

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XVIII

Number 3

September 2010

Editors' Thoughts

Gratitude in this issue means to rejoice in what we have. Acknowledge our strengths and weaknesses. Appreciate where we are at this moment in our life and move joyfully forward. Be thankful for our families and friends as well as the little bumps in the road that bring us challenges to work through and grow. Honor our commitment to our mental, physical, and spiritual growth. For each and every one of us life is a miracle so let us create what we want most for ourselves and our world - peace, balance, and love.

In this Fall Issue each author has shared their understanding of gratitude in their unique way.

Enjoy!!

Inside this Issue:

Julian's Affirmation	Page 1
Astrology	Page 2
Gratitude	Page 3, 7
Saul's Corner	Page 4, 5, 6
Transition	Page 6
Words of Wisdom	Page 7
Ode to the Elements	Page 7
Contact Us	Page 8

JULIAN'S AFFIRMATION

God Is My Source of all supply
He answers my every need

I am an instrument of the Divine Power.

The Father and I are one.

My body is a temple for his Divine
Presence.

I shall be guided to perfect fulfillment.

I bless all and am blessed in return,
by perfect perception,
perfect protection
and divine bliss.

Thank you father that this is so.

Astrology

Feature Column by Eleanor Johnson
La Grangeville, NY



We are entering a new season, the Fall Equinox. This is the time of the harvest.

Every Solstice point has a pattern. The most important thing to remember about all of the seasons is they occur within us as well as outside of us.

The Sun is always in the sign of Libra at the Fall Equinox which begins September 22nd. The key word for the sign of Libra is "I Balance". We have the assistance we need from Saturn in Libra for the next two years. Saturn is exalted in the sign of Libra and can do a great deal to bring harmony and balance in our relationships.

As Libra is ruled by the planet Venus, the Goddess of Love and Harmony, typical activities involve social relations and contacts with the public which include the legal profession. This can bring changes in our legal system during its reign in Libra.

September through January, the planet Jupiter goes back into the sign of Pisces until the end of 2010. Jupiter is the planet of the higher mind. As Jupiter returns to Pisces it might be reminding us to let go of old outworn conditioning from the Piscean Age. It is hopefully inclining everyone to take the positive attributes of Jupiter in Pisces and incorporate the qualities of faith, understanding, aspiration, and inspiration. Jupiter in this sign can be compassionate and interested in helping others.

The planet Mars will be in Scorpio from September 9, 2010 until October 28th. Mars, the action planet and co-ruler of Scorpio is at home here. Mars in this sign is intense, proud, strong willed, and sometimes stubborn where convictions are concerned.

Venus, the planet of harmony, will be in Scorpio during October, November, and December. At this point in time it is retrograde. Mars may overpower Venus while they share the heavens. Watch your temper, your attitudes, and your aggressiveness. They may need controlling during this time frame.

Jupiter and Uranus are trining in the heavens until the end of the year. They can aid and bring a great deal of understanding and harmony in working with groups and personal relationships. This can be a wonderful exercise in teamwork.

Love, and Light
Eleanor

Gratitude

By Blanche Duffy

Saugerties, New York

Told my two assistants the topic for this issue and they both thought it was a terrific one and let me know in no uncertain terms that people do not show enough gratitude to our animal friends. I had to agree with them on that count but reminded them the topic was not necessarily about showing gratitude only to animals but about gratitude in general. After a hrumph! they retreated to spaces under the ceiling fans and left me to my own devices.

But it did get the little gray cells working and it reminded me of how Buddy and Cassie show their gratitude. Buddy always says “thank you” after he’s enjoyed his meals. No matter where I am he will search me out and give me a big, sloppy kiss after he’s eaten. Cassie looks up at me with that big, toothy grin only a Rottweiler can achieve and leans against me as her way of saying “thanks”.

Then I began to think about how I show my gratitude. Most of the time I call or write to the person(s) who has done something nice for me to say thank you. Sometimes it’s not always possible to say thanks personally and that’s when I try to “move it forward” so to speak and do something nice for someone else telling that person not to thank me but to do something nice for someone else – preferably a stranger.

