

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XIV Number 2 June 2006

Our theme for this issue is the energy created by Mergers. Each of our writers has addressed this from their unique perspective weaving a beautiful tapestry of ideas for you.

Eleanor tells us about fusion (mergers) of the Venus and Mars energies in October and the opportunities this creates. Blanche is merging her technical and creative energies in her article on Volunteering. Sharing with us the Orkney Islands workshop experience in May, Anne Claire tells us to be still and listen. John unites his spiritual life with his day-to-day actions. Ann Strauss in her poem creates a band of Divine Light and Love flowing around the world.

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Julian Discusses

Mergers



“...mergers within your own energy (can occur when) you permit two parts of yourself to work together. Where you take the creative side of yourself and you take the technical side of yourself, and you invent something wonderful.”

1) 7th Gathering

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

“Within you is a Reality that is one with the universe, that is one with The Divine. This reality Self or High Self is all wisdom and all love. It is in this space that your power dwells. It is not in the ego-personality physical body but in the spirit reality of the high consciousness. This is the perfect space of you. It belongs to you.

Taking time to connect with the high Self is the most important thing that you can do for growth and peace and wisdom. Becoming self-aware means recognizing your beauty and your perfection. It is accepting our oneness with God and living that oneness. In the presence of your Self, you are in the presence of God.”

2) Self-Awareness Development Class, Series 1

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

**To be still, and listen; reflections on the past,
while on a trip to the Orkney Islands.**

by Anne Claire Venemans Utrecht, Netherlands

It never ceases to amaze me that, when I really take my time and listen, stories, lessons, and even little pearls of wisdom seem to well up from all that is around me. Sometimes it is something that the next person in line says, that hits me as a little piece of truth that seems to come out of the blue. Other times I just go some place to sit still and listen... To listen to nature; listen to the wind. And then there are those instances when I visit sacred sites, when I tune in to the site and ask to be told its story.

In May, Sam and I taught a workshop in the Orkney Islands, situated North East of Scotland. Most sites on the Orkneys are thousands of years old. And sometimes even older sites are underneath what is still visible in the present. To me the perfect setting to sit down and ask in meditation about the land and about the sites.

The Land Remembers

The land is old.

Many have found this land, lived here, and then left again.

The land remained.

The land remembers. It can still tell the stories of those that came here, of how they lived and died. The land knows their struggle for survival, how they built their shelters. How they buried their dead. The land can still see the faces of those that built the great rings of stones. It recalls the effort it took them, the pride and accomplishment they felt when it was done. The land can still feel the warmth of their worship.

The land is old.

From the beginning of time it has seen those who came and went. It has observed all the events as they took place. And then, after a while they lost their importance as eventually the next event came along.

The land knows Man and his story, and the land tells her story to those who listen. To her story of history.



One of the sites on Mainland, the biggest of the group of islands that make up the Orkneys, is the Ring of Brodgar. It is an enormous stone circle that in its days of glory counted 60 stones. Now about 35 stones are left, and still it is an awesome sight to behold.

The Ring of Brodgar

Seers from an ancient tradition would seek to work at the Great Stones of Brodgar. Their visions provided the answers that were needed. Their predictions were accurate. But they saw much more than the answers to questions. They saw ancient things, and things of an unknown, far away, future. They saw and knew and understood. And each Seer stored all that he knew and understood in one of the Great Stones.

And as time progressed the Great Stones of Brodgar became a library of all the knowledge the Seers had amassed. As more and more people became aware of the existence of this knowledge, this place of visions and wisdom became a seat of power. Less and less it was the place of worship and guidance; more and more it became the place of judgement and punishment; waiting for the right time to be cleansed.

The knowledge remains. Sealed in each of the Great Stones of Brodgar are the records of the visions of a long line of Seers from an ancient tradition.

The Seers Song

Seeing in the darkness of the night

Seeing when the sun shines bright

At dusk and dawn

The visions come

They are weaving patterns

The patterns of change

Even though it is the end of May, the breeze is cold. This must have been a harsh climate to survive in ancient times. Long, dark, cold Winters, set off with Summer nights that seem to stitch dusk and dawn seamlessly together.

I turn my attention to the Stones that are still left of the Ring of Brodgar.

