

Ring of Light

A Newsletter for the Members of the Julian Community

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Happy Fall!

I am not sure why we picked Soul Cravings as the theme for this issue. Maybe we were just hungry when we had to select a theme in June. But as we investigated the subject, we found that several people have written articles and books on the subject.

One book, in particular, caught our eye. "Soul Cravings," by Erwin Raphael McManus is an entire book that muses on the subject:

"Life without God is starvation of the soul... My soul doesn't crave something from God; my soul craves God. And by the way, so does yours. That's why everything else will leave you unsatisfied in the end. All the evidence you need to prove God is waiting within you to be discovered."

We also found another great quote about craving from an equally wise man, Swami Sivananda:

"There is no end of craving. Hence contentment alone is the best way to happiness. Therefore, acquire contentment."

We hope that you satisfy your cravings or at least find contentment this fall. And we hope to see many of you at The Gathering in Michigan in a couple of weeks.

Love, Light, and Peace!

Dan & Nancy Walton, and Jan Clayton

Julian Affirmation

**God is my source of all supply.
He answers my every need.**

This light leads me and fulfills me.

**The more I trust it,
the more I succeed.**

I open myself to trust.

**I open myself to being led to that
which is right and perfect for me.**

So be it.

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Astrology

Feature Column by Eleanor Johnson
Hopewell Junction, NY



Welcome to the Autumn Season with its harvest of the seeds we planted during the Summer Season. This Fall Season has many opportunities to bring the soul's yearning to fruition. It is a great time to turn to the future and make important decisions. With the planet Jupiter entering the sign of Virgo, decision in keeping our mind and body in optimal health is very important. We may feel a desire to change our occupation or our daily routine in order to be practical, hard working, and analytical.

The trine from Jupiter to Pluto brings a wonderful blending of these two planets. Jupiter's extrovertedness and optimism gives charm and vitality. Pluto adds caution, subtlety, and penetrating insight. This enables us to be able to help ourselves overcome obstacles that could stand in the way of success. Yoga and meditation attract us to metaphysics, which serve as creative outlets to help us master ourselves.

In October and most of November, Mars is in Virgo amplifying the trine of Jupiter and Pluto.

Saturn enters Sagittarius in October until December 2017. Saturn is Jupiter's sign. It can soften the energy of Saturn allowing for philosophical understandings and keen intuition. It also encourages a sense of humor,

which can be lacking in other placements of Saturn. During this period one can develop a fine ability to make expansive ideas into practical realities.

November has Venus and Mars in Libra. The focus may be on relationships. Many intense emotions concerning relationships may arise.

In December, Mars is in Libra. Libra is the sign of balance and harmony. This gives us the diplomacy and charm to bring positive choices into our life. However, Mars is in opposition to Uranus. Oppositions can occur with other people or other circumstances. This is a challenging aspect. We could act impulsively to avoid duties and responsibilities especially those that have been imposed on us. Some caution is needed. On the other hand, it can represent a time when your efforts to liberate yourself from unnecessary and inhibiting circumstances. Your life can take on a whole new direction.

As we bid the year 2015 adieu, we have a much greater knowledge and understanding of how to express our soul's cravings.

Love and Light, Eleanor

Soul Cravings

By Renee Salvatori
Wheeling, WV

*I am so hungry for chocolate.
Wow, I could really use a cold one.
A vacation would be so welcome.
I need intimacy with my partner.
I could use some quiet.
A companion would be nice.
I long for a friend.*

The list goes on, yet, one seldom adds to their “needs” list their “soul” cravings.

Soul cravings are deeper and not as superficial as say: chocolate, beer, vacation, sex, quiet, companionship, and a friend.

A vacation or quiet may help you recognize your new “soul” craving, or a friend may help you to do the same.

When you start to feed your soul its cravings, you can feel giddy with anticipation and excitement. You can feel peace, contentment, bliss, serenity, and relief. It is as if a puzzle piece slipped into place. It is a release like you let the kink out of the hose.

Pay attention to some possible symptoms that your soul needs attention, like those deeper rumbles, internal quakes, vibrations of expectancy, or a yearning for an unknown something. It can feel like depression, fatigue, or general discomfort. You can feel numbness or tingling sensations as if your circulation is hindered. You can feel out of balance.

Your soul often takes the back seat or tends to be like the well-mannered and quiet child sitting off to the side, never making noise or demanding attention. Compare that to the child jumping on the couch or singing loudly as your superficial physical and emotional cravings. “Soul” cravings still need attention, just like the louder child making himself known.

Everyone uncovers his or her needs differently. One may find it outdoors in nature, or on a slowed down vacation, in meditation, or even at a rock concert. I found one of mine while I was scrubbing the floor. It was while scrubbing, that my soul suggested I declutter, so I could breathe easier and have more ease. I didn’t need to travel the world to hear its rumblings but some may need to do that.

Some of my own personal cravings have been: a local college class, an on-line class, journaling, writing a book, decluttering my house and car, organizing closets, learning yet other meditation techniques, yoga, exercise, spending time in nature, eating healthier, going without make-up for four years, taking self-development classes, couple counseling, quitting a job, sleeping more hours, and having children. These may sound cliché, but they were things my soul yearned for and needed. Sad to say, but most of them I stuffed down for many years, as they weren’t screaming at me like an ill-tempered child. Soul cravings help you navigate life. Have fun with yours.

The trick is only that you understand how your soul speaks to you. What symptom does it give you, or is it that little tap on the shoulder that may also say, “that is a good idea” or “how about this.”

