

Ring of Light

A Newsletter for the Members of the Julian Community

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Living a simple life free of the extraneous is a goal for the majority of us on the Spiritual Path. Rethinking our true needs is the theme for this issue.

Julian stated on many occasions that our needs will be met by the Universe. Knowing what they are is so very important. This Spring Season is a unique opportunity in our lives to begin a more simplified life and as always it begins with me.

Recognize what our genuine needs are from our heart of hearts. Julian, our authors, and our poet share their truths and their stories to aid us on this journey.

Enjoy this Spring!

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JULIAN DISCUSSES

The following material was originally provided by the Seraph, Julian and Rev. June K. Burke in Practical Magus Class #67 in January, 2003 and Self Development Class #217 in December, 2002 (edited by Camille Albrecht in February 2011)

There are three words that are extremely important to flow well with the energies now and you should be aware of them. I urge you to integrate them into your life and believe in them, and trust in them and know that if it these words do not truly come alive within the self, they can't work.

The first word is FLEXIBILITY

Flexibility is the keynote of this time.

The second word is FORGIVENESS of the self and others.

The third word is ACCEPTANCE

Take these words as if they were vitamins. Integrate them inside yourself and have them work in your life. To forgive is to forget. You always hear that it's easy to forgive but not to forget. Yet, we don't have to make it hard to forget. We just have to stop raking up excuses for why something went wrong in our life. Too often that's what we do. Magic, the level you are coming into, must have forgiveness as a part of it. Lack of forgiveness ties you and locks you in a place where you can't use the energies properly to move forward. To forgive is to say, "You know I wish the incident didn't happen, but it did. I didn't have any control over it then but I have control over it now. I can make the difference." You simply say, "I choose not to have that in my life any longer".

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Who do you forgive first? Yourself. You forgive yourself for all the times you were blind, for all the times you spoke when you should have been quiet, for all the times you were quiet when you should have spoke. Forgive yourself for all those things you did. Forgive yourself for all those things you didn't do. A whole scenario will go through your head when you think about it. And all you do is say, "forgive, forgive, forgive, forgive".

Then you forgive others. In the process of forgiving others, you begin to see your own part in it differently. You might have had a spat with someone but you are able to see where you could have done something different, so the outcome wouldn't have had to be the same. That does not mean that you were bad or good or they were bad or good. It simply means that the willingness to forgive put new light on the situation and now you can bless it, thank it and let it go.

Now, to forgive doesn't mean that you have to become buddy-buddy with someone. It doesn't mean that you **live** in each other's lap. It doesn't mean any of that. It means that you let go of the hostility in yourself toward that person or toward that incident. If you do that then you are forgiving the incident and everyone involved in it.

This is something that we must consciously put into practice now. You've heard the statement, 'If someone slaps you, turn the other cheek.' It doesn't mean you turn the other cheek to be slapped on the other side. It means you turn the cheek away from that which created the incident. You turn, walk away, move forward. When we turn the other cheek, we forgive. We aren't putting our self back into the energy of that space again.

Everyone on earth at some point has had something happen in their life that they are still holding on to or chewing on or saying, 'see it's just the same thing all over again', and it's not. It can't be the same thing because nothing is permitted to be the same thing now. It has to be new. A tool you will always want to keep now is to let go of that which would bind you, hold you in a space and not let you go forward. Because the truth

of the matter is we do have control of our life. How we handle anything is up to us. It doesn't mean that we aren't going to have things go wrong. But we must protect ourselves because we are the first responsibility we have in this world. We have to protect ourself in the sense that we say, 'I'm turning the other cheek. I'm not going to do that any more'. Whether it is harping on a memory or just saying to that person, 'I don't want this in my life.' It's okay. We take care of ourself but we do it without the hostility, without pointing the finger, we just say, 'you belong in the past and I belong in the future'.

Remember, if you are holding onto something it is because you are choosing to hold on to it now. And if you are choosing to hold on to it, you have to ask yourself why you are holding on to it, because that's going to give you insight into you.

Let go of the past. The past is dead. Yesterday is the past. Forget the guy that cut you off on the freeway, forget the guy that **should have** done something he didn't do or whatever because that's wasting your energy. Where are you applying your energy? Your energy is to be applied to positive, peaceful action, bringing that into your world.

