

Ring of Light

A Newsletter for the Members of the Julian Community

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Welcome to winter.

Another year has drawn to a close. The year 2014 has brought many changes to all our lives.

Our theme for this issue is Skipping Stones the Divine Intervention. Each author and poet presents his/her unique perspective on the topic. Enjoy the creations.

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

We are thankful for the freedom we enjoy and the path we have chosen.

We are thankful that we can look back over this past year and recognize and celebrate our growth.

We ring in the New Year, 2015, full of certainty that we make a difference in everything we do! We are full of certainty that we do create an oasis of peace and love that will go out like ripples in a stream to touch those around us and beyond.

Love, Light and Peace!

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JULIAN AFFIRMATION

I open and release

All that holds me back

As I enter this energy of 2015

I free myself of new ideas,

New adventures,

And new achievements.

For this is a year of accomplishment

and joy.

And I accept it as so.

So Be It.



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

Astrology

Feature Column by Eleanor Johnson
Hopewell Junction, NY



We had many dynamic changes in this year 2014. The planets reflect these energy changes as well as the unusual earth changes that have occurred. The next intense aspect is the square of Uranus, the Planet of Change, to Pluto. Pluto exposes the hidden characteristics within the Universe and within ourselves. Pluto brings to the surface of our consciousness the need to make the changes of that which holds us back from our greater growth. Sometimes it is like a rude awakening - a flash of lightning (Uranus) that unveils what has been hidden (Pluto).

The trine in the heavens from Uranus to Jupiter is a wonderful aid for these changing energies. Jupiter will expand what Uranus is attempting to convey.

The planet Saturn, the Great Tester and Teacher, rules the Earth plane. Saturn enters the sign of Sagittarius which is Jupiter's sign.

The year ends with a new Moon in Capricorn on December 21st and 22nd. New Moons are spiritual opportunities to trigger changes. This inspires us to set responsible realistic goals for

the year 2015.

In January both Venus and Mars are in the sign of Aquarius. They encourage us towards connecting with one another especially in promoting participation in philosophical groups. Venus in Aquarius is friendly to everyone in a impersonal way.

February has the personal planets in the sign of Pisces. Pisces is a water sign. Neptune has returned to its home sign of Pisces. Emotions as well as physic sensitivity may run high. Listen to your gut feelings. They will speak loudly and clearly to you.

Mercury will retrograde from January 21st to February 11th, 2015. Mercury retrogrades three times a year. This year each retrograde period is in an Air element. The air element is associated with the mind and objectivity. This helps us to move forward with great clarity when the time is right. It can support us in focusing our ability for independent thinking.

This New Year of 2015 will make us more aware of the urgency to act on our belief that we are all connected. We will be challenged to put our spiritual ideals into practice. We can awaken if we chose to express our inner powers. The planetary patterns this year reminds us that small things can carry much power. Let us shine our light to bring out our greatest potential.

March 20th brings a Solar Eclipse at 29 degrees of Pisces. This may emphasize letting go of the old so that a new beginning may occur. This is a powerful time to focus on your healing intent through prayer and meditation. The natural gifts we all have are especially healing and empowering.

May the joy of intent reap its greets rewards.

Love and Light,
Eleanor

TO OUR WONDERFUL WRITERS

We, the editors, thank you for sharing your talents and gifts of creativity with the Ring Of Light Newsletter in 2014. The Ring Of Light's purpose is to share ideas and experiences with the Julian Community. It is a vehicle to keep the Julian Community connected and aware of how the Julian Teachings are evolving within each of us.

Camille Albrecht
 Terry Brown
 Kitty van Breugel
 Lisa Cobb
 Roberta Costisick
 Blanche Duffy
 Connie Golden
 Jan van der Greef
 Jetske van der Greef
 Eleanor Johnson
 Adele Lederman
 Jeanne Livingston
 Annemarie McClellan
 Doris Murray
 Michel Post
 Renee Salvatori
 Patricia Sauter
 Larry Scheer
 Saul Srour
 John Svirsky
 Marijke Tichelaar
 Anne Claire Venemans

Update for the Julian Teachings Advisory Board by Camille Albrecht Whitehall, MI

Happy Holidays to one and all!

Members of the Advisory Board are busy creating a user friendly shopping cart for the JulianTeachings.com website. Its purpose is to provide an easier method for people to purchase workshop recordings, transcriptions, books and booklets. Our goal is two fold; to make the teachings more readily available to you and to encourage people unfamiliar with the teachings to become aware of them. There is such a wealth of information available!

If you haven't had the opportunity to listen to Julian's workshops lately, I encourage you to do so. You'll be in for a delightful and enlightening experience. We plan to make it easier for you to know what's taught in each workshop so you can make a better informed decision what you're interested in listening to. And, we plan to make it easy and fun to acquire them. On an ongoing basis, we will encourage discussion of particular workshops in the ROL, on the JT website and on our Facebook pages. That way, our community can share insights, observations, questions and comments with one another. We want to continue to provide new opportunities for you to connect with others in the JT community.

As you know, these teachings are timeless. The more frequently I hear the teachings, the more I am convinced they mean more today - they are more applicable today - than when they were originally taught. Of course they were meaningful at that time. Yet, when I listen to them within the context of the massive changes taken place across the globe, the teachings resonate at a deep and significant level. They are timely, pertinent and perfect. After all, they were taught to us by a Seraph!

The Board is also brainstorming ways of cataloging the workshops. After the first of the year, we'll be looking for volunteers to help us do so. Details will follow soon!

We've lots of ideas percolating to generate interest in the teachings. As always, we seek your input and look forward to continuing to expand our community connections in 2015.



WATER

By Doris Murray
Campbell, CA

I sat with a glass before me with water in it, thinking how privileged I am to have water running from a faucet in my own home. The water has become precious in that it is not always available in some areas where rains don't come and aquifers are drying due to overuse. Some people are geniuses in creating ways to move water from one place to another to accommodate their personal preferences, but what does that mean to the natural order of things of why water was in its original location in the first place? When rivers and lakes dry up, trees, plants and animals disappear. Is this type of change intended by nature, or forced by human desire? Will there be water wars in the future?