Now once you get your deepest soul craving taken care of, that chocolate or that cold one just may serve as the cherry on the top.

Time Cravings: Lessons and Opportunities

By Terry Brown

I have always been someone other people thought was caring, involved and sincere. In reality I am a doubter, a slacker, a person who always wants to understand but falls far short of the mark on any given day. One of the things I've always craved for, besides instant understanding, was more time to do so. I've also wished for more time to finish the many projects I begin but never seem able to complete, more time to write, more time to spend with the people I love, more time to walk in the fields, more time to meditate, etc. I am sure that given enough time I could really accomplish something.

Like most people, I have been taught that time is linear. I am a lover of history, where as a child I had to memorize dates by rote. All the books and courses seemed to list events in chronological order. However, I've now come to think this may be a truly deceptive way of interpreting history and life. I am beginning to learn that if I truly believe everything in life has purpose I must approach my understanding of time differently. If all of life has purpose and is interconnected, then by actually slowing down; by taking my time, I am giving a beautiful gift to myself. When I allow myself this gift, I actually accomplish more, with better results. So, how can this be?

Do not the hands of a clock go in a circle, wending their way back to where they began? Perhaps the nature of our involvement has helped develop our perceptions of time as being linear. Like a camera (and our eyes), without the proper internal processing everything would appear upside down. It is how we perceive and accept how and when the events of humankind occurred that gives form to time as most of us see it. Perhaps, acceptance is a key element and the first step to going beyond this linear concept.

Maybe time folds back unto itself. Some examples of time morphing and changing are as simple as when we look at photographs and reflect upon memories (both the small and life-changing moments) of our lives. As we view all

of these things, because our life experiences and acceptance of what life is changes, so do all of our perceptions of these past events captured on film. Does this make us wiser? I do hope so, but don't know. My soul cries out for it, but I am a doubter and a slacker, and as always fall short of true understanding. All I can do is continue to try.

I think maybe each and every moment that passes in this lifetime is like the composition of our lives in total, a bit like our current families; most everyone is from the same genetic pool and yet each individual is so fantastically different. Each moment a chance to learn. In addition, as in this and other lifetimes, we have watched bewildered as terrible events come to pass. We like to say now that while some doors have closed, others have opened – as if some grand game was afoot, granted one in which we often struggle to discern the rules and meanings of.

If time is an illusion, then why do we place such emphasis on its relevance? More importantly, what are, or ought, we to do with our lives now that we have begun to begin to see time for what it is – not bits of flotsam and jetsam or some linear stretch of unrelated occurrences, but something more? What if (just perhaps), all time is an essence of something incredibly precious – each moment filled with overlapping opportunities for us to use – a chance for our souls to learn, to grow, to laugh, to cry, and to love?

Assuming then that time is relative to how we use it – that makes each day a gift, right? Each moment is an opportunity to look upon the face of a loved-one, to forgive transgressions, to heal, and to embrace the trials and gifts laid before us. I still struggle with most of the concepts, but am trying to make room in my life for 5 to 20 minutes a day where I can clear my mind and listen to my higher self. It does not make me feel superhuman; but, more often than not it does give me peace and strength, and the hope that anything is possible in the time God has given me.

Now is Normal, or Is Normal Now

By Doris Murray
San Jose, CA

I sat with friends in the coffee shop early one morning talking about how difficult it is for some people to lead a “normal” life. That started a discussion, what is “normal” anymore? The governments of our cities, states, and country are pouring new regulations and requirements on us at a fast rate; businesses demand work be done faster and more efficiently; autos move faster; we eat “fast food,” and have you noticed the speed of commercials on TV? Julian told us we would be living in the vortex of energy we now experience that moves faster, and it is necessary to keep up, accept the changes, and flex with it. Queen Elizabeth once said, “Change is inevitable, and how we embrace it will determine our future.”

The social structure of each country within this lifetime has created big changes we can see happening in all aspects of life: Agriculture, medicine, education, commerce, city development, politics, and even language. Have you heard, “For English, press one.” Not just weather is disrupting families and lives. I have been around long enough to have experienced or witnessed a lot of changes, such as people dressing up to go to town on Saturday in their horse drawn wagon, and now autos that will be driverless; prop planes that are now fast jets. The assembly line is still used today for production, packaging and transportation, but people are being replaced by robots. The small, windowless cabin, with water taken from the creek, and kerosene lamps for light, was where my father was born. The 500-acre farmland where it sat is now part of a large city, covered with buildings of glass, concrete and steel.

I have an upbeat attitude about living in the “now”, but as an older person, I struggle to keep up to the pace of my younger friends. My body is not as strong or as fast as it used to be, thanks to the lifestyle chosen to be who I am. I went to the workshop presented by Sam and Ann Claire at Fort Bragg. The first day I sat on the beach sand, and when class was over, I could not rise. Sam graciously pulled me upright. I noticed others had their challenges, too. I obtained a walking stick for the remaining classes in case Sam wasn't available. I go to an exercise class that is on the same campus as a large theater. When the theater is used once a month for Citizenship ceremony, hundreds attend. They come from many countries around the world. Hundreds are becoming citizens each month,

More

By Adele Ledeman
Walnut Creek, CA

Thank you for the rain.

May I have more?

Thank you for the food.

May I have more?

It's nice to have friends.

May I have more?

My house is comfortable.

May I have more?

My finances are good.

May I have more?

My garden is producing.

May I grow more?

I am healthy.

May I have more?

I have all these things.

Yet I still want more.

When is more enough?