The Wisdom of the Stones

In the past

We were here

Watching the Heavens

And the Earth

And how they slowly shifted and changed.

In the future

We will be here

Watching the Heavens

And the Earth

And how they are slowly changing and shifting

In the present

We are here

Stable and balanced

The foundation

For action and movement on the path of change.

I realize that this is one of the key areas for me in this life time. The energies on the Orkneys seem to help me to bring all parts of me together.

Realization of the Present

This is where my core can reach up to where my soul is home.

This is where my core can reach down to where my body manifests.

This is the anchor to my path

The manifestation that is the present.

I find that this is a place that brings time back together for me in a way that allows me to truly focus on what is happening right now in my life. And with every meditation the scattered feeling that seemed to be with me for so long, diminishes, until it finally disappears altogether.

Time and Space

Stability

Tranquility

And the right to be

Me.

In time & Space

There is a place

Where the past is raised

The future praised.

Instead of sequential

Here all potential

Happens now.

The Orkney Islands are an excellent place to mold space and time. And this place seems to have been used for just that throughout time. It allows me to come to the realization that time and space are relative things. The only place where I can make a difference is now. In my mundane, physical, daily life.

Time is Eternal

Time is eternal

It is the events that move in and out of time and space

And as such come from the future, into now;

And when they have happened they become past

Time is eternal

Although we measure it in seasons,

Moon cycles and sun cycles,

In reality all time is now.

Time is eternal

When we travel through time, we look at all events strung together.

And we follow the string until

We find the event we want to examine.

Time is eternal

It is the experience of events that have happened, and that have yet to happen

That culminate into the full experience

Of eternal time.

Life, like time is eternal

Experiences follow each other as beads on a string.

Life, in eternal time, allows us awareness of each of the beads;

Those already strung together, as well as those still waiting to fit in.

I'm A Volunteer...

Blanche Duffy
Saugerties, NY

I have always believed that everyone must give back to the universe for the abundance we receive from it. Of course, not everyone considers what they have to be abundance but as Julian so eloquently put it once, "If you woke up this morning, you have cause to be thankful. If you have clothes to put on and food to eat, you have cause to be thankful..." So, after I retired I decided that it was time to increase what I was "giving" and become more involved with people outside of spiritual groups.

One of my first endeavors was as an Ombudsman to advocate for nursing home patients. This had to be one of the most heart wrenching experiences I had encountered up until then. I saw abuse of the elderly and disabled that made me wonder what country this was. Was this really the United States of America which "promises" liberty and justice for all? Or was I living in a nightmare?

Not being someone to sit back and say "Can't fight City Hall" I was soon on the phone and writing reports which I directed to the Federal Agency in charge of monitoring nursing homes. After some heated discussions a team of investigators was assembled and sent to the nursing home on a surprise visit that commenced on a Sunday about midnight! They not only verified all of the complaints I had made but found many more which I had not picked up. Their report listed 92 findings, which led to a determination of "Shape up or get out of the program and no more funding." (Not exactly in those words but that meaning!)

Because of health issues it was becoming increasingly difficult for me to walk the rounds at the nursing home and I opted to let others take over the surveillance work in the nursing home. I would become involved in one of the other areas that allowed for doing

the work primarily in a sitting position.

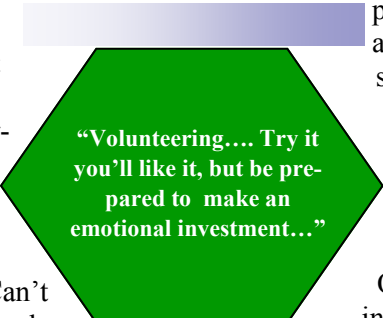
In the meantime a study of old stone houses that the town was undertaking was about to begin and I volunteered for that. What a blast! I was involved in the counting of about 100 old stone houses, got tours of many of them, learned absolutely fascinating histories of some, and thoroughly enjoyed myself.

As the counting and reports of the old stone houses was nearing completion the second "people issue" cause for which I had volunteered was picking up steam and I became deeply involved with that. This is with the Office for Aging and involves assisting people with Medicare, Medicaid, and other insurance problems. My first impression was "piece of cake!" During my working career I had worked for the Federal government in the Medicare regional office in New York City so I thought it would be a breeze.