As you can see, I have some rather deep questions about this precious substance of water. It is close to home with me because I live in an area plagued by drought over several years. Wells have to be dug deeper to reach water for urban areas, and there seems to not be enough water in the farmlands to accommodate all farm needs by today's usage. California is considered the "breadbasket" of the nation, but that has become questionable and a pricey situation in providing vegetables, nuts, fruits and rice to



this country and beyond since less is grown for want of water.

I went back through years of lessons from Julian to see what was said about water. This is what was in my notes: water is cold, magnetic and receptive as opposed to heat and expansion of fire. Cold showers are beneficial. Neither of these gave me any satisfaction. I do use the cold shower rinse concept. It keeps shower time very short so water is not wasted. There is also the other side of this problem where water

in the form of rainstorms and snowstorms is so abundant, the streets are flooded in towns in the Mid-West and East. This is happening in places in Europe and the United Kingdom also.

Julian did say that there would be changes to rebalance the world and it is for us to flex and accept them. Some of the wet areas will be-

come dry, and some of the dry area will become wet. Now I wonder, as followers and teachers of the Julian Teachings, are we doing enough with the "tools" we have been given? Is there more we should do? It would be wonderful to have comments or contributions from readers. Perhaps the Ring Of Light could carry discussions in the form of a Forum? We have many issues we could share with each other to help guide us.

Skipping Stones

By Anne Claire Venemans
Utrecht, Netherlands

Somehow, skipping stones are something that seems to defy the laws of physics. After all, when a stone hits the water, on all accounts it should sink, well, like a rock. And yet, under the right circumstances that is not what happens; at least not right away. When that stone hits the water at exactly the right angle, at precisely the right speed, it jumps back up and floats through the air once more. And sometimes that happens again and again.

I remember that as a child we tried to find the perfect stones, taking great care in how we would aim them at the water's surface just so that they would skip again and again, and again! Leaving us in awe...

And so it is in life.

Under the right circumstances, that which seems impossible does happen. It can even happen over and over again; without us really trying for it, or even being appreciative of it. After all, sometimes, when we kick a rock in the pond, we just want it to disappear.

In a sense it is like the Rolling Stones have been singing since 1969: "No, you can't always get what you want, but if you try sometime, you just might find you get what you need."

The thing is that we don't always know what we need. We may know what we want. We probably have a fairly good idea as to what we desire. But whether that is also what we need is a different matter altogether.

We may say that the minimum we need is three square meals a day, and a roof over our head. When we then start working towards just that, three kinds of things may happen.

- We may get just that. Enough food on the table and a roof over our heads.

- We may get more than we are asking for.
- Things may work out better than we thought possible, and what we set out to manifest into our lives gets there more smoothly, more quickly, and in a bigger fashion than we anticipated.
- We may get less than we desire. No matter how hard we are working at it, at the end of the day we find ourselves just scraping by.

When things work out way better than we thought they would; we tend to call it a miracle. When it just doesn't happen no matter how hard we work at it: 'bad luck'.

Either way it seems to defy logic.
Either way it is Divine Intervention.

The Universe has a knack of providing us with what we need to stay on our individual, personal paths; in such a way that we have the opportunity to grow. The prospect to unfold our greatest potential.

And sometimes that is achieved by not just getting a roof over your head, but by finding yourself having a big house, a nice garden, and everything that comes with it. Other times we may be best served by not being tied down by too many material things... In that case, perhaps all the work we have been doing was directed toward what we wanted more than what we needed. As soon as we redirect our energy, for instance toward travel or something like that, suddenly we find that everything is coming together wonderfully!

Recognize that?

Then you may agree that Divine Intervention is a lot more common than you may have thought. Just like skipping stones are...

| | | |
|--------|---------------------|---|
| Love, | Taliswoman Me | http://www.taliswoman.me/ |
| Anne | Cheiron Wellness | http://www.cheiron-wellness.com |
| Claire | 'Thinking out loud' | http://anneclaires.blogspot.com/ |
| | Mysticpath | http://www.mysticpath.com/ |

Skipping and Bridging, an Everyday Magic

by Karen Ehrenfeldt
San Jose, California

Right now, each of us is an earthly body, a powerful manifestation of our spiritual beings. We're the stones in relation to our souls' etheric natures. In this moment, as I skip this stone of my being across shimmering ripples of memory, significant moments resonate to touch the surface of my consciousness with reminiscences of my experiences with divine interventions. They have different characters, from pure unexpected inspiration, to synchronistic connections, to divine intrusions upon my peace and plan, to results of complete release having done all I could do. All of them altered my movement and focus of energy.

Though each and every one has changed my life, some are easier to take than others. Perhaps inspirations and synchronicities are a result of an inner shift having already been made, a prepared mind ready to receive the new or cross a bridge. The result is feeling that a gift has been bestowed, and though more inner work is to be done, it's an exciting prospect. But with disruptions, an inner shift is needed in response to deal with the unwelcome situation. In this case, the unseen help is often misunderstood as inconveniences if minor, or triggers for big changes that one simply has to accept and work with. The sooner the better, though sometimes it's hard to be that fluid, hard to let go of the old that fast... or the situation lasts for years and requires a lot of stamina to deal with. Eventually, as circumstances continue to unfold and when inner shifts are made, my perspective changes and divine partnerships form anew. Sometimes the result is recognized growth, an appreciation of the lesson no matter how difficult. Other times the Divine brought resolution, joyfully, even amazingly, teaching me anew of the true possibilities as I skip across the surface of this earthly plane.

We all have our own experiences of divine intervention, and when viewed from another angle an

enjoyable relationship between the metaphor of skipping stones and Universal interactions surfaces. Since I'm a metaphysician-artist, I'll keep the science references brief and focus on the metaphysics of skipping stones. In taking a deeper look into skipping stones, consider this – nature speaks, the truth of our existence is reflected all around us.