What I need now is love.

over the years, and as they settle into the area where I live, traffic is becoming heavier. It is harder to hear the birds in the noise of the more crowded neighborhood. The growing population will place a greater burden on our water shortage in California.

If this is the new “norm” of my world to be embraced and accepted, I will flex with it because Julian said, “The future is going to get better.”

A Liberating Notion

By Karen Ehrenfeldt
San Jose, CA

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“When we tire of well-worn ways, we seek for new. This restless craving in the souls of men spurs them to climb, and to seek the mountain view.”

— Ella Wheeler Wilcox (1850-1919)
American poet and writer

A few years ago I was interrupted by a guiding message that threw me for a loop and haunted me until recently. There I was minding my own business in the midst of getting ready to go to my day job after a productive studio session. I was feeling good about what I'd achieved that morning, mentally reviewing the status of my works in progress, envisioning their fruition on the horizon and eventual delivery – happy positive projections – when out of the blue, “It's all for naught.” Suddenly the wind fell out of my sails, my body slumping in dejected exhale, fruitlessness displacing joy and potential. It's all for naught was clearly etched in my mind – couldn't be ignored or erased. I went off to work, my heart's desire shattered, and angry at the disruption.

Strangely, in talking this dilemma over with a dear friend a few days later, she beamed a joyful smile, “Yes! It's *all* for naught!” Well, what do you expect... she's a Buddhist. She immediately resonated with a different interpretation, seeing that the message carried clarity and liberation for me. From her perspective the message I'd received was definitely a gift, some wisdom offered up to me out of the blue. While I could mentally understand her viewpoint had to do with gaining spiritual perspective on my work, I couldn't feel it, all I could feel was sadness, and loss, and doubt. It was a massive interruption through which I persevered, albeit, haunted by the echo of this statement. Fortunately my friend's perspective acted as a companion to this thought, juxtaposing its light and mystery against my state of darkness and doubt.

The soul craves the personality's acknowledgement and longs to express its talents and wisdom in this life; the personality gets to decide how those interactions hap-

pen. The artist's path is one of discovery, continually taking one to the edge of what is known and inviting a leap beyond — into the next level of expression, development of skill, or greater expansion of thought, and often into new perceptions of identity. The artist transforms with each work created, for to engage in the creative process is to communicate through the veil, to merge with the forces and building blocks of creation. At this level, within its creative fluidity there can be ease and joy, there can be challenge and difficulty, there can be emotional release... this is all part of traversing the unknown.

Slyly, inspiration entices with a beautiful vision, engages action, compels the soul in movement, and once you're in, you meet what is truly meant to be faced in bringing into being what is meant to be brought into being. Those hidden realms within inspiration are sometimes a delight, other times an edgy walk on a sheer precipice, but I wouldn't trade this fascinating, healing, and transformative work for something else just because being an artist is demanding. Artists work the creative process to bring forth works of art, but all of us work the creative process to bring forth whatever exists in our lives. In working the creative process we are called upon to take the spiritual into the physical, and in the world we are to balance material concerns with the spiritual.

The poet, Ella Wheeler Wilcox, was a Progressive, a Theosophist, a teacher of the occult, someone exploring new ways of thinking. She lived in interesting times of great industrial, economic, and social change. She was a popular success in her day. Like all artists she was both a product of her culture, an observer of it, as well as a messenger to it. It was the turn of the previous century, the Gilded Age in America, Edwardian times for the Brits, Le Belle Époque for the French. Americans responded then to an oligarchy whose Robber Barons bought political influence, whose questionable speculations caused financial upheavals for everyone, whose labor practices sought to drive down labor costs and squeeze maximum productivity out of workers, and more. During that time, activists sought change here and abroad, and the artistic souls of the day were craving new forms of expression. The visual art movements created then are familiar to us and still valued: Impressionism (Monet), Post-Impressionism (Van Gogh), Cubism (Picasso), the beautiful designs of Art Nouveau (Tiffany), and many more.

Who knows if any of those artists occasionally grap-

pled with whether the pursuit of their work was all for naught. But to be sure, those suffering through economic depressions or a Great War can feel dejected, as if all their hard work is all for naught, but they persevered, their souls craving more. The challenges of the present often parallel the past, throughout time people have grappled with similar concerns, and since the dawn of time people have sought out timeless wisdom for guidance.

The Buddha said, “It is hard to realize the essential, the truth is not easily perceived; desire is mastered by him who knows, and to him who sees aright all things are naught.” The word naught is an old word, from Old English *nāwiht*, *nā* meaning no + *wiht* meaning creature or thing, and it can be used as a noun or pronoun. *It’s all for naught* is usually construed to mean the efforts amount to nothing, perceived as having been a waste of time or will be. If taken this way, you’d stop what you’re doing, throw in the towel and move on. But, interpreting *it’s all for naught* philosophically as everything contributing to a state of nothingness or nonexistence, as a movement toward oneness, it invites a spiritual interpretation of one’s path.

In this viewpoint, one’s efforts are in alignment toward spiritual rather than material concerns. As I understand it, nonexistence is a Buddhist term for the egoless state of profound understanding, pure joy, and oneness. As I ponder my friend’s words coupled with the Buddha’s statement, I understand the message I’d received was teaching me to trust in the state of artistic being as the end all. Instead of focus upon outcomes or agenda, focus is upon the flow of creation.

Clearly I was in need of shifting gears, by mid-age I’d been overworking myself for years and had become burdened by thoughts of how to succeed in time. When a message arrives, such as “It’s all for naught,” it shatters discipline, shatters dreams, shatters will. It disrupts thought. In forcing one to skip a beat, it is an invitation to move differently, more freely and openly — toward new potentials, possibilities, purposes, and new ways of thinking.

Though we now live in an age of great social freedom, it’s a technological age with media blaring our culture’s materialistic values at all times in all directions — all of us are influenced and it can be challenging to choose differently. As a developing artist, I had followed inspiration’s meandering path because I loved it; visual art into storytelling into singing into song writing and sound healing, into writing and teaching. But this was

troublesome for fitting into a commercial world that wants to fill one specific niche. By mid-age I had tried to narrow my focus, boost my pace, and alter my path to better fit the world.

But I believe *it’s all for naught* coming when it did was advice to adjust an *attitude*, such that the approach to the artist’s path stays with divine inspiration and process rather than projecting other expectations upon it. Ironically it’s not about whether to show and sell work or interact professionally however I choose, but rather the weight of that concern in balance with the whole. In their wisdom, my guidance delivered a strong message that could hold its own beside those constant cultural messages until I could feel its true significance.

Know thyself, know thy path — love thyself and love thy path. By taking the *it’s all for naught* message as guidance toward liberation, it encourages a return to the creative process of being an artist purely for the sake of cultivation, expression and engagement — for the love of it. Balancing out culture’s materialistic messages with those that spiritually support is but one reason why daily meditation is an important practice. Meditation helps find the level of the soul’s desires for expression that’ll be in balance with the individual’s needs, amidst tremendous cultural pressure. Additionally, there are several ways to tend to the creative self, whether it’s a walk in the woods, cloud gazing, journal writing, or whatever, it’s essential we nurture our creative self. Trust in the process.

It’s all for naught is an invitation to return to living the magical life of the soul as the central concern, to allow for breath, movement, freedom, and joy. Being engaging, sharing — responding to love, to light, to life. It’s not a denial of challenges of success or the practical needs of the work being supported, or of there being enormous issues in the world. It is about being equipoise in the world and Universe, to flow with, to influence creatively, to be one with the soul and endeavor to do its work.

With bright blessings, Karen

**“There is no chance, no destiny, no fate,
that can circumvent or hinder or control
the firm resolve of a determined soul.”**

— Ella Wheeler Wilcox (1850-1919)
American poet and writer

Business and the Law of Cause & Effect

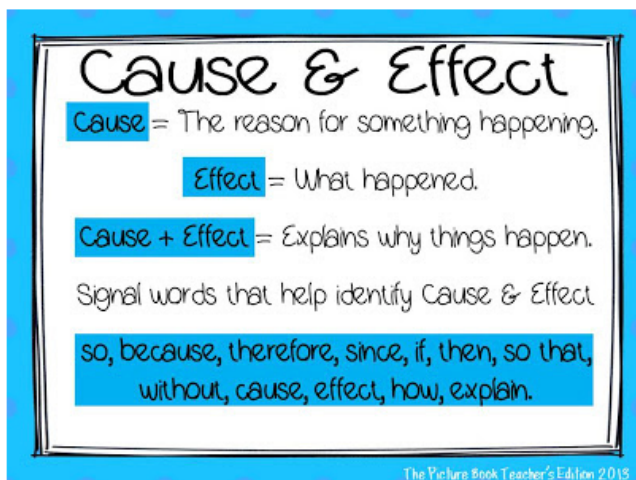
“Every Cause has its Effect; every Effect has its Cause”

By Jan Clayton
Los Altos Hills, CA

(This is the sixth article in a series started a number of years ago. If you want to see the other articles and can't find them, contact Jan at jclayton@xs.com.)

I guess I never thought much about cause and effect when I was a kid until physic class. It (Newton's third law of motion) was the basis for the first a half year of physics and “for every action there is an equal and opposite reaction” was drilled into our brains. I don't think that the subject came up at any other time until it was reintroduced by Julian, but, of course, we experience cause and effect on a daily basis, so it is naturally familiar to us all.

Today, even the non-scientific get an introduction to cause and effect. On the web you can find a picture book for teaching cause and effect to young children.



The Universal Law of Cause and Effect is critically important for every aspect of our lives. Even biz and law schools teach a watered down version of the law in their courses on ethics. But despite the fact that most people intuitively understand that this “natural” law is important, it appears that many business people think that they are immune from the effects of their actions. I am not just talking about the Bernie Madoffs and Jeffrey Skillings of the world, who apparently believed that they were above the law (sorry for the pun); but consider the average exec who makes self-serving decisions and doesn't think through the implications — it is the same problem, just at a smaller scale.

Now, how about those managers that think about the potential effects and still make stupid decisions at least when they look at them in hindsight. How does this happen? I think that it is a problem of focus and complexity. What? You say. Let's see if I can explain.



The REAL Law of Cause and Effect

Most of us think about the Law of Cause and Effect in one dimension. You push one domino and it causes another one to fall, and then the second one falls and pushes over the third, and so on until all the dominos are on the table. This focus is very narrow — one domino pushing over another domino. I think that this is the way that most of us think about cause and effect.

But is this really how it is? In a business you make a “simple” and “straightforward” business decision about a product and the effects ripple throughout the organization. Your choice affects marketing, sales, finance,



Continued page 8

and even the labor union is telling you why the decision is a bad one (or a good one). So the Law of Cause and Effect is less like a chain of dominos and more like the effect of a drop or stone in a pool. We watch the concentric waves ripple away from the entry point. Now we have gone from one to two dimensions — one domino pushing over many others.

I contend that the effects are actually multidimensional and infinite. What is more, the effects from multiple causes interact with one another, as illustrated in the picture with multiple ripples. No one has enough brain power to understand the true results of their actions.



