

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XI Number 1 February 2004

Julian Discusses...

Julian unwraps the energies of 2004. Our authors share with us their thoughts about abundance, oneness in our Julian community, movement towards perfect health, astrology update, and gratitude for everything.

Inside this issue:

<i>Julian Discusses</i>	1, 3
<i>Community Announcements</i>	2, 3
<i>Abundance</i>	3
<i>Some Thoughts On Health and Healing</i>	4
<i>Asilomar 2003, A Dutch Treat</i>	5
<i>A Grateful Journal</i>	6
<i>Astrology</i>	7
<i>Contact Us</i>	8

ENERGIES OF THE YEAR 2004

We have done that full spiral leap. We have taken our self to a new dimension of visualization. The ability to see, to understand and to conquer more is definitely going to be enhanced and increased.

In 2004 new potentials are opened in the self, new potentials and doors opened for you to accomplish more, do more and interact more.

We are moving more into the spiritual time which is no time. Remember the clock is man invented. In the spiritual essence, there is always time. There is always time to accomplish, as long as you do not put the mental block there. We would do much better if we did not have clocks in a room, because it would never be too late to start something, and we'd never say we did not have time to finish it.

Take in to this new year the thought of time as food, an essence that has no limitation, which can be absorbed through looking at it from the higher vision, which sees it as energy, not as time slots. In that, you will find yourself much more able to use the energy of 2004.

You will also find that every moment of every day is a meditation. That doesn't mean not being aware because you will be more aware than you have ever been, and you have to be in the moment, but that moment in itself is a meditation. What makes it a meditation is, the consciousness is permitting the realization of the higher consciousness.

continued on page 3

Community Announcements

Mystical Wisdom in Cornwall



2004 - Sam Holland and Anne Claire Venemans - will present their 5th European workshop using the environment of nature and the ancient Megaliths to provide a setting for exploring ancient sites in Cornwall, England, starting on June 20 and ending on June 25, 2004. The area to be explored has a strong mystical expression, and contained one of the oldest schools of mysticism. Participants will be staying at the Tregorran Hotel located in Carbis Bay just a short distance from the artist town of St. Ives. The workshop cost is US \$750, double occupancy. Breakfast, two evening meals, four morning field workshops and four afternoon discussion meetings are included. Air and ground transportation is not included. For further information Contact: Bonnie Paradies, (408) 872-1535.

THE SEVENTH GATHERING OF LIGHT



The California Groups are delighted to invite you to the beautiful white sands of Monterey Bay where we will enjoy a full service beach front hotel during one of the most pleasant weekends of the year starting on Friday, October 1 and ending on Sunday, October 3, 2004 at The Monterey Beach Resort, Monterey California.

The price for the entire weekend includes your room for Friday and Saturday nights, all food and conference facilities, taxes and gratuities beginning with a full dinner on Friday evening and ending with lunch on Sunday.

Garden View double occupancy is \$305 per person for the entire weekend. Ocean View double occupancy is \$355 per person for the entire weekend. Full payment is due May 1, 2004.

If you would like to give a lecture or presentation at this event please contact the Gathering Coordinators, Linda and Larry Scheer. Questions can be directed to Linda, Larry or Bonnie Paradies (408) 872-1535. E-mail Linda Scheer at linda@xs.com or write to her at: 643 Dorothy Avenue, San Jose, CA 95125-5727.

Energies of 2004... continued from page 1

You are not going to be able to function the same as you are functioning now. The changes ahead are to your good, but it may be altering the way you run your life or the way you have done things right along because they have been in fixed quality patterns. We are very new in this Aquarian Age, where the fixed patterns are falling away. We are moving away from that with this leap in energy, to where the fixed patterns become a flow.

Dowsing will come back and become very important because this is how they found what they needed when they needed it, by permitting the Divine force to control them enough to let that rod respond. We are moving in to the higher principles.

The opportunity for change comes through flexibility and movement. Without flexibility and movement, you cannot change.

