

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XVII

Number I

March 2009

Welcome Spring! A time for new beginnings, new growth, new steps to be taken! A time to emerge from out introspective cocoon of Winter with well thought out "Habit of the Heart" we wish to sew! A time for action!

In Julian Discusses and in Saul's Corner, knowing yourself will enable you to discover your many potentials. With that knowledge you can change you! So it is a time to do.

Diana demystifies Chinese Herbal Medicines so that we can maintain balance and harmony in our daily lives. Eleanor explains that as we understand the energies occurring in the heavens during this period we can utilize these energies to support our action for living life to the fullest. Blanche encourages us to go all out for the one thing in the world that we really want to achieve. Ann and Barbara share their thought provoking poems with us.

We are delighted to have Saul Srour join us in sharing his knowledge, wisdom, and sense of humor.

Love, Light and Peace ~ The Editors

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Julian Discusses

Message from the Seraph, Julian On Approaching The Bumps of Life

There is a difference between saying that there is no problem and believing it. To claim peace when none is felt is like standing soaking wet and denying that it is raining. It is not enough to mouth something. One must fully accept that they can live with what is happening. The objective is not to pretend that things are fine but to permit yourself to see its reality. To be able to deal with that reality is what is important.

If you see everything in life that is not idealistic or perfect as a big problem, you are never going to be happy. Handling something in life without seeing it as an assault on you is the beginning of a truly happy life. Things happen. Sometimes you create them and sometimes others do. To live is to experience. That means both the expected and the unexpected.

When something happens, forget what you expected or thought should be. Look at what is. That is the only thing that you can change. You cannot change fantasy. Look at the reality of the situation and seek to change it through new vision and perspective. Old tricks may not work on new circumstances. If you do not limit yourself to set ideas you will be amazed at how you can alter the new space toward a better one.

Ask yourself if your process is ego based or reality based? Then, understanding that, move upon the situation.

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Astrology

Feature Column by Eleanor Johnson
La Grangeville, NY



Welcome to Spring! The Spring Equinox always begins when the Sun is in

Aries March 2nd to April 21st. Each season has its vibrational keynote.

The keyword for Aries is "I Am". Aries is the start of all beginnings. It is a time to start new things. Since this issue's theme is "Habits of the Heart" we get off to a flying start with Venus, the sign of love, partnerships, and social urges in this first sign during March, April, and May.

Venus is retrograde from March 6th to April 17th. When personal planets retrograde, it provides us with an opportunity to do things over or to become more introspective and sensitive.

With Venus and the Sun in Aries, we may think of new ways that we may amplify our "Habits of the Heart". Simple acts of kindness and good will toward our fellow man can open the heart and the love nature.

Venus in Aries is in a fire sign. Fire signs enjoy spreading their warmth and friendliness. Venus in Aries creates an outgoing quality in this sign. It can be aggressive in its emotional expression. It lends sparkle and enthusiasm to social exchanges and interactions.

The month of May brings both Venus and Mars together in Aries. Venus and Mars work together as a team. Mars represents action and productivity. Mars is in its dignity, as Mars is the ruler of this planet. It can spur us and motivate us to use Venus' creativity through the prodding of Mars to take initiative and action. This gives us the courage to move forward and get things done. This Mars placement can be inclusive so it is important to think before taking action.

May and June have Jupiter and Neptune together in the heavens. Both planets are in the sign of Aquarius. Aquarius rules groups of a philosophical nature. Many more groups of light workers may be started. This aspect arouses idealism and compassion. It also stimulates the imagination. This conjunction can be inspiring in the pursuit of creative and artistic endeavors.

It is very important on the mundane level to deal realistically with life's challenges. If not, this aspect can sometimes cloud the judgment because emotions can get in the way of logic.

We will be dealing with Pluto for many years to come. In 2009 and 2010 it is in its early sign of Capricorn. Pluto is ultimately a force for good. When it first enters a new sign of the Zodiac, it can bring many challenges. It can work undercover for a long period of time in whatever sign it is transiting. It affects man collectively.

In the sign of Capricorn we see its manifestation occurring, as the sign of Capricorn rules government. The changes occurring will continue. It will reveal the areas that need to change.

Pluto is also the Healer and Reformer. We can all assist with the desire to take responsibility in bringing about positive change for our country and our planet Earth. The United States is strongly influenced by the planets Venus and Jupiter, two benevolent and protective energies.