This combinatoric explosion of effects from one event makes working with this law appear hopeless; but I still think that it is worth spending time thinking about cause and effect with every decision made and action taken. I also think it is this complexity that drives schools to teach ethics rather than dealing directly with the practicalities of the Law of Cause and Effect.

What about Karma?

There is one other aspect of the Law of Cause and Effect that we should deal with. It is the one of Karma. Swamy Vivekandanda once said:

*All action is karma. We are doing karma all the time.
I am talking to you; that is karma.
You are listening; that is karma.
We breathe; that is karma.
We walk; that is karma.
Everything we do, physical or mental, is karma and it leaves its mark on us.*

What we sow is what we reap. Eventually, the domino chain comes back to hit the person that pushed over the first domino. The issue is, we really don't know whether it is going to be a domino or whether it is go-

ing to come to us in another form. We also don't know when it will come back to us. It could be today. It could be in a different lifetime. All in all, knowledge about karma should provide some motivation for avoiding any negative results (explosive dominos) that will find their way back to us.

Working with the Law

Okay. So, let's say we are motivated to do good things for our business and the rest of the Universe, but we also know we can't figure out all the effects of our decisions and actions. How do we make decisions? Believe it or not, there are a lot of techniques to use.

The Golden Rule. It may seem really trite, but the Golden Rule might be one of the best guides when considering an action or making a decision. Do unto others as you would have them do unto you. It leads to several questions that you can ask yourself.

- Who is directly and indirectly affected by this decision?
- If I was that person, how would I respond?
- Is there a way that I can make this situation a win for everyone involved?

The Golden Rule requires the ability to put yourself in someone else's situation and that situation might be considerably different from yours. Some people find this very difficult to do.

What results (effects) do I want? I often find one of the best techniques is to start with the result(s) that I want, and move backward to the action I should take. If it is a hard conversation that I need to have with someone, I ask myself, what do I want the other person to walk away with at the end of the conversation? How do I want them to feel? Now, how do I get that result? Starting with the results you want at least gets you focused on the right thing, the desired outcome, not merely the desire to act.

What are the secondary effects? Part of the problem with managers is that they are too focused on the primary effects of their actions and don't even look at the secondary or tertiary effects. The bigger the decision, the more important it is to look at the secondary results caused by the primary results. In chess, this is referred to as "look ahead." How many moves can I anticipate of my and my opponent's play, so that I can pick the best move.

(Universal Laws and Business, continued on page 10)

(Universal Laws and Business, continued from page 9)

Have I looked at the effects in multiple directions?

Remember that effects happen in many directions—we aren't dealing with dominos, we are dealing with concentric ripples. Don't get stuck looking only in one direction. For example, let's say that you decide to change the pricing structure of a product to benefit the corporate bottom line. The first thought is, "So, how much are we really going to make with this change?" Most marketing managers will get to: "How is my customer going to respond to this price change?" Even fewer managers get to: "How does this change affect my sales force and the way they are motivated?" "Do I need to change the way my sales force is compensated?" In another direction there is: "How will this change affect our production needs and inventory control?" Public companies need to think about: "How will this affect the stock price?" The effects hit most departments; savvy managers know this and try to anticipate the results.

Whatever failures I have known, whatever errors I have committed, whatever follies I have witnessed in private and public life have been the consequence of action without thought.

— Bernard Baruch

Cause and Effect — Its Relationship to the Other Universal Laws

In the first four of my muses about the Laws and Business, I talked about each Universal Law as if it stood alone. It is always nice to simplify the world this way; but with both the Law of Rhythm and the Law of Cause and Effect, the simplification hinders us from really understanding the full effect of the law.

Let's consider the Law of Cause and Effect in combination with the Law of Mentalism. Our thoughts are causes, so when we think about something, results will happen from those thoughts, potentially both internally and externally. One possibility is that the result is the manifestation of the thought. One other note about the relationship between these two laws is that the intent behind the action matters. Buddhists believe that the intent behind the action determines how karma associated with the action will manifest. Hence, the Golden Rule helps protect us from acting with negative

intent; and it is interesting to note that some form of the Golden Rule is found in nearly every religion.

The Law of Vibration tells us that when two or more entities come together their vibrations interact. This law helps instruct us on *what* actions to take. The better we can select an action that matches the vibration of the situation, the more positive the result.

The Law of Polarity is also intertwined with the Law of Cause and Effect, and it can instruct us on *how* to choose our actions. If we consider whether our actions will push reactions (results) to one extreme of a pole or another, we might take the time to search for an action that helps a situation find balance, as we already discussed in the article about Polarity.

The Law of Rhythm can instruct us on *when* to take action. Sometimes the timing of an action or decision can be as important as the action itself. If one is aware of the larger rhythms and energy trends impacting the business, one can often avoid negative effects of a decision, or even make effects more positive.

Why is this Law So Important?

The Law of Cause and Effect tells us that everything that we do, say, or think has consequences. And, when one is in a position of power, such as in management, the reactions to our actions are amplified. I have heard the statement, "I can't believe that they took my comment so seriously," from at least 10 different managers. Oh yes, I have said the same thing at least a couple times myself. Employees really do take their bosses seriously.

As much as we would like to believe that our power is limited, when we consider the multidimensional nature of cause and effect, we have to come to grips with the fact that every action we take has infinite ways to change the world. It is time for us to stop pretending that we can live and act in isolation. We are connected to everyone through the results of our thoughts and actions.

If you employed study, thinking, and planning time daily, you could develop and use the power that can change the course of your destiny.

