

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XI Number 2 September 2004

Julian Meditation

After a summer hiatus for the Ring of Light, we believe the September newsletter offers something for everyone.

Each and everyone of us, at one time or another, has had an irritant in his/her life, and Julian offers us a positive process to deal with it.

Russ Beck takes us to a Peruvian Sacred Space for Healing. Dan Conway takes us to Spain to share his Rhythm of Life dream. Remember Roberta Costick telling us about CoEnzyme Q 10? She now tells us about the extraordinary power of Olive Leaf. Elsie Cirimele shares a scrumptious desert recipe. And Eleanor Johnson looks to the heavens to find answers to our questions.

Inside this issue:

<i>Julian Discusses</i>	1, 3
<i>Sacred Space for Healing</i>	2, 3
<i>Good News from Holland</i>	3
<i>Rhythm of Life</i>	4
<i>Astrology</i>	5
<i>What if I told you....</i>	6
<i>Community Announcements</i>	7
<i>Almond Meringe</i>	7
<i>Contact Us</i>	8

Transformation of an Irritant

I want you to center into the very center of your being and permit the inner light to flow through you. As it flows through you, the awakening of the consciousness occurs.

At this moment I would like you to think of something that you feel you would like to change, and I would like it to be an irritant in your life at the moment.

As you begin to see that irritant, you begin to focus on it in the sense of alteration. This irritant in your life is under your control. How it affects you is under your control.

And what I would like you to do now is see that irritant as if it were sitting in the center of a ring of light right in front of you. I want you to begin to let that light begin to move in a spiral pattern up from the irritant.

As it comes up to the first level of the spiral, the first ring on the spiral, look at it again and on the first ring you are going to ask "Why?" Why is it an irritant?

Now you are going to let the light move up into the second spiral. On the second spiral you are going to awaken the consciousness to look at the irritant, and to see it from every angle. Your mind is opened, and a greater understanding of the whole thing is going to begin to occur.

continued on page 3

Sacred Space for Healing

By Russ Beck, Cupertino, CA

We create sacred space by leaving behind the affairs of our daily life so we may meet the divine. It allows us to enter our quiet inner world where healing takes place. It also gives us access to the luminous healers from the Spirit world. After we finish our healing work, whether on others or ourselves, this sacred space must be closed by thanking those energies we have called in the opening; the four directions, the four winds, Heaven and Earth, and by releasing the called archetypal energies back into nature.

The ceremony each person uses to create or raise the level of a sacred space will be revealed as we use the ceremony. You will be given this knowledge through prayer. The use of candles, wand, feathers, incense, drums, chanting, etc. are options. There are basic components to consider in forming a foundation and movement out of self:

Form a circle of purification and protection around the space using the motion of your hand, scribe on ground, circle of cornmeal, rope circle, etc.

1. Send all your heavy energy into the earth and fill your body with pure energy. Ground yourself.
2. The four directions - doorways to the movement of energy.
3. The four winds - they allow for movement and creation
4. The Earth - the receptive and nurturing feminine principle.
5. The Heaven - the Sun being the creative masculine principle

The merging of the energies of above and below allow us to embrace them as our natural parents and dedicate our healing effort to the Great Spirit, the Creator of all.

I use the following to create or raise the sacred space. It is a compilation of different cultural concepts. The archetypal animals vary with the culture but the properties of the energies remain the same for the

four directions, Heaven and Earth, and the center which is the healer, magus, and shaman. These are the seven directions and the organizing principles of nature. The archetypal animals in the following are mainly from Peru.

To open Sacred Space

Stand facing the direction with arm raised and palm open, point with wand, drum with four beats, point with feather or use fan to smudge, or blow scent like aqua florida.

To the winds of the South, Sachamama, Great Serpent, Kundalini:

“Wrap your coils of light around us. Teach us to shed the past, the way you shed your skin. Teach us the principle of health and knowledge, to walk softly on the Earth, teach us the Beauty Way.”

To the winds of the West, Mother-Sister Jaguar with feet in two worlds:

“Protect our medicine space, teach us the principle of renewing force. Teach us the way of Peace. Show us the way beyond death.”

