

# Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXIX

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September 2017

Ah, summer is over. Kids are back to school and it is starting to look like fall. Did you have a great vacation? Were you able to spend some time on yourself? Did you nurture the seeds that you planted earlier in the year? We hope so.

Our theme, *Tending the Spiritual Garden* (or our Freudian slip, *Attending the Spiritual Garden*) hit home for a number of people. The summer season is all about nurturing those things that we want to come to fruition. It is about taking care of the things that we value, especially ourselves.

Our culture has been pushing taking care of our physical bodies — that we need to exercise, eat well, and sleep to stay healthy. But often, we overlook the needs of our spiritual body. Doesn't it deserve the same care? Don't you believe that if you consistently took care of your spiritual needs that your physical and mental health would improve? We know that ours sure does.

That 20 minutes of meditation or reflection each day — that *Hour of Power* (as Tony Robbins puts it) — may very well be more important than the Pilates class or the treadmill work, and we aren't going to deny that exercise is crucial.

Here's hoping that we all can prioritize the activity of tending our spiritual gardens in the coming months; maybe just reviewing the wealth of June/Julian material for 5 minutes each day.

— *Nancy Walton and Jan Clayton*

## Julian Quote

*It is a time to be kind to yourself, just as if you were a garden that had been planted and is being maintained so it can bring forth the best.*

*You are a seed in that garden.*

*You have been planted and now you have to nurture yourself so you can be your best.*

*This is where we are headed, to our best.*

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# Astrology

by Eleanore Johnson and friends  
Poughkeepsie, New York



As we approach the Fall Equinox this September, we continue to experience challenging times. We have the opportunity to use all the knowledge we have learned in our studies to meet these times with courage, integrity, and understanding.

The planet Jupiter, which is in the sign of Libra, is providing us with an opportunity to bring balance and harmony into our relationships. Jupiter in Libra enables us, if we so choose, to see other peoples' points of view. Venus, the ruler of Libra and the planet of harmony and diplomacy, is in Virgo at the time of the equinox. This placement should give us excellent judgement regarding our relationships along with a desire to serve others.

Before entering Scorpio mid-October, Jupiter will sextile Saturn. This aspect provides optimism, with a nice dose of practicality and good judgement. Jupiter in Scorpio provides us with strength and courage to meet challenging situations. Jupiter can be secretive in this sign, but it can also reveal things or situations that need to be exposed. Let us strive to express the healing qualities of Scorpio. This will bring out the positive qualities of Jupiter in this sign, and it can draw success in the outer world and also within ourselves. In any case, stay diligent and double-check stories labeled as facts.

Mercury will get in the act for a week on October 18th by conjoining Jupiter. Given the Moon is in opposition to Uranus at the same time, there is potential for po-

litical upheavals, as well as squabbles over power and money.

Halloween has the potential for being plenty spooky, with the Moon in Pisces. It should be a good time to get in touch with your higher self or friends on the other side of the veil.

In November, Mars is in Libra. In this sign, Mars encourages diplomacy in dealing with issues of a personal and world-wide nature. In December, Mars moves into an opposition with Uranus, which can result in seemingly explosive changes. Pay attention for a couple weeks until this passes, and don't be surprised if there are sudden changes in your life or your environment.

We end the year with Jupiter trine Neptune and sextile Pluto. Jupiter trine Neptune can bring common sense out of illusion, openness, and receptivity creating both outward and inward benefits. Artists, mystics, and musicians should pay special attention to their creative muses. Jupiter sextile Pluto will add to the mix by permitting intuitive faculties to be understood and expressed positively. Help may come from spiritual sources. *Wisdom* is the keyword of this aspect.

It is up to all of us to take advantage of the potential benefits of these two aspects to Jupiter which can enable great personal growth and evolution.

## Tending the Tender Soul

By Renee Salvatori  
Wheeling, West Virginia

Does anyone remember the folk Garden Song written by David Mallett and singled by John Denver in the late 70s? The chorus was, "*Inch by inch, row by row, I'm gonna make this garden grow. Gonna mulch it deep and low. Gonna make it fertile ground.*" It was a children's song, but one you could also apply personally.

Much has been spoken of lately about tending to our personal and soulful garden. And, yes, lately it seems that one really does need to find ways to tend to our deep roots and flowering buds. Busy lives and constant media can feel like it pummels us. Internal conflicts can hinder us. So it becomes necessary if we are to produce something beautiful and to stay strong.

When you think of the real dirt garden with it's soil, it's wee-beasties skittering underground, the persistent ones flying above, and the elements (sun, wind and rain), we have a lot more in common than you may think. We can have the skittering (nagging doubts) that lurk deep within. We can experience persistent irritants (surrounding

people) who tend to invade our space. We can have the sun, wind, and rain (old beliefs) that still burn, confusion of which direction to blow, and the water of emotions that can flood. Not to mention the manure that may dump upon life's soil. You know the sh\*\* we go through that helps make for our well-fortified soil?

We may need to swat away pesky annoyances. Maybe even fence or net off those who deplete or drain our vitality. We may need to capture and relocate ones that no longer fortify. We may need to allow the pollinators free rein to work their new thoughts and magic. Then, keep pulling the weeds of negativity, and water and feed with love and patience. This all ensures that our roots go deep and we encourage our inner strength.

Tending is not always easy or aromatic, but beautiful growth, will continue. All we need to do is help direct and nourish it. Yep, inch by inch, row by row, may we each tenderly help our garden grow.



# Relationships Are Holy Ground: Take Off Your Shoes

By Barbara Garro  
Sarasota Springs, New York

Relating to others and allowing others the grace to relate to you requires engaging your heart first, your mind second and your instincts, as well.

