

Ring of Light

A Newsletter for the Members of the Julian Community

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Heroes, come in all forms. What they have in common is that they not only see something that needs to be done, they do it. They are everyday people who help others and change their environment and the world around them.

Love, Light and Peace ~ The Editors

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JULIAN AFFIRMATION

DIVINITY PRAYER

THERE IS A DIVINITY WITHIN ME
THAT NO ONE CAN DESTROY.

THERE IS A LIGHT WITHIN ME
THAT ONLY I CAN SEE.

AS I FOCUS UPON THIS LIGHT,
IT IS MY PERFECTION,
IT IS MY PROTECTION,
MY VERY BEING.

IT WELLS WITHIN ME AND FILLS ME.

IT SURROUNDS ME AND PROTECTS ME.

IT RELEASES ME FROM ALL NEGATIVITY
AND
PERMITS ME TO MOVE FORWARD IN CER-
TAINTY

THAT WHOLENESS AND LIGHT ARE MINE.

AND NO BEING OR THING CAN DESTROY IT.
FOR THE FATHER AND I ARE ONE
AND CANNOT BE SEPARATED.

I KNOW THIS WITH A CERTAINTY.

I FEEL IT AND EXPERIENCE IT.

GOD IS. I AM. AND WE ARE ONE.³

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

Astrology

Feature Column by Eleanor Johnson

La Grangeville, NY



As we move into the summer, we are met with dynamic Cosmic Energies: two solar eclipses a month apart, a lunar eclipse, plus four planets moving into new signs of the Zodiac. This is a

very changeable high vibrational output of energies being released on planet Earth. We are being challenged to integrate within ourselves these unique energies. At times they may appear contradictory, however if we understand the messages they are conveying it can be a time of intense periods of growth on both an inner and outer level.

The first solar eclipse of this season is June 1st, at 11 degrees of Gemini, an air sign. This is the most mutable sign in the Zodiac. This will allow for mental flexibility because its ruler Mercury is in its own sign for most of June. Mercury in Gemini is keen and alert. Your thinking processes can be at their best during this period.

Transiting Saturn, "The Great Teacher", "The Programmer of Our Universe" is making a trine to the solar eclipse point. This will provide stability of thought and purpose. We can then gain new perceptions, new points of view in a balanced practical approach to thought.

In between the two solar eclipses is a lunar eclipse at 24 degrees of Sagittarius. A lunar eclipse relates to man on a subconscious level. It can activate buried emotions that block our involvement and hold us back from expressing

our light. Sagittarius is ruled by the planet Jupiter which is expansive, particularly in terms of faith and optimism. It can allow us to expose our weaknesses so they may free us to express our greatest potential.

The next solar eclipse is July 1st. This is a power packed solar eclipse ruled by the Moon in the sign of Cancer. It has the planet Pluto in opposition to it and Uranus squaring it. It is asking us how we deal with power both individually and collectively, for example: how to nurture each other, how to share ideas, how to look for alternatives in energy sources....

We as a nation are ruled by the sign of Cancer. It will place an emphasis on reestablishing our values that have made our country strong and powerful.

The planet Jupiter will enter the sign of Taurus in June 2011 through June 2012. It is a fixed earth sign. It can put a high value on security as well as our material concerns.

Taurus is "The Money Sign" of the Zodiac. Perhaps it will bring a more practical and honest solution to our economic situation.

July has the planet Venus in Cancer which stresses family and friends. Look for family reunions and get together with those we love. Cancer is a water sign. During the months of July and August Cancer may express itself strongly with excess water.

Mercury is in Leo during August. Mercury will retrograde from August 3 through August 26th. Communication and computers may have complications when Mercury is retrograde. Be alert!

Be certain your car is in shape because Venus will be in Leo as well during August. Venus in Leo loves a good time. Leo is also "The Planet of Love". Leo rules the heart in the physical body. Express what is in your heart and soul so your LIGHT may shine in all its glory.