To the winds of the North, Q'enti - humming bird:

“Teach us the journey of evolution and growth. Grandmothers and Grandfathers, Ancient Ones, Teachers of the past, present and future, guide us in our quest, whisper to us in the wind. We honor you.”

To the winds of the East, Great eagle - Anka, Condor:

“Come to us from the place of the rising sun, keep us under your wing. Teach us the principle of self-transcending. Teach us to fly wing to wing with the Great Spirit.”

(kneel - touching Earth)

Mother Earth – Pachamama”

Julian's Meditation continued from Page 1

Now you let that light move up to the next ring, spiraling upward. You are going to ask yourself, "In this higher vibration, in this clearer brighter light of understanding, is it still as important as it was."

In the final spiral, you are going to put it in its final perspective and either accept or reject it.

I want you to just stay in that light, that elevated light. Feel love very deep in the very core of your being. Flood your heart with love, the love in the purest sense, the love of spirit, the light aspect of love. And as this wells within you, I want you to see it move through you, and out from you, until the entire room is filled with that love. I want you to hold the thought that, "This is who I am." "This is who I will be." "This is my voice in the universe."

So Be It.

Edited by consent of June/Julian.

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Sacred Space for Healing—continued from page 2

"We gather for the healing of all your children, the Stone People, the Plant People, the four legged, the two legged, the crawler, the finned, the furred, and the winged ones - All our relations."

(Stand - point up)

Father Sun, Grandmother Moon, to the Star Nations:

"Wiracocha, Great Spirit, you who are known by a thousand names and you who are the un-namable One, thank you for bringing us together."

"Earth energies rise, Heaven energies descend, mix and merge becoming One as in the beginning. This is the seventh direction."

This seventh direction is the healer, magus, shaman.

It is also important to include your power animals, spirit guides, or angels in this sacred space in whatever method of healing you use.

Good News Update from Holland

Claudia Bicker, Buren, Holland



Hello everybody, you all were on my mind lately. So I decided to write you about me, Claudia, since we met at Julian's workshops (and Asilomar!) in 2000. Since then I studied Hypnotherapy with success, and am now practicing. My clients vary: from boarder-liners to college students who need help. I've had an amazing success rate, I think also thanks to the Julian teachings. I've been able to use TE insights, which seem to speed up the results. I now live, and practice, in an old Rectory with lots of land and animals, from dogs, cats, rats, to dwarf goats, a pig, geese, ducks chickens, lots of lively elementals, fairies, you name it, we've got it. I can definitely feel the difference in my life on all levels. Changes galore, just like Julian promised all of us, and I love it! Many of your dear faces come to my mind while I write these words. If you wish to contact me, you can e-mail me at claudiabicker@wanadoo.nl. I wish all of us much joy and flexibility!

Lots of love and Light, Claudia.

The Rhythm of Life

by Dan Conway, Oceanside, CA

In my youth, I had had many dreams of being a part of a flamenco musical and dancing group. Then the dreams seemed to have stopped in mid-air. Perhaps the vicissitudes of life took over. After a personal life reading with Julian, I learned of three past lives that influenced my present life. No mention was made of a life influenced by the flamenco, and I had forgotten those repeated wisping dreams of my youth until recently when I ran across a photograph of a flamenco dancer.

My flamenco experience began at a table laden with tapas of olives, cheese, and well-cured local ham. A spicy rioja washed down the local produce and helped build an atmosphere of ebullience. The odors of wine and smoke hung heavy in the night air. At midnight, with a moon silhouetting mountain crags, the music began.

The deep resonance of a guitar was the first to break the sound of small chatter. Plucking fingers picked out a melody that curved first among the lower strings, somber and slow, setting the scene for the drama ahead. A voice emerged. A melancholy baritone, evoking a memory of a love lost long ago, carried me away with nostalgic distraction.

Then abruptly, a rhythm of percussive instruments broke through. Fingers exploded on strings and drummed a deep and regular beat into the tables around me. Additional musicians broke in. Others, clapping and stamping their beats and counter beats, marking out the campos. The body felt the rhythm of the flamenco music.

And into the maelstrom stepped the dancer. Eyes smoldering, long dark hair carving an arc in the

light of the moon, she was passion itself. The musicians accelerated. The guitar gushed forth a torrent of notes, sprinting through soaring turns and trills before returning time and again to the anchor of the root chord.

