many with seeming ease
Despite what happens I must not fret
Peace within is what I'll get
as all my needs will be met
Have faith that all will be well
Allow this thought to really swell
For it will grow you can tell
to others being filled with fear
That chaos ends when matched with cheer
It's within the heart of man
To spread the light as well he can
Light that's filled with love and hope
Gives a life that can cope

Putting Genesis Into Context — Creation

By **Connie Golden**
Saratoga Springs, Utah

I have always wanted to better understand Creation as presented in Genesis. Genesis presents the revelations of the Creator's plan for mankind to Abraham by Enoch, the man who walked with God and did not taste death (Genesis 5:24), and who initiated Abraham into the line (Genesis 14:18-20). Those revelations to Abraham were passed on verbally and experientially and not written down for centuries. As portions were written down (the initial portions of Genesis were probably on clay tablets), they were collected and preserved as best as possible in those times. It is believed that Moses was the first to collect all the *writings* of the history of mankind, including the *Creator's revelations* transmitted to Abraham, and edit them into what is called Genesis today. He had the task of explaining infinite happenings in finite words, understandable to finite minds in principle, if not in method.

The first chapters of Genesis were written using religious symbols and described the complex concepts of the Creator's revelations in terms that the religious leaders of that time could understand. Because much of Genesis uses the symbolic religious language of that time, (there were no literal words to describe the concepts), its profound depth and breath. Its esoteric meaning is hard to grasp. The wealth of knowledge about creation contained in the Kabbalah comes from the same source that resulted in Genesis, hence my interest in that area of study.

Most Julian students do not know that Julian provided much information on the Kabbalah to Robert Adamson privately, and many of the Kabbalah teachings are interwoven into Julian's lectures. Robert is working on making that Kabbalah information available in some form as a book. He made that unedited information available to the Julian group studying the Kabbalah in California, of which I am a member. I also relied on Julian's other material related to Creation, including:

- The Creation class presented on the East coast in 1999
- The book, "Creation, Its Laws and You"
- Workshop #342 Exploring the 12 steps of Creation
- Workshop #201 History of the Universe
- Workshop #367 Mankind Before Lemuria
- Workshops #212-218 Hermetic Laws
- Workshop #205 Atlantis & Lemuria
- Workshop #259 Julian's World

- A Conceptual Understanding of God
- The Origin and Evolution of Man

However, none of these sources from Julian directly addresses the presentation of Creation in Genesis. For this information, I had to turn to a book recommended by Camille Albrecht, "A Kabbalistic Universe" by Z'ev ben Shimon Halevi (copyright Warren Kenton). This particular book and his many other books provide insight into how ancient religious symbology was used to explain the many esoteric events and experiences associated with creation and all of existence. He brings the knowledge of Kabbalah and all of existence written in symbolic form, into words that can be understood today. In particular, Genesis is filled with religious symbology.

Without an understanding of what was meant by the writer at the time it was written, its full meaning cannot be comprehended today. Therefore, the report I have prepared, with the help of many in the Julian community, is based on all of the Julian teachings, but uses the Genesis format provided by Kenton to reveal the meaning of the symbolism contained in that biblical text.

The report is organized as follows:

- The Creator and Purpose of Creation
- The Laws
- Four Worlds
- Mankind in the Absolute World
- Mankind in the World of Concepts
- Mankind in the World of Formation (Astral Plane)
- Mankind in the Physical World
- Achieving Our Creator's Purpose

The plan is to provide some of the early sections of this report in future issues of the ROL. Those interested in reading and discussing the content can get a copy of the whole report as it exists at that time through the Julian website. The caveat is that this material was not written by Julian, but is based on those teachings. To start out we will use the e-mail address creation.julian@gmail.com to correspond. If enough are interested, we will set up a blog site.

Saul's Corner

LIFE AFTER DEATH, Part 7 (Workshop #301 – Class 4)

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

Continued from the March 2016 Ring Of Light

Q. The seven plateaus, or these levels that we're talking about, less apparently the eighth and ninth, or others beyond that, are they all contained within this ninth chakra, or this ninth level of consciousness?

Yes. Everything that has been before is always contained in the foundation of all that is yet to be in the next one. So everything from the White Plateau moves forward with you to be escalated and to be rarified in this next plateau.

Q. Okay, but the White Plateau is the beginning of the ninth level of consciousness, and the seventh plateau is still part of that ninth level of consciousness?

That's right. Everything is headed toward that Ninth.

