

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XVI

Number 4

December 2008

Another year comes to a close. 2008 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 legacies of teachings, healing techniques, a new sense of our being, our self-worth, and our place in the Earth and the Universe.

We ring in the New Year 2009, 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.

Being in the Moment, our theme for this issue, is rooted deeply in the Julian Teachings. Starting with The First Ten Years of the New Millennium, this thread is woven into each of our articles. Russ explores the power of the mind to create THE NOW. Blanche's mentor, The Bud, "has profound lessons to impart." Shesta shares her knowledge of Homeopathic Remedies to keep us healthy. In Letting Go, Shesta shares with us a means to clear blockages so our energy can flow freely. Through Eleanor's understanding of astrology, we are able to know the Universal Energies that affect us in the coming months, allowing us to make wise choices. The newsletter ends with one of our favorite meditations entitled The Sea of Tranquility.

Love, Light and Peace ~ The Editors

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Julian Discusses

The First Ten Years of the New Millennium

2009 is a year of reevaluation, reflection, and discussion. Remember you went through that in 1999. You are going through it now.

This is the year of the rebirth of mankind, the rebirth of the earth and the galaxies that accompany it. It is a time of reestablishing of all that has come before, as fact.

It is a time where there will be a lot of introspection, a time of a lot of discussion. Like minds coming together to think and some unlike minds coming together to think.

It is a time of saying, "All right we are riding a wave, but now where do we want it to take us?" Is it serving me? And when you say, serving me that is not selfish. It means self respect. Am I being fulfilled with what I am doing?

Set up goals both individually and collectively. Do you want to go further? Or do you want to sit back?

That reevaluation will take you, in your preparation, to the year 2010 for the next decade.

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

Astrology

Feature Column by Eleanor Johnson
La Grangeville, NY



The Winter Solstice begins December 21, 2008. It is a time for introspection, the promise of a new cycle.

This Winter Solstice at 0 degrees of Capricorn creates a conjunction with transiting Pluto which entered Capricorn November 27th, 2008 for nineteen years. This is a powerful conjunction.

Pluto is a transforming and regenerating energy. The potential creative abilities with this energy is quite vast. It is an aspect which can bring great evolutionary growth. It brings a serious tone to the times we are living in. The trend will be to create boundaries to risk taking, and provide greater controls in business. During all times in History the challenges presented to us as a nation and individually can promise great gains for those willing to meet the challenges.

December has Mars in Sagittarius. Mars in Jupiter's sign should bring much fun and celebration for December as we end the year 2008. Venus, the planet of "social doings" will be in Aquarius. This sign rules "groups". Venus in Aquarius is friendly and outgoing. It gives a sparkling quality to Venus.

The New Year 2009, begins with Jupiter entering the sign of Aquarius from January 6, 2009 to January 18, 2010.

Jupiter in this sign is interested in philosophy, astrology, and occult wisdom. It can allow us to be receptive to new ideas. Many groups can escalate in consciousness with greater understanding.

A solar eclipse takes place on January 26, 2009. The solar eclipse will conjunct transiting Jupiter in Aquarius. You may travel, meet new people, try new things. It could incline many of us to take risks. Moderation is the keynote.

February 2009, Venus, the social planet, enters the sign of Aries for four months as it will retrograde from March 6 to April 18. It stays in the sign of Aries a longer period of time because of the retrograde motion. Fire and Air signs should enjoy a benevolent time of getting your needs met. Venus in Aries is assertive, confident, and knows what it wants.

In March, Mars and Jupiter make a conjunction for most of the month. Lots of activity. Personal drive can unite with expansion. Be sure to direct the energy wisely and well as this conjunction can lead to excess in all things. It can indicate an inclination to spread oneself in too many directions. Balance is required for this aspect to operate positively. Otherwise there is a tendency to take on more than one can handle.

The positive expression of this energy can be perfect timing for something you have been working on for a long time and now can bring it to fruition.

The New Moon March 26th is well aspected to the personal planets Mercury and Venus so all your efforts for future plans can be actualized.

Happy New Year

Eleanor

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When is the Now?

By Russ Beck ~ Cupertino, California

I have been writing this article for minutes now. When I went to bed only sleep was on my mind, not writing an article. It is 3:11 AM as I open my eyes. As I return to sleep the writing continues. After breakfast I sit down to transcribe this from brain to paper. Studies show that the same brain activity exists in the sleep and awake state for the same thoughts or activity.

Athletes visualize their activity before the actual event examples; gymnastics, pole vaulting, skating, etc. Studies show the brain wave patterns are the same whether visualized or actualized. The archer visualizes the bulls eye and then looks away before he releases the arrow. The techniques of focusing are used in: yoga, gigung, Zen, Chinese martial arts, Japanese martial arts, (Karate, Aikido, Judo) meditation, and shamanism.

Throughout history the focusing of attention (the inner teacher) has existed in all cultures: religion, mystery schools, writings, etc. The words may vary but the concept is the same: third eye, inner eye, eye of wisdom, brow chakra, sixth chakra, etc. Reread or listen to the Julian teachings with the focusing on the mind. Functions of focusing are: selective awareness, creative visualization, direct perception, intuition, imagination, concentration, and extrasensory perception.

To live in the NOW use the power of the MIND. Your thoughts about life and yourself affect your body. Your thoughts about yourself and others allow you to give and receive LOVE and reduce stress in your body, giving your body balance (homeostasis).

Do you create mental disaster in your mind by constantly thinking about sickness, accidents, age, or not being liked or loved? Your body can not tell whether something is actually happening or is just in your mind. You have to let go of mental movies and be in the present.

Studies of the mind show that every thought you have affects your immune system. How is this done? Focus on a point between the eyebrows. This is where the pineal gland is located between the two hemispheres of the brain. One type of cell in the pineal gland resembles the photoreceptors of the eyes.



Endorphin molecules are produced in the brain and pituitary gland and are released into the blood. They are a 31-amino acid molecule. Neuropeptides are messenger molecules in the limbic system (the emotional center of the brain). Every emotion releases a different mix of these informational molecules to every cell in the body in a millisecond.

When we get stress out of our body, nature can heal us. The mind can help us get well, however, guilt can isolate us. When we feel socially connected we feel worthwhile and our immune system is healthier.

We are all ONE. All minds are connected. Your mind affects my body and my mind affects your body. Stare at someone and they will look at you. That was a game I played as a kid.

In one study a person was monitored with biofeedback and videotaped. In an adjacent room another individual stared at a monitor of the person being taped. The hairs stood up on the neck of the person being taped. Did you ever hear, "When your ears burn someone is talking about you"?

Duke University did a study on the unity of the mind and healing. It consisted of people who had heart attacks and were in an ICU. They were divided into two groups. All received the same medical care. One group was prayed for by a group of people who only knew them by name. The control group had no one pray for them. The group who were prayed for did better on seventeen measures.

Healing is the restoring of connectedness with yourself, the connection of your inner and outer self (wholeness). Forgive yourself and forgive other people. I may not be perfect, but I am who I am.

When we have thoughts in the present or recall past events, these messages are sent to every cell in our body and our body reacts. THIS IS THE NOW.

IN LOVE LIGHT PEACE

Russ has a BS in Human Relations. He is a certified body awareness instructor and an Andean Kurak Akulleq (4th level medicine priest). He has been and is a student of Sam Holland and June/Julian since 1985.

Living In The Moment
By Blanche Duffy, Saugerties, NY

When I began thinking about the subject for this edition of The Ring of Light I knew it was too weighty to handle all on my own so I asked my consultation panel of one to give me the benefit of his profound wisdom. The Bud gave me one of those looks that says “Geez, that’s a no-brainer! Just observe!” So, like a good student, I dutifully began to observe!

So often when I’m eating a meal I’m not really paying attention to the food that I’m consuming. Instead I’m looking through the mail, or perhaps catching up on the news reports on TV, or thumbing through one of the many catalogs that grace my mailbox. Not The Bud! When Buddy is presented with either of his two meals each day he eats with gusto. He enjoys every morsel of that food. His full attention is given to eating his meal. He unabashedly licks the dish clean and when he’s finished he comes over to me and gives me a kiss as though to say “Thank you, that was delicious!” with his tail in full wag! (Come to think of it...Julian always told us to turn off the TV and pay attention to what we are eating!)