We can come through these challenges we face with increased wisdom and understanding and with values that contribute to our personal growth.

Love and Light,

Eleanor

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Julian Discusses continued from page 1

Remember always that within you is the power to accept and to change your life.

I want you all to take that statement very seriously. Because the way the world is functioning right now, the way that things are going, no matter where you look, no matter what you touch, something seems wrong. You pick up your newspaper and it can horrify you or you can listen to your news and it can horrify you.

The point to remember is this -- there are many things functioning in the universe right now that seem to be very negative but in reality are the harbinger of peace and the harbinger of good. In other words, something is being brought out to be eliminated, brought out to be skimmed from the surface. It is sort of like when you lose your temper and then when it's over there is peace inside because you have burned it all out. Well, the universe is doing that now and all that apparent negativity seems to have no balance -- which is not so -- it does have balance. But you don't hear about the good things. You only hear about the negative.

And as a result man begins to build within himself the thought that he's got to watch everything he has and be careful that he's not having something taken away from him. As a result, he stops differentiating between a casual irritation and a major trauma. He begins to see everything in his life that isn't exactly the way he wants it as something being done to him and that he is being attacked by life and everything is seen as a major trauma. You cannot weigh all of life on the same scale. That's why they have different weights, so that you can tell what something really weighs. What I am going to ask you to do in conjunction with this lesson is to begin to seek the gifts that are given to you every day. I want you to

literally count the gifts that are given to you -- the smiles, the joys, the fresh fruit, the what ever. See that life is giving you a great deal and that if you miss a bus, it isn't the end of the world. There will be another one along in a few minutes. You see? You have to begin to be very sure you aren't letting yourself be sucked in to the "nothing good ever happens" syndrome.

It is a time, in this point in time, when the Solstice and Equinox energies are weaving a web of commitment and team work between nature and mankind. The air you breathe is asking you to accept it more fully. The earth you walk on is asking you to accept it more fully. And the object is teamwork.

So -- Bless, Bless, Bless.

I must commend you, Swami G. {June's Kundalini Master Teacher} That was his statement -- "Bless, Bless, Bless" -- always. So bless this earth and all within and bless yourself and all within as well, for that is the true teamwork with the Father. And that is what this point in time is all about.

Enjoy who you are. Don't try to be anybody else. Accept the value of who you are. Don't let anybody take that away from you. After all, you are the only one who knows who you are. And again, remember always that within you is the power to accept and to change your life. You can only change yourself when you accept yourself as you are. When you accept yourself as you are, and are in touch with yourself, now you can make the changes in your self. You cannot be sneezing and blowing your nose and saying "I don't have a cold", that's denying what is. Once you accept that you have a cold, you can change it. Nothing can be changed when you are denying its existence. That is in yourself or in anything that's around you. Until you accept it as it is, it cannot be changed.

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

What Do I want To Be When I Grow Up?

By Blanche Duffy, Saugerties, NY

I was busy pondering what I would say for this issue and not an idea was coming! Nada, nothing, zilch! Then, this morning I received an e-mail from a friend who just happened to mention that she is teaching art to seniors at a center in Brooklyn which brought back a flood of memories and triggered the basis of this article. So, thank you, Joan, for inspiring this endeavor!

Back in the early 70's I was asked to teach an adult education class in ceramics. Because the class proved so popular and I hadn't yet learned how to say "enough" there were usually 50 to 60 people in the class that ran for 2 hours once a week for ten weeks. (Funny aside about this – at the same time I was asked to teach part time at a local university but the adult school paid more per hour than the university and I choose the adult school! So much for prestige!)

People of varying degrees of talent signed up and I was usually able to steer them to the level of ceramics they could handle. But there was one senior lady who seemed to have absolutely no talent for any level. Every piece she did was a total disaster. By the third week she was in tears and said she was going to drop out. Since this was apparently a pattern and she was so devastated I knew it could affect her for perhaps the rest of her life. Well, I had just finished reading Visualization by Shakti Gawain and thought visualization and affirmation might just do the trick. (June and Julian came into my life a few years later!)