- Without your heart wisdom of caring about others, as well as yourself, you lack the empathy and compassion others crave.
- Without your mind wisdom, you lack the commitment to actively listen to reach clarity others need to communicate successfully with you.
- Without your own personal instinctive wisdom, you cannot give others 100 percent of your presence or yourself the benefit of your intuition or gut feelings.

When you think about who you are, if you are like most successful people, you see yourself, positively. Consider these questions:

1. Do you also cut others the same break?
2. Do you ever stop to think about how others see you?
3. Can you stand seeing the truth of how others see you?

Having learned the great differences in how I see myself and how others see me, if you are game, I invite you to look at building bridges from your view to others' views.

<u>How You See You</u>	<u>How Others See You</u>
Proactive/assertive/aggressive	Rude
Clearly speaking your mind	Opinionated
Passionate	Over-the-top
Confident	Arrogant
Not part of the problem	Big part of the problem
High energy	Hyper
Sharp negotiator	Sly, scheming
Having solutions to problems	Know-it-all
Strong	Rigid
Detail oriented	Micro-managing nitpicker
Witty	Sarcastic
Making helpful comments	Butting in
Quiet and thoughtful	Passive, ineffective
Building others' independence	Ignoring them
Skilled delegator	Sloughing off responsibilities

Look at the first five. Can you see exaggerated feelings of self-importance, an excessive self-admiration, and a lack of understanding of others' feelings? I see these five with a *Steamroller Personality*, paying way too much attention to where they are coming from and little, if any, attention to what page others are on.

Now, look at the next five. Again, evidence of a high opinion of self that gets in the way of buy-in productivity, team spirit, and mutual respect. I associate these five characteristics with a *Controlling, Know-It-All Personality*, failing to allow others respectful input or the freedom to grow positively in their current positions.

The final five characteristics define the *Unpopular Personality*, distracting, low-productivity annoyances seen as not pulling his or her weight, but happy to tell others how to do their jobs, loading extra duties onto others.

All of the fifteen disconnects between how one sees the self and how others see that same self present a relational problem. Grouped into three personality types, they represent dysfunction, even if only one disconnect is true. The more that are true, the greater the relational problems.

Bridging the gap between self-view and others' view takes humility and desire to foster good relational interactions, to improve your interpersonal relationships.

Wondering how *functional personalities* conduct themselves in relational interactions?

## Four Characteristics of a Healthy Relational Personality

1. You see clearly what is.
2. You can realize what isn't.
3. You see clearly and take action on what is important.
4. You recognize the unimportant and refuse to allow small things to distract you from handling the big things.

These four characteristics show not only a respect for reality, but also a respect for yourself and others. Consider, when you see clearly what is, you likely will avoid inflat-

ing yourself or deflating others. When you can realize what isn't, you take the time to seek the facts and avoid making off-the-cuff assumptions and presumptions that cloud your ability to see clearly what is. Knowing what is and what isn't lasers your focus to act on what is important as your priority. Just as vital to your productivity, minute by minute, comes from having radar to pinpoint the distracting, time-consuming, unimportant, small stuff that stops productivity progress for however long you let it.

Getting your *relational intelligence* to rule requires you also to see clearly the characteristics of toxic people:

- Needy
- Bullies
- Takers
- Narcissists
- Psychopaths

Are you thinking, "Did she really include *psychopaths*?" I did, because 1 in every 100 people's modus operandi includes: cold, unempathic, self-centered, ruthless, sexually driven, and superficially charming characteristics.

You probably are aware that large corporations pay relational consultants three-figure fees to show top executives how to bridge the gap between how they see them-

selves and how others see them. The expensive process requires buy-in from all employees from the top down to give feedback to help top executives grow their relational strengths and reduce their relational weaknesses. Imagine seeing a chart of how everyone sees you! The good news comes from how much easier life is for you once you bridge the gap between how you see yourself and how others see you.

For those of you who read through list of fifteen disconnects and didn't find any "Could that be me?" surprises: congratulations, you have 100 percent of your self-esteem and perfect confidence. If you can find three people who agree with your human perfection, please call exquisitely imperfect Barbara Garro and give me the gift of mentoring me.

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## Questions On a Theme

By Anne Claire Venemans  
Utrecht, The Netherlands

Reading the theme for this season's Ring of Light, *Tending the Spiritual Garden*, I find that it brings up more questions than answers.

Let's be clear, I totally feel like it is a very good thing to tend to the "Spiritual Garden." But it immediately makes me ask myself whether spirituality is ~ in and of itself ~ a garden? And then, pretty quickly, all kinds of questions come up.

Is it more like the way we build (part of our) garden to be spiritual? Like a Zen-garden? Is it a physical garden at all, or more a concept; in a way a construct of our mind? Is this *spiritual garden* to be found indoors or outdoors? Is it a quiet, private space? Or are there lots of people visiting it?

Is it ... ? Is it ... ? Is it ... ?

Perhaps a more important question is whether we feel we visit the Spiritual Garden from time to time, only in those moments when life is threatening to overwhelm us, or whether we feel we are living in this Spiritual Garden.

In other words, is our spirituality only expressed in a designated place like a Spiritual Garden? Or is it expressed throughout our lives, wherever we are and whatever we are doing, as we are living our lives to the best of our ability at that moment?

I tend to think the latter.

Just as we are all dancing the Dance of Life, we are dancing this Dance in the Spiritual Garden ~ as all of Life is, by its nature, spiritual.

Now, in the world today it may be hard, or perhaps even impossible, to see ourselves dancing through life. Life is not a party at this point of time (and if it is, the venue, the entertainment, and the catering could do with some improvement it seems). And when we, as humanity, are struggling; we may lose sight where we are heading and how to get there.