Love and Light,
Eleanor

Ordinary Heroes

by Blanche Duffy, Saugerties, NY

We pass them on the street every day and never notice them. We sit next to them on the bus, in church, at the theatre and never notice them. They serve our food when we eat out or deliver the package of goods we ordered and we never notice them. They are the bankers, the lawyers, the health care workers, the civil servants, the farmers, the laborers who go about life largely unnoticed. They are the ordinary people who never create a fanfare or draw attention to themselves but are truly unsung, ordinary heroes who make life worth living.

Take, for example, the waitperson who serves our meal. The food is delivered with a smile and a kind word, and we are paid unobtrusive attention throughout the meal with little things like “Would you like more coffee?” or perhaps “May I get you anything else?” or “Is everything OK?” We may have been feeling a bit harried when we sat down but the pleasant attention and smiles of the server makes us feel that someone cares if we are enjoying our meal and we feel better for it. That waitperson is an ordinary hero!

In our own way each of us is an ordinary hero.

Years ago when I was living in New York City I found out that the man driving the bus I was on had recently stopped the bus when he saw a house fire, the fire department had not yet arrived and there was a woman trapped on an upper floor. He pulled down the fire escape, ran up to where the woman was and helped her down. By then the fire department had arrived so he quietly got back on the bus and continued the route. He never looked for a reward or praise. He just felt it was something he needed to do.

My sister had to go into a rehab facility this week after breaking some more bones. Finding a place that will give good care is a daunting task. When looking at the Medicare approved facilities and the ratings for each there was one place that stood out. It was rated 5 stars in every category. But my niece did not like the city it was located in and decided to not check it out. After some convincing my nephew went to check it out and found a spanking new facility with every modern gadget to help someone in need of rehab/physical therapy in the therapy rooms.

The doctor/owner said he had some bad experiences with rehab facilities when a member of his family was in need of such care. So he built a rehab center himself where every staff person is trained and required to show respect and concern for each patient. He hired a chef to cook heart healthy meals. Physical therapy is performed by fully trained professionals seven days a week. And best of all it does not “smell” like a hospital! When my sister was transferred there 2 days ago she arrived about 7 pm. The doctor asked if she had eaten dinner and when he found out she had not eaten he called the chef to fix something for her immediately. I’m not sure if I would call the doctor an “ordinary” hero but he is certainly a hero! BTW – the location is in a quiet section of town and perfectly safe.

In our own way each of us is an ordinary hero! When we give a coin or two to the person begging for help and look at the person and smile, say a kind word – we can lift that person’s spirits out of the doldrums. When we help a stranger having difficulty picking up an item they have dropped – we become a hero in that person’s eyes. When we’re driving and the car in front of us is going very slow and we just sit back and say “I’ve been in that situation”. As we patiently wait for the other driver to find the correct address without sounding the horn or making various gestures we are practicing the art of being an ordinary hero.

When we sign a petition protesting some offense or inequality instead of saying “I don’t want to get involved!”, this is the sign of an ordinary hero. Volunteering time to help others, picking up a discarded soda can and putting it in the proper disposal bin, adopting an abused animal instead of looking for the pure-bred, chic animal of the moment, making donations to the food pantry or helping out in one, helping a stranger’s child learn to read, feeding the wild critters in the dead of winter...all of these things and many, many more bespeak the sign of the ordinary hero. Ordinary heroes come in all shapes and sizes, all ethnic groups, all religions, from every part of the planet. They are the people who do not look for rewards, they see something that needs doing and they do it. We often forget that each piece of Creation is part of the Divine. When we travel the higher road, doing what is good because that is what we want to

No Ordinary, Ordinary Hero

by Camille Albrecht, Whitehall, Michigan

When I think of ordinary heroes, Miriam Chandler instantly comes to mind. An integral member of the Julian Community for many years and one of June Burke's best friends, Miriam was my hero, my teacher, role model and beloved friend.

In the early 1980's, Miriam introduced Richard and me to the teachings of Julian and our lives were forever changed. Mir began a weekly Julian Teachings study group that later met in our home and soon resulted in our study of the Self Awareness Classes. The relationships born in that group have lasted a lifetime. It was here that our spiritual family took root, our spiritual family that has grown and continues to nourish and enrich our lives today.