— W. Clement Stone

Saul's Corner

LIFE AFTER DEATH, Part 4 (Workshop #301- class 3)

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

Continued from June 2015 Ring Of Light

Q: How about twins who have been born and then separated, for one reason or another, and their lives have been parallel. Although they don't know each other or never met each other, their lives are parallel. What happens in a case like that? Do they have the same soul? How does that work?

No. Sometimes when you have what you call identical twins, it is a soul functioning in two lives. When you have fraternal twins, it is two souls that have begun in one embryo and then split; because, you see, that soul does not enter until the mother feels life, so that embryo has already split by the time that happens.

Q: The death penalty and when someone commits a crime when they're mentally disturbed, or temporary insanity — can you give tell us a little bit about this? Temporary insanity, or is it just they're getting out of the mischief?

Everyone in life, at one time or another experiences temporary insanity in some way, a losing of control. Sometimes it's when your children have gotten you very angry or your friend has gotten you very angry, and there is that moment of madness. In ninety nine percent of the cases, it is brought back under control, because of the natural instinct of the person to balance and harmonize. If there is a disturbance in the thinking pattern, such as retardation or emotional instability, this is more prone to happen, because they are not quite able to control what's happening with the quality of what's happening in them.

In your world, the society and culture creates a system of law, and that system of law determines how you handle criminal cases. That system of law functions under universal law, which decides what happens to the cultural law. So, again, it's an evolution within an evolution. The death penalty is determined by the cultural law, which supposedly is decided by the decision making pattern of the people in that culture. So you have made a choice to protect through a particular fear, a fear of losing life.

Now if you look at the Law of Cause and Effect, which says that which you cause will affect you, then he who murders may be answering his karma by immediately having his life taken. It is the cause and effect syndrome, but under the jurisdiction of the cultural law. Another law might say, this man will spend the rest of his life incarcerated. He will not be able to have freedom, but he is answering for his act. And if he doesn't answer to his act through a cultural law, he must answer it through a universal law. No one gets away with anything, no matter how large or how small, you pay for it. So literally, how you handle the karmic pattern of an individual has been determined by the society, and sometimes that gets out of balance and then it is catalytic enough to change.

Q: Cause and effect in one lifetime? Does it have to be erased or dealt with in one lifetime, or can it wait for the next time?

Well, some people wait for the next time, because they don't get to it the first time. That's why some people say, how can this man or this person be so terrible and yet he seems to have everything. Because he's going after everything, he's working in whatever way he's doing it, but everything that he has gotten that is so terrible he has got to answer for. And, if he doesn't answer for it in this life, he will answer for it in another. There's no way that you can escape that.

And the thing to remember is that it is not always an eye for an eye and a tooth for a tooth. You may answer for it in a different way. If you steal from someone, it doesn't necessarily mean you'll be stolen from, but something valuable to you will be taken, and it might be a member of your family. You will know the desolation of having that which you value taken. That is not determined by other than the universal law, but there is always an answering.

Now suppose you have done something that you're not particularly proud of and then you go ahead and you do something that makes you proud, you will probably cancel out the other by your service act in the second issue. Many times karma is answered to very swiftly. If a person—and I can use a very good example here, because I've seen this happen many times— is alcoholic and they have been destructive to themselves and to their families and to everything they touch, and they finally decide to really recognize that they have a problem and they go through some treatment, and they go through some organizations or whatever, and there is a very fine one called alcoholics anonymous

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in your world, which works on a very high spiritual framework.

Now these people turn around, having come through it themselves, and begin to work with others where they were. This begins to cancel all that they caused in negativity before, because they have reversed the situation. Now what has to happen is that those people who have had a hard time with them before are willing to let go of the past and live in the present and not keep dragging up what they did when they were in the other position. A karma may affect many people, and many people learn from it.

You live in a very high frequency world right now and that high frequency sometimes takes those who are not ready for it and makes them act and behave in very bizarre ways. And that's all part of the evolution, but they have to come to grips with the fact that they answer to whatever they do.

Q: I was wondering, is it possible that we can come to this world and we set out to do something and we have an accident, or for some reason, do not complete it?

Yes. what you're doing continues here in my world, and you can learn more about it, so that the next time around you can make it better. You can continue in my world to finish it off.

Q: The thing I'd like to ask about life after death is the process of leaving the body for those who remain and the funeral, if you'll just comment on that.

The only thing that is absolutely necessary is that respect be shown to the body, that it be returned to the element in some form. Now, different dogmatic practices and different beliefs and philosophies have different ways of serving that respect, so there will be funeral services, memorial services, or whatever you want to call them, and there's nothing wrong with that. Literally, they are to help those who remain, not those who have gone. The only thing that those who have gone want to know is that the body, the temple that it's lived in has been shown respect. But to those who are left, it is a chance to accept the going, because if a person has not seen the person who has gone, they sometimes have a very hard time accepting that they are gone. It's sort of a finalization for that person, but most rituals are based on those remaining, not those who are going.

Q: In terms of grief and bereavement of a family or some loved one would experience, just in the work I've done, it seems to me it's almost a year before people begin to get out of the worst of it, although if

you read some of the esoteric teachings say you could be out of it in six months...

