

# Ring of Light

A Newsletter for the Members of the Julian Community

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**A**nother year comes to a close, 2010 has brought many changes to all our lives.

Our theme for this issue is Attitude which is a reflection of our mental and emotional state at a given time. Discover how each of our authors presents this topic through his/her perspective.

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

We are thankful for the beautiful Community that Julian created and fostered.

We are thankful for the freedom we enjoy and the path we have chosen. Thankful that we can look back over the past year(s) and recognize and celebrate our growth.

We ring in the New Year, 2011, full of certainty that we make a difference in everything we do! Full of certainty that we do create an oasis of peace and love that will go out like ripples in a stream to touch those around us and beyond.

Love, Light and Peace ~ The Editors

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## JULIAN DISCUSSES

Don't try to label anything.

Don't try to put your attitude of how it should be done on anyone else. Because when you do that you are blocking whatever way they are working with it.

So love, bless and move on. And the most important thing you have in your life is you.

The only thing that you are absolutely responsible for is you.

So one must take their potential, let it grow, use it to the best of their ability to become who they want to be.

Lets understand this, TO BE, is to appreciate the self and the potential therein.

To coexist in the world is to let that potential assist in the manner that it can. And the universe is working with you all the way.

The following except is from the workshop 'Applying Universal Teachings in Your Everyday Life' which Julian taught in CA on February 28, 1999

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# Astrology

Feature Column by Eleanor Johnson  
La Grangeville, NY



We are in a very important transition period which requires that we express the energies presented to us with enthusiasm, compassion, and wisdom. Since Attitude is the theme for this issue it has never

been more important than at this point in time. We need to have a clear, balanced, positive attitude. This will enable us to expand and raise our sights to positive possibilities.

The year ends with a Lunar Eclipse December 21 at 29 degrees of Gemini. A Lunar Eclipse places a focus on the subconscious which will bring to the conscious mind a deeper level of awareness. That will allow us to unblock the side of our nature which is hidden and needs exposure.

At 29 degrees Gemini a closing out a chapter of our lives may occur. There could be a shift in our plans as the full moon eclipse makes a trine to transiting Neptune. There can be excitement about the future as dreamy Neptune says, "We can use our creative imagination to bring about a cherished dream and desire".

Mars, the planet of "Get up, go and get it" will be in the sign of Capricorn in December and most of January. Mars in this sign creates an arena of practicality to our hopes, wishes and goals. Mars is exalted in the sign of Capricorn which helps us with an attitude expressed with realism.

A Solar Eclipse begins on January 4, 2011 at 13 degrees Capricorn. Capricorn squares transiting Saturn. This square challenges the ego to express strength and perseverance in obtaining our goals as we push to the top. Remember, Capricorn's symbol is the mountain goat, sure footed and steady in its expression.

On January 23, Jupiter will enter the sign of Aries to complete its cycle. Aries is a Cardinal Fire sign. It is the first sign of the Zodiac. Aries is the pioneer of the Zodiac. Aries starts new things, and produces changes in the areas ruled by Jupiter: the legal system, universities, long distance travel, philosophy, religion, and standards of beliefs.

In February, Jupiter makes a square to Pluto in the heavens. This combination likes control, but Jupiter likes to expand. There could be a challenge for all of us to remain centered in our beliefs and philosophy. Learning from direct experience can be very valuable.

The month of March has Jupiter in opposition to Saturn. Jupiter may say, "Go" and Saturn will say "Wait". Jupiter may prevail as March has Mercury in Aries.

Jupiter is in Aries and Uranus enters Aries March 12. Uranus is the planet of Change. It will inspire the energy of Aries to express itself through launching new projects in words, thoughts, and deeds. The desire to create changes in the areas needing change will be desirable! Lots of enthusiasm, passion, and excitement can bring about new attitudes that we may never had thought of before. Technology will allow many new things to be invented.

On a personal level, Jupiter and Uranus in Aries represent opportunities to enlarge our experiences and understandings of life. As this year comes to a close profound insights may come to the surface creating opportunities for us to evolve.

Love, and Light  
Eleanor

## Attitude

by Blanche Duffy  
Saugerties, NY

I pondered what I would say about attitude that has not been said in some form innumerable times before but kept coming up blank. The Bud was sprawled out on my bed with that look on his face that clearly said “Don’t bother me, I’m tired.” So I turned to the latest addition to the family, Cassie, who, truth be told, is the queen of attitude! She looked me up and down as only a Rottweiler can do, as much to say “My water bowl is only half full, I haven’t had a treat in an hour, and the ride this afternoon was much too short. You expect help from me?”

