

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XV Number 3 September 2007

Autumn, the season of richly deserved harvests and brilliant blazing landscapes is once more upon us.

Our newsletter unfolds with a sketch by Julian of our everyday life: living each moment to the fullest and at day's end recounting our accomplishments so that we may thoughtfully begin anew in the morning.

Each of our authors adds their special shape, color, and vibrancy to this engaging painting.

Enjoy!!!



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JULIAN DISCUSSES



Each night before you go to bed, I want you to look at what you have done that day, what you have accomplished, and what you have given freely of yourself with no strings attached. Don't expect grandiose things, but realize that when you use those inner powers, when you reach out with them, and you reach in with them, you accomplish. It might just be that drawer cleaned or some thing achieved that you'd been telling yourself you had to do for ages. But you will be able to say before you go to bed, "I was a productive being and I truly trusted and gave of my own gifts, no strings attached". That can be a hug, or a smile, and you know you gave it to someone not expecting it back. And that is wealth. Do this for you at night. It'll only take a few minutes.

Practical Magus Class 83.

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JOY'S CORNER



CHANGES

by Joy Srour

Totowa, NJ

One of the things Julian has stressed throughout the years is ACCEPTANCE. There are many concepts in our minds as to what acceptance is, and because we are unique individuals we experience acceptance on different processing levels. But because the Divine energies work through all levels, ACCEPTANCE is spiritual. It is stepping out of the box of limitations.

And in that ACCEPTANCE is the recognition of the self that you are human and are in a process of unfoldment. Change what you don't like, release what is no longer useful to you. Take on the new level of the self balancing energies that you have encountered. You are in a process of evolvement that keeps growing and changing so accept who you are and where you are at each stage of your fine career so to speak.

In living in the moment you let go of the past and the future and just be, and you like yourself just the way you are. This space has no judgment. It is purely sensory mentally and physically. So if you allow yourself to be in

that space you will hear beyond what is being said, there will be clarity of things that had no understanding before. It is a new dimension of where Julian has been moving us toward. And if you feel in your process of being that it is time to move forward, then it is time.

We are to be living in two spaces of time, the physical and the light space. Some of you are already experiencing energies that are leaving you in a non-descript space right now. As soon as the Fall Equinox comes in you will have a clearer idea of what you will be doing and what the energies are saying.

This brand new energy entered on the Summer Solstice as I mentioned in the last ROL. It will continue to get higher with every Equinox and Solstice. It will give you more and more clarity, opportunity, and the potential to be in the moment. This will cease the limitations we put upon ourselves.

Julian has said there is nothing you can't face and nothing you can't do. You have no limitations.

Yours in light,
Joy Srour

Astrology

Feature Column by Eleanor Johnson ~ La Grangeville, NY

Saturn begins its two year sojourn in Virgo on September 2, 2007. Virgo is a mutable earth sign ruled by the planet Mercury. Saturn is “The Great Teacher”, “The Programmer” of our world.

Saturn always encourages us to deal with the appropriate issues, according to the sign in which it is transiting. Virgo loves to be a master of detail. It is usually referred to as the “Perfectionist of the Zodiac”.

If you feel yourself being over critical perhaps now more than usual, that may be an indication you might be paying too much attention to details.

The most productive response to Saturn in Virgo is to discriminate between the essential and the nonessential, so that details do not become obsessive.

The test of Saturn in this sign is the lesson of true discrimination.



To cultivate your sense of humor will be most helpful with Saturn transiting this sign. On



the positive side there can be break throughs in research especially related to the medical field.

A Solar Eclipse will occur September 11, 2007 at 18 degrees Virgo. Close to the Fall Equinox, it is a powerful force for transformation as it is in opposition to the planet Uranus in the heavens.

Oppositions will usually effect our perceptions through other people or other circumstances acting as a catalyst for change, for renewal. Uranus’ keynote is “Behold I make all things new.” It is important to think over carefully any new decisions that you make. Do not act impulsively. When we are thoughtful with this aspect it can help us bring about positive change.

October, November, and December have the planet Mars transiting the sign of Cancer. Mars is the “Initiator of activity” and the “Dynamo in life” that help us to drive over and through obstacles.

Cancer is a water sign. The water signs rule the emotions. Mars in this sign can be very sensitive, perhaps even more emotional than usual. Mars can be used positively in the area of domestic issues, home improvement, or all levels of our physical, emotional, and psychological being.

Observations That Probably Will Not Impress You!

by Blanche Duffy

Saugerties, NY

The person who thought up the label “dumb animals” was probably looking in the mirror instead of at another species.

People with questionable reputations have usually put a lot of effort into building them.

People who expend the greatest effort to stop a law from being enacted are usually the ones who need that law the most. (Research conducted while helping to write the town ethics law.)

People who ask for your opinion are most often looking for a compliment.

The person who says “don’t ask” is generally itching for the chance to spill all the sordid details.

The person who says “only a sliver just so I can taste it” will probably be offended if all he/she gets is a sliver.

The self-proclaimed “expert” is often the one person in the crowd who knows the least about the subject being discussed.

Humility does not mean hiding your light under a bushel or denying your accomplishments.

The difference between the two statements above is that the first tries to shove fantasy down your throat as fact and the second owns up to what is already evident.

Loaning someone money is a big mistake. Giving someone money that you do not expect to be returned

(and you can afford to give away) does not create false expectations on your part.

BTW – a way to handle this is to impress upon the person receiving the money that a debt is owed and the only way to repay that debt is to help someone else in need in the same manner as they were helped as soon as they can afford it.

There is really very little difference between political parties so it’s necessary to vote for the person with the highest degree of integrity regardless of party affiliation.

Retirement from one’s job should not mean retirement from life.

People should never be defined by the job they hold/held but by the contribution they continue to make to society.

There are times when it seems that people who are overly aggressive in promoting what they believe are really trying to convince themselves.

When choosing a friend, life partner or employee - always note how that person treats those that they consider “underlings” before making a decision. Just as important, observe how they treat animals.

When seeking a friend, life partner or employee be careful not to set your expectations so high that it would be impossible for anyone to meet them. Ask yourself if you could meet those expectations and when the answer is “yes” drop the parameters back a notch.

It is never necessary to seek revenge for an injustice. The Law of Cause and Effect is always in motion and will even things out at the right and perfect time. However, that does not mean anyone should lie down and

play doormat! Everyone has the right to defend his/her rights, freedoms, and reputation so long as the defense does not sink into revenge.

A sign I saw long ago read "Always remember - There is some good in the worst of us and some bad in the best of us!" Being judgmental can really ruin your day!

When someone sends an email that is worth passing on to others – do not include the person who originally sent it in your list of addressees!

I try not to get so caught up in my own world that I forget to smile at someone whether I know the person or not. Smiles are a form of healing for the giver and the receiver.

Each time I hear the ambulance siren or the fire/emergency sirens I send healing for whatever the reason for the siren.

Everyone has healing ability and we should spread it liberally. However, we need to remember to add "...healing in whatever way is right and perfect for the person/animal/place/situation".

The older I get the less need I have to impress anyone.

Love and Smiles,
Namaste!
Blanche

**Astrology**continued from page 3

In October, Venus enters into the sign of Virgo until November 10th. Emphasis again will be in this Virgo sign on attention to details. There could be a tendency towards dissatisfaction with anything less than perfection.

Venus rules relationships and social areas of life. Personal relationships may be scrutinized very closely. Remember, we are all human!!!

November and half of December Jupiter remains in Sagittarius. On December 19th Jupiter commences its temporary residence in Capricorn through January 2009.

Jupiter in Capricorn is cautious and conscientious concerning factual matters. It can bring changes in consciousness that can be realistic. Integrity is important especially in the areas concerned with business. Since Jupiter is in Capricorn which is Saturn's territory, patience is needed in all matters pertaining to the areas of life that are important for mass consciousness.

Since transiting Saturn is in the sign of Virgo another earth sign, Jupiter and Saturn can work together as a pair. They can cooperate with each other so that "Judgment Jupiter" and "Practical Saturn" can bring the greatest good to humanity.

WHAT DO YOU DO?

by Doris Murray
Campbell, CA

There is a coffee shop nearby, and I find it convenient to visit friends there early in the morning a few times a week. My friends are regular six day a week attendees, showing up early each morning to help the owner open the place, setting up the umbrellas over the outside tables, then sitting in at tables indoors. The younger ones have children just starting school, and the older ones may have children out of school and grandchildren.

