

# Ring of Light

A Newsletter for the Members of the Julian Community

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## Happy Winter Solstice!

It seems appropriate given the theme of this issue, *The Gift of Gratitude*, to thank all of you who have contributed as authors and editors this year.

*Bryan Ayotte*

*Jan Clayton*

*Lisa Cobb*

*Barbara Garro*

*Connie Golden*

*Yvonne Harbers*

*Sam Holland*

*Eleanor Johnson*

*Adele Lederman*

*Jeanne Livingston*

*Grady Love*

*Renee Salvatori*

*Saul Srour*

*Stephen Schmidt*

*John Svirsky*

*Anne Claire Venemans*

Gracia! Mahalo! Arigato! Dank je! Shukuria! Paldies!  
Merci! Bolz'in! Danke! Grazie!

Have a wonderful holiday season and best wishes for a 2017 that is full of love, peace, and abundance.

— *Nancy Walton and Jan Clayton*

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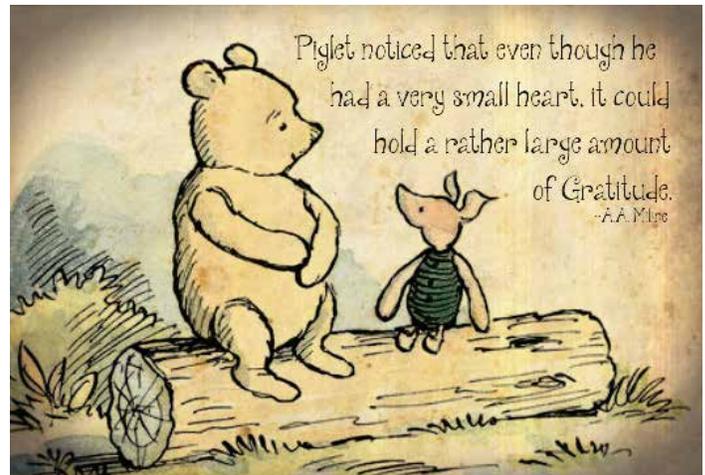
## Quotes About Gratitude

**When you arise in the morning,  
give thanks for the morning light,  
for your life and strength.**

**Give thanks for your food  
and the joy of living.**

**If you see no reason for giving thanks,  
the fault lies with yourself.**

Tecumseh (1768–1813)  
Shawnee Native American Leader



**To speak gratitude is  
courteous and pleasant,**

**To enact gratitude is  
generous and noble,**

**But to live gratitude is  
to touch Heaven.**

Johannes A. Gaertner (1912–1996)  
Professor, Theologian, & Poet

# Astrology

by Eleanore Johnson  
Poughkeepsie, New York



Happy Holidays!

The year 2016 ends with a New Moon in the Sign of Capricorn (at 7 degrees) on December 29. It conjuncts a retrograde Mercury. This aspect provides us with an opportunity to get in touch with our subconscious and to refocus the energy outward.

The energy of Uranus will continue to bring changes for our country. If those of us have wondered about the energy of Uranus, we have certainly had a great awakening to its energies. It represents shock, change, the unusual, and the different along with the element of surprise. Uranus is in a positive aspect with the planet Saturn through 2017. The two planets are currently making a trine in the heavens. This is fortunate as it allows for discipline and responsibility (represented by Saturn) to cooperate effectively with the element of change (represented by Uranus).

In January, Mercury is in the sign of Capricorn — a common sense placement for Mercury.

Venus, Mars, and Neptune are in Pisces. Lots of water — in the form of precipitation — will continue to prevail in much of the country.

There is a lunar eclipse on February 11th at 22 degrees of Leo. The moon makes a trine in the heavens to Saturn and Uranus, as well as a sextile to Jupiter. These favorable aspects will support the creation of bridges (through humanitarian efforts) between differing views on personal rights and cultural traditions. The resulting compromises will bring people together for the greater

good for all. It should be a magical time, because additional aspects create a near perfect mystic triangle and a pentagram. There will be great tension, but also positive aspects that will help resolve conflicts positively.

Lunar and solar eclipses follow each other in a two-week pattern. There are times when the solar eclipse is first; however, this year the lunar eclipse first. It is followed by the solar eclipse at 8 degrees of Pisces. Eclipses make things happen. They often represent turning points in ourselves and in the collective consciousness. The energies of this solar eclipse should support movement that occurred during the lunar eclipse.

In February, Mars is in Aries square Pluto in Capricorn. There can be struggles with this aspect. It is dynamic. It can create rash actions that need to be tempered by persistence and confidence to attain positive thought to attain goals and objectives. If used positively it is well worth the effort to attain our goals and objectives. This gives us the ability to inspire courage and enthusiasm to those we interact with in our world. Send much light to ourselves and our world leaders. Courage and initiative can overcome all obstacles.

The vibrations of the planets are in a higher aspect than ever before. Manifestation is much quicker than ever before in word, thought, and deed. Light your light! May it spread and bring you great joy. Whatever we give out will always return to us.

Love and Light,  
Eleanor

# The Highs and Lows of Gratitude

By Renee Salvatori  
Wheeling, West Virginia

I watch with delight and in slight intrigue as social media posts show grateful people with “gratitude captions” as they share their vacations, new purchases, relationships, great jobs, or revelations. But I also can’t help but wonder if they are still grateful when they return home, when the newness of love wears off, or just when the excitement of whatever is over. I am not trying to be judgmental or snarky, because I am one of those who have posted gratitude posts. I am also one who knows that sometimes the high can quickly turn to a low, and the the one who needs to always find my balance in this act of gratitude and thankfulness.

So, my mind wonders to how others settle into their own flow of gratitude. Do they employ some of the same tools I use?

Sometimes life gives us the roller coaster of emotions with the highest of highs, lowest of lows, and the mundane moments in between. The rhythm of our gratitude may not be consistent. It may feel like running a race. There will be moments when you hit your stride, feel out of breath, get muscle cramps, have pains in your side, and have the exhilaration of seeing and passing the finish line. Yearly, seasonally, weekly, daily, and hourly we may experience the same kind of mixed-up rhythm.

I liken my own balance to an imaginary line on the floor that I use in some of my yoga poses. It is an invisible strip of masking tape that runs between my legs, behind me and in front of me, as if I were walking a balance beam, except my goal is not to stay on the tape. Nope, I straddle it with my feet steady and solid on the sides, not teetering. Gratitude balance is a lot like that. It is finding balance for things both big and small or for those highs and the lows.

When one prays over their food, one is being thankful for what they are about to eat. When someone holds open a door for us, we are grateful for his or her chivalry. We can be pleased with our “daily bread” even if it’s not a grand buffet, or our car that has over 200,000 miles but is still running. We can be grateful for our job even if it is not our dream one. We can thank the eyesight that is still there, even if it is no longer 20/20. Gratitude is great when you hold your newborn, get a clean bill of health, find the perfect mate, find a great vacation spot, or win the lottery, but it is also that warm cup of coffee or that

note in the mail from a special friend. These may seem like little mundane moments in our day that may not be social media worthy, but they are still of value

Look and dig deep, if you must, for something. Reading those words may cause anguish for some. Maybe just breathing is all you can ilk out. We have all been there. Our lives may feel out of control, our physical health may be suffering, emotions may be on that roller coaster, or our mental health may be covered with a gray cloud. However, even in the midst of our confusion, we must try to give ourselves our pulse back. The pulse of gratitude is our very lifeline. It charges our heart, feeds the brain, and calms the nerves. It jump-starts us over and over again.

One year my son was very sick with an infection and spent weeks in the hospital and weeks at home with a PICC line, followed by a year of oral antibiotics. The same day he went into hospital, my mother-in-law passed. My mind couldn’t see straight. I felt like I couldn’t mourn her passing, as I was too geared to saving a life. My body went into autopilot but after a few weeks, I was able to find gratitude again. Gratitude for the doctor who found the infection, the attentive nurses, thankful my mother-in-law no longer suffered and even for the fact I was with her when she transitioned. Here is also a simple one. I was thankful for the stones in my rock garden that I was able to slam down over and over as I cried my frustrations away.

Life can be hard. We all get that, and we all get passes as we muddle through some of those difficult moments. But we need to come back to it eventually, because there are so many health and emotional benefits to the “attitude of gratitude”. Being grateful is a softening of sorts. It allows every cell in our body to soften and open up to the wonderful boost of fortifying juice that sustains and nourishes in what otherwise could be a junk-food kind of day. This gratitude boost also releases a vibration that attracts even more things to be grateful for.