So, the message was clear – I had to do this on my own! Oh well, so where do I begin? Webster’s Dictionary gave several definitions for attitude but I liked the definition for *attitudinize* much better: ***to assume an affected mental attitude: pose.*** Now, that says something to me. It describes situations that we encounter every day. So many people take on an attitude because it’s what others are doing, they think it’s the way to act, or they are afraid of showing their real feelings or vulnerabilities, and sometimes – they have lost the quest for adventure in life and they just don’t care!

How often have you walked into a store and the person who was supposed to be there to “help” regarded you as interrupting something important not remotely related to the reason for the job? I went into the local bakery to select something for dessert that evening and the girl behind the counter was in deep conversation with the other girl on duty. I was the only would-be customer and they both totally ignored me for several minutes. Finally I asked if she would wrap a piece of pastry for me. She took the piece of pastry and the payment at the same time, wrapped it and put the change on top of the box, then gave the box a shove and it sailed down the counter to a spot near me. It was reminiscent of the old westerns where the bartender sails the glass of beer down the bar to the cowpoke. She never missed a word in her conversation with the other girl.

Yet it was so telling about what she thought of her job, me as a customer, and what her priorities were.

How often do we display our feelings toward something or someone whether it’s done consciously or unconsciously? This young lady obviously had not thought much about her job as a representative of the bakery whose mission it was to be courteous, helpful, and build a good rapport with customers. If she had any training in this it certainly was not evident.

Listening to a personnel manager on a radio talk show one day was both amusing and sad. She said that so many people apply for jobs but never ask much about the job, or training, or what type of future there is with that company. First question is “How much does it pay?” And the next question is “How much vacation time will I get?” Seems like so many people are missing out on the joy of doing something for the satisfaction of doing a good job in addition to the financial benefits.

Feeling good about ourselves shapes our response to everything else.

I’m constantly discussing the current state of learning in the schools with neighbors and friends in the community. There is something missing in education here in town and I suspect in other places as well. It is also missing in the home, the schools, and the churches as well. There is an over emphasis on sports, on drama, on what’s in it for me? But there is little or no emphasis put on doing a good job just because it feels good to do the best that one can. If we feel good about ourselves, if we are happy about the way we have completed a project then the most important thing is feeling good about our achievement – not whether we won or lost. Winning is fine and it makes us feel good for a while, but having pride in the quality of our work whether we won or lost gives us something to build on for the future.

So...how does this tie into attitude? Feeling good about ourselves shapes our response to everything in life. It makes us want to do our best, it puts a smile on our faces, it tells people that we are not in competition with each other but we are all players on the same stage that is life. It’s a lot easier to play our roles if we can get along with other people instead of worrying about how to beat them. On the other hand, if we do not feel good about ourselves we are constantly trying to “prove” that we are better than someone else. We are constantly trying to boost our own egos by showing how much better we are by any means available. We may even

**Winter Solstice 2010 Message from Aca'u**  
channeled through Camille Albrecht

Greetings, it is I, Aca'u who speaks to you now. You have all come through a most challenging year. For some this has been a year of crisis, for others a time of great adjustment and for all an opportunity for remarkable growth. During this very beautiful Winter Solstice, it is important to assess the growth that has taken place within you and around you in 2010.

May I suggest a series of questions to ponder over the next few months? You may want to begin by writing down your initial responses today, as you read through my message to you. So take out paper and pen and let's give it a go, shall we?

What have you learned about yourself? Think about what you experienced this year and what it has brought forth from you. Just take a few moments to assess what you have learned about yourself over the past twelve months.

Now I ask you, what have you learned about others in your life? Is there one relationship that comes to mind that you now see from a new perspective? Are there several relationships that you now see differently? What has 2010 brought forth in your relationships?

Next, please take a few moments to take stock of your accomplishments this year. If you'd like, write the answers to these important considerations in your journal so you can reflect on your perceptions over the Winter Solstice period.

There is a fourth area I would like you to focus on. What is it that you no longer want to carry within yourself? Take a look within and choose one quality, or one character trait, one attitude or a belief that is blocking you from growth. Choose to leave it behind in 2010. Just as many of you have gone through your possessions and lightened your load, take a look within and lighten up here as well. Choose one thing. Take a moment now to

think about it. You can choose to live in 2011 and beyond free from this burden

Having examined what you've learned about yourself this year, what your relationship with others is, what you have accomplished and what you choose to release, there is one more question I ask you to focus on.

What new potential within do you want to bring forth in 2011? You are rich with potential! So much to be brought to the surface and used. Some of you have already found that new potential this year. How will you expand it?

Why focus on these questions? Because the answers hold the foundations for your future growth.

You have your initial responses down on paper. These questions should be returned to for re-examination over the next several months. For those of you involved in spiritual groups, you may want to discuss these in the group setting. Vocalizing your perceptions can bring more clarity. And as you hear what others have to say, your own assessments can expand.

These are challenging times; of that there is no doubt. Yet such times are filled with more opportunity for growth and evolvment than ever before in history. This is a time of unprecedented change that will continue to unfold over the next several years. You can grow by leaps and bounds. As your vibration steadily increases, new realms of exploration and understanding open.

Take advantage of the opportunities to evolve that present themselves to you. Do you know how much patience you can learn now? Those times when people on the road cut you off, the salesclerk is rude, the telephone solicitor calls right in the middle of your dinner, practice patience. How about when those expressing an opposing political viewpoint appear on the news?



Practice patience!

The innovations you will see over the next several years will be astounding. This is a time of breakthrough, inventiveness, unique unfoldments and discoveries. Advancements in science, medicine and technology come one after another. Exploration is favored now.

In your personal lives, try doing things a new way, even if that means taking a new route home from work. Use a new medium in your artwork, try playing a new instrument. If you always write prose, try poetry. Are you of a scientific nature? Time to take a dance class. Don't let what was be the only ingredient to form what becomes.

Your own inventiveness pays off. Creativity abounds now. Be courageous and take the new approach.

Many of you are inventors. Be bold enough to complete your invention, patent it and get it out into the public.

There are many ways to be inventive. In most any way you allow your own creative, peaceful individuality out, you will be rewarded. The economy continues to improve as employment increases, manufacturing and production increase as well. Purse strings are loosened as people once again make their purchases. Business investments grow. Fiscal responsibility at all levels is called for.

Responsibility across the board is necessary now. It is important that you continue to assess who you are responsible for and to what degree. During this time, people can assume responsibility for their own lives in ways they have not been able to before. The energies available now open many doors for taking personal responsibility. You provide others who may have become overly dependent on you with the opportunity to become self reliant when you stop taking care of things for

them. By the same token, it is important that you take full responsibility for your life.

Live within your means. Balance your budget, pay off your credits. Make the difficult decisions. Take the action called for. Stand behind those decisions and actions and accept the cause and effect factor of them.

This is the Age of Peace and peace shall be. Many times I have said to you, peace begins within. It begins within from a loving heart. To love yourself just as you are allows you to love others. To love one another unconditionally is the root principal in all Ages. You will not have world peace until you make peace within your own family. You don't have to like everyone but it is important to love everyone, soul to soul. At the personality level 'be and let be' and leave judgment to the Creator. In your heart find patience and peace.

In this magnificent Season of Lights, seek the Light within you that is ever there awaiting your call. It is your peace and your perfection, ever there to guide you, to enrich you, to strengthen you and to bring you wholeness. When you allow that Light within to lead you, it will never let you down.

And do listen to the voices of the angels! There is a great host of angles that join together in song during this season. Listen and you will hear their voices in harmony as the music of the spheres rings throughout heaven. And heaven is all around you if you would but see it. Open your eyes to its beauty, to your beauty. Open your ears to hear its magnificence. With eyes to see and ears to hear you will be led to your greatness. For you are great. Believe it and so shall it be.

In friendship, acceptance and with great joy in this loveliest of seasons,

I bid you peace, Aca'u

## Saul's Corner

### The Conscious Mind (cont'd from September 2010 ROL)

Levels of the Mind Workshop #200

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

Each of you is an energy -- a unique, magnificent energy. Do not demean yourself in any way. Every one of you is a unique magnificent child of God, so your energy may respond to one kind of meditation and another's energy may not. What is right for you is right for you, so, whether you use one kind or another does not matter. What matters is that you use it. The main reason for meditation is relaxation. "Oh no," you will hear, "it's to get to know yourself." That is true, but you cannot get to know yourself until you relax enough to let yourself in. The first purpose of meditation is relaxation, and from there comes the ability to move beyond the conscious, physical self to that higher being within and without. Then you are moving into that state in which you are open to the entire universe.

Drugs in any form are not going to help you one iota in universal communication. They create false euphoria. They put you on a plane of whatever for a period of time and then you fall flat on your face, no more aware than you were before. It is fantasy awareness. When you do that same thing from within yourself in the meditative process, you have created the same euphoria, and it can never be taken from you. It is an innate part of you and goes with you wherever you go. You begin to live on two planes in the life, the material plane and the meditative plane. You are detached, and, although you function perfectly in life, life cannot get to you, so to speak. So it is not so much how you meditate, but that you do meditate. Meditation should be just as important as your three meals a day. It should be considered just as important as any other ingredient in your life, for the daily meditation will save your life.

A short nap or sleep does not give the same benefits as meditation. It relaxes the physical body, but it does not always center to release the conscious mind completely to the higher force. A short nap is resting and certainly beneficial for the body. I do not demean a short nap, but meditation says, "I go into this for relaxation with an awareness factor through the mind," so it is far more beneficial. In actuality, fifteen minutes of meditation can be like five hours of sleep to the benefit of the body. It should be given dignity and should be considered an important factor in the life, not something you squeeze in. In other words, it is important enough to you to be given a specific time to be done on a daily basis.

You don't need seven or eight hours sleep when you are a meditator. People who are meditators on a daily basis go with

much less sleep, which means they have that many more productive hours in their life. Not that there is anything wrong with sleep. When the body needs sleep, you get it. Even when you are meditating, if the body needs sleep, you'll get it. However, the more you meditate the less sleep you need.

Sleep is one of the escape mechanisms people use when they do not like what life is for them. If they begin to meditate, they will find themselves getting the guidance and awareness needed, which, in turn, will permit them to sleep less and like life much more.

Sleeping an exorbitant amount could also be a nutritional imbalance. When there is a body chemistry imbalance, there can be a need for sleep, whether the body really needs it or not, because of the extreme fatigue factor. You should be checked for a body chemistry reaction, and if there is none, you should look for a dislike of yourself, something from which you are trying to escape. When you do not know what to do, you say you will "sleep on it." The expression "I'll sleep on it" is very valid. It is as ancient as time, but what was meant was, "I'll meditate on it," or "I'll dream on it."

Your spiritual guides communicate with you during meditation and in the dream state.

There is a difference in the way the mind operates in meditation and the way it operates during sleep. In the meditation process, the conscious mind is at rest, but it has already programmed to a degree the concept of the subconscious and the super-conscious. In other words, you enter meditation for the awareness factor.

The type of meditation you do is first and foremost for relaxation and, from that, the awareness factor grows. You have almost programmed the mind beforehand as to what it is going to do for you. When you enter the sleep state, the conscious mind is at rest. What is done for you is determined by your super-conscious mind and your guides and brought through the subconscious. It is a learning process, a teaching process, not directed by you, but directed by the concept of your need from your higher self through your subconscious. In one you are imposing upon the universe; in the other, the universe is imposing upon you. It is the same thing in two different forms. One is saying, "I want you to go out there and gather it for me," and the dream state is saying, "This is what you need to gather, what you must learn." Both of them are learning processes.

Natural sleep as a healing process is important for the revitalization of the body and the mind. Drug-induced sleep relaxes the conscious mind, but the rest of you is still functioning, and you will experience according to what you brought into that sleep. Natural sleep relaxes and purifies the whole system.

Your spiritual guides communicate with you during meditation and in the dream state. You have to remember that in the

dream state, you are usually out of your body. Sometimes you are only astral things and sometimes you are simply standing by, but your guides are always communicating through that self. It is through the higher mind, the super-conscious mind, the mind of the higher self, that communication with guides can occur. Many times people ask whether it is coming from a guide or from themselves. It does not matter if it is coming from you, it is from the higher self, which knows more than your conscious mind. Humanity is so sure that the conscious mind is the smart one, but that is the mind that collects everything--good, bad, or indifferent. They think that is where all the knowledge is. It is only when they recognize that there are other parts of themselves and relaxes the conscious mind that the rest can feel it and become helpful to them.

From two to six in the morning is usually a better time to meditate, because there is less to interfere with the cosmic energies during that time. If that is not possible in your life style, set aside a time of day that fits with your schedule. The early hours of the morning are most pure in the cosmos, but it should not interfere with other processes for you. When she first started working, the instrument's guru teacher woke her up from India at two o'clock in the morning every morning for months, and they meditated at that time. He would send over the ocean, and she would sit upright in bed. They would meditate together, and he would bless her at that time. Always remember this, where the mind wishes to deliver a message, it will get there. Oceans have nothing to do with it. This is also a good period in which to send healing, because it is quiet and people are in a restful state and receive better. If you direct healing to people who are asleep, they are very receptive to it.

Remember that when your mind goes out, it is going out to what is there. Just as you may go out to a sunny day or a rainy day in your physical self, your mind may go out to a day of clear reception or not so clear reception in the cosmos. However, you are going to have reception, and you are going to bring back something. If you were to ask me what the most beneficial thing to your mind is, I would say to meditate, for in that process, you clear away the muck and let in the light. You will not bring back negative unless you send out negative. What you send out is going to come back to you. In other words, if you send out angry thoughts, you are going to come back with negativity. If you simply send out a request for that which you need to know, that is what you are going to get. You also have to recognize that what you need to know may not always be what you want to know. You have to accept the responsibility that when something comes back, you are going to do something with it. When you send out and say tell me about myself and what comes back is that you are a lazy son-of-a-gun, you must accept that you ask for the truth and you got it. You have to work on it from that point.

**The early hours of the morning are most pure in the cosmos, but it should not interfere with other processes for you.**

As these concentric circles go abroad and expand over the universe, they touch upon others. In this way, one can pick up another's thoughts. Just because you are not directing the mind to go out does not mean that it has not gone out. You can be reading a book and, because your conscious mind is involved in that book, the rest of you is gathering. Suddenly, you will find all kinds of thoughts coming into your mind that have nothing to do with the book.

The conscious mind is very good at pleasing the ego. The conscious mind says to you, "The reason that nobody talked to you at that party is because they are too ignorant to know how marvelous you are." When you go to the meditative state, your mind is going to tell you something else. Believe that your meditation will be beneficial to your well-being. Recognize that it will also mean that you are going to hear that there are things that need to be changed for your well-being. When you work with it in that manner, you will have success and advancement in all phases of yourself. It does not mean that you cannot get material help from the universal consciousness — you can. If you say, "Mind, I want you to help me know how I can make some money," it will. If you say, "Mind, I want you to tell me an area that I can locate a car that I can afford," it will. Your mind is part of your spiritual being. It has levels that go with each of your beings -- your spiritual, mental, and physical beings -- but it is all there to serve you. It is one of the tools God gave you to function in this world. All you have to do is use it.

When you go out with your mind, be ready to communicate with things that are not of your making and with other areas of your universe that you are not yet able to traverse in the physical sense. The mind knows no limits, only those you put upon it. Galaxy Seven is a very interesting place because there will be communication with this galaxy in the next few years, and you may be able to pick up some advance notice.

It is impossible to go out without going in. Sometimes there is a tendency to block the inward travel because it is more interesting to go out. Everyone thinks it is more interesting out there than it is within, but that is not the truth.

Remember that sufficient oxygen is very important to thinking. It is very important to every function of the body, and that is why deep breathing is so important. It is also to be recognized that when you are traveling through the universal plane and experiencing these other energies, there may be times when you may be overwhelmed by an emotion. You may have a feeling of sadness or a feeling of giddiness, or find yourself giggling, but it is only the experience of a new vibration, not that there is anything sad for you.

(to be continued in next Ring Of Light)

## Graduate School of the Second Decade of the Millennium

By John Svirsky, Garrison, New York

I went to the University of Life. Things were going great I had fine teachers and mentors who helped give me the tools to better learn and grown. Over the years I was taught concepts like how important is it? So what? It was suggested that real emotions and feelings are for 30 seconds, after that it is my ego; I of course misheard that to be 30 minutes. I learned the acronym for Ego is Edging God Out. I learned to look within, to trust my instincts and to accept that there is more to me than just the physical. I learned that life is eternal, the physical body comes and goes but the spirit is eternal. I learned Mother Nature is our friend and we are meant to harmonize and be one with her and not to abuse her or take advantage of her constant presence.

I learned that Mother Nature is my greatest teacher, and watching all aspects of Nature teaches me to be in the moment. To quote Lao Tzu, “when it rains, it rains; when the wind blows it blows; and when the sun shines there is only the sun shining.” One message I get from that is Mother Nature is completely in the moment. It is all right for me to express all of my feelings, something that terrified me most of my life. Nature assures me it is okay to completely in the moment in my feelings. By feeling them rather than denying them, I can let whatever it is go and then be in the flow. Sometimes I return to my child-like state of moving from tears to laughter in the blink of an eye. For someone like me who felt it wasn't ‘spiritual’ to have all of my feelings, only the smiley face perfect ones. I did not realize I was leaving out all of the rest, nor had I given myself permission or feel safe enough to experience them within my own being, or to share them with others and to allow others to see my vulnerability. In so many ways I pursued spiritual studies to be powerful enough that I was above having uncomfortable feeling, ... wrong!

The life around me growing up showed me ways, to be. It tried to tell me that the person with the most toys wins, it was not enough to be content, as I am, and to always need more. Success was measured by how much money I made, how many people I saved through my psychic brilliance, and how much recognition and acknowledgement I received. In olden days such as the Roman and Greek times battles were fought on the battlefield. Today there are still military hot

spots, but so many battles are played out in the business board rooms, and they are not limited to just the business world. There are battles in the Art world, the medical community, the New Age community and of course in education. It seems that one's profession was no longer sufficient. One has to be publicized and have thousands of ‘friends, tweets, or followers’ to know success. It seems nothing is valid unless others believed it too. We have come to need outside forces to validate us. We stopped looking with in. It was not enough to keep up with the Jones. Now the Jones' had to look up to us as well.

One of the lessons of University of Life was to act but not feel therefore not having had the experience of our actions. We learned to let go of our instincts and play the game as everyone else plays it, rather than follow solid and true principals (Kyballion). Somewhere along the way we lost our Moral compass and more importantly we lost our connection to our inner self. No matter how much we achieved, there was always a feeling to quote Peggy Lee “Is that all there is?” No matter how much we acquired or accomplished there was always the feeling that something was missing. This led thinking everything in my life would be perfect, if \_\_\_\_\_ (fill in the blank) happened, then I would be happy.

How can we grow, how can we take this mess and make it better?

It is far too easy to blame our leaders for leading us astray. The emperor is still naked and few are willing to mention it. Maybe, just maybe, our teachers want us to take responsibility individually for our thoughts, our actions and our deeds. It is time to look to Higher Power and ask is this action for my highest good, the greater good and will it help my soul in its progression?

Then came 2009 and 2010 was the crowning moment of the University of Life. The Lords of Karma and the Master teachers said Enough! Our students have lost sight of the Light. Their egos

**It is time to look to Higher Power and ask is this action for my highest good, the greater good and will it help my soul in its progression.**

believed they were in control and that they could create and fix and do whatever they liked regardless of the effects on others, and regardless of the consequences to Mother Nature. So in one swift moment, the Masters shook up everyone's life and lifestyle. They took away whatever the individual security blanket was for each person, company, and country. For some their health became an issue, for others their financial security, for others their dependence on others was removed. Each one of us, and society as a whole, had our world violently shaken. Just like there are no atheists in a foxhole, this crisis helped remind who is in charge. Perhaps it was the Master Teachers intention all along.

As we enter the New Year 2011 may we go on to Graduate School. The message is the same as it has been for all eternity: planet earth was created as a learning experience for souls to develop and grow. Just as the Creator created to discover itself; so; too are we to learn in the same way (law of correspondence) using the earth as our living canvas. Before entering the hollowed grounds of graduate school we are invited to write, to meditate, to contemplate on what we have learned from our life experiences up to now. We are invited to observe rather than to judge. Rather than be critical of our past actions, we are encouraged to see the cause and effect of our actions and observe how they not only affected us, but those around the world and us in general. We are invited to feel the love (or in some areas lack there of) in our lives. We are invited to step aside from the mundane and see what was important to us at soul level, not what we thought was important at the moment.

As we enter into 2011, we are asked to transcend our mental persona, allowing ourselves to raise the vibration of our mental, physical and emotional selves. We are being given a new opportunity to create. At this time we consciously ask that we live and act from our Whole Self consciously. From this perspective the God within welcomes us home. It can indeed be a very Happy New Year.

So Be It.



## IT'S ABOUT CHRISTMAS

Doris Murray  
Campbell, CA



It's the night before Christmas,  
And all through the house,  
The kitties play freely,  
For there is no mouse.

No Christmas tree to climb,  
And the decorations hang high,  
They stretch but cannot reach  
As much as they try.

The two cats are asleep now,  
Curled tight in their beds,  
While visions of chicken bits  
Dance in their heads.

The computer is on,  
And so is the TV  
Spouting commercials  
To buy and get something free.

So Christmas will come  
And bring Joy to a few  
While others watch their money,  
And have to make do.

But here where I live  
Sleeps now the land  
That will bring fruit in the Spring  
Raised by my hand.

So give laughter and Joy  
To those you care,  
And blessings and prayer  
For the world out there.

What better for Christmas  
That Peace will return,  
And Harmony will exist  
Instead of kill and burn.

December 24, 2009  
Doris J. Murray

**ANNE CLAIRE'S BLOG ON ATTITUDE**

On a different note... I know it isn't Julian material ~ but I wrote an entry into my blog on attitudes that you are welcome to use....

It was first published on my blog 'Thinking out Loud' on August 4, 2009. It can be found in my web-log-book: 'Thinking out Loud ~ musings on walking a spiritual path'...

**Attitudes**

Often our attitudes play a more important part in our lives than we realize...

It is our attitude that determines how we approach life in general, but also how we enter into any given situation.

Our attitudes may range from 'a positive attitude' to 'having a chip on your shoulder' or 'a negative attitude'; and anything in between. Looking at attitudes, there are a few things that are truly interesting to me:

Where did the particular attitude come from, in other words, what previous experience has sparked the attitude?

Is the attitude productive in living my life?

Do I want to change the attitude, and if so, how do I go about doing that?

Attitudes can stem from any variety of sources or experiences. Some attitudes we may have 'inherited' from our upbringing, while we have adopted other attitudes because of experiences we have had in life. Knowing where a particular attitude has come from, can help us become aware of how the attitude works in our lives.

From this premise, all our attitudes are valid; there are no 'bad' attitudes. It is a good idea though to examine whether an attitude is productive in our lives or not.

When we approach life with an attitude that the whole world wants the very best for us, chances are pretty good that we run in to situations that

help us on our path. When our attitude is that everybody 'out there' is trying to hurt us, we may find ourselves running into people that have a mindset to take advantage of us...

Either way, looking at these perspectives gives us the insight needed to determine if we want to change an attitude, or not.

There is hardly ever a nice sharp line that marks when you want to change an attitude, or when you want to keep it 'as is'. Working with our attitudes almost always involves sliding scales.

For instance, I have an attitude that people are trustworthy. And most of the time they are. But that doesn't mean that I leave the doors unlocked, or the windows open, when I go run errands. For me, the balance I have found with this attitude works well in day-to-day life.

On the other hand, I can have a tendency to downplay my abilities, and to not realize the proper value of my property, or even myself. That is an attitude which doesn't work well for me; one that I am working on changing.

I use affirmations to change an attitude ~ repeating the affirmation whenever it comes to mind during the day (independent from the actual attitude) for a number of weeks. And, certainly where my attitudes concern property, I may ask friends how they gauge its value, as this gives me a 'reality check'.

Changing an attitude doesn't usually happen overnight, it takes dedication and persistence. But the reward is that we can start attracting more positive, productive situations into our lives!

Love,  
Anne Claire

**Attitude**

continued from page 3

mistakenly think that it's OK to bully someone to gain "respect"! And in some cases we may even think it's OK to scam someone because we consider the other person too dumb or just easy pickings! But what is that saying about our attitude towards ourselves? Our attitude towards ourselves sets the stage for our attitude towards everything and everybody.

Julian often told us that when we get up in the morning to look in the mirror and tell ourselves that we are beautiful human beings and the day is going to be happy and good and that any obstacles will be overcome easily. He even suggested that we put a note on the mirror that says "***I am beautiful!***" Each day we have the ability to make it a happy, prosperous day or to make it a total disaster regardless of what unfolds during that day. A good attitude can be the difference between winning or losing. A good attitude towards everything and everyone starts with a good attitude towards ourselves! Brings me back to a line from a Sammy Davis, Jr. song: ***I can't be good for nobody else if I'm not good for me!*** Attitude...it all goes back to attitude!

Have a happy and wonderful day!

Namaste!

Blanche



The Editorial Team Sends Each and Everyone of You A Heart Felt Thank You for Your Wonderful Creative Endeavors to the Julian Community during 2010!

Anne Claire Venemans  
Ann Hardin Strauss  
John Svirsky  
Saul Srour  
Marie Sauter  
J.P. Riley  
Doris Murray  
Eleanor Johnson  
Robbie Hewitt  
Blanche Duffy  
Camille Albrecht and Aca'u

**ATTITUDE**

By Ann Hardin Strauss  
Boulder, CO

Joy is an attitude,  
That springs from gratitude!

Each of us has chosen to develop our unique talents during this lifetime. We welcome you to share your gifts with the Julian Community through the ROL in 2011, - poems, articles, recipes, drawings, etc... It is your Newsletter.

## Contact Us.....

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

*Address Changes Notify:*

**Sam Holland AND Anne Claire Vennemans**

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It should be noted that all Julian quotes and writings appearing in this newsletter are copyright June K. Burke.

**Next Issue Theme:** "Assess what you really need"

**Deadline for Submissions: March 1st, 2011.**

**Dan & Nancy Walton - Ring of Light Editorial Team**

### Newsletter Submissions—How to !

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

Dan & Nancy Walton  
306 Seaview Drive  
Benicia, CA 94510

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

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**ROL via E-MAIL!**

**What a novel idea!**

If you prefer an electronic version please contact us via our [warrendaniel34@yahoo.com](mailto:warrendaniel34@yahoo.com)



A Newsletter of the Julian Community  
c/o Dan & Nancy Walton  
306 Seaview Drive  
Benicia, CA 94510

# The 14th Gathering of Light

## Release The Magic Within

Asilomar Conference Grounds  
Pacific Grove, California  
September 23-25, 2011

Asilomar, located on the ocean in Pacific Grove, CA, has been the venue for many community Gatherings. June/Julian taught at Asilomar via the sponsorship of the Foundation For The Recovery Of Ancient Wisdom (FRAW.) In the past, attendees have found Asilomar to have a high spiritual vibration and an energy that supports expansion of the senses.



Close by Point Lobos.  
The area is known for its spectacular natural beauty.

The 14th Gathering program will include speakers well versed in the Julian Teachings. There will be plenty of time to explore the Conference Grounds and the area, which includes Monterey (North) and Carmel/Big Sur (South).

As always, there will be ample time to renew old friendships and build new ones.

Follow the link below for a video presentation of Asilomar:

<http://www.visitasilomar.com/video-gallery.aspx>



We will be staying and meeting in the rustic Scripps building.



Our meeting room.



All meals are in the dining hall and are included in the price.

June said that the purpose (of the gatherings) is, to bring those working with the Julian material together for a weekend of sharing. This gives those people from across the country and abroad the opportunity to renew old friendships & make new ones.

The 2011 gathering is being sponsored by the Mystical Magus Groups of California, New York, the Netherlands & Cornwall England. Contact Sam Holland for more information: [samholland7@gmail.com](mailto:samholland7@gmail.com)

The price is \$295. p.p. double occupancy or \$370. for a single room  
The price includes meetings, room & all meals starting with dinner Friday and ending with lunch Sunday.

Payment can be sent to: Diana Dunckelmann,  
146 Branbury Drive, Campbell, CA 95008  
(408) 313-6040 [juliangathering@gmail.com](mailto:juliangathering@gmail.com)

We prefer checks made out to Diana but we also have a PayPal account which allows credit card or foreign currency payments. The PayPal account name is: [juliangathering@gmail.com](mailto:juliangathering@gmail.com)  
If you do not have a PayPal account you can request an invoice from Diana using email. That will make your PayPal process easier.

## ATTITUDE IS IMPORTANT

Doris Murray ~ Campbell, CA

Attitude is a frame of mind affecting one's thoughts or behavior. It can be positive or negative, depending on how it is developed, and by external influence.

Recently, across the lunch table one of my friends remarked, "I wonder if peace and harmony will ever return?" My mouth flew open and I said, "If there were no people, it could." With a jolt of embarrassment, I could not believe I had just said that. It was like a vestige of something from many years past had surfaced.

I was born a fire-spirited redhead who almost never smiled. I guess there was a passion to fix this broken world, but as a small child, I didn't have a clue what to do. I didn't trust adults. They didn't tell the truth, perhaps to hide their ignorance of matters at that time, or they wanted to protect my little brother and me from the harsh truth of reality, and wrap a fantasy around us so we could find some joy in life. From the age two I didn't believe in Santa Claus or the Easter Bunny, but went along with it to please our parents. It was the Great Depression. Money was hard to come by, much like it is today. Some nights, our parents served my brother and me cornmeal mush for dinner, but they ate nothing. The money had to go for rent to keep a roof over our heads. My attitude was one of caution in everything done or thought.

In my adult years, I tried various experiences, searching for what I was supposed to do in my lifetime. With each experience, I felt an upbeat attitude until it ended. Then letdown came because it gave me no connection to having purpose in life. After completing a BA degree, I thought that would take care of my education and from then on it would be just earn a living, but it was not to be. There was more to learn. As my search continued, I made several drives across the country alone, meeting and talking with strangers from California to Maine. I spent many weeks in the high elevations of our beautiful mountains, meditating, sketching and fishing. I worked in the United Methodist Church in a variety of capacities: Missionary Society, singing in the choir, Church School treasurer, and teacher in all levels from kindergarten through adults, but it was an empty-hearted function. I almost got married, but he was the wrong man. I was a scientist working with high-risk procedures and dangerous equipment behind

closed doors. These things were a challenge, but not an answer.

The years rolled by, and being involved in repetitious but difficult and dangerous work in the world of allopathic medicine, my attitude became one of indifference until the day I witnessed a physician walk into a patient's room and tell him nothing more could be done, and he was going to die in a few weeks. The physician turned to me and said, "Draw some blood on him. I want more tests," and walked out. Silent tears rolled down the patient's face. He was alone with his grief. I wanted to stay with him, but could not, for I had 20 more patients to see in a 30-minute time frame.

My attitude changed to one of silent fury. There had to be a way to reach the mind and the spirit while treating the sick body. Were they not all connected? It was then my search began to find out as much as possible about 'Alternative Medicine'. It took a lot of reading of journals and the latest books being published on subjects that included Tai-Chi, Shiatsu, Kundalini, Reiki, Healing Herbs, Spiritual Healing, Healing Touch, and Vibrational Medicine. Did you know most of the early writings were on subjects first learned in China, Japan, India, and by American Indians long before Europeans reached American shores? The first thing taught is to heal the self, and reach a point of balance before attempting to heal any one else. With this type of information, my heart swung into a positive attitude, and I pursued an education and certification in an assortment of skills that help heal the mind, body and spirit together.

The next major step on my pathway to the future was learning about metaphysics and my natal chart, which gave information that explained what was happening to bring me to the right location and education about what my role in life could be to help 'fix this broken world' that had been on my mind since a small child. And I met Julian. With Julian's help, at the right and perfect time, my mind opened to the flood of information that gave me knowledge of how the Universe works to provide human existence on our beautiful planet and beyond. The needle on my attitude chart swung way over to the positive side.

My continuing education in the school of life has taught me that attitude can change greatly, like polarity in life, and influence our field of healing energy and its' effectiveness. It is up to each of us to frequently examine our behavior and thoughts to see if our attitude is acceptable on our path through this life.