

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XVII

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September 2009

This season symbolizes a brilliant patchwork of soft days, cool nights, and bountiful harvests. It is a time when there is a final surge of the earth's energies which culminates in a blaze of glory before the encounter with Winter. Each of our authors have created a unique square to add to the lovely pot-pourri quilt. Julian supplies the underlying design while each of our authors add their own brilliant colors and stitching.

Enjoy

Love, Light and Peace ~ The Editors

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JULIAN DISCUSSES

Question: Julian, could you explain why it seems to be, for the human being to pass over into your world, they must, in many cases, suffer before they die?

Answer: The suffering is the outcome of a disease. It is not a punishment. It is part of a package of a disease, or whatever.

Sometimes it is a soul growth. Sometimes it is a karmic lesson chosen by that person before they entered the Earth plane to erase some other thing, or to experience and learn something. And the best thing for you to understand is that if you are with someone who is suffering, ask yourself what you're doing to make it easy for them to leave.

Are you saying, "Don't leave me?" Are you begging, or are you saying, "I love you enough to let you go. Be at peace." Because they will hold on for their loved ones and they will suffer hell on earth for those loved ones.

So the kindest and most beautiful thing you can do for some one who is in the last stages is to say, "I love you dearly and I will miss you, but you have my permission to make the decision."

EXCERPT FROM
Julian Speaks, page 19, #259
Author: Rev. June K. Burke and the Seraph Julian
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What Should I Say?

By Blanche Duffy
Saugerties, New York



I'm the type of writer who can talk for pages when someone suggests a topic but who responds "Duh..." when left to my own devices to choose a topic. So, it has been a real struggle to choose a topic for this edition of The Ring of Light. One of my first thoughts was to write about Numerology which has been a lifelong study. No, too difficult to condense into a couple of pages. Then I thought about doing an advice column. Yeah, sure, that would go over like the proverbial lead balloon! Finally a flash of inspiration – talk about some of the animals I have known and loved! What better topic for an animal lover?

So, I will start off with Snoopy. Ole Snoopy was a mutt destined for the dog pound when he was about 7 weeks old. One of my nieces heard I wanted to adopt a dog and brought him over, opened the door, pushed him inside, then left! Snoopy walked around the house as though he owned it and decided he would stay. He was a truly lovable mutt masquerading as a beagle who lived to be about 14 years old. He never forgave me for moving from a house with a big backyard to a house boat. He fell into the Hudson River (before it was cleaned up) 13 times! Had to buy him a life jacket! Snoopy saved my life twice! Once while I was still living in the house and decided to open the garage door while I had him out for a walk. Snoopy pulled on the leash very hard and nearly pulled me over. At that moment the cable on the door snapped and the door crashed down exactly where I had been standing a moment before. The second time was when a heater malfunctioned on the houseboat and the boat filled with gas. I was sleeping but he hit me with his paws until I woke and we both got out safely. Snoopy was a really special guy!

Then there was Rainbow! She was a shelter dog and the ASPCA assured me she was over a year old. She was actually about 4 months according to the Vet. Rainbow chewed everything in sight including books, ceramics, and even pewter. A friend swore she had carborundum teeth! Rainbow was the nosiest dog I have ever met. I was living in Greenwich Village in New York City at the time and she pushed a chair up to the window where she sat watching the street scene for hours at a time – in between her chewing duties! She chewed most of the books that filled the lower shelves of the bookcases along the

walls of my apartment. One day when I arrived home from work I found her standing on her hind legs on a chair next to a bookcase and she was reaching for a book on the top shelf with her paw. That was truly a scream or laugh moment! I ended up laughing! Rainbow was also good at flying leaps! One of her favorite activities was to spot a hotdog vender in Washington Square Park about to put a hotdog onto a bun. She would take a flying leap and grab the hotdog off the fork. Leashes meant nothing when she decided she was going to have a hotdog. I always had to carry money with me when we went walking. Rainbow was with me for 15 years and can take credit for much of the white hair I now comb!

One of my nieces has a dog, Snowball, who saved the life of my niece's husband by alerting the family hen Chuck began sinking into a heart attack. The family was in a different room and Chuck could not speak so Snowball took over and got everyone into the room to help him. She recently had surgery on her back and the Vet said he never saw a dog heal as quickly as she did. What the Vet didn't know was that Snowball was on the healing list and had all the good prayers and energies flowing to her for her recovery.