Of course, that got me thinking about things that Julian has said about gratitude and as usual, Julian had a way of making things sound so simple and yet so eloquent! In one of our classes when he was speaking of gratitude he reminded us that if we got up in the morning it was something for which to be grateful. If we had food to put on the table and enjoy a meal no matter how sparse or festive – it was something for which to be grateful. If we had a

roof over our heads and clean drinking water – be grateful. There were/are millions of peoples with none of these things.

Julian went on to remind us that when we go to bed at night we should always look over the day and find at least one thing that happened that day for which we could be genuinely grateful, not the perfunctory gratitude that is so common. When we get up in the morning and look out to a day whether it is clear or stormy – be grateful for many people will not awake to have that chance.

Funny aside on the subject of gratitude, I try to say thanks/

grace for food before I begin to eat. Both Buddy and Cassie have learned that there is no nudging me for samples while I’m saying thanks. They sit very quietly waiting for me to say “So Be It” which is their signal to let the nudging begin! Then I get Buddy’s head on my lap and a smack from Cassie’s paw on my leg as though to say “OK,

OK, where’s ours?” But they do not get samples while I’m eating and they both plop down on the floor waiting for me to finish and give them each a taste. They are terrific mood enhancers – something else for which to be grateful!

So, in looking over the things for which I am grateful – there is a long list but a few deserve special mention. I am grateful for living in a country, albeit imperfect in many ways, where I can be relatively free to follow my own desires without fear of reprisal. I am grateful for having worked in a position that built up retirement funds for me to live in relative comfort even though I must be frugal in many ways. I am grateful for the friends I have made over the years whom I deeply cherish even though I may not tell them that often enough. And...I am eternally grateful for having met June and Julian and been accepted into the Julian Community which is the greatest family ever known to humanity. Do I sound a bit mushy? Yeah...well...ah shucks...guess I am, but I mean every word!

...when we go to bed at night we should always look over the day and find at least one thing that happened that day for which we could be genuinely grateful.....

Saul's Corner

The Conscious Mind (cont'd from June 2010 ROL)

Levels of the Mind - Workshop #200

Copyright © 1986 Saul Srour

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

There can be a certain amount of fear of delving into your own psyche because you do not know what you will find, that can be frightening. How wise! Far better that you be frightened and gradually come to understand and accept it than to be so gullible that you accept anything that anyone throws at you and go off the deep end. Remember that, when you fear something, it means that it is an unknown quantity to you. Now it is time to let it happen. Bring that mind's triple layers (conscious mind, the physical aspect of mind, which conceives, and automatically becomes a part of the subconscious mind and also affects the superconscious) within and without so that it can garner for you the information needed to eliminate the fears. It is the unknown that you fear. As you go into the self and "know thyself," you will sort out very quickly where it is coming from.

The person most people fear is themselves. Why do people constantly play the music in such loud tones? They say they just can't wait to be alone and have some peace, and the minute they step through the door, they put on the television, the radio, or the stereo and blast their world with noise. It is because they do not want to be alone with themselves, and that is where it all starts -- with self. Do not be afraid to know yourself. As you use that mind to know yourself, you will come to see parts of you that you like and parts of you that you do not like. That is fine; that is polarity. You determine what you want to do about those parts you do not like. What does your mind say? Does your mind go out and say, "Well, so someone else does not like you, but that is all right." If that's where you are, that is where you will be. Or do you say, "Let's see how constructive I can make this. Let me find the other side of what I do not like, let me find out why I do not

like it, and then I'll decide whether to throw it out or keep it." It is your free will.

You must recognize that all advancement starts right here at home – with you. That is where you limit yourself, or where you give yourself carte blanche, so you have to come to know yourself. Remember that anything that you did in life, you did at the conscious level of understanding and the emotion level of that time. You are not the same person, you have changed. When you look back on the incident that your mind recalls from the subconscious -- and remember that with it will come the same emotional attitudes, the hopes or fears, all the anger -- you look at it and ask, "Where does this incident fit in the NOW of my life?"

If you like yourself and are happy with yourself, there is no need to change to make other people happy, providing that loving of yourself is not an ego trip. If you believe in your ideals and are willing to live them and accept the responsibility of them, there is no reason for you to change. Every thought, every acceptance, every action has a responsibility that comes with it. In accepting yourself, you accept the fact that there might be others who will not accept you. That is part of the package, so to speak, and you go with it.

