

# Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXVI

Number 3

September 2014

**T**he Autumn is the season of heightened awareness. Our senses and our entire being are alert to the bounty and beauty around us. We are in an anticipatory mode. The planetary alignment at this time encourages and supports our growth, our transformation, our changing.

In this Fall issue Julian's Affirmation sets the stage for this to occur. Our authors share their unique perspectives of wisdom and humor on this. topic. Enjoy!

Enjoy!

Dan and Nancy  
Love, Light and Peace ~ The Editors

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## JULIAN AFFIRMATION

God is my source of all supply.  
He answers my every need!

Within me I accept the new  
potential and power.  
I project it with deliberate action for  
deliberate results.

I am divine energy and action  
And I project it positively  
And with full acceptance of its  
ability to change all things.

I am an instrument of Peace  
In my universe and within myself.

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

# Astrology

Feature Column by Eleanor Johnson

Hopewell Junction, NY



As we enter the Autumn Season shifts in consciousness are expanded by the placement of the planets at this point in time.

The planet Jupiter has entered the sign of Leo. It remains in this sign until August of 2015. Leo is a fixed fire sign ruled by the Sun. Fire signs are enthusiastic and inspirational. Jupiter in Leo can open our heart center to express love, loyalty, and courage. Leo rules the heart in the physical body. It is creating a trine in the heavens with transiting Uranus.

Uranus is the planet of change, the Great Awakener. Uranus allows man, if he so chooses, to connect with his heart center to spread light and love to our fellow man. This energy is much needed at this point in our evolution.

There is no better time to make changes than with these two planets favorably aspected to each other! It can create a turning point in our lives. New beginnings are fortunate. Reach for change and growth!

The month of October presents two eclipses. A Lunar Eclipse takes place October 8th at 15 degrees of Aries conjunct transiting Uranus. Expect the unexpected! October 23, presents a Solar Eclipse at 0 degrees Scorpio. The transformative qualities



of Scorpio are enhanced by this Solar Eclipse transiting Neptune. The intuitive qualities of these two planets are greatly balanced.

Mercury will retrograde from October 4th until October 25th. The usual precautions with Mercury retrograde prevail. Watch that communication is clear. When traveling be sure to be in the moment. It is a great time for doing research.

In November Mars is in Capricorn. In this sign it is in its dignity. It can be practical, disciplined, and constructive in its actions and expressions.

Venus will be in Scorpio from October 24th until November 17th. While in Scorpio it is intense. One must be aware of the manner in which personal relationships can allow for further growth and material abundance.

Then on November 17th through December 11th Venus moves into Sagittarius. Venus in this sign can permit us to express with great expansiveness. It allows us to connect with others with a loving expression. It also allows us to have an enlightened sense of humor. There is a desire to be active and on the move. For sport enthusiasts there is a heightened desire to keep fit through exercise,

December 22nd has the New Moon at 0 degrees of Capricorn. There is a desire to be with family befitting the Christmas Season and the New Year to come.

Let Love and Light brighten your life as you share the energy with others.

Love and Light  
Eleanor

**Paths of Light: Beetles vs. Stars**

by Terry Brown  
Portland, MI

Stillness is what I have craved. Not the stillness of an empty home, or hours with no purpose; but, rather that sense of openness and stillness of the heart and soul. Sitting here this evening, I see the clouds shredding, thinning, opening to reveal a vast expanse of darkness, punctuated by ever more brilliant points of light. As the clouds dissipate, I breathe deeply thinking of how they exist in the very air I've taken in. The intensity of points of lights increases, twinkling overhead.

Looking closely, I notice brief flashes that seem to mimic the stars overhead. They dance around me. Only a small beetle, the fireflies tonight put on a show above my head that is made ever more poignant for that fact that their brilliance is so brief, a spec against my lifetime, barely perceptible along the timeline when considering stars. Oblivious to the duration of their lives, they shine ever more brightly in my mind's eye as I stare at the big dipper wondering at the immensity its existence. Which is more worthy? A star that lives for millions of or a beetle that lives a few days?

The stars have been shedding their light upon us for years. Our ancestors pondered and wondered in awe as we continue to do, still in awe but with mathematics to we hope will help us understand. Sitting in my chair, listening to crickets sing and katydids chirp, my eye drift upwards and see flits of lights flashing, our fireflies do not care for our mathematics, nor that we think of their lives as pitifully small and brief, believing we know what makes them behave the way they do. And yet, they provide for us a bit of awe and wonder that helps pull us for a moment out of our own small, busy lives. Yes, we understand much of the science behind them. It is also the beauty of light that we, as human beings, replicated, to bring us warmth and comfort.