Not to leave out the cat population, one of my nieces who lives in Florida has a cat named Rocky. My niece is a diabetic (often an uncontrolled diabetic) and needs to keep antidotes scattered about the house. Just recently Joan began drifting into a diabetic coma but Rocky got up on her chest and kept hitting her face, scratching and whining until Joan came to long enough to get some form of sugar into her mouth which helped her to come around. Rocky got a special treat that day!

And, of course, there's Buddy! I've written about Buddy several times but the latest with him is he wants a companion. He says I often get too busy and don't pay enough attention to him. I had a reading for Buddy with a pet psychic and he was quite expressive about wanting a companion...but no yappy puppies, thank you very much! So who knows? A future article may be about Buddy and.....!

Have a glorious day and remember Julian's answer to life's little quirks, "So What!"

Namaste! Blanche Duffy

TREASURES

By Doris Murray
Campbell, California



I grow the heirloom type of tomatoes along with other vegetables and fruits. They are a treasure to me, and yes, there are weeds growing nearby. One may wonder if I am lazy, or have a strange sense of what constitutes beauty in a garden, or no sense at all. The weeds in my yard are there for the insects. If they have no plants on which to eat, rest, and hide, they would be on the plants I choose for human consumption, so we have a satisfactory arrangement. I need the insects in the garden helping me. Weeds are not a bad thing. They have purpose too, but sometimes have to be controlled, just like some people. Sometimes insects have to be controlled too. They outnumber us.

I walked into a cobweb recently, stretched between two tomato plants. The garden spider sitting in it probably had a near heart attack, for it caught a much larger specimen than intended for its meal. As it ran frantically along with what was left of its web, seeking shelter, I gazed at its beauty - a body striped with yellow and brown. It is one of the treasures that help keep balance in the garden.

Julian taught us that everything in our life has purpose, right down to the tiniest insect. The one that can slip through the screen door in the summer and head straight to the fruit bowl.

Treasures in our lives can take many forms. It might be the insects that pollinate the fruit tree. It may be the friend who lifts your spirit up when you are down. It might be the nice employee in the grocery store, or someone who gives you a ride when your vehicle breaks down. Your treasure may be your spouse, your child, or your parent.

Plants are treasures too. Some feed us, some provide fuel, and some prevent floods of water, or alteration of the shape of the land. And some are there just to provide beauty and color, equally important.

Julian reminded us that we are in a 3,000 year round of cleansing, refeeding, reshaping, and remolding, inside and out. Let's pay attention to what our role is in restoring treasures to the Earth.

**STAYING IN BALANCE...WITH 4
EMPOWERED BREATHS**

By Shesta Ross
Los Gatos, California

I just took four deep breaths...
...Thinking of the word, 'peace'. I said to myself:
I breathe in 'peace'...

'Peace' heals me...
I embody 'peace'...
I radiate 'peace'...

I do this empowered breathing throughout the day, substituting any word that comes to mind.

I mostly start with 'peace', 'love', and 'joy'...that's 16 breaths!

I always have time for that, and no one knows what I'm doing so I can do it any time and any place!

I often stop during the day to notice how I'm feeling. If I'm out of balance in some way, I name the quality that's causing the imbalance, and then take four deep breaths with its opposite. So, for example, if I'm feeling 'afraid', I breath in 'trust'; if 'sad', I breath in 'joy'; if 'confused', I breath in 'clarity'; and if I can't figure out what the imbalance is, I breath in qualities that I always want, like peace, love, and joy, then watch what happens. And if that doesn't work, I breathe in 'what I need most at this time'. That always works!

This simple process came to me as I was looking for a way to align myself in a healthy way with an escalating world.

Let me know how it works for you.

Shesta (shestadave@sbcglobal.net)

SAUL'S CORNER

EXCERPT FROM: Spiritual Development Class #327 (3 of 18 classes) Author: Rev. June K. Burke and the Seraph Julian, Copyright © Saul Srour 1991

The energies of this time are so nebulous, are so high, that they almost appear to be impossible to work with. They appear to be not there sometimes. You who try to meditate in old ways may be having difficulty. You have to recognize that what was, is no longer the same, and that you, by learning to work with the new frequencies, will not be the same either.

I know that many of you feel: I have worked for a long time to get me where I am, why should I want to be different? I think I've finally got it made, why would I want to change it? You want to change it, not to take anything away from you, but to grow into something new. You're learning to be the person you're supposed to be in this point in time..

This is a magical point in time, the time of transition, the time of movement from the dense self to the light self. Therefore, it is necessary for you to change so that you are not out of Sync with everything else that's going on. It doesn't mean that you have to change anything about you that you like. You just have to recognize that at this time, there is a higher potential to that which you like. At this point in time, every one of your best qualities is moving to some thing higher and better. They are moving to all that is yet to be.

This is frightening. You know what you were, or you think you do; but you don't know what you're yet to be. That's like saying, how do I build something when I don't even know the label for the parts. I've got all these parts, but how do I put them together, there's no plan. But there is.

In this point in time, oneness is the key of the movement into the new you. The introspective quality of this point in time is not to tear you apart, but to put yourself together. In other words, you don't go into yourself to see everything that's wrong with you, you go into yourself to find what you want to move to a higher space. That may be your very best quality, whatever that is. There is a movement in all things

now.

Nothing is standing still, and nothing ever can stand still again. If you are of a fixed nature that says if it is not this way, it isn't; if it's not this way, I can't; if it's not this way, I'll die. Forget it, because it's not going to be that way, and until you're willing to look at that new perspective of what it can be, you're going to be struggling.

It's very nice that fish swim upstream to spawn and do it very well. They lose enough of themselves along the way to keep the balance within the specie, and those who get there to spawn do their thing and are honored for it., But you are not fish. You are people, and you are going to be swimming with the current, not against it, in order to get the most out of it.

...you have to work with the energies that are going to get you there.

For instance, if you're in a committee and they take a vote and the other side wins, what do you do? Do you sit there and throw in as many monkey wrenches as you can, or do you look at what the real goal was, the success of whatever it is you're trying to achieve. If the aim is for a specific thing, then to work with that which is going to help it get there is essential, and it is the same for you. If your goal is the light body, the highest frequency of you, and the ability to--literally--transform you, your life, and everything around it, then you have to work with the energies that are going to get you there. And that's what we're going to be doing.

EXERCISE I

In this exercise we're going to work with the element of water. And for that purpose, I'm going to ask you to think of the center of the room as a large lake. You're on an island in the lake, and you're going to recognize that you have your feet in this lake. The lake represents that Power of the Universe, the Creative Force of all things.

As you sit quietly, close your eyes, and just for a moment, put your feet in the water.

In the waters of time, the movement of the Universe is all things. In the cyclic power of the Universe, all answers are.

continued on page 6

Saul's Corner continued from page 4

I want you to be able to wiggle your toes in the water and feel it. I want you to know that you are a part of the cosmic pattern and the movement of time.

You are not separate from the Creative Force of the Universe, for in the power of the movement of the water of you, you merge and join with the Power of the Universe.

I want you, for a moment, to let the lake take you to the ocean. You are perfectly safe, but you are part of the waters, part of the rhythm and movement of ocean.

I want you to feel the rhythm and the movement, the ebb and flow, and I want you feel that movement move up into you. I want you to be a living part of the ebb and flow of the waters of the universe



The rhythm and flow of the universe is within you. Its rhythm is yours. Feel it. (pause) Pull it in, let it course through you, and release it.

In the power of water within you is the emotional comprehension of you. Within the flow is the flow of you. It is here that you contract and move in upon yourself.

Let the vastness of the sea begin to move away, and once again feel yourself with your feet in the gentle lake. In the sea is the power and the force of you, in the lake is the tranquil essence of you, but they are one, for power is peaceful in the waters of you.

Take a moment to see the lake.

It is yours.

Holding that tranquility and peace, take a deep breath and allow yourself to return.

Do you feel different? Remember that different feelings and emotions wash over you when you are in contact with water. And remember that when we refer to water, it is not only the visible waters, but the universal waters, the flow of energy in the universe.

When you are in the space of water, you feel emotions, you feel a movement into the self. And because you are able to contract into the self, you can then send it out from yourself, which is your ebb and flow, the movement of the element of water in you.

The reason we started with the element of water is because it helps bring you to a tranquil state.

It helps you to become at one with something that you could actually feel inside yourself. Some of the elements are hard to feel. Others, because they are such a personal part of you, such as the water element, is a very important part of you.

Now the elements themselves are what contract, expand, and bring about all things.

Knowing the water element of you, you know that you can bring anything outside of yourself into yourself in the essence form.

The air element creates the movement necessary for the mixing of elements. Without air you could not be. Air is the breath of life. It is also space. Therefore, the essence of you is space -water, fire, and earth.

Air is your space.

The element of water has a keen attachment to visualization, for the water itself acts as a lens for amplifying, for permitting you to see. Therefore, when you are in touch with the water of you, you are able to see more of you internally.

For a complete list of tapes & books available see www.julianteachings.com

Astrology

Feature Column by Eleanor Johnson

La Grangeville, NY



As the Fall Equinox approaches Mercury begins its retrograde period on September 22, 2009. Mercury at 25 degrees Virgo is in opposition to the planet Uranus,

the planet of change. Virgo represents health and health services, therefore a strong focus will undoubtedly continue on Health Care issues. Uranus rules groups so we may continue to experience town hall meetings in various cities in the United States.

Mercury goes direct on September 29th. Mercury will enter the sign of Libra on October 10th until October 28th. Libra is the sign of balance. Mercury in Libra searches for harmony and justice, seeking all sides of an issue before making a decision. The planet Venus, the lover of harmony, will enter the sign of Libra October 15th until November 8th. With the energies of the planets Mercury and Venus working together decisions can be made with honesty and integrity, so all in our country may benefit.

Mars, the action planet, will retrograde this year. From October 17th until June of 2010 Mars will be in the sign of Leo. Leo is a fire sign ruled by the Sun. The Sun in this positive placement is considered energy plus. This will give beneficial motivation toward the areas that Leo rules, the Arts and children. During this reign in Leo it will place an emphasis on children and their needs.

Saturn will enter Libra on October 30th for a six month period before it goes back into Virgo on April 8th until July 22, 2010. Saturn is exalted in the sign of Libra. Saturn in this sign may let us know that it takes time and hard work to bring an idea into practical reality. Therefore we can

develop will power, discrimination and patience. These are some of the dimensions representing true spirituality.

Pluto, the planet of transformation, will square transiting Saturn until April of 2010. Saturn rules the world of big business. Saturn represents boundaries and teaches us responsibility. Pluto represents collective money. Together they can provide common sense and practicality encouraging us to be conservative in spending. A true understanding of Saturn can allow us to see beyond the world of appearance and allow our light to shine.

The planets are symbols that contain eternal truths. When we understand their meanings Astrology can guide us to expressing our greatest potentials.

Love and Light

Eleanor

COMMUNITY ANNOUNCEMENTS

We need your input!!!

Please send us an Impact Statement! How did you get introduced to the Julian materials and how have they impacted your life? Please send us an impact statement.

We'd like to share your impact statements with people who are searching for spiritual teachings. Statements from people like you who have gained from the Julian material are an important part of the Julian Teachings. They add the perspective of how the Teachings were introduced and have worked on an individual basis. Your comments and observations may be included on the Julian Teachings website, brochures, emails, etc that may be sent out to spiritual seekers.

Take a few moments to consider this, and jot down your responses. Thanks so much for the time and effort in doing so. We'd like to see others benefit as we have from this remarkable work.

Please send your responses to Saul Srour at his email address sauls7@yahoo.com; or mail to; 20 Mountainwood Ct.-Totowa NJ 07512

DISCOURSE FROM SAI BABA

Submitted by George Walters Finley

This is a discourse on Karma from a Hindu point of view. The blue print is an addition by George to aid in our understanding.

Every child arrives into the world, bearing the burden of unrequited consequences, accumulated in previous lives. It does not drop from the lap of Nature, as a streak of lightning from the clouds. It is born in this world in order to experience the beneficial and the malignant consequences, that are the products of its own acts in past lives. This is the explanation for the differences that are evident among men. This is the principle of Karma.

Among men, each one is himself the cause of his fortune, good or bad. He is himself the builder, the architect. Fate, destiny, pre-determination, the Will of God, - every one of these explanations is toppled by the principle of Karma. God and man can be reconciled and affiliated only on the basis of this Sutra or principle of Karma. When man realizes that God has no share in causing his suffering and that he is himself the sole cause, that no blame attaches to any other person, that he is the initiator as well as the beneficiary - the cause and the effect - of his acts, that he is free to shape his future, then he approaches God with a firmer step and a clearer mind.

If at the present time, a man is afflicted by misfortune, it is assuredly the result of acts done by him. Accordingly, man has to believe that happiness and good fortune also lie in his own hands. If he decides, happiness and good fortune can be gained by him.

If a person is pure in spirit now, he himself is the cause. Unless a person yearns, he cannot earn. So, it is clear that the will inherent in man is beyond all stages and conditions, all formations and transformations. The freedom that it represents, is the result of his past acts; it is powerful, infinitely fruitful and supreme...

The prompting to save oneself and the power to pull oneself up into liberation cannot be derived from books. This strength has to come from the individual himself. One can spend an entire lifetime scanning profoundly written books; one might earn the highest rank among intellectuals. But, at the end of it all, one might not have attained even some little progress in the spiritual field. To conclude that a scholar who has reached the topmost height can therefore be considered ripe in spiritual wisdom will prove to be a great mistake. The scholar himself might imagine, as he learns more and more from books, that he is progressing more and more on the spiritual path; but, when he examines the fruit of his studies, he will recognize that though his intellect has become sharper and heavier, he has not been acquiring the awareness of the Atma (the soul, one's true self) to the slightest degree.

Most people have the skill to deliver wonderful discourses on spiritual subjects; really speaking, every one has failed in living the life of the spirit, the Paramarthika (the only real or true existence) life. What exactly is the reason for this sad state of affairs? Now, spiritual texts are studied to equip oneself with scholarship in the competitive race for superiority, to earn one's livelihood, to pose oneself as an undefeatable upholder of some specific point of view, and generally, to earn a reputation as a pundit (expert). The scholar might write elaborate commentaries on the Gita (Bhagavad Gita). But, as a result of all that study, if in his character, behaviour and conduct, he does not prove that the Gita has soaked into him, all that punditry is but a burden he is carrying around.

This is the lesson that Bharathiya culture tries to impress. The source from which this lesson emerges is the Guru (teacher, guide), the Purusha (pure consciousness, our true identity), latent in you. The study of the scriptures and other texts can re-enforce the spiritual urges already in man and induce him to practice the precepts. Do not treat the learning you derive from them as so much fodder for the brain. It must be sublimated into Ananda (bliss), for the individual. Envy, pompousness, egoism - such evil traits have to be driven out of the individual.

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: "Hidden Blessings"

Deadline for Submissions: December 1st, 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 2009 which makes it possible for us to publish the ROL.

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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

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Benicia, CA 94510



The upcoming Fall Equinox occurs on September 22, 2009 at 5:19 p.m. eastern time.

**Fall Equinox Message from Aca'u
Rec'd by Camille Albrecht 9/17/09**

Be prepared to awaken from the slumber of the summer, as new energies stimulate within you the urge to move and activate new ventures. Invigoration returns. Many have been languid or withdrawn from high activity this summer, choosing to spend time at home alone or with family. This was necessary and has been a preparatory period for the times ahead.

Great healing takes place for those of you who have experienced emotional, psychological or physical imbalances this year. Some experienced emotional crises, sadness, despair, while others experienced depression, unexpected angers emerging, disappointments and fear. Still others faced physical ailments. The imbalances created a much needed correction within that will only serve you in what lies ahead. Know there was purpose in your challenge.

Attitudes now shift towards new potentials unfolding as the belief in possibilities of stability and happiness return. Many will find a change in life direction. For some these have already begun while for others, the inner urge grows. You know a change is coming but cannot yet see what it is. Patience, it is there for you. It needs the proper timing for its birth. The healing begins with a renewed sense of optimism, much lacking in your world now. Fan it and let it grow.

The economy rumbles into a stable period during this equinox period. New jobs form and many who want work are able to find work, perhaps not in their previous field. Many of the new jobs made available now are of a temporary nature and at lower wages than those before. Yet these are the stepping stones to increased income, job stability, and job satisfaction. Understand that to accept a job at less than what you prefer does not lessen you. It expands your ability to be flexible and accept what is, moving towards what can be.

Watch your thoughts, as they will manifest more rapidly now. The new vibratory energies add expediency to the manifestation process, along with adding additional power to them.

You are creators of your world, both on an individual basis and as a collective. Watch any damning thoughts towards those you perceive as your opponents. Know that a negative sent to a negative enhances it. A positive sent to a negative diminishes it.

There is much name calling and riotous behavior on the parts of some now, gaining attention in the media. It is as if a cork has been released and uncontrolled, ugly emotions are spewing out. This is the minority and most people do not display such lack of emotional control. Such displays draw attention in your news, which makes it appear more commonplace than it is. Please know that it is more hype than fact. There is a decency growing between people, a civility and a tolerance that is not getting news coverage, but is very much alive. The pockets of hatred are being released for cleansing. Focus on the civility and tolerance. Add those ingredients to your daily self expression.. Don't let your emotions get out of control because you oppose another's viewpoint. It is our differences that make us strong. Remember that, especially during this time.

Relationships come into focus as the Sun enters Libra. As I tell you each time I have the opportunity, build bridges. This cannot be stressed enough. Build bridges between you and your neighbors, between you and your colleagues, between you and your children, between you and your inner self. Peace begins within the self. Once you accept you, love you, with all your lumps and bumps, you can recognize and accept those parts you want to develop. Growth takes place within the space of love.

Your economy will improve. Optimism fuels it. There are still many, many changes to come. So expect periods that are erratic and plan accordingly.

Conservation is the key word once again, in use of all your resources. You will find much focus on the purity, use and conservation of water during this time. It is needed. Those who misuse resources will be brought to light and made accountable for their actions. Greed will not be tolerated. Be aware of your proper use of water. Your actions impact the universe so when you respect water and use it well, it feeds the universal bank and will impact how others use water. Visualize clean water in the reservoirs of those throughout the world who are in need, and many are.

Continue to be fiscally conservative. Differentiate between what you need and what you want. Spending money on wants is not wrong but must be conscious, not whim and waste. That is what is important, proper use of resources. That thread continues for the next decade as balance is brought to the environment through your personal habits. Your personal habits resonate out to the habits of communities, which resonate out to the world. Your environment demands and deserves your attention, and proper stewardship.

There will be a number of important decisions made over the course of the next few months that will impact the world dramatically. Bless the political leaders throughout the world. In your own life, you will find yourself more pensive and your thoughts take on a somber tone as you make some significant decisions as well. These decisions relate to financial expenditures, health, life direction and to relationships. In terms of relationships, you may want to ask yourself questions such as, "How do I choose to respond to the other?", "What is my responsibility to this relationship?", "Has this relationship outlived its purpose in my life?" Some relationships will end, let them go. As the veils between you and another lifts, you will see the relationship with increased clarity. As a result, how you react to the other may change, what you choose to share with the other may change, who you choose to associate with may change. New partnerships form that have great effect in your life.

Freedom to be who you are, and to accept others right to be who they are without your judging them is another key ingredient of this equinox period. There is a rush of energy coming that spurs you on to new expressions of your inner self. There must be proper freedom to express this, a boldness to step out from your comfort zone to do things differently. This is a time to try new expressions, take action on dreams, create the new life that awaits you. The past is over, release it.

This is a new time, a new energy, requiring new acceptance, attitudes and actions. With that comes an emotional freedom and joy welling up from deep within, based upon your true expression of your self. Revel in it..

For above all, this Fall Equinox period is a time of joy. Let it bubble up and be expressed. Look about you and take delight in what you see. Every day can hold joy if you will but accept it. There is joy in the sun's rising, in the intricate details of a leaf, in the smile of a friend, in the beauty within you. See with your inner eyes and you will see a world to marvel in. Look beyond what appears as discord and know, by directing your thoughts and actions, apparent disruption can lead to greater wholeness and balance. Hear with your inner ears and you will hear beyond the shouting to the plans for peace. For that is where you are heading, to a world restored in balance, with peace growing within and without.

It is time to sing. And a little dancing goes a long way!
Trust yourselves and know you are moving towards the good in all ways.

I bid you peace,
Aca'u



Fall Equinox
By Ann Strauss
Boulder, Colorado

Cottonwoods are turning gold
Gently, fall unfolds
Days are shorter
Nights are longer
Time to harvest
What you planted
In the spring
What you nurtured
All summer long
Feel harvest within
Sing, laugh, dance
A joyful life.
Is yours!