Miriam's my hero for lots of reasons.

Miriam acknowledged others. She expressed gratitude for the everyday things people did in their everyday lives. Who else but Miriam would give the morning staff at her local McDonald's restaurant Christmas presents? Yup, she did that. You see, each morning Mir would go through the drive-thru to pick up a cup of coffee on her way to work at the Department of Corrections. And when the Holidays came along, you can imagine his or her surprise and delight when Miriam presented each staff member with a small gift of appreciation! They felt seen, heard and likely took more pride in how they impacted the lives of others through their words and actions.

She helped others know their worth. With utmost sincerity and deep respect, Miriam would frequently hold the hands of another, look them straight in the eye and say, "Always remember how very special you are." Her words were said with such resounding impact that the recipient was often moved to tears. I witnessed this time and again. Miriam meant her words with every cell of her body, mind and spirit. I can hear her even now. To this day, people still tell me how much that meant to them. One statement and a life was altered.

I loved Miriam. And I remember her response one day when I told her just that, "I love you, Mir." I expected the typical, "And I love you, too." But typical was never Miriam. She responded by saying, "I know you, do Camille." What a beautiful thing to say, "I know you do." What Miriam so eloquently expressed was that my

actions demonstrated my love for her and that those actions spoke far louder than my words. I felt like a million bucks!

Now don't think Miriam was all sugar and spice! Miriam blended beautifully two opposing expressions of The I Am represented in Kabbalah. On the Tree of Life are the Sephirot Hesed and Geburah. Hesed is God's Loving Kindness and Geburah, God's power to discern and excise. Both expressions are needed in delicate balance in order to live a life of Wholeness. Mir did just that. She often expressed Loving Kindness. Yet, she was able to quickly size up a situation and suggest to you in no uncertain terms what had to go. She did so with the infamous "Eyes of Miriam Chandler". If Mir thought you were heading in a direction that might not serve you well, those eyes bore right into your soul as if to say, "You aren't really planning on doing that, are you? I think you'd best reconsider". At some point, all those close with Miriam surely experienced those flashing Eyes!

I could write a book on why Mir's an ordinary hero. She worked a day job and came home at night only to transcribe Julian Classes, Workshops, the booklets and books. We have all gained from this labor of love, as too will generations to come. She was a great spiritual leader and teacher, and a lifelong student of human and Divine behavior. No big announcement, no self-aggrandizement, Miriam quietly and assuredly went about her work of Living and Teaching Love.

Those of you honored to have known her will no doubt agree that Miriam was one true not so ordinary, ordinary hero.

With Love and Gratitude from me to you, Miriam!

Ordinary Heroes—continued from page 3



do without seeking rewards or tributes we are working in the Divine. As we work in the Divine we create harmony, peace and love. In our own small way we are making the world a better place and we become the ordinary heroes.

But, *BEWARE* the loud mouths who brag about everything they do and repeat their feats 'in aeternum'! They are merely ordinary bores!

Namaste!
Blanche

Saul's Corner

The Conscious Mind (cont'd from March 2011 ROL)

Levels of the Mind - Workshop #200

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

Isabel Hickey, the well-known astrologer, always asked everyone who complained about a pain (no matter where it was), "Who have you called 'a pain in the neck' today? That's where your pain in the neck is coming from -- or other areas as well." This was a metaphysician, a spiritually attuned woman who lived what she believed loudly and clearly. She told it like it was, as you say in your society, and she helped many people come to the realization of what they create in their lives.