The concept of a Spiritual Garden as a place of refuge becomes very appealing in such a situation. Yet, if it is our lives that make up this Spiritual Garden, second by

second, minute by minute; then yes, it is time to give a lot of attention to this Spiritual Garden!

Humanity's struggle is nothing new. And Julian did have some advice for us on what to do when we felt lost or overwhelmed.

First and foremost I remember him telling us: "*Be still and listen.*" Meditate, and be still, such that the answers we are looking for can be heard.

He also told us that the outer world is a reflection of our inner selves. Therefore, whatever happens at whichever corner of the world (especially when whatever it is has a great emotional impact on us), in some way or form has to do with attitudes that we may have. For instance, if we feel angry because we got cut off in traffic, our anger at that moment may feed a conflict on the other side of the earth (that we feel badly about).

This gives a very practical perspective on "Tending the Spiritual Garden." It is an *inside job* that permits each and every one of us to make a big difference in the world as a whole:

- "Be still and listen."
- Transform our non-productive attitudes.

We may just find that when we do this, life starts to get Lighter. That the sounds around us become more musical to our ears. And that every step we take is part of a very personal dance...the Dance of Life through the Spiritual Garden that is our environment, our world.



## Meditation in Light

Submitted by Marion Bauer  
Poughkeepsie, New York

I want you to realize that within you is a power that will control your life, that you will direct it by your thought, and that you will build the bridges of the future.

I want you to feel that power well in you. Feel it as light; filling you; filling you; opening you; and sustaining you.

You are Light. You hold the power of light. Centered in light, you are able to direct light around you.

You are filled with the Light of Healing. Let it flow. You are filled with the Light of Love. Let it grow. You are filled with the wisdom that is divine. Accept it.

Know with a certainty, GOD IS, YOU ARE, AND YOU ARE ONE. Hold it within, ready to assist, let it flow.

You are Peace and You are Harmony. You are Love and You are Light. In the dwelling is the Light of the world. Your direction of it shall sustain the world.

For You are the power on earth, under the divine direction of Spirit.

So Be It.

Peace be with you.

In the name of the Creator of All things, in dwelling in a all things, all beings, we ask the blessing of Light.

So Be It.

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



## Putting Genesis into Context (Part 6)

By **Connie Golden**  
**Saratoga Springs, Utah**

*(continued from ROL June 2017)*

### Adam and Eve

Genesis goes on to describe Adam and Eve and the serpent. However, this section of Genesis is written using such extensive ancient symbolism that it cannot be understood unless you understand the symbols being used. So I am leaving it out of the ROL version of my paper and moving on to Julian's teachings.

### Mankind in the Physical World

The Garden of Eden, that is in the World of Formation, with all the forms of flora and fauna, was gradually being made manifest in the Physical World as the initial impulse completes its intent and the energies densify. Slowly but surely the evolutionary levels of physical development take place. The energy waves from the initial impulse become so dense as to become particles of matter, the building blocks upon which all the physical elements are based. Since matter and time, as we understand them on earth, are intertwined, time in the Physical World comes into existence. Up to this point, everything in the four worlds is in place. The densifying Physical World is operating well within its design of reflecting the concepts and form of the two upper worlds. The one variable is mankind, in the form of Adam and Eve in the World of Formation, or the many radiating spirits that comprise mankind at this level, who are now descending in vibration to experience the emerging Physical World.

Initially, these individual spirits, all vibrating cells of Adam 3, densified as the Formation World densified into the Physical World. According to Julian, they needed to have some method of direction and the consciousness level began to form.

Mankind felt the need to express, the need to exchange energies and with those exchanges came the need for speech patterns which were directed sound. Mankind became a being directed by its own force. Mankind wanted intellect, so these radiant cells were given intellect by their own action, and the need to communicate, to direct, began.

It became evident that there was a need for an ability to ponder, so to speak, and bring it into direction. Eventually mankind developed an intellect and a will. Then was life breathed forth into them as explained in the For-

mation World above and mankind was given free will with the ability to communicate with the non-personal (intuitive) energies.

In the pre- and early Lemurian age (millions of years ago), mankind was still in an etheric form of existence with mankind having a vague recognition of a mind. Mankind had (and has) the ability to know and understand another light being without words, without anything but being. Mankind began to manifest needs and answers to those needs.

As the androgynous cells of mankind began to solidify and manifest, man had the ability to alter his energies to merge with denser ones, experience them and then move away from them again. Earth was most intriguing to many. They were attracted to the various forms of denser life. They hovered above it, viewing the abundance of growing things in the tropical earth. They saw animals eating the fruit of the land and wanted to taste the fruit; they observed the mating of the animals and wanted to have that experience.

Since desire impelled them to seek expression in matter, they became denser and denser. They merged with the animals to try to physically enjoy their activities also. Some become so enthralled with the denser sensory energies, that they remained in those bodies too long, densifying and altering their own etheric energy and therefore being unable to release themselves. This resulted in creating something like a "monster."

These monsters and others that were created through mankind's need to gratify their carnal and material desires were called the Daughters of Men in Genesis. The etheric being in these animal bodies had willfully weakened their connection to the Creator and the higher planes for the selfish gratification of the carnal. These etheric beings, still androgynous, began to realize that their association with animal energies was densifying them and modifying their vibrations so much that they were now unable to simply leave the world densifying around them. They would have to densify further, become part of the Physical World and learn to cope.