In reality, three months is a very crucial point in grief. Grief has levels. You go through shock, you go through anger, you go through resentment, and grieving. The first is the shock that it's happened. The second is, why me? How could this happen to me? The anger that it should happen, and then the actual pain and grieving. Every one of those steps are important, because they are purging, they are releasing the energies that are pent up inside, and they are actually healing. It is part of the healing process. But after those steps have been gone through, the person must make a physical effort to re-enter life. They must go buy a newspaper and show interest in the world, they must call up a friend, they must do something of getting the movement of living and normalcy going again. If not, that which they hold onto will begin to manifest as illness in their own body. And so a three month period is, in reality, a time when all stages have been gone through and they're ready to make a move, and of course, each individual will choose whether they make that move or not, whether they're going to re-enter life or they're going to sit and be removed, but that three-month period is very important.

Q: What do you do in a case where you don't know what's happened to somebody, like KC a young boy in San Francisco who's been missing for quite a while and nobody knows where he is? What would the family do in that case?

The family ... that is one of the hardest things. That's, again, very much like viewing the body. At least you can say, all right, it's done; it's there; it's final. And all they can do is send to that being the thought that what is right and perfect for it at that moment is occurring. You know, many children leave home and what you call "run away" in your world, and you don't know where they are or what they're doing, and so on. They may be fine, but you don't know that, so you must keep the energy thought that what is right and perfect for them is occurring, because that gives you from forming negativity in yourself, which then projects to them.

Q: Will they find him?

Yes. Unfortunately, I do not think it will be a successful finding or a pleasant one, but he should be directed energy of love and peace.

Q: Are you familiar with the movie "Resurrection"? (yes) It was on TV last night, very appropriate for this workshop. But what I wanted to ask you about



it, in the healing process, she explained that she became...she tuned in or got in touch with the pain that that person was feeling and sent them love. Well, when they were running some tests on her, she got in touch with a particular difficult case. They looked like palsy or something, and she actually became crippled up herself and experienced the death experience again and was out of it for two days. Could you explain what was going on with all that?

The way in which she particularly worked, because she wasn't aware of any other way, was to actually merge with what the person was experiencing, and when she hit the tremendous pain and the tremendous anxiety that this person was experiencing. She literally became that person. She took on all the aspect of the pain. And because it was so strong and so severe, she had lost her ability to cope with it for a moment, or over a two day period, she was actually totally in that disease for that period of time.

It is never good to take on the pain of another, because then there are two people to heal. In the beginning, she was getting in touch with it, sending it love, and modifying the pain; but in this case, she became so intense with it, because it was during a testing period, that she

actually physically was absorbed by the pain. So whenever you feel you are taking on the energy of somebody else, you must say to yourself, I direct my energy to it, but I do not accept its energy as mine, and that is right and proper, because otherwise, you can be embroiled in somebody else's problem.

I have spoken of the different plateaus in my world the white plateau, then what we have the label of pink and rose plateaus and the reason for the coloring for those two plateaus was similar was because they were a growth from one to the other. They were a higher flow of the same thing.

Now, we know that the one plateau deals with the visual aspect of the self and the second with the listening or the audio aspects of the self. Now, having come to that plateau, the next plateau that comes is a plateau of integration. Now in this plateau, you merge the visualization and the audio aspect of yourself and begin to work with those. And I would suggest that you call this the lavender plateau in that same framework of color.

Now in the integration aspect, you are learning to use all of those facets of yourself and begin to reach out with them. It is in this plateau that you sometimes have what is thought of as circular vision, in which you look at something and see it and its access to human life from beginning to end. In other words, you might look at something and see the complete health aspect of it to you, the complete aspect to you in finances and relationship to it. It is as if it rings you with all its potential to be feel you. You practice the art of circular vision, and everyone can practice that in the physical world.

Now you have come close to this sort of thing with some of your cluster thinking that you think about, where you think of one word and then you immediately put down all the other words that are associated with it. And what that's saying is, this is the energy of this expanding to other ways of letting out that particular energy, in other words, associated words.

Cluster thinking is when you take a single thing in your life and you sit with it and simply say, I will accept its total input into my life, and it's going to be as if your head spins for a moment, and all of a sudden, it's going to be as if you were the hub on a wheel and from the rim of that wheel are going to come all the realizations of that in relationship to you. And then it's going to reverse, and you're going to see you in relationship to it. And in a little while we're going to practice that for a moment, so that you can have some insight into how to make it.

Now this is a marvelous way to understand feelings
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about your finances, feelings about your relationships, feelings about, you know, you. In other words, you say to yourself, I have studied art. What is art to me in this life? How does it affect me? And you're going to feel all that's good and all that's bad, you know, all pointed out to you, and then you're going to react to it, and you're going to feel what you feed back out into the world from you about it. So it's an excellent way to learn. And this is part of the training, or part of the evolutionary process of you in that lavender or fourth plateau.

Now when you move from that plateau into the fifth, you are moving into the cosmic integration wherein now you are taking all your facets, all your abilities, all your comprehension. and you are taking that into the universe for non personal recognition of them. You see, up to that fourth plateau, things have been related to you.

Now you are detaching the personality aspect and seeing the universal or cosmic aspect of that to you out in the universe. So you have a very different feeling about that.

If I say to you, dental work, and you happen to be a dentist, you will look at that from the newest techniques, the time involved to do it, the bonding process, whatever it happens to be. If you happen to be someone who needs dental work, you'll think of it in how you handle dental work, and it's usually with a shutter. And so that one word can have different meanings to different people.

Now on a universal level, that would have the meaning of the maintenance of a physical aspect. There would be no personality association, no technology association, no personal feeling connected with it. So you begin to see how certain parts of you react to the universe in a totally soul register, not personality ego register.

So when you hit that fifth plateau, you are hitting a new cosmic sense of your reality, and it is here that you really begin to totally understand you and the soul, not as a personality.