Very often people think they are thinking positively and, in three sentences, can have the positive-ness shot right down to the nub. They are not listening to what they are saying. If you are truly thinking in a positive manner, you are living in a positive manner, not just mouthing words. The direction of that mind must be acted upon, must be lived. You find yourself doing more than just talking it, and you find yourself being very careful of what you say. When you say, "I think I might..." that says you are not sure at all. Say I will. Say I know. Watch your vocabulary, because it can really "foul you up," as you call it. Watch what you think! Watch what you say! Always be willing to watch where your thoughts are coming from. Are they created by insecurity within the self that will direct a stronger insecurity or are they directed by a desire to really create change within yourself? The mind will play tricks at times because the subconscious will tell you that it is all right, it is not your fault at all. You have told it that for a long time. "Anything that goes wrong in my life is somebody else's fault." The subconscious has accepted that, so when you are looking for something to tell you it is all right, the subconscious will say, "Of course it's all right. It's everybody else's fault."

It is to be recognized that anything you do in your life has a thought pattern that creates the act. When, through

your thought patterns, you get yourself into something, you also have to recognize that your thought patterns have to get you out. Blaming it on somebody else is not changing that thought pattern. You have to elevate the mind to the super conscious mind so that you may have pure direction in what to do. Mind is all. Mind is the creative force, but you must use it judicially and positively, and you must know that you have the divine right to use it.

You know, everybody thinks it is not right to use creative power. It goes in two directions. One person says, "Look at magnificent me! I have a force and I use it. Aren't I wonderful!" Well, of course, that blows the whole thing right there. The other person says, "There must be something wrong if I have this ability. I must be doing something wrong because I do not have a right to have something they do not have. I do not have the right to bring the answers to the test in my mind if the others don't have it in their minds." The others do not have it in their minds because they have not bothered to use the creative force. They only think that is stopping you from using the creative force is that you do not really believe that you have it, so you create a guilt trip. You say, "I'm really not worthy of that, you know." The old "let's be humble" thing -- I'm not worthy of that. You were born worthy! You were born God-like. You were born psychic and spiritual, and the only thing that stops you from using it is that you got in your own way between childhood and adulthood. You have the divine right to use your ability to bring everything that is good into your life and then to share that good with others. Let your knowledge help another to know. There is nothing wrong with that. Start with your mental attitudes every morning:

I am a divine child of God.

I have divine rights of my own.

I shall be fulfilled,

And my mind shall create my destiny.

I don't want you to mouth my words. I want you to take those principles and put them in your words so that you may manifest them more comfortably in yourself. Semantics often get in the way where teachings are concerned. Everyone is saying the same thing in different words. Everybody keeps saying that it is not the same,

The Conscious Mind (cont'd from page 5)

but it is. You have to put it in your own vernacular, so to speak, with whatever makes you comfortable

Do some mental calisthenics every morning and then go about thinking positively about others.

The greatest way to share anything is by osmosis. Be what you believe and others will come to it. If someone asks you, tell them, but do not go out and stop traffic and try to tell everybody. "Wait a minute! You can't drive on till you hear what I have to say!" Many make that mistake. Many who begin to become aware are so excited about it that they feel it is their obligation to give it to everyone that walks the face of the earth whether they want it or not. They are terribly disillusioned after a while. You must realize that you do not cast seed on shallow ground, and you do not throw pearls before swine. All that this is saying is that you do not put one vibration in with another. When the vibration opens itself to it, you can share what you have learned. If you are a living example of what you believe, there can be no finer sharing.

There are times when an expertise is brought forth and you have a special ability which can help others. Be ready to share that when the time arises. You might be able to teach a class, something of that nature, which would give others of like need a chance to benefit from the experience. That is using it in a positive manner.

The mind has the ability to convert any incident into a positive thing in your life. **Any incident.** You are doing a job that you do not particularly like to do, perhaps vacuuming the floor. Vacuuming is a job that you have considered "a pain in the neck," a job that you have considered a waste of your time and energy. When you plug in the vacuum and turn it on, listen to the vibration of the

sound. Join it. Flow with the suction that brings whatever is on the floor into it. Flow with the source of its energy. You can become one with that vacuum and everything that it is experiencing from the electric input, the plug in the wall, to its own activity, because its energy is a service. You will become so fascinated with the whole thing that pretty soon the vacuuming is done, and you do not realize that it has happened. If you are scraping vegetables for dinner, take time to see them. Take time to thank them. Take time to really see the shape and form of them, become one with them in the mind, and you will have a whole different attitude about that food and the chore (supposedly) of preparing it. Take every incident in your life and see it as important, not just a series of pitfalls that are keeping you from getting what you want in life. Your mind is the converter. Remember that the mind is the creator, for it is the doorway to many, many happy and productive things.