Ah, how foolish we humans are! Shortly after the action began to accelerate with Medicare and the prescription drug program the county coordinator of the insurance project became very ill and made transition within weeks. The Director of the Office for Aging asked me to take his place and knowing that the other volunteers neither wanted the job nor were they ready for it, I accepted.

One of the things that the publicity for signing for the prescription drug program did was to reach people who were barely able to survive but had never asked for help because they did not know where or whom to ask. These people began coming into the office by the dozens. Many of them had previously had horrific experiences with agencies that were supposed to help but actually made their lives worse!

I cannot tell you how many of these people are barely able to keep body and soul together trying to live on amounts like \$600 per month (some even less) including paying for rent, food, medications, etc. And yet so many of them had been denied assistance for totally outlandish reasons. One example that comes to mind was a man who received \$624 per month. He had managed to get on Medicaid but had a spend down because his income was too high. In January his Social Security check was raised for cost of living to \$629. Since agencies do not coordinate with each other his rent went up nearly \$30, his Medicaid spend down went up



"Volunteering.... Try it you'll like it, but be prepared to make an emotional investment..."

\$10, and the total amount he had to live on was about \$15 less per month than he had before getting the cost of living increase. Since I could do nothing to change the policies of the various agencies involved I turned this problem over to a congressman's office and the staff there was able to negotiate some help.

There was another woman who lived in a shack with a leaking roof. She had no electric, no running water, and went down to a stream for water and carried buckets of water up to the house. Fortunately, I was able to find a volunteer agency to help get her house in livable shape at no charge, and to get her some other help as well.

Of the many cases I worked the saddest one is not yet resolved but I'm working for a solution. A middle aged couple, both disabled, have been told that the only way Medicaid will continue to pay for the life saving treatments the husband must have twice a week is for them to get a divorce. He is not entitled to monthly benefits under Social Security Disability because of a spotty work record. She receives about \$1600 per month from Social Security Disability and a small pension from her former employer. This is the only money they have to live on to pay rent, food, clothes and many other bills. Because their total income between them is over \$900 (the Medicaid limit for a couple with no regard for the total amount of their bills) she has been told that unless she pays \$600 towards the medical expenses his treatments will be cut off. When she spoke to the caseworker and asked what will happen if she does not use \$600 towards the medical expenses she was told "Get a divorce or he'll die!"

When I called Medicaid to complain about the callous caseworker and to check if that was actually true about getting a divorce I was told that because of changes in Medicaid funding divorce is the only way to get payment made for couples who are over the \$900 limit and cannot meet the spend down requirements. Well, I've been on the phone with both federal and state legislators trying to appeal for the change in legislature that this horror requires. Since then I've heard of several cases where couples have actually divorced to keep Medicaid paying for life saving treatment.

As far back as I can remember I have been concerned for the welfare of others, but I can honestly say that nothing had prepared me for what I would encounter as a volunteer for the Office for Aging. I cannot even count the number of times I have been brought to tears upon hearing the problems of people coming in for help and advice. If I was considered militant in my advocacy before, I have become a storm trooper for righteousness with my current experience. I had no idea how many of our fellow Americans are living lives of unspeakable poverty, degradation, and disenfranchisement.

The hype we hear on a daily basis on how great Americans have it, how spoiled we are, and how generous we are to those less fortunate is largely the pipe dreams of those writing the articles. To the people who write these "news" stories I invite them to come spend a day with me at the Office for Aging and check out their theories in real life. What a surprise they will have!

Doing volunteer work is one of the most rewarding things you can do both for others AND for yourself. Whether you volunteer helping children or adults, animals or the environment, you will find that the amount of satisfaction you derive from it is one of the best highs you will ever experience regardless of what you take to reach that high! Each time you can write "case closed" on a folder and watch the result of your efforts walk off in a better place than when you first met you realize why you decided to come back into a life on earth one more time! The realization that you are working with the Creator doing the Creator's work is compensation far above any monetary payment anyone can offer. Of course there are frustrations, and I have to admit I've resurrected some old words I promised not to use any more in dealing with those frustrations, but the rewards are beyond description.

My best advice to anyone who has never experienced the satisfaction of volunteering is ***TRY IT – YOU'LL LIKE IT! But, be prepared to make an emotional investment that will sometimes see you floating on a star and other times necessitate the need to dig yourself out from the muck and the mire. Yet, like me you might just get hooked on it!***

DREAM BIG!