Yet, it is the light outside which beckons me... come see, come see! It is often obscured by arbitrary weather patterns. No matter. When the moment is right I steal outside (armed against the little creatures that would feast on me), prop myself in a chair facing west to see the only constellation I can readily identify – the Big Dipper. Clouds are racing along, hiding other clusters I yearn to see. Even when I do see them, I've no idea what constellation they might be part of... no matter. I tip back in my chair and I stare. Fireflies flit over my head making it appear as if they were vying for my attention, look at me! They have it. Their brilliant, brief flashes draw my eyes and perhaps because they are purposefully living full-tilt during their brief lives... YES, they can compete a bit with the stars.

Who is to say which has more import on our lives? A star flaring billions of light years away, telling their stories to us (as well as hinting at our own) years after they've moved on. We continue to learn new information and begin to think we understand our origins and the world around us. The fire fly must convey during a few short days the same. They are born, they seek to merge and they die. Be it the stars or fireflies, their lives provide endless fascination and dare I say happiness to those of us who have not lost the wonder of a small creature flitting over our heads lighting their way across the fields and skies above us, giving hope during the dark hours of the night. As I watch the fireflies dancing, flitting all around me I wonder that they are here with us rivaling the stars in the heavens. I feel blessed for having seen both, knowing that God shows us miracles every day. We have only to open our hearts to the beauty he surrounds us with and SEE.



**TRANSFORMATION - HUH!**

by Blanche Duffy  
Saugerties, NY

Transformation...such a common word...but what does it mean - really? Someone goes to a lecture and comes away declaring, "I've been transformed!" Another reads a book and tells all the world willing to listen, "It transformed my Life!" Someone else meets a new relationship and insists it has totally transformed her life! Really?

Of course, there are examples of instantaneous transformation but this is not the common type of transformation. At least - not in my sphere of experience. In my sphere of experience anything resembling transformation is a slow, gradual process that inches its way into my consciousness bit by bit, drop by drop.

When I first accepted the seeds of spirituality I never said, "Time for me to become spiritual!" Instead I had read about Sylva Mind Control in a local newspaper. There were several people who constantly wrote letters condemning anything that could be considered different. Since they wrote the usual letters of condemnation when the Mind Control add appeared on the paper I thought, "Must be a good class" and I signed up! That was the beginning of my transformation.

Over the years each time I was ready for a step up in learning I was introduced to a new teacher. One of the best things to happen to me was the day a friend told me about a class in healing to be given at the United Nations. The class would be led by a medium who brought through an angel. This angel

would spend the next three days teaching a class in spiritual healing... It was my introduction to Julian

Transformation did not come quickly nor did it come easily. There were many things with which I struggled fiercely to understand and digest - or even accept! There were times when I was ready to give up and get on an easier road. But the loving guidance from June and Julian kept me going. I will always remember Julian would say to us, "I never promised you a rose garden" when we began complaining how difficult it was to keep going. And how right Julian was about never providing a rose garden.

I had/have my lessons to learn, tests to pass, and decisions to make just like any other student. But - he always gave us hope! Sometimes the "hope" was a different perspective to look at a problem we were facing. Sometimes it meant walking away from something and going back at another time with a fresh point of view. Sometimes it meant rolling up our sleeves and getting it done.

My transformation still has a long way to go. But I consider myself VERY fortunate to have had June and Julian in my life to make my transformation a meaningful work in progress.

Thank you June and Julian!

Namaste!

Blanche



**Making Connections**

by Camille Albrecht  
Whitehall, MI

Have you considered beginning a Julian Teachings study group? I wrote about it in the [JulianTeachings.com](http://julianteachings.com) website and in last months ROL <http://julianteachings.com/wp-content/uploads/2014/06/ROL-June-20141.pdf>

There's been lots of interest expressed to me from people who would love an opportunity to connect with like-minded folks. Its easy to form a group and the list of discussion topics provided through the [JulianTeachings.com](http://julianteachings.com) website is endless! Just look to the books and workshop recordings offered.

Here's how I do something similar here in Whitehall. On a biweekly basis, I host a Connections Class (CC) at our local White Lake Community Library. Classes are held in a beautiful meeting room that boasts three walls of windows looking out into woods. Our class runs from 6:15 – 7:45 pm, allowing time for folks to grab a quick dinner before class, and to chat and collect their belongings before the library's close at 8:00 pm.

How do you get people to join your group? It only takes one or two interested folks to begin. Talk with a friend, post a note at a library or non-denomination church. I've begun an email list and always let the locals know I provide this class, asking if they would like to join the list. That helps the list to grow and grow. The Friday before a class, I'll email a reminder to include what the next Monday's class topic will be.

We always begin class with the Lighting of the God candle, followed by a group opening affirmation to unite us all in the sacred space. We

then join together to heal all those named in our healing bowl, followed by a healing of the earth and then, class begins.