Mankind instinctively knows where to go for help.

When they are thinking something out, they apply pressure to the third eye area, the brow chakra of intellect and knowledge, to open the ability to think. When something is bothering you, you place your fingers on each side of your head just above the ear

and rub in a circle. When you are feeling a headache, you will touch the sides of your temples and rub in a circular motion. These temple areas are pressure points for the release of headache energies. You are using the pressure points to release pressure and tension. When you are feeling tense or up tight, you apply pressure to the back of the cranium which is the pressure point of releasing pressure of any kind in the head-headache, sinus, this sort of thing. These are points that you automatically find yourself using without knowing why. When you are in distress, your super conscious says that is where you go, and you just do that.

Dealing with your super conscious does not mean voices in the night. It does not mean trumpets blowing, flower throwing, and a loud announcement from the podium. It may mean a very subtle feeling. It may mean uneasiness with what you are doing that says you should be doing something else. It is the thing

The mind has the ability to convert any incident into a positive thing in your life.

that makes you sit down to write a letter and, instead, get up and do something else, or vice versa--go to do something else and sit down to write a letter instead. They are voices, but they are part of you, and they are so gentle and so subtle at times that you wonder if it really happened. Sometimes you call it a hunch, or you say, "I had a feeling I should..." That is the super conscious getting through to you. The more you listen to it, the stronger it gets. The instrument has learned now, and she listens because every time she does not, she ends up in hot water of some kind, or with an experience not as successful as it could have been. It took a long time for her to realize that it was not simply her own rationalization that was going on. It was not her saying go ahead and do this, sort of thing, but it was a higher force within saying, "Listen!"

If you guard anything about yourself, guard your mind. You had an incident called Guyana, and this incident was because people permitted others to program their subconscious. Do not permit anyone to program your subconscious but yourself. That does not mean that you should not permit yourself a higher education, or anything of that nature, but I say this to you, there is nothing that I can say to you, that any book can give you, that any radio or television program can give you that is not already there. There is nothing new. It is all in the creative universe to be tapped. You must never accept that because it is written down, or because somebody says it, it is a fact for you. You must discern for yourself what is right. You must filter and analyze that which you read and hear and accept only that which you can accept.

Somebody might ask, "What happened to faith?" That is faith – the faith to know that the God within you is directing and guiding you every moment of your existence and, therefore, will help you to discern what is right for you. There is much truth that is written down which is not right for you where you are at that point in your life. That is what you must realize. At every point in your unfoldment there are different things that are right for you to accept as a living part of yourself, but your higher force directs what you are to accept -- if you permit it. Let your creative mind unfold discernment and joy in your life. Faith is not solemn. Belief in self is not solemn. It is joyous! Laughter was meant to be part of your world, so do not get so caught up in life

that you cannot laugh at yourself. That is most important. Be able to laugh at yourself and with others, and you will be able to lick anything that comes in your life. If you cannot laugh at yourself, you have a problem because you are going to think that everybody else is laughing at you, and that is not so. You have to direct the forces in your life through the mental creative part of yourself.

(to be continued next issue)

Forever Oneness

Submitted by Blanche Duffy
Saugherties, New York

Forever Oneness,
who sings to us in silence,
who teaches us through each other.
Guide my steps with strength and wisdom.
May I see the lessons as I walk,
honor the Purpose of all things.
Help me touch with respect,
always speak from behind my eyes.
Let me observe, not judge.
May I cause no harm,
and leave music and beauty after my visit.
When I return to forever
may the circle be closed
and the spiral be broader.