When a negative thought comes into your mind, convert it. Do not be afraid to look at the negative thought and say, "Why? Why was that important to me?" You will soon see that it is identified with the ego in some way. "I wish he'd lose his job; he's a pain in my neck," (or other parts) and pretty soon you will have a pain in your neck (or other parts) because you will manifest your own thoughts. So, you say to yourself, "Why do I want him to lose his job? Is it because I really covet his job?" If that is true, you have to work on your self-esteem, because if your self-esteem is properly established, you do not have to worry about whether he has the job or

You must recognize that all advancement starts right there at home—with you.

not. You ask yourself, "What can I do for myself that will permit me to get a job like this?" When the negative thought comes, you must convert it before it takes hold of you. Once you have done that, you are able to look at it without fear, and that is quite important.

When you are dealing with people who, no matter what they are saying exasperate you and you feel as though you are wasting your time, remember, that in reality, you are not. It is a lesson in patience, which is a lesson in soul growth. You have to convert their conversion. You have to say, "I don't enjoy what is being said, but what am I learning from it?" There is no statement made by anybody in the universe that does not affect someone else. In other words, you are to recognize that the rough times, the bad times, are lessons and that there is a positive side to them if you really look at it.

The instrument had a friend who was quite elderly and told the story of having tickets to sail on the Titanic, having the flu, and being totally exasperated because she could not get on that ship. Well, you all know what happened to the Titanic! Through her illness and her exasperation, she saw only the negative. When the reports of the Titanic came, she realized that those things were very positive things in her life.

Realize that many times you live in what you call a "rat-race" society. Everybody is on the go-go-go, sort of thing. You had better stop and think about what is important that you ought to be doing instead. There are lessons there that you need to search out. Always look for the reverse polarity when these things start happening to you; it is always there. Of course, you have to convert a lot of irritability in line with it, but by investigating the polarity, you do that.

Recognize, please, that the conscious mind will, at times, deceive you, because it will see what it wants to see. It will look, see what it wants to see, and tell the subconscious that it is the truth. Emotion is also stored in the subconscious and will rear its head again and again in an attitude in that life so what the conscious mind sees will very often be affected by what emotion is being felt. The

child who is attacked by a dog will see a dog as a dangerous thing and, when someone years later gives it a puppy as a gift, would feel that the person is out to destroy him or her. That emotional level, stored with the thought of the dog being a dangerous thing from that incident, is there. By unlocking those thoughts at a given time of life, you can put them in the proper perspective.

Many work with regression and hypnosis as a tools for this process. When you are doing this, you are unlocking those thoughts and relieving that pressure from within, gaining a better understanding that it is one incident at a given point in life, but it does not mean it guides the whole life. These incidents that are stored in that level of consciousness would have an effect on the whole life unless the mind perceives them in a different way. This is where phobias and fears are built, and so it is very necessary that you do a spring cleaning of the mind once in a while. Look at your concepts and ask yourself if they are still yours at this time of your life.

The most important time of your life is the present. The present is shaping your future and changing your past. When you change a concept of the past by an action of understanding in the present, you are erasing its ability to affect you. When you are paying off a karmic debt from another life, you are changing a concept of that life. Therefore, it is important not to be so concerned about what is going to happen next week, but to focus on how you are handling yourself right now. What is your mind conceiving right now? How is it working?

Recognize that the mind is a part of the self in this physical temple (body) for this lifetime along with the emotional and spiritual structures. It came into this earth plane (or whatever plane it is on) with the influences of the universe—planetary influences at its time of birth. Your planetary influences give you the emotional structure that you are going to deal with in your life, whether you would be analytical or emotional in your

continued on page 6

The Conscious Mind (cont'd from page 5)

reactions. Your free will decides whether or not you will be strong in certain areas, but the basic emotional ingredients are there from the planetary influences. There are two influences always functioning in the world, the Universal Energy (Cosmic Energies) and Man's Energy. Each affects the other, so when man unites in a positive form, he changes the vibration of the universe.

