

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XV Number 4 December 2007

Another year comes to a close, 2007 has brought many changes to all our lives.

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

We are thankful for the freedom we enjoy and the path we have chosen. Thankful that we can look back over this past year and recognize and celebrate our growth. Thankful for each and everyone one of you for your support that allows us to bring the Ring of Light to You.

We ring in the New Year 2008 full of certainty that we make a difference in everything we do! Full of certainty that we do create an oasis of peace and love that will go out like ripples in a stream to touch those around us and beyond.

Love, Light and Peace

Inside this issue:

Julian Meditation	Page 1
Joy's Corner	Page 2
Thank you to the contributors	Page 3
Monterey Bay 2007	Page 3
My Path in 2008	Page 4
Astrology	Page 5, 6
A Thought	Page 7
Contact Us	Final Page
Power of Potential	Insert

** New E-MAIL **

warrendaniel34@yahoo.com

Joy's Corner



We will be entering the Winter Solstice and time is going by us in a blink. And our short term memory eludes us. Have no fear nothing to be concerned about it is not Dementia just keep pad and pencil at hand.

The Universe is gradually getting rid of stuff we no longer have to store and bringing us into present moment status. When it is time the Piscean energy will drop off and the Aquarian energy will continue on. This will be a gradual process.

Below are some guide lines that Julian suggest to use and practice in order to handle what you can handle right now.

Julian Discusses Every Day Guidelines

“The degree to which you permit anything to affect you will equal the degree of power it has over your physical being. To be a truly healthy being, I suggest the practice of these things:

1. Use a healing affirmation to start your day.
2. Each day practice mental interaction with others. Let yourself move to thoughts other than those centered on you.
3. Feed the physical self with balance and moderation. Be sure your diet includes greens and roughage. Create an inner space of peace when you eat!
4. Exercise in some form. Walking is a full body exercise and is excellent. Housework can also be used as an exercise. Use exercises that use your joints. Again moderation is preferred over erratic over participation. Breathe deeply to oxygenate the body and mind.
5. Spend at least fifteen to twenty minutes a day in silence. Meditate or sit quietly with yourself, letting the mind still. Permit the sensory aspects of the self to be felt.

continued on page 2

6. Each day practice the art of letting go. Take an incident, think about it, thank it for its lessons, bless it, wish it well and release it. Letting go of negative attitudes daily saves a lot of built up misery from things held on to and amplified by constant thought of them.
7. Smile, and better yet, permit yourself to laugh daily. Life has many happy moments. Permit yourself to enjoy them. A sunny day or a bird drinking from a puddle both have the power to lift your spirits and free you emotionally if you permit them to.
8. Each day try seeing things through "somebody else's glasses" for a little while. It will get you out of yourself and broaden your ability to understand others.
9. Incidents in life are like embers from a fire. How much you fan them makes them either fiercer or permits them to cool and die. Practice the art of sorting which is to be which daily.
10. Lastly, touch yourself! Thank your body, mind and spirit for helping you to be emotionally sound. Don't use ill health as a cop out! Let yourself love you enough to be willing to be honest with yourself.

One of the greatest problems in health areas is fear. Fear of failing, fear of success, fear of making a mistake. Mistakes are part of evolution, too. Learn from them and use them as a stepping stone to something else. Whatever happened-happened. You can't change that, but you can change the degree of power that it has over you. Learn from it and move on. Practice the art of handling what you can handle right now. Break down the overwhelming whole into smaller parts. Then work on one part at a time. Worrying about the "whole thing" hinders the ability to solve it. When any part is solved it alters the outcome of the whole. Worry and stress break down the "whole" aspect of your health. When you work with it, facet by facet, you are controlling it, rather than letting it control you.

Remember that what you think becomes your reality. Direct the thoughts to positive progressive things. Use mental imagery to bring change. Affirm the power of you in a changing universe.”

Copyright © 2000 Saul & Joy Srour

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

THE TREE OF LIFE

By Dan Conway
Oceanside, CA

From the tree of life
Each leaf must fall.
The green, the gold,
The great, the small.

Each one, in the Creator's
Own time will fall.
Each of us has served
A purpose within the All.

The landscape was ours,
Whether to whither, or to grow tall.
Return, we must
For the Creator needs us all.