Now even though you've approached the other areas with the realization of something broader than you simply as Jane, or Jack, or whatever, but you are going to now see you as Aneel, Amah, or whatever your soul communication is.

So those plateaus are the evolutionary process away from the self identity into the universal and cosmic identity, and knowing and understanding those as you go back into another life helps you to keep the balance, helps you to be able to not so personalize everything all the time that you're so caught up in the pain of that personalization that you can't move into anything else. So it's almost like a breaker system is that what they have, those boxes in the house that when the current gets to much turns it off? That's your breaker system, that cosmic identity, because it says enough of the personality, look beyond it.

(To be continued in the next issue of the Ring of Light)

Introducing the Forum

by Anne Claire Venemans

About a year ago, Nancy and Dan Walton approached me about starting a Forum column in the Ring of Light to answer readers' questions from the perspective of the Julian Teachings. I immediately thought this was a great idea, and finally it is coming into being!

Julian has left us with a wealth of information that he and June have taught us for many, many years. There were the ongoing classes: Transition Energy (TE), Development, Mystical Magus, and Practical Magus; and, on top of that, a multitude of public workshops. Most questions we would ever be able to come up with were answered during those classes.

With the Forum, we hope to bring (part of) the answers that the Teachings have given us forward by answering your questions.

Now I am quite familiar with the TE, the Mystical Magus teachings, and a fair number of workshops; however, I have asked Adele Lederman and Jan Clayton to form the Forum with me, as they are familiar with different parts of the Julian Teachings.

So the Forum writers currently are Anne Claire Venemans, Adele Lederman, and Jan Clayton. Depending on the questions being asked, we may ask others to answer any question that pertains to their specific field of expertise.

Answers will come from our personal experience, based on the Julian Teaching classes we have taken (Development/Practical Magus, TE/Mystical Magus, Julian Healing Techniques, and public classes) and from that premise that we aim to move the classes we have taken into everyday life-situations and experiences.

Answers may, yet don't have to, point to Julian workshops or books; either quoting them or offering them as a suggestion to learn more about the topic and the way Julian put it into context.

With the Forum we hope to inspire discussion around the questions asked — possibly on the Julian Teachings Community Facebook page.

Questions can be sent to me: anneclaire77@gmail.com

They will be answered in the Ring of Light newsletter. The answer will also be posted on Facebook.

We hope to receive many questions, and we will do our very best to answer them based on the way each of us were taught by Julian.

I'm very much looking forward to both working together with Adele and Jan in the Forum; as well as working with you, answering your questions!

In Peace, Anne Claire

Meet the Writers of the Forum



**Anne Claire
Vennemans**

I have always had a mystical approach toward nature and life in general. I have used this perspective in my Mystical Jewelry since 1984. I met Sam Holland in 1994 and it didn't take long for me to get introduced to and extremely interested in June and Julian's precious teachings. I am a qualified teacher of TE and to teach Mystical Magus reviews.

I have had the opportunity to be taught by Julian on the meaning of shapes and symbols, both in the energy seals Julian gave, as well as in divination, which led me to develop the "Symbol Discs, an Ancient Shamanic Way to Gain Insight."

I use all I have learned from June and Julian in the unique pieces of Mystical Jewelry I create. I draw personal Empowerment Mandalas. I co-authored "Sacred Spaces and their Universal Connection", and twice a week I post in my blog "Thinking out Loud".

I have been a Registered Nurse since 1957. Following 10 years of counseling and caring for patients in the Danbury Hospital Detox Unit, I expanded my counseling skills to become a certified alcohol and substance abuse counselor.

I have studied holistic healing for the past 45 years, and was a student of June Burke and the Seraph Julian. I am a Certified teacher of the Julian Healing Techniques, and have taught classes and workshops for the past 35 years.

My current focus is to continue teaching and share the knowledge I have amassed over the past years to those interested in learning the art of holistic healing and meditation. Skills learned will help students achieve overall mental and physical health and will aid in reducing anxiety and stress. The goal is for these students to master the age old art of healing to alleviate dis-ease, and achieve balance and health.

It is my responsibility to find students of The Julian Healing Techniques and help them develop the skills needed to practice and master these techniques. I also look forward to certifying as teachers those that master these skills and possess the passion to teach. This responsibility was given to me directly by Julian.



**Adele
Lederman**



**Jan
Clayton**

I can't remember when I first became fascinated with matters beyond scientific explanation, but I am sure that it was before I hit college. For decades, I dabbled in this and that, but then, in 1995 Larry Scheer introduced me to June and Julian. I immediately knew that I had found a spiritual home.

I have had the honor to study and complete June's Development course and The Practical Magus. I have also been certified to teach the Self Awareness course. I find my notes and handouts from these courses and the many public workshops that I attended to be friends. They are tremendous sources of helpful information that I go back to again and again.

Although I personally practice divination, astrology, and healing, I find my spiritual calling to be more along the lines of figuring out practical applications of the spiritual teachings that I have received over the years. It is pretty straightforward to work with these teachings in the context of one's daily meditation or spiritual study; however, it is much harder to take these teachings and figure how they apply to the every day challenges at home and work. In particular, I like to think about how we can apply this knowledge to business, science, and our stewardship of the earth.

About the Ring of Light

The Ring of Light is a periodic publication serving the Julian Community. 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 writers who contribute their words to this publication.

Our Next Issue

Theme: Rekindling the Light

Submission Deadline: 11/30/2015

Send electronic submissions to:

warrendaniel34@yahoo.com

Send short paper submissions to:

Nancy Walton

1148 Fairlawn Ct. #1

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