At this period, universal changes have come into your plane which has affected the vibratory rate of your world, so that some people are feeling a sense of urgency. They do not know about what, but there is an urgency there. This is the natural influence of that universe and your universe communicating, and your mind determines what you are going to do about it. Am I going to escalate with the vibration by turning to the higher self, the higher mind, or am I going to sit here and worry about it, a negative vibration which creates depression. Whenever you are feeling a greater tension, a greater stress, you must analyze the situation. You must look at it, not only as something affecting you, but something you are affecting. By changing the polarity within yourself, you can change the vibration of the universe. You are in a very strong changing time, but do not permit fears to limit you. "I'm afraid I'm going to be without...." "I'm afraid..." "I'm afraid..." "I'm afraid..." I hear this in your society all the time.

Fear is negative. Fear weakens your ability to handle a situation. All that time the energy spent on fear could be put to constructive use on something that would help you out of the situation you are in. All you need to know is that you can think constructively with all levels of the mind.

When you feel negative energy being dispensed in worry, in a sense of urgency, recognize that it is energy being dispensed in a consuming manner. Direct that energy to something positive. If you cannot see where something is coming from, as you say in your society, there is no sense, at that point, in trying to see it. You

are going to spend energy and time on something that you are not going to be able to figure out, because the frustration of it has blocked the ability to see it. Now is the time to meditate. Not meditate and say, "Give me the answer!", but meditate and say, "Let me know what I have to know." What you may have to know is that you are not going to know for a couple of weeks, and that is all right, because you will know it with a certainty. You will know it as a reality -- the true reality.

Levels of the Mind - Workshop #200

Copyright © 1986 Saul Srour

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

Transition ~

By Ann Hardin Strauss
Boulder, Colorado

Summer sliding into fall

Best days of all.

Lazy days, sunny days, rainy too.

Relax, kick back, enjoy the view.

Let nature commune with you



Gratitude (cont'd from page 3)

Hope to see everyone at The Gathering in September! Bear Mountain is beautiful and one of my favorite places in the whole world. It will be fantastic to share it with you!

Namaste!
Blanche



Words of Wisdom

No matter what accomplishments you achieve, somebody helped you.

Althea Gibson

Inside yourself or outside, you never have to change what you see, only the way you see it.

Thaddeus Golas

One's destination is never a place but rather a new way of looking at things.

Henry Miller

Ode To The Elements

By Robbie Hewitt
Dover, New Hampshire

I give thanks to the element of Water,
for the Universal Water that we are one.

I ask that Water through all oceans, rivers,
streams, lakes, snow, rain, ice, tears and all
other forms of moisture, bring healing to all of
God's creations.

I give thanks to the element of Fire, for the sun
that nourishes us, and for the Illumination
within.

I ask that Fire bring us the recognition of the
God Light/God Love within each of us.

I give thanks to the element of Air,
for laughter and the Breath of Life within.

I ask that Air through a gentle breeze spread the
healing power of Water, and the God Light/God
Love of Fire to the four corners of the earth.

I give thanks to the element of Earth, for our
physical bodies, and the physical world we live
in.

I ask that Earth receive the healing power of
Water and the God Light/God Love of Fire and
be renewed, restored and rejuvenated.

Thank You Father That This Is So.

So Be It.

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

Copyright:

It should be noted that all Julian quotes and writings appearing in this newsletter are copyright June K. Burke. Copyright © 1999 Saul Srour

Next Issue Theme: Attitude

Deadline for Submissions: December 1, 2010.

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

We thank each and everyone of you for your financial support that allows us to bring the Ring of Light to you.

2010 Contributors

Donald Albrecht
Marion Bauer
Russell Beck
Stella Bongiorno
Janis Carter
Lynn Chandler
Elsie Cirimele
Dan Conway
Sondra Creary

Francis & Dorothy Desotto
Vera Hilsenrath
Audrey Jonsson
Mimi Kunz
Lynne McLewin
Connie Numbers
Rhonda Pardi
Stella Russell

Rosalie Shoioch
Veronica Simuro
Penny Slade
Iris Soto
Saul Srour
Ann Hardin
Strauss
Inge Venemans
Barbara Waltrip



ROL via E-MAIL!

What a novel idea!

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

Ring of Light

A Newsletter of the Julian Community

c/o Dan & Nancy Walton

306 Seaview Drive

Benicia, CA 94510