It is the master plan
That every season,
And all life begun,
Returns again in more reason
To be a part of the Oneness
Within the Almighty Creator.



Collected Gems

By Barry Burkan

New York, New York

Treat people as if they were what they ought to be and you help them to become what they are capable of being.

Johann Wolfgang von Goethe

Experience is not what happens to a man: it is what a man does with what happens to him.

Aldous Huxley

What seems nasty, painful, evil can become a source of beauty, joy and strength if faced with an open mind.

Henry Miller

Every moment is golden one for him who has the vision to recognize it as such.

Henry Miller

Community Announcements

As of September 18th this year after many years of planning and researching... "The Lana Clarkson Memorial School of Music" has finally been awarded a 501 (c) (3) status thereby becoming a nonprofit organization.

The design of this organization is to teach "at risk" kids. The children learn the music business in every aspect; instrument playing, equipment repair, legalities, concert promotion, promotion packages and recording.

So... after all is said and done... this proves that with perseverance and "faith" (and lots of Julian understandings) anything can be accomplished!!)

Peter Anderson

408-242-3004

iamangelfriend@sbcglobal.net

The **Ring of Light Editors** wish to **thank** each of you for your **creative endeavors** in 2007.

Barry Burkan

Dan Conway

Roberta Costisick

Diana Dunkelmann

Blanche Duffy

Sam Holland

Eleanor Johnson

Doris Murray

Larry & Linda Scheer

Joy & Saul Srour

Ann Strauss

John Svirsky



Monterey Bay 2007

Ann Strauss, Boulder, Colorado



We came together in Light

We came together in Love

Laughter rang out in pure joy and love.

Much was learned

Much was shared.

The old was made new

Through greater understanding

New bonds were made

Old bonds were strengthened

Seeing the world through clearer eyes

The many became One

Thank God for the Gathering!

Ann Hardin Strauss, October 2007

Let's do it again next year!

© Ann Strauss 2007

My Path In 2008**By Blanche Duffy, Saugerties, NY**

It has been my feeling for a long time that the Planet Earth is at a crossroads and it is time for each person to stand up and be counted as pro or con to saving this planet. We could use miles of paper listing all of the things that are wrong on this planet and still...at the end of the list would be the question "What am I going to do to make corrections?"

Instead of going into any discourse of the "wrongs" that are evident, I am trying to think in terms of "What CAN I do to help in the correction process?" After all, how many times did Julian tell us we cannot change anyone else - only ourselves? So following is a list of resolutions that I am going to try to implement and live in 2008:

Resolutions for 2008

- plant trees
- conserve water
- grow more of my own food
- use rain barrels to collect water for the plants
- join with others to promote a healthy planet
- encourage people to have fewer children
- recycle more
- use non-disposable products
- cut fuel consumption
- encourage organic farming
- buy organic
- consume fewer animals products
- decrease use of pesticides
- learn to use natural repellants
- be more forthcoming in voicing my opinions to elected representatives
- join a non-partisan group to try to encourage honesty in general and to influence the elections of honest people into office regardless of political party.



I've decided to plant at least one more fruit tree on my property since the ones that are already there are great sources of food for many including the critters who share this land with us.

In addition to installing gadgets on the faucets that flip up and down to regulate the flow of water, I am purchasing rain barrels to collect water for the plants instead of drawing it from the aquifers.

The food recalls have been scary enough to convince me that growing more of my own food will not only be good for my wallet but also insure that the food is not tainted. But I refuse to use the GM or genetically modified seeds and will order the seeds from heritage seed producers.

Encouraging people to have fewer children is going to require all the diplomacy I can muster! But when I see huge families it boggles my mind that all too often they are on public assistance. I have nothing against public assistance but, at the same time, people must learn to take responsibility for their actions. This planet is getting to a point where it will have difficulty feeding those already on it without people bringing dozens of children into this world just because... Now - I'm not going to walk up to people with large families and begin berating them but there are ways of getting the point across such as encouraging articles showing the economics of fewer children and also promoting the use of safe birth control. At least that's a start...

As much as I enjoy using disposables I have promised myself I will keep the paper plates for emergencies only and wash the earthenware dishes.

I am delighted that there are more and more organic farms in this area. I try to buy locally from organic farms whenever it is possible. It's amazing how much more taste the food has. I am moving closer to



continued from page 4

vegetarianism and use very few animal products now but I am going to work on improving on that in 2008.

