

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXIX

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March 2017

Happy Spring!

Change hurts. Yep. Whether the change is considered “good” or “bad,” small or large, of our own making or not, it creates pain. It causes us to question who we are, what we are doing, and the choices we make. It even makes us re-examine what our current life is about. Change and the associated transition(s) shake our faith. And, the more we fight and judge the change, the more painful it becomes.

That is why we were drawn to the affirmation (to the right) that Julian gave us many years ago. The hard part is to constantly remind ourselves that each one of us is “the molder of my future” and that we are “guided all the way.”

In his 2017 Spring Equinox note, Aca’u gives us great advice on how to deal with our current painful transitions:

“I know the future is a good one and I will help make it so.” Why not choose that for your motto? Then, ask your higher self to show you how to go about accomplishing it. Each day, connect within and ask for the opportunities, the right doors to open, and for your intuition to guide you as to the actions to take.

Remember that it is spring and time to plant the seeds that will come to fruition in the future. May you plant seeds that will help us all transition into the Age of Brotherhood quickly and with as little pain as possible.

— *Nancy Walton and Jan Clayton*

Affirmation

God is my source of all supply.

He answers our every need.

I am in a new space in a new time.

I am learning to deal with energies

I have never dealt with before,

**But I know and accept within me
with absolute faith,**

That I am the molder of my future

**Through the power of these
energies,**

And I am guided all the way.

So Be It.

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Development Class #114

Given in LaGrangewille, NY on June 19, 1993

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Astrology

by Eleanore Johnson
Poughkeepsie, New York



We are experiencing times of challenge to our collective consciousness. Planetary cycles can help us to a greater understanding.

The trans-Saturnine planets, Uranus, Neptune, and Pluto are collectively expressing their energies. Uranus, the planet of change, which rules this Aquarian Age is demonstrating loud and clear the need for change, but not destruction. The challenge at this time is to embrace the positive changes we have made in our past. They had served us well. Now it is time to incorporate the past into the future, so that we can move forward at this point in time. Collectively, it is important to remain true to the teachings we have learned from our great teachers. This is a challenge that can be met.

Neptune is playing a great role. It is in a water element, cleansing the planet. We can expect Neptune energy to be prevalent at this point in our evolution. The planet Neptune rules the next dimension. It is the planet of Karma. It is in its first house position, the sign of its rulership, which makes its energy extremely powerful. It is a positive intuitive energy that works through persuasion, not pressure. It will continue to cleanse the Earth to bring balance to the areas experiencing drought.

Pluto rules breakdown and rebuilding. Its positive energy can transform and breathe new life into whatever places need transforming. The more light we bring to our consciousness through meditation and the more light we send to the negativity being expressed through our media, the more positive changes can occur.

Uranus, Neptune, and Pluto are the energies that bring the big changes in our lives, personally and collectively.

The personal planets, as they enter various signs of the zodiac, can also lend their energies to these transforming planets.

The Spring Equinox, begins on March 21, 2017. The Equinox is a time to nurture the seeds of new beginnings.

The Summer Solstice starts June 21, 2017. This is a time to work the seeds we have planted bringing them to fruition in the Fall Equinox, the time of the harvest.

In the month of June, Venus, the planet of Love, enters Taurus. Venus is most comfortable in this sign, because of its retrograde motion during April and May. It will give us the opportunity to create harmony and love in our relationships. Venus in Taurus is a very creative energy. It can bring out the artist in us whether working creatively with the arts, ceramics, or working in the garden. It can help us to appreciate nature.

July can be a social time for get-togethers with family and friends, enjoying the produce we have planted in our gardens.

Mars, the get up and go planet, is in the sign of Leo, July 21, 2017 until September 5, 2017. Mars in Leo is energy plus, enthusiasm, and passion expressed in a dramatic way.

On August 21, 2017, there is a Solar Eclipse in Leo at 28 degrees. It makes a beautiful trine in the heavens to Uranus. This enables us to embrace change in a positive way.

Let your light shine. Leo rules the Sun. Spread your Light to others and the Universe with confidence and joy.

Getting Past the Pain of Life's Transitions with Julian Healing Techniques

By Cindi Frank
Brighton, Michigan

At this time in our lives and in the history of our planet we are facing many challenging situations. Even if you yourself are not, it's very likely that you know someone who is going through a difficult time. It's hard to stand by and watch someone you love suffer. It's hard to experience health problems, relationship problems, or any number of things that affect your well-being.

So what can you do?

The Julian Healing techniques are wonderful! They work in a way that is best for each person. Whether you need physical or emotional healing, the Julian techniques will work for you.

I use Julian Healing techniques almost every day for myself, my loved ones, co-workers and sometimes for people I don't even know. Understanding these healing techniques has empowered me during times when I would have otherwise felt helpless.

Learning these simple techniques can carry you through the most trying of times. The more we use the Julian Healing Techniques, the more proficient we become in administering them. We also become more confident in our ability to use our healing talents. And we ALL have the ability to heal ourselves and others. So let's start at the beginning!

We know that everything is made up of energy. Julian Healing Techniques work with energy. So, it stands to reason that we can use Julian Healing Techniques with everything! People, animals, plants, automobiles, ideas, situations—everything!

Using the Julian Healing Techniques, I have beamed energy to my car that kept stalling out. It started running normally and continued to do so until it was sold a year later. I have used Julian Healing Techniques on my dog who had joint pain in his hips. The techniques gave him immediate and lasting relief from pain and increased his mobility.

You don't even have to be in pain or despair in order to reap the benefits of Julian Healing. The exercise called

"The Sunflower" fills you with energy and joy. Who couldn't use more of that on a daily basis?

Try it out! The Sunflower is as simple as this:

Raise your hands up over your head, spread the fingers and pull in energy. Allow the universal energy to fill you. Sense it coming in through the top of your head, into your arms and down into your fingertips, down into your legs all the way to your toes. Experience this for a few minutes or for the amount of time your body and your High Self agree upon. It doesn't have to take very long, but it sure feels great!

This simple technique will give you all the energy you need to go about your day or make it through the rest of that meeting.

Once you become familiar with Julian Healing Techniques, they will have a profound impact on your life, as they have in mine. You don't have to be a mystic or have any medical or other special qualifications to use Julian Healing Techniques. All you need is the desire to help yourself and others through the universal language of love.

If you are interested in learning the Julian Healing Techniques or have any questions, please contact me, Cindi Frank, at frank.cindi@gmail.com.

Love and Light to You!



Transition Tango

By Renee Salvatori
Wheeling, West Virginia

We all experience transition throughout many moments in our lives. Whether it is physically, emotionally, spiritually, or mentally. We cannot avoid it, as it is as much a part of our living as is the air we breathe.

Every living thing has moments of transitions. Think of the transition of a chrysalis into a butterfly and what goes on in between those two stages. How about the rock and the transition period of earth's heat and compression that turned it into a diamond? How about the day's light and dark with its own transition of dawn and dusk periods?

We, too, have our very own human "in-between" moments or transitions that link us to our next stage. Those transition moments that link us to our next concept, state, emotion, health, or support system of our lives. This link is like an invisible bridge that gives our feet solid ground and support as we move from point A to point B.

Think of your English class from school when you learned about the parts of speech called "transition words". Those words progressed the reader or listener from one idea to the next by bridging them with words, phrases, or sentences in order to build a cohesive relationship within that story. In our own lives, we experience a type of "transition words" moments that bridge us in a natural progression.

Some transitions we easily understand for what they are, while some may not register on our transition radar. Let's journey to some: Transitions from womb to birth, baby to toddler, child to puberty, teenager to adulthood, all areas of changing into schools (elementary to college), leaving home, singlehood to couplehood, parenthood/birth of children, job changes, moving, retirement, spiritual growth, death of loved ones, new presidents (a little humor), children leaving, physical changes, ageing, sickness, menopause, new home, etc. How about the wide range of growing and gaining more freedom and stamina to take on the world, but then back to the world becoming smaller by age or physical aches. How about being so busy raising a family to one day having time to read a novel and sleep in? This transition tango plays out in all of us.

While experiencing a transition, we may not have felt secure or even happy, but it definitely made us more of whom we are. We are wiser, more empathetic, and compassionate. We have grown in ways that we may never really comprehend. We may have even experienced more emotions than we had wished, but we learned that we could reach from one end of ourselves clear to the other. We may have had the range of emotions where we floated to the sky in a happiness balloon or thumped hard to the ground in a collapsing of our heart. But, we are alive and we are reaching every spectrum of our soul growth. That is what we were born to do. Think of the analogy of a boat sitting safely in the harbor. It looks good and isn't risking much anchored there, but that is not what boats are built for. They are built to ride the waves of the sea. Humans are meant to ride the transition waves of emotions with a jolt of wind or push of



the wave. If you are a person who flows smoothly with change, then transitions are easy for you to navigate. And, if you are not, well, it takes a little extra TLC.

I've had to be very kind to myself the last three years. I have sent two children off to college, while another homeschooled son went into public school. My own physical body has changed and keeps changing at warp speed. All these transitions have left me feeling uncertain and mourning the old times and the old me.

Also, this past Christmas season the last two youngest dropped our youthful holiday traditions of watching Christmas movies, reading aloud a holiday story, singing Silent Night on Christmas Eve, and Happy Birthday to Jesus on Christmas Day. My children were forging into adulthood away from this parent-led celebrating. I muddled about trying to make a new normal for myself, while I was on the receiving end of their very own transition. Deep down I know that all these little movements are an opening for my children to grow into adults, which will one day produce grandchildren. I also understand that my body changing will allow me the freedom to explore things of ease and serenity, but change is not easy for me. I cross this transition bridge while the waters of unwillingness and sadness swirl madly below. So I allow myself those sad moments, while I also laugh at how stubborn I am in moving forward.

We have all been on each end of transitions: the one personally changing and the one on the receiving end of someone else's change. Either way, it requires something of us: participation for our own growth or patience with another.

Just as some transitions may be highly sought after and feel like they give us something, (ex: baby or job,), others may be unwelcome and feel like they take something away, (ex: death or breakup).

So, whether you look back in sadness and long for what used to be or skip eagerly into the future to a more comfortable place, don't be afraid of all the uncertainty swirling underneath as you advance to the other side of the bridge. You are still breathing. You are strong and you are brave. Think of all the many transitions you have already experienced and actually survived. It is quite inspiring. You are quite inspiring. You have managed to leave the harbor or move towards the other side of the bridge. So keep moving in participation and patience in your transition tango.

Getting Past the Pain of Life's Transitions

A meditation/affirmation by Jerry Gross
Bronxville, New York

Dear God My Father and Mother
You are The Core and Center of all I am
"You are my Source of all supply
And You answer my every need"

Your Divine Loving Intent
Is The Seed of my becoming
And The Pulse
That grows Your Presence
Into The Heart We Share

Your Light gives voice to all that love
You most
Growing the Harmony of Your Presence
This voice guides me to expand beyond
my limits
And join the manifestation
Of Your True Nature and Unconditional Love
Into Our Earth I Become

I am Light
I am Your Presence
I am the Breath of Its Expansion
And The Pulse and Movement of Its Course
Harmony is my focus
And Wholeness is revealed

"You Are All That Is, I Am, And We Are One"
And so I become

(The phrases in quotation marks are credited to Julian.)

The theme: "Getting Past the Pain of Life's Transitions" has often been a focus of my personal meditations. Any kind of pain sends me searching for answers. And, disappointing my expectations, there are often no answers, finding that my transition was to grow beyond the questions. Somehow this was a growth beyond the pain as well.

The imagery and phrasing that I am sharing with you in these verses have come to me in my meditations, and continue to be my most effective guide through "Getting Past the Pain of Life's Transitions."

Putting Genesis into Context (Part 4)

**By Connie Golden
Saratoga Springs, Utah**

Mankind in the Absolute World: This is the background space for the positive energy that streamed through the primal point to evolve into the emanation known as Primeval or Universal Man, which contains the full potential of Adam, as named in Genesis. The Hebrew word was “ha Adamah,” which means “of the earth” literally, but symbolically represents “mankind in all its levels of consciousness,” not a physical human male. This being is a potential “mirror” of its Maker, and the blueprint of its Maker exists in its highest frequency on the Absolute plane of existence. Julian explains that the purpose of the creative entity was to bring forth an intellect from intuitive force, which would then be able to govern itself. The purpose was not to create mankind as a physical animal on earth — that was mankind’s idea. After the creation of Primeval Adam on the Absolute plane, the pulse within each of these interconnected vibrating cells develop expectation and a desire to experience some power that would guide and lead each one. That is, a sensory intuitive force form that would later develop into a mind, a personal expression of the pulse. If the potential of the Primeval Adam is to become fully realized and reflect a fully conscious image of its Creator, each vibrating cell needs to be in attunement with the Creator’s consciousness or pulse on all levels of existence. The pulse that streamed through the primal point moves on to create the Conceptual world where the Ideas and concepts in the mind of the Creator will come into existence.

Mankind in the World of Concepts: “In the beginning God created Heaven and Earth”, that is, Genesis opens not with the Absolute World where Primeval Adam, comprised of interconnected vibrating cells, each containing the raw conscious energy of the pulse, has been emanated into existence, but the World of ideas, concepts and pure spirit, the Conceptual World. The echoes from the movement on the Absolute plane have developed into phonemes, the first sounds. An order forms within creation. The Heavens are created, the concept or idea of a material world, referred to as Earth, and the image of Adam takes on another level of capability. Some concept of time exists, but not the linear time that we are familiar with on Earth. Hence, the Conceptual plane can have a beginning, while the Absolute plane has no beginning nor end, since there is no concept of time on that highest plane. Genesis goes on to say, “And the Earth was without form and void.” That is, the concept of an Earth, or material world, in the World of Concepts had not yet been moved down into the World of Forma-

tion, and the physical world did not yet exist. It should be noted that many times when the word “earth” is used in the bible, the reference really means the physical world of matter, not the planet Earth. The Creator said “let there be light” and divided the light from the darkness and called them Day and Night. This was all done on the Conceptual plane. The words represent the division of the active (expansive) energy of force and the passive (contracting) energy of form as explained in the universal laws above. The Day represents the waxing of the initial pulse and the Night represents the waning.

On the second day God said, “Let there be a firmament in the midst of the water, and let it divide the waters from the waters.” This action separates the Conceptual World further from the Absolute world. The upper section of the Conceptual World is called the firmament, which is later referred to as Heaven. It is interesting to note that the Hebrew name for Heaven is shemayim, whose root is composed of the two words for fire and water. The Absolute world is often represented symbolically by fire and the world of Formation by water. Hence, Heaven lies between the two.

On the third day of Creation, God gathered “the water under the Heaven into one place, and dry land appeared. God called the dry land Earth.” This is the area where the Absolute, Conceptual, and Formation worlds “connect” in a special way. The Earth spoken of here is not the physical earth, which is not yet in existence, but the idea or concept of an area where the energy is so dense we call it matter. The term earth was used to convey the concept of a materialistic world to the people of that time.

On the fourth day, God created the celestial lights that act as signs and measure out the days and seasons. This refers to the development of the eternal repetition and total spectrum of reverberation and rhythms that will produce the cyclic patterns of the sun, moon, planets, and stars.

On the fifth day God said “Let the waters bring forth abundant living creatures, and fowl that may fly above the Earth in the open firmament of Heaven.” The original words recorded imply that the winged creatures were the Archangels that inhabit the upper area of the Conceptual plane (Heaven or firmament). The swimmers were the angels that will live in the watery realm of the Formation World below. Angelic beings are not part of mankind and never



incarnate on the physical plane. The original word to describe these angelic beings was “Malekh,” which is “Angelos” in Greek or “messenger” in English. Those angels with the Action (expansion) attribute are responsible for positive aspects such as growth and creation. Those angels with the Receptive (contraction) attribute are responsible for destruction or death. Both are necessary for a balanced space. The opposition of both is vital in the performance of free will. If there were no temptation to go against the Creator, and no resistance to that temptation, then there would be no way for Adam to learn to choose to follow the Creator’s will. Satan, also called Lucifer, is the Prince of Darkness. His existence established the polarity and allowed Light to be known to man. Lucifer was given the task by our Creator of testing the integrity of souls as they seek to rise in consciousness and attune to the Light. Satan serves the Creator in helping mankind learn to make choices that will bring them closer in attunement with the Creator’s will, to understand the consequences of their actions, and to keep the negative forces under control. As one remarked, “All people are good when things are going well. But make difficulties for them and one soon observes who behaves well on principle and who for personal interest.” This, on the physical human scale, is the function of Satan/Lucifer. On the other hand the “devil” is a manifestation of mankind, it is all the negative aspects of the energies of man and these negative energies do have a power of their own. It is the negative attitudes of man. Each person’s power can be used to create love, harmony, peace, and positivity, or it can be used to create negativity.

On the sixth day, God created the living creatures of the Earth, the cattle, beasts of the field and creeping things, all as generic categories, that is, insects, but not a specific type of form of insect. All these creatures are at this stage still spiritual ideas, for the concept has yet to be moved down to the lower worlds to take on a form by the Creator.

Also on the sixth day, the primeval Adam has expanded capability. Genesis states this process using the words: God said ‘Let us make man in our own image, after our likeness’ to have dominion over all the creatures that have

been brought forth. And so an evolved Adam came into existence, as a result of the Creator’s pulse acting within the pulses of each vibrating cell. This evolved Adam was the steward of the Conceptual/Spirit world. Like the Primeval Adam, the Spiritual Adam is androgynous (both male and female). “Male and female created he them” Genesis 1:27. That is, this spiritual Adam, was still in a high enough frequency in the Conceptual World to contain both active and receptive attributes in constant union. Julian describes the change to the Primeval Adam in this conceptual world by saying that each cell now has the power to direct, even as each is being directed. The laws and order of creation allow each to use the powers to direct safely. Each cell has expanded its senses: it can hear the phonemes, the sounds of creation; it can “see” the movement of the altering energies; it can have a sense of touch, to feel the movement of energy; and each has developed the ability to communicate, another facet of the divine being coming into fruition. This “breathing in and out” alters the etheric energy so now each cell is a vaporous radiating oval that radiates the power and potential of the light, moving with the movement of the universe. Primeval Adam has evolved into a spiritual Adam on the lower frequency Conceptual plane that can further evolve to express its Creator’s consciousness, each cell in its own individual way. The component cells of the spiritual Adam are interwoven and interdependent, creating one spiritual being. Each of these individual component spirits (some religions call them over souls), has unique inclinations and talent so it may aid in the Creator’s grand purpose, but each is inter-woven with others with whom it will be associated in subsequent existence. Thus the destiny of each human spirit is in the weave, although each one has the choice to accomplish its destiny in its own unique way. Then this spiritual Adam, or the created “them”, is told to multiply and have dominion over all the other living creatures. This sets the stage for the continued development of existence at the lower frequencies. For as the initial pulse moves further and further away from the Source and the simplicity of the perfect first world, so it becomes less refined, heavier, and more in need of regulation. Thus the complexity increases as each World takes on the laws of its own reality plus those governing it from above. On the next lower plane, the angelic forces multiply as well as the spirit components of the Primeval Adam, as described below.

On the seventh day, “the Heavens and the Earth were finished and all the hosts of them.” God rested from the Work that had been made and blessed the seventh day. God saw that everything that had been created (in concept or spirit) and made was good, that it was balanced, sound, and complete.



Pain and Loss

(From Volume One of Reflections and Meditations)

By Adele Lederman
Walnut Creek, California

It saddens me so very much
To see your pain and despair
I long to reach and touch you
To show you that I care

You do not see within yourself
The powerful means to heal
You think you are all alone
And feelings are not real

Wont you see what I can sense
The essence that is you
Is love and light and wisdom
That you try to hide from view

Reach within, my sad sad friend
And know what I have known
That when you meet your truest self
You'll never be alone

Sam & Temier's Calendar

Healing Gatherings

The next Healing Gathering will be **March 19** and then every other week starting on **April 2**. The Healing Gatherings are free and are given over the web so that they are available all over the world. They are very powerful and include both individual and world healing. Sign up at www.temier.com/FreeWeb.html

New Mystical Magus Classes

Sam also is starting a new series of Mystical Magus classes, given over the web. Julian gave Sam the information in over 45 private readings, and did give Sam permission to redeliver it through classes. To become part of the classes you need to have been involved with Julian's Development classes or Working Magus or Transition Energy or desire a review of the Mystical Magus. See www.temier.com/multi%20meet%20class.html or contact Sam (samholland7@gmail.com) if you are interested.

New Mystical Class

Sam and the Seraphim Temier will also be starting an ongoing Mystical class that is available for serious students of metaphysics. These classes will also be given over the web.

See www.temier.com/multi%20meet%20class.html or contact Sam (samholland7@gmail.com) if you are interested. Sam was introduced to Temier by Julian in 1983 and they have been working together extensively over the last decades. For more information, see www.temier.com/AboutTemier.html

Symposium

Temier's next Symposium will be given March 26 in San Jose CA and over the web. The topic will be our relationship with the Creative Force. Speakers will be Oric from Lemuria, Aa-Co-La from Atlantis, and the Native American Tall Oak from 500 years ago. To sign up go to www.temier.com/page/Symposiums.html. Also for more information about Sam and Temier, visit www.temier.com/AboutTemier.html

Workshop in the Netherlands

Finally don't forget Sam and Anne Claire's workshop in the Netherlands (see the next page) or <http://theshamansjourney.com/resources/Workshops-en-Retreats/Zeeland-flyer-2017.pdf>

Achieving Extreme Balance & Enter the Portals to Whole-Being

**Westkapelle, the Netherlands
May 14 ~ 19, 2017**

In last year's workshop Anne Claire, Sam and the group worked with one of the world's oldest Mystery Schools. We all experienced the power of this very ancient site during it's rededication.

Now it is time to use the site in a practical way that not only helps move the site forward in its Universal purpose, but also in a way that gives you a significant boost on your own spiritual path.



An Ancient Mystery School reborn...

As opposed to most Sacred Sites we have worked with, this ancient Mystery School has no visible outer markings. However, its energy is powerful and has a very high frequency. As it is used with respect and wisdom its strength builds rapidly. It does this harmoniously with the needs of the Universe, the Earth and humanity.

When we use the etheric structures and energies of this site, its ancient wisdom becomes available to us. It provides a powerful tool to improve our lives in

a way that gently enhances our awareness and our ability to heal ourselves.

In this workshop we will use new processes that make use of the fundamental and ancient energies of the Site. We will do this in such a way that time ceases to exist and the ancient knowledge becomes applicable in our every day lives.

Therefore this is the perfect space to discover our 'Whole-Being' in ultimate balance!

Come join us in using this special Site!



Place: Westkapelle, Zeeland,
the Netherlands
Date: May 14 ~ 19, 2017
Cost: €750 or \$800 pp double
€950 or \$1025 single.

We will stay in Beach Hotel Zuiderduin, in Westkapelle.

<http://www.zuiderduinbeachhotel.nl/en/>

Included in the price of this workshop are five (5) nights at the hotel, including a generous breakfast buffet, two 3-course dinners.

To reserve your place send us an email: theshamansjourney@gmail.com

Your Dreams Hanging in Limbo?

By Barbara Garro
Garrison, New York

This information was also published on March 15, 2017 on LinkedIn: <https://www.linkedin.com/pulse/your-dreams-hanging-limbo-barbara-garro>

Is now the right time for you to pursue YOUR activities?

- What could you let go of to make time to imagine and work your dreams to reality? Are there goals you aspired to that never came to completion?
- Is there a book you still hope to write?
- Have you always wanted to paint what you see in our world?

Pause to ask yourself these questions first, then call Barbara Garro at 518-587-9999 for your free fifteen minutes to explore answers to these questions to open new veins of creativity to explore.

Carl Jung said: "Life is a short pause between two great mysteries." The mysteries? Birth and death. As babies we begin to lose ourselves to the pulls and pushes of the world. Jung's pause allows us to get our authentic selves back and move forward from there.

In this Spring 2017, I explore these same questions as Chief Creativity Officer of Electric Envisions, Inc. as I find myself living in the shadow of mortality in my eighth decade. Now, I find a focused destination after lovely excursions into public speaking after 33 years, financial departments of corporate America after 17 years, painting professionally after sixteen years after taking back my art after 9/11. Curious where we're

headed now? Now, I'm focusing all activities on my writing excursions that continues for 66 years.

Why? Time to buckle down and focus on the one lifetime career that has not only always brought in the most revenue, but has for 45 years and counting.

Still, those who know me, know some new challenge must come of this decision. Of course. New Writing Focus: Professional Technical Writing Products & Services.

While in Corporate America in the 1970s, I began writing national and international insurance articles. Soon, quit Corporate America and supported my daughters as a single Mom with no child support free-lancing for the Insurance Page of "The New York Journal of Commerce & Commercial." First year, I bought my first and only new car for cash.

Electric Envisions' Professional Technical Writing includes: technical writing, copywriting, ghost writing, writing coaching, and presentation Coaching to present your writings.

Consider, if you want to compete in car racing competitions, you'll get there faster with knowledgeable coaching.

READY, SET, FLAG DROPPED, GO!

P.S. In addition to your one-time Free Fifteen Minutes Consult, new clients get one-time First Edit free! To clarifying, this means when you hire Electric Envisions to create a piece of writing for you, you will get a first free edit of the document at no additional charge.



Saul's Corner

The History of the Universe

(Workshop #201)

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 Authors: Rev. June K. Burke and the Seraph Julian
 (continued from ROL December 2016)

CHAPTER III

We have talked about the Lemurian period and the fact that in that period there was a movement from the non-solid body and mental communication to the solid body and a diminishing of the mental communication. From that, phonetic language and sign language were created as a means of greater communication.

Over the period of Lemuria, there began to be industry as you have known industry (the making of utensils, tools weapons), but with it came great wars in which those who were still of the mental plane began to be "put down," as you would call it in your society, by those who were not.

There were some in Lemuria who were forced to live underground to escape. The majority could not stand, at the end, to have around those who were still thinking on a different consciousness level to remind them that they were not; and a great deal of agitation and suffering occurred.

Some of the Lemurians who were still in the high consciousness escaped to Atlantis and were the seed people for the Atlantean period. The Atlantean era was a very, very slow-growing consciousness period. The consciousness went from those seed people of a higher plane to those who were, again, totally tied to the physical and who, in the name of progress, began to build and create a new world.

The Atlantean did have a language, written material and tutoring; and they became a high intellect. There is a difference between a high intellect and a high consciousness, and the intellect became the most important thing.

In the early stages of work with crystals, with laser, and so forth, a great deal of good was being done. Just as the invention of the telephone, or the electric light, would be something that you would say did a great deal for your culture. So too was the crystal energy doing great things for that culture. (There might be some of you who would argue the telephone point, but that is supposed to be advancement.) As man began to totally relate to the intellectual consciousness, they became less and less aware.

In the early stage of Atlantis, it was the same as the early stage of any development. Things were primitive from the standpoint of what they became.

Crystals are a natural part of the Earth. They were in that geographic area which was Atlantis. They remain there in the sea, and they sometimes create havoc when they align with the planetary energies. They create time warps and are

still "doing their thing," so to speak.

In element, they were called "ikariates" (i-kar-i-ates), and it is very much like lumps of cement all molded together. If you took a sponge from the sea and gave it great density, you would have an object which looked like the crystals.

They are created by the vibrations in that area. They are heavy and porous, and they vibrate. One sound is put into them, alters and comes out differently, changing the energy structure and creating all sorts of things. The parallel today with Atlantis is not in terms of the power, but in the technology. You are becoming so technologically orientated that you are forgetting to be man orientated. You are not permitting yourself to know yourself; you are not permitting yourself to have the fulfillment of what you do.

Man, again, will have to evolve with the crystals. No one is going to say, "Oh yes! Here it is, now we will do it!" They are going to say "What on Earth are these and what is their potential?" They are going to, again, bring them to their potential, which is through vibration, which is sound.

Every vibration has a sound, or phonetic, of its own. It is the use of the vibration of the crystal that creates the phonetic sound, which, in turn, creates the atmosphere.

Atlantis is rising and will again link the Isle of Bimini to the Asian area, to the continent Africa. It was never in the Greek area. There were other land masses there.

You think of land mass changes as something new because it is the first time that it is coming into your cultural understanding, but in, approximately, every three thousand years, the Earth has gone through the same thing.

It is the vibratory change to a next round or revolution of consciousness and evolution. This is not something brand new. It is to you, but not to the universe.

In the early to mid-Atlantean period, there was a high consciousness level, and altercations were taken care of by a battle of the mind. I do not mean intellect; I mean the force of the mind. War was by the force of the mind.

There were wars because, in the early Atlantean period, just as in the early Egyptian period, there were many small communities, each of them thinking of themselves as what you might think of as states, and each of them very similar to tribes who warred with each other, each out to have what they felt they had a right to have. So, you see, human nature has always been about the same.

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The difference now is that the changing of human nature in your culture is occurring during the Aquarian Age, which is the Age of the Spirit, so that the vibrations are attuned to that conscious elevation again. At the time of these other changes, they were in different Ages which were then not attuned to spiritual consciousness but to physical consciousness.

In the period of Atlantis, wherein the intellect became the most important thing, there were some who knew that this could only create chaos and destruction. They began to plan to leave Atlantis and bring intellect and awareness to points around the Earth where seed men had already gone to escape the fall.

They had sent out tablets and teachings. Most of the teachings were lip to ear, because they were afraid they would fall into the wrong hands. Teachers would be tutored until they knew it all and would then be sent forth to a new land to teach others. Some left at the time of the final fall of Atlantis, which blew itself up because of discordant vibrations.

Some left before the fall; some left during the fall. They went to Polynesia, Persia, Egypt and Tibet to elevate the consciousness of those seed people who were already there.

Atlantis was very, very prone to putting great importance on mental aspects, and there actually were, in the latter part of Atlantis, rewards given for mental keenness. Now you have some things like that in your current society, but they are not done with the same viciousness. Atlanteans would fight to the death to win an award.

There was a phonetic language in Atlantis, but it would not be one that you would recognize. Many of the sounds of Atlantis were very high pitched; everyone sounded very high. It was with Egypt that you moved into the Latin area.

They had symbolic language, very much as hieroglyphics would be in Egypt. The hieroglyphics of Atlantis were based on phonetic sound. There would be a symbol for a specific sound and then another symbol to point it in its right direction. In other words, there would be a symbol for the sound that was "oo" and then there would be symbols for what you call consonant sounds to lead that sound someplace else. It got very complicated at times. They had to know what all the symbols represented to read them. Later it became much more a spoken language. The Indo-European language arose from that.

In the Lemurian period, they started off in the etheric body, mental direction and mental communication. Gradually, as they began to become more attuned to the Earth, they became more dense, a more solid body and, therefore, the vibrations were not the same. They had to begin to resort to a symbolic language.

Very often in the Lemurian period, there would be hand movements used for communication, very much as your deaf use in your society, but not the same. As the mental communication began to lower, they had to bring forth

something else. There was a period of time when Lemuria went through such an extent of "progress" that they also began to become self-destructive. When man goes too far, there is no place to go but back to the beginning, because existence is a circle.

In the period from, approximately, 8000 to 3400 B.C., Egypt was not as you know it now. It too was made up of many small tribes gradually beginning to come together to form more solid groups and to begin to elevate the consciousness.

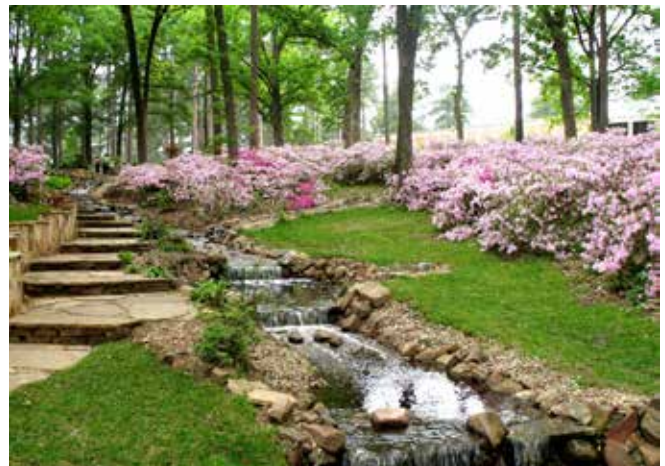
They were Neolithic, of the stone culture, right up through 3400 B.C. Suddenly, around 3400 B.C., there was a rapid change in the culture of Egypt. Almost overnight, it would seem, they began to develop cultural attitudes, to develop tools and many other things. This was the Atlantean seed consciousness coming into Egypt, and it escalated the culture far more rapidly than anyone could imagine. All the teachings were being brought to the people.

At first they had a great problem, because no one wanted to listen. Everyone was wrapped up in their individual state or tribe and everybody was too busy with life to think of the fairytales that these people were trying to teach, so the early teachings were secret.

They were done in caves, in the dark, and mouth to ear. As some developed the power, they began to give the power to others, and it became recognized as beneficial. There was a very swift escalation in Egypt from the Atlantean input.

In other areas, specific teachings were given. In the Polynesian area, healing techniques were taught. These became known as the "kahuna." In the Tibetan area, very strong, high-consciousness philosophies, which were to be the seed philosophies for almost every other one that existed in the future, were brought forth and were begun to be written down.

In each of these cultures, as man progressed, the need for greater communication occurred which, in turn, brought about the formation of languages and cultural habits, so to speak.



In your society, to this day, you shake hands with one another. In the early periods of Atlantis to the time of its destruction and bringing it into Egypt, there was what was called the “reading of the energy.” A person met someone at eye level and read their energy. They would raise their hand one to the other and read their energy. When you shake someone’s hand in this culture, you are reading their energy. Haven’t you shook hands with someone and said, “He’s got a shake like a dead fish?” Right away that man is a dead fish in your mind, because you have read the energy of his hand-shake. The handshake tells you a great deal about a person, not because they are trying to do it, but because their hand has their energy.

If you are at all adept, you are going to read that energy. So that has been the influence from Lemuria to Atlantis to almost every avenue of the world. Your Indians all had influence from Atlantis. Atlantis had the same worship of the sun that the Indian has. That is an interesting factor, too, in the Atlantean coming to Egypt.

Egypt first had many gods and then, under Ikhnaton, began to look to the One God. At first, it was the One God with many attributes and then the One God. The transition occurred by bringing a specific belief which began to alter with the merging with other people.

So there was a very strong influence in this world from the Atlantean and Lemurian period. Again, remember that when I speak of these times, I’m giving you dates that you can identify with; but they were long periods of time; they were not overnight.

The most important influence of Atlantis was that it brought the cultural edicts of the people to two things: One, it brought about religious change (using the word religion for the benefit of identification). Two, it brought about the desire to become industrious, to make more of themselves.

In that period, man began to go from the understanding of the wheel to working with tools. You have to remember that the Atlanteans had knowledge in geology, knowledge of minerals, knowledge of heat and temperature factors in relationship to minerals and were able to bring the shaping and forming of metals into the Neolithic atmosphere of Egypt. That was one of the most important things that happened. From that point on, they began to think for themselves in those areas over a long period of time.

When the teaching of the One God occurred, it was not immediately accepted; gradually, it was. When you do the math with your children, you say there are five oranges and two apples, and it gives them visualization for clarity. There were the various gods that looked over the dead, the gods that looked over the living, gods of water, gods of this, gods of that. That does not mean that there was a living god, but that it was a symbol of an aspect of God that was looking over that thing.

They could understand that. It was not easy for them to break from that sort of belief and think of one God able to



do all this work. They just couldn’t conceive of it. It was a real tug-of-war. Books make it sound like it happened overnight, but it did not.

In the Egyptian period, there were many things learned by man — relearned by some and newly learned by others — that dealt with the care of the body. It was in the Egyptian period that the knowledge of herbs was brought very strongly into the teachings — medicinally and for a few things that were not medicinal. Man had begun to focus on helping each other in specific ways. Up until that period of time, it had been more or less haphazard — live day by day — get through it the best you can.

With the teachings that came to Egypt, there began to be a focus on what you would call professions. Those who were healers and doctors (as you call them) and surgeons began to be manifested through teachings. They were trained very often through the priests of the temples. There were numerous temples, each dealing with certain aspects of man’s emotional and conscious-level elevation.

The Temple of the Dead was the temple in which the bodies were given their last ritualistic dignity and were embalmed. Those who worked in the Temple of the Dead could have no life outside the temple. They were not permitted to mingle in the town, because they were considered as performing a sacred duty and, therefore, were married, more or less, to that sacred duty.

Herbs were used in the embalming process, and those who performed this work had to be tutored in the avenue of surgery, in that they had to, at times, open the body to remove the entrails. They also had to understand that man was creating here a great dignity to the body and had to learn the priest-like attitudes of the Temple.

Like every other culture and time in existence, there were those who did what they should and those who did not. There were those who cheated on their jobs and those who did not. There were those who would take more than was required from those who came to have a member of the family embalmed. In every culture, you have what you call “the

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good guys” and “the bad guys.”

I mentioned the Temple of the Dead because many, perhaps, do not realize that there was a greater rigidity to that Temple than to any other temple, because they were not permitted out of it. They entered the duty of the embalmers, the lessons and studies of the embalmers, remained there and were not allowed out.

It should be understood that because of the arid atmosphere of Egypt, many things would mummify without any embalming whatsoever. It is almost a natural embalming area, so that they were helped a great deal. Many people thought that their methods of embalming was so spectacular. It was not that they were really that spectacular, it was the understanding of the herbs and what they could create in the body along with the asset of an arid atmosphere.

There was the Temple of Joy. The Temple of Joy was the temple in which the higher understanding of the body was studied. It does not have anything to do with sexuality. It was called the Temple of Joy because it was felt that there was great elevation in the understanding of the physical being in relationship to the spiritual being. Those who were the priestesses and priests of the Temple of Joy were permitted freedom in the community. Those who were the acolytes of these temples were permitted freedom after they had been ordained, as you would call it.

The initiations of these temples were very severe and very strong because they had to prove that they were willing to work, willing to use their highest consciousness with absolute force when necessary. They could stop you dead in your tracks by their mind power. This is what they were bringing out — the mind power, the necessity to understand — because they dealt with the healing aspects that said, “I will heal you by my mind,” and they had to have the power to convince those who would come for healing that it could be. So the Temple of Joy was dealing with the physical aspects of the body.

The Temple of Life was the temple of philosophy, the Temple in which the ancient teachings and all that they stood for were brought forth for man to understand. Here, again, they were allowed the freedom of the town. In honesty, they very often used man and the town for their own advantage. Even the priests of the temple were not all that pure.

In the Temple of Life and the Temple of Joy, there were temple dancers who danced ritualistically, interpreting the wisdoms and the symbology of them. These were considered honored and revered people and, very often, these positions were handed down over time, so that it was an inherited position. I mention this because many people think of temple dancers as cabaret dancers, and that is not the case in that culture. There were cabaret dancers also, but not in the temples.

Within the Temple of Life was the Temple of Birth. The Temple of Birth was the place where the new-born were brought

to have their awareness awakened by the priest. It would be, as you would consider it, a chapel in which the physical birth was honored and the spiritual birth was announced. In your particular society, you have that which you call baptism. Baptism is not the removal of sin “sin,” but an awakening of the consciousness which permits you to overcome sin.

The word “sin,” of course, you can interpret as you wish — anything that is not to your advantage, or to your good, or to the good of your fellow man. If you want an explanation of sin, it is that which is to you detrimental now or in the future, or to any other person. If you think of it that way, you will think twice before you act, because it affects not just now, but the future. The thing that makes it much more severe is that the only one who gets anything out of it is you, and no matter what you get out of it now, you are going to get the results of it later. Think before you act is the essence of the whole thing.

These temples brought a cultural understanding, because the philosophies brought forth art, and art, in turn, brought about industry. One thing built upon the other. The medical profession, as you understand it, was built in the Egyptian period. There were surgeons and although the surgery was very rough compared to what you might think of today, it was surgery and did work.

In that period, they were still very much caught up in symbology, and there were great periods in which color became very important. Each color was representative of another thing. The golds and yellows were always thought to be the High God's consciousness, so the priests wore golden breastplates and golden ornamentation. The blues were considered the waters of receptivity or communication beyond and became very important to anything that dealt with more than one level of consciousness. The reds were always considered to deal with war and the physical energy of man and became a high vibration color used in marching and war. The color white was considered purity because it is the reflection of all color, in reality. Black was considered an evil color in that period of time because it was not understood that it was the receptor of all color and, as far as they could understand, dealt with concepts of misunderstanding. That which you cannot see, you cannot understand. Therefore, darkness represented misrepresentation. The color green, which to them dealt with birth, was thought to be a new beginning, or a new season, so to speak. Ornamentation would be used of the various colors and they used herbs for dyes.

The hexagram was an important geometrical symbol in Egypt. The hexagram was a complete balance, and it represented all the consciousnesses brought into a pattern of unity. Because of this, it was used whenever there was balance needed. You'll find that many of the ancient temples were built in the shape of that symbol and had the symbol in them. These will be mentioned in the lost chapters of the Dead Sea Scrolls.

(To be continued in the June 2017 ROL.)

The 20th Gathering of Light

Villa Maria Del Mar Santa Cruz, CA

Friday, March 23, 2018 — Sunday, March 25, 2018



The 20th Gathering of Light will be held in the Spring of 2018 in Santa Cruz, California at the beautiful retreat center Villa Maria Del Mar.

Due to its price and popularity, this center was completely booked for all of 2017 when we reserved this space in April of 2016!

The estimated the price will be \$325/per person double occupancy and \$425 for single occupancy. (Prices may change slightly as we get closer to the 2018 date.)

This is a great price for a California Gathering! The 2018 date gives us all additional time to save for the trip to the West Coast.

To all Light Workers and students of the Julian teachings — let's make the 20th Gathering of Light a special occasion!

Questions? Contact Larry Scheer at 408-781-1457, larry@tarotxs.com



About the Ring of Light

The Ring of Light is a quarterly publication serving the Julian Community. 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 writers and editors who contribute their words and ideas to this publication.

Our Next Issue

Theme: *No fears. No doubts.*

Submission Deadline: 6/5/2017

Send electronic submissions to:

ringoflight@julianteachings.com

Send short paper submissions to:

Nancy Walton

1148 Fairlawn Ct. #1

Walnut Creek, CA 94595

Contact Us

To report a **change of address**, please contact

Saul Srour at: s77aul@yahoo.com

To receive an **electronic version** of the ROL,

please contact us at: ringoflight@julianteachings.com

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