Class topics vary and I make a point to let people know two important aspects of CC; first – we all have so many commitments, this class is not to be seen as another “I have to...” Come when you can and when you'd like, no need to RSVP. Second, absolutely everyone is welcome to attend. You don't have to know a thing about spiritual studies or Julian Teachings, or have had to attend any prior classes. Feel free to bring your neighbor, a friend who might be visiting, your curious spouse – the door is always open.

I always prepare class material based upon my studies. Sometimes, I will provide handouts to summarize important points. Don't know how many copies to make? I overestimate by a few people, based on how many attended the last class. If I don't have enough handouts, I'll email a copy the next morning to those who had to share.

You can easily do the same based upon Julian Teachings. For example, bring the book on Re-incarnation. Read a few paragraphs and open up the room to comments and discussion. Read a few more paragraphs and do the same. Or, pick out a recording that interests you and play some of it, followed by discussion.

You can share the wisdom of Julian with others and gain new friends in the process. Having a spiritual study group is affirming, enriching and exciting. I encourage you to give it a go!

Please contact me at [camille@camillealbrecht.com](mailto:camille@camillealbrecht.com) with any questions or comments. I look forward to hearing from you.

**Am I Going Crazy or Finding My Joy?**

by Lisa Cobb

North Muskegon, Michigan

The summer of 2014 was nearing its end and there I was sitting slouched on my couch, in my walking clothes, no shower, no makeup, listening to my puppy bark out of frustration in his crate. I put him in his crate so I could have a break. As I sit there, guilt ridden and exhausted, I found myself ready to cry..." What the hell am I doing? I leave tomorrow morning to go out of town to teach a Mindfulness class and I feel like a hypocrite!"

A husband and two wonderful sons; one teenager, one pre-teen. We are blessed with two wonderful careers. My husband a realtor and me, a social worker. Challenging but "honorable" work. We live in a "safe" neighborhood. Our families are reasonable and supportive. I brought a puppy into our home, given we are home so much more in the summer. A wonderful, busy puppy. So what's the "problem?"

I am teaching classes in Mindfulness and Emotional Freedom Techniques (Tapping). I have been studying the Julian teachings for over a decade. I am an Energy Worker! I am a Light Worker! I am a social worker! I SHOULD have myself "together". I don't. I feel I am unraveling.

I pride myself in my "accomplishments". I always have. My self-love was not measured by my pure existence, it was measured by my grades, my promotions, my employee evaluations and how well I kept my home. My children were certainly a reflection on me as was the behavior of my husband.

While I considered myself an "open book", my own self-loathing and criticism were barely even audible to my own conscious mind. My husband would tell me to "be nice to my wife." He told me that I would never speak to someone else the way that I speak to myself. Well, of course not, I am a social worker and we are helpers and that makes us "good people".

While I have recognized for decades that life is a journey, I recognized it mostly with the head and not my

heart. I have explored many, many modalities of physical, emotional and mental healing. Much of the exploration overlapped personal and professional growth. For me the lines were always blurred. Always hiding one need behind the other.

So here I was, fifty years old with a puppy. Crumpled on my couch. My husband and boys on a sailing trip. Alone with all my "responsibilities" that had taken me decades to create. The facades I had so carefully constructed, slowly crumbling around me.

At the beginning of the summer, I had created a Circle and asked for my own personal healing. I was in "a good place" and said I was "ready". I had no idea what lay ahead! When I completed my request for personal healing, I took a deep breath and opened my eyes. The crystal I was holding came to my heart as my arms gently folded on my chest. The words "You are a good girl" came clearly out of my mouth. I stood stunned. Did I just say that? My higher self then repeated softly, yet firmly, "You are a good girl".

I cannot explain the love I felt as the tears poured gently down my face. I walked to the bathroom and looked into the mirror. I looked deeply, with unconditional love and made my conscious self say "You are a good girl" once again. I FELT the LOVE I have never felt for ME, just for BEing me. The feeling was incredible. Clear. Pure. Words I had never heard as a child without conditions.

And so, the summer of unfolding began. The unraveling. The decades and life times of false perceptions began to present themselves each day of the summer. Some obvious, some subtle. I shed many tears of pain and joy as the constrictions I had placed on myself and those around me began to release. I also felt Present. I began to SEE beauty that I had not allowed myself to see before. Beauty in nature, in myself and others, in situations and circumstance, beauty.

During my quiet time of meditation, practicing Julian teachings, Mindfulness or EFT, I experienced pictures, memories, in my mind. False ideals of what made me

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## Am I Going Crazy - continued from page 6

happy, successful, good, needed, worthy, accepted and perfect flashed in my mind and I released.

I released that I was not allowed to play as a child. I released that there is a "right way and a wrong way" and wrong makes you bad. I released my need to be a therapist to be a good person. I released weeding and cleaning and vacuuming and planning.

"Forced" to be Present with the puppy allowed me to see the importance of Be-ing present with my children, my husband, my friends and extended family. Letting go of my false perceptions of what made me a good girl. Finally arriving to a place that allowed me to feel that I AM a good girl because I AM.

As it turns out, I am not a hypocrite. I am a spiritual Be-ing having a human experience. Finding my way back to my Self. A wife, a mother, a sister, a daughter, a teacher, a friend, a confidant, a tree-hugger, a Light Worker. Blessed with a puppy who is showing me the Light and the art of letting go. Showing me the Light so that I may shine brighter. The classes I teach fill me up and as I pulled myself up from the couch and was greeted by a forgiving puppy in his crate, I moved forward, again, more awakened.

One of many affirmations given to us by the Seraph, Julian.

*"There is a divinity within me that no man can destroy.  
There is a light within me that only I can dim.  
As I focus upon this light, it is my perfection, my protection, my very being.  
It wells within me and fills me,  
it surrounds me and protects me;  
it releases me from all negativity and permits myself to move forward with  
certainty that wholeness and light are mine.  
And no thing or being can destroy it, for the Father and I are one and cannot be separated.  
I know this with a certainty, I feel it and experience it.  
God is, I am, and we are one."*

I give thanks to the teachings of Julian. My journey continues as I look forward to finding more and more JOY and parts of myself hidden in the shadows. So Be It!

## Changed Man and Changed Woman

by Renee Salvatori  
Wheeling, West Virginia

A changed man or a changed woman is not a magical stunt that "poof" the curtain is opened and out steps a new and improved human. Nor is it a person stepping out of the dressing room with a new outfit of clothing that frames the body representing a new and improved being. This can be a quick and fun way to enjoy or encourage excitement in an otherwise normal day, but it is short lived, only temporary or a superficial change.

To fully be a changed man or changed woman, one needs to take their time and carry through with thoughts and actions. In other words, "Actions do speak louder than words" and both are needed in this.

The changing may be so subtle that you may not even, yourself, realize it is happening. Like clothing that clothes your body. One day you may put on your pants and realize that they have become too loose or too tight, or the shirt color no longer goes well with your newest hair color; perhaps your hair is now gray or gone. You may realize that your shoes have also stretched out or become tighter, too worn out, or no longer fit your feet's destination style. It kind of creeps up on you like the ending of a great book. You sigh that satisfied ending sigh.

Usually, changing is not an uncomfortable thing, but it can make you question a few things along the way; you, those you hang out with, your food and beverage choices, life style, higher deities, goals and routines, and perhaps life itself and its tomorrows. But it can also be a smooth transition because you protect and fortify yourself along the currents ebbing and flowing. Like the well-known analogy of the cocoon and butterfly. We can safely wrap ourselves in our own protective blanket, and take as much time as we desire to emerge with our wings. We can also do this as often throughout our lives as needed.

This is our own magical and internal, "Ta Da" moment. Our moment when we recognize our deeper changes of "changed man and changed woman".

**Changed Woman/Man of Transformation**

by Anne Claire Venemans  
Utrecht, Netherland

Throughout the Teachings, Julian has emphasized the importance of transformation. And so, as the years went by numerous exercises were handed to us to transform either certain aspects of our lives, situations, or emotions we, as students, experienced. Whether it was a long, beautiful journey through space and time that gave us a new perspective, an interactive exercise, or a short and to the point affirmation; they were all geared toward showing us a new awareness, and a different way to handle the things life threw our way.

Those are the tools. Picking the tools that fit us best, and actually get to work to transform ourselves and change our lives; that has always been up to us. And rightfully so! After all, whether we truly want and desire to change, or rather stay in the relative comfort of the life we have always known, is a free will choice.

So how much we have changed throughout the process depends on what we have done with the tools. Have we stored them away as beautiful artifacts that we look at with awe? Then we may have changed some as we recognized and respected what was handed to us. Have we used the tools to transform situations we encountered in our lives? Then we probably have changed as we have made our lives and the lives of those around us better, easier, and hopefully more fun. Have we used the tools in order to transform ourselves; then, in all likelihood we have hit the jackpot!

Through transforming the things within ourselves that have held us back, we have been able to move forward. Transforming the frustration and irritation we may have felt at times, has made it less likely for situations that would leave us frustrated to enter our lives in the first place. Transforming attitudes that haven't

grown corn for us, and emotions that gave us blinders so we couldn't see has given us an ever greater sense of awareness. The more aware we are, the more clearly we can see what a situation is all about, the more adequate we can act upon it and resolve it.

As we continue to transform ourselves, we become 'Atman', our true selves. We experience life as it presents itself through our senses; guided by our Highest Mind. Detached from all that has held us back. Totally aware...