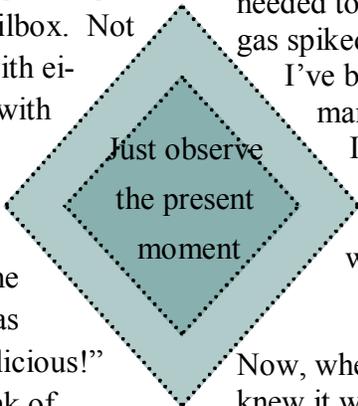
Very interesting, I thought, I should really take his advice on that issue – maybe not the licking of the plate part but at least paying attention to what I’m eating! Hmmm, perhaps he has some more wisdom to impart.

A short time later he let me know that he would like to go out for a walk. He took me to the front door to convey that he wanted to go for a long walk. But I could not take the time just then to go for a long walk. We had already had our morning walk, so I told him “No” and led him to the back door where he

could go out into a large fenced-in yard. Well, had I been the one who wanted to do something and was told “No” I might have been a slightly bit peeved, but...not The Bud. He bounced along behind me to the back door without the slightest bit of annoyance and went out into the yard to check out all of the places the wild creatures visit whether he’s in the yard or not. (BTW: It’s hysterical to watch him “chase” the rabbit and never quite catch up to it. If the rabbit gets too far ahead it sits down and waits for Buddy to get closer before it runs again! Great comedy show!)

Well, another wise statement from my consultant! By this time I was wondering what else Buddy could teach me when I remembered I needed to run some errands. Since the price of gas spiked around here at about \$3.65 a gallon I’ve been “bundling” the errands to do as many as I can depending on the direction I’m driving. Even though the price has come down somewhat I’m still bundling the chores. This particular trip would take me to Kingston.

Now, when Buddy saw me preparing to go out he knew it was car ride time. This evokes a massive display of dancing to the tune of “Me, too! Me, too!” Once again, he had a profound lesson to impart! The Bud sits in the back seat and totally absorbs the joy of the ride. He notices every route we drive and if I turn onto a road that he has not seen before he barks – just in case I made a wrong turn. He watches and comments on every person and animal we pass along the way and he lets me know he does not like to stop to wait for the traffic lights to turn green nor the train to go by. His tail wags constantly and periodically he leans over and plants a huge kiss on my ear. And when I must leave him in the car while I go into a store he takes over the driver’s seat and has a nap. (Once again, more Julian recommendations – that we practice being observant



Just observe
the present
moment

and expressing gratitude!)

This evening I reflected on the lessons the Bud taught today and it pretty much boiled down to:

1. Forget multi-tasking, pay attention to what is happening at any given moment. Whether it is big or small put your whole self into the task at hand.
2. Don't hold any grudges! So you didn't get your first choice, so what? Enjoy what is available.
3. Never become so distracted that you miss being observant to what is occurring around you.
4. Be grateful for what is happening in your life and never forget to show your appreciation (even if it is with a big, sloppy kiss!).
5. Don't be afraid to voice your opinions! Everyone's opinions are important whether others embrace them or not.

I must admit that The Bud is a lot better at living in the moment than I am at present but I'm working on it. If I really work hard perhaps some day I'll get to be as good at it as he is. Right now he's asleep on the futon in back of me. He's finished his work for the day and it's time to rejuvenate! After all...I'm not the easiest of students!

Namaste!

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LETTING GO

Submitted by Shesta Ross ~ San Jose, California

To "let go" does not mean to stop caring,
It means I can't do it for someone else.

To "let go" is not to cut myself off,
It's the realization I can't control another.

To "let go" is not to enable,
But to allow learning from natural consequences.

To "let go" is to admit powerlessness,
Which means the outcome is not in my hands.

To "let go" is not to try to change or blame another,
It's to make the most of myself.

To "let go" is not to care for,
But to care about.

To "let go" is not to fix,
But to support.

To "let go" is not to judge,
But to allow another to be a human being.

To "let go" is not to be protective,
It's to permit another to face reality.

To "let go" is not to deny,
But to accept.

To "let go" is not to nag, scold, or argue,
But instead to search out my own shortcomings and correct them.

To "let go" is not to adjust everything to my desires,
But to take each day as it comes, and cherish myself in it.

To "let go" is not to criticize and regulate anybody,
But to try to become what I dream I can be.

To "let go" is not to regret the past,
But to grow and live for the future.

To "let go" is to fear less,
And to love more.

Love Mom

Homeopathy for Happier Holidays By Shesta Ross, San Jose, CA

You will find homeopathic remedies at work in the popular, Airborne, and other over the counter acute medicines for cold and flu prevention and other conditions. They can be very effective if one of the remedies included in their formula is the right one for you. There really is no single homeopathic remedy for colds and flu for everyone.

Keep in mind that there are over 2000 homeopathic remedies to choose from and to treat virtually any condition. Of these there are 60 or so most commonly used remedies called 'polycrests'. Most of these, and the common ailments they address, are described in Family Guide to Homeopathy by Andrew Lockie.

Although the art of Classical Homeopathy is to find the specific remedy that is most similar to an individual's particular symptoms, some of these polycrests are quick acting and effective for acute first aid situations. I travel with these remedies during the holiday season:

Arnica is the remedy of choice for muscle sprains and strains, bruises and blows. It will speed up healing from any trauma however small or large, and help you ground yourself after or even before a shock of any kind. I take it, for example, before and after routine dental visits, after a strenuous workout, or even upon hearing that a loved one has died.

Pick up **Nux Vomica** if you've eaten too much. It won't take away the calories but you'll feel a lot better and be less likely to keep eating.

Cantharis comes in handy for cooking burns...you not the food, silly! Take it immediately after the burn occurs. You'll be amazed.

Where to find these remedies? **Boiron** is a common brand found at health food stores.

Which potency? 30c (or 6c if that's all they have) will generally be the right potency for these minor first aid situations.

How to take them? Take 3-5 pills. Hold them under the tongue while they melt. Avoid food and drink for 30 minutes.

How often? Taking these acute remedies one time only should be enough. Remind yourself that these remedies stimulate your body's own healing response. Once the healing begins, it will continue on its own.

When you might take more?

When using **Arnica** for muscle aches and pains, you can re-

peat it as frequently as every hour for the day of the trauma although this is usually unnecessary. For shock, one dose is enough.



With **Nux Vomica**, if you still have that stuffed feeling from overeating, repeat the dose before bedtime or the following morning.

With **Cantharis**, you can take a second dose if you feel that the healing process has stopped or slowed down too much.

Shesta Ross is a Homeopathic Consultant. She completed a three year course of study and is certified as a Homeopath from Pacific Academy of Homeopathic Medicine. She has studied the Julian Material extensively for over 23 years, and also teaches classes in Beginning Meditation, Transition Energy, and Shamanism.

She can be reached at 408 206-2606 (cell) or 408 879-9629 (home/business) for phone consultations.

Community Announcements

Remembering Lou Nichols

by Diana Dunklemann

I have looked for information on Lou Nichols in the past, but never found anything until now. Our dear friend passed away almost 5 years ago. God bless her dear spirit, she was a wonderful friend who added joy, beauty, adventure and love to our lives. I remember our meditation time and adventures so fondly, and she was an incredible travel companion. Even though we had a 40 year age difference between us, at times, she ran circles around me! I still see the world through her eyes of beauty. What a gift she was, many blessings to her!

Wilma Lou Avery Nichols

NICHOLS, Wilma Lou Avery Passed away peacefully from this world into the next on December 15, 2003 just before noon. There was never a shortage of anything around Lou especially radiant smiles, hugs, kisses and "Bless you, darlin's." Her life was rich in love and beauty. Beloved daughter, wife, sister, mother, grandmother, great-grandmother and friend, she was born in Sand Hill, AL, on June 23, 1918 and came to the Bay Area with her family at the age of five. She was married to Henry Nichols for 26 years until his death in 1967. She worked as a secretary/office manager and later as an artist and Reiki Healer.



New TE Teachers ...

I'm happy to announce that we have 5 new qualified TE teachers, all in the Netherlands! They are:

Maria Sauter
Remco Sauter
Patricia Sauter
Michel Post
Carry Meijs

Also the second Dutch TE Group has completed the 10 year TE training. They are:

Wilma van Poelgeest
Carry Meijs
Inge Venemans
Carmen Metselaar
Anita Overkamp
Willeke Rademaker
Alicia Geerse

Congratulations to all for their dedicated work!

Sam Holland ~ Teacher of TE and MAGUS in the U. S. A. and Holland.

Editor 's Thank You ...

The Ring of Light's purpose is to share ideas with the Julian Community. It is a vehicle to keep the Julian Community together. We, the editors, are very proud and thankful to our dedicated authors for their outstanding contributions throughout this year.

Russ Beck
Blanche Duffy
Diana Dunklemann
Connie Golden
Eleanor Johnson
Shesta Ross
Saul Srour
Anne Claire Venemans

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

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

Next Issue Theme: "Habits of the Heart"

Deadline for Submissions: February 15th, 2009.

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
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Thank you for your financial assistance in 2008 which makes it possible for us to publish the ROL.

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ROL via E-MAIL!

What a novel idea!

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

Ring of Light

A Newsletter of the Julian Community

c/o Dan & Nancy Walton

306 Seaview Drive

Benicia, CA 94510



Ring of Light

Restore the Magic



We all have qualities that are truly magical. When these qualities are allowed the freedom to express themselves, they become a power that does not dominate but becomes a vehicle of balance.

This workshop will help everyone to become aware of their magical power and use the resultant awareness for individual growth that can help world balance.

Magic is not an illusion!

A workshop about bringing magic into your life.
In Oudemirdum, Friesland, the Netherlands

June 7 - 12, 2009

By Sam Holland & Anne Claire Venemans



In addition to the natural beauty and friendliness of Friesland, the area is rich in wildlife, including badgers and Dutch bicycles.

The Hotel restaurant serves great food at a good value. Other restaurants and shopping are across the street from the hotel or a short drive to a number of small, close by towns. Local amenities include hiking, fishing, cycling, boating and shopping.



We will be staying at the Hotel Boschlust in the small town of Oudemirdum in the Friesland province of the Netherlands. The hotel is a friendly and family owned with modern facilities yet retaining an old country environment.

<http://www.hotel-boschlust.nl/>

Cost is €535. or US \$850. per person double occupancy.

For single occupancy there is an additional cost of €100 or US \$ 160.

To hold a reservation 1/3 deposit is needed by January 1, 2009 with full payment by April 21.

Contact Sam or Anne Claire for reservations and information.

sam@mysticpath.com
anneclaire@mysticpath.com

In the US: 408 892 9724
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www.mysticpath.com

Meditation: A Sea of Tranquility

This one is to help you understand yourself a little bit and accept the universe a little bit.

The first thing I want you to do is take a deep breath, and as you breathe in, realize you are breathing in the energy of a clear spring day filled with pure air -- only that which is good for you. As it fills your body, as it brings to you a sense of tranquility, you permit yourself to open to a voyage.

You are surrounded to white light, and no harm can come to you in the journey you are about to make. Listen carefully to my words.

I am a sea of tranquility in whose depths there is wisdom.

I am a sea of tranquility in whose depths there is direction.

I am a sea of tranquility in whose depths there is fulfillment.

Feel yourself dive deeply into the sea, and as you go deeper and deeper in total safety, you see the light filtering through the water, ever moving, ever changing. Let yourself go through it, let yourself glide.



Below you, you can see the ledges, the coral reefs. See its variegated colors. You move and glide among many species of fish. None harm you, none threaten you. You are one with all sea beings. Suddenly you are aware of the serenity and the peace and the tranquility, and it becomes a living, breathing part of you.

Ahead of you there appears to be a wall. Toward the bottom of that wall, there is an opening. Let yourself glide into that opening.

Here there is no sound. Silence, which all sound, is present.

As you glide through this tunnel-like aperture, you become one with the silence, and at that point, one with all sound. Gliding, gliding, moving forward, ahead of you, you see light, and as you move out the other end of the tunnel, you are rushed upward, and now surrounding you is the cosmic sea and the starlight.

Gentle waves of energy rush through as you move through the starlit night, soft moonlight gently touching you.

And you become aware of the intellect of the cosmos, and you feel it fill you, and you are awakened to the full potential of the universe.

Drifting downward now, you find yourself standing in a circle of light. Around you the energies of the universe flow, and the thought is: I am the universe, I am the cosmic sea, I am the waters that flow and the silence that sings.

Filling you now is an awareness, a tranquility, a peace that is universal. Let yourself now accept the wisdom of the universe as you become one with it.

And now, take a deep breath and permit yourself to return.