Stones can be skipped on water, ice, sand... depending upon the earthly surfaces at hand. While in the U. S. we refer to skipping stones, other cultures have some fun terms for the activity: ducks & drakes, little frogs, little fish, little seashells, making the rabbit leap, making whitecaps, throwing a sandwich, gammers, wagtails, my favorite – to ferry the Virgin Mary, and of course the mundane, skiffing, skiting, slipping, and skimming. Apparently human beings have been skipping stones everywhere throughout the world since the dawn of time.

In present day there are stone skipping clubs and worldwide competitions. Current records hold a throw that garnered 88 skips for Kurt Steiner in 2013; and for distance, a stone traveled 120 meters (393' 813/32") for Dougie Isaacs in 2014. A previous record holder, Russell "Rock Bottom" Byars, says he always picks a point ahead on the water where he wants the first bounce to land, and sends the stone out of his hand with intention. Depending upon technique, either the specific angle of contact or speed of travel is the most important. Working with manifestation, we know that setting our mark, focusing our minds, committing to the action, and casting out with intension yields effective results in all aspects of life.

The best stones for skipping are irregularly shaped and fit comfortably in the palm of your hand, and when thrown with a proper technique, the stones fly forth spinning into the air. When a skipping stone strikes the surface of water it meets with its trailing edge, still spinning, keeping contact until a crest of water forms and it flips forward to the leading edge, sliding up into the air for the next bounce. In this way, the stones repeatedly touch the surface of Earth, spending considerable time in the air as they travel along. Whether in this case we're the

Skipping and Bridging...

skipping stone or the one doing the throwing, our fulfillment in life is a result of proper connection, adaptation, and willingness to leap forward when the timing is right. As above, so below, it's notable how frequently we've gone on meditations with the direction of being a point of light, spinning as we move upward into the higher realms.

We might consider that with each life we live, our soul casts our new self across the surface of the earthly plane with enough momentum to bounce along in life, creating impacts upon the physical plane as we live our lives, yet also spending plenty of time in the air, free of many constraints of waking life. Awake, we make physical connections, yet our minds can be free of physical constraints. Asleep, our physical bodies renew while our light bodies engage in the spiritual realms... until we wake to the physical once again. With each lifetime, our souls launch our imperfect selves, always with the proper technique for moving along in the life, to frequently soar and touch down with presence and connection, set forth with intention for growth. And we know that regardless of the effectiveness of the throw and the course of the skipping stone... eventually the momentum wears out, the stones stop skipping and slip into the depths.

Scientific analysis of stone skipping estimates the magic angle between spinning stone and water is 20° to get the most skips. Metaphysically, the power of the number 20 is a bridging power. The Creative Force and Mankind stand side by side in partnership as a team moving through the Universe's evolutionary spiral – with guidance from the higher realms supporting us as we move through the physical plane. Metaphysically, when we infuse a moment with the number 20, we can skip along, gain some height, travel some distance better than without.

Pondering the relationship between skipping stones, divine intervention, and the number 20, this raises a question – if the nature of our being is divine, and unseen support is always present, can we really

discern the boundaries of divine intervention or is it all perception? Since our experience of divine partnership changes when we recognize divine presence, can we really determine when one occasion was a result of divine intervention and another wasn't? Maybe these distinctions aren't important at all, if all is divine. But for fun, we can do our own tests, try skipping along a path and see what happens when we hold the number 20 in our minds and beings – can we go higher, farther, faster, or simply be more graceful?

With bright blessings,

Karen

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Mystic www.karenehrenfeldt.com

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LETTING GO

By Adele Lederman
Walnut Creek, CA

Letting go is so hard to do
It's the secret of growth I'm told
It seems to be a test of faith
A challenge for the bold

Is pain within
It probably will get worse
I really do not need it
It certainly is a curse

But then there is that moment
That's truly heaven sent
When I release this burden
And feel so totally spent

Why did I keep it in so long?
Why didn't I let it go?
It must have served its purpose
Perhaps in time I'll know.

Divine Intervention - or,
 “Don’t call us; we’ll call you.”
 By Jeanne Livingston
 Garrison, New York

Every day I thank June and Julian for coming into my life to significantly help with years of profound readings. Perhaps on the other side I’d bitten off more than I could chew in this life while out-of-body...but whatever the case I was ready, or so I thought I was, to apply Julian’s guidance to my old wounds.

For all of us lucky enough to be exposed to individual readings, classes or their books and tapes...we have already experienced overt Divine Intervention. And most relevant to these experiences are June and Julian’s teachings of The Kybalion: The 7 Laws of the Universe, which explain how it All works. It explains that in order to invite Divine Intervention into your life it is necessary to learn how to raise your Vibration...or at least open to the possibility that staying glued to a bad situation won’t improve it!

The issue that’s taken me the longest to accept is actually how long it takes to get the message and assimilate the knowledge into daily practice. Sure, some folks seem to fly through their lessons but for me “The proof of the pudding...is in the eating.” I’ve never been one for “just supposing” or talking the talk without being able to walk the walk. Certainly imagination is fun and part of any creative process but the question is: have I learned from the wisdom and guidance to become better, nicer, more inclusive and fonder of myself? Have I put it into everyday practice where it’s become assimilated or is it wishful thinking? These tests can only be answered YES... or NO; which means being honest with ME. Who else? It’s my trip to planet Earth after all, and my responsibility whether I like it or not. So here are some examples from my life along the way.

When I was in my late 20’ies, I worked for 4 years with a wonderful Jungian psychologist. Every summer he and his wife went to Switzerland to continue their work with Jung himself. He taught me Carl Jung’s dream interpretation methods which relate to

the collective unconscious in us all. Jung considered dreams the last pure frontier of our lives and dream work involved writing down my dreams when they occurred so I could translate them later. In the beginning I’d awake in the middle of the night after a vivid dream then say to myself “I’m soooo tired, I’ll wait and write it down in the morning.” Wrong! By morning the dream was gone and I hadn’t a clue. Little by little I learned to keep pen and paper on the night table and get up no matter what the hour to either write down the dream or make an outline of it. This was a conscious beginning of ...when they call, answer right away!

Also during my 20’ies and 30’ies and 40’ies I worked in the theater doing a variety of things: costumes; sets with projected photography; graphics...and stuff. On my first big show I designed the projected visuals for a hit musical called “The Me Nobody Knows” which played on Broadway and around the world. I was happy to work behind the scenes away from the abuse actors had to absorb or inflicted on each other. Situations would fire-up but fair or not the deciding factor was always money. The director or producer got final power in the end with their bucks sealing the fate of actors, playwrights, stage hands, etc. and said “Don’t call us. We’ll call you”...and somehow I translated the power structure of those early theater years into an incorrect understanding of “Upstairs, Downstairs.” Thinking money ran everything was my early naive misinterpretation. “Money is simply energy” said Jung. How it’s used depends on the vibration of the user. After all, Mother Theresa and The Gates Foundation are examples of money well spent.

Well my early misunderstanding was a fool’s game. Even Carl Jung himself had carved into the stone lintel over his front door: “Called or not called God will be there.” I forgot who was really in charge though I had tattooed that message on my brain. (You can take in an idea but that doesn’t mean you’ll implement it.)

Divine Intervention

Fortunately for all of us “When the student is ready, the teacher will (and does) appear.” After all, our lives need to be relevant as to why we came to Earth in the first place. A good teacher helps us to discern on which lessons we need to focus and have demonstrated for this trip around to be fulfilled. For me it’s changed into “The Me I DO Know“, and I work on her daily. We now live together, which makes it easier.

Then in my 40’ies I discovered and used The Medicine Cards. Often, I would pull “the Eagle” card which suggests flying high over a problem to get a bird’s eye view of the situation at and. And yes, these 7 Laws of the Universe are expressed in every culture and have existed in every point in time. For Capricorns like me, climbing the mountain (or delaying climbing the mountain) carries the intention of raising one’s vibration to see the real purpose in the maya so it’s understood. So whether I used Medicine cards, The I Ching, Tarot, the natal chart or tea leaves...” the message was the message”, as Gertrude Stein might have said!

Sometimes Higher Power will come in a dream, or whisper some thought in your ear that’s relevant. It could come in the form of your spirit guide, such as my Prah Singh did for me on “The Road to Consciousness” (and after working for lifetimes we finally produced our book). Therefore at this time my understanding of Higher Power has shifted from “Don’t call us; we’ll call you” to an exchange that includes trusting the process...and I can finally just be myself. I don’t have to fake it ’til I make it. There is no longer any doubt that Divine Intervention kept me alive and out of the jaws of sex, drugs and rock ’n roll. My wide, wide path is becoming more focused, and I especially enjoy Higher Power’s sense of humor and timing. I know with a certainty that each one of us is a unique creation, important and worthwhile to the Universe...the All in All.

We who were privileged to study with June/Julian and other high vibration teachers are now meant to be “pebbles in the pool” of goodness spreading Light. They taught and teach us to laugh at ourselves, our situations and at the whole shebang. In time WE become part of Divine Intervention by just being our true selves. So enjoy your pebble, pay attention, listen, learn the impersonal nature of life and enjoy the road... and So It Is.

The End.

AFFIRMATION

Submitted by Connie Golden
Saratoga Springs, Utah

"Today may there be peace within.

May you trust that you are exactly where you
are meant to be.

May you not forget the infinite possibilities that
are born in yourself and others.

May you use the gifts that you have received
and pass on the love that has been given to you.

May you be content with yourself just the way
you are.

Let this knowledge settle into your bones, and
allow your soul the freedom to sing, dance,
praise, and love.

It is there for each and every one of us.”



WANTED

By John Svirsky
Garrison, New York

Many thanks to Nancy and Dan for producing the Ring of Light and encouraging all of us to participate in its unfoldment. I appreciate how much time, energy and work it takes to put this newsletter out. I am also grateful to them for asking me to write. It takes a lot of work and I go through a whole series of thought and feelings before I even type the first word. They are the first stepping-stone in my process of writing this article.

Before I know where I am going next, I want to take time to see where I have been, and ask myself how I like where I am in the present. I ask how much of what I did was for my soul growth and how much of my life was /to have fulfilled my parents, siblings and other loved ones intentions. I look at how much of my life has been pure distraction in essence, keeping me from my soul growth and development. Like fast food, it tastes good in the moment, fills me up but leaves me feeling empty. It takes time to look at my past, impartially look at my present life as a reflection of how I inwardly feel. What I have been asking of myself is to take time between now and the end of the year and look at my present life as if I had died (crossed over) and was reviewing my life from my soul's perspective. A wonderful exercise is to write one's eulogy (I wrote about that in previous ROL articles). I hope you'll do this, too.

Let me explain a little of what I believe is happening on a cosmic level. This information has come through my guides. Please feel free to challenge it and see if it feels comfortable to you. It feels correct to me. The guardians of this planet at the time of the coming new Age made the reincarnation process more efficient. In the past, one would live a life of 30 to 60

years (before 1940), and now 70 to 100 years before crossing over to the other side in death. Then one would spend the equivalent of 100 earth years (sometimes less, sometimes one would spend more, at the soul's discretion) reviewing one's life seeing what they felt they did or wished they had another opportunity to do differently. At the right time (for all the other actors in their play who agree to play new parts) one reincarnates and then they get to do it all over again with the added new insight and perspective. And so the karmic wheel continues.

In the past 20 years or so, there has been a subtle and very gradual change. More and more souls are having near death experiences. And, although most don't remember, they are given a new set of instructions from their Over-soul, their soul group, and their spirit guides. In the process when the person comes back from near death they are changed. They have been given the opportunity to continue in the same body but live life differently, with a new attitude, and a new direction. If you were a pilot of an airplane it would be called a mid course correction. From spirits' point of view this is more efficient than having to go through the old reincarnation cycle so soon. And I believe that is part of the guardians' plan for the soul, which is eternal, to continue to live more as a light being (evolving from operating on the denser vibration level to living and expressing from a higher frequency here on earth) for as long as it chooses to be here, then with consciousness travel through time and space as it chooses or as the need arises. This is the direction I am headed in my thinking. Respecting the vehicle of my body, by living from the soul consciousness, which is eternal and part of the whole.