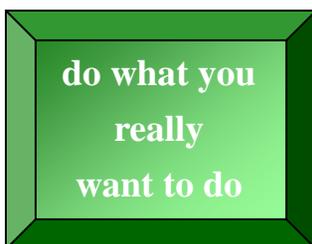
I managed to convince her to give it a bit longer and asked her to "see" herself making beautiful pieces, plus, repeat an affirmation that I made up on the spot "I am the greatest living artist currently alive in the world". Her daughter told me she walked around the house all day repeating the affirmation.

Next week there was actually an improvement! Following week there was more improvement! By then she was the first to arrive in class and the last to leave and she smiled the entire evening. Now it was tradition for the ceramics class to exhibit the completed works in the common area of the school on the last night of the sessions. Back in the workroom where the class was tying up loose ends she was nowhere to be found. I found her out by

the exhibit, order book in hand taking orders on the pieces she had made!

What a perfect example of someone having the courage to release her potential! How many of us have roads we have not walked? How many of us have ideas we have hidden too afraid to voice them or attempt to put them into action?

Several years ago Julian gave us an assignment to write an essay titled "What I want to be when I grow up?" I had just retired from my job and moved out of New York City! What I want to be when I grow up? But it made me think long and hard about what dreams had not been fulfilled, what roads I had not yet traveled, what idea I was still holding deep inside that had never seen the light of day. I asked myself the question "When it is time for me to make transition what is the one thing I will most regret for not having done?"



I must say that it opened up a lot of doors for me to check out. Many of those doors I looked through and decided that it might have been fun but I really wasn't willing to go out of my way to achieve them. Cross those off the list. For the doors that I was willing to venture through I've done something about it. Some I found that it wasn't all that great and crossed those off the list also. But for the one or two that really mattered – that resonated deep within I've done my best to give it the old college try. Writing has always been a passion and I've completed a book on spirituality titled Earth Student, sharing lessons on spirituality. Currently I'm working on a novel, a murder mystery, and researching the most effective poisons to do in the victims. It must be a holistic/herbal and quick poison, don't want anyone to suffer!

What I am trying to say here is that it is never too late to follow our dreams and hopes. Doesn't matter what age, educational background, or state of health or financial circumstances – as long as we are still breathing we can take steps to achieve our heart's desires. Make a list, prioritize the entries, pick the one thing you would really love to do, and GO FOR IT!

That's what Julian told us so many times and for me Julian's advice is the top of the line!

SAUL'S CORNER

Saul's Corner

It is important to recognize that in the presence of yourself, you are in the presence of God. You are a reflection of all that He has created. You come into this world as a divine child of God with divine rights of your own and the divine opportunity to grow within those rights.

In each of you, there is a space that is unfolding. It is unfolding under the guardianship of the universal unfoldment. You advance only as the universe permits the advancement to occur. The universe, of course, is under the guardianship of its Creator, which puts you under the guardianship of that Creator as well. There is, however, what you call a pecking order. In other words, the universal laws are the governing energies that take care of your universe. You live in the universe. Therefore, knowing and understanding how to work with those energies is an important unfoldment for you.

You are a vibration. The degree and rate of that vibration gives you form. The Law of Vibration says that everything is in movement, nothing is stagnant, nothing remains still. How dense you are, how solid, depends upon the degree of vibration. When you meditate, as you move deeper into meditation, you cease to feel your density. You begin to feel light. You begin to slip away from the feeling of the heavy body, because by lowering your physical metabolism, you have increased your spiritual vibration, your light vibration, which then gives you a sense of non-density.

This is why the dense body, no matter how heavy it is, can, at given points, levitate, because it has moved beyond its density and takes on the light body. The highest frequency brings the lightest body.

The dichotomy is: You go down to go up. You go down inside yourself to calm the physical self so that you may rise into the spiritual self and become the light body. This is universal. It has nothing to do with egos, or personalities, or how much you meditate. It has to do with the fact that this is a God-given gift. It is within you, and you can bring it out by using it and working with it.

You all have a rhythm. Your vibration is also working in a rhythm, a movement. Some of you know that you have very definite rhythms. Some of you are "morning people," some of you are "evening people," and some of you can go all day long, day and night, until it all catches up with you. That's because your particular rhythm is in the rhythm of some vibration of the universe. So you not only vibrate, but you move. When dancers reach a certain point, they cease to think in forms of steps and think only in the form of the rhythm and vibration and movement. Rhythm is the movement of the universe. The ocean has a vibration which gives it its fluid consistency, but it also has a rhythm called the tides, the coming and the going, and you have the same thing in you.

When you look at yourself, you realize that every one of the laws of the universe, created for the protection of man by the Creator, is a living part of you. You are created of the four elements. You are water, you are earth, you are fire by electric force (by electric force is meant the nerve system of the body), and you are air. Air is a special space that permits it to happen, as well as the mental aspect of you. Some of you are thinkers, and some of you are feelers. You are not all the same. That's why when somebody tells you that a particular method is the only way that you can develop, question it. If they say it is the only way that you can develop, question it, because you are not a mass rubber-stamped people. You are divine children of God with divine uniqueness, each and every one of you. Your rhythm and your vibration is your identity to your universe and how you will interact in it. Understand that you are not interacting as the chorus line in the follies, where everyone kicks at the same time. You are doing it as your unique, wonderful self, when it is right for you to kick

Recognize that the mind is your tool for shaping and focusing energy, which can then be brought through rhythm and vibration into formation. You have a pretty cool tool. That's rather clever, isn't it? 'Pretty cool tool'. I didn't think of that when I said it, but it sounds rather smooth!

Did you ever say words and feel as if you were sort of licking them? Say the word "luscious." Isn't that a wonderful word? And the word "giggle." Doesn't that do something in you like little bubbles coming up? Words are the expression of the mind and the expression of

Saul's Corner continued from page 5

feelings. They influence the feelings. They change what goes on inside you, so when you think you can, you can, and when you think you can't, you can't. Doesn't that show you the power you have? Think how, by your thought pattern, you can mess up a whole day or change it around.

I am going to ask you to spend a few minutes with me in the silence, listening in a meditative state to what I say in order for you to get in touch with the vibration and rhythm of yourself.

Meditation I

Just close your eyes and get comfortable. Recognize first and foremost, that you are a unique individual and that you entered this Earth plane with capacities and potentials within you which you are meant to bring from within yourself. Everything you have ever known or experienced is within you, not in the conscious mind, but in that deep subconscious and superconscious. You can at any time rediscover valuable aspects of yourself and bring them forth. You are like one giant surprise package, ready to be opened and dipped into whenever you are ready to do so.

Know with a certainty that everything in you is there for you to use as you choose to use it. Know with a certainty that deep within you, you have the ability to rediscover potentials and let them come to the fore.

The first key to knowing yourself is the acceptance of your own rhythm and vibration. I want you now to sit quietly with yourself and feel your body's vibration. Feel its particular coursing movement. Don't try to force it. Just accept it and let yourself feel it. Take a moment to feel this within you...

As you become aware of that energy within you, you may sense a coolness or warmth, almost as a flow, as the energies move within you. Take a moment to feel this...

Now, I want you to take a deep breath and as you breathe in, I want you to feel the energy of that breath all through your body, just deep within your diaphragm. Feel it, breathe in and breathe out. As you breathe in, you raise the vibration of your body, and as you breathe out, you lower it. That is why When you are tense, slow deep breathing restores the balance to your energy and flow. Take a moment to feel this...

I would like you now to take a deep breath and come back to this room and open your eyes.

Author: Rev. June K. Burke and the Seraph Julian*

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From Development Class 1(1- 18)

Untitled

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In this still and holy instant I live
 Surrendering all defenses
 I am one with trees and snow and clouds
 One with friends, there is no foe
 Feeling the truth of being created from love
 In this holy instant I am love

POEM

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 Boulder, CO

If you are sitting there doing nothing
 You are not doing nothing.

Chinese Herb Formulas, Demystified

Diana Dunckelmann, Campbell, CA

Going into my local natural foods store recently, I was struck by how many Chinese herb formulas are now available for sale. As an acupuncturist and not so long ago, the only place I could buy herbs was from herb vendors in Chinese markets, or to order them from catalogues. Given the efficacy and historical success of these formulas, I am both encouraged and feel the need to promote some common sense guidelines to successfully and safely using these. If you have any reservations about using these or have concerns about herb/drug interactions, please check with your healthcare provider before using!