Q. Is it possible for you to give us seven key words, or key phrases, or some short ... something that's easy for us to remember as associated with each of these plateaus?

- The White Plateau is difficult; entry and adjustment is the key to the White Plateau
- Your Pink Plateau is simply visual, and that would be visual enhancement
- And then your Rose Plateau would be your audio
- Lavender — integration is the word
- Green — non-personalization, cosmic or universal identification
- Blue — impersonalization of self
- Gold — re-entry patterns

Q. How does the hierarchy fit into this and what are their actual functions?

The hierarchy is a word that you've coined in your world, and it means those of a higher force, a higher energy. It usually refers to the angelic forces and the master teachers. And they have many levels, not, again, by superiority, but by assignment. I can't re-emphasize that often enough.

So you have your Seraphim, Cherubim, Dominions, Archangels, angels, sprites, master teachers, sub-masters, and guides.

Q. I was going to ask that. On the seventh plateau, who constitute the guides.

The guides, in this sense, are those of an evolved consciousness beyond yours that can be affiliated with you through an energy match. It's like matching blood for a blood transfusion. You match energy for an energy transfusion, and that, then, becomes, for that particular life's goals, the guiding factors for that life goal.

Q. And would they always be people who just aren't in bodies anymore?

They have reached the no-form form. Now let me explain something to you. Somebody will say to you, I see an Egyptian guide. It means that it was in the Egyptian life that they reached the level of consciousness that permits them to be where they are and do what they do, and they honor that life by using that identity. They are not Egyptian, they are everything they've ever been, but they will use that to honor that life.

Q. Is there any kind of control or limitation on how many souls can enter the Earth? Like what if there's no room.

There is always room, because there are nine universes, and there is always a place for a soul to be experiencing something.

You know, you are concerned about population growth. Population growth had to occur to accommodate all the souls that have been created, to get that balance.

Q. Any new souls created?

No. All souls were created at the same time, but not all souls incarnated at the same time.

Q. If you're making it quite clear about the angelic interaction is with humanity now, because of these rounds of incarnations, what was the interaction like and purpose before the rounds of incarnations were needed.

They were the same. We had the same assignments, but the assignment was to be the brother. The total was to be the brother in energy to man. We were all alike at that point. You had the ability to densify. We did not, because our whole objective was to stand by you as you densified.

Q. Well, from one point of concept that involved time, you're a lot busier now because of the interaction of humanity and the earth. What replaced that before we entered this Earth? In other words, how did I accredit my being?

I love your theories. First of all, recognize that from the beginning of time, it was as hard to keep all light souls together as it was to keep people together, because you could be anywhere any time with just a thought, you know? You were very young, you were not knowledgeable, you had things to learn. You had to learn the value of your being, even though you were a light being. You had to learn the concept of what was density and what was not, and like every group of children, you squabbled. Every group had different thoughts about things. I guess you might call us nannies at that time. They grew in consciousness and grew in beauty until they were able to think for themselves, so to speak, and that's when free will was granted to them, and that's when trouble started, you see? I chide you. It is to be recognized that everything that happened before densification prepared you to take care of yourself in densification. Once we saw the writing on the wall, so to speak.

Q. When the angelic kingdom saw the writing on the wall, was that a surprise, or was it known as part of a greater and a more master plan?

It was not a surprise, because we had no set plan for man, other than for man to enjoy the kingdom. God made you, be-
(Saul's Corner, continued on page 12)

(Saul's Corner, continued from page 11)

cause He was lonely. Boils down to that. Made us all. It was time in that point of time for the Creative Force of the Father to move into shape and form. Each time that there is a time for the force to move again into shape and form, you will do so in your own life. You are a miniature of the whole evolutionary process — each of you individually. So the whole evolution of the universe is going on in you, and that's what those chakras are all about. You are the sea and you are the earth and you are the space and the energy of air, and so forth, through the very elements you are created by, and through those movement of chakras you move forward with those elements into new focuses in your own life and, therefore, creating new focuses for the whole life of man and the evolutionary process. That is why it was so necessary for man to recognize his own point of evolution.

Q. Speaking of first evolutions, when we're in the seventh level making choices, do we tend to, as a soul, come back in relatively similar kinds of personalities or, at least, level of development or...

No. A personality will deal with what you have to deal with.