That doesn't mean that as we transform, as we become ever more aware, life turns into a free ride. The path of transformation, striving for ever greater awareness by no means is an easy one. It is an individual path that can be lonely, especially as we may be aware of things that others are not. Or when at times we see the solution to a problem, but we know we shouldn't step in and interfere in the other person's life lessons.

It is, however, a productive path. Not just productive as our day to day lives unfold, yet also, and perhaps more so, productive from the perspective of spiritual growth. Even soul growth... And while we are transforming and growing, becoming ever more aware; it may well be the best ride of our lives!

In Peace,

Anne Claire

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/>

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"Be mindful of your self-talk. It is a conversation with the Universe".

Quote by Ladon Jones

Submitted by Annemarie McClellan  
Memphis, Tennessee



**Let Us Help You**

by Michel Post (and Friends)  
Maarssen, Netherlands

On a weekly basis I have discussions with My Guides. We sit together and discuss all kinds of things, usually what is happening at the moment. Sometimes we speak on a day to day basis, sometimes I get so involved in my daily work, we haven't had contact in weeks. And always we have a special way of connecting. Each time we communicate it can be different depending on the moment. They are funny! They have humor! They play some pranks.... In short, they are My Best Friends. I see them smiling as I'm writing this.

The theme of our latest discussion was "Let Us Help You". They showed me that humans have a very strong need to control life in full depth. Our fears direct the way we think and feel. They unwillingly control the way we live, and the way we interact with others. In order for spirit to help us, we have to trust Spirit. More importantly, we have to be open to Spirit. We have to have an open mind and heart and a willingness to accept what is happening on our path.

Our mind gets in the way... of course. We are human. We use logic and come up with all kinds of ideas why some things should or shouldn't work. Let me tell you ... it doesn't work that way! Sure ... in some ways we control life, as we are supposed to do. On a broader scale we really don't! We are just a small part of a big world, and unless we connect, everything we do is an illusion. On the other hand ... our mind controls the way we see life and therefore we control everything.

By now it is most likely that you are thinking ... yeah, right ... we know all of this. The is not something new, and of course it's not. I can't tell you in detail the insights My Friends showed me but I can tell you that most likely you are more shut off than you might realize. And fear dominates your life, although you might think it doesn't. "Will I be on time for my appointment...?" "What will they think

of me, when ...?" "Can I do ...?" Every question we have is based on fears, or doubts. Every answer is inside us or will appear to us in its proper time and place. The only thing we have to do is trust that it will happen and that this is so.

I am writing this in the middle of the night, still in full balance after my intimate discussion with My Friends. Normally I don't bring a message like this into the world, but they have asked me to do so. It is so important that we stay open and accept the things we receive on our path. "Let us help you" means that we allow them to interact with us... and not permit our fears to block their communication.

Thank you for listening.

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**Advisory Board Update**

by Camille Albrecht  
XXXXXXX, USA

The Advisory Board has not met this summer, and looks forward to kicking into gear again this Fall. Our focus will be to update the [JulianTeachings.com](http://JulianTeachings.com) website as it relates to purchase of the teachings materials. We remain committed to provide ongoing support for the Julian Community member's continued spiritual growth. We would love your input and suggestions!

As I write this, The 17th Gathering of Light is right around the corner. Agate Beach, here we come! Much thanks to coordinators, Andrea Smith and Archie Mulvena for all they have done to pull this special weekend together.

Look to [JulianTeachings.com](http://JulianTeachings.com) and the next ROL for details of next year's Gathering.

## Saul's Corner

## The Conscious Mind

LIFE AFTER DEATH (Workshop #301- class 2)

continued from June 2014 Ring Of Light

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

continued from the June 2014 ROL

Q: Julian, a person who doesn't accept that, or who is afraid of dying, what happens to them when they die, and then visa versa, who accepts dying as okay, even at a younger age. By a younger age, I don't mean seventies or eighties, but young thirty, forty, fifty. He's lived and he's enjoyed. If he passes away, if he dies, it's okay. What happens in this case?

How you see death has a great deal to do with how you experience death. If you experience death as something that's getting you, you may enter it with fear; if you experience it as a transition to something else, you'll go with it as if you're changing buses.

Now a person who has not believed in death and is afraid of it, or has not believed in an after life, will still be escorted, will still be brought to the white plateau. They will be given the rest period to adjust to the light body and then be tutored. They will be taught that my world exists, and they will be taught of the reality of it. It may take a little longer than the one that went there thoroughly ready to accept it. But it is never a pressure thing. It is a thing of letting them know that they are safe and it is all right where they are and that they have not lost anything.

Now some of the studies that have been done with attempted suicides and with death experiences, in almost every case, someone who has committed suicide and come back not succeeded, in other words have said that it is a very negative experience, and those who have died in some other form of a natural thing and come back have seen it as a very beautiful experience. The reason that the suicide is seeing it as a negative experience is because they're taking all their negative energy that has made them make the act in the first place with them. So they are surrounded by that energy as they go. If they succeeded and went all the way, it would

become quite a different experience, because then they would have entered that white plateau and had the experience of the tutoring and the moving forward. So when someone says, I tried it and it's not so hot, you say, then change what you're doing in your life now and the next time around will be nice.

I know that's an over simplification but very real.

Q: Was I correct in understanding when you talked about choosing new experiences that occurred in the white plateau?

Yes.

Q: Why do we do that before we visit these other places?

Because you are going to take whatever you have chosen there through all those places for a total understanding of it. In other words, you're not just going to learn that the seed makes a plant. You're going to hear it talk; you're going to hear it breathe; you're going to see it in all its phases, all its beauty; you're going to experience it totally along the way and have a total concept of it when you come back.

Q: So that's the method of digestion of what you've done in the preparation?

That's right. And you must understand that as you move into the pink and rose plateaus and we're giving those labels to them, not because they're that color, but because you need some identity for them as you move into those plateaus, you are free to move back and forth into the white plateau, pink plateau, rose plateau. You're not just stuck in one place. You then gain the freedom of those three areas, and you will be helping others to understand.

During all of this, you are totally able to be with all those who have gone before. You are totally able to have communication with them telepathically; you are totally able to whisk to them and enjoy them; and so it is like a constant communication system that's going on with those you love. You also have opportunity along the way, especially when you're in those pink and rose plateaus, to communicate with those who are in the Earth plane.

Q: Julian, when you're in the white plateau and you

Life after Death continued from page 10

choose, can you choose to come back the period of time that you just left to re-experience something?

Certainly. Yes.

Q: So you could come back to the...the...

Anywhere it's right for soul growth can be chosen. Remember that when you are entering the Earth plane again, you are going to choose areas of growth for yourself, and then you're going to have the energy package given you that is going to have you ready to take on those growths, live with them, experience them, and learn from them, so that you're not going to be coming and going in what you call willy nilly, yes you're going to know you have an objective when you come in.

Q: So you can come back to the same period of time.

Yes.

Q: We've heard that we're never given any more of a test than we can handle, but the thing like people committing suicide, they're given some test that is beyond them that they just cannot handle...

No. They have chosen to see it as beyond them. They have chosen not to cope at some level, which made the next level even harder. Along the way, you have decisions about how anything affects you. You can make something in your life totally debilitating to you, or you can make it something you cope with and rise above.

Many people will choose alternate routes rather than face the issue and deal with it. It is not because the load is too big when a suicide attempts, it is because he "sees" it as too big. Had he approached it, perhaps, with different comprehension, or different decision making along the way, he would have been able to handle it.

No one enters with more than they can handle. Now

some people take on very large loads by choice, you see, and then when they get into the life, they have to accept that they've chosen that and deal with it along the way.

Q: Can we reach these other planes, these plateaus, in this life, this physical life? How high can we go?

You can go to that which man can touch, which is no more than the ninth plateau.

Q: The ninth plateau, so we can reach the rose and the pink.

While you're in the physical through astral travel and mental travel. You will still experience to a fuller extent when you are in my world, but you can touch them in this world.

"...when you are entering the Earth plane again, you are going to choose areas of growth for yourself..."

Q: What does it look like when we are touching them when we're in the physical body from the spiritual point of view? Can you see a human who is in the body in that level?

Yes, you can. Literally, you will see... Very often you will hear people say, I was walking with someone and I knew it was my mother, but it didn't look like my mother. They're experiencing the different light body, and yet they feel the total essence of the mother. And when you go to another planet, or plateau or plane, you are experiencing the person in whatever level they're in. At one point you may see them just as you remember them, and at another point you may not see them clearly as the person you remember them as but you know them totally as the person, you see?

Q: The question has to do with our expectations. My expectations of what would happen to me when I die are being greatly shaped by what you're doing. I also go as if I read a book of the dead, or something like that, if it was in a little different tradition or something like that, it might add some differences to that. Could you comment on whether there are, sort of, different places that people go to, or will eventually...

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That's why expectations are mentioned in the white plateau, because your expectations are dealt with by showing the identity of one expectation to the other. Showing that each expectation may appear to be different, but has a thread of continuity that is the same.

If you listen to the phrases that any philosophy, dogma, or belief uses to describe death, you will find they are similar. They talk of planes, they talk of plateaus, they talk of spaces, they talk of movement, they talk of light, they talk of radiance, they talk of fire, and you will find that if you take them all and line them up according to their coordinates, so to speak, that it will show the same thing using different words. And in the expectation aspect of the white plateau, those expectations are shown in relationship to each other, so that there can be a comprehension of where they are.

You know, it is the same thing and I know that this is repetitious but in your world there are people who say there is one life, this is it, when it's done, it's done. And there are those who say there are many lives and you come back and it's called Reincarnation. And in reality, they are the same. There is a single soul's journey and that journey is circular, from its point of being back to its point of being.

In the course of that one life's journey, there are chapters and verses called experiencing, and those are referred to as lives. So the many lives and the one life are one and the same, you see. It is a single soul's journey. And so it is the same with the comprehension of the death process, of the necessity... For instance, when you leave this Earth plane, your guides are with you, your own consciousness, your own personality is with you. In other words, you go as a being, as you knew you. So you go back to the ancient Egyptian rituals, or you go back to the ancient tribal rituals, what did they do? The personality needed to eat and needed to smoke, and it needed this and it needed that, and so all those things are packed in with them for this final journey. They are packed in with a physical essence, and even thought the physical essence is going to stay, in some way, the spiritual essence of those things, it was assumed, would go with them. You see? So in reality they're saying, all the things you need are going with you and you'll have rituals for protection

and blessings and they are saying you're going to be guided, you're going to be helped, and so the angelic forces and the guides that are with you are the same thing as those in their beliefs and expectation. So that in some ritualistic manner, or comprehension, these same things you're talking about today have been present in every culture and in every time.

And so, all you do is take that cultural understanding to its present point in time, when in the Aquarian Age of spirit and flow, you are opening up to a greater awareness to all that is unseen. This is the unseen Age. It is the Age in which all that is invisible becomes a working part of your life, just as all that is visible.

Have you ever worked with Tai Chi, or any of the martial arts? These movements are not what is the thing. It is the energy created by the movement that is the internal essence of what is. So somebody says, this step means this. That's not what it really is. What it really is, it is the energy created by that movement that creates another movement in you. But in this Age, that energy will be understood. In the past it was seen as a step. In the way past, it was seen as an energy. So you see, we've come away from the energy to the physical comprehension, and now the circle has come around and we're moving back to the spiritual energy of the understanding of it again.

There is a single soul's journey and that journey is circular, from its point of being back to its point of being.

Q: Julian, I wonder if you can clarify how, at the time of death, it's best like those of us who work in hospice, we feel that, you know, we're doing the loving and caring and the nurturing and supporting, but is there something in particular, if there were an ideal way, or situation, or place, for a person to die, or a way for that to be. Could you just describe what that would be like.

To die in a peaceful setting. To die with an understanding that it's all right to die. So you say to them, it's all right, relax, it's okay to let go. Just relax and let go. You're cared for, you're at peace, it's all right.

Q: Now some people feel like there should be prayers, or blessings, or one thing or another. Also I think it's in the Tibetan, that there are certain things that one should do in order to arrive at these higher levels of consciousness. What is your belief?



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Well, number one, can put anyone in a higher level of consciousness other than the person themselves, so those prayers are to take care of the people who remain, not the people who are going. It is there form of respect for the one who is gone and that's fine. The main thing is that in the course of dying, the person has not been made to feel guilty for dying.

Q: You said that earlier.

That's very important. And as far as ritual, according to the belief of the individual, whatever ritual they believe in, it's what should be done, what should be taken care of. Because that's there belief and that's what's going to make them comfortable and peaceful.

Q: A lot of what we see in hospice is that the family wants one thing and this poor person is in a coma or unconscious and they wanted to be cremated and the family says, oh no, we don't do that....

The only way that you can, legally, get what you want is to have it in your legal papers. That is the way it is to be done and to have your lawyer know about it and be able to immediately make contact and to do what's necessary. And you can say in that paper, if you don't do this, the rest of the will goes to the cat, or something of that nature.

Q: I've heard it said that it is better to have the body cremated, because then the soul will not try to come back.

No. You have to understand something, once this physical body is done taking care of the real you, then this is like a motor home in which you live during your Earth sojourn, and once it has done that, it has done its job. Its place, then, is to return to the elements.

Now, if you cremate a body, you are returning it to the elements. Combustion takes it to the air, the fire purifies, the residue that is left will have to be placed somewhere, so it is returning to the elements in cremation, and that, in no way, can stop a spirit from coming back. Because it doesn't come back to that same body, it comes back to whatever new body has

been projected for its needs during that particular lifetime.

Q: What I mean is some souls, tragically, are earthbound and try to repossess their body that they just left because they did not realize that when they die, so when you cremate you prevent that from happening.

No. You won't prevent it from happening, because as soon as the body returns to the Earth, it has been protected, it's all right in whatever form it returns to the earth. The protecting factor to that body remains until that act is taken care of. And if a person doesn't know they've died, then its spirit form is still surrounded by spirit form and protected until it is taken to the white plateau. Does that answer or am I hearing you wrong?