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Community Announcements continued from page 2**Astrological Readings**

Eleanor Johnson will send a 90 minute cassette tape containing your personal astrological reading. Eleanor's fee for this service is \$60.00. Send your requests to: Eleanor Johnson, PO Box 82, La Grangeville, NY 12540.

Friends of the Healing Circle

If you have a healing request, please send all names to Saul Srour. 20 Mountainwood Court, Totowa, NJ 07512. e-mail: sjsrour@aol.com.

The Cupboard is Bare

We need articles, poems, book reviews, and humor for the Ring of Light Newsletter. You can send it via e-mail to wnwalton@earthlink.net or regular mail. See page 8 for our home address.

ABUNDANCE

by Jan McGinniss, Santa Cruz, CA

One of the hardest realities to grasp is that we already have that which we need and long for. The other hard reality is the process by which we try to identify and isolate the feeling of lack that we experience on a daily basis. One of the boons of Saturn's return is that it has become easier to feel the restrictions and learn the lessons needed to resolve lack in our lives. And, once felt and acknowledged, abundance and joy await on the other side as our destiny and birthright. As Julian has taught from the very first TE: 'God is my source of all supply.'

Once supply becomes our companion and Spirit the driving Force in our lives all unimportant and material concerns fall away, much the same way that extraneous rock separates from the spun crystal. In our case we are grist for Spirit's mill.

Abundance is rather paradoxical. It is both subject and object. It is all we ever hope to feel and all of what we need and deserve. Without it you can have material success but you do not have soul growth. Many people, many good people and not so good people have much in terms of thingness. But, true joy comes from the feeling of abundance in our heart and souls. The by product, joy, is what we are called on to manifest now. For if we cannot feel joy in our lives nothing much else matters. Christ did not die on the cross or Ghandi by the assassin's bullet for us to see ourselves as hopeless sinners. They gave service so that we could by example and teaching recognize our Soul's gift. Joy and abundance in every aspect of our lives.



© Jan McGinniss

Some Thoughts on Health and Healing

by Anne Claire Venemans

Netherlands and United States

As Above so Below. Therefore, all possibilities that exist Above also exist Below. For health that means that within each of us the possibilities for both perfect health and wholeness exist. There is also the possibility that all diseases are supported by the energy of this point in the evolution of humanity, the earth and the Universe.

As the human genome gets decoded, some of those possibilities seem to be probabilities for a person, as the genes signal a predisposition for a certain disease. Yet not for everybody this probability materializes. In the same manner, not everybody seems to be as susceptible to bacteria or viruses that we encounter every day of our lives like the common cold or the flue.

In the astrological natal chart those probabilities are also indicated. The chart shows those areas where blockages in personal growth may become blockages in the body, and, when not paid attention to, might become more serious illnesses. This suggests that other factors are at play where health and illness are concerned.

If our reason for incarnation is personal growth, we may create also an impetus for ourselves to stay on our path of growth and to keep taking the next step. Where we at first may feel an urge to do something, eventually, when nothing is done about it, we may create a stronger motivation, like an illness.

This occurs when we are under a lot of stress. Even though we know we should step away from that stress and have some fun, we don't. So we are setting ourselves up for a situation where our body takes over and forces us to step away from the stress: dis-ease.

Often the reason for not moving along our path of personal growth is an emotional one. We may have an

attitude that says things should be done a certain way. The reason to hold on to that attitude is often emotional: "If I don't do it this way I will not be appreciated, wanted, needed, heard, loved."

An inability to flow with what we need for our personal growth, creates a situation where our body forces us to 'do something about it', most likely in an area that is indicated as a probability in our astrological natal chart. It could be even an area that is indicated as a probability in our genes.

The start of the process might come from our own attitude that literally creates our bodily dis-ease. It might be an openness created in our body that gives one of those everyday viruses a chance to 'get in', leaving us sick.

The scenario for disease then, is not 'dictated' by the human genome, nor by our natal chart. It is put in motion by our inability or unwillingness to listen to our own inner voice, to take action to create what it is we need in our lives, to take the next step on our path of personal growth.

This then means that the first step to perfect health and wholeness is to respect ourselves enough to take responsibility for our own path of personal growth. This means being confident enough to realize that we can turn around the process of dis-ease. And to love ourselves enough to know that when we ourselves are feeling fulfilled, we can radiate love to others.

The importance of food in the process of health and dis-ease would find its roots in respect of self and respect of your own body. When you respect yourself and your path, you will nurture your body with what it needs and leave out those things that are a burden to your body.

So, when we take responsibility, love and respect ourselves and nurture ourselves as best we can, the road to wholeness opens to us.

Asilomar 2003, a Dutch Treat
by Michel Post, Maarsssen, Netherlands



With joy, humor, and pleasure I am thinking back at the time I spent at Asilomar last year. A smile runs across my face and everything seems a little bit with less weight. It is so easy to remember those friendly faces and for a moment I decided to spend some time with these thoughts, and I'm inviting you to join me.

It's at the beginning of April and, as in Europe, the weather is fine. More than fine, because the sun is shining, the sky is bright blue, and I have been accustomed to the Californian energy for almost a week now. With Edu I'm driving towards the centre of Asilomar, which lies in a beautiful small town called Monterey. Driving along the coast we discover fields of pink and magenta which forms a bright contrast with the green grass, bushes and trees, and the light blue sea. We decide to stop for a moment. What a joy! To feel the wind caress my face, to smell those new and strange fragrances, and to have the feeling that anything can happen. I feel calm, relaxed, and full of life. I'm really looking forward to this long weekend.

To someone who has never been to Asilomar it is hard to describe. How can I explain the feelings I had? How can I describe the views without pictures to show you? But most of all how can I describe the people I've met because each and every one of them is unique? I can only give you a sense of the energy by describing my own feelings and thoughts of that time, and that is just a glimpse of the whole.

At first I was a little disappointed because June was not able to come to Asilomar. Larry, Sam, Bonnie, and who knows who else, had to come up with an alternative program. I was a little bit skeptical about this, but now, when I'm looking back at it, I discover that it is not the event itself that made this trip so precious and wonderful. It's the feeling of being one with a group of people I've never met before! It's the feeling of finding a new family with people who are willing to open their arms to you and embrace you! People who accept you just the way you are! No strings attached!

But it is also the energy of California and the possibility to feel this energy at a much higher level. There is a feeling that everything is possible, and that things can be transformed within an instant. When something comes to a dead end, there's always a new opportunity, a new road that you can take. To change is almost a habit and I can't say how much I've been changed, just by spending three weeks in this energy.

It's the space that you are in, that is so different from our Dutch climate. The feeling of being able to breathe and not to feel the ropes that are holding you down. Potential is waiting at every corner of a street and is just waiting for you to give it some attention. And it is so easy to do. Life seems easier, but a small voice in the back of my mind is saying: "Isn't the grass always greener somewhere else"?

Still I can't deny that I have been changed. It is almost as if the world is brighter, with more colors and more, much more joy and acceptance, forgiveness and flexibility. And although I'm back in the Netherlands, I just have to close my eyes and imagine that I'm back at the coast of Monterey, with the wind playing with my hair and a smile is instantly back on my face.... indeed this trip was a treat!

A Grateful Journal

By Richard Swerdlow

San Francisco, CA



This first appeared on the "Perspectives" Series on KQED-FM. Reprinted with permission.

A friend of mine died recently. He was young, and he'd been sick for a long time with HIV. He didn't have any money, so he didn't leave anybody much. But he did leave me a gift.

My friend - I'll call him Tim - kept journals all his life. And, in his final days, when his friend Gladys suggested to him that he keep a gratitude journal, Tim rejected the idea.

"What do I have to be grateful for?" He said. He was suffering horribly with his illness, he was flat broke, and long estranged from his family. Even his precious cats had to go, since he was too sick to take care of them.

Not long after that, Tim went into the hospital. He never came out. His friends make plans for a memorial service, and started cleaning out his apartment. Tim, a very private man, left instructions that his journals - all those journals he had so carefully kept all those years - be destroyed. The journals were stuffed into a trash bag destined for the paper shredder.

But one escaped the shredder, and sat overlooked by his bed, open to the page he had been writing the day he left for the hospital. So, we found one last journal. A gratitude journal.

"I'm grateful to see the blue sky." was all that was written on one page. On another, "I'm grateful for ice cream."

The pages continued. One entry read, "I'm grateful for my friends," another read, "I'm grateful for my memories."

Still another page read, "I'm grateful for a day when I don't throw up."

The rest of the journal is blank, ending abruptly.

I think about that journal a lot.

These days, complaining has become rampant, with people griping constantly. If I'm sitting in some cafe and I overhear a conversation about "relationship issues" or someone is going on about how annoyed she is with her new haircut, my mind flashes to Tim and his gratitude journal.

We all have problems but - imagine if - instead of complaining, everyone really looked around and realized how many things we also have to be truly grateful for, every single day. Imagine what a different world it would be if everyone kept, like Tim, a gratitude journal.

And I will always be grateful to Tim for showing me that. With a perspective, I'm Richard Swerdlow.

Astrology



May the stars shine upon you!

By Eleanor Johnson
La Grangeville, NY

The year 2004 begins with Uranus going into the sign of Pisces until the year 2011. Pisces is a mutable water sign ruled by the planet Neptune. The element of water accents feelings and intuition. Intuitive feelings will speak loudly and clearly to all of us.

The planet Uranus shatters anything outmoded in our lives. Uranus helps us seek freedom from the mental and emotional influences of the past that are detrimental to our seeking higher spiritual identity and self-realization. All things ruled by the planet Uranus, and the sign of Pisces will be at the forefront of our consciousness collectively and personally.

Uranus rules inventions and Pisces rules the ocean. We can expect many new medicines from the ocean.

The Christian faith will undergo changes, and all faiths in general will become energized in the higher spiritual vibrations of Pisces .

Pisces is also connected with the arts along with the planet Venus. The motion picture industry is ruled by Pisces. We can expect lots of movies that awaken very deep

emotional feelings within us.

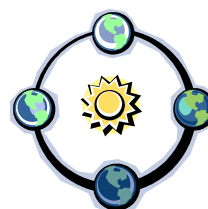
Technologies related to higher vibrational healing methods will be more accepted. Herbal medicine, crystal power, Reiki, and homeopathy all come to mind.

The planet Mars is in Taurus in February and March. Mars emphasizes action, assertiveness, and strength. Mars is in its detriment in Taurus. Mars' energy is curtailed by the fear of change as Taurus is the most fixed sign of the Zodiac.

On the positive side Mars in Taurus can encourage practicality. This can be channeled into useful tasks that can produce concrete results.

March 20, 2004 is the Spring Equinox. The Spring Equinox ushers in a new moon that day. This is very auspicious for the Spring Equinox. This is the season of new beginnings.

Saturn is the teacher and defines the way we program our world. Uranus being the new can help us move forward with wisdom we have gained from the past. Saturn places it into action with Uranus.



Contact Us....

The Ring of Light is a periodic publication serving the Julian Community. A \$10.00 US annual contribution on your part will cover the cost of your newsletter! Make checks payable to Dan Walton. This newsletter is a tool to connect our community. It is your tool to share and use ideas, activities and creative works. Thanks to the many contributors.

Address Changes: Notify Sam Holland AND Jan Clayton

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Next Issue Theme: What has happened to you in 2004?

Deadline for Submissions: March 31, 2004.

Dan & Nancy Walton - Ring of Light Editorial Team

Newsletter Submissions—How to !

For entries larger than 25 words, please submit a text file in

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We invite all of the Julian Community who receive the Ring of Light Newsletter to support the newsletter in 2004.

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ROL via E-MAIL!

What a novel idea!

We are looking into having the ROL sent by e-mail for those who prefer an electronic version. If you are interested please contact us via our address ~ wnwalton@earthlink.net



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