

Ring of Light

A Newsletter for the Members of the Julian Community

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JULIAN MEDITATION

Our theme, The Time is Now, is reflected in both of Julian's Meditations. Julian encourages us to pledge to be an instrument of peace and wholeness by accepting that it is our nature to be so. The world so desperately needs this balance. The heavens support us, the earth sustains us, our choice is to be and live it.

Each of our writers has planted "Heritage Seeds" to enrich our lives. Reflecting on their words encourages us to be the most beautiful blossoms we can. Thus we create a loving, peaceful, balanced world in ourselves and effect everyone we encounter.

Love, Light and Peace ~ The Editors

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I am one with the Universe. I am one with creation. I am one with my fellow man. I am an instrument of sound and color. My sound shall heal. My color shall heal. For I am an instrument of the divine healing power.

Deep within me at this very moment, the Divine Light shines. And as I permit it to grow, it fills me and I am enlightened, as it permits me to see further, to understand more, and to communicate more clearly. Within that circle of light, I am divine.

I shall permit my divinity to reach out. I shall seek and touch the divinity of others. And in that merger, the light shall grow.

I am an instrument of peace and wholeness. I accept my power and pledge to use it well. I shall recognize daily my own light and my own divinity. I shall recognize daily the power within. For I was created in love and from Love. The breath of life was delivered with love and I will bear that love within me and I will share it.

One smile, one touch, begins the healing of the world. I will be that smile. I will be that touch, for this is my world.

Light of Lights, Power of Powers, fill us now. Let us hold ourselves in great respect. Let us treat ourselves kindly and let us know that we are divine and must cherish that.

Feel the energy of Peace.

Feel the joy of Peace.

Filled with the Power and the Peace, filled with the love and the will, go forth and heal.

So Be It.

Time Moves On But Stays The Same

By Blanche Duffy
Saugerties, New York

Lately, I've been reflecting on the passage of time and how as much as things seem to change the more they return to prior years and make a full circle to what was. Milk was delivered in glass bottles and left on the doorstep. And growing up in an urban, economically depressed city it was not unusual for people to plant gardens in their miniscule back yards and enjoy the results of their efforts as fresh vegetables on the dinner table. Since my parents were not inclined to cultivate a garden we often enjoyed the harvest of our neighbors who shared the bounty of their gardens. Two of my brothers worked summers at the farmer's market and often brought home vegetables that had not sold, so we had another source of fresh vegetables – particularly sweet corn and tomatoes.

By the time I finished high school and was seeking a way to pay my tuition in college I would not have even considered digging into the earth to plant vegetables. How gross! Supermarkets were becoming all the rage leaving behind the mom and pop stores to slowly disappear to make room for the "big guys". There was a chain of supermarkets called Acme that was considered the place to shop for groceries. No longer was it necessary to run from store to store for the canned goods, coffee, bread (good old Wonder White Bread), meats and other staples that had come to make up our diets. It was all there in one glorious place where families could do their shopping for an entire week or more.

When I finally finished college and found a job in my major I was too "sophisticated" to dabble in growing food. That's why we had farmers! But over the years it became evident that the food we were purchasing from the supermarkets was not providing all of the nutrients we needed to maintain our health and we began taking supplements.

The family farm had given way to big agrifarms and the primary thrust became production without regard to taste or nutrition. I once read that tomatoes were modified to thicken the skin so that they could be dropped from 13 feet without splitting and they would ship more easily! No thought about taste!

One of the things that fascinated me was that while living on the houseboat at the 79th Street Boat Basin in New York City some of my fellow boaters grew vegetables on the decks of their houseboats. Container gardening was finding its niche.

Then a funny thing happened. After I moved off the houseboat and rented an apartment in Greenwich Village I began going to the weekly farmers market at Union Square. What an array of fresh vegetables from the small farms that came in from the nearby towns! I "discovered" cooking fresh vegetables all over again. But this time there was such a variety I had to purchase some cookbooks to learn how to cook them all.

As more and more reports of the genetically modified foods became available and the nutrition levels of the agrifarm produce were called into question I began having serious doubts about eating many of the products available at the supermarkets.

Since I'm now retired and living in Saugerties, New York, I have a back yard where – you guessed it – I can grow some of my own vegetables! I have purchased Heritage seeds - seeds that are NOT genetically modified and I'm growing them in containers. I'm not using any type of pesticides but doing companion planting. This means placing plants in near proximity that support each other and drive away harmful insects. So along the rows of vegetables I have interspersed herbs and flowers that repel insects and bugs but do not harm the good guys like bees and butterflies.

Time Moves On But Stays The Same

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And...I am VERY fortunate to have a huge farmers market store that is open year round. It's within easy driving and they sell local produce from farms within less than 100 miles from it. Most of the produce is organic and far more nutritious than the agrifarm products from the supermarkets (although some of the supermarkets are beginning to introduce organic products).

And, as for the milk, I have found a few farmers markets where I can purchase milk in glass bottles! What a novel idea!

So, it seems that I have come full circle. From a childhood where fresh vegetables were grown (albeit by the neighbors) in back yards to the supermarket craze to the back yard garden. What's the catch phrase everyone uses? What goes around comes around! Looks like there are many meanings for that phrase!

Take care and let us enjoy the fruits of our gardens.

Namaste!

Blanche Duffy Copyright © 2009

LIGHT OF LOVE

By Yusuf A. Shakoor

One may ask
What is Love's purpose?
Is it to cuddle,
Care or caress?
Or is it to be your true self,
Blooming from one's soul,
In the divine essence,
As our lives unfold.

Love is a transformer
Transmitting messages,
Heart to heart.

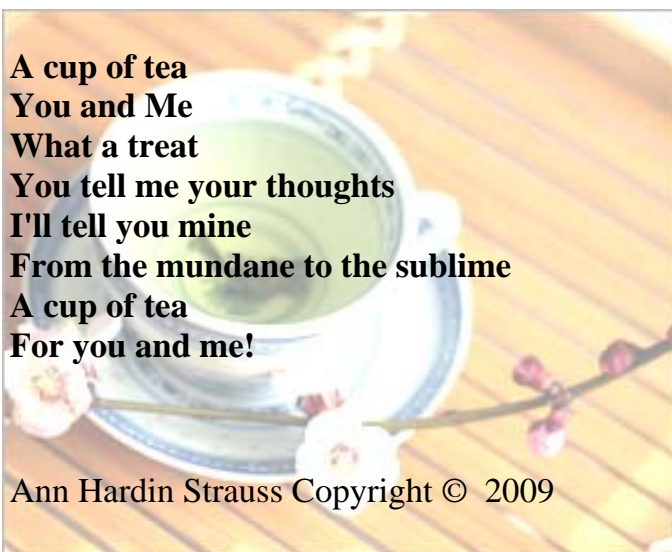
Love is healing,
True love removes all pain,
Ecstatically enriching one's soul
To overcome the odds that befall it.

Reaching out to others,
As God so selflessly
Reaches into us.

Love has eternal light,
Eternal meaning,
Eternal purpose,
Eternal strength,
For when one has true love,
No human, nor material,
Can deter it
From its destiny.

#82A0304, #115-42
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(Any comments are appreciated.)



**A cup of tea
You and Me
What a treat
You tell me your thoughts
I'll tell you mine
From the mundane to the sublime
A cup of tea
For you and me!**

Ann Hardin Strauss Copyright © 2009


SAUL'S CORNER

When you're in a "funk," when you're in a day in which everything feels down, your auric pattern pulls in, and you're not going to see anything extending outside of you. When you're excited, exhilarated, happy, that patterns swells in you, fills you, and literally pushes through your pores to extend around you as an expression of how you are feeling.

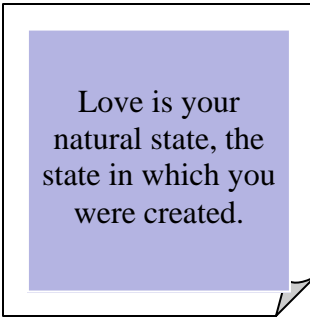
Someone could tell you that you have a blue aura or a green aura, but it's not there forever. It's there until your next thought. The moment you begin to get angry, or get into a discussion of something that is not the way you want it, or get into a different mood, that auric pattern changes. Its natural state is a beautiful white to golden yellow. When other colors enter into it, it's reflecting what's going on in you. Someone who sees auras very frequently might say your aura looks dirty. That means it's gray. It's not happy, it's not expressing, so something is bothering you. This person is telling you that you are reflecting that discomfort outside yourself and they can see it.

There are many classes being taught on body language. How you use your body tells a great deal about what's going on inside you, what you're trying to pull away from, or reach out to, but that's happening after something has happened inside you. The need to express it outside goes to the physical body after it has been in the spirit self. When you're in a down mood and your light is dimmed, so do you dim. You watch yourself on a gloomy day. Pass a store window and look at yourself.

Your head will be down; your shoulders will slump. 'Oh, down day'. If you pull your shoulders back, immediately your facial muscles want to pull up to form a smile. When you know you are

dealing with a gloomy day, you work inside yourself to express the opposite to establish a balance. If all the elephants on the ark go to one side, the ark's in trouble. If everybody is down on a down day, they are creating a pretty dim spot in the universe. You have to be able to say, there's good here some place, in me, if nowhere else. Your natural state is in balance and harmony, love, and joy.

Love is your natural state, the state in which you were created. Discord in the self is brought about by interactions with the world and the things that are going on in it, but you must not let what you see in the physical world cause you to lose sight of who and what you really are. You must understand that you are in control of your space. Every time you go in to bring that balance, you're getting back into your original state, to the state of your creation. In that state, you are a power, and nothing can take you down. There is no thing in your Earth that can dim your light but you.



Love is your natural state, the state in which you were created.

Where hatred is permitted to brew, there is destruction. That is why love is so important. Not the love that says 'You do it my way and you're okay', but the love that says 'I love you, and I am supportive to that original state of you,' which is the same in every single person. It is unreasonable to say 'I love you' from an ego-personality standpoint to a person you have just met. I just met you ten minutes ago, but I love you. I don't know who you are or what you are; I don't know whether you're Jack the Ripper or some holy person, but I love you. When you say 'I love you' in the universal sense, which is what we are referring to here, you are saying 'the God in me loves the God in you'. That space is always there, that's what is important, and that's what one must love. One must put opinions aside and love in the purest sense with a love that says, people may be out of balance and away from their original state. If they can get that balance back, there won't be wars.

Recognize that hatred and war do not take place just between countries. It takes place in people. One

Saul's Corner continued from page 4

hating person is the same as that bad apple in the barrel. Everyone begins to get a little spotty, and then something brews. The reason why you're trying to return to your whole state of being – the state that you're meant to be in, the state which enables you to develop every aspect and power in you -- is so these negative situations do not happen in your world. If it's not happening in you, it's not happening around you. If it's not happening around you, it's not going to be happening around those, with you. That can spread out to be a pretty great stone in the pool. Those concentric circles that go out, touching everything on its way and come back in again.

That's just what you do when you are a point of light. You create a spot that can move out and touch other spots and make it happen for them.

EXERCISE

I'm going to ask you now to simply listen to me as I speak to you for a moment. Just take a deep breath and let yourself go into that wonderful balanced space within...

To that space that is always there, waiting for you. You can't lose it. It's a living, breathing part of you. You can mislay it by not going to it, but you'll always find it again once you seek it.

And now, I want you to feel in the very center of your being light...

And let that light grow and fill you, until you are filled with light. You are a light being, and as that light fills you, it permits you to see. It is the light of illumination that permits you to see beyond your ego and personality to the pure state that is your true reality. You are able to

see and experience the love and light of creation...

Let it fill you.

Every aspect of your body is becoming more and more aware. You are totally aware of every cell within you...

Every single aspect of yourself...

As the light fills you, you feel all the aspects of fear dissolving, all the blockages dissolving. You have risen above them in vibration. They are meaningless to you now. You are pure joy, pure love, and pure potential.

And now let a color rise within you. Let it come of its own volition. Don't try to force it. Let your light body begin to fill with color. Color is vibration. Its frequency determines its color. Let it fill you. Perfect peace and harmony, perfect balance, perfect joy, perfect love. Sated, recognize the reality of you.

Saturated, filled, and sated, recognize the reality of you...

Now take a deep breath, and let yourself return.

EXCERPT FROM

Spiritual Development Class #327 (1 of 18 classes)

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

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Words of Wisdom

Submitted by Stan Perry, Oceanside CA

Life is not about waiting for storms to pass ...it's about learning how to dance in the rain!

Astrology

Feature Column by Eleanor Johnson
La Grangeville, NY



The Summer

Solstice begins June 21st with the Sun in the cardinal Water sign of

Cancer, the sign of hearth and home. Cancer is the sign most closely related to food and domesticity. It is also associated with an abundance of socialization with family and friends, such as picnics, barbecues, and pot luck suppers.

With the Sun in Cancer in opposition to transiting Pluto there is a focus on values, a focus of an awareness on what we have to be grateful for. It may encourage us to want to stay close to home in the pursuit of summer fun.

July has the planets Venus and Mars in the versatile Air sign of Gemini. Air signs are the communicators of the Zodiac. There is a desire for games and friendly communications. This sign loves debates of an intellectual nature. The pros and cons of ideas brings people together with a spirit of community in a light hearted way.

In July and August both the planets Jupiter and Neptune, are in the sign of Aquarius. The sign of Aquarius rules groups of a philosophical nature. Aquarius likes to be friendly with everyone.

Mercury, the "Talking Planet", will be in the sign of Cancer for half of the month of July. Mercury in this sign stimulates the imagination and

heightens our sensitivity. Travel is enjoyed relatively close to home.

Mercury then moves from Cancer into the sign of Leo from July 18th to August 3rd. It is now in a fixed Fire sign. Leo likes to play, have fun particularly in competitive sports, and games of chance. In this fixed sign, Mercury encourages self confidence. This allows our will to be strengthened so that we can succeed at whatever we endeavor to accomplish.

A Solar Eclipse occurs July 22nd at 29 degrees of Cancer. It creates a trine, a positive flow of energy. It trines the planet Uranus, the Great Awakener. It has the ability to stimulate the creative imagination. It pierces illusion allowing man to see beyond appearances.

In August the Sun is in Leo. The Sun is in its dignity. It has the power to stimulate the divine spark within each of us.

September the planet Mercury retrogrades from September 7th through the 28th. The usual precautions during this retrograde period should be followed. Be clear in your communications. Watch your mail. Be aware that computers and mechanical things sometimes act up. If you need work done on a vehicle try to have it done before the retrograde period.

From September 18th until October 9th Mercury and Saturn will be together in the heavens. At the same time Mercury and Saturn will be in opposition to the transiting planet Uranus. This may react as a push / pull situation. Mercury in opposition to Uranus is impatient and restless. There is need to use caution in decision making. Use caution in signing important documents.

However, Mercury and Saturn can strengthen the mind. Practical common sense is an attribute of Mercury and Saturn. It encourages us to pay attention to details with persistence and determination.

Love and Light,

Eleanor

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Practitioners of the
Julian Teachings
Invite you to

THE 12TH GATHERING OF LIGHT



“INSPIRING YOUR LIFE”

Friday, Oct. 2, through Sunday, Oct. 4, 2009
Monterey Beach Resort ~ Monterey, California

Planning for the program is well underway and we are happy to announce our presenters this year will include Denny Brown and William Tollhurst DC, as well as some familiar faces, as we explore the terrain and application of inspiration. There will be enlightened discussion, meditation, ceremony, toning and singing in a beautiful setting. Let's gather as like minds in sacred space and sacred time to enjoy the love, light and laughter of our souls!

Because complete program information is too robust to reproduce here, you will receive it via separate email message. To request a hard copy, or to report you did not receive the email brochure, please contact Bonnie Paradises at 408-872-1535.

The 12th Gathering of Light
Friday, Oct. 2 through Sunday, Oct. 4, 2009

Next October, the Gathering of Light will return to the Monterey Beach Resort. The program format will be similar to that followed in 2007, beginning with dinner Friday evening and concluding with a special ceremony and lunch on Sunday afternoon. The accommodation prices quoted below, which begin at only \$325 per person, include two nights' lodging, six full meals, ocean view meeting rooms, a bonfire on the beach, all taxes and gratuities, and almost two full days of inspiring presentations, meditations and ceremonies. To keep the event as financially accessible as possible, all materials are donated, and all presenters and organizers are volunteers!

Registration Form

Name(s) _____

Postal Address: _____

Phone Number(s): _____

Email Address: _____

Accommodation preference:

Garden View Double Occupancy (\$325 per person)

Garden View Single Occupancy (\$480)

Ocean View Double Occupancy (\$380 per person)

Ocean View Single Occupancy (\$590)

(#) Additional Nights: \$160 Garden View — \$210 Ocean View

Specify nights to extend stay: _____

Roommate's name if already arranged: _____

I need a concession of \$ _____ on the price. Please let me know if this is possible.

I can volunteer for this event and can offer the following services: _____

I would like to contribute \$ _____ in addition to my costs to go toward financial scholarships for others who otherwise couldn't attend.

I enclose a check for \$ _____ for (#) _____ reservations.

Important dates regarding registration:

May 1st: 50% deposit is due at time of registration, 100% is welcome!

June 1st: Hotel fees may apply if cancellation is received after this date.

August 1st: Remainder of amount is due.

Mall this form with your check payable to Bonnie Paradises by May 1st, sooner if possible.

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20020 Scotland Dr.
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Questions? ...contact: Bonnie (408)872-1535
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More information about the Julian Teachings is found at: www.julianteachings.com

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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Next Issue Theme: "Good old potpourri"

Deadline for Submissions: September 5th, 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:

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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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A Newsletter of the Julian Community

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