John Svirsky
Garrison, NY

Life is an opportunity to put dreams into reality. In writing this article I am shocked at how I have cut off my ability to dream. I am not just talking about dreaming when I am asleep. I'm talking about me dreaming and day dreaming, fantasizing about what I would like in my life; what directions I would like my life to take. Like many of us, my ability to allow myself to go beyond the rational has been worn down over time by the fears and pressures of every day life.

So even if it is just for this article I will give myself the luxury of daydreaming without fear of repercussions, without the voice in my head saying, yes, but!!! Without listening to all the reasons why it is impractical and all the reasons why I can't. They might be true, but I can still dream.

In the sleep state, I believe many of our dreams are inspired by our teachers from the other side, giving us guidance about how to handle the past, present and future of our lives. Before I go to sleep I ask that I may enter a state of intelligent sleep. I ask that my guides and teachers help me to release that which holds me from me being present now. I ask my guides, "Inspire me to perceive and feel my whole being, not just the expression that I call John." Before I go to bed, I don't always do this, but when I do, I feel so much better. I review all that has happened during the course of the day. I look at that which I like and that which I would have done differently, which is a nice way of saying that I screwed up. But the universe is kind; it will give me another chance tomorrow. So I give thanks for all that I have been able to do.

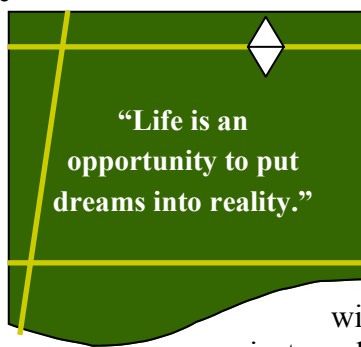
I acknowledge my spirit guides and Angels that have directed me through this day and ask that tomorrow I may be better to hear and be able to follow their inspiration.

The important understanding, I have come to is that I am always guided. God is always helping me. So for me to just pray for help in a given situation, I am sure my guides, Angels and God itself are having a good belly laugh, saying, "We have done nothing but help you, John." The issue is not my guides helping me, the issue is me

allowing the help into my life. I need to stop trying to control how God helps me and start accepting that once I asked, the answer has already been given. I just need to take the next step, what ever is in front of me and see where it leads. Rather than waiting for the miracle complete

with horns, trumpets and angelic choir, I just need to take the next step. For me the key is to keep on taking action and be aware, be conscious of my environment. This is a big transition for me. I was o.k. up to the part of being aware. I thought it was up to me to push, force and make it happen. And then at other times, I thought my job was to do nothing and say God will show me the way, while doing nothing. Bill Burke loved to say, "You got to play to win." If you don't buy the lottery ticket you can't expect to win the lottery.

Which brings up another wonderful point: just because you take an action doesn't mean it will happen, and most likely it will not happen the way you think it is going to happen. One must also look at their inner belief systems and see if that is in harmony with the action taken. For example. I believe playing the lottery is for suckers. The odds of winning are so small, just like gambling at the Casino. I tell my friends who love the excitement of gambling, "Give me \$100 and I will give you back \$89 and I will do this



all day long.” For that in reality is what happens at the Casino. So having this belief about gambling, if I bought a lottery ticket on one hand I am hoping to win big, and can justify why I should (I am really good at justifying) but on the other hand part of me feels like I described above. The two aspects are in conflict. So whether I win or lose one aspect of me will be telling the other aspect of me, “I told you so.” One aspect will try to sabotage the other aspect to prove that it is right and protect the other side from making this mistake.

So the lesson is to help all aspects of ourselves work together in a way that respects all the other belief systems within ourselves. For example, the sucker side, can still say, “Playing the lottery is for suckers, but someone will win, I might as well be that sucker that wins”. The side that wants all the goodies, might say, “I know the odds are against me winning. I also know there is no magical thinking, so I will take other actions to provide for my life in addition to buying the lottery ticket, and give the universe many opportunities to provide me with all that I need on time”.

Go ahead and dream. Dream big. Allow yourselves to go beyond the mundane and the ordinary. My dream is to live a spirit connected life with all my actions in harmony; body, mind and spirit with my soul for my Highest Good. This is one dream I look forward to practicing every day until I become the dream.