I love the Thanksgiving season. It helps me focus on what I am thankful for in my life and what I value. So a month before Thanksgiving, I write one thing daily that I am thankful for. Let me confide here; sometimes it is a challenge. One year, I not only got 30 but I got 100 things, while other years I didn’t get over 20. Remember

*(continued at the bottom of page 5)*

## Thoughts about Gratitude

By Anne Claire Venemans  
Utrecht, The Netherlands

We have a lot to be grateful for.

While there certainly are upsets happening on a global scale, when we are looking at our own lives, there are a lot of things that are really wonderful and beautiful as well. And the recognition of those things that work well, that are enjoyable, beautiful, and peaceful spark that sense of gratitude.

Granted, sometimes we need to really look hard to find that little pearl of beauty in our daily lives — but when we have an attitude that is geared toward searching out those gems, it is easier than one might think.

And with the recognition of every bright gem, every pearl of wisdom, our sense of gratitude grows.

What we appreciate appreciates.

Consciously seeking out those things we can be grateful for brings greater gratitude into our lives.

And no doubt this sense of gratitude brings more grace into our lives as well. It can be a wonderful foundation for a productive, peaceful life; a life in which we can truly let our authentic selves shine. A life we can live without finding ourselves stressed to the limit with every event that is happening, every situation that is occurring.

Therefore the gift of gratitude is perhaps first and foremost a gift to ourselves. After all, we have a lot to gain from living life with an attitude of gratitude!

Some people even may say that it is our obligation, even our duty to be grateful.

And that suddenly makes it a “blanket statement” that brings up any number of questions. I mean, just for starters, is that true? And do we have to be grateful for everything that happens in our lives, or even in the world? Suddenly the concept of gratitude starts ruffling feathers!

From a universal perspective — and perhaps even from a perspective of the Julian Teachings — everything happens for a reason; everything follows the Law of Cause and Effect.

This means that whenever something happens in our lives that we didn't wish, desire, or even anticipate, rather than getting frustrated with it, we may be better off finding what

caused it to happen. Was it something we did? Something we said? Or perhaps an attitude toward something; even an attitude that we are not all that aware of, but that still is part of our thinking and therefore part of our lives? Do we still hold on to some personal truths from our childhood, that may have been true at that time and in that setting; but that are not factually true anymore?

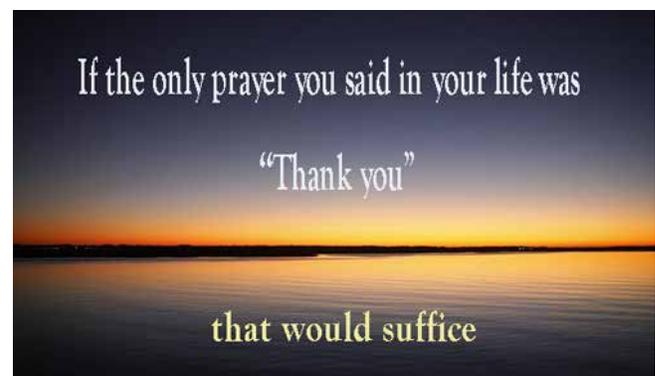
In other words, are the things that are happening in our lives a signal from the universe, an opportunity given to us by the universe to re-examine our thinking (*All is mind, mind is all*) and our actions (*Every cause has an effect, every effect has a cause*)?

If we decide that this is the case, even those things that don't make us jump with joy are things to be grateful for!

Of course it is far easier to cope with both the concept as well as the perspective that this is so within our own lives, rather than on a global scale. As it is often a lot easier to see how one thing has led to another in our own lives than it is in a conflict halfway around the world.

Still it is as important to examine conflict in a far away place the same way we may examine a situation in our own lives, as we are all part of the oneness that makes up humanity. So, our frustration with traffic as we are making our way home, may add to the anger in a civil war elsewhere. And, by the same token, our compassion toward those in need will help bring balance in troubled areas, no matter how close or how far away they are.

So, living our lives with an attitude of gratitude is not only adding a lot to our own lives, it adds a joyful, beautiful, and, yes, peaceful vibe to humanity as a whole! And that is truly something to be grateful for!



# Remember Your Ladder

By Grady Love  
Charlotte, North Carolina

Expressing gratitude is easy when things go your way. But then, when things don't turn out the way you want them to, it's not so easy. It can be downright difficult.

Given the outcome of the recent election and all of the energy that appears to be devoted to dis-unity in both our personal lives and in the world, some of us may be having difficulty finding things to be thankful for at all. In these times we can lose sight of who we are as light workers and the purpose we have in the world. When we forget our Julian teachings and get caught up in our troubles and those of the world, our Light doesn't shine as it is meant to shine.

So why do I call this article *Remember your Ladder*? It's a bridge—my attempt to assist those who may want or need to refocus through a simple illustration, which is a personal story. I enjoy the fall season, and I am thankful that I can see the vibrant colors of the leaves and feel the change of the weather that signals the completion of summer. But I am also aware that with this change of season other less desirable duties arise like raking leaves and cleaning out gutters. Depending on how one chooses to look at it, it can be a blessing or a chore. One thing is certain, complaining about the *problem* that leaves bring to me as a homeowner doesn't make them go away. A different response is needed.

Now, my home is a two-story so my gutters are about 20 feet up. My ladder is heavy and awkward to handle at times. I have my health as long as I am careful. This year, I had an ah-ha moment during my "leaf drama." When I climbed my ladder to just higher than 20 feet and looked around, my perspective changed. Things really did look different from this new vantage point. I saw that my neighbors are facing the same leaf challenge, but from this higher level, I can see their varied responses. Some seem not to notice or care; some, like me, grudgingly, but dutifully clean; some could use help; and still others are busy with fall decorations in their front yards and doors that suggest to me a subtle sense of optimism and thankfulness. Some remained aloof by hiring others to perform the work. Last, but certainly not least, at some houses it was a family affair with children "helping" the parents with the chore by just playing in the leaves. Then I realized (ah-ha) that I had turned into a grumpy old man when the leaves fall. But, seeing things from this higher place, I saw that I could and should change my point of view. While holding fast to my ladder and "seeing my grumpiness" for what it was, I figured that I should recalibrate.

In the reality of this new awareness, I am able to joyfully express my gratitude to God — that I have a home and my needs are more than met. I have a beautiful family. I have wonderful neighbors and many beautiful trees that every year display leaves of many beautiful colors and, too, trees that unselfishly share them with my lawn and roof; and I more clearly see that I have, as you do my friends, a greater purpose. I am very thankful for them all.

Just as all people have received, especially those in the Julian community, I have been given a gift, a responsibility and awareness (thanks to Julian's teachings) to consciously be mindful and grateful — to remember I should be climbing my ladder of inner perspective with a spirit of acceptance, love, and laughter that will help my light shine brighter as I climb. And if it is meant to be, that others may be encouraged to do likewise.

In this season may you, too, remember your ladder and be thankful that it was given to you.

## The Highs and Lows of Gratitude

(continued from page 3)

... that pass I told you we all get? Be kind to yourself as you try on this new gratitude gift. Get comfortable with it and love whatever comes up. It will get easier as the returning vibration can't help itself.

Gratitude is the gift that keeps on giving. It's not just gratitude at our holiday table or under the tree; it comes from deep within our hearts. This gift has no physical components, nothing that will rust, wear out, outgrow, or need to be remodel with time. How we all love receiving gifts and giving gifts. So this gift of gratitude is a win-win for others and our self. It is giving from the heart and a receiving into the heart.

So let's get going and start counting blessings instead of difficulties. Let our hearts find the comfortable rhythm and flow and its balance to the highs and lows of gratitude.

## The Four Worlds — Putting Genesis into Context (Part 3)

By Connie Golden  
Saratoga Springs, Utah

Simultaneously, as the laws are coming into existence, the four worlds in which these laws apply, are coming into existence. The primal impulse split the undifferentiated space into four overlapping sections (often called worlds, planes or levels) with each succeeding section having a lower frequency, determining all that would ever proceed from it. Figure 1 shows these worlds in two dimensions. Even though the bottom half of one world might overlap the top half of the world below it, each world is separate, operating at different frequencies and having different characteristics. However, there are strong correspondences between these overlapping sections and transition areas.

The color coding used to outline each World in Figure 1 is:

- White for the Absolute World
- Blue for the Conceptual World of Spirit
- Purple for the Formation World
- Red for the Physical World

Figure 2 shows conceptually how the primal impulse travelled down each world, creating what was needed for the existence of mankind in that world first and finally creating mankind operating in the level of consciousness of that world.