Pesticides have been proven to be very detrimental to the environment. I began about a year ago studying what plants and herbs are natural repellants. For instance lemon grass and tansy are natural repellants for flying insects. Mice do not like mint, and neither do ants. I use mint oil to spread if I see ants in the house and it really works.

I suspect that getting more vocal in expressing my opinions to elected representatives will not be greatly appreciated since I am already pretty vocal. Yet I truly believe it is necessary for everyone to speak up more, especially those of us in the Julian Community. We need to counteract the negatives that are spread so widely by people who are more interested in “what’s in it for me?” Joining with like-thinking others adds strength and I am looking into the possibility of joining the League of Women Voters or some such organization to help spread more helpful opinions.

If each of us does just one thing to help this planet collectively we can make a huge difference. Each of us must decide if and what we will do and I encourage everyone to do something that will benefit the planet. After all, it’s the only one we have! _ Thank you for allowing me to share my thoughts with you.

Have a healthy, happy, prosperous New Year!
Together we CAN change the world!



Astrology

Feature Column by Eleanor Johnson

La Grangeville, NY



The year 2007 draws to a close with Jupiter’s sojourn in Sagittarius ending December 19, 2007. Jupiter then enters the sign of Capricorn and remains there until January 5, 2009.

The Winter Solstice on December 21, 2007, correlates with Jupiter’s arrival in Capricorn. The Sun and Jupiter come together at 1 degree Capricorn then. The symbolism behind the Winter Solstice represents a time of introspection: a time to nurture ourselves, to use the knowledge garnered during this period to apply it to our lives, and to set goals for the following year.

One degree Capricorn represents optimism and hope. Saturn is the ruler of this sign. Saturn is “The Teacher”. This is a testing sign with deep significance to the soul on its journey. Capricorn is symbolized by the mountain goat who climbs to the mountain top with patient persistence. Respect and reward have to be earned in this sign. Life seldom gives us something for nothing. The positive qualities of this sign are patience, persistence, and practicality.

The planet, Saturn, indicates how we program our world and with Saturn’s aid we will be led to deal with the appropriate issues. We can change old, worn out, useless forms of thinking and expression by releasing them through meditation and retrospection. Those are the positive qualities of Saturn. Allow Saturn, “The Teacher”, to guide you in your greatest endeavors.

The year 2008 enters with Pluto in Capricorn. Placing the planets of generation: Uranus, Neptune, and Pluto in the last three signs of the Zodiac. Our perception of these three planets can be broadened which should enhance our understanding.

continued from page 5

Uranus in Pisces says, "Behold, I made all things new." As Uranus is the planet of change and intuition, it is the ruler of Astrology and philosophical groups which have a spiritual orientation.

Neptune which rules the next dimension is in the sign of Aquarius. Neptune can help us to make common sense out of illusion. It allows us to break up old patterns that are a remnant of the Piscean Age and bring us intuitive wisdom and understanding.

Pluto represents the deeper levels of awareness in the sign of Capricorn. It is ruled by Saturn the teacher. It can allow our fears and projections from our own unconscious to rise. This can give us the impetus to come to terms with the hidden side of ourselves. Through the challenge it presents, we can remove blockages to our evolutionary process exposing them for healing.

Mars transits the sign of Gemini in January and February. Watch your driving. Gemini rules short distance driving. Mars in Gemini likes to be in a hurry. In this sign, Mars is not imbued with patience and can sometimes attempt to handle too many projects simultaneously. Make the effort to direct the energy wisely and well to bring the desired results from your actions.

In January 2008, Venus is in Sagittarius. There is a strong desire to have fun, travel, and explore new horizons. In this sign, Venus can help us express ourselves with great expansiveness and allow us to be adventuresome.

On January 28, 2008 Mercury will retrograde until February 19, 2008 when it will go direct. Mercury is in Aquarius during January, February, and most of March. In this sign, it can express with originality. It can receive and express intuitive faculties. Mercury in Aquarius, likes to be friendly to everyone in an impersonal way so it should be a social time.

On February 7, 2008, there is a solar eclipse at one degree Aquarius conjunct transiting Mercury at the same degree while Mercury is retrograde. Therefore thoughts may get a little foggy for a short period of time as the eclipse and Mercury also conjunct transiting Neptune.

If computers get temperamental they could be responding to the energies. Neptune sensitizes any planet it contacts. Be especially clear in your communications with others. Be sure to separate logic from illusion as these combinations can make for extreme impressionability and sensitivity. On the positive side it stimulates the artistic creativity in all areas as it stimulates the imagination. Music is especially appealing and soothing and inspiring.

In the month of March 2008, the planets Jupiter and Uranus are in a positive aspect with each other in the heavens, presenting opportunities; for making positive change and applying wisdom gained through intuition.

This is a most fortunate aspect allowing us to prepare for a positive new stage in our personal evolutionary-growth and development. It is a powerfully magnetic aspect bringing philosophical depth and understanding.

The energies are flowing with you for change if you desire it.



A THOUGHT

Some Thoughts About Communication...

By Sam Holland, USA & The Netherlands

Have you noticed that communication styles seem to go hand-in-hand with awareness? For instance, if a person isn't aware of another person's state of being, they will often preach to them or dictate opinions. On the other hand, if a person is aware of another's path, they will tend to listen more and preach less. There will be less emphasis on what a person knows to be their truth and more of a tendency to look at communication as a learning experience.

As awareness grows, communication will eventually evolve into a discussion that pulls another's opinion out. After that the communication style is modified to match the other's point-of-view. Another way to look at this is that what you learn from another is more important than dictating your personal truth.

An excellent philosopher (Scott Adams) said that a person forgets what they are told but remembers what they have experienced. Pulling information from another uses the other's experience as the basis for communication. However, doing that takes patience and lots of awareness. It also indicates an evolutionary step towards the realization that everyone is Divine, and that there is literally no such thing as being better than another, be it in knowledge, spirituality or in possessions.

Through awareness, communication evolves through seven steps.

1. Preaching

I know what's best with little or no regard for the other. It is possible to preach a doctrine as well as an opinion. In that case the doctrine becomes dogma and the communication becomes a power trip.

2. Lecturing

An attitude that says "Here is the information. Accept it or not. There will be a test!"

3. Interaction

What do you want? I am interested in interacting with you in order to convince you that my opinion is good for you. I'm willing to answer your questions, but I'm right.

4. Recognition

The value of the other's perspective is important. An open mind exists. Listening for the sake of change, not for appeasement.

5. Pulling

Extracting information from the other person's perspective. This gives insight as to their opinion. Their opinion is valuable and expands my personal truth. Change comes through acceptance.

6. Becoming

Communicate from the other's perspective in order to clarify the greater truth. A recognition that the greater truth encompasses all opinions. There are no strings attached.

7. Being

Communication through presence. A peaceful awareness that accepts all opinions and allows evolution toward universal balance.

If you take an honest look at your communication style, it probably seems that you are working at all seven levels simultaneously. However, as awareness grows the latter stages become more prevalent. Also recognize that a later step does not reach its full potential before the preceding step has reached its full power.

How often do you experience another person dramatically or emotionally making a point? There appears to be a need to express an opinion with such force that the other person is intimidated into agreement. Psychologists say that the emotional outbreak is a sign of insecurity. In other words the person is not sure that he is right and is trying to convince himself that he is! This implies that when the earlier steps are being expressed, the communicator is still not completely convinced that their opinion is true.

In any event, it is clear that the higher purpose of communication is to learn, not preach or convince. As awareness increases this becomes a way of life that puts a high regard on helping others through a greater understanding of them, not necessarily from what you know. The discovery of an ever evolving truth is put in higher regard than being right.

Truth then, is an energy that is not static, it continuously moves and is closely tied to awareness and personal evolution. Your communication style becomes a measure of how well you understand your personal truth.

What do you think?

With Love,

Sam

sam@mysticpath.com

Note: Steps 1,5,7 come from the Julian Teachings.

Contact Us ...

The Ring of Light is a periodic publication serving the Julian Community. A \$10.00 US annual contribution on your part will cover the cost of your newsletter! Make checks payable to Dan Walton. This newsletter is a tool to connect our community. It is your tool to share and use ideas, activities and creative works. Thanks to the many contributors.

Address Changes Notify:

Sam Holland AND Anne Claire Vennemans

Copyright:

It should be noted that all Julian quotes and writings appearing in this newsletter are copyright June K. Burke.

Next Issue Theme: "The Power of Friendship"

Deadline for Submissions: March 1, 2008

Dan & Nancy Walton - Ring of Light Editorial Team

Newsletter Submissions—How to !

For entries larger than 25 words, please submit a text file in electronic form. Send us a 3.5" computer disk or electronic contribution to:

Dan & Nancy Walton
306 Seaview Drive,
Benicia, CA 94510

Thank you for your financial assistance in 2007 which makes it possible for us to publish the ROL.

2007 Contributors

Adams-Johnson, Darlene	Donahue, Terri	Mary, Charlotte
Albrecht, Camille & Richard Grescowle	Dowling, Patricia A.	McLewin, Lynne
Albrecht, Donald & Barbara Berg	Dunkelmann, Diana	Meyers, Donald
Alcary, Jose	Duntz, Paul & Donna	Morency, Therese
Atkins, Elizabeth & Roger	Everts, Delcia	Murray, Doris
Bernard, Casimir	Golden, Connie & Chuck	Numbers, Connie
Bauer, Marion	Hall, Denise	O' Brien, James
Beck, Russell	Hewitt, Robbie	Ouimet, Laura
Brookins, Jane	Hilsenrath, Vera	Paradies, Bonnie & Ron
Cirimele, Elsie	Hing, Joanne	Pronko, Donna L.
Conway, Dan	Huckabay, Judy A.	Riley, John Paul
Creary, Sondra	Johnson, Eleanor	Ross, David & Shesta
Dahl, Barbara	Jonsson, Audrey	Simuro, Veronica
DeSotto, Francis & Dorothy	Lederman, George & Adele	Smith, Andrea
	Livingston, Jeanne	Strauss, Ann
	Kobilarz, Cathy	Svirsky, John
	London, Trudie	Vennemans, Inge
	Maccarone, Evelyn	Wilson, Carolyn
		Wisherd, Susan



ROL via E-MAIL!

What a novel idea!

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

warrendaniel34@yahoo.com

Ring of Light

A Newsletter of the Julian Community

c/o Dan & Nancy Walton
306 Seaview Drive
Benicia, CA 94510

To:





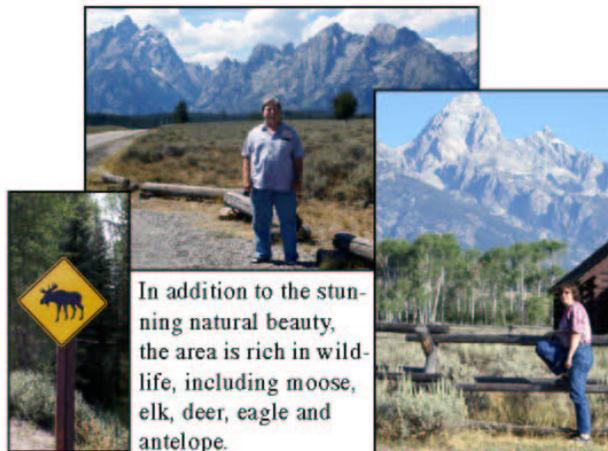
The Power of Potential

A workshop about unleashing your potential.

In Jackson Hole, Wyoming USA

June 1-6, 2008

By Sam Holland & Anne Claire Venemans



In addition to the stunning natural beauty, the area is rich in wildlife, including moose, elk, deer, eagle and antelope.

Restaurants and shopping are a short walk into town. Local amenities include hiking, fishing, cycling, river rafting, rock climbing and shopping. Yellowstone is only 50 miles away.

You can make a difference!

We all have potentials that are beyond our current ability to see. This workshop will help everyone to get in touch with their unseen potential and become confident in its expanded understanding. We will then use that expanded potential in way that helps bring balance to the Earth.

We will be staying at the Cowboy Village Resort, a friendly group of cabins located on the edge of the town of Jackson. Each single or double occupancy cabin has its own full kitchen and private bath.

Double occupancy: \$750. Ea.

Single occupancy: \$985.

Two dinners included.

All entry fees included.

50% deposit by Feb. 1, 2008

Full payment by April. 1, 2008.



<http://www.townsquareinns.com/cowboy-village>

Contact Sam or Anne Claire for reservations and information.

sam@mysticpath.com

anneclaire@mysticpath.com

In the US: 408 892 9724

In the Netherlands: 030 637 3337

www.mysticpath.com