

# Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXX

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September 2018

Happy Fall Equinox! May your fall season be full of harvesting the ripe and tasty fruits of your efforts.

This last two months, I had the opportunity of having a serious illness — a drug reaction that caused my body to attack itself for four weeks. It was a painful experience (physically and emotionally); however, now that I am a few weeks beyond the pain and worry, I realize what an incredible Gift from the Universe it was.

The gifts that I received include: I learned who my true friends were. I learned that despite my previous doubts, my husband would arise to the occasion if I (or the rest of the household) ever needed care from him. I learned that the people around me (friends and coworkers) would take over my responsibilities in my absence and feel grateful to do so. That is a lot of incredible stuff to learn in a very short amount of time, and I am incredibly grateful for this knowledge.

Sometimes Gifts from the Universe are “all smiles” from beginning to the end. Sometimes, a gift starts out as tragedy and ends up being a way to transition to a new and significantly better life. We just have to be careful not to judge situations too quickly — we need to wait to see the results or at least, the side effects.

Lots of our writers gave us submissions about Gifts from the Universe. I think that you will have fun reading their stories.

— Jan Clayton (and “Hi” from Nancy Walton)

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## From a Julian Mediation

*With absolute certainty,  
you know that*

*you have the divine right  
to joy, to sharing, to receiving;*

*the divine right to health, happiness  
and security.*

*These are your divine gifts and they  
are yours as long as you can accept  
that they are.*

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

Development Class #221

Given in LaGrangeville, NY on May 10, 2003



# Astrology

By Eleanore Johnson  
Poughkeepsie, New York



A new season is upon us as we hit the Fall Equinox on September 22nd. It is the time of the harvest, when we may reap the rewards positive or negative that we have put into action at the Spring Equinox and nurtured during the summer season.

The times we are living in are challenging and also exciting. We have the power to create our destiny as never before. It all begins with a thought; today's thoughts create our tomorrows.

Manifestation is possible as we endeavor to live our truths — we have a blessing from the gods.

The planet Saturn will continue to have its influence, because it is in its first house position in Capricorn, its ruling sign. Saturn rules the Earth plane in this position.

We fulfill our karmic pattern personally and collectively. It is exposing the weaknesses in the world so that we can have the strength and endurance to change what is impeding our growth and progress. Saturn can be an angel in disguise. It has been making a trine in the heavens with transiting Uranus, the planet of change. This trine has been operating since May 2018 and will continue until November 2018. This trine can be expressed as a bridge to the cosmos. It enables us to respect the rights of others to have their own beliefs. When we are inwardly free, we are not threatened. We reopen to learn that freedom lies on the other side of Saturn, the planet of necessity and responsibility.

The planet, Mars, is in Aquarius from September 2018 until November of 2018. Mars in this Air sign tends to expand into intellectual pursuits.

On November 10th, 2018, Jupiter goes into Sagittarius for one year. Jupiter, the planet of the superconscious mind, is also the planet of good luck and good fortune. Its energy is expansive. It stimulates aspiration, idealism, understanding, and tolerance. Jupiter in Sagittarius is in its ruling sign. This stimulates an interest in metaphysics and humanitarian pursuits.

Mercury will turn retrograde on November 17, 2018 and will go direct on December 8, 2018. Travel plans and communications should be scrutinized carefully during this time period. Mercury retrograde can allow us to be introspective — and possibly encourage us to do something over, if need be.

In November, Venus is in Libra. Venus in this sign loves harmony, cooperation, and refinement. It is easier to achieve these qualities when Venus is in this sign.

Mars enters into Pisces on November 16th and stays there throughout December 2018. Mars in Pisces stimulates the imagination — it can also encourage people to be sensitive, receptive, over-emotional, and psychic. The emotions can be very receptive to music when in this sign.

We end 2018 with Uranus going back into Aries until the beginning of March 2019. The planets of high vibration that recently enter a new sign will always turn retrograde for five to six months and go back to previous sign. This gives man an opportunity to revisit the energies and have another change to fix issues before the planet goes direct again and re-enters the new sign. Uranus will re-enter Taurus for the remainder of its seven-year cycle in March of 2019.

Love and Light, Eleanor

## Gifts

(from “*The Road to Consciousness*”)

By Jeannie Livingston  
Naples, Florida

You are given many things by the Creator, including life itself! You are given so many opportunities. You are given spiritual gifts, material gifts, gifts of every kind. In fact, the whole planet is a gift to the human race. It is a gift not only to the human race, but to the animal kingdom as well. It is a gift to all who live on it. Moreover, it is a gift that came without any strings attached to it. It is a gift, which means, that as far as the Giver was concerned, no thanks were required—the Giver did not have an expectation about how this gift would be used. In short, because no strings were attached, you were given something to use or to abuse. However, the human race has been oftentimes unaware of the magnitude of the gift, or that it was indeed a gift, which is another matter.

Now, as one becomes aware that it is a gift and that one has the power to shape and to change and use that gift, then one feels grateful and privileged for that opportunity. But some people, who are pursuing the spiritual path, make one very great mistake. They do not enjoy their gifts, because they feel obligated. They feel a sense of obligation and duty, and they do not experience the joy of living. And no matter how hard they work at what they do, whether it is service or it is creative expression or even worship of God, they can derive no sense of joy. Because their motivation is one of guilt, duty and obligation, they have not the sense of doing it for love, nor for joy.

That your gifts are wonderful can be very overwhelming, indeed, when one stops to consider the possibilities of how they might be used. So great is that potential that it may seem overwhelming, and one may feel very sad and unequal to the task. One may indeed feel as though one is not strong enough, not good enough, not worthy of such a gift—that somehow the Creator has made a very bad mistake in giving him or her such a wonderful potential.

And, therefore, we resist making any effort to enjoy and to appreciate and utilize this gift, being afraid not to be perfect; not to be what one imagines one must be, rather than what one can be.

It is difficult as one becomes aware of his or her potential. It is so difficult, I know, that many of you must say to yourselves daily, “Will I ever be able to use all of my talents? Will I ever be able to achieve success in the many areas that attract me? And will I be able to get all of the things done in life that seem to be very necessary requirements for just keeping alive in this material world?” Those pressures, those obligations have a way of weighing you down.

This is one reason why many who are on the spiritual path want to make their lives very simple. We are trying to eliminate as many distractions, as many nonessential elements as possible so that we may come down to the enjoyment of some few things to really enjoy them by being able to express them fully, to realize them fully.

Because we know that if we are just sampling a little bit of everything, if we are just skimming the surface, we never have the real sense of the depth and power that is contained within something which we have taken our time to explore.

You know it is important, then, to give yourself space and time to enjoy the gifts which you are given. It is important that you not feel obligated to utilize them, but rather that the excitement which comes with appreciation and discernment invites you to take and to delve into the possibilities contained therein.

There is a teaching, which has been given that: “Those who remind you of your duty, rob you of your charity.” And sometimes you rob yourselves of your own charity. By making yourselves duty bound, you make your lives loveless and joyless. I

(continued on page 4)



(Gifts, continued from page 3)

know it is part of what is called the Puritan work ethic that a thing is of little value if you have not had to work for it. The sense is that a thing is of little value if you have not had to sweat for it and work hard for it. And that is a pity, because not everything has to be painful to be valuable.

Some things are just there to be enjoyed without necessarily having to be worked for, although certainly one must work with them. Enjoyment, itself, requires a certain amount of effort, but it is a different kind of effort than one puts forth in duty or through obligation. It is also good for you to see that the Creator, having given things to you this way, is not interested in having you thank him, but would be pleased if you could enjoy and use what you have. Your gratitude does not make him the more glorious but makes you able to enjoy what you have received more. Your gratitude is not for God but for you. It is important to remember that. Your appreciation is for you, for without it, you have nothing. It is by gratitude and appreciation that you come to be able to enjoy the gifts which you have and to find their potential for even greater enjoyment.

And lastly, do not give with strings attached, for you will always be sad and disappointed. It is seldom that the world is grateful enough or appreciative enough. Most things which are given take awhile before they can be understood and their value appreciated. So it is with everyone but it comes in time — the understanding of the gift and the value of it. It does not come easily.

But when it comes, then truly there is a wonderful experience which is had, and one wants then to share it with others, so that divine giving is the basis ultimately of all other giving. That God, having given to you and you having understood the gift, then wish to give to others out of the same impulse, which is called love.

Bless you.

## Windfall of Gifts

by Renee Salvatori  
Wheeling, West Virginia

*Blessings offered to us.*

*Gifts in our grasp.*

*Visual beauty for our taking.*

*Reach — Take — Receive.*

*Thank over and over again.*

The Universe gifts us with much. Blessings blowing in the wind. From the left and right, above and below, and within. A windfall of gifts. Are you aware? Are you receiving? Like a kite, are you setting yourself on the winds current to fly high? Rising and falling and soaring and dipping in the exhilaration of bounty?

Don't run from the windfall as if it is a bad storm approaching. Don't get too busy to not stand still long enough to receive, to grasp, and to enjoy.

Most of the Universes' gifts don't even require much effort from oneself. Blessings drop into our laps. Our senses bombarded without even a fleeting realization of what just transpired. We have oxygen for starters. The very air we breathe by the seconds. The sun filled sky to energize our soul. The refreshing, cool nights that calm our nerves with stillness and slumber, while stardust lays down her tapestry in the horizon.

The bounty of tastes that tingle our palettes. The breezes that tickle our skin. The fragrance of rain that delights our nose. The smiles of humanity that embrace our soul, and the melody of music that plays to our personality. All touching our five senses differently on certain days.

And don't forget two more senses. The gift of our sixth sense gifts us with intuition. Our own internal Doppler and honing system. And, lastly, our seventh sense or gift of Celestial help. We have God, angels, guardian angels, and spirit guides that surround us in warm embraces.

All of our senses engaged and ready to soar like ribbons on the tail of our kite. Look around. Look deep. Look up. Run to the wind. Run in the wind. Fly with the windfall of gifts waiting for you.

## Eye to Eye

by Joshua Mesnik  
Los Angeles, California

The air around you is still. The energy is soft, but potent. Your eyes are relaxed. Your breath is deep and slow. You feel seen and held by a presence in the room. A luminous orb hovers in front of your face, a loving energy emanates from it.

“What do you need, beloved one?” the orb asks.

You pause before answering, “Space from everything that’s going on.” You reply, vulnerably, “A moment to breathe and relax. I need to be taken care of, like when I was young and my Mom bathed me. I need to feel totally safe, completely held. I need to feel good.”

“Is that it? What else do you need?” the Orb gently responded. “As the Sacred One, I am here to serve you. Tell me anything you feel you need and I will make it so.”

“Time,” you respond after a long moment of thought. “I need more time to follow my heart. My passion. My mission. And I need to know where to go. I feel like I am lost. I feel alone.”

“Alone?” the Orb asked, surprised.

“Yes,” you answer honestly. “I call out and nobody answers. I pray and it is like my words are lost. I ask you so desperately for what I need, and my life stays the same. I need help. I need you.” Your throat tightens and you begin to well up with tears. “Where are you when I need you? Why aren’t you here for me?”

“I am here,” the Orb speaks. Its voice rings in the air.

“Now you are,” Your tone changes with a tinge of frustration, “but when you leave, I will lose you, again!”

“I am always here, beloved. I am always here supporting you. I am always here, loving you.”

“Why doesn’t it feel that way then?” Your frustration heightens to anger. “Why do I have to live like this?!”

“Like what?” the Orb responds calmly.

“Like a stressed-out blind bat! Like a slave!”

“Is that what you feel like right now?”

“I mean ... no.” Your energy softens. “I’m with you, and it helps.”

“Put your hands on your heart.”

“Wait! Where did you go?” You look around and see the Orb has disappeared.

“Are your hands in your heart?”

“Yes.”

“This is where I went. This is where I am. This is where I have always been. This is where I will always be.” As the Orb finishes speaking, the energy in the room shifts. The electricity eases.

At first, you feel raw without the orb’s presence. A few moments go by, and you feel a constriction in your chest.

You are shaken, startled by the intensity of the experience and the sudden stillness that has filled the room. A subtle fear arises, and your whole body feels uneasy.

As you sit, your insides begin to turn upside down. You are disoriented. It feels like you are losing grip, that you are slipping into a panic that is quickly beginning to consume you.

Suddenly, you feel a subtle shift. Your hand raises to your heart. “What do you need, beloved one?” you say, lovingly.



## 21st Gathering of Light “Web of Light!”

Friday, September 27, 2019 – Sunday, September 29, 2019  
Agate Beach Best Western Plus Inn, Newport, OR



Plans are unfolding for the 21st Gathering of Light in stunning Newport, Oregon. Join us as we weave our network of light toward manifesting personal and global transformation.

Our still-expanding lineup of presenters includes Camille Albrecht, Sam Holland, Linda Scheer, Larry Scheer, and Anne Claire Venemans.

We encourage early registration while we are still able to adjust our room reservations with Best Western Plus Agate Beach Inn. The cost for the weekend includes your room plus dinner Friday night, three meals Saturday, and breakfast and lunch on Sunday. We have a private room for our meals. Costs and contact information can be found on the registration form on the next page.

A group-discounted rate is offered on a space available basis to our group for two additional days before and after the event. Contact us if you want more information about how you can extend your stay with these special rates.

Check out [discovernewport.com](http://discovernewport.com) for fun information about Newport and its attractions. Click [here](#) for more info about the hotel.

The special features of the Agate Beach Best Western include:

- 100% smoke free hotel
- Amazing views of and easy access to the beach
- Lovely rooms with either one king-sized bed or two queen-sized beds
- In-room refrigerators, microwaves, cable TVs, & coffee/tea makers



# 21st Gathering of Light

Agate Beach Best Western Plus Inn, Newport, OR  
Friday, September 27, 2019 – Sunday, September 29, 2019

## Registration Form

**Deposit Due:** \$200 per person by April 15, 2019. Early registration encouraged to ensure your room choice.

**Balance Due:** August 1, 2019

**Refund Policy:** Refunds for cancellation will be provided until August 15, 2019.

After that date, the potential for refunds will be subject to the terms of the contract with the Inn.

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

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

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

### Workshop & Accommodation Options

**Desired Room Location/Occupancy:** *(Two types of rooms are available: hillside view and ocean view.*

*There are a limited number of ocean view rooms, which will be assigned as registration requests are received.*

*We suggest early registration to book ocean view rooms..)*

- |  |             |       |
|--|-------------|-------|
| <input type="radio"/> Single Occupancy, hillside view (\$430 per person) | # of People | _____ |
| <input type="radio"/> Single Occupancy, ocean view (\$480 per person)    | # of People | _____ |
| <input type="radio"/> Double Occupancy, hillside view (\$325 per person) | # of People | _____ |
| <input type="radio"/> Double Occupancy, ocean view (\$350 per person)    | # of People | _____ |

**Shared Room Configuration:** ☐ Only one bed needed ☐ Two beds needed

For double occupancy, specify your preferred roommate

or indicate that we should assign a roommate for you: \_\_\_\_\_

**Deposit Due April 15, 2019**

\$200 per person X # of People \_\_\_\_\_

**Make checks out to Andrea Smith.**

**Specify Special Requests** (such as):

- Handicap access
- Discounted-rate reservations for before or after The Gathering
- Food restrictions or special food needs (The Inn will attempt to accommodate special food needs.  
Note that the Oregon Coast is famous for seafood.)
- Our currently reserved rooms do not allow animals. Rooms are available that are pet friendly, so please indicate if you need a pet-friendly room or if you will be accompanied by a service animal.

**Mail registration form and check to:**

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

**Questions? Contact either:**

Archie Mulvena, [mulvena@comcast.net](mailto:mulvena@comcast.net)  
Andrea Smith, [andreamith77@comcast.net](mailto:andreamith77@comcast.net), 503-720-5269



# A Season of Runes

by David and Shesta Ross

San Jose, CA

*This article is the second installment of a new standard feature in the Ring of Light, called A Season of Runes. David and Shesta Ross plan to present a Universal Rune reading for each upcoming season, and in the process will discuss the Universal Runes that Julian presented in 1984. Feedback is appreciated.*

The Universal Runes were first presented by Julian in a workshop in 1984, which Julian explained was the first year the impersonal energies of the Piscean Age had fully fallen away. These Universal Runes bridge the Piscean and Aquarian ages, combining the square and straight line energies of the Piscean Age with the circle and curved line energies of the New Age.

The Universal Runes represent and embody universal energies, which by the Law of Correspondence are also energies within each of us. Thus, to explore the Universal Runes is to explore something of the universe of possibilities that exist within each of us as individuals, and the power that comes from connecting these to the Universe itself. They are expansive and somewhat mind-blowing. These Runes each have individual as well as universal meanings, and indeed the two are inextricably linked. The Universe is, we are, and we are one.

## This Issue's Reading:

**“From a Universal perspective,  
what is the energy of Fall 2018?”**

This reading may seem negative at first glance, however, Julian taught that if there is a sequence of reversed Runes, “righting” the middle Rune (indicating the action needed) can “right” the outcome Rune.

### Situation Developing



**BOANE (Reversed)**  
Communication

### Course of Action



**EHMI (Reversed)**  
Elemental Forces in  
Action — Earth

### Situation Now



**LEHO (Reversed)**  
Elemental Forces in  
Action — Water



### LEHO (Eho): Elemental Forces in Action — WATER

This is the Rune of the element water. It represents the energy and power of the water forces. It represents a movement through receptive energies toward change and creativity. Individually, it is the emotional self. LEHO represents feeling and receptivity in life. The emotional self.

### LEHO REVERSED: Tread Water

In the reversed position, LEHO says “tread water.”

*(from Universal Runes)*

Our interpretation of this reading is that there are impersonal forces of nature at work that we need to communicate more clearly with. Inwardly, we all know that there is a transition of unknown potential afoot in the natural world. All of us are adapting to this as creatures of the earth. The next “click up” of the universal vibration is the coming Autumn Equinox. This will deepen our awareness of these changes, on a superconscious and subconscious level (as well as consciously).

LEHO reversed (the situation now) counsels that movement is slowed, that progress is more subtle and issues should not be pushed. This, per our guidance, refers to a period of awareness and acceptance needed, of the earth (and universal) changes we will all be feeling and experiencing deep within.

EHMI, or Earth reversed, bespeaks of being or feeling mired, as a result of inaction. Action, which attends to earthly things, is needed. This could be anything that helps us to adapt on an earthy level — exercise, cleaning out a closet, or maybe pulling together some emergency supplies. Julian said back in the 1980s that the Mormon practice of having a year's supply of food handy was a good one. Think about what you would need if there was significant disruption in your community. We don't see this as happening this fall; however, now is the time to begin preparing for “changes that are necessary,” in the earth mother, as in ourselves. A timely affirmation now is “Nature and Humanity heal together.” Five words that can change the future.





### **EHMI (Ehmi): Elemental Forces in Action — EARTH**

This is the Rune of the earth element. It represents the power and the energy of earthly things. All things of earth are affected by it. Individually, this rune represents being materially aware. Where EHMI appears, the material aspects need to be looked to. It is the physical body as well.

### **EHMI REVERSED: Inaction, mired energy**

EHMI is reversed, it shows inaction, the inability to move forward, or change, can be seen here. A close look at one's thoughts and habits can help you make the necessary decision toward breaking away. You are mired in your own activity.

*(from Universal Runes)*

BOANE reversed indicates opportunities that could be lost if we do not endeavor to commune more deeply with nature. Certainly, a way to do this is to be in touch with the natural rhythms of the fall, which as a time of harvest as well as a time of preparing for winter. Energetically, this could be broadened into a general preparation for a time when we will all need to be more self-reliant in a changing world.

**Shesta Reveals a Secret:** There is a hidden truth that we want to tell you about. David drew a first spread of Universal Runes for this Fall season reading. A few days later, Shesta drew a second rune spread that we actually used in this article. In both cases, we were in a meditative space together, with the altar “fired up” within the circles of purification and protection.



### **BOANE (Oane): Communication**

The universe is signaling. It is communicating through its elements and movements. This Rune signifies a need to attune to the rhythms of the universe and prepare for change. Individually, it is a sign of time needed alone with nature in order to understand it. It can also mean time needed alone with the self in order to understand the self.

### **BOANE REVERSED: Lost opportunities**

BOANE reversed speaks of a lack of communication and, through it, a lessening of the ability to create strong relationships. A change in the communication pattern is needed.

*(from Universal Runes)*

We did the second reading, because we were surprised that the Runes David selected in the *first reading* were all reversed, and thought that maybe it was just us (or just David — wink) in a disharmonious state of mind. (It was a somewhat stressful summer for us). So, we decided to redraw the reading when we were feeling more balanced and relaxed.

Then we drew Runes “officially” for the second time, we discovered that two of the Runes that showed up also appeared in the first reading, and they were again reversed. The third Rune in both of the spreads were also similar in interpretation. All three Runes in both readings were reversed. So, maybe we weren't so disharmonious the first time!

### **Situation Now:**

- 1st: Ehmi Reversed—Inaction, Mired
- 2nd: Leho Reversed—Inaction, Movement Slowed

### **Course of Action or Obstacle:**

- 1st: Leho Reversed—Inaction, Movement Slowed
- 2nd: Ehmi Reversed—Inaction, Mired

### **Situation Developing:**

- 1st: Hachaz Reversed—Pressure from Without
- 2nd: Boane Reversed—Lost Opportunities

Of the many lessons presented here, we are reminded of a song we created from a Julian affirmation, which we chant while hiking:

“Power of Earth, Power of Water, Power of Air and Fire be my guide, I release to you that which I am too, and together we evolve.”

If you want the melody, email us with your cell phone number, and we will sing it to you or your voicemail!

*We encourage you to learn more about the Universal Runes, and to do your own readings if you already have them. If you are interested in the Universal Runes, please look up our introduction to them in the Ring of Light's June 2018 issue. That article also has how to get a set of Universal Runes, June Burke and Julian's booklet and other materials on them Info about our upcoming online Universal Runes classes can be found on page 16. Please feel free to email us using Shesta's address: shestaross@naturalbridgeslandscaping.com*

*For all the Universal Runes source materials: Authors are Rev. June K. Burke & the Seraph Julian. Copyright © 1985, 2018 Saul Srour. All rights reserved.*

# Empowerment with Faith and Discipline!

by Barbara Garro  
Virginia Beach, West Virginia

What is the easiest to remember, most important mindset for empowerment forever? You must want personal empowerment with your whole body, mind, spirit and, most importantly, tame emotions that disempower.

Empowered individuals have faith and are steadfastly sure of what they will do and what they avoid doing. Their discipline avoids time-consuming, distracted decision-making.

And example — Fat at age eleven, I decided I wanted to be thin instead of fat. Discipline: eat steak, salad and fruits until I lost 38 pounds, which took me about a year. Sound like a long time? A disciplined long time. When I hit a plateau for two months, I never gave up my steak, salad and fruits thin plan. Outside of two pregnancies, I have remained thin (and well-built) for 63 years.

Barbara Garro drinks no soda or coffee and avoids artificial sweeteners of all stripes. Barbara Garro eats mostly first-generation fruits, vegetables, grains and meats, avoiding processed foods.

Why these feed and hydrate the body disciplines? A well-nourished body enables clear thinking, quick responses and well-articulated speaking.

Weight management, healthy eating aside, are you wondering how to do life personally empowered?

Weed! Weed? Yes, weed! Weeds keep you from loving well and being loved well.

An African proverb tells us: "If there is no enemy within, the enemy outside can do us no harm."