The highest frequency world is called the **Absolute**, the pure potential of all that can be, the Archetypal world. Everything that will come into being is here in potential, including humanity who are vibrating cells, the organs of perception (being self-conscious). These vibrating cells are interconnected, like in a matrix, and the composite *self* is the primeval Adam, formed in the Creator's image, the radiant outline of a *self*-portrait in consciousness. This world is without time, space, or form. The will to sit or the potential to sit would exist in this world. The world emanating from the Absolute, with the next lower level of frequencies, is the world of **Concepts** (or **Ideas**) — the world of pure spirit. This is where some concept of time first exists as well as the cosmic principles of creation and destruction. There is no form in the world of Concepts that contains the *heavens*. However, the spiritual essence or idea pattern of all that will proceed from these concepts or ideas is here in this world. The will or potential to sit in the Absolute world becomes a mental pattern for something to sit on.

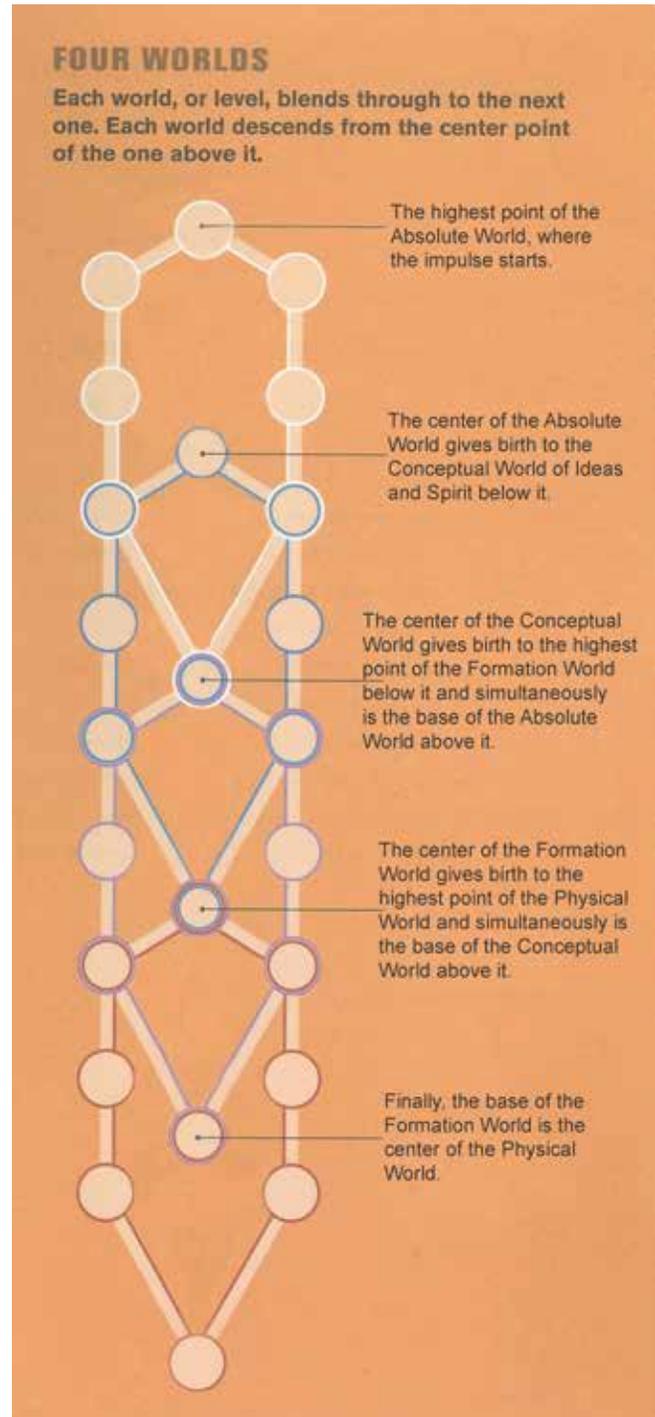


Figure 1: Four Worlds

The next lower level of frequencies is the world of **Formation** (more commonly called the Astral plane). It contains the *essential form* in vibration of the physical world below it, and enables the concepts and ideas in the Conceptual world to take formation for materialization in the Physical World below. The mental pattern or idea for something to sit on becomes the vibratory form of specific chairs or other objects that can be used for sitting.

The **Physical** or **Material** world resides at the lowest frequencies in existence, where all of creation is made manifest, or expressed, in matter. Everything in this world ages and dies. In the other worlds of concepts, thoughts and awareness, life is eternal in that the imprint of the energies at the lower levels are carried forward into the upper levels and are not destroyed. In the Physical world, the specific chair in vibration on the Formation plane above becomes a material *thing* that a physical human can sit in. These are the four worlds in which mankind exists at some conscious level.

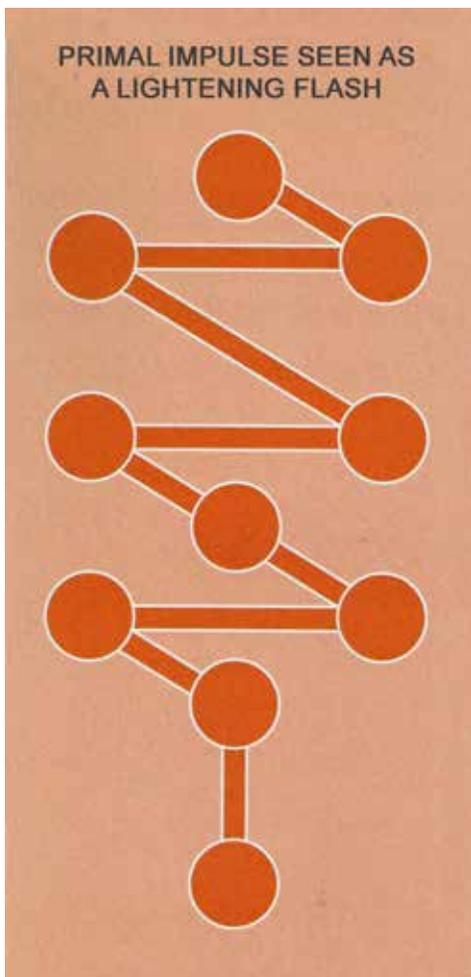


Figure 2: The Travel of the Primal Impulse

## A Gift of Gratitude

By Jan Clayton  
Los Altos Hills, California

In thinking about the topic of the month, I wanted to share an incident that happened in my life in mid-November.

As some of you know, one of my hobbies is singing. I have sung in choirs ever since I was a small girl, and more recently started a choral group, called Resounding Achord, with a few friends — but I digress.

Last month, we performed a concert, called Gratitude. (Not planned with the topic of this ROL — but there are no coincidences, right?) One of the things our Artistic Director wanted to do was honor/thank current service people and veterans. (The concert was on Veteran's Day.) Close to the end of the concert, we asked all current and former service people to stand. We handed each of them a pink rose; thanked them publicly for their service; and then we sang a unique and moving version of America the Beautiful. Only six individuals were standing, but we were all touched by the moment.

The following day, one of the singers in our group told us about the reaction of one of the veterans who we honored. It was her uncle. He had served in Vietnam. He told her after the concert that he was extremely touched by the rose and our thank you. It happens that it was the *first time* that anyone thanked him for his service to our country. Nearly 50 years, and this was the first thank you he has received for risking his life.

Sometimes we don't thank people, because we figure that it is rather trivial or maybe because it is too much after the fact. But this event shows that just a small thank you can be a huge gift to the person on the other end.

Gratitude is referred to as "the magic" by Rhonda Byrne, the author of *The Secret* (as well as *The Power* and *The Magic*). Her premise is: "[Gratitude] works in the same way as metal being drawn to a magnet; your gratitude is magnetic, and the more gratitude you have the more abundance you [draw to yourself]." She believes that this is a simple corollary to The Law of Attraction. You reap what you sow.

If you are looking for a book that will help you change your perspective about your life, I suggest reading *The Magic*. Not only is it compelling reading, but it has 28 days of exercises to do that get you into a mindset of gratitude and to build abundance in your life. Try it out; you can even get a Kindle version.

## Remembering Dan Walton



1934 - 2016

Long-time Julian Teachings student, Warren Daniel Walton, passed away peacefully on 11/21/16 in Walnut Creek, California. Dan was born in Longview, Texas and lived in Chugwater, Wyoming; Denver, Colorado; Chicago, Illinois; Charleston, West Virginia; Matawan, New Jersey; Goshen, New York; and Benicia and Walnut Creek, California. He graduated from Arlington Heights High School in 1952, and graduated from the University of Michigan in 1956 with a Bachelors Degree in Business Administration.