The most common formulas are generally in the cold/ respiratory formulas, intestinal remedies, and tonic or energizing categories. Common cold formulas that you may find include Gui Zhi Tang, Tong Xuan Li Fei Wan, Yin Qiao San, Gan Mao Ling, and Bi Yan Pian. The commonly found digestive formulas are Huo Xiang Zheng Qi Wan and Curing Pills. Tonic formulas include Women's Precious Pills (Ba Zhen Wan), Bu Zhong Yi Qi Wan, and Gui Pi Tang. A wonderful, easily found harmonizing formula is called Xiao Yao Wan.

To understand what you may need at a particular time needs to include some very basic Traditional Chinese Medicine (TCM) theory. For starters, TCM uses nature as its descriptors. Those come from its Daoist heritage that recognizes our oneness with the natural world, and that natural occurrences outside our bodies, can be used to describe internal processes as well.

The external factors which are most commonly used to describe a disease process include wind, cold, heat, damp, and dry. Part of TCM theory, is if the body is negatively impacted by one of these phenomena, a remedy with its opposite characteristic is used to treat. For instance, when the body has "cold" symptoms like chills and shivering, the TCM perspective is to introduce the opposite, warming technique through herbs, etc. to dispel or counteract the cold.

For common colds, allergy symptoms and sinus infections, Chinese medicine first describes these as originating from an invasion of "wind." A wind invasion to the body looks like a sudden change of health which may include symptoms like a runny nose, chills, no sweating, sneezing, headache, watery eyes, etc. Wind can either be further classified into either having cold or hot qualities.

A "wind cold" invasion includes chills, and a runny nose with clear mucus. The best commonly found herb formulas to treat a wind cold invasion are Gui Zhi Tang and Tong Xuan Li Fei Wan. Gui Zhi Tang's primary ingredients are ginger and cinnamon, both of which are warm and therefore, drive out cold. Tong Xuan Li Fei Wan is also is great at releasing wind cold conditions.

A "wind heat" invasion will manifest with a fever, sore throat, and a yellow mucus discharge. For wind heat symptoms, the two most common formulas work very well: Yin Qiao San and Gan Mao Ling. Yin Qiao is particularly good if you have a sore throat and catch your symptoms early. Gan Mao Ling is stronger than Yin Qiao San, and can be used for both wind cold and wind heat conditions. Taking Gan Mao Ling with your first symptoms of a cold will greatly reduce or reverse the symptoms, I always have a supply in our medicine cabinet at home. If you have a sinus infection with yellow mucous, Bi Yan Pian is good to use.

Another commonly found formula is Huo Xiang Zheng Qi Wan. It should be used for symptoms that include wind cold (sneezing, clear, runny nose, chills), plus digestive disturbances symptoms of nausea, diarrhea or vomiting. This is an excellent formula for "stomach flu", and one that I carry with me when traveling.

Huo Xiang Zheng Qi San is also classified in the digestive formula category, and can be successfully used if the wind cold symptoms are not as significant as the digestive complaints (but still present). The most commonly known digestive formula is Curing Pills. It is another great medicine cabinet/traveler formula that treats upset stomach/nausea, diarrhea and "tourista".

Tonifying formulas are used when the symptoms of low energy or immune response are present. The historical theory for tonifying formulas was that they always contained herbs that nourish energy or qi, plus other herbs that help the energy move or circulate in the body. In the past, herbs such as ginseng or astragalus would not have been sold individually like they are today. The danger with ginseng taken by itself, is like cooking food in a pressure cooker, without the opening the valve – the energy builds up locally without anywhere to go. What may result from sole use of ginseng clinically is a headache, dizziness or high blood pressure, and I do not recommend it to be used singly, especially Korean ginseng.

The most common tonifying formula for women is called Ba Zhen Wan or Women's Precious Pills. It is a balanced formula which nourishes both the energy or qi, plus feeds the blood, which is especially important for women. Another common tonic formula which helps with tiredness and low immune function is Bu Zhong Yi Qi Wan, it is particularly good for strengthening the body to prevent colds. Its ingredients include astragalus, plus other blood nourishing and invigorating herbs. Gui Pi Tang is particularly good at those of us who overuse our brains too much and have symptoms of stress, burnout from mental activities, with tiredness and possible insomnia. Last but by no means least, is Xiao Yao Wan which is a terrific formula for getting qi to move. Stagnant or stuck qi has symptoms of inner tightness in the torso, or feeling stuck or irritable.

Blessing to your health and well being, Namaste!

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: "The Time is Now"

Deadline for Submissions: May 20th, 2009.

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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Thank you for your financial assistance in 2008 which makes it possible for us to publish the ROL.

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ROL via E-MAIL!

What a novel idea!

If you prefer an electronic version please contact us via our
**** New E-MAIL ****

Ring of Light

A Newsletter of the Julian Community

c/o Dan & Nancy Walton

306 Seaview Drive

Benicia, CA 94510



Ring of Light

Restore the Magic



We all have qualities that are truly magical. When these qualities are allowed the freedom to express themselves, they become a power that does not dominate but becomes a vehicle of balance.

This workshop will help everyone to become aware of their magical power and use the resultant awareness for individual growth that can help world balance.

Magic is not an illusion!

A workshop about bringing magic into your life.
In Oudemirdum, Friesland, the Netherlands
June 7 - 12, 2009
By Sam Holland & Anne Claire Venemans



In addition to the natural beauty and friendliness of Friesland, the area is rich in wildlife, including badgers and Dutch bicycles. The Hotel restaurant serves great food at a good value. Other restaurants and shopping are across the street from the hotel or a short drive to a number of small, close by towns. Local amenities include hiking, fishing, cycling, boating and shopping.

Cost is €535. or US \$850. per person double occupancy.
For single occupancy there is an additional cost of €100 or US \$ 160.
To hold a reservation 1/3 deposit is needed by January 1, 2009 with full payment by April 21.

Contact Sam or Anne Claire for reservations and information.

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We will be staying at the Hotel Boschlust in the small town of Oudemirdum in the Friesland province of the Netherlands. The hotel is a friendly and family owned with modern facilities yet retaining an old country environment.

<http://www.hotel-boschlust.nl/>

Practitioners of the
Julian Teachings
Invite you to

THE 12TH GATHERING OF LIGHT



“INSPIRING YOUR LIFE”

Friday, Oct. 2, through Sunday, Oct. 4, 2009
Monterey Beach Resort ~ Monterey, California

Planning for the program is well underway and we are happy to announce our presenters this year will include Denny Brown and William Tolhurst DC, as well as some familiar faces, as we explore the terrain and application of inspiration. There will be enlightened discussion, meditation, ceremony, toning and singing in a beautiful setting. Let's gather as like minds in sacred space and sacred time to enjoy the love, light and laughter of our souls!

Because complete program information is too robust to reproduce here, you will receive it via separate email message. To request a hard copy, or to report you did not receive the email brochure, please contact Bonnie Paradises at 408-872-1535.

The 12th Gathering of Light
Friday, Oct. 2 through Sunday, Oct. 4, 2009

Next October, the Gathering of Light will return to the Monterey Beach Resort. The program format will be similar to that followed in 2007, beginning with dinner Friday evening and concluding with a special ceremony and lunch on Sunday afternoon. The accommodation prices quoted below, which begin at only \$325 per person, include two nights' lodging, six full meals, ocean view meeting rooms, a bonfire on the beach, all taxes and gratuities, and almost two full days of inspiring presentations, meditations and ceremonies. To keep the event as financially accessible as possible, all materials are donated, and all presenters and organizers are volunteers!

Registration Form

Name(s) _____

Postal Address: _____

Phone Number(s): _____

Email Address: _____

Accommodation preference:

Garden View Double Occupancy (\$325 per person)

Garden View Single Occupancy (\$480)

Ocean View Double Occupancy (\$380 per person)

Ocean View Single Occupancy (\$590)

(#) Additional Nights: \$160 Garden View — \$210 Ocean View

Specify nights to extend stay: _____

Roommate's name if already arranged: _____

I need a concession of \$ _____ on the price. Please let me know if this is possible.

I can volunteer for this event and can offer the following services: _____

I would like to contribute \$ _____ in addition to my costs to go toward financial scholarships for others who otherwise couldn't attend.

I enclose a check for \$ _____ for (#) _____ reservations.

Important dates regarding registration:

May 1st: 50% deposit is due at time of registration, 100% is welcome!

June 1st: Hotel fees may apply if cancellation is received after this date.

August 1st: Remainder of amount is due.

Mail this form with your check payable to Bonnie Paradises by May 1st, sooner if possible.

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More information about the Julian Teachings is found at: www.julianteachings.com