Q: I've heard that some souls try to come back to that body that they just left because it may take a long time for the physical body to disintegrate if its buried, but if its cremated then its brought back to the elements right away so there's no mistake. It's the Hindu concept of cremation versus, say, our western tradition of burial. So it's done right away.

That's again a cultural tradition and has nothing to do with what really happens. A cultural tradition is by the belief of that culture. But what happens is the same thing. Do you see?

Q: I think what he's referring to is possession.

Q: Repossess the body after leaving the body at death.

Absolutely not. Absolutely not. That body is protected by its own spirit until it returns to the elements, so you don't have to worry about that. A lot of good movies made of it, but not something in reality.

Q: A related question. Can you comment on something called "walk-ins"?

Yes. My favorite subject. There's a big mistake where "walk-ins" are concerned. When a body has done everything it can, a being has done everything it can and it can't go on any further and it doesn't know what to do, there will be a mental merger of energy from a divine force which will help it over the hump until it can cope again.

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That divine energy then separates from it and it goes on by itself. Now, in the course of having been in the presence of that divine energy, there will very often be a purification and, therefore, a whole new concept of personality aspect evolves from this. In other words, it's like they've seen the light and now they're going to be a different person.

The walk-in concept that has been presented is that half your world walking around has been possessed by somebody else. Now the danger is that people are going around saying, I'm a walk-in. But if they're saying they're a walk-in and not them, so they can't take any credit. Because once something takes you over and you're possessed, you're not you anymore. So what is happened here is an ego trip has been created for some and a concept that the whole government is full of walk-ins that are going to save the world. But, you see, that's not how it works.

The concept of energy to help you when you have tried and need that help is true, but it's not a possession of a body that somebody else has just stepped out of. And that falls right into what he was saying here. That is not so. That body is there to serve you and you alone.

Q: So it isn't a case that, by agreement, one can say, okay, it's all yours, I turn it over to you.

It doesn't work that way. You know, in a way, I am possessing this woman when I'm in her. She's not here. If I didn't want to leave, she'd be in trouble, you see? And that was an agreement, but it's for a totally different purpose. So always remember that you are responsible for you to the very last breath, and that body that has served you will not be taken on by another.

If that is the case, it is a possession and rarely will there be any similarity in personality to the

original person. But the changes in personality that are talked about in the description of walk-ins is the change that they come back a whole different person and suddenly they're smiling when before they always frowned. That's because of having been in touch with the Divine Principle for a period of time.

And what has happened, literally, if that the channeling of this information, somebody else slipped in and gave their own version. If you're channeling, you have to be very sure that you're channeling the same person. You can never assume that it is the same person. You have to know what you're channeling. And sometimes if you've been doing it for a long time, it's easy to assume.

That is why this one (June) is trained to smell me, to feel vibration, to know the color, as well as the name. She is never to accept me on name alone, because anyone can say I'm Julian.

Q: Could you tell us a little bit about that divine intervention?

The divine intervention? The divine intervention comes from the hierarchy. It is angelic force. It is earned by your effort to do everything you can. You've seen a person who's struggled and tried and tried and tried and finally said, let go and let God; I can't do it anymore, I'm done, I don't have the energy to go any further. That's when the divine intervention occurs. Not from somebody who says, I'm not trying. You earn the divine intervention, but it is of the hierarchy, it is angelic force. It can be Cherubim, it can be Dominion, it can be Seraphim. And it will take and give you the boost you need, see you through the bad time, let you see the light of day again, and then depart.

Q: If you earned the divine intervention, did you also earn the right of learning that soul lesson you were attempting to learn?

Absolutely. Absolutely.

(TO BE CONTINUED ROL December 2014)

## **The Sea of Light Meditation**

Around me there is a light, a sea of light.

Every inch of that sea is filled with power.

Unique and different; but coming together as one sea.

I permit myself to drift into that sea.

I float in a sea of light.

A sea of ideas. A sea of potential. A sea of purpose.

And as I float there, I recognize the freedom that just knowing that this  
sea exists, gives me.

Any drop from that sea can serve me, join me and assist me.

But the sea is never ending, it can not be depleted.

I am part of the living sea of light.

The light that comes from creation.

That light that shapes & molds, & becomes what it is directed to be.

Know, that when I let myself float in the sea of light, fears fall away.

For the power of the light sustains me, supports me, & leads me.

I am an instrument of light.

I go to the sea of light.

To merge with its energy, & create my peace.

From that peace, my life will grow.

So be it.

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**Next Issue Theme:** "Skipping Stones the Divine Intervention"

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For entries larger than 25 words, please submit a text file in electronic form. Send us a 3.5" computer disk or electronic contribution to:

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