Dan served two years in the Army and was discharged as Staff Sergeant. He worked in Union Carbide, Hoffman La Roche, Blue Cross, and Rides for Bay Area Commuters in Human Resources.

Dan loved classical music. He was an avid traveler who visited Japan and Korea (while in the Army) England, Scotland and Wales, Ireland, France, Germany, Hungary, Scandinavia, Russia, Austria, Italy, Spain, Greece, Turkey, Israel, Egypt, Jordan, Kenya, and New Zealand. Dan led a full life and positively touched the lives of many.

In lieu of flowers, please consider remembering Dan with a donation to one of:

Hospice of the East Bay, [www.hospiceeastbay.org](http://www.hospiceeastbay.org)  
The Alzheimer's Association, [www.alz.org](http://www.alz.org)  
Your favorite charity

*Dan Walton was one of the best participants a teacher could welcome into their class. He was a devoted student of all four of Julian's advanced classes: Transition Energy, Development, Mystical Magus, and Practical Magus studies.*

*I had the privilege of teaching Development and Practical magus classes to Dan. He was inquisitive, sharp, and asked very thoughtful questions. When he would ask a question with a twinkle in his eye I knew the question was going to be both humorous and provocative. He was also a fellow classmate in many Julian workshops and the Transition Energy and Mystical Magus studies.*

*He had much to share and we learned from each other. He was a good friend outside of the classroom. Dan was a delight to be around. I will always remember his soft spoken kindness, generosity, and dependability. He did so much for our community, we all will miss him. I sense we have a friend and protector working with us on the other side of the veil. He will never be far from my thoughts and heart.*

— Many Blessings, Larry Scheer

*I met Dan through the Julian teachings and we soon became great friends. Dan had a way of unobtrusively telling me right before I got out of hand. :-)*

*Dan's dedication to the Julian work and the community was unparalleled in both respect as well as the desire and ability to follow them.*

*Dan was an example to all of us. I will truly miss him.*

—In Peace, Sam Holland

*We remember Dan as a thoughtful, supportive spirit. He planned a trip to England for a group of us and surprised us with an early morning visit to Stonehenge with no restrictions on where we could go. The meditation there was memorable. I'm sure he'll be continuing his quiet supportive work on the other side.*

— Chuck and Connie Golden

## ***Achieving Extreme Balance & Enter the Portals to Whole-Being***

**Westkapelle, the Netherlands  
May 14 ~ 19, 2017**

***In last year's workshop Anne Claire, Sam and the group worked with one of the world's oldest Mystery Schools. We all experienced the power of this very ancient site during it's rededication.***

***Now it is time to use the site in a practical way that not only helps move the site forward in its Universal purpose, but also in a way that gives you a significant boost on your own spiritual path.***



### ***An Ancient Mystery School reborn...***

As opposed to most Sacred Sites we have worked with, this ancient Mystery School has no visible outer markings. However, its energy is powerful and has a very high frequency. As it is used with respect and wisdom its strength builds rapidly. It does this harmoniously with the needs of the Universe, the Earth and humanity.

When we use the etheric structures and energies of this site, its ancient wisdom becomes available to us. It provides a powerful tool to improve our lives in

a way that gently enhances our awareness and our ability to heal ourselves.

In this workshop we will use new processes that make use of the fundamental and ancient energies of the Site. We will do this in such a way that time ceases to exist and the ancient knowledge becomes applicable in our every day lives.

Therefore this is the perfect space to discover our 'Whole-Being' in ultimate balance!

***Come join us in using this special Site!***



Place: Westkapelle, Zeeland,  
the Netherlands  
Date: May 14 ~ 19, 2017  
Cost: €750 or \$800 pp double  
€950 or \$1025 single.

We will stay in Beach Hotel Zuiderduin, in Westkapelle.

<http://www.zuiderduinbeachhotel.nl/en/>

Included in the price of this workshop are five (5) nights at the hotel, including a generous breakfast buffet, two 3-course dinners.

To reserve your place send us an email: [theshamansjourney@gmail.com](mailto:theshamansjourney@gmail.com)

## The Gratitude for Free Will

By John Svirsky  
Garrison, New York

Thank you God for giving me the opportunity to be. What a great gift you have given me. Without judgment or criticism you have loved me, allowed me to express, to try thoughts and ideas, and see the results. In your infinite wisdom you have allowed me to think that I was in charge and creating the rules for my life and others did the same for theirs. In your wisdom, once I thought I was getting the hang of this game and *was* pretty good at it, you upped the ante; you raised the level of the game to include me interacting with others who also *were* given this same gift of free will. After eons of time learning to cohabit and respect each other's way of life and live in peace, you added countries, governments, religions, business and international conglomerates to the mix. All of a sudden I forgot you allowed to me to be. Now I have to coexist, play with others allow them to be them and me to be me. Then, all of a sudden I wanted them to like me so I started thinking they would like me more if I were more like them and less like me. A new cycle of the game has begun. What were you thinking, Dear God, or were you thinking at all? When in your infinite wisdom you have given mankind this gift of free will, the gift to be and to discover the various natures of your own self.

You not only granted us free will, but somewhere in your dream for us, you have encouraged us to go beyond our limited conscious self and become more like the divine principles ... Love, Harmony, Acceptance, Unity, and Peace of Mind.

So here we are at the end of another year, 2016, and it is time to look back and review. For how can we move forward without a review of where we have been? What worked? What did not work yesterday, just might now? It's an opportunity to see where we have been selfish and self-centered, where we have consciously asked to be of service and seize the opportunity to do so, when appropriate.

Did I live this year consciously following my dreams, desire and inner vision that I have set for myself? Or like in so many other years, was I living out other people's (family members) unfulfilled dreams? Was I living a reactive existence of doing what was in front of me, putting out the next fire, addressing the next crisis feeling good at what an effective problem solver I have become? Was I striving for peace and security, sometimes a euphemism for me wanting to be in control and feeling safe?

Have I allowed myself to connect to what my Higher Power's Soul's vision for me was before I incarnated into this lifetime? God has given many tools to help us discover our vision such as astrology, phrenology, palmistry, numerology, psychics, Seraphim's, angels, spirit guides and so many more. They can all be of help. The one technique I found most helpful in this journey is active meditation. Asking and listening within myself. What better place to look for my Soul's blueprint for this lifetime but within my heart and soul? Being quiet enough to

not only ask the right questions, but to be still and receptive enough to hear the answers. We all have heard that *prayer* means asking and *meditation* means receiving. So many of us pray, beseech, beg, implore, bargain for our next want and desire with what we think is God. If you only grant me this or that, I will be good forever. I will eat my vegetables. Prayer without meditation is like dialing the telephone to ask for what we want, then hanging up before we hear the answer. How often has each of us done that? Hung up before God had the opportunity to answer?

I started this article being thankful for the gift of being. I also am most appreciative for Julian, the gift of transcendence. Considering how low I was, I am very grateful for our wonderful Seraphim, who gave us keys and tools to help us along the path. Never doing it for us, but helping us to find our own path. One such gift was teaching us from the book, *The Kybalion*. For those who were not fortunate enough to be at the classes, check with Saul Srour or go to the [www.julianteachings.com/shop/workshops](http://www.julianteachings.com/shop/workshops) for the tapes. I am so grateful there is a world of knowledge available to us to inspire and guide us at the click of a computer. The Hermetic Laws are sessions 212 through 218. Julian introduced us to these laws that were delineated in the book, *The Kybalion*, by the Three Initiates (can also the order through Amazon or Barnes and Noble.)

God did not just say go and be and come back later. No, the Divine force gave us commandments, a rule book. The rule book has evolved and changed as we have evolved and changed, but the Universal Laws always are present and it is up to each of us to harmonize, respect, and work within them. When we do our lives are more productive and fulfilled; or we can go it alone, be willful, run riot and learn our lessons that way.

One of the primary reasons for our souls choosing to return to the school called Planet Earth is to learn the lessons of free will. Each of us has to progress over time and go from individual self to understanding that we are all one. We do this through different creative expressions. It is the responsibility our angels and guides to help us learn in the most efficient manner possible. If that were through pleasure and happiness or through trial and tribulation, all is good as long as we learn the lessons we have come here to learn. Unfortunately most of us forgot why we came here or forgot the lessons we came to learn so we mistakenly think that what happens to us is random. Remember the song from the 60s: "Why is everyone picking on me?" In the big picture, it's not personal.