At this point, they still communicated telepathically and were androgynous. However, some started densifying into physical bodies that appeared to be useful for

life on earth. These physical bodies were not the animals already existing on earth, as Julian states that all animal kingdoms have their own souls and own destiny, so mankind cannot take over an animal's physical body. But the physical bodies tried out by densifying mankind were similar to those of animals already flourishing on earth.

Several experimentations were tried to see how the physical animal body form could evolve into what was needed for mankind's evolution. The Guardians, those of the Hierarchy who are of a higher level of consciousness (primarily archangels and Master Teachers), who were from the beginning working with mankind to bring it to its full potential, came very prominently into existence at this time (the third period of Lemuria – about 35,000 years ago).

Millions of years earlier these Guardians had sought to develop suitable animal forms for human soul immersion, but they found the hominid brain cavity and restricted voice box to be inadequate for needed human soul development, including being able to imagine things that didn't exist in their physical environment and social interaction needed for cooperative efforts. So in this third period of Lemuria, some Master Teachers successfully developed an animal body form that could have the characteristics needed for mankind's soul development. It was when this separate animal body for mankind was formed and densified, using DNA from suitable animals already existing, and modified to better suit mankind's purpose, that the separation between female and male took place as the spirit and soul light bodies (both levels of etheric body) were still androgynous.

This densified body would help, not hinder, in the struggle for at-one-meant (atonement) with the Creator. This body had the ability to communicate with the Creator and the non-personal energies through the superconscious mind (the mind of the soul), which became one of the levels of the mind of this physical being.

The physical being's mind functions at three levels:

- (1) the conscious, which gives direction to the use and control of matter and includes the *ego*;
- (2) the subconscious (or unconscious), which is the storehouse of memory of everything associated with the Physical World and what is transmitted to it by the superconscious; and
- (3) the superconscious, which can communicate with higher levels of consciousness.

These highly conscious souls (Master Teachers) put the inspired "coats of skin" over their light bodies; that is they densified into the chosen animal form, and became Adam and Eve, mankind as flesh and blood in matter.

They descended in groups, not just one male and one female. (Several sources and Julian say there were over 1 million incarnated in 5 groups over a long period of time). These bodies were subject to all the mineral, vegetable, and animal principles inherent in them and at work on the Physical plane.

Julian explains that at this time the material/carnal desires became known as the Darkness and the desire for oneness with God or the Love principle became known as the Light. The Creator always intended to have the Primeval Adam expressed as a conscious existence in all four worlds, but living as an animal on Earth and experiencing birth and death was not the form of existence that had been expected.

As Julian states it, "*the world was created for mankind to share with the Father, to experience and enjoy. Free will and carnal desire moved mankind away from that sharing.*" "*Finding density was part of mankind's evolution, to bring the high space to the denser one, a merger of the two, was what was intended. It was not meant to be a punishment.*" "*Creation is still unfolding.*"

With man and woman incarnated at the bottom of Jacob's Ladder of Worlds, the division between the sexes was physically manifest as it was in the vegetable and animal kingdoms. These first of the perfect race were called the *Sons of God* as opposed to the *Daughters of Men*, which were the offspring of the Mixtures and "monsters" brought into existence by individual souls desiring carnal and material experiences. This was the reason for the admonishment in Genesis to "*keep the race pure*" for "*the Sons of God looked upon the daughters of Men and saw them as being fair.*" (Gen. 6:2)

Thus, the etheric energies (souls/spirits) of Adam 3 (the Formation Adam) descended into the Physical World and on Earth were "wrapped in animal skins" whose physical pattern was determined by the Guardians. The interconnected souls, incarnated on Earth, are referred to as the physical Adam or mankind as a whole on earth. These four Adams at varying levels of consciousness comprise the one Adam that is the potential image of the Creator. Once the Primeval Adam, the "potential" of Adam, had been instantiated in all four worlds, the concept of Creation was now manifest in matter.

(To be completed in the December 2017 ROL)

## Attending the Spiritual Garden

By Grady Love  
Charlotte, North Carolina

I want to thank Jan and Nan for crafting such a unique theme for this newsletter. Using a word play between “attending” (being present) and “tending” (cultivate, nurture, and doing something) to bring forth fruit ... how creative and clever!

I don't think many of you would disagree that ours is a world very focused on “doing” rather than “being” ... of almost mindlessly pursuing wealth, power, social status and, for too many people, just surviving. In general, I think people think there is precious little time to work within on spiritual “gardening” if there's even an interest at all! But, I see more and more clearly that the prioritizing of our time to include quality spiritual gardening throughout the day may provide a new way to accommodate both perspectives.

By intentionally being fully present in each “doing” moment of all of life's experiences, we have the opportunity to discover that during our day every experience is teaching us something about ourselves and also pro-



viding an opportunity to help others! Wouldn't it be wonderful if we could enrich our spiritual lives by more fully availing ourselves of the opportunities that we have as light workers to experience and express the light we are meant to be in the moment we are meant to be it throughout every day? It might only be a smile, a kind word, some small acknowledgement of the light in others at the same time? But know that this refines and enhances our response-ability as light workers. We can be fully in the “now”, express light and love and help/heal others and ourselves at the same time.

I confess that the seed for this idea comes from a book entitled *The Way of Mastery*, which guides a person in how to attain, cultivate, and live from the Christ Conscious mind found within each of us. While preparing for my discussion with a group of friends that are also reading this book, I came across a thought that touches the theme of this newsletter in a very practical way. Very simply stated ... *the most perfect ashram you could be in is ordinary daily life.*

I invite you to transform those ordinary moments (life's spiritual garden) into teaching moments for yourself and others by “attending” every moment. Not only will you become a better human being, but as your light grows in power, its radiance will touch the lives of many, many others; and, as well, the planet and all of humanity will be enriched!

We don't have to carve time out of our day to grow spiritually. Rather, just spend the time we do have in our day more wisely. One of the ladies in my book study group is using a simple technique to remind her to live fully in the present. She sets her iPhone to ding every hour and prompts her to ask herself: What am I doing right now and why? What is this moment teaching me? I believe that the new energies emerging now will, without fail, guide and assist her to feel her way through her day. She reports that her results are amazing!

Love and Light to all!



**Villa Maria Del Mar, Santa Cruz, CA**  
**Friday, March 23, 2018 — Sunday, March 25, 2018**

**Sign up for this celebratory weekend now!**

The 20th Gathering is shaping up nicely. Our presenters and their topics are:

- **Camillie Albrecht** will tell us about the major astrological events of 2018.
- **Adele Lederman** will share information about the healing value of common and easy-to-use healing tools.
- **David & Shesta Ross** will share their knowledge of the Traditional and Universal Runes (as introduced by the Seraph Julian).
- **Sam Holland & Temier** will present how to expand healing techniques so that they can interface more powerfully in today's world.
- **Anne Claire Venemans** will talk about signs and symbols, and the energy associated with them.

We are cultivating a set of fun activities that we can all participate in before, during, and after The Gathering. We will reveal more about them in the near future.

Villa Maria Del Mar is right on the ocean just east of downtown Santa Cruz — a stunning location with lots of great places to eat and to have fun. It is a 45-minute drive from the San Jose airport.

The price is \$285 per person double occupancy and \$375 for single occupancy. This price includes overnight accommodations Friday and Saturday night and meals from dinner on Friday night through lunch on Sunday.

Unfortunately, there are no accommodations for extended stays at the retreat center; however, we are putting together other options for attendees.

For people who want to attend The Gathering without staying overnight (commuter option) there is a \$60 per day charge for Saturday and Sunday that covers a mid-morning snack, lunch, and workshop attendance. Other meals can also be purchased upon request before the weekend. ***You must pre-register to attend — drop-ins are not allowed!***

A \$150-per-person per-room deposit (\$30 for the commuter option) is required with your registration. Please reserve your room as soon as possible. The remaining balance is due December 21, 2017.

Use the registration form on the back side of this page or download it from [www.julianteachings.com](http://www.julianteachings.com), and mail it with your deposit.

# 20th Julian Gathering of Light

Villa Maria Del Mar, Santa Cruz, CA  
Friday, March 23, 2018 – Sunday, March 25, 2018

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_

### Workshop & Accommodation Options

**Desired Room Occupancy:** *(these are estimate prices that could change slightly as we get near 2018)*

- Single Occupancy (\$375 per person) # of People \_\_\_\_\_
- Double Occupancy (\$285 per person) # of People \_\_\_\_\_

Preferred Roommate: \_\_\_\_\_

### Desired Room & Bed Configuration:

- Two twin beds                       One double (not queen) bed
- ADA-compliant room and access required

### Workshop Only Option

- No room required (\$60/person each day) # of People \_\_\_\_\_  
This option allows attendance to the presentations & lunch

**Note:** No pets allowed. Certified service animals may be permitted with prior authorization from the Villa.  
Guests must be 21 years of age or older.

### Deposit Due As Soon As Possible

With Accommodations: \$150 per person X # of People \_\_\_\_\_

Presentations only: \$30 per person X # of People \_\_\_\_\_

**Total Amount of Deposit** \_\_\_\_\_

### Balance of Payment Due December 21, 2017

### To Register

Please mail this completed registration form along with your payment by check made payable to **L. Scheer**.

### Mail form and check to:

Larry Scheer  
643 Dorothy Ave  
San Jose, CA 95125-5727

### Questions? Contact either:

Larry Scheer at [larry@tarotxs.com](mailto:larry@tarotxs.com), 408-781-1457  
Linda Scheer at [linda@ls-xs.com](mailto:linda@ls-xs.com)



## Sam & Temier's Calendar

### Healing Gatherings

The next Healing Gathering will be **September 24th** and then every other week thereafter. The Healing Gatherings are free and are given over the web so that they are available all over the world. They are very powerful and include both individual and world healing. Sign up at [www.temier.com/FreeWeb.html](http://www.temier.com/FreeWeb.html)

### Symposiums

Sam and Temier are starting up their exceptional symposium series again. These symposiums are chaired by Temier who introduces ancient teachers who will speak through the merged medium Sam Holland. The speakers provide engaging perspectives from their ancient cultures, yet are presented in a way that is fresh and sensible in this point of time. The next symposium will be announced shortly at: <http://www.temier.com/Next-Symposium.html>.

## Andrea Smith's

### New Transition Energy Class

Do you need tools to manifest changes in your life and environment? TE can help you develop those tools.

Transition Energy (TE) was first delivered by Julian from 1983 until June's death in 2005. But, it has been over a decade since the last TE class began. Late this autumn, Andrea Smith is launching a new TE class that will be available to *remote as well as local* (Portland, Oregon) students.

TE is designed for beginning as well as advanced meditators who want to create transformation within their lives and become better acquainted with the many sources of support available to us.

The classes will be offered once a month, likely on a Saturday at 11 AM Pacific Time to accommodate students outside the United States. Because the meditations within TE are created to build on each other, once the class begins, new students will only be able to join with a special arrangement. The monthly fee, which includes electronic audio of the class, is \$30.

Andrea has taught meditation classes since 1984. A teacher of mystical sciences and qualified as a charter teacher of Transition Energy, Andrea is dedicated to

supporting students in personal transformation and growing their understanding of their reality selves, core being, and unique potential and path in life. As we transform ourselves, we also change our environment and our planet.

An ordained minister since the early 1980s, Andrea also holds a doctorate degree in education, and she professionally served from 1991 to 2017 as an administrator at a university of natural medicine in Portland, Oregon, including the roles of Dean of Classical Chinese Medicine, Vice President, and Provost.

Andrea was on the founding boards of several non-profit organizations, currently serves as a commissioner for a nonprofit organization, and has over 30 years of experience working with nonprofits that support the bridging of ancient wisdom into the current age and with educational institutions that honor the sacred wholeness of mind/body/spirit.

Take advantage of this opportunity now. It might be another 10 years before the class is offered again.

Additional information and reserving a space:

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# 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 June 2017)*

### CHAPTER V: Lemuria

The continents of Lemuria and Atlantis are still in existence, though out of sight. What was started in that period is continuing to this period of time, and the Network of Light, which permits this Aquarian Age to manifest, was begun in the most primate essence of the continent of Lemuria. Nothing that is happening now in terms of Earth changes is new. It is new to those who are experiencing it in this particular life round, but not in the existence of the universe.

It is to be recognized that over ten million years ago, the continent called Lemuria was in existence. Its dwelling place was — and is — the Pacific Ocean. It touched your western continent in the area that you think of as California, spread throughout the Pacific and down into the Gulf of Mexico. It was a very large manifestation. The reason that I state that it was into the Gulf of Mexico is because the land masses it attached to then also attached to what became Atlantis as it rose. There was an overlapping of these two continents in some areas. When you think of Lemuria, you must think of the Pacific coastline, as you understand it, as non existing. Much of what you have as coastline today was under water on both your Western and Eastern shores. The coastal waters formed by your then underwater coastline were the coastal waters of Lemuria.

Lemuria came into being as the androgynous bodies of man began to solidify and manifest in that land. Early in the descent, man had the ability to alter his energies to merge with denser ones, experience them and then move away from them again. In some instances, they became too enthralled with the denser sensory energies and began to remain in those bodies for longer and longer periods, densifying their own energy and, in some instances, being unable to release themselves. Thus comes what you think of as monsters — half-man/half-beast.

When this manifestation became out of balance, there were many very large animals flying and walking on the land masses. Those souls, still androgynous, who inhabited these areas, soon began to realize that their association with animal energies was densifying them. That is when Lemuria came into its first comprehensive existence. Man, now solidified, unable to simply walk away from these other energies, became a living, functioning part of the denser material world. He had to cope with the energies of a denser world, and the first quadrant

of Lemuria was very much as you know primitive man. Not only was there a densification and solidification of energy, but with that, a total inability to cope with what that meant. Just as in the stories of primitive man, the early Lemurian learned to use stone implements, moved forward in time to the discovery and broadening aspect of dwellings, food preparation and the exchange of information, one with the other, for there was no language.

The androgynous man was able to procreate from within the self. They were able to communicate telepathically and, therefore, had no need to communicate any other way. As the densification occurred, they lost that ability and had to learn to communicate in another manner. The only way they could begin to learn was by mimicking the sounds of nature and of the animal life around them. Much of their lives were ruled by fear; much of their lives were totally devoted to survival and in trying to form some protective organization.

Man began to come together collectively in order to function and be saved from things much larger and much more able to cope with natural force energy. The animals, although mentally incapacitated in many ways, had the vibration of the Earth they traveled and sensory application permitted them to survive more easily. Man was being removed from his highest ability to communicate and forced to learn how to communicate all over again in a low vibration.

The first of the four quadrants of Lemuria found man living in what would be considered caves, shelters formed by rock formation. He had not yet learned that he could cut something down to form a shelter. I think perhaps that was very fortunate. Man has turned to cutting down too much. The point is that this newly densified being now had to begin to develop the conscious mind and will in order to survive.

Man lived in small groups in isolated situations. Many never knew anything but their own tribal community, for the safety factor dictated that they stay in one place. Gradually they began to want to know more about using the natural forces and cosmic forces as part of their existence. The manner in which they did this was: first, by mimicking them; and, secondly, by trying to make them into a deity.

The early Lemurian, who was totally one with God, now finds himself separated from the comprehension and the knowledge of that fact and begins to try to create deities

among the natural forces so that he might have something to call upon to protect himself. He saw the lightning and the fire element as a force that had a power of its own, but he felt he could ask it to assist him. He also began to have the thought (which is not far from man's attitude toward deities today) that he could bribe them. Perhaps, if I offer him a bit of this meat, he will think better of me; and, to let him know that it is really fresh, we will kill it on the spot. It was the beginning of man's thinking process to try manipulation and bartering to get a force to work for them. What's in it for me, so to speak. So, you see, much that you are experiencing today is no different, just a different setting of time.

It is important to understand that Lemuria was not a magic land. Many think that Atlantis and Lemuria always were marvelously advanced continents — not so. Each went through a total regeneration of themselves as people and as a preparation for the present time that you know.

As man, collectively, began to find some peace, he began to think there must be a season, a right time for doing things. He did not call it a season; he did not call it a time; he only knew that, when he did things by rotation, they somehow seemed to work. He knew there was a darkness that came and then a light that followed. He knew that the light gave abundance and the darkness gave fear. He began to try to probe these understandings and to make them work for him again.

He gradually began to see that, at certain times, collective dark and light brought other changes. There was a time when there was warmth and what appeared to be a birthing time, for everything appeared new. There was a time when that newness blossomed forth, a time when it began to fade and again brought the cold. He had no way of knowing that some areas were not experiencing it in the exact same way, for he was an isolated community. That which is cold to you today was not cold then. Much of the areas that are to you northern hemispheres were southern in the time of Lemuria; and that which you know as southern hemispheres were cold. If you remember that this was over ten million years ago, you realize that man has been around for a while and that he had to go through a schooling system that permitted him to survive.

Just about the time that they found out that if they worked together they could survive, they began to suspect that maybe somebody was surviving a little better than they were, so there would come division in communities and a separation. A group would go forth to try to set up another community; and, as this occurred, man began to once again build the fear syndrome, not only against the wild beast, but now against each other. As always, when things get too bad, the natural forces begin to notice and be ready to do something about it.

The first quadrant was the moving away from the androgynous being into the dense body which separated

into two aspects, male and female. Now they no longer procreated from within themselves, but from a coupling with each other. This they copied from the beast and that is why, very often, passion is described as a bestial attitude.

Having separated, solidified and begun to be a thinking being again (on a conscious level rather than on a superconscious level), beginning to manufacture for themselves communities, crude as they were; and loyalties, crude as they were; and then beginning to separate into many communities, man brought Lemuria to its second quadrant. Here the symbolism of the earlier Lemurian period began to take on a new focus. It began to be used not only for things worshipped, but for that which would be interpreted as languages and the written word in its crudest form. Pictorial symbols began to become a part of the second quadrant of Lemuria.

When the people began to have a sense of being a community separate from other communities, there began to be violent storms which caused flooding of areas that were not flooded before. As the cosmic forces and natural forces responded to the negativity, there came the trembling of Earth, which created chasms that separated one area from another.

Everything in the universe has been harnessed for the return of man to their androgynous state. You have not been without help to return to the Oneness since you left it. Every force of nature, every force of the Hierarchy has been in attunement with man to try to assist them back to where they were before they solidified. Man blocks it many times because they have become involved with great desires which they see as being above their androgynous High Self. That is neither here nor there, but it is a fact.

In the second quadrant of Lemuria, there began to be the building. There began to be transportation through sleds and boats, that sort of thing. There began to be the harnessing of the lesser animals and the capture of the smaller beasts to be ridden and, in some instances, to be flown, ridden upon in the air — although that was very dangerous, because they never knew when it was going to come down again. Looking back, they did have it very hard. Poor things! But they wanted to do it, they really did; and they were not going to stop.

As they began to build a great sense of community again, a very strong bartering system began to be established wherein there would be an exchange of labors and exchange of that which was gathered, the edibles. Man had not yet truly begun to understand cultivating the land. It was not until the third quadrant of Lemuria that they began to understand that which was dropped into the earth somehow began to procreate and to become itself again. You have to give credit to nature. It did its very best to make man see by becoming itself again and again. It could not speak the words of man, but it could certainly demonstrate.

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

At this time, man had begun to eat flesh — sometimes each other. Cannibalism existed in the Lemurian period in some instances. They began to realize that the large beast could be outwitted and, by carefully picking their terrain, they could find places that were inaccessible to the flying ones. Cooperatively, they began to build residences that were not singular dwellings. In the third quadrant of Lemuria there began to form community dwellings with families coming together to live in groups and be responsible for each other, very much as communities are forming in your world today. In the third quadrant, they began to pay some attention to the fact that that which grew could yield from itself again and began to work in an agricultural aspect.

Man had moved from being what you call “stark naked” to being covered by the skins of animals, to being covered by vegetation and were now coming to a point where they wished to bring some other form of clothing into being. They began the intricate patterns of grass-weaving. It was discovered that that which was river-bank clay could be molded and shaped; and when it was dropped accidentally into the fire, it was discovered to become stronger.

A cultural background began to form through potters, weavers and those who could depict through symbolism a bit more adeptly than others, and things began to move at a more rapid pace. Not only did the language cease to be the mimicking of nature and animal sounds, but the sounds began to be strung together into identifying factors that were also represented by a symbol. Man began to communicate through scratchings on walls, drawings in the dirt and etchings on animal skins, so they did begin to communicate much more.

Now they began to choose their gods. They would not only have the god of the element, but they would take an individual who appeared to know a little more, which usually meant they were stronger (didn't really have to know anything as long as you were stronger) and would make them into a physical manifestation, or emblem, of the deity that they could not touch — the lightning, the wind, the sea. This was the beginning of what was to become the priests of the temple, the educators.

Through every quadrant of Lemuria, there were those who still had the ability to tune into the High Self. It would be sporadic and they did not truly always understand what had happened, but it did happen. When they had these so-called “visions”, these communications, they would use them as an indication of the direction the cultural society should take. (Thank heavens!) Because of the direction given in these visions, it was decided that it was not enough to live together, to speak together and to try to plan and organize life together. Now it was important to know what was beyond the place where they were at the moment, and, in this way, travel was instigated.

In the third quadrant of Lemuria, the first “seed people” were chosen. In the first and second quadrants, there

were those who had an attunement who would pass the information to their children until one of that knowledge would go into the next quadrant and begin to be the teacher. In the third quadrant, it became apparent that there was much more in the land beyond them than anyone understood, and they felt that the knowledge they had, the progress they had made which had taken so much of their energies and efforts, had to be known. “Seed people”, as they were called, would be sent forth across the lands, bearing whatever their greatest comprehension was at that time so that it might be imparted in other places. The constant teaching through generations would prepare others to be the recipient, or the messenger to the recipient, of further information. The priests, those put in charge, would determine who would become the adepts, who would be taught and who would be sent forth. Why you, today, are learning and striving toward has been carried forth year after year, generation after generation, by seed people. They are among you in this time, seed people who will carry forth your technology into the future. That which you are experiencing now began with Lemuria.

In the beginning, because of the danger, the seed people were sent forth in groups. Later, the groups began to have trouble among themselves, and, eventually, they traveled in no larger a group than seven and no smaller than two, always hoping that out of that group someone would make it to another place where beings existed and could begin to implant there that which they knew.

In the third quadrant of Lemuria, the symbol for the Sun was a circle with a point in the middle. It is still used in your astrological teachings today. The triangle was not only the symbol of man in his many aspects — mind body and spirit, as you interpret it today and as those who were more knowledgeable interpreted it then — but it was used as a symbol of housing, for much that they lived in was triangular. Once they moved out of the caves, they had to have something that could lean against itself for support until they began to learn to use vegetation to tie it and mud to mortar.

In this third period, they also became aware of the fact that there were varying energies and that those energies could be felt. They trained those of a more sensitive nature to act as the perimeter guard of the community area, for they would be able to sense the change of energy when an enemy lurked in their vicinity. Naturally, having brought themselves to that tremendous ability, they used it to destroy the enemy. How sad! Of course, the enemy used their energy to destroy those in the community, so it was sort of “tit for tat.”

The important thing about the third quadrant of Lemuria was the seed people who realized that man would begin to harness his potential and the importance for that potential to move forward; and the Network of Light was begun. The guardians, those of the Hierarchy who

were, from the beginning, working with man to bring him to his potential, came very prominently into existence during that period. Some of them chose to incarnate, to become flesh; others chose to work in the unseen; but the guardians became leaders in trying to lead man away from the physical and back to spirit. The guardians are still working today. You call them guides, spirits, or guardian angels. They are the guardians sent forth by the Father-Mother to assist man with his problem.

Man had begun to create for themselves an abundance through agriculture. They had begun to harness animals and use them to make their own life a bit more easy. What were they going to do with it all? They had to become enterprising beings who knew what to do with excess. This led into further barter, exchange and a desire to specialize in skills. In the third quarter, the last part of the third quarter of Lemuria, man had begun to know that they could train themselves in a given area and use that ability to the betterment of themselves, and so was born what you would call shoemaker and potter. The man who was adept enough to learn how to put together a raft to ride the river could bring home edibles that others did not have and became the merchant and the market man.

It became more and more important, at this point, to realize that while they were advancing, while their energy was rising through the use of potential, they were also becoming more and more defensive of their own being, more and more unwilling to bend. They now became territorial and would mark out not only pathways, but whole areas which they would then declare was theirs, and heaven help anyone who would try to cross the barrier. Does this sound familiar? Man has been repeating this same pattern for many, many eons of time.

At this point, it was decided that man must move forward into what you think of as technology, and in the very last part of the third quarter, there began to be the harnessing of water and air power. Man began to use outside sources, mostly of a natural environment, to make things function for him. What had been the storyteller became the author, for now marks were used in order to describe not just symbology, but a form of the written word — not as you would understand them but, for them, the written word. The symbols had become words and the words were being promulgated, so to speak.

It would seem that with such advancement and having men of knowledge who were priests that there would surely be highly evolved spiritual beings. There were, but they were in the minority. It may appear that this is being repeated now, but I tell you that this is not so. The Network of Light that permeates the whole universe is far more active than is realized. No one is alone in his or her spiritual quest. There are others, many more than you know.

Lemuria began to vie within itself for power. It began to have an altercation within the people which was strictly

a power play. If I have more than you in any way, I have a control over you. Therefore, that shall be our method; that shall be how we become the one powerful group. You must remember that, although it was a very vast continent, much of it was uninhabited, mostly because they just never got that far. If a runner they sent out travelled two or three hundred miles, that was a very vast distance because of the dangers involved.

In the fourth quadrant, as man became advanced in some areas and more negative in others, the beasts began to become more and more carnivorous. They began to attack each other; they began, by their own density, to diminish. As those dangers diminished, man flourished. The only thing that kept man from advancing a tremendous distance was the fact that their own negativity got in the way. They began to say that there was nothing of importance but themselves. Before this, they had been willing to say that lightning was a god, the moon was a god, the sun was a god. Everything that is vaster than I is a god, and I shall ask their assistance by barter and humble attitudes. Now they are asking who needs them? I'm smarter than they are; look what I can do? They began to form tremendous energies of negativity, energies of centering in self, and, once again, the natural forces decided it was time to intervene. Again there would be flooding, and again there would be tremendous earthquakes, as you call them. In many areas there was a total separation from the western coastline, as you understand it, for formerly it had been joined beneath the sea, but now it separated even there, creating great voids with tremendous energy exchanges therein.

It is to be recognized that this brought man back to the realization that they had better change some of their attitudes. These things that they had been denying were definitely greater and more powerful than themselves, so they banded together and began a form of worship. They began to advance themselves but not with the same negativity. Unfortunately, it was too late, and they began to realize this. There was a gradual seeping, a gradual breaking away of the land and the sinking into the sea. The continent, shattered by earthquake and flood, began to sink.

Seed people had to be sent forth before the sinking, and they were asked to go as far as they could to touch as much land as they could. Those seed people of the Lemurian period went into the Pacific coastline, into the areas you now think of as California and Arizona. They went into the areas of South America which later became Mayan and Inca. They formed their communities there, taught all that they knew and began to move forward. The influence of this early continent was most important.

It must also be understood that this continent, in its great disruption, was creating undersea disturbances by its earthquakes and volcanic activity. Atlantis was rising for the first time in the Atlantic Ocean.

*(To be continued in December 2017 ROL)*

## 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: *Following a Mystical Path in a Non-Mystical Environment*

Submission Deadline: 12/5/2017

Send electronic submissions to:

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