~ Bee Lake ~

(an Aboriginal poet)



Ordinary Heroes

by Anne Claire Venemans

Utrecht, Holland & Tubac, Arizona

There are any number of pictures that come to mind when I think about heroes. From the superhuman fantasy heroes in the movies, like superman and spiderman ~ to the heroes who live in the real world... Those who we admire and maybe even idealize because of their good qualities and outstanding achievements ~ like the men and women serving our Country; either in some dangerous and far away place, or as police officers or firemen and women...

And not only do we look upon them as heroes ~ when it comes down to it, we sort of expect them to perform those heroic acts that we may dream of doing but hardly ever are in a position to do (and that is if we would have the courage to do them...)

In myths and legends of ancient times heroes, male and female, would have superhuman qualities and often had semidivine origins. And although we want our heroes to be benevolent and sympathetic, in the old stories the way the hero would use his or her superhuman qualities could go either way...

In other words, according to the regularly accepted definition of what a hero is, they are pretty special people, doing pretty special things!

But are those really the only heroes?

There are different ways in which one can save the life of another person. One could rescue the other person from a situation of great physical danger ~ for instance a house fire ~ and thus save that person's life. Or one can rescue another person's life by, for instance, taking time to listen to that person when they need it most. In the first case, one would be heralded as a hero. In the second case ~ well, life goes on...

But is there really that much of a difference? Either way the other person's life has been changed forever!

Similarly we could ask ourselves: Do you have to be the winner of the Nobel Peace Prize in order to make a difference in the world? Or can we affect just as meaningful a difference in the world by cultivating a state of peace within ourselves and living peaceful lives in our own communities?

Julian has taught us on a number of occasions that we can best bring changes in the world there where we can touch it... We can bring peace to our families, our communities... Rather than complaining about how the world is being polluted, we can spend an afternoon helping cleaning up a neighborhood park, and in doing so bringing a positive change to our environment ~ and, as an added benefit, feel good about ourselves doing it!

Julian made a point of saying that sometimes just a smile would make all the difference in the world! I also remember a workshop Julian taught where he emphasized that we, through our respective studies, now had all the tools to help if there is a need... In fact, a couple of years after that when Julian created the Circle of Light song he wrote: "Where there's need we will serve. What we have we will share."

When I think of heroes... We don't have to become the headline in the newspaper to be a hero. We don't have to wait for that one occasion when we can help out in a big way...

In order to be a hero, all we need to do is to step up. To be willing to give of our time and energy. And to actually do it! To smile that smile. To listen to that other person, even if we have heard the story a thousand times before already. To reach out. To be ready to help that other person with what they need most right there and then.

There are all kinds of people. And each and every one of us is unique and special. There are all kinds of heroes ~ each and every one of us can step up and be a hero in our own right.

The one very thing we cannot be, is an 'ordinary' hero...

The Time for Inner Change Is Now

By John Svirsky
Garrison, New York

Okay, it is time for change. Either we do it by conscious choice or the universe and its helpers will do it for us. First God whispers, if that doesn't work then God Talks, then God Shouts, then He kicks us in the Butt. One way or the other we are going to change. We only have to remember to let go, Let God, and don't look back. This new energy, this new energy we are about to embark upon is one of empowerment and connection. It is one which we are acting in fellowship with our guides and Angels; the energy flowing from physical to ethereal and back to physical. There is no storm and drang, not a lot of drama, just the opportunity to operate on a higher frequency. The payback for this is we will accomplish so much more, with so much less effort (because we harmonized with the energies present), and best of all we feel connected to our Higher Self, which leaves us feeling fulfilled and inwardly satisfied. How do I know this is true? I have learned by looking within myself.

I believe as so many elders and teachers have taught us that this is a very special time in life. I believe that the universal energies are encouraging us, prodding us, pushing us, to let go of the amnesic state we have been in and start living consciously and aware of the power within us. So when we affirm "God is our Source of All Supply", we are not talking about some amorphic energy, we are talking about our own center, our God Center which then connects to our Soul, which then connects to other's Souls, which then connects, on and on like Jacob's ladder. For there is always a higher level of energy, life is progressive. There will always be higher forms and lower forms, so my guides look to their guides, who look to their guides.