So I have written a lot of words, shared some of my thoughts and in case I wasn't clear, my intention in writing this is to encourage all (especially myself) to review the past year, review the last decade, journal about our lives as if looking at them from the other side. Let the writing begin with something like, "Thank you God, for the gift of this lifetime. I am

(continued on the bottom of page 11)

## The Gift of Time

By Jeanne Livingston  
Garrison, New York

Facing the last chapters of this lifetime is both daunting and amusing. Daunting, because I can't imagine what form it'll take before announcing "The End;" and amusing, because finally I'm comfortable accepting myself as I am. Sure, there are some rendezvous moments of slipping into yucky old self sabotage but no more is it accompanied by mea culpas. It's more like...oops, do that one over. Or better still...remember how golden *silence* is.

Yes, it's a gift that I'm still here. No one killed me, maybe not for lack of trying; I didn't commit suicide; and great teachers like June and Julian appeared at perfect times to guide me along the way... and still do.

Never mind that I'm shrinking, my hair is leaving and I take longer to do anything, what's important to me now is to keep on learning and growing no matter what. Life on the Earth plane offers me the gift of time through which I can experience the reality of what I'm thinking and hold as beliefs. Then, the adage, "All the world's a stage and we but players" becomes a present consciousness. Cause and effect is revealed clearly, so I can be honest with myself about my behavior in every situation. Was I the victim or the perpetrator? Did I act responsibly or hide in the blame game? Was I the flake, the fake, or the real me? Gee, aging ain't so bad when you can clean up as you go!

We're in the process of selling our home of 30 years in Garrison, New York and looking for a place to move in Naples, Florida, which seems like be a big shift. I'd always heard Florida referred to as "the waiting room," however warmth over cold in the winter is a great selling point. Also, we can just reverse our present habits by moving down there while renting up north in the summers.

Gratefully, I remembered Julian teaching us "flexibility" as the full Aquarian Age energies took over in the 1980s. He said this new air driven age would feel like "being in space with no gravity." Well, for an earth sign like me ...forewarned is definitely forearmed. I need previews of coming attractions to get going and have been known to read the last pages of a book first to make sure it wasn't too scary.

As "slip-sliding away" plays on the sound track these days, I remind myself that everything comes to go...like the leaves and the snow. What we all can do if we choose is to *be here now*; give service when called on, and Thank the powers that be for the gift of time on this plane and the perceptions we'll be taking with us.

(continued from page 10, *The Gratitude of Free Will*)

so grateful. I am so grateful for the opportunity to be. I am so grateful for the lessons that I have learned." Write, write and write. See what comes out when you go beyond the first few paragraphs after the mind gently lets go and your inner voice takes over. "Thank you God for all that I have experi-



## The Joy of Being

By Adele Lederman  
Walnut Creek, California

The geese converse loudly  
The birds call to each other as they fly by or sit and talk  
The creaking sounds of the house as it warms in the sun  
The low hum of the fridge as it keeps itself cool.  
The crunch of my joints as I stretch to meet the day.  
The click of my slippers as I move through the house.  
The sound of the bus as it carries early shoppers.  
Cars in the distance so anxious to commute.  
The buzz of the bee in my garden, gently kissing the blossoms.  
The increasing roar of the plane overhead that carries people to distant cities.  
The door slams next door as my neighbor leaves her house and rushes off.  
These unquiet moments greet me each day and have become an orchestra to my thoughts as I sit now to write.  
How blessed I am to hear this music that begins my every day.

And then the sound of quiet closes me within  
The sound that is not a sound yet words flow through my mind.  
The voice that is not a voice lovingly greets me as I write.  
The question that I thought about now being answered,  
Gives promise to me that I am never alone.  
I write what I know, feel, hear, see, and touch.  
These remind me of the blessings of being a sentient person.  
I do not have to lose any one of these senses to know how valued they are to me.  
They connect me to all of life, to All That Is.

enced and all that I have learned. Thank you God, for by your grace I incorporate all these lessons into my soul experience, that I may transcend the illusion of me to *we*. God is I AM and We are One."

I wish that for us all, a Happy New Year filled with Love, light, and laughter, and the good health to enjoy it.

## Remembering the 19th Gathering

I volunteered to lead and host the 19th Gathering with the Working Magus class—Magi of the Rising Sun. The theme “Seeds of Light” instantly became imprinted in my mind and soul.

Many of you do not know what it takes to host a gathering. It has to be a labor of love to organize and coordinate all the different things that are required to have a successful, fun gathering.

It was a fun time to reconnect with some old friends and make new ones. The realization was so strong in all, that even though we may live miles apart, we are interconnected in love and energy. There was much laughter throughout the weekend.

“The Seeds of Light Song” was given to the NY Development class by Julian, in early 2004, which we have shared with many groups. In December of 2004, the NY Development members had a class in which Julian did a meditation about the Seeds of Light. As it turns out that was the last class and communication ever from our beloved teacher, Julian. This meditation was shared at the opening evening of the 19th Gathering and it set the wonderful energy for the rest of the Gathering.

The following is a small excerpt from that class:

*“Always remember that each part of us, everyone of us in this group, form a collective energy as well as having our individual energies.*

*Remember that love rules this period in time. This age is ruled by love and polarity. So keep the balance and love unconditionally. Please don't stop laughing. It brings the greatest joy and literally when one laughs, energy of a negative nature cannot survive.*

*It is so weakened by the laughter that it is easier to shift around and change. And above all, do not be afraid.”*

All the presenters gave fantastic presentations, sharing their beautiful insights and love using the theme Seeds of Light.

As Seeds of Light we plant and spread the Light to shape ourselves, and our world, during this most trying time. This was the last affirmation Julian gave us.

*God is my source of all supply.*

*He answers my every need.*

*I realize now that He is indwelling*

*And His power is mine.*

*I accept it.*

*I step forth with joy to use it.*

*And I share it with all I meet.*

*So be it.*

If anyone would like a copy of the last meditation audio “The Seeds Of Light” and the seed song, please send email to me at: [s77aul@yahoo.com](mailto:s77aul@yahoo.com).

In Peace, Light & Love — Saul Srour



Dear Saul, the Magi of the Rising Sun and Jerry,

What a fabulous Gathering you all arranged! Everyone I've talked to who attended is still raving about it and as you know, I'm still on a high! The energy was marvelous. You all couldn't have done a better job. Each of you were absolutely glowing and that added all kinds of positive energy to our very special weekend. The room set up was great; the altar, beautiful. And Jerry, you outdid yourself with the Memory Table and floral arrangement. Wow! Wow! Wow! I know our beloved ones on the other side were over the Moon with your decorations, just as we all were.

Of course, I have to mention the food! The meal choices were satisfying and delicious ( I loved the desserts, too! Yum!).

To choose “Seeds of Light” as the theme was perfect this year. I feel you were all really tapping in to your High Selves with that one. The accompanying meditations were spot-on,

carrying us deeply and meaningfully into the theme and its application into the world. The speakers were diverse, with topics complimenting each other. The opening and closing, awesome.

One of the highlights for me was participating in The Naming. Janice, I felt beyond honor to hold your space. I love your Magus names, they suit each of you perfectly. Your wands and signets emanated power, strength, and beauty. I know you will each carry forward with respect, peace and harmony with the responsibilities therein, dedicating yourself to the Supreme Power, as stated in our Magus Creed.

I love you all dearly and am overjoyed to have spent such a magical weekend with you. I will carry these treasured memories in my heart forever. Thank you for creating them!

Love & Light, Camille

I can't let Thanksgiving go by without a tribute to an experience that I am truly grateful for. Thank you Saul and Magi for hosting a most wonderful experience! And, thank you Presenters for sharing your remarkable tools for building a life of gratitude! Thank you for the pictures!

I have to say that the greatest gift from this Gathering is being able to bring up a most vivid memory of all those fantastic belly laughs each day. In this memory of laughter — all those of The Gathering connect again in my heart and mind. This calls up an incredible tangible energy into another new day.

All the skills and knowledge that June and Julian shared with us, and all the brilliant efforts of their students to actualize this knowledge in their lives and serve well-being in significant ways — somehow all this culminates into this glowing vibrant energy of laughter. After nearly 40 years, I find this to be an energy that is specially unique to the Julian Community.

This laughter seems to evolve in us. It's the language without words or sentences that connects us with Julian's world, June's energy, and the group that grows.

I witnessed this Gathering to enliven and strengthen this incredible power — growing to keep us afloat in our daily challenges, and go beyond them to share an energy that serves not only to uplift ourselves, but reach out and uplift another.

*Light, love, and laughter* — how June and Julian this truly is!

Thank you all for empowering this gift! — Jerry Gross

This last Gathering was my fourth. As a newbie, I have been continually impressed by the open hearted and loving way in which everyone approached each other — trusting that the love and acceptance would be returned or was needed — with the sureness of those who know giving freely from a place of love that needs nothing in return. Having spent much of my younger years vacillating between feelings that I had something more to give than was at first obvious as well as self-doubt, every gathering builds upon the one before.