All of a sudden life is different when one doesn't think of me and mine, or how much can I do, accomplish, get and possess within the 60 to 100 years allotted for my earth life. All of a sudden I can live each day fully knowing that although on earth we use time as a measure, my soul and therefore the essence of me does not. So today in 2014/2015 we have millions and millions of people who have had "attitude adjustments". Let me be very clear I am not implying they

Wanted

are going from sinner to saint. No, we still live under the dominion of free will. And as I am fond of saying, Man is so powerful; it is the only one of God's creations that can say "no" to God. Some say that giving man free will was God's only mistake. What was God thinking, to give us such power? No, many if not most go back to the familiar, go back to the security of the life they knew with little changes. But for some of us, we are grateful for the opportunity to raise our consciousness and live from a heart-centered level of awareness and gratitude.

I believe that the energy at the end of 2014/2015 is one in which insights that we all have the ability to use, have always been there, but we have not tapped into them until now. Instead of doing things the way we have always done, because that is the way it was always done – we question more, we experiment more, we challenge more, and then we discover the results of our actions. The Universal Laws are still in effect. Cause and Effect still operates. The Law of Correspondence is still trickling down to us and from us upward to the heavens. In many ways we are in a period of new discovery so let's use it and see what happens. Let's discover.

During this period I am reviewing my life and the results of my conscious life choices. In other words I am doing a mental, emotional, spiritual and physical inventory of myself. Without judgment or intellectual rationalization, I am looking at my life exactly as it is right here and now in the physical, warts and all. I am asking my inner self and guides to point out the root level of thoughts that created how I am now. I am connecting the dots and seeing how so many of my personality and outer world accomplishments were based on what other people told me to do, what I observed and took on by just being in my parent's environment. So much of our subconscious absorbs through osmosis and takes on the life around us as our own. We naturally attract

or repel experiences on every level.

The next step is magical. I say to myself, to the universe and to the energy of the person from whom I took the pattern. "You were right, I tried it your way. I thank you for the experience. I now release the emotional charge from all levels of my being, conscious and subconscious, and return it to the universe."

As an example, a client of mine, had a father who was always very competitive and had to put others down to make himself feel important. He would say, "Don't ever compete with me, I am always right." Well the son, who came to me for a reading, had trouble working well with others. He either had to be right at the expense of other members of his work team, or had to be wrong and feel less than the others he worked with. He felt greater or less than, always seeking approval from the boss and always looking for proof of self worth. When he connected to these subconscious patterns he was able to say "I release the need to be less than my father; I release the need to prove myself right by putting others down. This behavior does not work for me, I release it now."

Then this person was able to then find the career path that was right for him, work with others harmoniously and find satisfaction from his actions rather than giving away his power. Miraculously without his control he trusted life to bring him experiences and challenges. He allowed others to help him without controlling how help was offered or given and he became happier in his every day life.

Release comes from the awareness of the root cause of one's behavior. This behavior came from a time long ago, in a different circumstance. It might or might not have been right for that time but with acceptance and no judgment it needs to release back to the source.

The 17th Gathering of Light: A Report

By Jan Clayton
Los Altos Hills, CA

Nearly 20 years ago now, June decided that she wanted to start getting her Julian Teachings students together for a weekend of sharing, learning, and fun. The first Gathering was so well received that they have continued since then, and now they have become quite a tradition. We know that not everyone can make the trek to the Gatherings, and thought that it would be nice to give a report about the weekend for all of you who were unable to attend.

In focusing on attending the 17th Gathering of Light, I was benefitted before even arriving. There's a potential in preparation that I embraced fully and I'm glad I did. The Gathering itself was beautiful, of place and people, of meditation processes and circle singing, and of inspiration creatively and spiritually. The experience continued to envelop me the following week as I integrated the experiences and insights into my daily life through journal writing and engaging in the creative process. — Karen Ehrenfeldt

On September 19-21 (the weekend of the Fall Equinox), the 17th of Light was held in Newport, Oregon, a former whaling port along the Pacific coast that is about an hour away from any large town. Andrea Smith and Archie Mulvena were our hosts, and the weekend's theme was "Inspiration and Renewal."



Let's start with the location. The Agate Beach Inn is a six-story building right on a huge sand beach with an unobstructed view of the Pacific Ocean. Most of us had a fabulous view of the whales playing in the bay and the abundant bird life. Upon arrival, it was clear that the weekend was going to be full of fresh air and nature.

People gathered in the afternoon, checked in, and said "hello" to their friends as they arrived. Then, around 6 pm, the first of a weekend full of excellent meals was served to the group. All meals were buffet style with great selections of well-prepared local fruits, vegetables, and fish. Yum!

The weather was beautiful, and the lodging had great views, comfy rooms, and delicious food. Outside of the gathering, venturing around the Oregon coast was fun, there was so much to do and see, I could easily go back there again... hint, hint. — Karen Ehrenfeldt

After dinner, the Friday night session began with the opening ceremony. This ceremony was specified by June/Julian to bring the energies of the group and the former Gatherings into the new session. Candles representing the Seven Hermetic (Universal) Laws are activated and become a focal point for the start of every session. It is a beautiful ceremony that truly sets the mood for the rest of the weekend.

At 8:30, Larry Scheer lead the first session about how one can use the Tarot to "Open Ourselves to Guidance" this Fall season. Larry started with a meditation to set the mood and then gave us an introduction to the Tarot. He requested that we ask a question of the cards, "What do I need to know to bring my full potential into fruition this Fall Equinox season?" And then, we selected a card from the deck. Larry asked us to look carefully at the selected card, and then to read the description of the card and its symbology. After a few minutes, Larry asked us what symbol on our card got our focus, why that symbol is important to us, and what it means in the current context of our lives. From that symbol, we could glean the message from the card.

The 17th Gathering

The rest of the evening was for socializing and recovering from traveling.

The people, it's the people! — Sam Holland

Saturday morning started with a Tai Chi session with Linda Scheer, a beautiful walk on the beach, or just extra sleep — then breakfast.

Sam Holland led the morning session about “Opening Yourself to Inspiration.” Sam introduced the session by talking about the need to create an Openness—an environment conducive to quietness—so that we can receive the gift of Inspiration from the most positive force of the Universe. Sam then led us through three processes:

- The first process helped us become acquainted with the energy of Inspiration.
- The second process helped us become more aware of inspirational moments. This second meditation facilitated a merger of two energies that resulted in the creation of a third energy that attracts inspirational moments.
- The third meditation was an affirmation to help us all stay connected with Inspiration.

"Every presentation and activity had at least one important thought, practice, or meditation that could be used by participants to improve their lives." — Connie Golden

Archie Mulvena led the second session of the day, titled “Below the Horizon — What is there?” Archie’s discussion focused on how our belief systems affect our lives. He talked about how we limit ourselves based upon cultural messages, whether correct or not, such as our beliefs about aging. It is critical that we don’t take on the beliefs and vibrations of others. We need to protect ourselves.

Beyond this warning, Archie made us feel better by letting us know that there is a part of all of us that is capable of stopping unwanted behaviors and getting beyond our negative beliefs. We need to make friends with that part of ourselves. Archie instructed us on how to create a substantial thought form. He also instructed us on how to create and use helpful affirmations.

It always fills me with joy to be around followers of the Julian Teachings. It seems that those attracted to the Julian Teachings are sincere in their studies, generous of spirit and all around, really good folks. And thus, those who attend The Gathering are incredibly loving and high minded. Attending The Gathering this year, as always, fills me with Light and Joy that sustains me on an on-going basis. And, its important to me to re-affirm existing friendships and make new ones in an environment of learning and acceptance. I feel surrounded by the most wonderful group of people when I attend The Gathering. And its great to know that we can continue to connect through our website, the ROL and social media all year long. — Camille Albrecht

The afternoon session, “Craniosacral Healing Techniques,” was lead by Diana Dunkelmann. Diana gave us a short history lesson about craniosacral therapies, where the theories came from, and the people who developed them. Diana also helped us identify and experience the four cranial rhythms that are described in “Wisdom of the Body” by Michael Kern. They are cranial waves (8-12 cycles per minute), the Fluid Tide (2.5 cycles per minute), the Long Tide (100 seconds per cycle) and Dynamic Stillness. She presented how these waves relate to the level of consciousness and the energetic body.

Diana went on to describe the three types of Cranial Work (Biomechanical, Functional, and Biodynamic), how they related to the cranial waves and the level of intervention of each technique. The session was punctuated by a wonderful exercise using a Biodynamic craniosacral technique.

The 17th Gathering

Loved the place! Loved the people! Loved the conversations and the hugs! — Shesta and David Ross

Catherine Downey presented information about “Chakras for the Healing of Body, Mind, and Spirit.” Catherine went through each of the chakras and related each one to a color, the part of the body it controls, and the 7-year age range that is associated with it.

Catherine’s therapy work over the years has show her that these energy centers are where thoughts beliefs and feelings can be transformed into your state of health. She also discussed how, during the development of an individual, the family legacy can directly affect the health of a person’s tissues and organs, manifesting as illness. She uses the thought issues and physical illness patterns to identify the chakra with the energy issue.

Catherine related each chakra with a statement associated with the beliefs that are core to the energy center:

Root: “Life is a gift and is full of grace.”

Sacral: “The world is a safe place.”

Solar plexus: “I am perfect just as I am.”

Heart: “I live in a world of love and abundance.”

Throat: “I am supported by my family and community.”

Brow: “I have hope for the future.”

Crown: “I am connected to my divine purpose and spiritual wholeness.”

Saturday night was a social night. Lynelle lead a wonderful toning session that more than half the group attended. It was a great experience for all. It was also a lovely night for socializing.

As always reconnecting with members/friends of the Julian community reaffirms that we are always connected, even though we may be apart by physical distance. When we are in the presence of each other it feels as if we were never apart. — Saul Srour

Andrea Smith started out on Sunday morning with a series of meditations titled, “Meditations to Gain a Harvest from the Equinox.”

- In the first meditation, Andrea led the group to the four directions to discover our potentials and needs for the current time.
 - The second meditation used timeless time to lead us back to the previous winter equinox to see what goals and changes we wanted to make for the year. We then planted the seeds and nurtured them throughout the summer. We then harvested them; the changes were made. The goals could be harvested.
- The third process had us identify an incident or thing that happened that we wanted to erase. We merged with timeless time, went back to just before the event, taking everything that we know now along with our transformational skills. We let time progress and re-experienced the event without making it part of ourselves.

What I really love about The Gathering is the opportunity to connect with like-minded people. There are wonderful opportunities to discover new interests, talk with experts in many areas of Metaphysical study & learn how to live a peace filled and happy life. The Gathering is always held in an interesting area & Oregon was just amazing. I'll be ready for Michigan in 2015! — Cindi Frank

Just prior to the closing ceremony, Camille Albrecht talked about the energies of the day. She told us to look to where Chiron is currently in our chart (in Pieces). It shows us what wounds we are bringing in from the past. With the conjunctions that are currently going on, we are going through a good deal of purging and cleansing from the old Piscean Age. We can’t move into the new age without releasing the old baggage. This “forced release” is causing incredible challenges for many people. It is time to get rid of the issues, so take the time to release them.

The 17th Gathering



As usual, the closing ceremony was extremely moving. The group collected the energies from the current Gathering with those of the past Gatherings, and then we passed the energies to our own personal candles that we get to take home with us to use for the next year.

We finished the day with a lovely lunch, but for many, this was not the end of the trip. Some of us went to the Oregon Coast Aquarium (in Newport). Some of us went to the many local State Parks for a lovely walk. Some of us went to the part of Old Town to investigate the many artisan shops.

A big thanks to Archie and Andrea for putting together such a fabulous event, and to all the wonderful presenters for their enlightening work and to the participants who made the whole weekend so magical. — Camille Albrecht

As you could tell from the participant quotes, the Gathering is a lot more than just attending sessions. It is an opportunity to connect with wonderful people each year; people who share our values and perspective on life. We hope that you will strongly consider traveling to Michigan to experience The 18th Gathering in person. More information will be coming soon. Look for it.

Skip, Skip, Kerplunk

by Renee Salvatori
Wheeling, West Virginia



Kerplunk!

Skip, Kerplunk.

Skip, Skip, Kerplunk.

How many times have we thrown out our little spiritual rock to have it go kerplunk right to the bottom of the water?

But, we don't quit. We toss another rock. Perhaps it skips once before we hear the kerplunk.

If we keep trying, the skips will increase while we accept Divine guidance and the Higher Self gains confidence, as we throw more of our little spiritual nuggets out..

Skip, skip, skip, skip, skip, kerplunk

Saul's Corner

The Conscious Mind

LIFE AFTER DEATH (Workshop #301- class 2)
continued from September 2014 Ring Of Light

Copyright © 1987 Saul Srour
Authors: Rev. June K. Burke and the Seraph Julian

Q: Re the Nine universes, again, what is the correlation between the nine universes and the various levels of consciousness, seven chakras and above.

As we have said, you have three to deal with, like the cosmos, and so on and so forth. In each of those you have your seven levels functioning. So in your own consciousness, or chakra elevation, you are touching a part of everyone of those nine universes.

You see? And that is why sometimes you will have one viewpoint of what you're seeing and another viewpoint at another time, because you'll be hitting a different universe of understanding.

Q: Are you saying, then, there's a direct correlation between the various energy levels as we experience them and the nine universes.

That's right. Absolutely.

Q: So when we're in a single physical body, we can experience all nine universes, even though we may not be a part of it.

...a part of anything experienced. Yes

Q: Julian, when we work this lifetime on our spiritual growth and on our awareness and then we leave this lifetime and go to the white plateau and at some other time make a choice to come back to physical existence, do we give up that growth and awareness on a conscious level or do we get to take it with us?

You have it with you through the universal consciousness and through the superconscious mind which is your spirit body's mind and the door to the universal consciousness. So every time you have trouble doing something, ask the Divine Consciousness, or Superconscious, to bring forth that which you know about already from the universal consciousness, and you'll suddenly find yourself able to do it.

Perfect example: You have trouble doing something. What do you do when you want to hook your necklace? You usually shut your eyes, don't you? Because in closing your eyes, you shut out the clasp and the hook. That's the conscious level understanding of how it shuts, and you move to the superconscious understanding that two things meet. Now if it isn't meeting correctly, it will open to the universal consciousness and it will say, turn to the left. So that most things that are hard to do, you will do with the eyes closed. Don't slice bread that way. (laughter)

Q: I'm interested in what she was asking, more specifically, if we have learned certain things, have gotten a lot of knowledge in one life, how much of that do we carry with us, like for music...

All that is soul growth and is impregnated in the soul and never leaves it. The superficial aspects of it that are not of the soul growth dissolves. So, you will remember the music you have learned, but you might not remember the specific name of your piano maker, or your music teacher. The things that were related to it will go, but the ability to play will remain. That's impregnated in the soul as a soul growth, and it comes back in the soul when it comes again.

Now, to reach it, you have to tap that part of the soul. Not because you don't carry these as little boxes inside you, but as a communication with that universal mind, which is you where your soul has it stored. It's like carrying money in the bank, that's why you sometimes refer to it as the universal bank.

Life after Death

You literally tap that through the super conscious mind and either bring a desire to recreate it into the world again, or suddenly have a child prodigy who plays

Q: Is that how a child prodigy who plays

That's right, because he brought it back with him and tapped it totally when he remembered it.

Q: But that's not very common.

No. It's not common, because most people are so involved in the personality of the present life that they don't tune it. Most child prodigies will happen before the age of seven, before they close down the open awareness that they're born with in that first seven year cycle.

You know, they call seven the age of reason. It's really the age of letting go of all reason, because it's the time when they let go of the sensitivity of the super-conscious. They're still aware up until that time. Then they're into the physical aspect of themselves, and they very often close down. Now the new Age children won't do that, they'll keep that channel open.

Q: Julian, could you touch on those zombies, so called walking dead in the movies?

Yes. All right. The zombie and so called "walking dead" are not dead at all. They are those who have been mesmerized to the degree of such lethargy and such almost puppetry, that they respond to the thought patterns of whoever is directing them. And sometimes, and almost always, that is to a sound, so the drums will be used to call forth the "living dead."

"...all that is soul growth and is impregnated in the soul never leaves us..."

Q: Somebody mentioned cremation. Do you need a time element? Like they say you can never cremate the body until after three days have elapsed.

The three days is because the three steps of release of the body has been interpreted as three days. And so the three days are supposed to be the time that the body needs...or the spirit needs to detach from the body. Really what it was originally is the three steps, which is recognition, acceptance, and release. Recognition that it is time, acceptance that you make it so, and then the release into the hands of another the physical body. And release is like the turning over of the body to somebody else to take care of.

Q: Okay, on that point, what happens if a car accident...a car burns, or a house burns, there's no three days for burial or anything. What happens in that instance?

It has nothing to do with three days. The three days is man's interpretation. It's the three steps that has been interpreted as the three days. So those three steps are going to occur one way or the other, and in as much as the immortal soul could sit in that very car and not be gone at all, it really wouldn't matter.

Q: What about the crib death? What happens in the case when it's a young child...

First of all, crib death is very often karmic, and very often refers to a soul growth for the child itself. Something they needed to experience, which usually has been decided on with the parent beforehand. So that the parent experiences a soul growth from it also. So the young soul is experiencing something it needs, and the into the Earth.

Life after Death

parents are experiencing a lesson of some kind that they need. And that's usually decided before any of them come back into the Earth.

Q: Julian, you were saying that we cannot bring everything we need to do at one time. All that we need in one lifetime, so like, for instance, in my case, I do a lot with death and dying, and other people have their things that they do. Are those normally service areas that we're really familiar and acquainted with and they're easy for us to do and the world, presumably, needs that?

Well, it can be two things. It can be something you're recalling from the past and, therefore, have a leaning to; or it can be something you set out to do and have geared yourself for. So that you automatically seek it out. And very often, if you are on a specific travel, you may find yourself going back life after life to the same kind of service; but it will be in a different level or a different tradition. So the person who was the herbalist in one form in life may come back as a pharmacist in the more modern sense in another life, and then as the spiritual aspect comes back in again, go back to the herbalist again. But they're experiencing the same thing in different phases as they go along.

Q: I was wondering, in this life we have a destiny and a structured kind of situation like the dharma, and I'm wondering if the structured path that we would go through and there are certain things that we do and it is laid out that we have to go through this program before we can come into a physical body again?

What you go through, literally, is the full recognition of that which you've learned in the last experience. You have to go through that before you can take on anything that advances from that. So that's why you go through the evaluation of the life, your recognition that which you are holding as a

growth. Then you move into taking whatever study you have chosen into the three plateau levels of the eighth and ninth levels, and then you are ready to go for something new and choose a destiny for the new life. So the thing you have to do when you come to my world is assimilate that which you've learned from the life you've just come from. Choose a direction that helps you go further, and bring it to all levels of comprehension in my world, then take that comprehension back into your world.

Q: Do we actually rehearse the next life and make it in your world?

You rehearse that certain ingredient you want to manifest in that life. By rehearsing it, we mean learning it in a future context. In other words, knowing that what has moved forward in your world well. You have microwave ovens. So in one life you might have known how to make a fire in a fireplace and when you come back to my world, you've assimilated that. You'll never forget it. If you ever need it again, you're going to know. Then you take fire to another degree and you say, well, there is such a thing as a furnace, or there is such a thing as an oven, and the concept of that is impregnated in you and you go back into the Earth, and while there, you will either invent or help invent an oven or a furnace, or whatever the next step is. Then when you come back, that will be assimilated in the soul, and you'll look to the microwave or whatever is the next stage, and you'll come back and work toward that.

That's very technical, what we're talking about, but it's that way in every phase of your life. Whatever your goals are, you'll be moving it to a new place and a new point in time and a new concept of it. And that concept will always be built on the assimilation of what you've known about it before.

For instance, until you learn the alphabet, you can't make words, so you have to assimilate the alphabet. Then you can discover that those alphabet letters can be arranged into words that are a form of

Choose a direction that helps you go further, and bring it to all levels of comprehension in my world, then take that comprehension back into your world.

Life after Death

talking. Now you can take those words back into your world and work with them, you see? And then you find out that those words now can become sentences. No matter what you're learning, you're learning based on the assimilation of a foundation to it. That's what this world of mine does for you. Your assimilation of what you already know, see where it can progress to, shape a destiny for it in some way in you, and take it back into the Earth plane, for it's only by that deliverance that you can make it work.

Q: From what you say, I've always felt that we are, in our limited way, specialists.

That's right.

Q: We have from the very beginning. If we could only know what we have specialized in, we could be more productive in this life.

That's right. So what you have to do early on is tune into you. Meditate. Meditate with the thought I want to know; I want to know my specialty. When you do that you are in touch with the superconscious mind which knows what you've impregnated yourself with, which knows what's there in the bank, and puts the two together to making a feeling in you. Sometimes it may not even be a thought, but a feeling. I have this feeling that I've got to do something creative. I can't stand it. And you'll go out and you'll try this and you'll try that until all of a sudden you hit the one that's right. In other words, you'll be pushed, nudged, shoved toward the destiny by the inner assimilated knowledge of where it's supposed to go, but you've got to be still and listen, and know that I am God. Which means: Be alone with yourself and hear the God within you. And as you do that and trust it and listen to it, you're going to move forward.

(TO BE CONTINUED IN NEXT RING OF LIGHT 3/2015)

Wanted - continued from page 11

Never judging the attitude, but thanking it for its service and letting it go to where it may serve next.

The release of old patterns leaves a void, and we all know that "nature abhors a vacuum." Well, I have had to work diligently not to fill it too quickly. It can be very disturbing and uprooting, not to know what to do next. In some aspects of my life I have left voids for most all of 2014, where I have not yet been directed to the next step in what I should do next. In those cases my affirmation is, "My Higher Power is aligned with my Angels. Spirit Guides are directing me to the next right action. I may not know what my next right action is, but I trust with a certainty they do, and follow their guidance. I am so grateful for their love, guidance and direction, I feel one and whole with my Universal Light Team. So Be It.

2014/ 2015 is also a time for fun and playfulness. In this era where everything has gotten so mental (literally and figuratively) it is very important to play, to do fun things with your child self. Laugh, sing in the rain, make sand castles and chase moonbeams. I remember spending hours laying in the grass, looking at the clouds and sky and day-dreaming. This is a time to allow ourselves new, unrestricted dreams and allow them to blossom.

I know in my personal life, the last several years on many levels hurt like hell, but from my guides point of view, they need me to get off finding my security from the material earth plane and remember that God is my Source of all supply, He answers my every need. In focusing in on the light within, it strengthens my connection to the source and in so doing my life is now taking new directions, uncharted, unfamiliar to the ego self, but very familiar to my Higher Power. I am connecting and living from my Soul Self and the veils that have separated me from my Higher Self are gradually being dissolved. Here is to living life fully, with laughter, joy, with passion, and most of all with Love.

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Next Issue Theme: "Untethered Spirit"

Newsletter Submissions Deadline - 03/01/15

For entries larger than 25 words, please submit a text file in electronic form to:

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ROL via E-MAIL!

What a novel idea!

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