Enemies within, I call *weeds*:

- Secrets and lies
- Biases and prejudices
- Assumptions and presumptions
- Emotions that harden your heart

It's always time to be personally empowered, because you cannot be personally empowered in a vacuum. Here is Garro's Clock of Connection:\*

- ❖ **Top Priority** at 12 o'clock – Understand Self
- ❖ **Second Priority** at 3 o'clock – Reduce Emotional Stress and Increase Self-Love
- ❖ **Third Priority** at 6 o'clock – Understand Others

- ❖ **Final Priority** at 9 o'clock – Reduce Conflict and Increase Harmony

You now have Garro's Personal Empowerment Formula. Now, go forward to "Grow Yourself a Life You'll Love."

*\*The Clock of Connection first appeared in my book "Grow Yourself a Life You'll Love."*

## Snowflakes

by Adele Lederman  
Walnut Creek, California

**Snowflakes are like each living soul**

**There are no duplicates**

**Each design is uniquely its own.**

**Just as we individuals are unique  
from one another**

**Yet all part of the "Grand Design."**

**Keep clear the vision of your very  
own snowflake.**

**Feel the magic of its singular complexity.**

**Hear the message whispering through  
its intricate pattern.**

**It is there to remind you of your own  
especial,**

**And of your oneness with all creation,**

**And that without one another,**

**We would be isolated flakes melting  
into oblivion.**

# Saul's Corner

## The History of the Universe (Workshop #201)

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

(continued from ROL June 2018)

### Chapter VIII: EGYPTIAN INITIATIONS (Part 1)

The very first thing to understand about initiation is that a ritual is not the initiation. Initiation is an inner experience and deals with the elevation of the self to the concept you were originally meant to be, in which there was no fear, no anger, no hurt.

Initiations are learning to come to grips with the emotions of the self. They are not the candle; they are not the chant; they are not the words. Those things are the symbols of the initiation used to indicate what is happening, because man needs visual assistance. He does not do it very well on his own; he has to have something that says: this is what I am going through; I identify with this.

It becomes very important for man to think and to realize that the ceremonial ritual is not the important thing. The important thing is inward, and it relates to all ages in all times.

The Egyptian initiations had a very strong "pre-school," as you would call it. At the age of five, the age of foundation, children were illuminated. By an inner response to the God within, many would decide that they wished to become a part of the temple, of the high learning of the inner God.

They did not receive that message as I have given it to you. They would begin to be curious about the temple; they would begin to ask questions. They would begin to have a feeling of wanting to be alone, to sort of just sit and look at the sunlight, or, when possible, the moonlight, to feel a part of the whole universe.

They began to have the realization that within them was something very strong that overrode every single thing that could possibly block them. Knowing this and knowing with a certainty that it was a God-given thing deep within them, they responded to it.

They had from the age of five until the age of seven to let it grow within them, either to be accepted as a spoken desire or permitted to again recede into the depths of the mind and not become a part of them. Even at that age and in that time, free will was man's gift from the Father and could not be interfered with.

You all have free will. Do not let anything or anyone take you away from the use of your own comprehension and knowledge, your own inner walk with God, your own decision-making faculties; for that is the most important gift God gave you the right to choose.

One thing you must know, however, is that you get all of what you choose; there are no half-packages. Some of you must be pretty tired of that statement by now, but I cannot pound it home strongly enough. Whatever your decision, you take everything that goes with it. You cannot sort it out and take only half. If that were so, there would be no fulfillment nor growth from it.

When the child decided that he or she was definitely interested in the temple, when that feeling burst that said I want to be a part of it, I want this learning, the parents would permit the child to go forth and be chosen. It was not an afternoon's testing.

From the age of seven until they were fifteen, they were residents of the temple. At seven years of age, they were brought into the temple to begin the training which would decide whether or not they could enter the temple. At the age of fifteen, it would be determined whether they would be accepted as an acolyte of that temple, later to become the adept.

Of those chosen, there were always a good many that did not last. I will outline some of the things those children went through in order to prepare for life in the temple. It is very easy to look back from one culture to another and either look at them as absolutely primitive and feel sorry about the whole thing, or to look at them as an advanced civilization and bewail your fate in being in a different culture.

You are in the culture and time that you are meant to be in and the only reason you are here is for your soul growth. Everything that occurs in the life is related to soul growth. Therefore, the initiations were also related to soul growth.

At the age of seven, these children began their testing, and the first that they experienced was a tour of the temple during which they had to remain absolutely silent. No verbal expression was permitted. If you have ever tried to keep a group of seven-year-olds quiet, you know what we are talking about.

(Saul's Corner, continued on page 12)

*(Saul's Corner, continued from page 11)*

The first discipline they learned, then, was silence. They had to sit in silence, hour by hour, day after day, from sunrise to sunset. They were permitted to eat, but sparingly, with the emphasis on fruit and fluids. The reason for this was that they were beginning to control the desire factor and to control preconceived ideas.

Every time a child learns something new that in any way breaks a previously conceived notion, he or she has entered a form of modern day initiation. Think of all the children who have had to give up the Easter Bunny and Santa Claus. To the child they were real. To recognize that they were not real without becoming resentful, angry or non-trusting is an initiation.

Many adults in your world who have to go through changing preconceived ideas for one reason or another and have to do it without resentment, and so forth, are actually going through a form of initiation.

Remember that the initiation always matches the culture. You could not be initiated in the Egyptian fashion and have it meaningful in your life. Egypt had many gods. They saw gods within gods within gods, until, finally, the One God was recognized. The point is that they were growing toward something they felt was higher, and the inner concept, the inner realization of the soul, was that there was One God.

After practicing the silence together, these children would be given an opportunity to have silence alone. They had experienced group silence. If I were to say to you, "Let's all close our eyes and meditate together," you would experience a group silence. Because there was a focus to that silence, you probably would experience it quite well.