Utilizing the lessons shared by the presenters and the examples of light work that flowed freely throughout the weekends, I have developed friendships with those who try teach me. I am learning to embrace my gifts, and instead of doubt, I stretch and grow. What a beautiful gift that seemingly small, but all important, step is! I now acknowledge that my higher self knows what it is doing, even if my conscious self isn't so sure. My grandmother used to say to me, "Let go, and let God". A strong, wise and perpetually kind woman, she knew that to do what was right she need only listen. She also used to say, "There is no rest for the wicked," but that is another story! 🤔

This Thanksgiving weekend I am grateful for my gifts, for my kind and loving family, for my friends and the generosity of spirit we in the Julian community share.

I'm looking forward to California in 2018! Until then, love and light. — Terry Brown



First, I would like to thank Saul, and all the presenters at the 19th Gathering: Eleanor, Adele, Nick, Camille, Aca'u through Camille, Adele, and Angela.

Another thank you to Larry and Linda for the ongoing work that they do for all of us.

It was a wonderful time to meet old friends and make new ones, as well. It was an unusual place where we could have discussions, both inside and outside the meeting room, that might not be possible elsewhere.

As one example, I enjoyed having breakfast with Nick Saturday morning, one on one, where we talked about both of us growing up in New York City and what our families were like, as well.

It was great spending time with Carol and Ted, who have now been able to come to the Poughkeepsie Group.

Receiving a healing from Adele for my strained achilles tendon was most appreciated.

Of course, the encouragement from Aca'u about the power we have to shape ourselves, and our world, during this most unusual, and wonderful, time was a great 'shot in the arm' to bring home and do something with.

Camille's encouragement that 'we are all psychic' has already had an effect upon me as I channel guidance and write it down each day.

The opening, and closing, ceremonies brought me into special spaces that had an effect upon me as if I was sitting in an old, magnificent cathedral with a special choir singing and the statues and stained glass windows inspiring me.

— James O'Brien



# Announcing the 20th Gathering of Light

**Villa Maria Del Mar Santa Cruz, CA**

**Friday, March 23, 2018 — Sunday, March 25, 2018**



The 20th Gathering of Light will be held in the Spring of 2018 in Santa Cruz, California at the beautiful retreat center Villa Maria Del Mar.

Due to its price and popularity, this center was completely booked for all of 2017 when we reserved this space in April of 2016!

The estimated the price will be \$325/per person double occupancy and \$425 for single occupancy. (Prices may change slightly as we get closer to the 2018 date.)

This is a great price for a California Gathering! The 2018 date gives us all additional time to save for the trip to the West Coast.

To all Light Workers and students of the Julian teachings — let's make the 20th Gathering of Light a special occasion!

Questions? Contact Larry Scheer at 408-781-1457, [larry@tarotxs.com](mailto:larry@tarotxs.com)



## Saul's Corner

### The History of the Universe (Workshop #201)

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

(continued from ROL September 2016)

#### CHAPTER II

In some studies, you will read of the races of man. The races of man have nothing to do with the black-, white- or yellow-skinned people. The races of man have to do with circles of evolution called *rounds*. Every round of evolution brings something new to mankind.

When you think of the word *man*, you think of man with all the right number of appendages and a thinking mind, and so forth. Man in his early stages was not of that nature. He was mindless in the sense that he had a mind but no direction for the use of it. In other words, he had all the parts but no way of knowing how to use it. The rounds of evolution (races) of man began to be that which man had to learn — the direction of the mind, the acceptance of sound, the ability to comprehend with the eye. All the senses had to come into being. With each sense that was developed, there were periods of time in evolution of two or three thousand years still in the ether plane, the non-solid state.

Not only was man still in ether form, but he also was *one*. He was male and female. When God created the universe, He created all things self-perpetuating and that included man. In the beginning, man, in the etheric form, was able to perpetuate himself from within himself. But man became entangled with the universe.

Man's purpose was to be the companion of the Father and to share the universe. Man decided that he wanted to roam the universe and was permitted to do so because free will had been granted him, once he was able to comprehend. In that free will, he had decisions to make and, when he wanted to enter the universe and experience it, he was permitted to do so and then return.

He began to experience the universe more and more and then became male or female, one separate from the other. That, in your allegory, is *the fall* of man. He was no longer one, but separate. Now he had to have another to procreate. Adam was an etheric body, not a solid man. When the rib of Adam was made into the female, it represented the separation of the oneness, and the separation became *the fall*.

The multiplicity occurred as man developed. Man was able to reproduce himself in the high force of his energy, in his first etheric state, so there was, at times, a splitting off of self, a sub-self, so to speak. As man began to materialize in the Earth plane, he began to relate to the material plane and to material things. The splitting, male and female, was now creating a duality. In consciousness, it was the desire to be part of a material plane. Desire brought a merger with the material plane, which produced the splitting.

Adam and Eve existed in the form which man named Adam and Eve. Man was Adam as he began to take solidity. He now had the desire to be separate and, with that desire, will came into play. Will began to create a pulling apart in the sense of wanting to be free to do as he wanted, wanting to be one with the Father and not being able to merge the two. The material desires became known as *the Darkness* and the desire for oneness, or the love principle, became the Light.

Lucifer is the Lord of Darkness and darkness is the negativity, the dark side of Light, and so he is the Lord of the Dark Side of Light. *Lucifer* means Light, and a time will come when he will be discovered to be a sacrifice. Lucifer was the sacrifice — sacrificing himself — to take care of the darkness and the order within it.

The Lords of Darkness represent the negative polarity and the Lords of Light represent the positive polarity. They are what man attunes to and rides with, so to speak. That is why someone, by changing his thinking pattern, can change his energy and change his life. Your Lords of Darkness, your heaven and your hell, are in your mind. You create your heaven or your hell.

Man created *devil* and *hell* out of fear, and many live *hell* every day of their lives. But it must be recognized that what you bring into conscious thought in this world, you can experience. The mind is the director.

The Lords of Darkness are the lords of the non-Light, and there are those who are caught up in the non-Light. Remember that the Christ Light means *Illumination*. You would not know illumination if there was no darkness, so the polarity has to be there. They are not evil. If you look long enough at any situation that appears evil, you will find a spot of polarity of light in it. There are no evil forces that evolve from that side. Lucifer governs the darkness so that there may be Light. You will not find evil directed from there; you will find evil directed by man's thinking patterns. There is no hierarchy of evil.

There were angels of the dark. Angels of the night were those who did not wish to remain the companions of the Father, but wanted only to experience the universe. This also took eons of time. They didn't decide one day that this would happen and on the next day take off, so to speak. There is here the complete transition from the ether body to the physical in several ways, one being the merging of man with animal, spirit entering animal bodies to experience them and then becoming entrapped. In the myths of your time, you have all sorts of half-man/half-animal beasts that are part of mythology and are references to the half-man/half-beast phenomena that occurred in the early formation.

You must remember that each of the categories — man, beast, plant and mineral — were created in their own species. Each was to become larger in its own species; each was to project and procreate within its own species.

When the spirit form began to intermingle with animal, they brought forth beasts — beasts that in all mythology have stood for what you call evil. They were merely etherically trapped.

(Saul's Corner, continued on page 16)

*(Saul's Corner, continued from page 15)*

As energy mixes with an energy, it accepts the density or expansion of that energy. Therefore, as these energies move into that denseness, they also begin to densify and the solidity factor begins. Man is now becoming dense.

In the early Lemurian period, there was still the etheric body. The denseness had not begun, but mind and the thinking process had begun. That is why you will hear that the Lemurian period was a telepathic period. Although the body was not yet solid, the thinking faculties had begun to function. Mind would merge with mind to communicate. During the thousands of years of the Lemurian period, man went from etheric, to etheric with mind, to etheric with senses, until at the end of the Lemurian period, solidity was a factor. That was man in his first experience as you know him.

Man moved further away from God in that period. The separation was greater in the sense that man— was experiencing all this and forgetting that for which he was originally created. He was to share the universe but as a companion to the Father, not as a merger with the universe.

With man moving away from God, the inner memory comes from eons ago that there is something they relate to and, in the early time, come the gods. Man knew there must be a Force, something they were supposed to relate to, attune to, but they did not remember the Creator. They knew they had to find a reason for the which was in the universe, and the gods became many, a god for each thing.