I believe we have all been given the power to live from Higher Consciousness. This thought has come to me recently. See if you agree or not. It is God's wish that we return home like the Prodigal son or daughter. We were given the gift of free will (as Julian was fond of saying, "God's only mistake"). In this very magical time in which we live, we have the opportunity to live as God realized human beings. I believe within this new period we have an invitation to release our

physical and mental limitations and live from a God directed consciousness applying the first law of the Kyballion, ALL IS MIND. For what greater gift can we give God, then by our own free will to choose to return?

I believe the Ancients have decreed this is the time to return to the source (connecting to our soul self and in so doing our soul self connects to the divine self). But unlike the past where that meant that as humans we would die and "go home." No! It is different now, rather than die and review our earthly existence from the other side; we can now awaken within our physical bodies to energize and utilize our Divine Expression. This is the time to take a moral inventory of our lives and our actions. Ask ourselves with what actions we are happy, and what actions we wish we did differently, make amends to those we harmed, and forgive ourselves for when we denied our own power and did not use our own energy wisely. And most importantly, live and act differently based on our review. We need to change our habitual patterns to that which we seek to express now, and stop doing the same old, same old just because we always did it that way in the past.

Each of us in our own way has the opportunity to finesse and fine-tune our vibrations by taking the time to invest the energy to change and grow. Many of us, myself included, are having an opportunity to review the life we have lived to this moment. Life is giving us the opportunity to see our lives up to now, differently than we have in the past.

Look what has been happening in the past several years, Mother Nature, through its powers, is cleansing and preparing planet earth for the next 50 years of evolution. The economic systems, which so many have made their God, are going through their evolutions throughout the world. The education system; the way we communicate, I can go on and on, but you get my point, are all changing. We must look and rely on our inner guidance each step along the way, rather than to continue to do the things the way we always have. Just wait until there is trouble with our electrical grid (which might happen as early as this summer). What is the purpose of all these changes?

At this juncture, it is the souls who look within who will connect to their Divinity, to the Source to find the perfect peace, harmony and balance that has eluded

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them up until now. In this new era where everything has sped up and no one relates to each other, we will return to simplicity, and as a consequence experience an inner fulfillment, that up until now we could only dream about.

This is the time when we awaken to the realization it is we who are the creator of our lives. We do so either from feeling we are all alone or from the perspective that we can align with our higher energy. Our lives are being guided and directed by what was until now unseen, and rarely felt: our Angels and Spirit Guides.

I want to propose that we all are Ordinary heroes, yes, you and me. What are we doing that makes us heroes or makes us special in any way? We are working to connect to our inner selves. By having studied with Julian or his teachings, by developing our own inner abilities of divine expression, by letting our God selves come to the surface to be used and expressed, we are fulfilling our inner nature and our whole *Raison d'être*, reason for existence or being.

The hero is not the person we would put on a pedestal. (If you put someone on the pedestal eventually you will have to kick them off). The hero is the one who breaks free of the illusions of this world that hold them back from living fully and with passion. What matters is that we live consciously, living from a balanced centered place where the mind, the body, the emotions and the spirit are working together for the evolution of the self, the soul. This in turn has a positive ripple affect in the world.

To manifest and create from a higher self-centered place we must spend time looking within, connecting to what is going on, not only in our busy Monkey Mind, but with our body, what are we feeling, what is our external life telling us about, what we are projecting into the world. Accept that the world is a mirror of our beliefs and actions. For Example, when I complain that no one hears me, why can't they understand what I am saying? I need to go beyond the outward mirror and ask if I am hearing and respecting my inner guidance, my instincts? Then I can make internal corrections and try again.

So for today I understand my job is to harmonize with the elements and the energies of what is present. I need to stop just wishing and supposing. I need to harmonize and connect to the energy of that which I wish to bring into my life. When I share this, please understand, I am not originating anything, for everything already is, what I am doing is directing my focus to the principal, or energy, which I wish to express in my daily life. That is of course why we meditate daily because we need quiet time to allow ourselves to be impressed by our Angels and guides with what we need for that day.

Previously I would affirm I want to be spiritually attuned, materially affluent and of service to my Higher Power. Okay, the words sound great, right? But from a spiritual perspective the statement I am actually making is that I don't hear the spirit, I am materially poor and I am of service to my ego or personality self. Why you ask? Those aren't the words I said in affirmation. The answer is if I am asking for something that states to the universe I do not presently have it, putting me back to separation from self.

So today I am learning not to ask, but be very conscious of what is present, and inwardly express heartfelt gratitude for that which is here now. I allow myself to flow to the Divine Principal of that which I would like to attract more of in my life. In the business world we would say find a mentor, someone who has and is doing what you wish to be and become. The principals and the energies are there, this is where it is up to each of us to employ and use the first law of the Kyballion, *All is Mind*. Allow our mind via meditation to experience the energy of that which you want more of in your life. Remember; if I say to the universe please send me more money, that is telling the universe there is limitation and lack, so the universe affirms there is limitation and lack. But as I go around being grateful for all I have received in my life, the abundance that I have right now (starting with the air that I breathe), how money has always flowed into my life, how I have been able to attract just what I needed in the right time, how when I was willing to do my part, and let the universe do it's; somehow, I always had more than enough. After all, "God is my source of all supply". If my ego self feels we don't have enough, it is not because we are broke, it might just be because

We must look and rely on our inner guidance each step along the way,...

The Time for Inner Change Is Now cont'd from page 10

it might just be because we are not connected to our source of all supply. Attune to the source and allow the flow in.

I see the work is in directing my energies to that which I would like for this day and allow the energy to flow through me. There is a subtle difference. I am going to the source of the creation and allowing myself to be inspired by it. I allow the energies of my guides and Angels to impress and inspire wisdom, knowledge and understanding into my heart and mind. I commit to my guides and Angels my willingness to listen and each day to follow the guidance consciously. Each day I make a commitment to go beyond my isolated self to knowing that I am living an integrated existence aligned and attuned with the Divine Force, which expresses itself through the faces and many voices of humankind and Mother Nature.

Allow yourself to become the energy you aspire to. What is your vision of Peace, Harmony, and Love? Other than the words, do you have a conception of what it feels like to be One? In meditation, tell your consciousness you want to go to the Divine Plain of Love, it is sort of like telling a travel agent you want to visit a certain place. Then allow yourself to feel the energy of Love, do this for several days. Do the same for compassion; for wisdom; for being connected to Higher Self. Have Fun, Be Light for after all "We are all part of a circle of light, a circle of love. And let each of our lights show the way."

"The Freeing of The Fey"
By John-Paul Riley, California

Through thunder strike and lightning flash,
The Earth is shaking as Nations clash

For the Titan Aeon at the heart of lands,
He smiles gently, then shifts his stance

The world, she trembles thrown askance,
The clouds, they darken as the lightnings dance

The Fey as one, they raise their voice,
The time has come, their hands they hoist

The ripple from the shifting stance,
Arrives at last, to Faerie lands

Hear now the booming blasting thunder,
The gates of Aielfinn burst asunder!

Loving-wisdom find your way,
Streaming forth from charging Fey

Spread Wild Wisdom through the lands,
For in our wake, the Wild stands

We shine our light on the works of Man,
And love what falls, and love what stands

We come to stir, we come to kindle
With the lightnings wild spindle

If you would surf the surging wave,
As worlds shake and nations cave

Then stand ye forth to accept the Three,
The sacred tasks we charge to thee

First, Seek within your heart and mind
The love which fires your humankind

Second, Love to the ones who serve their fear
For beyond their rage lies your sacred tear

Third, Heart to Heart and Hand to Hand,
Seek ye as one the reborn land

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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Next Issue Theme: "SIMPLE JOYS"

Deadline for Submissions: September 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:

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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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If
version please contact us via our

**ROL via E-
MAIL!**

**What a novel
idea!**

you prefer an electronic

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,
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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.