FLEXIBILITY is essential and we see this required more and more in our lives now. Because our lives are changing rapidly, the world is changing rapidly. Yet often, especially during these snow bound days, you can get locked into a rut in how you do things and what you do. You can get get locked into 'This is where I sit, this is what I do.' We can form a pattern and then we think that is our normalcy. This is the time we want to say 'there are no patterns'. One day it's hopscotch and next day it's jump rope, whatever. We must be **flexible** in our lives to accept that even what we have manifested may come to us in an unexpected way. Through flexibility we reap the greatest rewards. It's time to say 'I have never done it this way, but I do it ANY way and still have it come out okay'.

You can understand 'flexibility' because I'll bet if you go back and look at this week you'll find there were times you had to go left instead of right or change your

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plans do to one thing or another. The purpose of flexibility is to make you a cohesive individual. You don't change who you are when you flex. You can still be whoever you are but you may have to follow a different path to get where you want to go. It's like saying "It usually takes us an hour to get there but we've come to two detours so now it takes us an hour and a half". You can either ruin the day by complaining about it or you can say, "Hey, there was a detour" and go on with your day. Apply the lessons to your everyday life.

When we decide that something can be only one way, we are going to run into problems. As the wind shifts, so does the goal, so does what unfolds. Flexibility means you roll with the punches. Wherever the road goes, you're going, but you know your goal -- where you want to get -- is going to be the same. You're not going to lose anything by following a flexible path. That's the exciting part of this time, the realization that you can play, move, dance with it.

During the Piscean Age, no one realized how fixed they were. No one realized how many demands they made upon **them self** and others. People were blind to that in the Piscean Age. They worked. They had come from an Arian Age of survival and now they moved into the Piscean Age where they were literally being focused. Everything had an absolute point that you worked towards. Now in this Aquarian Age, it's star-strewn. It's the time when you break the fetters of the past and permit yourself to live in nature and with nature. You can just play with nature and treat it as your friend. Think of this time as a dance and only you in your own energy know the steps. Each of you will have different rhythm, different steps and so on, and the dance is meant to be enjoyed.

ACCEPTANCE: until you accept the beauty of yourself no one else can see it. Until you can accept the kindness of yourself, no one else can understand it. So give the gifts of kindness and love and acceptance of yourself to your self. That opens the

door to a living part of you that people can sense when you go out.

Acceptance is accepting your self, accepting a situation, accepting that you had to do it differently. You can change nothing until you accept it.

COMMUNITY ANNOUNCEMENTS**MESSAGE FROM ACA'U**

Aca'u presented a brief message at the end of the class on February 22, 2011. You can hear the recording at Camille Albrecht's website, She provides an explanation of what energies are occurring and the impact they are having on us personally and collectively. An exercise has been created to allow change in you as you work with a team of angels. Listen, Grow and Joy.

<http://camillealbrecht.com/>

Birthright

Submitted by Jane Fleming, Michigan

Birthright, a book (Birthright-What it is and How to Get Yours Back), in addition to Julian and Temier aspects, is about accessing very deep parts of our true selves to gain and trust our soul-specific knowledge and therefore make decision that are right for us. The Julian and Temier students understand this very well, but the greater populace is still fairly clueless to our divine nature and its abilities. For the most part, we have learned how to forget, how to rely on the wisdom and knowledge we all were born with (hence the term birthright) and have consequently given this precious power away so others can instead determine OUR reality for us. Sam's students are ahead of the game here, for sure. Birthright is a good way to start remembering.



Astrology

Feature Column by Eleanor Johnson



The planets are in turmoil reflective of the world's conditions during February. It is preparing for the advent of Uranus in the sign of Aries beginning March 12th.

The cycle of Uranus is seven years. Uranus is the Planet of Change, the New, the Unusual, and the Different. Uranus is in the sign of New Beginnings, Aries. The keynote for Uranus is "Behold I make all things new." It never takes anything away from us that it doesn't replace with something superior. Uranus rules the changes that come to the planet as a whole and the trends in civilizations.

During the month of March it will be in the sign of Pisces. A mellow placement for the impulsive fire energy of Mars. Mars in Pisces would rather have peace than fight. It will call on us to use all that we have learned and put it in into actions.