Now, there are “gods” — mini-gods, so to speak — in the plant kingdom, animal kingdom, and so forth, which are called “lords” which is another word for teachers — angelic forces working with these various elements. They took those lords and made them “The Lord” — “The Lord of Fire” and “The Lord of Water” and “The Lord ...” of anything else they used. In some way, they had to find a link to that which they recognized they were losing, not quite knowing what “that” was. It is not easy to find an answer to a nebulous thing.

They had been removed from it for so long that they did not know how to relate back to it. There are spirit forms for everything to help direct its energies. That is why early man was not so far wrong when he talked about “The Lord of the Water” and “The Lord of the Tree.” There are lords of the water and the tree, but they are not God. Early man just became a little confused.

At the time they developed mind, man was still in contact with the Father.

The fall came with the separation and the desires. As the senses solidified, the fall became very distant. It was not as if everyone fell at once. There was the domino principle; one went and then another and then another.

When man was together with the Father in the etheric body with mind, they had complete telepathic understanding of all things in the universe, including The Maker. Everyone of you have the ability to understand and know The Maker in you right now, and that is what you are gradually attuning to, permitting it to become the larger spark within rather than the smaller. That is very important.

Please recognize that when I speak of “Father,” I am speaking of a male-female being. It is not strictly a male. The word “Father” has come to mean the male specie in your society, but that is not what we are talking about here. We are talking of the male-female combination that is the Creator, the Creative Energy, the Force. It is not a patriarch sitting in the sky on a golden throne with a staff; it is much more meaningful.

All souls were created at the same time, but not all souls incarnated at the same time. There are some souls entering now that are new souls, although the majority are old souls because of the Aquarian Age. New souls are those who have never been in a physical body. Some Atlantean souls are coming in, but they are mostly old souls with much experience coming to help bridge the New Age. Many of them are from Atlantis, having had that experience as well as many others since then.

Perpetuation was part of the beginning of the lowering of energies. From the highest force to the lowering of the energy came the need to perpetuate. The universe was expanding. It did not end with the “seven days.” There was going to be a magnification of it for the joy of man, the companion of God. Each thing was made in perpetuum, because it had to be forever. With the separation, there had to be two to perpetuate the species. The law of the universe said that as man densified and lived in the universe, the laws of that universe would rule them. The laws called for one species being over the other for nourishment, as the bark is eaten by the bird, the bird by the cat and the cat by something else. It kept the balance. There was a definite balance in the universe, and that is what has become unbalanced now.

When the fall occurred, the soul split into polarities and became two souls whole unto themselves. You will find differences in various teachings about this. Some will say one soul split into two pieces. The allegory says that the rib of Adam became female. In reality, it was the splitting of the soul and then each soul became a whole because of its ability to perpetuate itself. The first splitting brought wholeness to each, which then became separate again over a period of time.

It is very difficult to put this into a comprehensive explanation, because it is so hard to comprehend something that you have never been able to see. I understand that it is difficult, but it is so important for you to recognize that, from the beginning, God wanted you as His companions and that you are to be His companions again one day.

Each time man became more densely wrapped in the universe, in the planes of the lower energies, the more difficult it became for him to find the way back. Now he was involved with emotions, with desires and all that each specie could give and take from each other, so it became a very difficult and dense operation.

With the Lemurian life, because of still being in the etheric form, there was no need for any form of housing or food, no need for anything but thought.

Again, man had the desire to experience more and more of the physical plane and became dependent upon the Earth things (as you know them) to survive.

Merging with those things, the dependency grew, the energy changed and the solidity began. By the end of the Lemurian period, which lasted between two and three thousand years, there came the solid form. In that solid form, the mind still functioned with telepathic ability and not all Lemurians were the same density. There were still those who were not totally solid. They might have shape and form, but not density.

Lemurians became the seedlings for Atlantis. They became the residents of Atlantis in the non-dense, or the not quite solid, bodies. Their solidity finalized in the Atlantean period; At this time, there was an absolute need for all the things that man requires — food, drink and a residence in which to dwell to protect one's self from the elements. A whole new aspect came over man. In the latter part of Lemuria, they were living in caves; in the early part of Atlantis, they were living in caves. The period of Atlantis took thousands of years to develop that which was potential and, from that potential came their desire to build and create and to work with crystal power, which, in turn, became a reversal and, again, a loss.

Lemuria and Atlantis were one. Early Lemuria was part of what became Atlantis; and you will find that, when Atlantis rises and artifacts are found, some of them will be different from others. This is because of traces of Lemurian life that are left. The Lemurians were the seed people for the Atlanteans. One culture took over the other — literally. The Lemurians would be considered the brown race and the Atlanteans the red race, as you speak in terms of the color of the skin. The different races in color were by vibration and environmental influence. The skin tone, color, and so forth, varied according to the vibration of that particular group and their environmental influence.

Remember that some of them were not completely solid body, so that to move in what you call “the astral” still existed, and the astral planes took some to other areas. The same thing occurred at the fall of Atlantis. Emissaries were sent out to Egypt, to Tibet, to Polynesian areas, so that these cultural edicts would be brought around the world. Some escaped before Atlantis fell and went to these places. In each of these areas, they tried to perpetuate their knowledge and technology, but they were not very successful; there were very few who would listen in the early period.

Lemuria was a very advanced state in terms of mental ability, not technology. Gradually, some technology developed, but not much. It was very simple — how to carry something — this sort of thing.

In the meantime, seed population had gone to other areas. Thousands of years passed in which other cultures were formed while the two main cultures, Atlantis and Lemuria, tried to reach the greatest potential of the mind. The other cultures were not geared to the mind as they were. The seed people of Atlantis, the Lemurians had brought telepathy and emphasis on mental ability, so the mind began to work and took off like the wind.

As the mind developed, it was projected away from telepathy and toward technology until, in the latter part of Atlan-

tis, they were not telepathic at all and had instruments to do their talking. Early Atlanteans had whole discussions, whole battles, by mental telepathy and the use of the Force.

By mental ability, they built walls of power to block off certain areas, which no one could penetrate; but as mind turned to technology and away from the inner forces and telepathy, it began to be dependent upon technology.

The Force to which I refer is man's own mental direction of the power within, which is the Father. All power within you comes from God, the Breath of Life. When it is fanned by your mental direction, it can do anything. If you listen to the Great Invocation Prayer, it speaks of Love, which is the Law of the Universe; Light, which is the Principle of the Universe; and Power, which is the Manifestation of the Universe. LET THE LAW OF LIGHT AND LOVE AND POWER WORK.

Today you will find similarities in your world to the Atlantean time. Man is again technology prone. The difference is that you have moved into the Aquarian Age, which gives hope that man is working on the inner self as well, and will, therefore, come out of this technology time safely.

Atlantis is rising. By the year 2050, it will be up; and it will be experienced. Its vibration will be experienced before it rises. The crystals of Atlantis are still there and will be rediscovered.

In the early Atlantean, when the body was not yet solidified, there was still telepathic communication and the use of the powers within. Those powers were used to move mountains, to dig water lagoons and for protection against animals, which had become greater and more in control of their domain. Barriers of mind stuff were created which would keep out that which was destructive.

The crystals were discovered during some of this movement. The crystals were not glass or diamonds, but a very gray, porous, heavy rock which had the ability to take energy through it. Through its porous sections, it transmuted the energy to other sounds, which meant other frequencies, which meant different vibrations, which altered things. You have now, in your world, the laser beam. By directing energy through crystal, the laser beam was used in Atlantis. It is the altering of energies that creates the possibility of this.

Because these powers could cut the stones, they began to build very fine stone edifices, marble-like in structure. Their mental force could guide the stones into place. Everything was done through the power, not through instruments. The crystals created more power, and the source of power began to become more important than life itself. Power began to be used as a game rather than a means of existence and as that occurred Atlantis began to rock. There were explosions created in the later years by misuse of crystal power, one power against the other. This, in turn, became the destruction and fall of Atlantis.

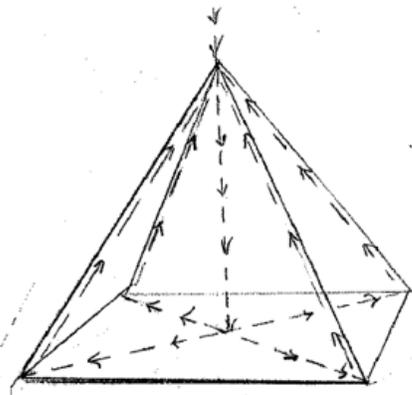
Because Atlantis created its own destruction, it bore with it, as it went out, a karmic debt to that destruction. Toward the end, those who still had a sense of tuning in began to go to other areas, banding together to try to re-instate the ability to use the power in its true sense. They began to teach it. It was

*(Saul's Corner, continued on page 18)*

(Saul's Corner, continued from page 17)

taught lip to ear, always one to the other, so that it would be solidified in mind and carried forth.