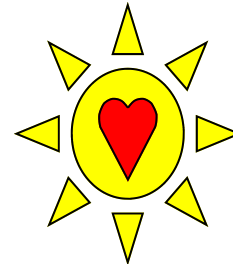


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Divine Merger

by Ann Hardin Straus

Boulder, Colorado



Take a moment to feel your Divine Self

Stand in the Love cascading around you

Love that is filling you with Diving Light

Merge with this Love and Light

Reach out to others with this Love

Feel others responding and reaching out to others.

All are welcomed no matter their creed

We have become a band of Love and Light

Flowing around the earth.

So be it!

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Astrology

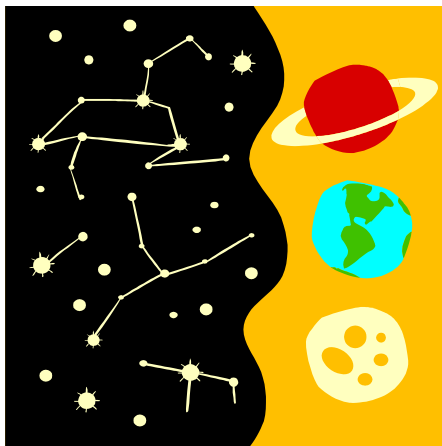
Feature Column by Eleanor Johnson
La Grangeville, NY



September brings us a Lunar Eclipse on September 7th followed by a Solar Eclipse on September 22nd at the Fall Equinox.

The Lunar Eclipse will be in the sign of Pisces making us all sensitive to emotional undercurrents. We are nourished through empathy, as the Moon relates to our emotional needs. It is not just our own need to be nurtured, but our ability to nurture others as well.

The Solar Eclipse, in the sign of Virgo, will stress the areas Virgo governs which are health and nutrition, service to others, work, and small animals. Those of you who have dogs and cats may need to give them a little more attention at that time. For those of you who are familiar with your astrological chart you will notice that the house that Virgo rules in your horoscope is brought into focus.



Mercury will be transiting the sign of Libra at the time of the eclipse. There will be an emphasis on Libran matters as well. Libra

works with love, harmony, relationships, joint finances, travel, and education. It is in its dignity and therefore can operate quite benevolently. Your romantic and aesthetic qualities are enhanced in this sign. An appreciation of the Arts, Music, Drama, Theater are at home in Libra. It can express on the artistic, social, mental as well as the spiritual realm.

Mars is also in Libra this month. Mars in this sign asserts itself through personal charm. It gives forceful powers of persuasion. It can become angry at injustice.

Venus and Mars will make a conjunction for most of the month of October. A conjunction is a fusion of the two energies which is one of the most creative conjunctions. Creativity can be expressed in the arts. It gives vitality to the emotional nature which can be expressed to the degree we choose to express our creativity. It gives an emotional warmth and accompanies it with a great deal of charm.

Use the energies of this conjunction to take advantage of this wonderful opportunity.

New Classes forming in The Netherlands.

Julian's Self- Awareness Development –Taught by Saul Srour.

Opening to the Voice Within

Dealing with the demands of active lives can sometimes be intimidating! Work, kids, relationships all pull on us, vying for our attention and energy. Often these segments of our lives not only appear to be separate; they appear to be in conflict with each other. And yet, through the bustle of the day-to-day existence is another voice, quiet but compelling, a voice of peace and wholeness. A mesmerizing voice that offers to give, without exacting repayment. It is the voice of the Higher Self. It is for the nourishment and growth of that voice that the Self Awareness Development Class was conceived.

The Self Awareness Development Classes are a series of lectures and exercises that are based on logic and self-awareness. They provide a set of practical tools that will help you connect to the voice within. Meditation, affirmation and creative visualization are among the tools used in a vibrant, enjoyable format to help you manifest your full potential as a human being. Through the various Julian led meditations **your** spiritual Teachers & Guides will come forward to work with you.

“When the student is ready the teacher will appear.”

Julian & June K. Burke

Magnificent energies permeate the more subtle levels of existence. One of these energies comes to us in the form of an entity, a Seraph of the highest angelic realm, who goes by the name of Julian. His wisdom and teachings were channeled for over forty years through our teacher June K. Burke.

