

Ring of Light

A Newsletter for the Members of the Julian Community

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The theme for this Ring of Light newsletter is “abundance”.

Abundance is defined by Webster as “an ample quantity”. Also as a “relative degree of plentifulness”. Our authors for this issue share their thoughts with us about “abundance”.

Julian gives us a homily to think about: “In your life think quality not quantity.”

Blanche Duffy sees abundance as a state of mind. “It is not about dollars and cents. It is really about love.”

Diana Dunckelmann asks us in the beginning of her article: “When you think of health, what do you think of?” Her focus is “cultivating an abundance of health” in our lives.

Connie Golden writes about the Sam Holland and Anne Claire workshop this summer in the Grand Tetons of Wyoming. “When we combine our intellect with nature’s intuition, our boundaries are removed.” “This gives us enormous power to bring help and balance to ourselves and to the world.”

Eleanor Johnson tell us in her Astrology column that “we can create a Universal awareness of the need for tolerance and understanding. This allows each individual to make a positive contribution to world harmony”. This leads us back to quality not quantity.

Love, Light and Peace ~ The Editors

Inside this Issue:

Julian	Page 1
Astrology	Page 2
Abundance is it just about money?	Page 3
Cultivating an abundance of health	Page 4, 5
Restore the Magic	Page 6
Power of the Potential	Page 7
Contact US	Page 8

** New E-MAIL **

warrendaniel34@yahoo.com

Julian Discusses

In your life don't think of quantity. Think of quality. The quality of your life is important. Because you can have the biggest bank account in town, and have no quality in life. Give yourself time to love. Give yourself time to share with friends. Give yourself time to be a person, aside from what you call the rat race. Because that is what it is all about now. Bring it back into balance in yourself and around yourself.

If you stand outside for just a few minutes and listen to the sea, you begin to feel how small you are. For the water element rules loud and clear here, and has been ruling loud and clear in Florida. Bless them. It is not always a disaster to have a major change occur. It can be a forewarning. It can be an opportunity to show the quality of yourself as a person to step in and give. To share. To help.

What I am saying to you is do not see these changes as negatives, but rather the full opening of the self to the “you” you're meant to become now as you're reborn so to speak. And rebirth has nothing to do with religious factor. That is the free will choice of mankind. How they will recognize divinity. Spirituality has no war with religious factor or dogmatic practice. That is in the heads of man. What any practice that says you should take by force something else is not going to get you there. Don't put your energy into the right of force. Put it into the force of right. There is a big difference.

An excerpt from 7th Gathering of Light, 10/2/04
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Authors: Rev. June K. Burke and the Seraph Julian

Astrology

Feature Column by Eleanor Johnson
La Grangeville, NY



September 22nd ushers in The Fall Equinox at 0 degrees of Libra. It is accompanied by three personal plan-

ets in Libra - Mercury, Venus, and Mars. This sign is referred to as the "We Consciousness".

Venus will take first place as it is the ruling planet of Libra. Many social functions may be a part of your experiences. The company of good friends may be sought as Libra is an Air sign and the Air signs are the communicators of the Zodiac. You may find that you have a strong desire to share conversations. Libra loves to debate both the pros and cons of ideas as well as both sides of an issue.

Mercury will be in Libra for all of October. It will begin its retrograde from September 25th to October 15th, then remain in Libra for the remainder of the month.

In October and most of November Mars is in the sign of Scorpio. In this sign it is in co-rulership. Expect a great deal of intensity in the Universe. Mars in Scorpio has a difficult time being lukewarm.

As October comes to a close Mars makes a sextile in the heavens to both Jupiter and

Saturn. It is a dynamic configuration with a practical interest in religious and philosophical matters. In this configuration there is a generosity of spirit expressed in a practical way. Strenuous work and physical discipline are required. Endurance and fortitude are paramount.

Jupiter and Saturn can work together as a team capable of coordinating large scale projects which entail much responsibility. Its most positive attribute is to support and safeguard what we value both individually and collectively.

Jupiter rules the Republican Party of the United States, while Saturn rules the Democratic Party of the United States. They are running neck and neck during October and November. I venture to predict the presidential election will be close.

The planet Uranus, "The Planet of Change", is 18 degrees of Pisces during November and December. Eighteen degrees of Pisces is a reinforcement of faith which can then open up a new environment and a revision of ideas.

December brings the planet Jupiter to a close in the sign of Capricorn.

We start the year 2009, with Jupiter entering the sign of Aquarius. Aquarius is the ruler of the Moon in the chart of the United States. It combines a Fire element Jupiter in an Air sign. Fire and Air blend well together. The Moon rules the pulse of the general public. It can close the year with optimism and hope. We can create a Universal awareness of the need for tolerance and understanding. This allows each individual, each one of us, to make a positive contribution to world harmony.

Love,
Eleanor

Abundance...Is it Just About Money?

by Blanche Duffy ~ Saugerties, NY

I've been thinking (OK, I know that's dangerous but I can't help it on occasion). I feel very rich but the size of my bank account doesn't support that. I do not feel deprived even though there are many things that I put off buying or doing for lack of funds. I actually feel quite happy even though the old bones argue and make nasty remarks if I try to push them too far. So why should I feel content?

There was a time when I did not feel this contentment. I was anything but happy, content and certainly not satisfied with my life. There was a time when I needed to be the best at whatever I did. It was not to do the very best that I was capable of doing. I had to be the best! I did not cut myself any slack whatever and I berated myself no end if I did not live up to my expectations. I was miserably unhappy! So it was quite a surprise to me when my thinking began to change over time and I began to look for something more in life than the emptiness of just being the best.

Guess it all goes back to a session I had with Julian many years ago, and some good advice he repeated in our classes on many occasions. I've been trying very hard to incorporate it into the very fabric of my being and I'm actually having some semblance of success. Paraphrased it goes something like this:

If you get up in the morning and you're breathing, walking, able to get around – give thanks! If you go into the kitchen and there's food to prepare – give thanks! If you have a need to go somewhere and you have the means to get there – give thanks! If you go to the store and there is money in your wallet to pay for the items you wish to purchase – give thanks! When you go to bed at night and you have a roof over your head and a place to sleep – give thanks! There are far too many in your world who have none of these things but they still try to find a reason to continue to go on with dignity and be thankful for what they have!

I cannot claim to have had an instant transformation of thinking, however, over the years I have tried to develop the practice (or perhaps the habit describes it best) of giving thanks in the morning when I awake, giving thanks for the food I consume, and giving thanks when I go to bed at night for getting through the day without creating too much havoc (Now that's a major reason to give thanks!). If I look into the crawl space under my house after a heavy rainfall and there's no flooding...time to give thanks. At the end of the month if the money available balances out with the expenditures ...time to give thanks. When I hear an old friend who has been ailing is feeling better or on spotting a rainbow in the sky...time to give thanks.

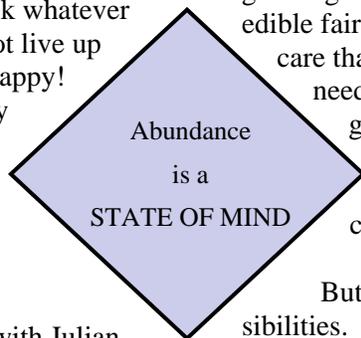
Abundance to me is a wonderful dog who is very generous with his love and blends with me like a pair of old, comfortable shoes. It's having pots of vegetables growing in the back yard that might actually produce edible fair. It's having friends and neighbors who care that I'm OK and who would help me if I needed them. Abundance is also looking at the glories of the natural world and grasping some understanding of the beauty of the workmanship and the design of a master craftsman.

But, abundance also has corresponding responsibilities. We cannot just take! We must share! We must leave something good for those who come after us. We cannot just use up the abundance of this world but must make certain that we nourish the source to make it sustainable. We need to cherish this planet and work to heal its wounds. We need to share with those less fortunate to make certain they can live in dignity.

Abundance is not all about dollars and cents – it's really about Love, the one commodity that is totally free but will die if not shared! If we don't share and love unconditionally then we are the paupers – regardless of the size of our bank accounts or the number of "things" we have accumulated!

Abundance is not about things or bank balances!
Abundance is A STATE OF MIND!

Namaste!
Blanche Duffy



Cultivating an abundance of health

by Diana Dunckelmann

Campbell, CA

When you think of health, what do you think of?

When I was growing up, I remember being taught that health was “not” having a disease. It didn’t occur to me until I was older to think of having a proactive, balanced approach of optimizing health. Thankfully now, there is the wisdom of the old practices as well as new information that can serve us to live in abundant health throughout our lives.

As an acupuncturist, I learned in my Traditional Chinese Medicine (TCM) school, that traditionally, an acupuncturist was paid to keep their clients healthy through preventative treatments. If a person became sick, the acupuncturist wasn’t paid! That preventative or proactive aspect was one of the areas that spoke to me strongly when I decided to study TCM. The other aspect of TCM that had a huge impact on me was that it considers the whole being: body, mind, (emotions and mental) and spirit in its assessment of well being, as well as disease treatment. The overall concept of balance is key to health.

The list that follows is a description of TCM traditions in health cultivation, as well as other modalities that I use and recommend. Traditional Chinese Medicine describes all of these as a way of cultivating health, or if out of balance, can be a cause of disease. I am not including herbs and vitamins in this article, since it is so large a subject, it will be addressed in a future article. The following ‘gentle reminders’ are in no particular order:

Exercise - think of exercise as a daily way of honoring the body. Tai chi - moves the body gently and

cultivates and circulates qi, or the life force. Qi gong - cultivates the life force and can both prevent and heal disease. Yoga – highly recommended to keep the body healthy through breathing, movement and stretching. Aerobic exercise, walking, weight bearing exercises – keep the muscles strong, the endorphins flowing in the brain, and the whole body fit.

Diet – balanced diet consisting of plentiful whole grains, vegetables, especially greens and fruit. In moderation or not at all: meat, oils and greasy foods, refined sugars and dairy products. Practice preparing your food with love, buy organic whenever possible and when eating, slow down and enjoy!

Sleep – 8-9 hours for most of us (yes, nine!) As a culture, we chronically do not receive enough sleep. During sleep, the body heals and repairs itself and it is critical to nourish ourselves this way.

Good Health

身体好

Meditation - cultivating mindfulness and peace. Meditate daily, even if for only 10-20 minutes. Cultivate mindfulness, which can be described as being aware of each moment: what you’re experiencing, feeling, what is happening around you. In mindfulness, resist nothing, practice peaceful observation and compassion. There is a two part question that author Raphael Cushnir poses in his book [Living the Questions](#) that is excellent in this regard: What is happening right now? Can I be with it? The true, peaceful adept has space within for any occurrence, internal or external.

Emotional health - strive for balance; the emotions are barometers of our internal state. Do not resist or repress them, nor allow them to overwhelm you. You are not your emotions; they are the language of the subconscious and body self. There is no feeling that can arise that cannot be

Cultivating ... continued from page 4

honored and moved through. Our higher, witness Self can handle anything that life gives us. Cultivate gratitude, it is a transforming state of thankfulness.

Nature – try to interact with nature daily, in the form of walks, gardening or interacting with a house plant. Keep a favorite stone or crystal nearby. If you need grounding, hematite is excellent. Keep flowers or in the house plants in your home or work place. Whenever possible, interact with trees, stand under one, breathe in, and allow yourself to merge with it. Feel its sense of time and incorporate that into your consciousness. If you're inclined or feeling spacey, try this exercise with a stone or rock, it will return you to your center and a sense of deep timelessness.

Loving relationships are the cornerstone of our lives, the first being the kind and loving relationship we have with ourselves. Cherish those you love, give your loved ones the gift of your time. If still there, heal the old wounds and hurts, forgive and let go. Living with an open heart will change the world.

Acupuncture, moxabustion – are a wonderful means of cultivating health through their ability to balance the body in its most subtle energy to physical form. The meridians of the body relate to each organ, emotion, sense, etc. In reality, the meridians are one continuous loop of energy – so anything that affects one area, affects the whole system. Acupuncture works by releasing blockages or restoring balance in that energetic system, so the body can return itself to a healthy, balanced state. Moxa adds heat through special herbs being burned to add energy and warmth to areas of need.

Chiropractic/cranial sacral/massage: all therapeutic as well as preventative. Chiropractic addresses the health of the body through the skeletal and

nervous systems. At times, if the structure is out of alignment, the best course of action is chiropractic. Cranial sacral work deals with the limbic system, cerebral spinal fluid flow and nervous system. I have found it to be a powerful adjunct to chiropractic in 'unwinding' difficult or chronic conditions. It is also a subtle and sacred practice. Massage keeps the channels flowing and feels good!

Fall Herbal Suggestions

Cold remedy for clear mucous, runny nose, chills, sneezing, feeling cold. Do NOT use this if you have a sore throat.

Grated ginger root

Green onion ends, including the root

2 T Lemon juice

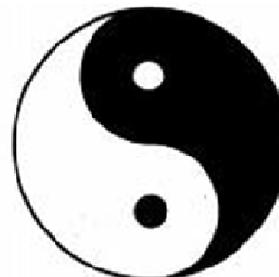
Honey

Cayenne pepper

2 cloves mashed garlic

Add ginger and onion in a saucepan with 2 cups of water, bring to a boil, and then simmer for 5-10 minutes. Remove from heat, and then add remaining ingredients. Strain if desired, get under the covers and drink as much as you want.

Diana Dunckelmann lives in California with her husband John, step-son Stephen and cat Mikey. She received her Master of Science in Oriental Medicine in 1995 and is a licensed acupuncturist. She has been and continues to be a devoted student of Sam Holland and June/Julian since 1981.



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.

A workshop about bringing magic into your life.

In Oudemirdum, Friesland, the Netherlands

June 7 - 12, 2009

By Sam Holland & Anne Claire Venemans



Magic is not an illusion!



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.

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
In the Netherlands: 030 637 3337
www.mysticpath.com



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/>

THE POWER OF POTENTIAL**Connie Golden****Scotts Valley, California**

In the beautiful setting of the Grand Tetons of Wyoming we had an abundance of exposure to the powers of the universe to help us in our spiritual growth. Sam Holland and Anne Claire Venemans led this insightful workshop from June 1 - June 6, 2008. Some of the wisdom that was personalized for each of us during the workshop included the following from Julian.

“Humanity is wise through intellect. Nature is wise through intuition.”

Our individual potential knows no boundaries, it is our limited intellect that produces restrictions. Mother nature through intuition, knows no boundaries, therefore, she has unlimited perspective. When we combine our intellect with nature’s intuition, our boundaries are removed. This gives us enormous power to bring help and balance to ourselves and to the world.

On the first day of the workshop, the focus was Potential. Anne Claire encouraged us to think of the greatest achievement we can reach, and see that as the first step.

The next day the emphasis was on Identity. Sam assisted us to realize that each of us is unique and when woven together, we have a capability that completes the universal plan.

Day three the focal point was Preconception. Anne Claire helped us to see that a problem is a blockage in the flow to a predetermined outcome.

The last day, the focus was Application. Sam challenged us to understand that there is no substitute for the expression of an individual’s potential.

At the end of each session, a subgroup was given special training in the area of their individual interest.

The workshop, as always, provided much growth for all. The next workshop is planned for the second week in June, 2009. It will be held in Friesland a province of the Netherlands. It promises to be a friendly magical experience, located in a mystical country within a country.

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Address Changes Notify:

Sam Holland AND Anne Claire Vennemans

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Next Issue Theme: "Being in the Moment"
Deadline for Submissions: November 15th, 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 2008 which makes it possible for us to publish the ROL.

2008 Contributors

Albrecht, Camille &
Richard Grescoble

Bauer, Marion

Bouc, Mimi

Branch, Grace & Orlando

Braunstein, Elma

Brookins, Jane

Cirimele, Elsie

Conway, Dan

Dowling, Patricia A.

Dunkelmann, Diana

Ellis, Christy

Everts, Delcia

Golden, Connie &
Chuck

Hall, Denise

Hewitt, Robbie

Hilsenrath, Vera

Johnson, Eleanor

Jonsson, Audrey

Kobilarz, Cathy

Livingston, Jeanne

London, Trudie

Maccarone, Evelyn

Mary, Charlotte

McLewin, Lynne

Murray, Doris

Pachota, Donna

Paradies, Bonnie Ron

Pronko, Donna L.

Ramirez, Margarita

Ross, David & Shesta

Saxe, Kolleen

Simuro, Veronica

Smith, Andrea

Strauss, Ann

Svirsky, John

Vennemans, Inge

Waltrip, Barbara

Wisher, Susan



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warrendaniel34@yahoo.com

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c/o Dan & Nancy Walton

306 Seaview Drive

Benicia, CA 94510