When Atlantis fell and other areas were brought the information and the power, they denied it at first. They did not want use of it, because it made no sense to them. The Atlanteans tried to bring it to the Pharaoh, and he laughed at them. They tried to bring it to the priests of the temples, and they laughed at them. Therefore, in many instances, it was the slave who was taught the power. Eventually, the priests and priestesses of the temples became accepting and were taught the power, which became part of their teaching from that time on — always to the select few, however, never to the masses. They were afraid that the power in too many hands would create, again, the destruction that Atlantis had known.



In South America, similar pyramid structures were being built under the direction of these same seed people to the Indians there. These are in alignment with each other.

There are communication centers in the mountains of Tibet which are also in alignment with the pyramids. They were meant to be communication factors of the future as well as communication factors of that time. The power was then to be directed to the growth of other cultures to help this communication. They were setting up a network of places that could become inhabited by man.

The Great Pyramid was used as a unit of measure, but it is also housing that which is yet to be. There are some things I cannot say. When the missing pages of the Dead Sea Scrolls are brought into common knowledge, a great understanding of this will occur. The understanding must come in its proper time sequence in order to produce its proper value for evolution, but the Pyramid was a measure as well.

The giant drawings, just as the giant statues on Easter Island, are remnants of Atlantean seed people. The drawings were communications — you might think of them as maps — for that which would be coming from above, or beyond, which would be etheric and would be universal as far as planet influence was concerned. Just as the pyramids are communicating as caverns, so these depictions were directions, communication for that which was beyond. It dealt with the interaction between planets.

As time progressed, the teachings once again began to fall by the wayside. Those who had originally been teaching the use of the forces passed through their natural life span and the younger ones did not teach it — again, the whole cycle of not passing the knowledge on, letting it die. There are few in this world now who are in attunement with the forces, but there are those who are trying to bring them back. As long as they are brought back in a spiritual essence in the way that they were meant to be, they will again serve mankind; but, they are brought back to be instruments of destruction, or an instrument of ego and greed, they will again destroy mankind. Only man can determine how it will be used — positively or negatively. Wisdom is not wisdom unless it is shared constructively. All the knowledge in the world of these powers can do you no good unless they are a positive and constructive sharing. That is important for man, because you are paralleling in your technology today much that Atlantis had, so you must be very careful.

Birth, death and reproduction became apparent in the mid-Atlantean period. As the solidity and density came, the shorter life-span came. Please realize that I am talking in the vernacular of your day, as you know a life span. In reality, you have one single life with many chapters. Every life that you know is a chapter in your one life, a transit of that soul. It is not separate.

In the early time, the chapters lasted much longer than they do now because they still had a sense of attunement. In the Lemurian period, they were still in attunement so that the life-span could be 100 years. Man through technology is now increasing the life-span of man, but that same life-span can be increased even more by attunement to the High Self.

The Georgians in Russia who live to be 135 and 140 years old are in attunement to the universe. Their work and everything they do is their life. Your life does not consist of supplying needs to the body; it consists partially of that and the rest to what you call “the rat race” — run, run, run. If you do not have someplace to run, you think something is wrong. The Georgians take time to be tired from physical work, and they take time to rest. They do not push themselves. They live a simple life, but a life dedicated to that simplicity. Because of it, they have longevity.

It must be remembered that the laws of the universe are, in reality, the laws of religion — LOVE ONE ANOTHER and THE LAW OF CAUSE AND EFFECT, which becomes karma — action and reaction. These are the laws of the universe which were set up at its creation and all attunement is through them. You cannot be a religious person if you do not love. If you are not responsible for your actions, if you are not responsible for your causes, you cannot be in attunement with God no matter how many temples you sit in. You must say, “How does that person live God?” And, if he is living God, he is loving, and he is responsible by the Law of Karma. Always remember that that is the polarity.

The Zodiac signs, as you know them, were part of the balance and the configuration. There are the solstices, the quarterly cyclic changes, and there are the world cyclic changes,

the three within each of those quarters which come to twelve. Prior to the Piscean Age, you had the Arian Age, where there was the worshipping of the ram. Before that there was the Taurian Age where you had the worshipping of the bull. In ancient Greece, they worshipped the bull. Always there was a symbol of man's evolvment back to First God and *me*. "Come at me, God, and tell me what to do. You work and I will sit here and wait." Now the Aquarian Age comes where you say, "God, I am listening to you in me, and I am doing it." From being the taker to being the giver. In the Gemini period was the splitting and prior to that the Cancerian, everything was one. It goes back all the way around. In the Zodiac, the first quarter of the circle is the reference to *I*, the second quarter is the *we*, the third quarter is *they*, and the fourth quarter is *the All*, where you finally go out. That is the quarter, of course, which is Piscean, Aquarian, and Capricornian. When you get back to the goat in another eons and eons of time, you will be at the pinnacle of man, back where you want to be.

*(To be continued in December 2016 ROL.)*

## The ROL Forum

*We know from experience that it is always hard to come up with questions when asked. We may be reading a book, or listening to a workshop audio and think "Wait a minute! How does that work? What is meant by that?" Or, we can encounter a situation in life where we may not quite see how the Julian Teachings can help us right there in that moment.*

*We would love to help you with our perspectives and answers to your questions! And remember that there are no unimportant questions; no question is too small or too silly for us to answer. So whenever any question comes up, please don't hesitate to send it to Anne Claire: [anneclaire77@gmail.com](mailto:anneclaire77@gmail.com)*

*We would like to thank you all for your questions! (If you don't see your question in this issue, expect it in the next one; we haven't forgotten!) We are looking forward to hearing from you!*

**Anonymous:** "Many people complain about forgetting things. (Julian as told us to create lists many times over the years.) It doesn't seem to be related to age as much as perhaps it used to. So what is going on with our memory?"

### Response from Anne Claire Venemans

*(Below is an adaptation of a blog post by Anne Claire that was first published in 2011.)*

Forgetful. Huh? We are living in a world that is bringing us new stories, new things almost every minute of the day, even those among us with the best memories may find themselves being more forgetful than they would like to be.

As it turns out, the better we are able to "keep up," the smaller the world seems to us. And as the world gets to

be smaller and smaller, we tend to look around for more things to do, more things to hear and to see. Fast-paced, always on-the-move, yesterday's stories are old news. And who wants to remember that?

An argument can be made that we feel more and more that we are citizens of the world, rather than citizens of any one specific Country. We seem to be geared towards a global community, and in this fast-paced, global community forgetfulness has become one of the mechanisms through which we cope.

From an energy perspective we tend to be affected a lot by the frequency of energy we are living in. When the energy we are living in steps up in frequency ~ for instance with a solstice or an equinox ~ we suddenly find that our sense of time is off. Time seems to move a lot faster and we find it hard to keep up. This may well affect the way our memory functions as well!

On top of that, as the frequency in the energy both around us as well as inside of us increases, our memory starts working ever so slightly differently. The higher our frequency, the greater our ability to pull the information we need at that very moment into our (logical) minds from our Highest consciousness. Therefore the need to remember facts and figures is ever so slowly decreasing.

The being said, when we use forgetfulness as a coping mechanism can turn against us.

When we feel that the world around us is moving at such a fast pace that we are continually struggling to keep up, we may seek refuge in a place that we had all but forgotten about. A smaller place. A community of friends and neighbors. In this community there may be 'small' stories ~ stories about what is happening with the kids and the grandkids. We may sell the big house in favor of an apartment. And bit by bit our world is getting smaller; something that may bring back memories from when we grew up. Memories of a different time and place ~ memories of a certain innocence...

In order to cope with these changes, we may use that same coping mechanism that has served us so well in the past ~ we may become forgetful.

Yes, I do realize that there often is a medical reason for the 'forgetfulness' that some people start suffering from as the years go by. Still, it makes me wonder; if we were to create a greater balance between global and community perspectives; if we were to live life at that pace that is uniquely ours, rather than adapting to the pace at which global information comes our way every day ~ would we be as apt to be forgetful?

## About the Ring of Light

The Ring of Light is a quarterly 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 and editors who contribute their words and ideas to this publication.

### Our Next Issue

Theme: *Getting Past the Pain of Life's Transitions*

Submission Deadline: 3/5/2017

Send electronic submissions to:

[ringoflight@julianteachings.com](mailto:ringoflight@julianteachings.com)

Send short paper submissions to:

**Nancy Walton**

**1148 Fairlawn Ct. #1**

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