Q. You could be a very different type of person?

Yes, because you don't come back with a personality. You come back with an energy that becomes the personality by interaction in the world. For instance, the energy may be a very creative one. You come into the world and you have to learn how to deal with creativity, in some form or another. Now your freewill will choose the method of creativity, and you will follow that creative path. If in the meantime that creativity is not used properly in some way, then you will have a conflict in yourself. If you are going to be a very selfish artist, you will have developed that trait in the personality yourself. You will not have come in with that selfishness. You come in with an energy to be shaped and formed, surrounding the immortality of the soul, which is the printing place. It is on that soul that the growths are registered to be imprinted in the universal bank, so to speak. So you are a cocoon of energy that will become a personality.

As you are in my world, that cocoon begins to diminish in its power, and you become your totality, reality, immortality soul self and let the personality drift away.

Q. You said before that you are one of 60 of 600 Seraphim that do the work that you do? What do the other Seraphim do and what do the other angelic forces do to function?

The all have assignments of sorts. The Seraphim moves across all energy, so I have permission as a band of the 60, so to speak, to enter Earth energy and to deal with an Earth body and to function on the level of man with the messages of God and His evolution. Others function from my side of the veil, perhaps working through writing, or working through healing, or something of that nature.

Now, when I'm not delivering messages, I am working with master teachers. I am a teacher of teachers, and a teacher of healing. So those are my patterns and the other 60 have similar patters. The rest of them will be working in this world,

helping with what is happening in this world — meaning my world. So you may be working with my brother Seraphim on any of those seven levels as they assist you in your thing. The Seraphim work with suicides. The Seraphim work with lost souls.

Cherubim work with music. Cherubim are very highly evolved in music and the deliverance of it.

The Dominions are the angelic force that have the power over — and I don't mean that as a force, but as a protection — over the sprites and the elves and the plant life assistance in your world. So, they are very much in charge in keeping the balance of ecology, and so forth, working with the changes that have to occur.

Q. How does that relate to the Devic kingdom?

The devic kingdom are those sylphs, salamanders, you know... The devic kingdom is watched over by the Dominions. They are the protectors of the devas, because they don't have as strong a power. They're so element-related that they need a higher force working over them.

Q. I understand at the very beginning that the spirit, when we were descending to this Earth, we could come into animal forms and different forms. Why is it that we ended up being in a form with walking on two feet, rather than some other? Was the human body designed...

The human body... You were light beings and the human body was formed by the need of the atmospheric condition you were in, and, at first, there was no need for a dense body. In other words, you walked on this Earth very much as the astronauts walked on the Moon, feeling very light and bouncy, and so forth. You merged with animals to feel the emotion, because in the early stage, you were not an emotional being. You were a knowledgeable person as to emotion, but you didn't feel them in that light body — as we talked of earlier. So you would merge with the animal, or the tree, or the whatever, and it was like going on a thrill trip, so to speak, because you'd feel all these emotions that you didn't feel before. And then it would be like, "I'll have a couple of drinks and go home." You see? Well, sometimes, like most cases, people take a few too many drinks, and they began to find themselves not able to let go of the emotion. They held onto the emotion that was with that beast. Some of them got stuck in the beast. The two energies had locked so completely that they had trouble coming out.

And this is where the myths come from and the tales of the half-man, half-beast, and the centaur and this sort of thing. So many a myth is reality, but gradually, man densified himself. His energy became more like the beast and he began to have feelings like the beast, and that is why early man was like a beast-like man. He lived to survive, so he would kill to survive, he would, you know... Everything was survival, and his life was very short, because there was nothing more than living against these beasts and trying to survive in that atmosphere, so an old man might be twenty years old.

Q. I'm just wondering about the evolution of the human body. Was it some experimentation? Was it a primitive body? Was it an ape body?

No. You were man always. You do not come from ape. Apes like man. He's getting there, but you were there first. The science theory says that the embryo came, you know, from the seed and so forth and so on. Yes, an embryo came from the seed, but it came as man, not as beast. It had to go through certain evolutionary states, but it was always the energy of man. Animal came as the energy of animal and they are separate energies.

Q. Through the slow formation of the Lemurian hepikutus, man and the features of man, that's where the more ape-like man came into being, [That's right] it seems that there was a radical genetic departure when the Atlanteans came in. [That's right.] How did that work? Was there a new embryo created that was genetically apart?

You must remember that evolution says, all that happens in this period has already succeeded in what happened in the last period. So by the time the Atlanteans came in, the movement and the escalation of the energy forward was so strong that they could fall into a new pattern, a new energy and a new pattern, and move forward with that energy and pattern. So it was not a different embryo, but a different vibration into that embryo, which refined it.

Q. Is that what's happening now as we go into the Aquarian Age?

Yes. Absolutely. You're all being refined. Rarified, refined, awakened.

Q. Julian, when these souls that are coming back to this plane and they're going to appear as a baby or a newborn child as a vehicle. We have more poverty throughout the world than we have, let us say, in this country. Do these souls have that much to learn about experiencing poverty and pain and their sense

of being powerless?

They are learning whatever it is they have to learn and experience. Now some children, you have to recognize that if a fetus is formed, the obligation of the soul is to go into it, so many times fetuses are formed and souls go into it. Souls go into it, not because they really want to, but because they feel they have to. They may not want that particular vehicle, but that's the one that is there. And they go in to come out in a hurry.

Q. So, in other words, as a soul you have free will, but you don't have free will?

I think I have verbalized that poorly for you. Whatever is going on in a world is going on with the cooperation of the two worlds. If a population insists on creating a population, and that's their free-will choice, there are souls waiting for experience that are willing to take that vehicle. It may not have been the life they would like to plan, but because lessons can be learned there and they have a need for learning, they will take that vehicle.

You have to understand that the conditions in your cultural world have been created by man. Man has chosen to populate; man has chosen to hold sacred animals while starvation goes on; man has chosen to follow dogmatic practices which decline or accept certain food elements. These are free will choices made by man, then man must accept the whole package — there are no half-packages. So a decision made by man is going to create a residue. It's going to create a whole thing, so the evolutionary process goes on.

And now I must, for today, release the instrument. Bless you all. In the name of the Father and of the Sons and of the Spirit that makes them one, I give you my blessing, and bid you good day.

The 19th Gathering of Light

SEEDS OF LIGHT

November 4-6, 2016

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

Download the full brochure and registration form at:
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Questions to: Saul Srour, s77aul@yahoo.com

The ROL Forum

We 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 would like to thank you all for your questions! (If you don't see your question in this issue, expect it in the next one; we haven't forgotten!)

We are looking forward to hearing from you!

Camille Albrecht asked: I'd like your input on a discussion I've been having with friends and colleagues. It relates to the strength and power of thought-forms. We know that thought-forms gain in power through intention and emotion. Does a thought-form sent with the power of love have more strength than a thought-form sent with, let's say, fear or anger, or one that is sent neutrally?

For example, a female patient is seeking alternative health care for a back injury – acupuncture and osteopathic manipulation over traditional surgery, as recommended by a renowned allopathic surgeon. The patient's family is horrified and sends thought-forms to their loved one that permanent back injury will be the result of her choice. Are these more powerful thought-forms than those of the patient's neighbor, who upon hearing of the treatment plan remarks, "She's nuts, but she's always been that way?"

To summarize, do you think thought-forms sent "on the wings of love" are especially powerful?

Take this in another direction. What about a thought-form sent with anger? If a person is sent an angry thought-form from a stranger versus one from a loved one, do you think one carries more punch than the other? For example, a sister who feels she's been done wrong sends versus a driver who was cut off.

Response from Anne Claire

There is no black and white or quick and easy answer to your question...

It appears that thought-forms sent with loving intent may not always be the most beneficial to the person to whom they are sent; however, a thought-form that has a conscious intent (be it "sent on the wings of love" or in anger) behind it, will always be stronger than one sent in neutrality.

Thought-forms sent with negative or angry intent can defi-

nately do a lot of harm, especially when the sender is persistent. On the receiving end, we tend to be more affected when thought-forms like that are sent by those close to us, than when they are sent by strangers.

Sometimes though, an angry thought-form can be just what is needed to change directions. For instance, being cut-off, or (probably unintentionally) cutting someone off in traffic, may well give us that signal that we need to be more careful!

And it often falls within Julian's guidelines of being angry: "You are allowed to be angry for thirty seconds, after that it becomes an ego trip."

In other words, anger, or an angry thought-form, can be a very useful signal that something needs to change.

In essence, there are two ways to approach thought-forms.

On one side thought-forms are a part of manifestation. First there is the thought, then when the thought is expressed through talking about it, the thought gathers strength and intent, and ultimately manifestation occurs. From this perspective, if everybody surrounding a patient with negative thoughts or remarks about her chosen line of treatment, chances are that the treatment may not quite work as powerful as it could have, as every time a thought like that is sent her way or a remark is made, the treatment 'not working' is being manifested.

On the other side is the intent with which thoughts or remarks are made. From their perspective, family members and relatives often have the best, most loving intent when they send thoughts and prayers to please choose the traditional surgery.

In other words, while the thoughts or even comments can be perceived as being negative, they are still sent 'on wings of love'. After all, the family and relatives want the very best outcome for her.

Her neighbor's comment may not sound positive, yet is more accepting of the patient making her own decisions; even though he himself would choose otherwise. This means that as a thought-form it may have less of an impact.

The real question seems to be why her relatives don't trust her to make the right decision for herself. After all, she knows her body best, and her own thought as to what is going to work best for her in her current situation would be strong (otherwise it would be unlikely she would go 'against the grain' and choose alternative health care).

So even while the thought-forms and prayers of her family and relatives are sent with loving intent, they may be perceived as negative, and perhaps even harmful in the long run as they are sent with persistence.

So, what it boils down to is not just the intent with which

the thought-form is sent, but also the respect for the person it is sent to. And with that comes an acceptance that she will make a choice that is best for her, and the trust that it will work out.

And when a thought-form like that is persistently sent to a person 'on wings of love', it can be the strongest energy we can ever wish to send or receive!

Note: The strength and intent of our thought-forms can impact a person's health, and therefore making us either sick or whole. The choice of treatment is an individual choice. Therefore my answer does not intent to pick one line of treatment over another, however, the thought-forms with the greatest strength, and that are most beneficial, are those that are sent with conscious intent and that will support the individual with in her/his personal choices as she/he is walking her/his unique path through life.

What is the difference between the Julian Teaching techniques and other healing techniques, such as acupressure? And what makes the Julian Healing techniques so suitable/productive in the current energies of this point in time?

Response from Adele Lederman

Healing energy may take many forms. It is equally effective in the varied forms in which it is directed.

Each healer resonates to a different method of delivering the energy, in much the same way that one may like rock music or classical music. The healing energy is the same.

The Julian Healing techniques requires only that the healer care in a positive way to channel the energy, and learn the varied simple techniques in directing the energy.

The tools to direct the energy is the healer's use of hands and mind. This allows portability without the need for other equipment.

Healing energy may be directed with the focusing of the mind to a person, self, group, situation or animal.

Adele and Cindi Frank have written Julian Healing Techniques: Participant's Guide and will be giving a talk on Julian Healing Techniques at the 19th Gathering.

Meditation (perhaps even the Julian Teachings) all too often is something we do in our private lives. Then we have our jobs, our social lives, and so on. It seems that keeping meditation (and Julian Teachings) separate from our *real lives* can help us manage our stress levels, but how can we make it even more helpful in our lives?

Response from Jan Clayton

Take a look at just about any of June's classes or workshops and you can see her push to help us integrate The Teachings into our lives. Most of the time, she wasn't focused on mysticism; she was focused on who we are and how we can better help the world.

For example, in Self Development Series 7, Class 1, the meditation takes the students on a journey to see who they are now and who they will become.

One of the most jarring parts of the meditation comes early on as a news bulletin on a TV screen, when June says: "*And here comes a news flash. And the words are 'You already are.'*"

The meditation continues through a journey and ends with: "*And with great joy and great peace, you say 'I am. I can. I will. So be it.'*"

June/Julian isn't referring to just the esoteric part of our lives; the reference is to us as a whole — all planes on which we exist. The goal is to become all that we can be.

Maybe we have to meditate or learn the teachings in a private or class setting; but I don't think that any of our teachers — June, Julian, Camille, Sam, Saul, Anne Claire, Larry, Linda, Andrea or any of the others — intend for us to walk out of the class and not apply it to our lives. Maybe we can use it to help negotiate a dispute at work. Maybe we can provide some kind of healing to a community. Maybe we can help spread brotherhood to friends, family, community, and the rest of the world. We have thousands of opportunities to take those teachings and the insights that we gain from the meditations to help our family, community, and the Universe as a whole.

In my opinion — and I apologize for the sermon — we all have been given a great gift. Wouldn't it be a shame if we just walked out of the classes and workshops to say, "Isn't that nice;" but then never applied what we learned? Wouldn't it be a great waste if we never shared this incredible gift with the rest of the world?

My personal belief is that in signing up for any of Julian Teachings classes, we have entered into a contract with the Universe to use the information to help the Universe progress. It is up to all of us to review those many hours in class, re-experience the meditations, ask "How can I help?"; and then take action.

About the Ring of Light

The Ring of Light is a quarterly 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: Dealing with Contradictions in My Life

Submission Deadline: 9/2/2016

Send electronic submissions to:

ringoflight@julianteachings.com

Send short paper submissions to:

Nancy Walton

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