When you are taken alone and put by yourself for a silence, there is a whole new ingredient. There is no supporting energy there but yours — except God's. When a group of people verbalize that silence and pray, the volume of the energy of the prayer is felt; but a person praying alone, unless he has recognized that God is, you are, and You are One, often feels as if he is falling into the wilderness and no one is hearing.

These children now were separated and had their own little silences in solitude and had to report on what their silence said to them — at seven years of age. You have to remember, however, that the ages of seven to fifteen then were a little different than they are in your culture. In that time, the seven year-old was already taking on household chores, already working in whatever the family industry was, so that, when they went into the temple, they knew that there was a sense of responsibility that went with it.

After they had learned to conquer silence, or the fear of silence, they had to learn to conquer other fears. These children would be taken into a large room, seated in a circle, and the temple cats brought in. The temple cats were not wee little beasts; they were large and very ferocious-looking animals. The children were not told why they were being brought in and set loose among them. The cats would snarl in the children's faces and they would have to sit still. They had to go back to the silence to find what they had found there to help them in this situation. They would sit silently as these beasts would roar in their faces; and, of course, there were some very normal accidents that occurred. They were human beings; they were children with emotions; they were not something set aside as a special god. They were children who had chosen to try to find the inner strengths and who were being put through tests to make them do so. Gradually, they would accept the fact that, if they sat quietly in harmony, all the roaring in the world did not make any difference, that the beasts would be calm.

When the beast within you, the beast of fear, anger, guilt — whatever rises up and roars at you, be calm and permit that power in that silence within you that is God to take you away from the fears. That is what they were headed for.

Needless to say, this did not happen over night; but, with each release of the animals, it became a little bit more acceptable. They knew what happened the last time, so they had it a little better under control. Doesn't that happen with everyone? With the first devastating thing that happens to you, you may feel you cannot handle it at all; but, by the time the next one arrives, you are pretty used to it and are able to handle it better. Go to the strength within. This is what the children were being taught.

After a period of approximately one year of working with the realization of silence (which is no silence at all) and the conquering of fear which blocks the ability to commune with that silence, they were ready to move on to the next stage. They had conquered fear; now they would be put in a position of conquering anger. That was done by what might seem to be a rather cruel method but, by the same token, helped them to realize what can happen when one does not permit one's self to go beyond the normal anger period. (And I have to sneak it in again. Real anger lasts 30 seconds; after that, it is ego — Who did this to me? How dare they, so to speak. I put that in every chance I get.)

The children would then be given gifts; and, when they accepted them and thought they were theirs, the gifts would be given to someone else. Rotten — right?

To the child who would graciously say, "That's alright," another gift would be given finer than the one before.



When the children would come together to discuss these things, they would begin to realize that, "If I do not hold onto something that I want, far greater shall come to me." They did not put it in that manner, of course, but they realized that by not holding on, something greater happens.

Now this relates to many things. They were developing the ability to love on a higher level. They were beginning to develop the ability to see that only that which is given freely would bring return, because the person who carried on and had a temper tantrum, because their gift was taken away and then had to give it up anyway, saw no reward. They were using a very simple method of showing that letting go brings returns. It is that way in life with everything. That which you are willing to give up can return to you ten-fold.

Many people will think, "Well, that's a pretty good idea; now, let's see, what do I want back?" They tie a large and healthy string to it, then graciously give. Nothing will happen, because that is the same as the seven year-old who, after the temper tantrum, knowing he was not going to win anyway, let the other person have the gift. A string attached to the giving will not bring a response; give freely and it will return.

This happens on every level of your life, whether it be finances, love, material things — it does not matter. Give freely of it and it will return ten-fold. Sounds biblical, doesn't it? Why not? It is a truth, and you will find these truths written down in many philosophies, religions and teachings. They are the truth.

These little children were faced, then, with this perfectly horrendous (to them) decision to let go of some little gift they had been given. They had to work on that one for a long time, but because the realization came by practicing it, it would never again be lost to them. People read a theory, a philosophy or a religion and decide that this is how it should be; but they do not live it. If you are not living it, it is not a part of you. Do not simply voice it; live it. As you do, it becomes the true lesson of the soul, the true reality of the soul. The children had to learn the same thing.

Having gone through two years of this learning to love, to release and to give, they are now nine years old. Nine, a magic number — first, second and third completions — man's descent into Earth, his merger with matter and his receptivity to God again: As above, so below; the Second Completion, man with God beside him; and the Third Completion, man with God risen to His proper place within him, the Highest Consciousness.

That number nine for the children became a time of very special privileges, all related to learning. At the age

of nine, they began to have lessons in music. They would be blindfolded and had coverings for the ears so that the ears would not function. They had to listen to the music through their feet.

You are familiar with the fact that healing hands allow energy through that is divine. No man heals; God heals through man. Man is the healer only in the sense that he permits the healing energy to flow through him. Your feet are also healing. The soles of your feet represent your entire being and so do your hands. The other place that represents your entire being is your eyes, for the eyes are the windows of the soul, and they know what is going on inside. If you don't want anyone to know about you, cover your feet, hide your hands and, for heaven's sake, cover your eyes. I am being facetious, but it is true. These are the expression points of the entire body. You have often heard the expression that if your feet hurt, your whole body hurts. Of course, because every part of you is represented in the feet.

(Saul's Corner, continued on page 14)

## A Sensory Gift

by Adele Lederman  
Walnut Creek, California

I came upon a city of trees formed in a semi-circle, as if guarding the vent from which a geyser erupted spewing a mist of droplets into the air. The mist welcomed the warming bright sunlight that shone through the prisms of water in the air forming a most familiar rainbow.

I could smell the pungent pine aroma that stimulated the memory of the cleaning days of my childhood.

So new yet familiar was this oasis of active life. The stream running through boasted fish leaping through the surface to catch the skeeters and flies that dared to fly too close to the surface.

Blue skies, green grasses, rushing water, warm sunshine lighting up the mist with a colorful rainbow promising a peaceful adventure of action and quiet beauty.

*(Saul's Corner, continued from page 13)*

The children had to use those sensory factors in the feet to learn to hear the music. The music would be different rhythms and different beats, but with the realization that each beat had a rhythm of its own. If you are going through life at slow beat, that is exactly the way you are going to move, is it not? No other way, but if that beat picks up, so do you. The rhythm of phonetic vibration had a great deal to do with how they were interpreting how they felt, what they were feeling in themselves as well as what they were feeling from the rhythm and beat of the music.

They would be put on a slab on which were various size poles that would be used to beat a rhythm against the slab. The rhythm would vibrate through the slab, and they would pick it up through the feet. When they found a sense of recognition there, they would then be given a partner. They would dance with their hands, palm to palm, and each would feel the rhythm of the beat, pass it to the other and move.

What does this have to do with God? The rhythm and movement of you is part of the universe and the universe is created by the Father and is God. There is nothing that is separate from Him, and they had to know the full rhythmic expression.

Everyone of you, at the point of your beginning, when the very first breath of life was breathed forth into your soul, also attained a position in the universe. Your vibratory rate and the phonetic sound of your being represent a vibratory rate and phonetic sound in the universe. You are tied together by God. This is why everything you do is felt by the universe. That which you do expresses itself not only in you but in the universe. This is why universal love only comes when man is willing to LOVE ONE ANOTHER UNCONDITIONALLY.

That point, then, goes out into the universe, becomes a reality and affects the whole universe — and universes, not only the one with which you are familiar. These children were learning the rhythm and vibrations of themselves, for each one would interpret the sound coming up through his or her in relationship to his or her point in the universe. For instance: If different chimes or bells were to ring in a room, or different chords were struck on the piano, some of you would cringe to certain keys and sounds; others would flow. Your phonetic is not in sync with the phonetic that makes you cringe, so you would feel discord with that phonetic in the universe as well.

However, since the universe is impersonal, you would sense an uneasiness, perhaps when you felt that, but not a feeling of it catching you, or getting you. You would

recognize that that is not where you function best in your universe.

This is what these children were learning to recognize. They found that there were certain people in that room with whom they could dance without any energy drain. They could move for days in perfect rhythm and harmony with just the palms touching and have no fatigue. Dancing with others (if you could call it dancing), they found themselves tired.

After each of these experiments, these inner enlightenments, they would talk about it with their masters, their teachers, so that they would begin to intellectually translate that which they had already felt inwardly,

In many cases, the whole process of learning is reversed. You intellectualize it and then try to get it into you to where you feel it. Not for them. They had to first feel it and understand it, then intellectualize it, explain it and verbalize it. They were dealing with the inner levels of consciousness of the God-Self and had to bring that out.

Having learned the rhythms of the universe — within themselves, at least — they were now able to move on and begin to interact in other ways. They would be placed in pairs and in teams. They would be given a single stick, a pole, and games to play in which they were to attack each other with these poles. They have learned all about love, they have learned all about rhythm, and now they are going to attack each other.

They would play this game first in pairs and then in teams until they learned that they could have a lot of bumps and a lot of pain unless they learned to be still. Always they were thrust back to the silence of their first experience. They found that, if someone was coming at them and they stopped dead in their tracks and were quiet, the other fellow did not know what to do. These children had already begun to build the God-Force within them, the ability to ward off, to have that force a power.

They felt it and intellectualized it, and could now turn it on and off. They could say, now is the time to wall that off, and do it.

The poles were also used for other things. They would be given a very large hole to dig with a blunt-edged pole, and no one would give them instructions other than a hole had to be dug. They would struggle, and struggle, and struggle until somebody would finally say, "If we put two of them together, it might be better." They began to learn that unity creates strength, and unity creates an ability to do that which seems to be absolutely impossible alone.

Always they were put with a puzzle and, when they had tried to work the puzzle out and had come up with some

solutions, they would talk about it and would learn. At the age of nine, they had learned to dance and learned to fight. It sounds an absolute paradox, does it not? Dance is a universal language; fighting, war, is a negative energy. They would constantly be thrown back into a negative energy in order to face the fact that they had learned something to help them cope with it.

How many of you, at some point in your life, have come into an experience that seemed to be insurmountable? What do you say? "Oh, God!" That is a prayer. You are calling on the power of God within you. You are calling on the one thing you know that can overcome unpleasant situations. That is what these children were learning. They were learning to match their consciousness to their feelings and to the situation.

They were put through other things dealing with teamwork and with individual work — all sorts of games all sorts of what appeared to be great fun until you realized how much work was involved. It is like saying wouldn't it be fun to build your own house and then finding out everything you need to do to build it.

It was the same with these children. They were permitted to have great ideas and then had to find out everything that went with the great idea.

This brought them through the age of ten to their eleventh year. They had learned the silence; they had learned the love and the giving; they had learned that they can call on love to conquer an enemy; they had learned that unity helps. They are a tight-knit group by this time. They have been together since. That point, then, goes out into the universe, becomes a reality and affects the whole universe — and universes, not only the one with which you are familiar.

These children were learning the rhythm and vibrations of themselves, for each one would interpret the sound coming up through his or her in relationship to his or her point in the universe. For instance, if different chimes or bells were to ring in a room, of different chords were struck on the piano, some of you would cringe to certain keys and sounds; others would flow. Your phonetic is not in sync with the phonetic that makes you cringe, so you would feel discord with that phonetic in the universe as well. However, since the universe is impersonal, you would sense an uneasiness, perhaps when you felt that, but not a feeling of it catching you, or getting you. You would recognize that that is not where you function best in your universe.

*(Part 2 to be continued in December 2018 ROL)*

## gifts from the universe

by Regan Friend  
Margate, Florida

to give a gift, one must first lift oneself away  
from that thing that sings  
to the other,

“ ... cover your eyes, while I wile you wise  
to size the prize I entrust ... ”

and you, all flushed and blushing sigh, “no.”  
for to give that glow, from one to another, is no small thing.  
... it makes a ring of light, round us and them ...

that blends our minds, and mends our ends ...

the universe is constantly giving to us  
in this way, everyday, everywhere, every time  
we need,

It seeds us ... separating itself from itself to feed us, beholden.



## Sam & Temier Offerings

### Healing Gatherings

The next Healing Gathering is on September 23rd and then every other week thereafter. The Healing Gatherings are free and are given over the web so that they are available all over the world. They are very powerful and include both individual and world healing. Sign up at [www.temier.com/FreeWeb.html](http://www.temier.com/FreeWeb.html)

### Pathways Meetings by the Seraphim Temier

Virtually everyone's perspective either is in change or is in need of change.

You undoubtedly see divisions being created all around you and your natural desire for a new balance is amplified and wants to grow. You experience an inner desire that more is needed, but you are not sure exactly what it is. However, as you learn to cope with the strong and diverse external perspectives, your internal point of view changes. Then, with a bit of help, your personal life path begins to adjust and your real purpose in life becomes clearer.

These meetings will help you to gracefully create a new internal balance. They will permit you to discover the productive changes that are needed on your personal path. They will help build stability even if there is disorder around you.

This will result in a better understanding of your individual potential, which then can lead to a greater expression of your personal power. And that's a really good thing!

Ultimately, and more significantly, as you maintain a stable balance you help to create a more balanced world and a greater sense of belonging.

The meetings occur every other week **right before the Healing Gatherings**. The cost is \$15.00 via PayPal. You can get more info and can register at [www.temier.com/OnTrack.html](http://www.temier.com/OnTrack.html)

## The Universal Runes

David and Shesta Ross will be giving a series of online classes on the Universal Runes this fall. These classes will explore the remarkable material that Julian presented in 1984, including the power and "message" of each Rune. We will work with various Universal Rune readings. We will also cover new, never-before-available information that Saul Srouer recently discovered in the Julian materials, including spreads that Julian gave uniquely for the Universal Runes.

Students who didn't attend the Universal Runes workshop at the 20th Gathering can obtain the Universal Runes booklet, a string-close bag, a cloth for spreads, and 25 sanded wooden blanks to create your own set of Universal Runes and do readings with them.

These classes will meet online over four consecutive Saturdays at 9 am PST. (We may adjust this time a bit to accommodate students). Classes are currently scheduled for the following sets of four Saturdays:

- September 15 to October 6, 2018 (in progress)
- October 13 to November 3, 2018
- January 12 to February 2, 2019
- March 9 to March 30, 2019

Cost is \$50/class (covers all 4 sessions), and \$30 for the Rune set and booklet materials. As the classes are an exercise in self-discovery and communication, they can be taken once or multiple times.

If you're interested or want to find out more, please email us and we can send more details.

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### About David & Shesta

Shesta Ross (B.A. History; CA K-9 Teaching Credential; M.A. Instructional Technology) has taught elementary school, ESL in Iran and Egypt, Meditation, Ceremonial



Magic, Universal Laws, Medicine Shield workshops, among other topics. She became the second certified Transition Energy teacher (just behind Sam Holland), and taught seven multi-year TE classes. Shesta is a member of the Records Group, the Kabbalah Group, and the Mystical Magus Group. She expresses herself as a healer through bodywork, spiritual counseling, and hypnosis.

David Ross' path led him to create Natural Bridges Landscaping, which has kept him very busy designing and installing beautiful gardens in the Bay Area for 30+

years. David's spiritual studies include Transition Energy, the Records Group, the Kabbalah Group, and the Mystical Magus Group. David regularly channels healing music on the piano as a volunteer at Kaiser Hospital.

Rune work is an integral part of David and Shesta's daily spiritual practices, and they may be the only individuals currently working regularly with the Universal Runes as described by Julian.

## Study with Andrea Smith

### *Remote and In-Person Meditation Classes*

#### Transition Energy Studies

Private classes are available for those who would like to review Transition Energy (TE) studies, or catch up and merge with an existing TE class.

#### Personalized Individual Classes

Andrea teaches private classes designed to address the specific needs of individual students.

#### Ongoing Monthly Drop-In Class

Andrea offers a monthly interactive online meditation class. There are no prerequisites for this class.

Each class is self-contained, so a student could attend each month, or attend only occasionally and still benefit from the meditations. Some of the meditation tools students will develop, each of which will be used toward manifestation of personal transformations, include working with the

- **Chakras** (corresponding tones, colors, and elements)
- **Elements** – Earth, Water, Fire, and Air
- **Four directions**
- **Four winds**

This class is scheduled for the second Saturday of each month at 11 AM Pacific Time. The monthly fee, which includes an electronic audio of the class, is \$15 per class payable through PayPal.

## About Andrea

A qualified teacher of mystical sciences and charter teacher of Transition Energy, Andrea is dedicated to supporting students in personal transformation and growing their understanding of their reality selves, core being, and unique potential and path in life. As we transform ourselves, we also change our environment and our planet.



Andrea, ordained as a minister since the early 1980s, is a skilled teacher with earned doctorate and master's degrees in education. Andrea professionally served from 1991 to 2017 as an administrator at the National University of Natural Medicine in Portland, Oregon, including the roles of Dean of Classical Chinese Medicine, Vice President, and Provost. She was on the founding boards of several non-profit organizations, served as a commissioner for a non-profit accreditation commission, and has over 30 years of experience working with non-profits that support the bridging of ancient wisdom into the current age and with educational institutions that honor the sacred wholeness of mind/body/spirit. Andrea is also skilled in energy clearing and assists the transition of entities trapped on the earth plane.

**See Andrea's website for additional information and to register for her classes:**

[www.andreasmithtransitions.com](http://www.andreasmithtransitions.com)

For other questions, contact Andrea at:  
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## About the Ring of Light

The Ring of Light is a quarterly publication serving the Julian Community. This newsletter is a tool to connect our community. *It is your tool to share and use ideas, activities, and creative works.* Thanks to the many writers and editors who contribute their words and ideas to this publication.

### Our Next Issue

Theme: Winter Holiday Magic

Submission Deadline: 12/5/2018

Send electronic submissions to:

[ringoflight@julianteachings.com](mailto:ringoflight@julianteachings.com)

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