The dancer kept up, her long skirt skimming the center floor, its flowing folds accentuating the serpentine movements of her body. Heels kicking hard into the wooden floor and arms sketching a circle above her head, she kept her upper body poised in a state of grace before surrendering to the insistent demands of the beat.

Time and again, the rush of movement was punctured by abrupt halts, as if the certainty of love had failed. A moment's doubt and then on once more, the dancer turned back to the urgency of life and love, chasing, teasing, soaring, and lilt-ing.

She was bewitching as she strutted, stomped, and spun her way across the stage, stretching every sinew, maneuvering every muscle, and attempting every twist and turn that the human body could make.

I picked up the beat with my heels, then added a staccato of demand, joining in the dance of life between woman and man. For a dizzying moment, I would be disconnected from the earth. I was only the rhythmic and staccatic sound of leather heels on the wooden floor while the wooden castanets within her slender fingers leant a separate higher pitched adagio. In those moments was the rhythm of all life.

The rhythm halted all too abruptly. The crowd began to applaud. The spell broken, it would be a moment before I returned to earth.

Astrology



Feature Column by Eleanor Johnson
La Grangeville, NY

The summer season begins with Summer Solstice June 20th at 8:57 pm, eastern daylight savings time.

The Summer Solstice represents going within and nurturing the seeds we have planted at the Spring Equinox which is the sign of new beginnings. The Summer Solstice always begins with the Sun sign entering the sign of Cancer, a Cardinal water sign. The keynote for this sign is feelings, emotions, nurturing. Cosmically the sign of Cancer says, "I seek myself through what I feel".

There are several transiting planets in water signs the month of June. the element of water likes to flow. It does not like to be confined. If it is not allowed to flow, it will stagnate.

On the human level, the element of water provides man with the understanding and confusion for the feelings of others. Two major planets in water signs are Saturn and Uranus. It is most important that we focus on and understand the element of water.

Saturn rules the earth plane. It is in the element of water in the sign of Cancer until July of 2005. Saturn is encircled by rings indicating limitation and restriction. Only when we take responsibility for our actions on a personal level can we then be capable of handling the power which comes from an expanded state of consciousness.

Saturn is the bridge to understanding the higher vibration planets, or the trans-Saturnine planets, which are impersonal. Uranus comes after Saturn in the heavens. Uranus unlocks the restriction of Saturn giving us a more enhanced awareness of life's possibilities. But only when we do our Saturn, only when we realize we create our own reality, can we climb the mountain which is symbolized by Saturn, the tutor

and teacher.

The keynote for Uranus is "Behold, I make all things new". This Age of Aquarius which is ruled by Uranus says, " I seek myself through interactions with others".

The month of July has the personal planets in fire and air. Mercury and Mars are both in Leo, a fixed fire sign. Fire signs like to be active physically. Your creative juices can flow nicely in this sign. Leo, is considered the sign of self expression and self creativity. You will also want to have fun.

Mercury in Leo is strong willed with a fixed purpose. It bestows willpower and strength. Just be sure you allow yourself to see the other person's point of view.

Mars is in Leo all of July up until August 10, 2004. Mars is our motivation, our courage, our physical energy and stamina to meet with life's difficulties and pressures. Mars in Leo is energy plus. It is determined and creative, a strong will with no intention of taking a back seat to another. Mars in Leo hates to be wrong and can be fixed in conviction and opinions. However, they can always be reached with respect to their opinions. This sign functions positively when linked to a higher humanitarian purpose.

August has Venus enter into the sensitive sign of Cancer. Venus in this sign is sentimental and family relationships are enhanced. Food may be emphasized. You may find a desire to cook exotic meals and enjoy eating them as well. Watch the cakes and cookies.

August and September find Jupiter making a sextile in the heavens with Saturn. This is a favorable aspect. Jupiter in Virgo gives us the ability to scrutinize and to analyze carefully philosophical concepts and aspirations. We are to apply these abilities practically in our lives with the wisdom and good judgment which is Saturn. It can give us a new start to project our goals and objectives to allow them to manifest in our world. Use them wisely and well.



