

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXVIII

Number 1

March 2016

Welcome to Spring!

I don't know about your part of the world, but in California spring has sprung. Trees and shrubs are blossoming; bulbs are out in full regalia. We even see a few roses opening up. Because of the ample rain we have had this winter, the hills are greener than they have been in years. The grass in our area is over two feet tall. The horses are very happy grazing and running around feeling refreshed and reborn. How can one not smile?

It is that time to plant seeds for the rest of the year. If we are lucky, not only do we get to reap the harvest in the fall, but we might just get to reap the harvest for the rest of our lives. Those seeds, if carefully selected, can put or keep us on our spiritual path. Spend a little time this season selecting and planting some choice seeds. With a little bit of nurturing, they will provide beyond your wildest dreams.

We weren't sure for a while whether we were going to get many submissions for this issue; however, several of our friends came through at the last minute and wrote some thought provoking articles. We hope you enjoy them, and we hope that they help you find a way to Achieve Your Greatest Potential.

Love, Light, and Peace!

Dan & Nancy Walton, and Jan Clayton

Julian Affirmation

God is my source of all supply,
He answers my every need.

With excitement and joy,
I open the door to who I am.

I will not expect anything, and will
accept who I see as the real me.

I will accept the light and the joy of
meeting me, loving me, and sharing
me.

And above all, I will accept the
tremendous potentials of the future,
which I will envision for the first time.

And so it is. And so it will be.

So Be It.

From Development #152 / Self Awareness Series 6, Class 4

Copyright 1995 Saul Srour

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

Inside this Issue

Astrology	2
Internally Achieving Our Greatest Potential	3
Spring's Optimism	3
Complaint Free for 21 Days: The Takeaways	4
Achieving My Greatest Potential	6
I Am Enough, I Have Enough, & I Do Enough	7
Living up to Our Greatest Potential	8
Viewing Things Through Polarity	9
Saul's Corner: Life After Death, Part 6	10
BE	12
The ROL Forum	13
Focus	15
INSERT — The 19th Gathering: Seeds of Light	



Astrology

by Eleanor Johnson
Poughkeepsie, NY



Welcome to Spring!

Spring has always represented the Season of New Beginnings. Seeds are planted for new growth in consciousness.

The theme this issue is “Achieving Our Greatest Potential.” The planets in the heavens are willing to assist us in this endeavor. The angels are saying, “Just ask.”

As Julian has said many times, “*I wish you could see you as I see how wonderful you are.*” The planets are exposing more of their energies. That is the positive as well as the negative, to allow us to achieve the statement that Julian so frequently said to us.

Saturn, the Great Tester and Teacher, rules the Earth plane and the way we fulfill our karmic pattern. It is in the sign of Sagittarius, a mutable Fire sign, ruled by the planet Jupiter. Jupiter rules the superconscious mind beyond the mundane. The key word is *perceive* which is another word for *intuition*. Sagittarius is represented by The Archer who shoots its arrow into the sky heaven bound. When we are willing to trust that we can achieve our highest potential as we work toward attaining that goal, the Universe will support us unconditionally. Many times there are challenges along the way. As we work through them they become stepping stones to our manifesting our greatest potential.

Saturn makes a trine to Uranus this year. It grants us an opportunity for another stage of our development to begin. Uranus rules psychic openings, inventions, all that is new, pioneering, and the Yet To Be. It presents us with great insights that may come in flashes of intuition.

In April, Venus in the sign of Aries, and Mars is in Sagittarius. They are two Fire signs that make a very creative, courageous, and stimulating aspect. Venus in Aries provides fuel to any new creativity. Mars in Sagittarius allows us to have the courage to take a plunge to move forward with our goal toward our highest potential.

In April through June, Jupiter makes a trine to Pluto. Jupiter in Pluto during this three month period will allow us the opportunity to dig deeply into our subconscious to expose the areas of our lives that no longer serve us. It is a lucky trine that provides us with powerful insights to help overcome whatever is standing in the way of our achievements. It can serve as a creative outlet for success.

May has Mercury and Venus in Taurus, which is very earthy and creative in a practical way. Charm and persistence are encouraged as we work toward our goal. Don't be afraid to change your mind if you need to refocus your energies. Taurus can be stubborn and doesn't like to change, but it can be sweet and charming in this sign. Example, if you don't agree with them, they may bring you a bouquet of flowers to help you change your mind.

June presents us with the Sun and Venus in Gemini. Versatility is the keyword. Gemini loves to have fun and play. It enjoys being social, so expect your social life to be enhanced. Words of wisdom can be expressed in writing when Gemini is in this Sign. We can write and envision our greatest potential at this time — to realize the *real you*, to realize the joy and happiness in finding *your truth*, and to realize your *greatest potential*.

Love and Light, Eleanor

Internally Achieving Our Greatest Potential

By Renee Salvatori
Wheeling, WV

Who of us doesn't enjoy knowing we have reached our greatest potential? We internally set about a plan to achieve it in our best possible way. Sometimes our achievements are expressed as a paper certificate, a letter, a speech in our honor, a raise, a bonus, a handshake, or a pat on the back. Being acknowledged for reaching our potential can feel wonderful, and can bring deep satisfaction and a sense of accomplishment. But how will we know when we get there? How will we know when we don't have the pats on the back or other outside expressions of "well done?"

I believe your heart will speak to you thumping, "well done, well done, well done." I learned this when my children brought home report cards. Sometimes they weren't stellar grades. Instead of accolades in the evaluations as they expected, it was disheartening feedback. It did not accurately reflect their heart and match their internal drive and hard work. Their mind and body felt it as an "A" while outside sources felt it as something lower. I asked them if they worked their hardest, if they tried their best, or if they learned anything from the class. If they answered "yes" to any of those questions, that's what truly mattered, not just to me but also to them. It was the value of gaining something that was not evidenced by paper, but by their own personal sense of achievement.

Sometimes outside acknowledgements do not sync up with internal ones. You may feel you reached your greatest potential while no one else can see it. We all need to look more fairly at our A's and D's. Why? Because usually we get them with our heart. If you travel through life with your heart, then that is as honest as one can be in moving in the direction of our greatest potential.

But how do we know when we get there? How can we believe when no one sees the strides we made or the valuable things coming? So to you, my children, and myself I would say: We achieve our greatest potential when we achieve with our hearts, which can give deep inner satisfaction and an internal sense of accomplishment — the deep patting of our heart saying, "well done, well done, well done."



Spring's Optimism

By Renee Salvatori
Wheeling, WV

**Winter is releasing its grip.
It is winding down.**

**We are in the home stretch of the
Winter season.**

**The chilly, dark, gray days are
Almost over.**

**The promise of color emerging,
Buds on trees, and baby birds.**

**The tweet tweets floating on
A warm, gentle breeze.**

**The sunshine restoring our
Optimism and cold bones.**

**Earth begins to rumble and
Shake us free from hibernation.**

**Winter is releasing her grip as
Spring pulls us up to again impart
Her optimism.**

Complaint Free For 21 Days: The Takeaways

By Barbara Garro
Saratoga Springs, NY

This article is a follow-up to “Shine Your Light Bright in 2016”, which introduces the 21-day Complaint Free Challenge published in the December 2015 ROL.

Why did I choose this challenge? Relationships are really all we have here in this life. I wanted to discipline myself to cultivate better interactions with people, both personally and professionally.

In order to fully participate in this challenge 24/7, I had to let people know what I had taken on. Why? Often, I hesitated to speak right away. Other times, I stopped talking mid-sentence, making it courteous to share the story behind the purple bracelet I was now wearing, because of <http://www.AComplaintFreeWorld.org>'s 21-Day Complaint Free Challenge. Because I shared part of this journey in January's Worms Eating at the Core column, here I share the complete diary.

Day 1 — I learned to exercise my choice to refuse to complain, even if legitimate in my opinion. At times, I did myself what another agreed to do. This often worked out more to my satisfaction.

Day 2 — This early in the Challenge, I learned how stress-reducing it is to decide immediately to choose to stay Complaint-Free. Annoyance gone, I move on.

Day 3 — The opposite of voicing a complaint is voicing a gratitude. This huge break-through felt so good to discover and own.

Day 4 — Next, I learned to give a sincere blessing to the source of my displeasure. How freeing this feels. Hard to feel disagreeable when you are blessing someone or something.

Day 5 — Staying the course Complaint-Free also means not complaining about me. Imagine...no more beating me up about what I did or failed to do.

Day 6 — I decided unkind acts are complaints and count. This became the seed for the global takeaway to stop and think before I speak or do.

Day 7 — Impatience, I learned, can be a subtle, silent complaint showing in my facial expression and body language. Patience is the antidote to complaining. How

satisfying to purposely wait in silence, knowing others will be served, pleased by my patience.

Day 8 — Failing to forgive someone is a 24/7, day-in-day-out complaint. As my Pop would say occasionally, “Chew on this awhile.”

Day 9 — Complaining puts me out of contentment and also out of harmony with the target of my dissatisfaction. This day, I wrestled with how much of my complaining has to do with my wanting to be in control. Example, my roofer always seems to block my driveway with his vehicles. Instead of getting frustrated and complaining not an option, I stopped myself to look at this situation another way. How much better it would be if I took my vehicle out of my driveway when I knew the roofer was coming so he could have a convenient place to park his vehicle?

Day 10 — I learned by quietly witnessing others' complaining episodes, obviously unable to “complain” to them about them, that frequent complainers often have high contempt for others.

Day 11 — This takeaway got bigger. By quietly listening to others' complaining, I noticed some have low regard for themselves and seem to use complaining to feel superior to others, one complaint at a time.

Day 12 — 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.

Day 13 — *Respect First* can be a substitute for complaining. Consider an incorrect out-of-your-favor monthly bill. Respect First forces you to ask how many times your monthly bill came to you correct. This changed my whole attitude to gratitude, so I could rectify the bill graciously, in perspective.

Day 14 — Building on Day 13, I learned that attitudes of blame, entitlement, anger, frustration, and stressed-out annoyance come through in my voice, even if I am committed to a Complaint-Free World Purple Bracelet Challenge. Now, I work on remembering to clear my



bad attitude before I speak to anyone about something I would like rectified. My seed for the global takeaway to stop and think before I speak or do grows.

Day 15 — Not complaining is contagious. Now that I no longer complain, few complain to me. And, complainers, no longer encouraged, stop their complaining quickly.

Day 16 — I can and I will remain Complaint-Free *every day* for the *entire* 21-Day Challenge, no matter the complaining opportunities that present themselves, no matter how important they seem. I can and I will seek the blessings behind, beneath, and around each challenge to my resolve. Complaining and switching the bracelet to start over is not an option.

Day 17 — I learned during Day 16's struggle the difference between *complaint airing* and *fact sharing*. I discovered that fact sharing means doing what is necessary to solve a problem that must be solved, like a bill error, broken appliance. Fact sharing intends and does indeed produce good fruits. Fact sharing, unlike complaining, holds no negative charge. I discovered annoyance comes out in my tone of voice or body language in a one-on-one conversation, no matter how hard I try to control the language so it does not sound like complaining. Consider your feelings when you hear "Nothing" with teeth clenched in response to your question "What's wrong?"

Day 18 — No matter how hard I try, I still cannot phrase a true complaint so it does not sound like I'm complaining. So, I learned to be still or switch the bracelet!

Day 19 — Trying harder, I learned that with some thought without a negative charge, I can phrase something that I would like to change without it sounding like a complaint. This was a really good day.

Day 20 — Building on Day 19, I learned how to phrase my opinions with what I like instead of what I dislike, another breakthrough.

Day 21 — I learned to watch out for intellectual arrogance, which fosters complaining, because of believing I know more than others in a situation. Antidote: humility. God created all of us equally and no one is better than or lesser than any other.

Being a Complaint-Free person requires lots of forethought before speaking, Imagine! Thinking before blurting! Before I harness my self-righteous guns, I breathe out blame and breathe in win-win problem-solving! During this challenge, I gained a mantra, "Peace, be still."

Wrap-Up Global Takeaways

I cannot change reality, what is, just is, whether I approve or not; so acceptance rules, controlling is complaining.

An acceptance attitude allows calm to prevail and negative emotional charges are not granted free rein to rule.

By far, the greatest change comes from my ability to calmly meet and greet my challenges, and, Wow! have I had huge ones over these 21 days. My new default attitude stems from *What Is Acceptance*.

Finish the Complaint Free World 21-Day Complaint Free Challenge and I promise you will have a happier future! 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.

As the Enlightened Envisions coach, I would be happy to have a complimentary coaching conversation with you to explore the enlightening things you learn about yourself taking the Complaint-Free 21-Day Challenge.

© 2016 Electric Envisions, Inc. <http://www.ElectricEnvisions.com>

Barbara Garro, MA, CPCU is the Enlightened Envisions Coach, Motivational Speaker, Writer, Artist, and author of *Grow Yourself a Life You'll Love*; *From Jesus to Heaven with Love: A Parable Pilgrimage*; *The Comfort of the Shepard: Parable Prayer and Meditation*; and *Living the Call of God*. Available over the Internet: <http://www.BarbaraGarro.com> <http://www.CambridgeBooks.us>; <http://www.Amazon.com>; and other book selling sites and stores.

Contact: 518-587-9999, Garro@ElectricEnvisions.com

Achieving My Greatest Potential

by John Svirsky
Garrison, New York

For most of my life, I aspired to mastership. I looked upon the ascended masters as guides. If I did what they did, I would get the results they got. Well I couldn't find the banyan tree in Naples, Florida or Garrison, New York. I couldn't find a desert to go and meditate in for 40 days to be tempted by the Devil; or a desert to wander in for 40 years, because I lacked the faith in a Higher Power that would deliver me from slavery (the outer 5 senses) and bring me to the promised land (my inner sensorium — the light within me). And, I was afraid to claim that light, for fear of the giant demons (crucifixion) if I did.

I thought once I obtained mastership and I reached my goal, the game was over. I quit as a winner and would dissolve back into stardust. Well, imagine my surprise when I found out that Buddha lived for approximately 60 to 80 years after enlightenment. Jesus is still working 2000 years after his ministry. Perhaps Moses may have fewer people calling upon him, because Jews think they're all right, and everyone else is wrong until they hit a wall, that is. (This is meant as humor; please do not take offense.)

I believe the Bible is a "how-to" book; a metaphorical group of teachings told in stories (not to be taken literally) to help us get past our ego selves. It can help us to take the next right step. The story of creation, for example, (Genesis 1:26): **After God created heaven and earth and all the host therein.** This was meant to be the training ground, the test lab of life to see what works and what doesn't. The story alludes that earth was meant to be a 5-star playground (a Ritz Carlton, Four Seasons, Mandarin all wrapped into one) for us to come and romp and play (at that point no physical form). Then God creates Man and Woman in God's image and likeness (and here is the important part), so that Man may have Dominion over (rule over) the fish in the sea and birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.

What that means to me today is we are meant to use our Conscious mind or as the Buddhist will teach, to be mindful of the present and to use our power wisely. My first conscious act of mind is to harmonize the various expressions and thoughts of self, to direct my will (conscious ego self) to a higher expression I call God, which reflects the basic principles of Love, Truth, Harmony, Acceptance, Joy and Laughter (to name a few). Then I need to direct my subconscious mind to bring old memories, resentments, insecurities, jealousies, etc. to the surface to be healed and

loved by the light of the Sunshine of the Spirit. (No different than John the Baptist washing the sins, Jesus healing those who had the faith to be healed.) I digress, but Jesus did not heal everyone he touched, only those who had the faith and were willing to replace the old negative behaviors with a new way of living. Sin, meaning ignorance: "**Go and sin no more.**"

Once our conscious and subconscious minds are touched by the light of the Love, the walls of separation, which keep us from living as Christ-realized souls here on earth, dissolve. With this new awareness, we can live our lives as the St Francis prayer reminds us to: "**replace hatred with love; injury with pardon; doubt with faith; darkness with light and sadness with joy.**" Then in the final line "**it is in dying** (letting go of our personality self) **that we are born into eternal light**" (like the prodigal son we are returned to our Divine Self). Accepting the belief that as souls we are, always part of the All.

I use the analogy for reincarnation that I have had many cars in my lifetime, but I am still me regardless of the vehicle. The acceptance that our soul essence is indestructible has helped me move beyond the fear of death and dying. It also helps me to have compassion in helping others when called to cross over to their light beingness and return to their soul group.

Over the years, I have focused much of my attention on learning how to understand my soul and soul group. What its intention was for me to incarnate this lifetime. The answer impressed upon my consciousness was to accept that we are all one; we are all in this game of life together. When we return to our respective soul groups, the individual self may have very little importance, save the emotional memories and experiences we've taken with us. Now spirit has emphasized over and over again that the years 2015 - 2016 are a time of completion of old thinking, old excuses, and mindless habitual living. Meaning, if I do what I did yesterday, I do so because I have chosen to and can no longer can I blame anyone else. Sorry therapists, I no longer have the luxury of blaming mommy or daddy or anyone else. I can say this, because I have done a lot of inner work to become aware of, and then to accept their role in my past. To quote Julian, "**that was then this is now.**" Yes, the actions of others sometimes had a most devastating effect on how I lived this life. My job as an individual is to release the resentments, the fears and the electrical charge of their

memories. (I will remember what happened, it just won't have the same charge it once did.) Because when I do live each day, and when I cross over to the other side, it is my desire to have worked through these issues. I have come to accept that my family and friends are my supporting cast here to help me learn the lessons I have come to work on.

And, since turn around is fair play, I am a supporting cast member in their dramas.

My desire, is to live this day fully, and that the fear I have of being right or wrong goes beyond the fear of loss or looking silly. I live today mindfully, with an innocent appreciation for everything. And most of all I feel the love of my spirit within. I then can radiate that love to all that I come in contact with.

So Be It.

“I am Enough, I Have Enough, & I Do Enough” (a quote from Julian)

**by Jeanne Livingston
Garrison, New York**

The thought of “achieving our greatest potential” is too lofty for the likes of me. I'm just grateful for progress here and there when it comes. Words like “greatest,” “outstanding,” or “phenomenal” awaken my ego and competitive side. I then feel “less than,” which leads me down the slippery slope into procrastination.

No, after all these years, maybe lifetimes, I'll settle for words like “better,” “improvement” and “worthwhile”. They are less threatening and doable. Deepak Chopra assures me I have “infinite potential” just like everyone else in the universe. So why rush and give up appreciating the journey itself with its myriad of lessons.

It's finally occurred to me that I incarnated to work on myself — not everybody else. Yes, the big hint was I was born alone and will die alone. All that conditioning forced on me from childhood on about “take care of your sister, mother, husband and on and on,” I took literally. Only in my 40s did I begin to think for myself. It was a rude awakening. Other people had their own agendas, not mine, so I learned there was my business and none of my business.

Now that I'm in the last chapters of this lifetime, I can interpret “achieving our greatest potential” as looking back over where I came from, what I did achieve and what I learned from those experiences. Because for me, life itself is experiential: either I did or I didn't; either I would have or wouldn't have. Dreams, fantasies, iffin' and supposin' were only useful to get me on the road to actions. They had no substance in and of themselves.

Thanks to June and Julian, I know with a certainty that “God is my source of all supply. God answers my every need on time.”

Julian told me I incarnated to experience Creative Force, so like many others from all over, I moved to Manhattan, struggled, and “made it in New York;” designing a commercial shopping bag for Bloomingdale's; hired by the Metropolitan Museum; working on two hit Broadway shows;

running my own successful interior design company, and I also always found time to give service at soup kitchens, AIDS dinners, or guest teaching in NY public schools. Yet I never thought I did any of it alone. I knew with a certainty my inspiration came from on high.

But, most important to my soul in this lifetime, I was able to find my own personal spiritual path, and I've shared that through writing a book, *The Road To Consciousness*, which encompasses the lessons that changed my attitudes and therefore changed my life for the better. The book is available on Amazon.

In today's world I notice many folks are quick to discount their accomplishments and blessings in favor of wanting more, more, and more in the future. They're secretly unhappy yet have no interest in learning about themselves, such as their sun sign, blood type, or their health problems, whether mental, physical or spiritual. Yet, they endlessly play the blame game. What happened to appreciating public access to knowledge handed down through the ages, such as astrology, the Kybalion, and scientific medical advances? How about being happy to be at the top of the food chain?

Well, I can only answer for myself. I'm deeply grateful for that and for all of my teachers, whether they came in the form of family, friends, or foes; whether they were in or out of physical bodies. God bless them and all the available help here! Karmically I earned my lessons, yes, the fun and not fun ones, too.

I'm grateful I found and was found by my mate, John. He gets the purple heart, Croix de Guerre and very big carnival teddy bear.

In closing, I would say my greatest achievement in this lifetime was: learning to love myself, unconditionally. I am part of the All in All...as are you. So I plan to stay tuned to my Higher Power and remain teachable. “God helps her who helps herself.” Blessings to you all.

Living Up to Our Greatest Potential

By Jan Clayton
Los Altos Hills, CA

I have the great pleasure to read all the Ring of Light (ROL) articles before they are published. I become quite familiar with them when I format them for the ROL. Each quarter, I am pleased to see the 2-4 insightful submissions on our theme topic. This time, however, there were only a few, and we had to prod a bit to get them. It is a great topic, too. Why so few submissions? Too busy? Not interested? Too tired?

After thinking about it for quite a while, I came to the realization that the topic is very intimidating. After all, isn't this what we are all fearing — that we won't live up to our greatest potential? As people who aspire to living a spiritual life, isn't this our greatest point of insecurity? I know that it is mine.

My insecurity on this subject has led me on a journey to answer questions about my greatest potential. What is it? How do I know? How do I get there? Of course, I still don't know for sure, but I have some hints about how to find out and how to get there. Let me share them with you.

My spiritual journey got a kick start 20 years ago from the following poem written by Kenny Loggins. It is hidden (in 4 pt type) in the "jacket notes" of his *Leap of Faith* album. It has become my personal mantra; the thing that I go back to again and again when I am insecure or lost:

Be still, listen to the voice.

In truth, we do all we can.

We are not Man in search of God,
but God in search of Man.

I have spent hours pondering this poem — thinking about what this means. I could talk to you about it for hours. Each time I come back to it, I get an even deeper understanding. Is it not a perfect description of the spiritual path? Is it not the perfect guidance to help us find our greatest potential?

What is My Greatest Potential?

Yep, that is the biggest question. Well, I can tell you right now that you will never know, because if you did, life wouldn't be any fun at all. If you accept the idea that we are here to explore mankind, you have to accept the idea

that knowing what we are going to achieve to begin with would ruin the exploration. Can't have that.

OK. I just did a huge copout, right? Yes. I did. But now, let me try to be helpful. There are several things that I have done in my life that have helped me get and stay on the right path.

Find a mentor. I found a fantastic one, well actually a couple of them. We all need someone who is willing to tell us what we need to hear, even if we don't want to hear it; someone who is willing to tell us about our lives from a different perspective; someone who has enough insight to see our path even though it is obscured to us. If you don't have that mentor in your life (and it could be your spouse or best friend), find him or her.

Ask people around you. I have asked several people who know me to answer the following questions:

"What am I really good at?"

"What do you think I should spend most of my time doing?"

Believe it or not, I have been surprised by the answers. Even my husband, who is not spiritual and hates self-help "advice" had some observations that floored me. Each answer has either affirmed what I thought was true or gave me a very useful perspective about me and what my potential is. Their responses got me thinking about my future goals and where I want to make changes.

Write a Personal Mission statement. That is, write a statement that begins, "My personal mission is ..." ¹ This sounds hokey, I know. When it was first suggested to me, I thought that it was a total waste of time. It was hard; it was painful. It has ended up being the most useful thing I have ever done to help me remember who I am and what I want to do with this life. I have it on the wall of my office, where I see it every day. I review it every year to see if I need to modify it — it should grow as we grow.

Be still. Listen to the voice. Kenny Loggins had it right — meditation can help us find the path to our great-

¹ Originally described by Steven Covey in "First Things First"; find out more at <http://www.bohoberry.com/mission-statement/>

est potential. June/Julian's classes almost always had a meditation in them. That isn't by accident. Most of us love to meditate, but we don't do it nearly often enough. We also don't do it often enough with the intent to help clarify where we are, where we are going, and where we want to go. Look through your Julian materials. Every class series and workshop has at least one, if not many meditations that are designed to help us walk our path (and achieve our greatest potential). Use them over and over. You will get more information about your greatest potential every time. (Try it to write your Personal Mission statement; it certainly helped me.)

And How Do I Achieve It?

In Truth, we do all we can. I don't think that this statement is about sitting back and letting God take over our lives; I think that this is about working with God (the Universe) to make the right things happen. Sitting on the couch and watching life go by is unlikely living our greatest potential. If we can get up every morning and do at least one thing to help us along our path, we are doing what we can. But there is also a hint in the poem about making it happen. I believe that "in truth" means that we need to be true to ourselves. Our efforts to reach our highest potential need to be truthful ones, not just token attempts. And, sometimes our truthful attempts require tearing away fears of both failure and success.

How will you know that you are being successful, that you are on the road to reaching your greatest potential? You won't. But let's think about this. Success, on the spiritual path, is not measured by the amount of money in your bank account or the size of your house. It isn't measured by the title you have or the number of people who work for you. I suggest that success is measured by how much you help the Universe in its "search" for Man — or is it humanity — on this experiment we call Earth. And, if you are a teacher, I believe that success is measured by how much you help others make progress on their own paths (with their missions). Since it is nearly impossible to measure either from our perspective, we will never know.

What does that leave us with? **Trust.** Trust that if we make a truthful attempt to follow our path, our intuition, guides, teachers, or whomever will lead or push us in the right direction. And, trust that if we make an honest attempt to succeed at our mission, we will achieve our greatest potential.

Viewing Things Through Polarity

By Bryan Ayotte
Dracut, MA

To truly understand something, you have to look at it from the middle — the center point — neutral. That way you can see it for what it really is. When you say something is good or bad, your labeling of it, your personalizing of it will not allow you to see the whole picture.

An example would be Donald Trump. A lot of people have labeled him good or bad, but then that blinds them from seeing the whole picture. His supporters think of him as being something different from the status quo and that the media will do everything it can to protect the establishment. His supporters might even go as far as to think that every negative thing he has said was media manipulation.

The people that do not want him in office hear what he has to say, and say that he is wrong. The idea of him has frightened them, and every time something bad is said about him — true or not — they believe it, because they have already labeled him and personalized him by saying he is not for me. When he says something that they may agree with, they then say he is lying about his beliefs and think even worse of him. When he says something that they don't agree with then they just label him worse.

To see something for what it really is we must not label it or view it from an emotional stand point. We should not personalize it — for me or not for me. We must look at it from the middle, the neutral point, the center point to understand what it really is about.

Thank you Source, the All, the No Thing, Julian, and June for the inspiration.



Saul's Corner

LIFE AFTER DEATH, Part 6 (Workshop #301 – Class 3)

Copyright © 1987 Saul Srour

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

Continued from December 2015 Ring Of Light

Now you all know what you did in the sixth plateau. Now what do you think the seventh step would be?

The object is, in that seventh plateau, there is a cycle of completion which then permits you to begin to take all your studies and prepare yourself for your next life. For you see, in the course of coming through the White Plateau and the others, you have elevated the energy to a new concept and a new acceptance, so now you are able to begin to think about what you would like to do in your next life experience.

Now comes the non-personal look at your warehouse of karmic debt. If you ever looked at your warehouse of karmic debt personally involved, some of you would sit and cry all the time, so you have to have a non-personal approach to it. And you look at it and you say, all right, which one of these would I like to handle or do I feel I can't right now. And you will take whatever karmic debt you choose to work off, and you will accept that as part of your next package.

You will then look over all that you have learned about yourself in the last or three or four levels, or, in fact, in all of the levels, and you will look at your track record, so to speak, of where you come from with your actions in life. For instance, if you have looked over the life you have left and you thought, you know, I really was a very patient person, and I did give to other people a great deal, it's too bad I never learned to handle money. So maybe in the next life, you decide you need to learn lessons about money management and finances, and you will ask to have that incorporated in the soul growth pattern of the next life.

Soul growth patterns deal with interaction with others and interactions with yourself, which is the hardest one to interact with at all. It also deals with every level of every material thing you have in your world. If you have had a life in which material things have been so important to you that people weren't, you may choose to go

into a life and learn the value of people over material things.

You will choose lessons that will let you grow from where you were in the last one, and you will go from that into a discussion with guides about the possible potentials of those soul growth lessons attached to your karmic debt. You will then also have a discussion as to whether any other people in that same position as you have an infinity to your soul growth and would like to be a part of it. So it might be here that you decide on a specific family unit, or you might here decide on a specific business firm, and the souls agree that they will enter the life to be supportive to each other.

Now at this time, guides are assigned to you who are totally knowledgeable of the plan of your life. In other words, what you've chosen. They will also be energies that can relate to your energy so there can be communication. Because, you see, anyone who works through or with an energy has to have a compatibility to that energy. They have to be able to merge. They have to be able to touch each other, walk into each other's life pattern and understand each other. So that whole process will go about here in the seventh plane.

Now is the realization that in order to encounter your soul growth lessons, certain energy packages must be present, certain energy parcels. So it will be considered that a certain configuration of the heavens should be a part of your energy as you enter the earth plane. You call it astrology, you call it zodiac, you call it I am Mars and you are... No, that's not what you call it, you say I am Aries and you are Libra, or whatever. These are valid energy packages of you that have initial emotional responses attached to them. In other words, an initial method of handling energy. This then becomes your thrust into the new world.

Now if the parent is one that you have had a previous relationship to and have made a decision to join again, then that will become the vehicle. If not, a vehicle will be chosen at random that will fit to the energy and soul growth lessons you've come to learn. And so you enter the Earth at that point.

Now the guides are born into the Earth plane in spirit form when you are born into the Earth plane in physical form. Most of you will have a triad or a quadrant of guides who are with you for all of your life. They will call forth from the universal consciousness other guides as you need them for short term work. In other words, if

you decide to write a book, authors will be called forth to surround you, help you, assist you. When you've got the book written, they'll go back. But those coming into the world with you for that lifetime and are always with you. In this room, there are three additional or four additional or two additional, or whatever, but everyone of you sitting here have guides who are here at this moment with you. They are never apart from you.

This then becomes your spiritual friends in this life, and you can talk to them just as you would talk to a physical friend, and you can ask them to help just as you would a physical friend, for they are there to help nudge you, poke you, guide you to the right decisions and right directions.

Now this sounds like a very cut and dried thing. The only fly in the ointment is that man has free will given to him by The Father and He will not rescind that gift. Therefore, man has to rediscover the spiritual path and destinies in him once he is in the conscious mind and spiritual body.

Now when you are let loose, so to speak, in a conscious mind and a physical body, you are not let loose without the road map to get home. Prayer, meditation, dream states, these are all learning states that bring you back into contact with the super consciousness self which is the mind of the spirit body that knows everything that you have come to do, so it is that mind that leads you back on the path when you have gone astray.

Q. Is that what Jesus means by the Holy Comforter or the Holy Ghost?

Exactly. Yes. The Spirit of God is indwelling in you, and the Spirit of God is in the soul and the soul mind is the superconscious mind, and that's the doorway to the universal mind. All external help from my world comes through that mind. That is why if you are writing, through receiving, the first thing you're usually saying, is it me or is it them. I can't tell. It doesn't matter. If it's coming from your superconscious mind, it knows more than you know anyway, so it's still going to be good for you. Eventually it straightens itself out, you separate the wheat from the chaff, so to speak. But that is the pattern that you go through in making the cycle from leaving to returning.

Q. What time do we spend here and on different planets. Is that on the seventh level?

On the seventh level, you will determine whether it is back to this Earth plane you'd like to go, or whether it's to some other plane, or what you call planets.

Q. I thought we spent time in spirit form on different planets. Is that considered an incarnation?

Let me explain to you here that on each of these levels, you may be there a hundred years as you measure time. In other words, we have gone through the list here today, but it is a long time there, and while you're in those plateaus, you may be...you are experiencing all kind of study and you are experiencing all kinds of side trips, that sort of thing, and sometimes you may determine to just stay in that seventh plane, going back and forth through all the planes, as a growing experience for quite some time and then determine it is time to come back.

Q. After the seventh level, do we come back to the Earth, or do we go back to some other planet, rather than to the Earth?

You come back to the Earth or to any other planet you want to go to, and then you come back to that same White Plateau and go through the realm and come back in again, but there are other plateaus, but man has to reach a consciousness which permits him to go to them, for they are the non-formed plateaus. For instance, when you go beyond the seventh into the eighth and ninth, you have no form at all. You're going to have a light form, you have a thought form. You are of the light, but you are simply thought.

Q. It's often been said in the teachings of Christians that we all have to do that together. Now if we're each going through this process on our own soul growth, then it sounds like, sometimes, some of us would already have achieved those higher plateaus and who are now waiting for the rest of the gang to catch up. How does that work?

Those who have reached those higher plateaus are working with those who have not to help them escalate the process. Many times you will choose to work--once you're in the eighth or ninth realm--you will choose to work from my side into the Earth plane, rather than from the Earth plane through.

(Saul's Corner, continued from page 11)

Q. It was once said, oh, I don't know, it was some reading, that the person rushed back and got a body too soon. He just grabbed the first thing. Is that possible?

Your earthly concepts are mind-blowing. I mean, it's her mind I'm blowing. (laughter) No, they don't rush the process at all. The thought of rushing, the average time in my world as you measure time is a hundred years. It takes you a hundred years to come from the White Plateau to the Seventh. That's the average. Some might take longer.

Now some come back sooner, because they come back because they have already come through these realms and are in a state where they can rapidly go through and come to that point of return, because they're anxious to get back at something. I don't mean "back at" defensively, but back to accomplish, so they will go back almost instantly. That doesn't mean instantly as you measure time. Instantly in my time, which is maybe ten years, but they do go back sooner.

Q. I've read stories of people who have been killed and then they come back and they can remember where they were before, and that's only after two or three years that they come back to the same place.

When they have come back rapidly, meaning less than a hundred years, say in five years, or something of that nature, there will be a strong recall in the early life of the places they've been and that sort of thing, because they haven't had that much time to really detach from it yet. And then there will be: They'll say, yes, I used to live here, that's my parents, that sort of thing. That is true, because they are remembering that that was as it was.

Q. But why don't they have to go through the whole process then if they come back right away?

Because whatever that soul is going through, it isn't to come back and recognize what they were before and all that. Whatever soul thing that they're working on made them feel the need to be back in and at it right away. The recognition that they have been here before and that is a side effect of that hurrying back, but that recognition is not what they're soul growth is. Their soul growth is whatever the new lesson they've come into learn, but that's a side effect of coming back so quickly.

(TO BE CONTINUED IN NEXT RING OF LIGHT 6/2016).

BE

By Adele Lederman
Walnut Creek, CA

Sing out the praise
your voice will raise.

Joy in your voice that sings the song
throughout the day and all night long.

Life can be a searching light
seeking those to share delight.

Delight in sharing all that's good
from bounty to a lovely mood.

Who says that coin must be in hand.
Can't one just share all that's grand.

Caring, loving, being one
with All That Is, is more than fun.

Unconditional love abounds
finding those that can be found.

Taking joy in who they are
instead of reaching for a star.

Now is the time, you will see.
Be love, be light, but just BE.



The ROL Forum

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 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!

Lind asked the following question: I am having a challenge finding right spiritual path or healing modality for my situation. Can you be of any guidance?

Response from Anne Claire

It seems like a lot of people find themselves presented with the challenge of finding the right path, the right direction in their lives at the moment. And the more we become aware of how many possibilities there are, and how much potential we have, the harder it is to make a choice.

As Julian has said many times, there is no one path that is the only "right path." There are many Teachings, and when we get involved with them we may find that parts of one Teaching resonates with us, while other parts of another Teaching also ring true to us. Or, as Julian put it: "Energy is energy, is energy; and truth, is truth, is truth."

Julian has also said that walking a spiritual path hardly ever is doing something grandiose; it is practicing the small things in our every day lives, like smiling at the person at the register. "That smile just can make their day!"

The important thing then, is how much of the truth we find in the Teaching we are involved in, we make part of our every day lives?

Learning that kindness is a good thing, while b*tching at the slightest unexpected turn in the road doesn't cut it

if we truly desire to walk a spiritual path.

On the other hand, when we do make an effort to incorporate those things that ring true to us from any spiritual Teaching into our lives, we are well on our way to walking a spiritual path. Even if it feels to us like we are just offering some encouragement, a smile, or doing an act of kindness every day.

As to a healing modality...there are many ways in which we can heal ourselves and assist in the healing of others. Julian's advice on what to do when there seemed to be too many choices was the following:

"Write down every healing modality that appeals to you on a sheet of paper with some space between. And you may want to take a little time to complete this list. The you cut up the sheet of paper so each option is on a separate strip of paper, you fold them and put them in a bowl. And you pick one of the pieces of paper out of the bowl, see what is on it, and try it. If it is as effective and as much fun as you thought it would be, you keep doing it. If it is not as appealing as you imagined it to be, at least you have learned that this is not something you want to spend your time and energy on."

From my experience, especially with healing intent is everything! And it seems that it is more important to do it "your way," than to exactly follow the steps in a learned process.

So if we have trouble finding which healing modality to use, perhaps the questions we should ask ourselves are:

- If I would design a new "healing modality" out of everything I have learned and experienced, what would that new healing modality look like?
- Would it be remote, by telephone or Skype, or person to person? Would it be hands on or more from a coaching perspective? Would it be a classical, tried and true perspective on healing like Chinese medicine, Herbal medicine, or massage? Would it work with the body, the mind, the emotions, or the subconscious?
- Or would my brand of healing be a combination of all of the above, woven into a whole that I, as the healer, feel intimately comfortable with practicing?

ROL Forum, continued from page 13)

Anonymous asks: What is it about open heart surgery that leads to such deep depression? Can anything be done about it? Is the depression related to the disturbance of the sacred heart center? Is it because of the invasion of one's "temple?" Is it related to the interference with the divine spark and rhythm that begins and ends us?

Response from Adele Lederman

Human beings experience a multitude of changes in our physical lives. As in many major changes, one goes through a period of grieving for what has been either lost or changed. Human beings experience a multitude of changes in our physical lives. As in many major changes, one goes through a period of grieving for what has been either lost or changed. Grief can be subtle or major and depression is one of the stages.

The immediate phases or stages of grief are shock, at the suddenness of the change, or anger that the change has occurred, which creates the need to know why and what caused the change. Often that anger is directed at the self. Depression is anger turned inward.

The changes in the case of a heart attack that requires major cardiac surgery and the necessary life changes that follow such as: dietary, medications, physical rehabilitation as well as the emotional changes that occur does result in varying degrees of depression.

The fear of one's own mortality becomes quite real. Those fears of shock, fear, anger, frustration and apathy may be felt and repeated as the recognition of the physical event becomes more real. Allowing the freedom to safely vent these fears to a non judgmental spouse or caregiver is a first step to healing.

As physical healing progresses, emphasis on what can be done rather what can not be done may slowly replace the negative feelings with healthier hope in the possible.

Cardiac rehabilitation through gradual physical exercise as well as counseling can be a major help in the healing process that will reintroduce hope and an acceptance of the lifestyle changes.

There is no time limit for the grieving process nor is grief limited to the patient. The spouse or care giving loved ones go through this grieving as well. Loving patience with self and the affected person is needed now more so than ever before.

Julian has said often that flexibility, adaptation, and forgiveness were the keywords to this period of change.

Joel Mitchell asks: How can we develop more clarity and discernment to be "in this world and not of it?"

Response from Jan Clayton

The phrase "in this world, but not of it" is a phrase that June/Julian used fairly often in workshops. It also comes from a statement that Jesus made as reported in John 15:19 and John 17:14-16. It is a request from Jesus to God, to allow all of humankind to be free of evil, despite living in a world run by Satan. My guess is that your question is referring to something a little less Satanic. How about these rephrasings of your question? **How can we live in an environment that feels so violent, so hateful, and so imbalanced, and yet not take on those qualities? How can we enjoy the beauty and pleasures of the world without compromising our values? How can we be instruments of love, when love is not what surrounds us?**

I am sure that these are questions that most of us ask ourselves frequently. The good news is that Julian gave us a number of exercises and tools to keep from getting caught up in the chaos around us.

In Development #218, Julian talks about how to use breathing to control our reaction to chaos and to stay balanced:

"... And now, as you breathe in and breathe out, become aware of your heart, the living pulse of you. Breathing in, breathing out, feeling the pulse. Breathing in, breathing out, feeling the pulse. The breath of life. Just keep breathing in, breathing out, aware of the pulse of your body through the heart. ... And as you breathe in and let the breath out in small puffs, keep aware of the rhythm of the heart, the pulse of the self.

In the breath of life, one brings calmness to chaos. Practice the art of breathing in the manner we've done. It can help you through all incidents in your life. Whenever you are breathing and working with the breath of life, be aware of the rhythm of the pulse of the universe in you, through the beat of your heart. For they are a rhythm that works together and keeps you whole. "

In Development #234, Julian introduced the seed of anticipation, where we nurture a seed of something we want to come into being. It is an extremely useful process. In the discussion at the end of the process, Julian says: *"And as we understand that process, we can visit that silence in the forest again and again, and reinforce that in ourselves. But the purpose is to recognize that*

trust is an important ingredient in your existence. You have to trust that which you cannot see as well as that which you can.

You realize there are times when you can't do anything. For instance, sitting in this room there is nothing you can do physically for Florida (where there just a disaster at that time) at this moment, but you can do tremendous things spiritually. And sometimes by putting it in the hands of the Creator and the universal forces, we are showing the trust needed to have the right outcome become. So learn to trust yourself, that in all the chaos there is a master plan, so to speak, and that it is going to be okay."

The Julian Teachings introduced exercises like this in all of the classes, not just Development. If you look through your class notes, my guess is that you will find a process or two that will help you stay out of the fray on Earth so that you can avoid becoming *of this world*.

Julian gives us a great deal of hope for our situation in Development Class #51; and although Julian is referring to an exercises in this class, it is a true statement for many of the exercises that we have been giving to work with:

"There is not one of you who is not on a path that is to the highest part of you. When you deal with the exercises, let yourself go in the sense of the physical and intellectual being, and deal in the essences of exchange of Divine High Force. For the energies you are moving into, within yourselves, are not of this world, so to speak. They are not of the old frequency; they are of a new and higher framework, and a newer and higher frequency. They are going to open within you the ability to see beyond the moment and to exchange beyond the moment.

This is not separating you from the mundane world, but giving you the power of light within the mundane world, the power to see where you are, to interact with other people. In explosive times, the light will be there. The essence will nurture you so that you can move through those troubled times whatever they are: business, the children, or the home. It is the power within merging with the power around you."

Our apologies to Linda Scheer for a mistatement we made in the article about the 18th Gathering in the first version of the December issue. Linda was the teacher for the Tai Chi class at the event. Larry, ably assisted her during demonstrations and exercises. Thanks to both of them.

FOCUS

By Adele Lederman
Walnut Creek, CA

I'm at the door, please let me in.
I know you're there, I hear the din.
This door is strange, it moves around.
I know it's there, but thoughts abound.
I need to hear your voice clear.
Random thoughts invade the air.
Help me to focus, the key to the door.
That I may enter in joy once more.
You give me peace and stir my brain.
Focused thoughts without the strain.
I try to enter each daily morn
and when I do I feel reborn.
Random thoughts do bar the way
and so often I am led astray.
I'm at the door please let me in.
Help me focus so we may begin.



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: Finding Inner Peace Within a Chaotic World

Submission Deadline: 6/5/2016

Send electronic submissions to:

ringoflight@julianteachings.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: ringoflight@julianteachings.com

All Julian material appearing in this newsletter is ...

Copyright © Saul Srour

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

Please Support Us

We thank each and everyone of you for the financial support that allows us to produce the Ring of Light. An annual contribution of US\$10.00 will cover the cost of your newsletter! Make checks payable to Nancy Walton.

2015–16 Supporters

Darlene Adams	Blanche Duffy	Peggy Locorotondo
Jill Albano	Karen Ehrenfeldt	Lynn McLewin
Camille Albrecht & Richard Grescowle	Gerry Gallagher	Janice Maricondo
Joey Alvarez	Barbara Garro	Charlotte Mary
Elizabeth Atkins	Chuck & Connie Golden	Mary Miller
Hilda Baratta	Deb Grescowle	Archie Mulvena
Hanna Barniv	Jerry Gross	Carole Nicholas
Marion Bauer	Denise Hall	Jim O'Brien
Natalie & Antonio Bausoni	Elaine Harsch	Betty Rowe
Terry Brown	Robbie Hewitt	Renee Salvatori
Katie Brumfield	Vera Hilsenrath	Linda & Larry Scheer
Leela Burkan	Nadia Jakoubek	Steven Schmidt
Lynn Chandler & Rick Backus	Eleanor Johnson	Barbara Ann Scott
Paul Church	Audrey Jonnson	Linda Sidote
Jan Clayton	Mitzi Kivett	Saul Srour
Roberta Costisick	Marilyn Kunz	Elizabeth St. Claire
Sondra Creary	Mary Ellen Lamvermeyer	Lorene Stein
Bernadette Crowe	Deborah Lecce	John Svirsky
Dolores Dillon	Veronica Lecce	John Strunk
	Adele Ledeman	George & Emma Walters
	Jeanne Livingston	Barbara Waltrip
		Tammy Zeitz

The 19th Gathering of Light

SEEDS OF LIGHT

November 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.

How to Get There

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

1 ¾ hours from New York City

1 hour from Albany, NY airport

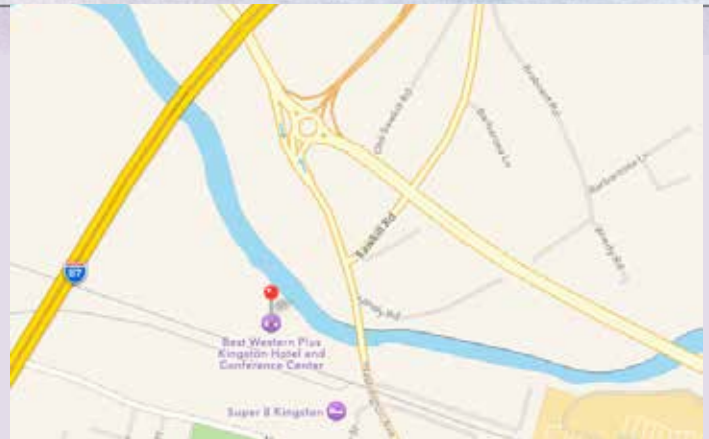
40 minutes from Stewart International Airport

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>

Best Western Plus

Kingston Hotel and Conference Center
503 Washington Avenue, Kingston, NY 12401-2906



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: _____

Single Occupancy (\$450 per person) _____ Two Beds: _____ One King Bed: _____

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