April brings an overabundance of the Mars energy. Mercury, Mars, Jupiter, and Uranus are all in Aries. This can incline us to be impulsive and restless, both personally and collectively. Tempers may flare. Watch your driving. Use this energy for the dynamic time that it can be, for it will incline us to action and accomplish the goals that we have set for ourselves.

The New Moon in April will conjunct transiting

Jupiter in Aries. Jupiter loves to embellish whatever it contacts. The oppositions from Saturn in Libra can help us to stay focused and help us to put the brakes on when needed. Saturn is Boundaries and Responsibility. It may say to Jupiter in Aries, "Slow down. We can accomplish everything in good time, in order that we may direct the energy wisely and well." Their combined energies can provide the strength of character to bring about what we would like to accomplish. Mars is in its dignity in Aries, and Saturn is exalted in the sign of Libra. They can cooperate with each other in a harmonic fashion.

Venus and Mars are in Taurus for most of May. Venus rules the Arts and artistic things, thus she will win out over Mars to help us enjoy the beauty of nature and the Arts.

The month of June brings Jupiter in Taurus until June of 2012. June 1st begins the Second Solar Eclipse @ 11 degrees of Gemini creating a beautiful trine to Saturn in Libra. This can bring a strong stabilizing influence into our lives. The airy quality of both signs can allow communication to be both positive and therapeutic. Gemini loves to talk. Saturn in Libra can bring diplomacy, patience, and endurance as it delights in cooperation.

The energies of the next few months are challenging, dynamic, and exciting. Welcome them as they can open up doorways to change. May we use them wisely and well.

Love and Light,
Eleanor

What Do I REALLY Need?

by Blanche Duffy
Saugerties, NY

Good Gracious! This is far more difficult than it looks! What do I really need? Food, shelter, money for necessities...oh, but be careful what you ask for and how you ask for it! Julian once reminded us that if we ask for food, shelter and basic necessities that may be exactly what we get! The Universe answers our requests in the manner in which we ask for something. So, if we specify food, shelter, necessities we should not complain if we find ourselves in a homeless shelter, eating at the soup kitchen and wearing donated clothes from the local charity. After all, we got what we asked for.

When I had decided to sell the house where I was living in Callicoon and buy a house closer to where June lived in LaGrangeville, NY, I made a list of what I wanted in the house to which I would move. I specified that everything had to be on one floor, the number of rooms, the size of the yard, the closeness to shopping and a big pantry for food storage. The house I found had every item that I had specified on my list including the big food pantry. But I forgot to specify 2 very important items – the closeness to June’s and an art studio! The house in Callicoon was 90 miles away from June’s and had a huge finished basement with great lighting where I set up areas for the pottery, the candles, the jewelry, the sewing and the other things I do (in my spare time!). When I moved into my current home I found it was 45 miles away from June’s and I had no place to put my art materials. Cutting 45 miles off the drive to June’s was good but I might have found a house closer if I had been more specific. The lack of a studio has been a point of struggle ever since that I have partially solved by enclosing the porch to become a 3 season room. The kiln is in the garage as are all of my art supplies (some drying out and unusable). These were major omissions from

We need to sort out the problems that we can solve and take steps to solve them.

So...what do I really need? After thinking long and hard about this it comes down to the usual – a clean, comfortable place to live, a source of organic or locally grown food, income for both the necessities and also some frills. BUT...I also need my animals. They are such a comfort even though they can get VERY bossy and take up a great deal of my time. I need my friends! It is such a blessing to know that I can call on a friend when I need help or for company when I’m lonely or even just some friendly chit-chat. I need peace of mind. This is something that needs constant work. We can get so caught up in the problems of the day that we sometimes forget to “Let go and Let God!” We need to sort out the problems that we can solve and take steps to solve them. BUT... we need to acknowledge that we are not super humans and cannot solve all of the world’s problems. For things beyond our fixing we need to learn to send Light and Healing and then bequeath them to a higher Authority!

BTW – it’s helpful to do an assessment of your life periodically. Take a sheet of paper and fold it in half.

Label one side “What I need” and the other side “What I no longer need”. Next – take a mental inventory of your assets/possessions both tangible and intangible and assign them to one or the other sides of the sheet. Don’t be surprised if a human or 2 find their way onto the sheet. After you have filled it out put it aside for a few days, then go back to it and see what you would switch from one side to the other. Put it aside again and go back after a few more days and again determine what you would switch. Finally - take the things on the “no loner need” side, pack them up (except for any humans that found their way onto that side) and send them to Good Will or Salvation Army or whatever charitable service you have in your area. They will be so glad to receive them and someone else will surely need them! The humans? I’ll leave that decision to you!



Namaste!
Blanche

SHARE THE LIGHT WORKSHOP from THIRTEENTH GATHERING OF LIGHT

Camille Albrecht was a presenter at the 13 th Gathering this past Fall. Her goal was to have everyone attending share wisdom that they learned from Julian and other Wise Ones. This could be in a variety of forms: a favorite Affirmation, a Tip, Guidance, or a Tool. It was to be something that made quite an impact on the individual.

Everyone shared first in small groups then with the larger group what they had brought with them. There was laughter, Aha's, and moments of quiet reflection as we remembered specific times we spent with Julian. We, the Editors, felt that this was a wonderful opportunity to share these gems with you.

AFFIRMATION

Submitted by Camille, Albrecht, Michigan

God is my source of all supply and answers my every need.

Within me I joyously relax, release, laugh, and love.

Within me I move and grow and find my perfect space.

It is with a great dance of life that I move forward.

I know that I will have all that I need in every form,
For I am about my Father's work.

I am a beautiful spirit with the courage to be.

So be It.

LAYERS AND LAYERS TO TRUTH

By Cherrie Johnston, Michigan

Last week I was going through some emotional ups and downs in reference to some information I had read and I was a little upset or confused maybe is a better word. Anyway I asked Julian what would help me to put this information into better perspective. I went to my bookcase and pulled out Spiritual Growth, Reincarnation and Creation It's Laws and You.

Now I've read these several years ago but I thought okay I'll read them again. And guess what, it was as if I hadn't read them at all, all this new stuff that I didn't remember reading before, WOW! And then I remember Julian teaching us that there are layers and layers to truth, you see what you are ready to see and as you grow in understanding and wisdom these same truths reveal more and more to you at deeper and deeper levels.

I experience this same thing as a Teacher of the Self Development Classes when I'm preparing for each class. I am always amazed at what I learn, it's a toss up on who learns more me or with whom I'm sharing these wonderful Teachings. I guess my encouragement to each of you who read this would be, try it, go back and reread your classes, your Julian books. Rereading truth is never a waste of time. See what you understand at much deeper levels, like an ever widening circle.



Essence of Julian teachings group

Submitted by Mary Ellen Lanvermeyer, New Jersey

Julian said if there is anything that could upset him, it would be the phrase, "I can't." Instead, use "I can." "I am." or "I will." The phrase, "I hope." leaves room for doubt. So, instead of this phrase, use "I know." The phrase, "I should", puts a lot of pressure on one's self. So, instead of this phrase, say, "I am working on that."

There were some specific action that Julian recommended that would benefit anyone.

1. Meditate at least 5 minutes a day, but it isn't necessary to meditate more than 20 minutes per day. He said this was better than meditating once a week for 30 minutes a day because it aligns with the divine. He told me that I could even do this in a bathroom stall at work, if necessary.

2. For those working on Self Esteem in this life, Julian recommended that whenever a person looks in the mirror, he say to himself, "I love you. You are beautiful, both inside and out." I personally realized that by doing this exercise of loving myself, I actually was able to love those around me better because I was more loving and loveable. This created a benevolent circle of love with those around me - and the love would continue to be given back and forth.

3. Patience is love in action. This understanding has given me the ability to be more loving and flexible in my interactions with others.

4. Every freewill choice that I make in every moment has an effect on me and others. This was a big realization for me. I didn't think that I made a difference. The example being how my speeding home in my sports car almost caused a fatal accident to occur with a mother and her children.

Also in our group, we talked about the importance of the following attitudes:

Acceptance - In order to manifest beneficial change, acceptance must come first. What needs to be accepted?

Forgiveness - It was explained that by forgiving, the person who forgives is actually letting go of the burden of the negative energy of the experience, and actually giving himself a gift of freedom from the situation.

Surrounding Ourselves with White Light - We are lightworkers who can purify our environment and protect ourselves by surrounding ourselves with white light. You can either send white light out around yourself or ask Archangel Michael to surround you and your house with the white light of protection (and thank him for helping you).

Compassion - the ability to walk a mile in the other's shoes and have empathy for their situation. Something related to this is self pity. Julian told me once that whenever I am feeling sorry for myself, I should look at someone who was less fortunate than myself and put myself in their shoes for a moment. Then I would be able to see how good I had it again.

Patience is love in action.

Love and Light,
Mary Ellen

Serenity Prayer

Submitted by Blanche Duffy Saugerties, New York

(1934)

God, grant us the...
Serenity to accept things we cannot change,
Courage to change the things we can, and the
Wisdom to know the difference,
Patience for the things that take time,
Appreciation for all that we have, and
Tolerance for those with different struggles,
Freedom to live beyond the limitations of our past ways,
the
Ability to feel your love for us and our love for each other,
and the
Strength to get up and try again even when we feel it is hopeless.

Karl Paul Reinhold Niebuhr (1892–1971) American theologian and commentator

What was God Thinking?

By John Svirsky, Garrison, New York

What is God up to? Does God have a purpose in what is going on in our tumultuous world? I would like to think so. I like to think of earth as a great learning laboratory where the Creator gets to learn about Itself. Within each learning experience there is growth; followed by internal processing and then integrating into our being. Then the whole process happens all over again based on new learning and new stimuli. Now picture, instead of one singular God, that we are all aspects and expressions of this energy feeding the learning process both individually and collectively. The system is set up so that we believe we are living our own lives, but in reality we are universal energy living its life. As the law of correspondence reminds us. It is as above, so below.

So how does any of this explain what is going on now on our planet? First of all, I haven't a clue. I am having enough trouble being a human, and from my perspective down here, being God would be a piece of cake. I believe that to get to the next level of self we need to break down all physical, mental, and emotional structures. What would happen if instead of looking at our lives as something that we had to protect and defend, we changed our paradigm; we changed the way we look at life and our own life in particular?

Rather than perceive life as finite and permanent, we could look at life as flexible and constantly evolving. As our thoughts and our actions change to a new level of awareness, rather than build up structures to make our ideas permanent; to verify and prove our sense of self and self worth. We could look at our life and the lives of others with awe and amazement at how they have unfolded and their outcome.

It is helpful to remember that Universal energies always protect Mother Earth and are always laying the seeds for future generations to come. I remember after Mount St. Helen erupted, Julian said this was Mother Earth's way of preparing the soil to be fertile 50 years from now. When Julian was asked about the volcanic activity, he said volcanoes were acting as steam release valves to dissipate the built up energy below the earth's surface. I found these explanations very helpful. God has a plan for earth, so there is nothing for me to worry about.

There is something very comforting about thinking that there is a Divine Plan and we are all part of that

plan. And that plan is for us to reconnect to the Creator, to let go of anything which separates us from the Divinity. God Is I AM and We are one.

Before we are willing to change our habitual patterns, going through our resistance and all the pain it brings up, God has to get us to release our security blankets. Very few are willing to leave everything and just follow the master. Remember when Jesus said to the fishermen (future apostles), leave everything and follow me. Some responded: what about my possessions? What about my home, etc.? Two thousand years later many of us are even more attached to our creations and have live in fear of losing them. So what was God to do to shake it up: create a crisis, or two, or three to get our attention and force us to look beyond materialism and even our physical health to a greater higher reality?

There is something very comforting about thinking that there is a Divine Plan and we are all part of that plan.

The Divine Plan, if my memory of history serves me correctly, is every 5 or 6 thousand years for the earth to shake itself up and start all over again. (After all it has been a long time since the last flood. Mankind can use a

retooling and an upgrade, don't you think?) The model that has worked for the last 5,000 years could be improved. The more I accept the premise that energy (our respective souls) is transmutable, it changes/ transforms, but never dies (the body will die, but not the I AM), the more I am willing to release this physical structure for a new and improved model.

Have you given thought as to why Julian consistently told us that this is a great time for souls to come to earth, and that so many old souls have been coming back here for the last 20 years or so? I believe this is because it is a time of major transformation of thought and energy. The energy has risen to levels where one will not be limited to just the material. In some ways this is a time, which Edgar Cayce alluded to, where spirit lived/visited on this magnificent planet and used it as a playground. At that time spirit was not as attached to their physical bodies. They were in light being form. And for many of us that is what we are morphing into now.

Like most things the Divine Plan is much simpler and more efficient than what we humans can do on our own. So I say "Let Go and Let God." A friend gave me a tee shirt, which I have had for over 20 years, it

says: Relax God Is In Charge. It's so true. Recently my new affirmation has been:

My life is in God's hands; all is well.

Something happened to me in the last several months. Through all the trials and tribulations of living life with less material abundance (not that it isn't always available) something changed in my brain. It was like radical surgery; transforming me from "I am in charge and it is my responsibility to be in control and hold everything together," to an acceptance that everything is perfect just the way it is. Instead of fixing "it," I harmonize with the energy that is present each day. Living in the day and knowing with a certainty that as I harmonize with what is present, my life unfolds before me. I only have to use my newfound energy to appreciate the creation of life.

I remember Julian was watching in awe and wonderment as bubbles formed after someone poured June a drink of water. Julian thought everything in life was a miracle. Julian, when in June's body, would exemplify that all time. Never taking for granted all that we once assumed would always be there, just because it always was.

So considering in what I need now, I need to get out of my own way. I need to know that I am not in charge. I need to know that living here and now is a gift. I need to know that anything material is here because someone created it as a thought form and it manifested. Material things are not the source; they are the manifestations of thought. So when Julian said, "God is my Source of All supply," he was reminding all of us of the first law of the Kyballion: "All is Mind." And it is time for me to use mine to align with a higher frequency and release that which no longer serves my higher good.

It is time to recalibrate our minds and our thoughts to welcome this new era of enlightenment and transformation. Instead of solid earth beings limited to our 5 senses, we can return to the light beings we have always been. We can let go of thinking we need to do it alone; it is by helping each other, we get out of our head and into the Divine Conscious. As we each bring our light energies together we heal ourselves, and the whole planet is transformed. So rather than live in fear of loss, we can move forward knowing That my life is in God's hands, all is well.

A Sniff

of Spring.

Is it Winter?

Or is it Spring?

What will tomorrow bring?

Snow flakes sparkling

In the sun

Pasque flowers

In the snow.

Cold breezes warmed

By the sun.

Take a deep breath, everyone!

Ann Hardin Strauss

Boulder, Colorado

March, 2011



Saul's Corner

The Conscious Mind (cont'd from December 2010 ROL)

Levels of the Mind Workshop #200

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

The mind is the creator, and that which the mind can conceive can be manifested in the material plane. Whether it is a job, a meeting, or a solid figure, the mind can manifest it. However, you must believe it, for your mind will not work for you if you do not believe it. You have to be ready to let that mind be open to the nuances from within, to that small nudging from the Higher Self. As long as you are listening to that, you cannot go astray.

The levels of the mind work by the direction of the creative force of the mind. One directs it by thought force to the level of vibration one wishes it to obtain. For instance, if you direct your mind to base levels, base vibrations, you will find base experiences happening in the life. In your society, you have what you call pornography. This is a base level of the direction of the creative force of mind. They are not seeing figures as beauty or as artistic expression, but in carnal situations and sometimes brutal situations at base level. It is a direction of the level of the mind by those who create it and a direction of the level of the mind by those who accept it. You can put that level of mind wherever you want it to be, but wherever it is determines what is going to happen in your life.

If you want to direct the level of mind to a successful vibration, there are two things you must do: accept the fact that your mind can direct you to success and then make a physical act to show that you believe it. In other words, success is not dreaming about it, it is making it happen by a physical act. Sometimes that physical act is what you call taking a chance; but it is saying that you believe in your own ability to direct success into your life. Therefore, you will make a move to prove it. Remember that when you work with the levels of mind, you must include the physical self. That is the vehicle in which the mind dwells, the temple of the spirit and the mind -- both minds, the conscious, physical mind and the spiritual, etheric mind. It is one represented by what you call the super-conscious and the other by the conscious mind. You have to believe in your mind in order to use it successfully.

... success is not dreaming about it, it is making it happen by a physical act.

Your use of the levels of mind has nothing to do with your education. It has nothing to do with how far you went in school, how many degrees you hold, what your background is, or anything of that sort. When you are working with mind levels, you are working with a force that is far beyond those self-induced memory banks. That is what education is. You put it all down there in that computer -- the subconscious -- and when you need it, you push the button that brings it up.

The super-conscious mind transcends all of that. A child can give mathematical formulas if that child is taught that they are in there to be released. Those who have never had instruction in art in any form can create masterpiece paintings if they believe that their mind can be in tune and in touch with that etheric self in the cosmos and bring it through the physical self to be used in a physical way.

Masterpiece music. Why does somebody who has never been able to read a note or understand a lesson in music walk up to a piano, sit down, and play? Because the music inside them is etheric music which the mind is tuning into. You must believe that you have the ability to transcend everything of the physical world in order to obtain what you need, and then direct it through the physical being into the physical world.

It is important that you recognize that it is through the physical world's activities that something manifests in the physical world; but it is from beyond the physical world that the identity comes. It does not matter what you are dealing with. The cosmos does not limit. If you want to know about artistic creative forces, it is there; if you want to know about mathematical formulas, it is there; if you want to know about high finance, it is there; if you want to know about plumbing, it is there. Whatever your need is, it is there, but you must recognize your ability to tap it through the direction of the mind. You are able to direct yourself to information, to wisdom that you have not had before. I keep reiterating this because it is the most important lesson that you can learn in life. You are the creator of your destiny.

Let us, for the moment, ask what happens to those destinies created by others in your subconscious before you have the control of it. What happens to those things that have been implanted by other's direction of creative

The Conscious Mind cont'd

force? What happens to the mind that has accepted the fact that it must become a musician because father was a musician and grandfather was a musician? Impregnated in the mind of that child from the beginning is the fact that it is to become a musician. It accepts the fact consciously because the subconscious says it is going to be a musician. What happens when the conflict arises between the natural desires of the innate ability and that which has been programmed? Confusion. A blockage. An unsuccessful musician, because the acceptance has been on a conscious and subconscious level but not on the level of the super-conscious, the spirit force of the self. This person may have wanted to be a lawyer in that sense of self. There has to be reconciliation between that which has been programmed before and that which is yours to program.

The greatest teaching a child can have is that its thoughts create its destiny. The new-age child will be taught that it does not release its etheric forces, that it does not rely solely on its physical forces. The so-called "psychic" areas with which it was born and the ability to tune into them will be maintained. The children of this new age will know from the beginning that they will be able to reject certain things that are not of the vibration of the self.

I listen to people bewail children being born into this world. "Oh God, these poor children, born into this awful world!" Bless them, my friends. They are going to change this "awful world." They are coming in with the ingredients to do so. The children of today will change this world for you. Give it all the help you can. They are going to be relying on their etheric super-conscious self and will not accept blindly that which is being directed to them by another.

Now that does not mean that all parents misdirect their children, nor does it mean that a parent is not supposed to direct the child. Quite the contrary, they do need to direct the children and help them to rely upon themselves. They also help them to realize that the universal laws are in action -- the Law of Cause and Effect -- and that mind is the creator. If children know that from the beginning and are permitted to use it, they will grow with an ability to bring into the world what they wish to see occur, and that will be beautiful to behold.

Remember that this is where your work in hypnosis comes in. It releases a blockage from a prior time, a recognition

that there is a thought factor that has created a rut, boxing in that individual's free and creative mind. By going back to that time, working through the blockage, and releasing it, there can be a greater understanding of the free creative mind and its ability to bring into your life those things that you wish to direct into it.

The next thing that you must consider is that in directing the mind, one must also ask, "What am I rightfully able to direct into my life?" Anything at all. The tag-line, as you say in your society, is that you just may get what you want and with it goes the responsibility of that gift. The people who say they want to be wealthy will become wealthy, but they had better think about how they want that wealth directed. Unless there is a spiritual focus, they can find themselves very lonely and unhappy. There is a great difference between need and desire. That which you need will always be supplied by the cosmos. Your desires might not be. You can manifest them yourself through mental activity, but you had better be very sure what your desires are going to buy for you.

The greatest teaching a child can have is that its thoughts create its destiny.

Teach yourself to look beyond the moment. The present is the most important time of your life. What your mind is directing right now, this moment, is creating your future and altering your past as you know it. Every time you change an attitude, you change the vibration of that part of you that has gone before, and you create an attitude or mold for that which is yet to come. However, you must think beyond the moment in the sense of what is going to manifest from this moment's activity. If I take this gun and shoot this man because I want his money, that is answering the need for money at the moment perhaps, but I am also accepting the package of that which I have created and, therefore, will have to face whatever comes from that act. Every creative thought is a circle. It creates and manifests and brings right back to you what you have put forth. The people who go around "giving the needle" to everybody, putting everybody down, are soon going to find themselves being needled and put down.

The Conscious Mind (to be continued in June 2011 ROL)

Levels of the Mind - Workshop #200

Contact Us.....

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

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Next Issue Theme: "Ordinary Heroes"

Deadline for Submissions: May 25th, 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:

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A Newsletter of the Julian Community

c/o Dan & Nancy Walton

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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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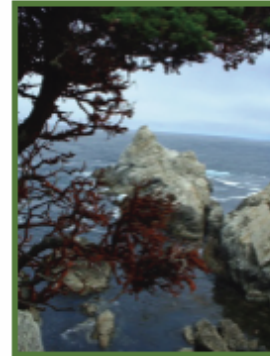
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The 14th Gathering of Light

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

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

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
If you do not have a PayPal account you can request an invoice from Diana using email. That will make your PayPal process easier.

Becoming the Screen Door

Submitted by Cherrie Johnston, Michigan

My brother-in-law had a hard time dealing with any type of what he thought to be criticism of his behavior or attitudes. Even though he knew, deep within, these needed to change.

He described to me what he experiences when a situation would arise where his actions or words were questioned. He said it was like “do-dads” attaching themselves to him that made him act and respond in an even more negative manner for long periods of time and he couldn’t seem to stop it. Now Jim, at the time, was a quote on quote “church” person with no experience in metaphysic, other than knowing me, and, he thought I was weird!

I thought about what he was experiencing for a while, asking my teacher’s if there was some way I could help. I saw an old fashioned screen door and the wind blowing through but no debris was able to pass. I thought of Julian’s Teaching “Breathe in Peace and Harmony and exhale all negative.” The understanding of this Breath when put into practice changes the energy around and within us. It allows us the space in which to choose consciously to respond to words, thoughts or actions of our own or others in the positive rather than from an emotional level.

The example of the screen door was the way I could explain Julian’s teaching on the Breath so he could understand. Jim was to become (think of him self as) the old fashioned screen door allowing the Divine Energy to move through him filling him with Love and Peace and to keep out the negative. He laughed when I explained it to him “calling me a crazy woman” but he said he’d try it. That was two years ago and he still uses this example when the need arises. He is changing, becoming softer, and knowing he’s not responsible for the behavior of others, only him. When he thinks of being the screen door it allows him the space to choose Light, Love and Peace. He is learning that he alone chooses which path he will take and that the Creator is there to help him every step of the way. Soul Growth, that’s what we are here for, how beautiful it is even when it is shown to us in an unconventional way. I am so thankful for the



Julian Teaching.

My Lesson Learned

By Jill Rossi, New Jersey

I feel that the most important lesson I have learned from Julian is two fold. First, everything happens for a reason and that there is a lesson in everything.

About two years ago, my boss’s son, age 8, had developed cancer in his leg and had to have the lower part of his leg amputated. It was a upsetting and emotional time for everyone who knew the family.

Shortly after this incident, I was at a work related dinner talking to some women regarding this tragedy. One woman said “I just don’t know why things happen like this. What was God thinking when this happened. How could He let this boy suffer”. I turned to her and said, “first things first, we are not here to judge the actions of God. We are not entitled to know all the reasons for events that happen. Second, how do we know that this didn’t happen because this child might become a catalyst to fight cancer in the future. Maybe the reason was so that he could learn the lesson of helping others”.

About a week later, I learned from my boss that her son asked her to take him back to the hospital. When she asked why, he told her that he wanted to visit the other children in the cancer ward. He said, “Mommy, who is better to tell them not to be scared and to make them feel better”.

Everything happens for a reason and there is a lesson in everything. So be it.