What if I told you I had a pill ...**Roberta Costick, Modena, NY**

What if I told you I had a pill that would strengthen the body's immune system, prevent such viral disease such as HIV, Epstein-Barr, Herpes and influenza? What if I told you I had a pill that alleviates sore throats, chronic sinusitis, skin disease, and pneumonia? What if I told you I had a pill that would eliminate symptoms of all types of infection including yeast, fungal, bacterial, viral and other parasitic protozoan? That this same pill would effectively treat chronic fatigue syndrome, athlete's foot, arthritis, psoriasis, even the common cold.

A sensible person would have to ask what side effects does this pill come with. My answer to that question would have to be that there are several side effects. The most notorious side effect found is that diseases were not only prevented and stabilized, but also actually cured. This pill has been used for thousands of years, but has only been recognized by herbalists and holistic doctors in the last few years as a totally effective and completely safe all natural healing substance. In the New Testament, there is an angelic vision of a "tree of life" whose leaves "were for the healing of the nations". When Noah's dove delivered the freshly picked olive leaf maybe it was not about the fruit of the tree but the leaf itself. Much is known about the fruit of the olive tree and the oil produced from the fruit. It has served as a source of food as well as lighting and cooking oil. The rest of the tree has not seen such accolades. It is now time for the leaf of the olive tree to come into power.

The Egyptians were the first to know that the olive leaf has extraordinary power, a heavenly power. They used it to mummify their kings. Later cultures used it to protect the living. It is known as an old folk remedy for combating fevers.

In the 1800's medical reports described how olive leaves cured the worse cases of malaria. When the men returned from the tropical colonies with fever they were treated with olive leaves boiled in water.

Research or clinical experience to date suggests that Olive Leaf should be considered as a healing participant in the treatment of conditions caused by or associated with virus, retrovirus, bacterium, or protozoan.

Healthy people also take olive leaf tea for energy and for the over all feeling of well being. If you take it when you are healthy it does not suppress the immune system. It has been reported to enhance the immune system, increase energy, internally cleanse the body, protect against the oxidation of low-density lipoprotein, reduce or even eliminate health problems and lower elevated blood pressure.

The question should be in what form you will decide to take your olive leaf, not if you will take olive leaf. As a tea, in capsule form, or in powder, it is effective and recommended. As a health maintenance supplement, in my opinion, you will not find a better investment.

Community Announcements

Landscape Smart



David and Shesta Ross who reside in San Jose, California will be featured in a television program in November 2004 called "Landscape Smart". You can see this program on HGTV Saturday morning at 8 am Pacific Coast time and 11 am Eastern time. We do not at this time have the exact date for David and Shesta's program in November.

TE XL1 (41)

Julian has given Sam Holland TE XL1 (41). Sam will deliver it on: Wednesday and Thursday evenings, November 3 & 4. @ 7:30 pm; Place to be announced. The cost is \$25 per night which includes the tape.

For further information Contact: Bonnie Paradies (408) 872-1535

Almond Meringue Roulade

Submitted by Elsie Cirimele, San Jose, CA

One of the fun aspects of traveling is visiting new places and tasting new foods and desserts. This scrumptious dessert will always bring back fond memories of the Summer Solstice Celebration in Cornwall in June 2004 with Sam Holland and the gang.

I encourage you to make this delicious recipe for your friends. You will be the "Cornwall" cook in town. Wishing you all more joy in your life and a delightful autumn.

- 12 egg whites
 - 24 tablespoons of sugar
 - 1/2 cup of finely slivered almonds
 - strawberries
- 250 degrees - about 1 hour



Have egg whites at room temperature.

Beat egg whites until foamy and frothy. Gradually add sugar 1 tablespoon at a time. Whip it until stiff peaks are formed.

Place on baking sheet that is lined with parchment paper.

Sprinkle finely slivered almonds over the meringue. Bake at 250 degrees for about an hour.

Turn off the heat in the oven, open the door, and leave the meringue in for at least 5 minutes

Allow it to cool. Cover with whipped cream. Carefully roll it up on a sheet of grease proof paper/ parchment until it forms a log.

Serve with fresh strawberries.

ENJOY !!!

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: Door Openings

Deadline for Submissions: November 1, 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



Ring of Light

A Newsletter of the Julian Community

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