For information: In Netherlands contact Marliska Gerrard Telephone # 030-2203602

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www.julianteachings.com

9th GATHERING OF LIGHT

LAKE GEORGE NY 9/15/06-9/17/06

Nature rules the Aquarian Age. Nature rules through intuition.



At the Gathering Shesta Ross will present a Shamanism Workshop that will include making Medicine Shields. Your intuition will guide you to collect items from the natural world as well as store bought items in preparation. Listen and bring them to the Gathering. If you are in doubt about an item, bring it anyway. It might be for someone else. Please keep in mind that this will be a spiritual process of self exploration and manifestation. It is not really an art project.

We will provide the basic materials needed to create shields:

- 12" hoops made of willow boughs
- cloth, vinyl to use as a base inside the hoop
- **Please note that leather won't** be provided. If you want real leather we recommend purchasing a chamois at an auto supply stores where beautiful skins are sold for drying cars.
- Scissors, string, needles and thread, glue
- Felt to make pouches
- feathers, shells, stones, sticks (can be glued or tied to the base or the hoop directly)
- pictures of animals, sacred sites, teachers, visions (can be pasted, drawn or traced onto the base)
- herbs, sand (can be placed inside a pouch and attached to the shield)
- colored beads
- art supplies (paints and brushes, crayon, colorful felt tip pens)
- items of personal significance

Feel free to bring your own supplies if you are guided. Some of you may want larger hoops made of different material, a deerskin base, leather working tools, leather cord, wool; etc .

The medicine shield you create will come out of a vision received at the Gathering. In the meantime sketch or write down guidance as you receive it in your meditations. Trust your intuition to guide you in this process. You can count on help from the Light. Shesta invites the whole Julian network to pass on items that might be used by people attending the Gathering. If you are unable to attend, a friend can bring it or if there isn't anyone nearby, call Shesta.

Shesta's Work/Home 408 356-1240 or Cell 408 206-2606 cell

email: shestadave@sbcglobal.net.

We have planned for a Dinner & Polynesian Show at a nearby local club; should be a real fun Saturday night.

Please choose one of following meals.

- 1) Succulent Pot Roast
- 2) Chicken Cordon Bleu
- 3) Baked Scrod with parmesan herb breading
- 4) Pasta & vegetables in light Alfredo Sauce

Let me know your meal choice otherwise Chicken will be chosen for you.

**HOTEL FORT WILLIAM HENRY RESORT
48 Canada St., Lake George NY (518)-668-2346**

DIRECTIONS: Take NY State Thruway (I-87) North.

At exit 24 take I-87 N/I-90 towards Albany/Rout 17N. Merge onto I-87 North.

Take the I-87 N exit #1N(towards Albany Airport/Montreal).

Approximately 50 miles to exit 21(Lake Luzerne/Lake George Village).

Bear Right to traffic light. Left turn at light (Rt.9/Canada St.) Fort William

Henry Resort approximately 1/4 mile on right. The hotel is on the left of the Fort.

A complete itinerary of the weekend will be furnished at check in on Fri 9/15 at 2:00PM or in the meeting room at 7:00 PM (Lake George South-Meeting Room) Opening- welcoming remarks & candle light ceremony at 7:30 PM.

Additional days at the hotel (either before or after the Gathering) at the special rate of \$135 per night PER ROOM (not per person-his includes taxes etc). This extra stay must be reserved by Saul Srour & Prepaid before August 15 in order to be able to stay in same room for your entire stay.

A full refund for any cancellations **before August 1**; between Aug. 1- Aug. 15, a \$25 per person administrative charge will be withheld by Lake George Center. There will be no refunds after August 15 (unless your spot is filled by another).

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 Anne Clarie Vennemans*

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Next Issue Theme: Pearls of Wisdom
Deadline for Submissions: August 28, 2006

Dan & Nancy Walton - Ring of Light Editorial Team

Newsletter Submissions—How to !

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

Dan & Nancy Walton
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We invite all of the Julian Community who receive the Ring of Light Newsletter to support the newsletter in 2006.

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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@mac.com

Ring of Light

A Newsletter of the Julian Community

c/o Dan & Nancy Walton
306 Seaview Drive
Benicia, CA 94510

To:

