

# Ring of Light

A Newsletter for the Members of the Julian Community

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**S**ummer! It is a season to celebrate with its soft warm days, extended daylight, the sight and fragrance of blossoming flowers and veggies, an opportunity for relaxation, a time for yourself, a period for reflection.

These are the moments to kick back, a glass of something cold in hand, reclining in your favorite lawn chair. Allowing a gentle breeze to refresh you as you begin your summer leisure reading with our newsletter.

This is an international issue. Anne Claire has encouraged the members of the Julian Community in the Netherlands to share their talents with us. Together with our writers from this side of the pond a stimulating newsletter has been created. We have a delightful sampling on our theme Journey into the Light. Living Life with Trust

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## JULIAN AFFIRMATION

God is my source of all supply.

He answers my every need.

I open myself joyously to replenishment, renewal,

And the ability to move forward.

I, through my thought and action,

Will shape and mold my world.

I will hold positive progressive thought

And help to manifest it.

So be it

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

## **Advisory Board - Making Connections**

by Camille Albrecht  
Whitehall, Michigan

Do you miss not having a group of friends to discuss Julian Teachings with? I know there are many of you who miss attending the classes June and Julian taught, and the camaraderie that was created. And then there are others of you who are newer to the teachings, and want to discuss your questions and insights in a group setting.

A study group of like-minded individuals is easy to initiate and can provide you with lots of support on your spiritual journey. You'll be able to discuss material you find interesting in an accepting, enjoyable setting. On-going group work offers a consistent reminder of the practical Julian teachings and tools. It encourages you to practice the teachings in your day-to-day life and share your experiences in a supportive environment. What a wonderful way to connect with others in our community, and to encourage new people to join.

There's lots of ways to create a study group. All you need are interested people in your area for in-person groups, or anywhere on the globe for long distance groups. Long distance groups can connect at no cost through conference calls or the many options offered by the internet, such as Skype, Google+, WebEx and GoToMeeting.

You can form a group and follow the format of a book club. This can be done for in-person or long distance groups. Decide which Julian Teachings to study, either a book or workshop, read/listen to a pre-determined portion of it, take notes and discuss when the group meets.

Some groups, like Marion Bauer's in Poughkeepsie, New York, meet in person. They listen to a recording of a workshop, or read a section of one of the JT books during the actual study group. This is then followed by discussion. Marion spoke at the 16th Gathering of how they formed their group and opened an invitation to others in her community

who might like to attend. If you are interested in joining Marion's group, or if you would like more information about how she and her group are organized, please contact me at [ca-mille@camillealbrecht.com](mailto:camille@camillealbrecht.com) and I will forward Marion's contact information to you.

How do you find people who might be interested in joining a study group? Easy! If you have internet access, just post a comment on the [JulianTeachings.com](http://JulianTeachings.com) website, and check back frequently for responses from interested folks. Or, use our Julian Teachings Community FaceBook page. Not savvy on the internet? No problem. Simply write out a request and submit it to the ROL. The ROL is a great way to share information.

In fact, with your input, let's create an ongoing [JulianTeachings.com](http://JulianTeachings.com) website post and accompanying ROL column called Making Connections. Those of you who want to start a study group can notify the community to seek members. If you'd prefer an in-person group, let people know the area where you live and where a meeting place might be; perhaps a local library or book store. If you'd prefer an on-line study group, decide the format for communication and set a starting date and time. If you are looking for an international group, consider meeting at about 2:00 pm ET on a Sunday. This way, you can communicate at a reasonable hour with folks in just about any time zone.

If you already have a study group and are open to new members, let others know.

Once you have a group formed, write updates for the website and ROL on a regular basis to share with the community, how you've organized it and what you are studying. This will offer support for existing groups and encourage new groups to form.

It's simple to stay connected with one another if we make the effort. And together we can continue to study these ever-pertinent Julian Teachings, ever learning and growing.

I look forward to hearing from you!

# Astrology

Feature Column by Eleanor Johnson  
Hopewell Junction, NY



The heavens are alive with energies for dynamic change. Jupiter, the Great Expander, will be in the sign of Leo on July 15, 2014. The planet will remain there until August 10, 2015. It will give man the ability to take action, as Jupiter's aspects allows us the vision to create positive choices for our future.

Jupiter in Leo is in a fixed fire sign and in the sign of creativity as well. It can be dramatic, enthusiastic, and courageous. It also creates a trine in the heavens with the planet Uranus. This trine which is a positive flow of energy, can allow for another step in our development. Expansion works well with intuition.

In September and October, Mars will also lend its energy for change and movement forward. It is in the sign of Sagittarius which is Jupiter's natural sign. With these dynamic energies in fire signs it can



make us restless for change. Be sure to make the changes in your life in a balanced way.

Water will continue to be a part of our experiences, either too much water or too little water. Neptune which rules water and the oceans is in its first house position in its own sign, therefore, its energy is very powerful.

Mercury will retrograde on October 4, 2014 through October 25, 2014.

October proves to be a energetic month. There are two eclipses. A Lunar Eclipse begins on October 8 at 15 degrees of Aries. A Lunar Eclipse is always on a full Moon. Full Moons often bring situations in our lives to a climax. Full Moons represents completion. A Solar Eclipse occurs on October 23 at 0 degrees of the sign Scorpio. A Solar Eclipse represents new beginnings.

Take these energies for dynamic change. Flow with them. Allow your spirits to soar. The planets can flow with you for dynamic change.

Love and Light,

Eleanor

## **Journey Into The Light**

By Blanche Duffy,  
Saugerties, New York

There has been so very much said about a journey into the Light I sat wondering what more could be said that's new? Book upon book has been written on how, when, tools to use, etc., etc. So, after much deliberation I decided to write about it from a totally different perspective. I decided to write about it from the perspective of losing part of my sight and re-learning how to view the world from the sight that remains.

Back in December, 2013, I woke one morning with a horrific headache. As someone who gets almost no headaches in an entire year I had great difficulty understanding what was happening. I felt really badly and spent the day lazing about, doing only the absolute necessities. As the day progressed I realized my eyesight was affected and I could not see anything to my right. I made an appointment with an ophthalmologist and after many delays finally had an appointment about a month and a half later. She in turn sent me for a brain MRI, which revealed that I had a stroke so I was referred to a neurologist. Interestingly, the stroke affected the part of the brain that works with the eyes. So, where some people lose speech or movement I lost peripheral vision - but I still have some limited vision.

After seeing several doctors, having various tests and taking medications that I would usually argue against I had to make a decision. I've been told that the loss of peripheral vision is permanent and I could have another stroke at any time (I've already had another not quite as serious) how would I adjust to dealing with it? Reading is very difficult because I can see only part of a word and most of the time I read one syllable at a time. Makes reading a newspaper or book VERY difficult! Would I attempt to do any writing again?

Would I attempt to create silver jewelry again? Would I attempt to make pottery again? Would I attempt to drive my car again? The answer was a resounding "YES!" to all questions!

I've had to learn to walk in a whole new way since I do not see potential hazards in my way. Just walking around the house or in the backyard presents challenges I never imagined. If someone comes to visit and moves something even a few inches I can trip and fall. Driving an electric cart around the supermarket is a test of how well I can dodge anyone in my path. One man asked if I had a drivers license for it after I nearly hit him. I did apologize profusely! (;-)

Slowly I am adjusting to my new way of living and accepting that many changes have to be made. Most importantly, I've had to accept help from others instead of being the first to volunteer help. That is a major concession from someone whose theme song has been "I Did It My Way".

Change comes slowly to us independent folk! But it also feels good to have someone call me and offer to drive me somewhere or help in some other way.

On one of my "down" days I was feeling really lonely and missing Buddy terribly. I heard of a badly abused Beagle who is 8 years old and a fugitive from a puppy mill. I called the rescue organization and they brought her to see me. It was love at first sight and there is now a 25 pound Beagle, Patty, who sleeps with me and snores like you cannot believe. She has a number of health problems herself so we are healing together as we walk together into the Light! There is still a long journey ahead and I know I will trip a few times, but I also know I'm stubborn enough to make it with a bit of help from June and Julian and some friends still in bodies! (;-)

Namaste!



## **The Nature Photographer**

Jan van der Greef,  
Driebergen, Netherlands

Almost twenty years ago I was advised to contact Sam Holland for a reading and decided to try this out as I was not familiar at all with this phenomena. At the end of the meeting, in which I was surprised by the wisdom that I received for my personal journey in life, Sam informed me about the TE classes.

This started a process of becoming aware of the universal wisdom offered by Julian. Since then we had the privilege to meet other members of the Julian community, to meet June twice, and attend one gathering in Asilomar. In particular, related to my love for nature since my childhood, I started to become more and more interested in metaphysics and tried to understand the rich source of happiness that being in nature offers. I learned to become aware of the energies around me and could merge with those energies in a dimension not explored before. My nature photography changed. I started to capture the emotions of the magic moments I encountered. I learned from the Julian teachings what it meant for me.

My inside world started to merge with the outside world and I could experience the Oneness feeling. My photography style changed and using long shutter speeds I could capture the dynamics and flow of nature around me. See for instance the photo of the herring gull taking off in a Norwegian fjord. It is named “The Transformation” as

the herring gull moves from the water into the freedom of the air.

Over the years I encountered various moments of intense connectivity with nature, and the most wonderful interactions with nature, and the most wonderful interactions with animals ([www.insightintonature.com](http://www.insightintonature.com)). The world around me provided me insight into my Inner Self and guided me to acceptance of myself, to see with innocence, to feel the depth of stillness in the Arctic, and to experience eternity in nature.

These magic moments of Oneness in images supported by Julian’s wisdom have resulted in a book “Reflections of the Inner Self. Dreams and Visions of Nature” that will appear in October this year.

In my scientific work the deeper understanding helped me to develop a systems view on health and disease, creating a bridge between Western and Chinese medicine as well as new technological tools to better understand the communication by light and interconnectedness of nature. Moreover, it underlines the importance of the mind and the essence of human-human relations in the web of life.



**Warning ... “ Be careful what you ask for.”****By Jeanne Livingston  
Garrison, New York**

June and Julian communicated the wisdom of The Kybalion so clearly. Today you can hear the tapes they made. I bring this up because I'm going to refer to “the law of polarity” on any journey into the Light, and I'll stick to telling you about some of my own travel experiences along the way.

Often, when we ask for something we get it's opposite. I remember in my 30's asking Higher Power to help me become rich. It was followed by a long dry spell with no work in sight. (I was a freelance designer). I'd comb, through my coat and jacket pockets looking for small change or a dollar bill so I could buy food. Eventually I got a job and learned to leave \$5 and \$10 bills in pockets, purses, and drawers.

Moving along into my 40's, I asked Higher Power that I become a whole person and turn to the Light instead of continually getting stuck in the spaghetti of relationships that left me trapped or unhappy ... and yes, that included family. Well, wasn't that request just a little Pandora's box!

Without being fully aware of what was happening, I kept my inner eye on the goal and little by little found help. It came in the form of wonderful teachers, good and bad therapists, many programs and psychic readings. It wasn't the great “ah ha ...”, God just spoke to me Jeanne, or anything close to Nirvana. No, my journey was hard work, scary, and cost lots of my hard earned money. Often I was plain miserable, a grumpy Capricorn with smart remarks to stave-off more darkness. Where was the happy little child people used to borrow? Where was the party person, where was I?

Now during those years, the outside of my life looked glamorous and much of it was. However,

my insides were lost and I felt alone. Where was my Higher Power anyway? I even met the singer Peggy Lee during that period because I was going to work on her one woman Broadway show. She was a genius songwriter as well as a singer. I developed new respect for her spiritual path and the song: “Is That All There Is?”

The long and the short of my trip so far is that connecting with higher intelligence is an ongoing journey from lifetime to lifetime, one step at a time. It's not the great performance, the graduation or even the finale. It's a process through which we become self referral, self respectful and develop a grand sense of humor... “Bend or snap,” or as I say: “a thing worth doing is worth doing three times at least.”

I am now deep into my 70's... Yikes! I had planned to die young, well youngish but that wasn't the Divine Plan and I'm usually glad about that. I gave up “hopes and dreams”, I never really liked all that stuff anyway. I am just me and my experiences. I'm deeply grateful for the life I've been given and all my memories along the way. Yes, not just the good ones, or the bad ones or the really bad ones but all of them. It's all important and unimportant, and I'm learning how to better balance in the middle, Ah, the law of polarity.

Yes, we're here on earth to learn and grow. Higher Power gave us choices or the gift of free will. We can head towards the outer rim of darkness, or journey towards the Light. It's all important. I'm glad I'm still here, well most days I am. I'm grateful I live in a country where there is free expression. And I thank all those teachers both seen and unseen for their help.

Amen and women!

Jeanne Livingston is author of “The Road to Consciousness” now on Amazon, Kindle and E-Books

**Homemade Raspberry Yoghurt on Pikelets**

Submitted by Patricia Sauter  
Amsterdam, Netherlands

Delicious because ..... NEVER MET  
A CALORIE I DIDN'T LIKE !

**Ingredients**

150g (1 cup) self raising flour, sifted  
1 egg, lightly beaten  
1 tbs. caster sugar  
 $\frac{3}{4}$  - 1 cup buttermilk  
Olive oil spray for frying  
Pinch of salt

400g (1.7 cups) Greek style yogurt  
150g ( $\frac{1}{2}$  packet) or (1 cup) of frozen raspberries,  
thawed  
1 heaped tbs. of icing sugar or confectionary sugar  
Pinch cinnamon  
1 tbs. of honey  
Zest of  $\frac{1}{4}$  orange

Recipe by: Justine  
Time: 20 minutes  
Serves: 4-6

**Method:**

Place the thawed raspberries into a blender with the cinnamon, icing sugar, orange zest and honey. Puree until smooth. Strain through a fine sieve to remove all the seeds. Now add to the yoghurt and mix in well.

Sift the flour and place in a bowl with the salt and sugar and mix together. Make a well in the centre and add the egg and oil. Using a small whisk, add the milk bit by bit and mix until the batter is smooth.

Heat a frying pan (preferably a non stick pan) and add a light coat of olive oil spray. Drop tablespoon size quantities of the batter and cook until bubbles start to form. Flip the pikelets and cook for another minute until golden.

Serve with a dollop of raspberry yoghurt on each pikelet and some extra honey if you like.

**RETURNING TO THE SOURCE**

By Kitty van Breugel  
Dussen, Netherlands

Recently I started studying TE all over again. This is really cool as especially the first two TE's are helping me so much! I am recovering from a Burn-Out right now, and it turns out that these base meditations of the early TE's are really supporting me.

I experience the Chakra meditations very strongly; they have definitely centered me again. Suddenly I could understand how my physical complaints, resulted from the Burn-Out which created an unbalance in the different Chakras. With everything I am doing now, I am asking myself: "Where am I now?" I feel within myself whether I am too high in my energy, or if I am centered where I want to be, right below my solar plexus. This is a process of rediscovering everything I have learned.

The nice thing about listening to the tapes is hearing the voices of the people I have followed TE with for all those years. I imagine them in front of me in the living room in the Zonstraat. I can hear the cats move around and miauw; I hear the blackbirds singing their beautiful songs in the trees outside. And then I become 'a point of Light' again, on a journey, to then 'take a deep breath and slowly return to this place and time'. Lovely!!

Ghee, and there it is on paper...

**Recount of a week of meditation in  
Limburg. May 4-9 2014**  
**A workshop led by Anne Claire Venemans and  
Sam Holland.**

Marijke Tichelaar  
Utrecht, Netherlands

**General**

Sunday the 4th of May 2014 I went to Limburg, in the very southern part of the Netherlands where the Village of Slenaken is situated. Here was the hotel where I stayed and where I met Ria. She would help me with practical matters - as I'm a wheelchair-user. That is the reason why I didn't stay with the others at Hotel Eperhof, about 3 km from Slenaken. Some other participants of the Workshop stayed somewhere else. We all were together at Hotel Eperhof, for the Workshop and for the festive starting and ending meals.

The Workshop consisted of four days. Each day 1.5-2 hours in the morning was spent in nature in the very old forest nearby Hotel Eperhof. In the afternoon from 16.30 we were together an hour or so to discuss and talk about what had been happening in the morning, or to meditate. Meditations were led by Anne Claire or Sam. The second afternoon (Tuesday) we went to Valkenburg. We did a meditation in a cave there. More about this later.

We were with 13 participants and 2 leaders. Two participants were not from the Netherlands; Elsie, an American lady, and Phil, a gentleman from Germany. Many people knew each other already from earlier Workshops; as for myself, I knew some people, and as many not. After some days everyone was familiar to me.

Before and after the meditations we would spend the time to enjoy the beautiful hilly landscape and villages. Tuesday we spent time in the nice city of Valkenburg.

**My personal experience**

The morning meditations in the woodland formed a kind of red line. Naïve as I sometimes am, I discerned the line only after some days. Perhaps

this happened because I hadn't studied the booklet I had been given very well.

The first morning was led by Sam. The second morning Anne Claire led the program, and also the excursion/mediation in the Cave in Valkenburg. The third morning was also given by Anne Claire, and the fourth and final day, Sam guided us to an understandable conclusion.

The parts of the forest where we went, differed, looking back in a rather logical way. So here's what there was, as described in a more concise way. The kind of meditations we did were led visualizations... Our spirits were led by the descriptions given by the leaders, in the present case Anne Claire or Sam.

**Learning from other participants**

I was often impressed by, and found great joy in what I heard others had seen or sensed in a meditation. Or surprised and sometimes a bit envious of them... For instance in the last meditation, I couldn't hear very well and consequently didn't understand. I was very glad that a participant who most times was very still and quiet, asked the very question I had. The answer to this question helped me in a crucial way!

**Valuable perspectives**

\*The deeper you get, the more inward you go; the higher the energies you can work with.

\*As above, so below.

\*Let go of all (superfluous) control. Or better yet, eliminate all superfluous control, just enough so that the universe can come to you with what you need. As it reacts to your needs your life may become better than you ever expected!

\*The key is acceptance...

\*Nature forms a bridge between universe and the earth, just as we ourselves are a bridge from the universe to the earth.

\*The earth mother heals.

**Description of the workshop**

On the first day we went into the woods close to Hotel Eperhof. We were asked how it felt there. I

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**Recount of a week of meditation** continued

realized that being in the woods is always relaxing for me and as others said peaceful, gentle. Sam said that the woods welcome you when you ask permission. Respect the trees. A gnarled oak served as a portal together with a tree on the other side of the path. A band of dark moss we passed worked as a bridge and was special, Sam pointed out. Indeed, I felt first a lightness, then a peacefulness and acceptance. Suddenly the birds seemed to sing their songs louder.

Then we went to a circle of fir trees, and we sat down there. After exchanging our feelings and observations, we did a meditation, helped by nature. And this formed a bridge between the universe and the earth. We asked ourselves about what “problem, question” do I have? I myself didn’t feel accepted and I criticized myself about my own behavior.

The second day we went to quite another area in the forest, though not far from the first place. Here was another energy kind of fiery. No wonder, for this was ‘dragon energy’! Sam already mentioned it. This represents your own ‘demons’, things that trouble and worry you. Slaying these (like slaying a dragon) is what this activating energy incites you to do. Holly is a dragon tree. We already passed a bush of holly, and now we sat in a circle of holly trees, with a small one in the middle.

We were invited by Anne Claire to draw triangles on a piece of paper. How we drew them said something about how directed to above (spirit directed to the universe), or more ‘earthy’ we were at that moment (no judgment whatsoever).

Then we did a meditation, a meditative journey in which we merged our own light with earth-light, and finding a space deep inside where questions can be answered. This was as Anne Claire said, a healing meditation. We were given a card with a spiral inside a triangle, this ‘brings you back to your core’. A truth she mentioned: The deeper down you go, the higher up you can go. Sam stated today you are led inside, tomorrow we will work with outer energies.

There are a lot of caves in these surroundings. Tuesday afternoon we got a private tour in what is called “de fluwelen grot” (the velvet cavern). Originally it was a very old mine for a kind of chalkstone called ‘mergel’. But for centuries it was used as a hiding place for religious people, for soldiers, and people who shouldn’t be found during war time. It has a rich history, very interesting.

Our guide left us in a roomy space, with humid air and constant temperature (about 15 degrees). This space had served as a chapel which had been used until fairly recently. Three candles still burned.

Anne Claire led the meditation... You go on a path, find a small opening in a rock, through which you come into a small space that fits you. Lying cradled inside this, your spirit goes further to an expanse of absolute darkness. Here through experiences with all your senses, you get an answer...

Wednesday, we spend the morning in the woods again, with Anne Claire. We worked with Unicorn energy, a light, clear, elegant, energy. A meditation, begins going up through a kind of cylinder formed by two circles ~ to the universe. Here a message comes. You take something spiritual back to the ground. Afterwards you draw a symbol for this experience.

**A great experience for me**

After each meditation we were invited to notice what we sensed, or knew, or saw, or whatever. We were not to worry when ‘nothing’ appeared; it could come later. Great they added that! Although the experience of my spiritual ~ or soul ~ voyage was beautiful, I got in no sense a somewhat clear message in whatever form.

Then came the last meditation, which was given by Sam on Thursday morning, while we sat in the circle of fir trees... Sam had devised a series of meditations where all the ‘bridges’ that were created during the previous days came together and merged into a perspective of potential. And perhaps even an answer for each of us. Lots of

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## Space and Time

Anne Claire Venemans  
Utrecht, Netherlands

Every area has its own energy, its own culture, its habits, its language... It is what makes every place, every space unique! Over time all of these things are subject to change, some slower than others, still there is hardly any part on the earth today where everything is like it was for instance a hundred years ago.

Even within a small Country like the Netherlands, there are many dialects, many sub-cultures that have strong historical roots. Through immigration from other places it may seem that those more 'original' subcultures are fading a little bit; although to me it feels more like the influx of other cultures has enriched the 'space and time' of the area we call the Netherlands.

It doesn't take a whole lot of imagination to see how all these areas with their cultural values, their language, their dialects, in and of themselves are like a tapestry. If we would then weave the separate pieces of tapestry together, the whole world becomes a grand, three dimensional, woven painting of space and time as it exists today. Underneath the surface might be the roots where the energy of each area is growing from; while tomorrow might be woven above that which is now...

And yet, the world is not expanding. Arguably its energy may not be expanding either.

It is just being woven into different patterns, showing different pictures at different times. And whether we want it to or not ~ whether we believe in it or not ~ it is still one tapestry.  
One space and time.

Looking at it this way, it may seem that changes on a personal level are small and insignificant. Even changes that are brought about by small groups seem, when looked at from space and time as one

tapestry, may seem inconsequential...

Yet in this giant tapestry, each thread has purpose. Each single color is important, no matter how small an area is woven with it. And if it wouldn't be there, it would surely be missed.

This is in a way how I tend to see Julian's teachings. On a world wide scale, at a precise moment in time, there appears this beautiful color in the tapestry. A color that most of us don't remember ever seeing before. And from this single strand of beautiful color, pretty soon other colors emerge. Each of them unique and beautiful in their own right. And somehow those colors spread through space and time in a

way that no one might have foreseen. Wherever they appear, individual strands of new color start coming up in the tapestry...

Each person touched by June, Julian and their teachings ~ whether it happened consciously, by choice, or 'naturally' ~ starts weaving their particular color; their particular potential into the tapestry. They feed their unique potential into space and time.

As this happens, it really doesn't matter whether we 'stick with it', or if we go our separate ways. Being touched by June, Julian and their teachings has changed our colors. It has changed how we allow our potential to unfold.

It is what I have seen happen as more and more students of Transition Energy and other Julian teachings completed the series of classes they took. Some stayed in touch, others moved on. And every single one of them made a difference in the tapestry. In the space and time they were in.

And that is one of the most precious and beautiful things one can behold.

Taliswoman Me <http://www.taliswoman.me/>  
Cheiron Wellness <http://www.cheiron-wellness.com>  
<http://www.cheiron-wellness.nl/>  
'Thinking out loud' <http://anneclaires.blogspot.com/>  
Mysticpath <http://www.mysticpath.com/>



## Journey into the light

By John Svirsky  
Garrison, New York

I'd like to start with a wonderful quote from Thomas Merton, which I believe says it all, *"What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless, but disastrous."*

Does that say it all? Journey into the light sounds so good, so right, we all know that it's what we want to do. After all most of us committed our lives or at least this part of our lives to the concept of spiritual growth and evolvment. Yet how few of us are really willing to do the inner work, of healing the psychic wounds from early childhood and past lives and to go beyond the illusion of separation of self, and move to the acceptance that we are all One. Individual blueberries exist within a blueberry pie. We come for a slice of the pie not the whole pie.

When we incarnated on the earth plane, we separated from our Oneness. We accepted the illusion that we are separate. In my family growing up one of my father's favorite sayings was "everyman for himself". Fortunately in the Aquarian Age we can find ways for each of us to do what we do best and allow others to do what they do best. It can be collaboration rather than me vs. you; us vs. them.

Like the Prodigal son, it's time to awaken. We have lived the dream way too long, (although Julian would probably say we are right on time, for everything is now). Now that I'm thinking about it maybe he'd say, "What is Time? For doesn't that separate us from now?

One of the techniques I am using to transcend and transform is I to look at my own John life, not only from my ego's point of view, but from my spirit guides' point of view. If I were one of my spirit guides how would I look at my life path now? How would I guide John, the human, if he were willing to hear and follow my guidance? The beauty of this approach is that I detach from my ego self, alone to take in what is for my highest good.

Another way of looking at it is to use the

analogy of viewing my life from a 50,000-foot vantage point. How am I integrating my life lessons into soul growth, seeing what actions I can take to help in the evolvment of my spirit? Have I experienced the lessons that my soul chose to learn at this point or did I spend time distracted with the lessons that gave very little back and took so much of my time? (Lots of TV and computers can be an example of that). Was I able to work out issues and lesson with other souls? Did I bring closure and release to old lessons?

One of the concepts, I'm playing with now is that most of the people we meet in our lives, bring up issues that we have chosen to learn in this lifetime. Rather than judge or criticize my family, I now see them as mirrors of John, and what John came here to work on now. So I bless each of them for being wonderful actors in my play, they all deserve Oscars for how excellently they played their parts and I can now release them with my thanks and gratitude. I can allow myself to live my life in the present. I can own without judgment those issues I have come here to work on. As Julian says: "that was then, this is now, I bless them and release my pent up feelings back to the Source.

For me as I journey into the light with its many facets of color and light rays, I know that the path upward is within rather than looking to people, places and things to fulfill the void and emptiness which comes from following just a material and intellectual path. I direct my consciousness to feel my heart center, to feel the light within my essence, to accept that it is one ray of light emanating from the whole. My ego self at first was threatened by the concept that there was a power greater than it. Over time it's felt the immense love and wholeness from this power within. Gradually ever so gradually, this power and myself begin to live life from our hearth center, knowing we are all One.

Each of us have many talents and abilities when we work together towards a common goal and common purpose we find much deeper satisfaction than we ever could alone. For me the journey to the light today means living one day at a time, happy joyous and free, giving service where I can, receiving love from others, and living as an expression of the Source of all light here on Planet Earth. This awareness has changed my life for the better. Suddenly it's exciting and fulfilling.



## Saul's Corner

**The Conscious Mind**

LIFE AFTER DEATH (Workshop #301)

Topic on the White Plateau continued from March 2014 Ring Of Light

Copyright © 1987 Saul Srour

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

Q: At that level, Julian, is there a personality as expressed through, say, compassion and humor available.

Yes it is. Humor goes with you to the highest point and then gets to be even higher. Humor never leaves you, because it is an essential ingredient in you, and anyone who lacks humor lacks an essential ingredient in themselves. They must learn to laugh at themselves, or they can't survive.

Q: We talk about the personality but I'm thinking of the identity, is each soul very much their separate identities. I'm thinking at this level that all souls would merge together so there would be a huge big pocket and keep track of their identity, so each soul was..

Because at this point you have the consciousness level that is able to perceive from many fragments a whole. So you have a collective consciousness, but it is not rooted in what you were in the last experience, so to speak, you're shedding it. Am I making sense to you? Tell me if I'm not, because my job is to help you know.

Q: I'm thinking at that level you can read everybody else's thoughts and they read your thoughts, how can you keep separate if that's happening?

The first thing is, having gone through the white plateau, there are no negative thoughts. All thoughts are progressive, all thoughts are positive. In other words, the only negativity that you might think of would be that which was needed to be known to make it correct. In other words, if your theory is wrong, you'll know there's something wrong with it so you can correct it. But the point to remember most clearly is that there has to be an exchange in order to move. The exchange makes the motion, the movement needed to move forward. And because this is clairvoyant area, an area of seeing clearly, you have the

All thoughts are progressive, all thoughts are positive.

visualization to which you can put a thought and you can put the audio realization.

The next plateau is the rose plateau which deals strictly with audio. There is no sight, there is only sound. Now that may seem a strange way to go, and it may seem that things are being taken away from you, but you are going through the ability to hear and know without a concise visualization to go with it.

I will give you an example. If I say to you "snow," what do you think?

Students: White, cold.

Some people who have never seen snow, can only remember a picture of it.

Some people who have known it can actually shiver. But, you see, if you're hearing only that sound that says snow, the phonetic that says snow, your concept cannot be connected to a visualization, therefore, you have to accept snow by the phonetic energy of it. You are getting closer and closer to the essence.

And you have to remember that the removal of the senses as you understand them in the physical sense, puts you in a position of understanding them in their purest sense. So, the sounds that you hear will be many fold, and many of them will deal with the phonetics of the world. For instance, if somebody says to you "bridge," you will have concept of some bridge, whether it be a board over a stream, or a very intricate one across great mass of water, or a railroad bridge, or whatever, you have the form of a bridge. But if what you hear is OHWAHOHWAY, what do you hear? You heard the arc of sounds for the bridge, and it builds and it breathes and it flows. It comes, goes, pulsates, moves. Your dealing in whole sound, not in visualized sound, and that makes a whole different thing to do.

How many of you have ever heard someone speak in tongues? Very beautiful, is it not? You know that it's not the speaking in tongues that is important. Every time there is someone who speaks in tongues, there is someone in the group who understands what was said, and that is the important thing. Now that does not mean that the person who is speaking in tongues is not important. We're not talking about importance as one better than the other, but never does the one occur without the other being there. So if you're ever in a room where someone speaks in tongues and you have an immediate sense of what is said, you say



it, because that speaking in tongues has no value in your world unless somebody interprets it. But that speaking in tongues is the phonetic sounds. They are tuned to that plateau of audio sound.

People who speak in tongues are tuned to that world, and they are bringing a message in essence to the world to understand. And so when someone interprets that message, then people can work on that message and proceed.

Q: Are the pink and rose plateaus, they are levels of consciousness above the white plateau?

That's right. The white plateau is getting you ready.

Q: Right, I understand. Is that like the tenth level of consciousness and the eleventh level of consciousness, or is there a...

No. These are all there in that eighth level. Eighth and ninth. The White plateau is like an eight level and your audio and visual are like ninth level. And in each level, you go through levels. And anything you're doing with a job, so to speak, or an assignment or a study that has been given to you in the white plateau, you understand it at that level and then you take it into the visual level and then you take it into the audio level and you understand it at all levels, and then you have the total concept of it with which to work.

Q: Julian, sometimes when I'm working with dying people, the body seems to just die seems to have the knowledge of how to die. I was wondering if you would comment to us about that process, the actual physical death. Many times I feel that if I could just explain to the spouse, to the father and mother, whatever, exactly what that is. Like hearing seems to be the last one to go, but I don't know if....

The hearing is the first thing that was given you and it is the last Thing to go. So, you can see that that audio plane is very important. Now if you can explain to them that the senses know when to slow down and know when to stop, just as a tree knows when to stop sapping. That inner being has a total knowledge of when it's time, and the physical body, which is the vehicle of that being, because it is in such close attunement with that being, knows when to let go also. And so you will find that if you can help them understand that the process is natural and that the letting go step by step is a natural thing.

The first thing they let go of is the physical rationale of the

body to work with the hands, or to sense with the smell, this sort of thing. In other words, they cease to be active physically; they cease to use the olfactory senses. You will then find that the sight begins to diminish.

Q: Sometimes I'll put my hands across their eyes and they don't see it.

They don't see it at all, and you might touch them and they won't feel it, because the sense of touching has diminished. As the body slowly shuts down, it takes time and it shuts down in order to have the detachment more easily experienced. It slows down, so to speak, you see?

Now it is very similar to when the body is injured and it automatically goes into shock. Shock is the protection against pain. So in another sense, it begins to let itself come into a non feeling state. And the last state that they let go of is the hearing. So it's important to talk to people in that state as if it were a perfectly natural state to be in and that it is perfectly natural for them to be ready to take a vast sleep. In that way, you take away from that rebirth, or death, pattern abnormalcy. Because, you see, in your world you have a tendency to think of dying as something abnormal. You do

it because you have to, not because you want to, so it's abnormal. But in reality, it is saying, I've accomplished in this world to the point where

I'm ready for a shot in the arm, so to speak. I'm ready for a new level of learning and knowing so I can let go of this life and move on and come back into another higher frequency better able to cope me.

Q: I've heard that St. Germaine, he was living for a very long time and he never aged. Can you explain why that is?

He never aged because he didn't believe in aging. You see, you have to remember in your world you're programmed to get old from the time you're a child. The child says look at "old" grandpa. Be careful of grandpa, he's old. So immediately the child assumes that being a grandparent means you're old, and if that child becomes a grandparent at the age of thirty or forty, then, by god, they're old, because that's what they've been programmed for. Those who believe in the sustaining of the body through the sustaining of the thought pattern will sustain that body at whatever level they want to sustain it. It won't bother them at all.

(TO BE CONTINUED IN THE NEXT RING OF LIGHT 9/2014)

The inner being has a total knowledge of when it's time,...

**Living Life with trust, as a Journey of Discovery**

Jetskke van der Greef  
Driebergen, Netherlands

Did meeting June and Julian, and learning about the Julian teachings influenced my life? Oh yes it most certainly did. Before I met them, I loved life already a lot. After meeting June and feeling her kindness, in speaking with Julian and feeling his wisdom, the love of life changed into a deep trust in life!

And that inner feeling of trust helped me create a school for children age 4-12 to develop themselves in a guided, yet free way.

The school was started, because I needed a place for our son Florian. He is a sensitive boy, very social and with an open mind. He was able to show where he would flourish, and I was able to see. He needed some space and acceptance, something that is rarely found in schools in Holland.

And so I started a school, called the 'The Journey of Discovery', where children learn to follow their hearts, by communicating in a respectful way; in cooperation with their parents, other children and the teachers. They develop inner leadership, learn the skills and subjects they need and they have the opportunity to create and walk their own paths.

Trust in life and in each other is the glue.

At this moment the school counts more than 100 students and is fully accepted in society. And I discovered while creating this school my own inner power and the guidance of life!

**Recount of a week...** continued from page 9

visualized circles merged with each other later, so that we would find a new perspective, a new answer to our question.

We began with a question that we would like to get an answer to before the melding together of the resulting circles/energies, and before the whole series of meditations began in the morning.

My question was: "What must I do to have peace with my partner Ton when I'll be with him in the holiday house in Ootmarsum (a beautiful village, 300 km to the north). This is where I go immediately following this Workshop ..? It's not to refrain from asking him things which are necessary... But where is the balance? And what must I do not to irritate him.?"

Standing with my feet together, and relaxing, I got an answer! The answer was "rust", Dutch for 'rest' or 'be quiet', to not be stressed about it. It was great to get this answer, the first time, and it was so clear, and true of course. I know Ton reacts very much to my stress and panic. He's a quiet person himself, and can't bear stress reactions of others, especially not from me...

When I was in Ootmarsum, I found that there's still a lot to be learned in this field.

And.....The beginning is there!

oo.o-0-o.oo

Marijke Tichelaar, Utrecht



# **17<sup>th</sup> Gathering of Light**

## **Registrations still being accepted**

**September 19, 20 and 21, 2014**

**Agate Beach Best Western Plus Inn**

<http://www.agatebeachinn.com>

**Join us in Newport at the Oregon Coast  
for the Autumn Equinox as we work to create  
Inspiration and Renewal**

**Here is our program lineup.**

**Catherine Downey, ND**, has practiced as a licensed naturopathic physician and naturopathic midwife since 1979. Dr. Downey currently serves as associate dean of academic progress at National College of Natural Medicine and, in addition to practicing as a physician and teacher, she trains faculty, students, and staff in the use of non-violent communication techniques. She will share techniques for using the chakras to encourage healing physically, mentally, and emotionally.

**Diana Dunckelmann** is a CA licensed acupuncturist since 1995 and has been studying craniosacral therapy for the past five years. Skilled in both biodynamic and Visionary craniosacral work, Diana will be leading a meditation and practice session into the heart of stillness. Diana has been a student of Julian in all four tracks since 1981.

**Denise Hall** has been a student of transition energy and magus since the 1980s and was certified by June, Julian and Sam to teach TE. Denise has over 30 years experience studying various metaphysical subjects including tarot, astrology, past life regression work, and energy healing techniques. Using these tools, she provides spiritual counseling to assist others finding the missing pieces and in breaking through barriers to their highest potential. Denise and Saul Srour are overseeing the set up and maintenance of our altar and the opening ceremony.

**Sam Holland** was appointed in 1983 by Julian and June as a teacher of the Julian material and, to date, he has taught over 2,000 individual classes. In addition, through Julian's and June's past direction, Sam has taught and qualified 12 additional teachers of the Julian Transition Energy material. He is also the only teacher Julian and June qualified for teaching the Mystical Magus material. Sam's topic is "Open Yourself to Inspiration". Inspiration is something that cannot be planned. It just seems to appear, sometimes when you least expect it. However, you can allow yourself to be more open to inspired moments. The openness then allows even more inspiration, and that's a good thing! This talk will introduce you to some meditations that help allow more inspiration to enter your lives.

**Archie Mulvena** has been studying metaphysics since the early 70s and met June and Julian through Georgia Hughes in 1977. He has been studying, working with the Julian teachings and transition energies since. He has been a student of the human mind and person and has worked with Hypnosis for about 50 years and NLP about 40 years. His topic is, "What did you know, when did you know it, why don't you know you know it, and what are you doing about it!" and includes breakout activity.

See insert

## 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 **Nancy Walton**. This newsletter is a tool to connect our community. It is your tool to share and use ideas, activities and creative works. Thanks to the many contributors.

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**Next Issue Theme:** "Changed Man and Changed Woman of Transformation"

### Newsletter Submissions Deadline - 8/26/14

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.**

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### ROL via E-MAIL!

### What a novel idea!

If you prefer an electronic version please contact us via our  
[warrendaniel34@yahoo.com](mailto:warrendaniel34@yahoo.com)

A Newsletter of the Julian Community  
c/o Dan & Nancy Walton  
306 Seaview Drive  
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# 17<sup>th</sup> Gathering of Light

**Lynelle Rolfe** has been following a soul path of vocal alchemy for the past 30 years, through the use of toning, chanting, singing, and praising. Drawing inspiration from her own life experience, she creates simple songs and chants that speak to the Divine within and without – especially through connecting with Nature. Her studies have touched on Atlantean, Native American and Overtone chanting; singing in a gospel / world music choir for more than a decade; and improvisational singing, all of which have taught her skills of 'deep listening'. She will share a process of toning to help release blockages and bring balance, giving your body wisdom a voice.

**Larry Scheer** is a software engineer who specializes in computing infrastructures. He spent 28 years studying all 4 lines of the Julian teachings, in addition to the Tarot and Tai Chi. Larry has taught some form of metaphysics for much of that time, and is also a teacher of Julian teachings, including Self Awareness and Working (Practical) Magus classes. His love of nature manifests in a love of the ocean wilderness – fishing its depths. **Larry's topic is** “Using the Tarot to understand the deep mysteries of the self.” Bring your tarot deck – Waite, Ryder, Universal, or B.O.T.A decks preferred. Larry will guide you in using a Tarot spread to see what the Fall Equinox has in store for you.

**Linda Scheer**, M.S. Voc. Rehab., has been a student of June Burke/Julian since 1983, studying Transition Energy and Development with Julian and Practical Magus with both June and Julian. She is certified by June and Julian to teach both the Development and Practical Magus material. She has practiced the art of Tai Chi Chuan since 1988 and has been teaching it since 1995. Linda also has an extensive background in yoga, meditation, and education. She will be sharing Tai Chi techniques for renewing your sense of balance, vitality, and health.

**Andrea Smith, EdD** has been a student of transition energy and mystical magus since the 1980s and was granted certification by June, Julian, and Sam to teach TE, training four sets of students through the TE studies. She has served since 1991 as an administrator at National College of Natural Medicine in Portland, Oregon and dedicates her time to working with organizations that support the bridging of ancient wisdom into the current age and educational institutions that honor the sacred wholeness of mind/body/spirit. Andrea will lead a meditation that utilizes the power of the autumn equinox to harvest transformations within self.

**Saul Srour** has been an active member of the Julian Community since 1976. He attended the second public lecture in NYC (1976), and he made learning and spreading the teachings of Reverend June K. Burke and the Seraph Julian his life's work. Julian confirmed that in this lifetime, as in many others, Saul was asked to work with June and Julian to spread the Universal Spiritual Teachings. He accepted this responsibility with respect and honor. He has intimately come to know their vast teachings, and as such, Julian qualified Saul as a teacher of all the Julian disciplines. In addition, Saul was privately tutored by June and Julian for many years in preparation for his role as the guardian of their teaching material after June's transition. After June's transition, Saul accepted June and Julian's request that he assume the responsibility as the guardian of all the June and Julian material. This massive undertaking includes organizing, digitalizing & archiving the teachings. In addition, he works to spread the teachings and has established the Julian Teachings website. Saul also maintains and facilitates the daily email Healing List and maintains the Ring Of Light newsletter list which further illustrates his commitment to being of service to our community and healing throughout the planet. Saul and Denise Hall are overseeing the set up and maintenance of our altar and the opening ceremony.

Included in the per person cost are our own meeting room with catered meals – dinner on Friday night; breakfast, lunch and dinner on Saturday; and breakfast and lunch on Sunday. All rooms have two queen beds or one king bed. All rooms have a microwave and small refrigerator. Prices are within the registration form below.

Coming early or staying late? The Best Western Plus will honor the following rates for two days prior to and two days after the event subject to space availability: \$89 per night for Hillside View and \$109 per night for Ocean View for up to two people in a room plus the applicable local tax. Currently local tax is 10.5%. If you want to come early or stay late, please indicate this on the registration form below.

Agate Beach Inn is pet friendly. If you have any pet allergies, please let us know on your reservation form so that we can provide you with appropriate accommodations. Also, several handicap access rooms are available.

Make check payable to **Andrea Smith**. Mail deposits and registration forms to:

Archie Mulvena, P. O. Box 87385, Vancouver, WA 98687.

**Registration form:**

**Deposits:** \$200 per person as soon as possible to ensure room

**Balance due:** August 1, 2014

**Refunds:** Refunds for cancellation will be provided until August 15. After that date, the potential for refunds will be subject to the terms of our contract with the Inn.

**Name(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone(s):** \_\_\_\_\_ **e-mail:** \_\_\_\_\_

**There are a limited number of ocean view rooms. Please check your preference:**

**\$365** single occupancy, hillside view \_\_\_\_\_ **\$410** single occupancy, ocean view \_\_\_\_\_

**\$265** double occupancy, hillside view \_\_\_\_\_ **\$300** double occupancy, ocean view \_\_\_\_\_

Number of people for whom you are reserving a space (\$200 deposit per person). \_\_\_\_\_

For double occupancy, would you like us to assign you a roommate? If you have a choice of roommates, please specify.

**Roommates Name:** \_\_\_\_\_

Please indicate your preference.

1 king bed (wait list) \_\_\_\_\_

2 queen beds \_\_\_\_\_

Please list special requests below including: handicap access, pet allergies and/or food restrictions or special food needs. The caterer will attempt to accommodate special food needs. Note that the Oregon Coast is famous for seafood.

To maximize options, all meals will be buffet style except Friday night, which will be a plated dinner.

**Please specify dinner choice for Friday.** \_\_\_ **salmon**, \_\_\_ **prime rib** or \_\_\_ **other**; \_\_\_\_\_

Questions? Contact:

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