Conversations show that everyone is caring, and concerned about all who come to the coffee shop. Birthdays, children, illness, surgery and therapy are the first order of the day's conversations. I was invited to join this group a couple years ago. At first I didn't have much to contribute, and would sit drinking my coffee and listening to the conversations crossing the tables, back and forth. It is human nature to want to know all about someone you regard as a friend, so one morning, I was asked the usual questions that most people want to know:

"Do you have children?"

"No."

"Are you married?"

"No."

"What do you do?"

"I'm retired."

This group was not to be denied and grew impatient with my monosyllable answers.

"Well, just what do you do with your time in retirement?"

Thoughts flashed through my mind in a rapid sequence of the many things done over the years that have prepared me for this time in my life. How to explain my quiet private life that followed a career working with patients in a hospital laboratory for 40 years, some of them very famous, and like physicians who take the Hippocratic oath, I do not discuss them in public.

Then there are the seven adventurous years investing in getting a master's degree in Chinese Medicine. The methodology too technical to explain. Explaining Julian, an angelic force, is not easy, no matter how simple the words used. It would take hours, and most people I encounter who listen, are not ready to truly "hear" in a receptive way that they might understand, so I skipped that.

**The world is full of lonely
citizens who need someone
to just listen.**

Searching other corners of my mind, I smiled, and said, "I have a passion for growing food the natural way, with no pesticides and no herbicides. It seems to work because there is almost no problem with insects. The few that are around can be worked with, so there is harmony and benefit for all. The produce is very flavorful and healthy.

Beyond the garden, I work out at the gym. I occasionally go to the theater or a movie with friends. I have friends and acquaintances that may be helped by counseling, or healing, or spiritual matters. Mostly I just listen to them. The world is full of lonely citizens who need someone to just listen. I hoped this small amount of information would satisfy the curious.

The group around the table seemed relieved that I was pretty 'normal,' and looked forward to seeing me arrive in the mornings that I elect to come. Then several days went by and I didn't show up. One of them called to see if anything was wrong.

"No. See you in a couple days."

The next time I went to the coffee shop, there was a barrage of questions. It was easy to tell they were worried and concerned about me, and wanted an explanation. So I told them, "Don't worry, nothing serious happened. It was necessary to take some time off to clear my mind." The laughter was loud and long. They didn't understand. Of course not. Their focus is on the immediate events in their lives. I believe in the benefits of doing this often. Taking time off reduces my stress level. Believe me, no matter how laid back a life is, tiny amounts of stress accumulates and clutters up a mind until we can't think clearly, we feel tired, the body slows down and begins to not function well.

So I take time out to be in a space where the phone is unplugged, the TV is not running, and there is nothing else that requires attention, I shut out the world. I remove all visions from my mind and replace them with a gray or black color as if looking at outer space. I hear nothing, feel nothing, see nothing. I breathe normally so there is no attention to breathing or my heartbeat. I do this sitting up, for if it is done lying down, I may fall asleep. It is amazing how wonderful this feels! It is then so much easier to open the superconscious to vital information that leads me to do what is important in life, otherwise I may be swallowed up in the trivia.

Now, when I return from an absence at the coffee shop, I am asked with grins and laughter, "Were you emptying your mind?" and I can truthfully say, "Yes, and it was wonderful.,



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The Parable of Two Wolves

Submitted by Dan Conway

Oceanside, CA



The old Cherokee, in an effort to teach his young grandson one of life's lessons, told the young man the following parable, saying:

"A fight is going on inside each of us. It is a terrible fight, and it is between two wolves. One wolf is evil...he is filled with anger, envy, regret, greed, arrogance, self-pity, guilt, resentment, lies, false pride, superiority, and ego."

"The second wolf is good...he is joy, peace, love, hope, serenity, humility, kindness, empathy, truth, compassion and faith."

The grandson thought about this for a moment and then asked his grandfather which would win such a fight.

The old Cherokee simply replied..."The one you feed."

**The e-mail address for the Healing List is
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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.

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**Next Issue Theme: "Choosing your path for 2008".
Deadline for Submissions: December 1, 2007**

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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ROL via E-MAIL!

What a novel idea!

We are looking into having the ROL sent by e-mail for those who prefer an electronic version. If you are interested please contact us via our **** New E-MAIL ****

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A Newsletter of the Julian Community

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To:

