

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXXI

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March 2019

The day of equal light and dark is upon us. Thank God spring is here. We are so happy to see the sun and feel its warmth. All our local animals are sun bathing — the cats, the dogs, the horses, and of course, the lizards.

The only reason the sun feels so good right now is because of those months of cold and wet weather that we have endured. But, those months of introspection — deciding what seeds to plant this spring — are so important for our continued growth and well-being.

Although the time of deep inner reflection for the year is behind us, let us all remember that the Equinox is a time for us to examine our own balance.

The Essene Book of Days suggests we should ask ourselves: “Does a balance exist between our poles of yin and yang, or are we prisoners of images of how we should behave? As we move toward our outer nature (the light), do we honor our inner nature (the dark)?” And then it reminds us that without the darkness, we could not see the light of the flame.

We hope that you can take a little time to reflect during this time of balance — to examine where the teeter totters are in your life and perhaps determine what you might do to balance them in the perfect horizontal position.

Best wishes for a wonderful spring.

— Jan Clayton and Nancy Walton

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The Equinox — The Balance between Dark and Light

The gift we are offered at the Equinox is a day devoid of the tension striving for balance brings. The cosmic forces have arranged the opportunity to feel perfect balance in our lives, to let the peace of that state seep into our bones. I intend to begin my day with bare feet planted firmly on the Earth, one arm stretched to sunrise, the other to sunset, eyes closed, breath slow and easy. I will feel myself at the center of my sphere of life, balanced between left/right, front/back, up/down, inside/outside. As the sun and earth offer me balance between light and dark, I will find the place of balance between my body and spirit, mind and heart. I will feel for the balance point between work and play, solitude and companionship, creative surges and healing rest. I am the fulcrum that balances the competing elements on the continuum of my life.

Bridget Wolfe

from The Equinox — The Balance between Dark and Light

Blog posting September 21, 2012

<https://fairywoodland.wordpress.com/2012/09/21/the-equinox-a-balance-of-light-and-dark/>



Astrology

by Eleanore Johnson
Poughkeepsie, New York



A new season is emerging. The Spring Equinox, on March 21st, is the season of new beginnings. The most significant aspect in play is the planet Uranus entering the sign of Taurus for a seven-year reign. And with this transit, Uranus, the planet of change, should usher in major changes. You see, when a planet enters a new sign of the zodiac, it brings about changes in the areas ruled by the sign of the Zodiac that it is newly transiting.

Taurus is the money sign and also represents our value system. This transit indicates that changes might occur with the banking industry, and the food industry, perhaps more genetic foods. Taurus is the most fixed sign of the zodiac and it likes to take time to absorb change. On the positive side, Taurus, is resilient with great staying power. We can be aided by the planets supporting these changes. However, with Uranus transiting Taurus, extra flexibility might be required.

Jupiter is in Sagittarius until December of 2019. It is in its first house (home) position in its own sign. When planets transit their ruling sign, it is a lot like being in your own comfortable home—Jupiter is jovial and optimistic. Saturn, the greater teacher, is also in the sign of its rulership (Capricorn), where it is practical, cautious, and down to earth. These two energies can create a balancing point, much like the theme of this issue, *The Balance between Dark and Light*.

Light can be represented by Jupiter in Sagittarius. In Sagittarius, Jupiter rules the superconscious mind be-

yond mundane thinking. Allow your inner wisdom to dissolve the chatter in your thoughts. A still, clear mind sees everything from a higher perspective. There is no better way to achieve these qualities than through our meditations.

Neptune is also in its own sign, Pisces, the entire year. Neptune rules the next dimension, also allowing man to see situations from a higher perspective. Dreams can be very significant at this point in time. Neptune rules our dream state along with the Moon.

During May and June, the planet Saturn is together (in conjunction) with Pluto. Be especially aware of potential business ventures. What may look like a wonderful opportunity many turn out to be a poor investment, as Pluto represents collective money and Saturn represents business ventures.

This aspect gives us the ability to make constructive changes in our lives. It also gives great stamina when working toward a goal. The common sense of Saturn in Capricorn along with its patience and insight can give us a greater understanding of the past enabling us to bring about an even greater future. Pluto represents transformation and the deeper levels of awareness. This transit can give us great power to balance between dark and light.

Love and light,
Eleanor

Balance By Masking Tape

by Renee Salvatori
Wheeling, WV

When I feel like life starts me wobbling, I visualize a piece of masking tape in a vertical line in front of me. It becomes my reminder to gain balance again. Let me help paint this visual for you.

Visualize a tight rope walker walking along a thin line. He is working diligently at keeping upright. Maybe even having his arms extended out away from his body and using them for added balance. Perhaps swaying and maybe even holding his breath. Imagine a tightrope walker doing that pose and activity day after day, week after week or even longer. It would be exhausting.

Sometimes our lives feel like we are walking a tight rope and it can leave us feeling exhausted. So, my masking tape line visual is my reminder to step off of that thin line of stress. To take a deep breath and move each of my feet off to the sides. My pose then becomes a slight straddle. Now, I have a soft comfortable pose. One in which I have more ease and freedom for breathing fluctuations.

Now life is life — it is not always easy to find balance. The highs can be too high and the lows can be devastating, leaving us wobbling or swaying from side to side. But, we don't have to indefinitely hold that precarious pose of our feet, one in front of the other. Look for little reminders that encourage you to find your grounded stance or your sweet spot.

So, pull off a piece of masking tape. Tape it to a spot on your floor. Use it as a reminder to step off that masking tape line more often. Place each foot off to the sides and take a deep breath and exhale. Ask yourself what you need to help you — today. How can you modify things in your life to find your ease and to find your peace? Give it a go. Find your balance by way of masking tape.



Known by Heart

by Anne Claire Venemans
Utrecht, The Netherlands

*She is walking towards the inner circle
In silence they let her go by
She reaches the fire in prayer
A motionless breathtaking figure
All of a sudden she starts dancing
To an ancient rhythm, known by heart*

*As she encircles the fire
The silence grows louder
This moment stretches into eternity
As she dances on
Her figure now radiant with energy
An ancient prayer, known by heart*

*She is dancing to heal the earth mother
Bringing fertility and joy
The burden almost too heavy to carry
Is lifted from her shoulders
The pain her heart was suffering
Is washed away with the tears she cries
There is no room for fear anymore
As her loving dance comes to an end
Just an ancient promise, known by heart*

*This poem is an excerpt from Anne Claire's new book, **The Return of the Shaman**, which you can either order from amazon.com or get directly from Anne Claire.*

Happiness is Your Choice

by Barbara Garro
Saratoga Springs, New York

When I realized that no person, place, or thing had the power to create Barbara Garro's happiness or lack of it, life changed for me.

Can you embrace also, as I had to, that no person, place or thing has the power to take away your happiness without your permission?

You know when you feel happy and you know when you do not. But, do you have a good definition of the formula for happiness for you, personally? Getting clear on your individual formula goes a long way to getting you to a place where you have the discipline and control to keep yourself happy most of the time.

Happy people, of course, share some ideas, beliefs, and methods that bring on their happiness. First, happy people realize that while people, places, things, activities can bring them pleasure, happiness comes from within. As sure as the sun rises each morning, you are in charge of how happy you are at any given time. Seriously, is it that easy? The thought system is. The process takes work until you can put yourself on The Happy Track and keep yourself there.

You have likely heard "We teach what we need most to know." Finding my way to happiness drove me to write "Grow Yourself a Life You'll Love."

Here are some commonalities shared by happy people:

- Cope better with and have less stress
- Less self-centered and more other-centered
- Honor others' humanity
- Make more money
- Superior leaders and negotiators
- Honor themselves and their humanity
- Know how to give and receive love
- Have a sense of humor and laugh often
- Generous with gratitude, stingy with complaints

What one activity, more than any other, drives people to a happy state? **Paying attention** — to themselves and their feelings, to others working to understand their feelings, and more intentional awareness of what is happening around them in the moment. Consider, you can only hear a pot of water on the stove after it boils over, too late to avoid problems caused by your inattention.

Here's a happiness concept worth getting your arms around: **Understanding your Happiness Set Point**. You weight watchers understand set points, because you know your weight set point. That's the place where your weight tends to settle and stay. Eat too much at an occasional meal and your weight may not go beyond your set point. Eat light one day and your weight may not drop below your set point.

Get clear, pursuit of happiness is not a spectator sport. Forty percent of happiness is derived from our effort with **Happiness Tools**. I can just hear some of you thinking, "Now, finally we are getting some place!"

Happiness Tool No. 1: Be a strength detective for your own and others' strengths. Know your strongest strengths, maintain them, and then build muscle into your weakest strengths. You can make a huge positive change in someone by noticing a strength they possess and telling them.

Happiness Tool No. 2: Be a benefit detective, always searching for the good in your life. You will be amazed how much good you find, life's little treasures. Make it a habit to share with family and friends the good that happens to you every day and encourage them to share the good that happened to them. Positive mind-sets work, but take work. Why? We human beings have a negativity bias!

Happiness Tool No. 3: Raising Your Happiness Set Point in ways that not only delight you, but delight others. Appreciating others and letting them know it becomes key. Send Appreciation Cards every once in a while. (When my mother died, in the night stand next to her bed, I found every one of the cards I sent her telling her how much I appreciate all the generous, thoughtful things she does for me.) Invest Time and Money in Face-to-Face Connection. (When Carasue Moody knew I was coming to her area in Pennsylvania, we made sure we carved out the time to get together for lunch. It was such a joy, because we had never actually met.)

Happiness Tool No. 4: Take good care of yourself, body, mind, spirit, emotions, and environment. Cultivate a sound mind in a sound body. You knew this was coming, eat right, exercise, keep your body at a good weight for your size, sleep right and practice pampering yourself.

In the words of the prolific author, Elizabeth Gilbert:

"Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax at maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to say afloat on top of it."

Now that you know that your happiness takes work, consider new ways of looking at adversity that empowers you instead of pulling you down into despair:

- When you understand good and bad coexist together, you see the benefits of making the choice to focus yourself on the good instead of the bad, moment by moment, day by day.
- Consider you lose your spouse or business partner, you make it your mission to find the "Me" out of the "We" in your life's new chapter.

By now, you have come to expect some statistics, so here are some that determine our happiness:

- Genetics 50%
- External Circumstances 10%
- Actions & Thoughts Under Our Control 40%

Hear the words of psychologist, David G. Myers:

"That happy people are helpful people is one of the most consistent findings in all psychology. No matter how people are cheered—whether by being made to feel successful and intelligent, by thinking happy thoughts, by finding money, or even by receiving a posthypnotic suggestion—they become more generous and more eager to help."

Have questions on upping your Happiness Set Point? Give me a call, 518-587-9999.

Barbara Garro, MA, CPCU is the Enlightened Envisions Coach, Motivational Speaker, Writer, Artist, and author of *Grow Yourself a Life You'll Love*; *From Jesus to Heaven with Love: A Parable Pilgrimage*; *The Comfort of the Shepard: Parable Prayer and Meditation*; and *Living the Call of God*. Available over the Internet: <http://www.BarbaraGarro.com> <http://www.CambridgeBooks.us>; <http://www.Amazon.com>; and other book selling sites and stores. Contact: 518-587-9999, EnlightenedEnvisionsCoach@ElectricEnvisions.com



Eager for Spring Air

By Renee Salvatori
Wheeling, West Virginia

The ending of one phase and the beginning of another.

Winter into Spring.

Cold into warmth.

The moment of what was, and what is yet to come.

The kiss of a melting snowflake on the emerging petal.

An eager, yet hesitating, bud on the tip of a branch.

A fresh energy heralds a newness.

Dark evenings give way to pale light.

Feathered friends sing in crescendo.

The atmospheric thermostat adjusts itself.

Cold winds shift to warm breezes.

Tumbling flakes turn to showers.

A rejuvenated body emerges from its slumber.

Shaking off the rust.

Eager to oil its joints in the sunshine.

The ending of one phase greeting the new one.

Eager for a renewal.

Eager for Spring.

Book Review: Limitless Life, the Power of Passion and Imagination

by Jetske van der Greef
The Netherlands

Sometimes you need a friend who reminds you that you have a story that is probably interesting for others. I luckily have such a friend, and you all know her too! It's Anne Claire! She sent me a note saying that it's not too late to write for the Ring of Light (ROL) about my husband's (Jan van der Greef's) new book! And to be honest, when I usually see the call for ROL content, I try to think about something interesting to write, but never something interesting comes up — until now.

My husband just wrote a very special book: *Limitless Life, the Power of Passion and Imagination*. Anne Claire knew about it, because she did a wonderful job with the translation of the book into English.

The story is autobiographical, and the book reveals

the magical power of passion and imagination, which proves to be crucial in Jan's life-journey.

The whole project started with the rediscovery of a 19th-century bird book. In his childhood, Jan saw this book for the first time at the house of his great-uncle, "Uncle Willem." The beautiful drawings of birds with exceptional colours, the most beautiful shapes, impressive legs, curved beaks, and extremely elegant tails opened the gateway to his rich imagination. In his youth, Jan was a real picture viewer. He had no interest in the title of the book or the author.

The family ties had all but been broken for a very long time, and Jan did not know much about Uncle Willem and his family line anymore. However, he eventually



started looking for this exceptional book again, because he started planning to go to Papua New Guinea in search of the fascinating birds of paradise (genus *Paradisaea*).

A trip to Papua New Guinea was something Jan had wished for all his life, but it seemed as if it would remain unfulfilled, as experts told him that it would be impossible to travel there. You see, he is physically challenged due to contracting polio at the age of 4. Despite this, Jan decided to take an adventurous trip to the pristine rainforests of Papua New Guinea when he received an invitation by an experienced guide from there. At the moment of making the decision to go, the thought arose that his lifelong yearning to see a bird-of-paradise might have something to do with his Uncle Willem's book.

After an intense search, the book was rediscovered in the attic of his great-uncle's grandson's house. When Jan opened the book, he indeed found a beautiful image of a bird-of-paradise. However, there was more to discover — a perhaps even greater surprise occurred when the browsing continued. I glanced over his shoulder and called out when the Hoatzin appeared, "How is it possible, exactly the birds that we have made special trips to see, are here in this book." In a flash, Jan realized that these drawings from the 19th century book had fed his

imagination and passion all these years. They were the subconscious guides on his path through life that had taken him to every corner of the earth to see the wonders of nature.

In *Limitless life*, Jan shares his life path by telling exceptional travel stories. This book brings you into the flow of life, where boundaries fade when it is discovered that they just exist in our minds. Despite physical challenges, Jan travels all over the world, from the mountains in Mexico into the pristine rain forests of the Amazon and Papua New Guinea. During his many nature photography trips, life's challenges are transformed into wisdom, inspired by the teachings of Julian, and in recent years by those from Temier and Sam. On the cover, you see the beautiful quetzal, a bird that taught us a lot about free will choice. The quetzal is a bird that will die when you put it in a cage, but when you live like a magician, the quetzal will stay around by choice, so they have a relationship through freedom. The quetzal is our inspiration for a happy and healthy relationship.

The book is an inspiration for everyone on the journey of discovery, called life.

If you are interested in the book, see www.janvandergreef.com or contact Sam Holland.

The Quetzal



This Ring of Light?

by Regan Friend
Margate, Florida

*Right, I won't give an offering of love,
It's gotten hateful, that.*

*Requiring in-giving, an overture for
life-bringing,*

Now, I go hotly ... talismanned.

Wrung round and rung in light,

I see us in the mirror,

And question, "What is white?"

This ring of light?

A Season of Runes

by David and Shesta Ross

San Jose, CA

This article is the fourth 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 and in later, unpublished materials. 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 Universal 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. 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. By communicating with the Universal Runes, we can help shape and mold the future.

There are 25 Universal Runes. Initially, Julian identified five Key Runes (DAUL/DAAL, BEL, HOEM/HOAM, LHLA, and AUM). However, in a later, unpublished version of the Universal Rune Book, two more runes are identified as Key Runes for a total of seven. Julian notes that these Key Runes “represent evolution and the process of manifestation in action.” They are shown below.

The Key Runes look the same when reversed and, therefore, have no reverse meaning associated with them.

Julian commented: *“It must be understood that wherever the Key Runes fall, there is an additional energy — an additional thrust, vibration, and rhythm brought to the question at hand. Wherever a Key Rune falls, there falls the power of evolution and change. They are very powerful. They are energies that can help man make the necessary steps to his own goals and to his universe’s evolution.”*

In Junes notes, she states: *“Evolutionary processes are actually seen in each of the Universal Runes. The evolutionary process of the universe is three-fold:*

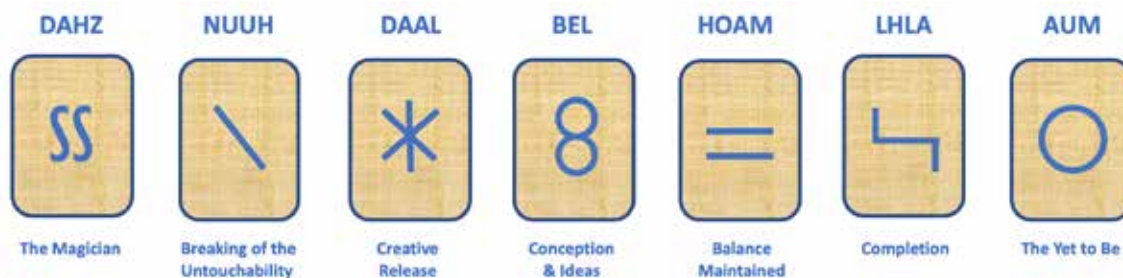
- *The outer spiral is the universe’s evolution*
- *The middle spiral is collective man’s evolution*
- *The inner spiral is the individual man’s evolution.*

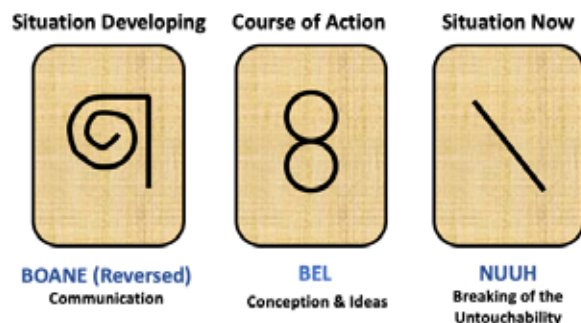
This relates even to these runes. You find the universal interpretation, which is the universe’s evolution, affects all within it. The individual interpretation is man’s ability to touch the universal energy in order to shape and mold his future.

Thus, collective man and individual man must understand that they are functioning within a process itself. The runes help him attune to the universal evolutionary movements. By being able to see both the outer spiral’s movement and the inner spiral’s movement, he is better able to create a coexistence with all his fellow man.”

The Key Runes

Correction to Winter 2018 article: The order of the seven Key Runes were mistakenly listed in the wrong order. DAAL was previously positioned before NUUH. The correct order to show the evolutionary process is DAHZ → NUUH → DAAL ... as listed below.





Reading: “Which Universal Runes depict the energies of the coming Spring season?”

The first Universal Rune in the spread is NUUH. As a Key Rune, NUUH represents the breaking of stagnant energy that is pure potential, which enables movement toward new beginnings. It is the “breaking of the untouchability.” From the cutting of pure potential, new ideas can be touched.

The second Universal Rune in the spread is BEL. Also a Key Rune, BEL represents the energy merger that permits new beginnings and new concepts to be born. This merger requires communication.

The third Universal Rune in the spread is BOANE (Reversed). The universe is communicating through its elements and movements. There is a need to attune to the rhythm of the universe and prepare for change. It is a sign that time is needed alone with nature in order to understand it. Reversed BOANE speaks of lack of communication and a need to communicate more with nature.

As spring emerges out of winter, this spread invites you to:

- Break up stagnant energy. Winter is over; spring has come. (NUUH)
- Open to new ideas. As spring unfolds, merge with it. (BEL)
- “ET phone home.” The universe is signaling, Don’t get lost in the weeds. They key is to restore your friendship with nature. (BOANE)

All the Universal Rune descriptions (found to the right) are taken directly from the Universal Runes book and subsequent unpublished notes written by June Burke and Miriam Chandler (copyright Saul Srour).

David and Shesta Ross can provide a Universal Rune set, if you want one for \$35. Contact Shesta at shesta-ross@naturalbridgeslandscaping.com, (408) 206-2606 to register or for more information.

NUUH (Uh): Breaking of the Untouchability



This blade-like glyph shows a sharpness and an ability to cut, to sever, and to break. There is no reverse position for this Rune.

The universal energy behind NUUH is knife like. It affords the opportunity to break energy that binds. It is always an initial step to a new beginning and change.

To the individual where NUUH appears in the spread, it is a chance to break old habits and redirect the life.

It must be understood that it is a surgery performed in energy. It is the ability to be released from that which has held you back. This Rune permits you to cut through the ego to the reality self and be guided from within.

BEL (EL): Conception, Ideas, Beginnings



The Universal Rune Bel represents the inner movements in all things. It represents the energy merger that permits new beginnings and new concepts to be born. The ether and space merge with the elements to create all things. There is no reversal for this Rune, as it is a Rune key to change and always represents fresh starts and merger.

Individually, it represents beginnings of a physical nature. It can denote a physical birth or the birth of a new idea in life.

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.

21st Gathering of Light “Web of Light!”

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



The 21st Gathering of Light will be held in stunning Newport, Oregon. We are staying at Newport's Best Western, which overlooks the gorgeous expanse of Agate Beach, with a view to the Yaquina Head lighthouse, rugged Yaquina Head, and the rolling surf. Join us as we weave our network of light toward manifesting personal and global transformation.

Our presenters include Camille Albrecht, Sam Holland, Linda Scheer, Larry Scheer, and Anne Claire Venemans. Go to the [Julian Teachings site](#) to see the schedule and find out the details of what they will present.

Please register or contact us by April 15th to reserve your room. Late registrations will be made on a space-available basis. To support cash flow, we request final payment by June 15th; however, if that is not possible, let us know.

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 details can be found on the [registration form](#).

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 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

If you have any questions, please contact Andrea Smith, andreamsmith77@comcast.net, 503-720-5269



Saul's Corner

The History of the Universe (Workshop #201)

Copyright © 1986 Saul Srour

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

(continued from ROL December 2018)

Chapter X: EGYPTIAN INITIATIONS

We have recognized that the young acolyte to the temple wore a tunic-like clothing and that, by its color and the clasp on the shoulder indicated at what level of initiation he/she was working. It is to be recognized that there was not a specific time for completion as a group, but rather completion by individual progress. Many would come to a point where they were ready to progress, while others were not.

The initiations were never a competitive thing. They were not concerned about competition; they were only concerned about advancement and growth. Their desire to be part of the temple had been with them since the age of five; so, when they entered at fifteen, they had well established that they were going to continue with this.

One would think that, having gone through all the various emotional initiations from the age of five to fifteen, there would not be a need for further initiations of that sort. However, now that they were accepted in the temple at this new age level, they went through the same sorts of things again but at different levels and with a much different understanding inwardly.

A direct line, representing man's descent into the physical, was the first insignia of the acolyte. It was worn as an amulet about the neck. In the first year, all energies were directed to the realization of the physical being through the higher senses. The acolytes now had to become totally aware of the elements. in a manner very similar to initiations that followed years later in Polynesia, they would be put in direct contact with each element alone.

In the first experience, they would be buried in the earth up to their necks and be told that they were to commune with the earth and the solids of the world, and they did. I would ask each of you, at some time, to put one hand in a pot of earth up to the wrist and wait. You will become aware of temperature changes within that earth; you will become aware of microscopic life within it; you will become aware of the very values of the grains of earth themselves. If your hands can do that for you, you knowing you are in control and can take that hand out anytime you wish, think how different for the individuals who were covered to their necks and who were

not in control, not able to determine when they would come out.

The first automatic response, even from these acolytes who had trained for many years, was revulsion. There were things that lived in that earth, crawly things. The physical reaction was, "Oh no!" until their teacher would come by, stand directly in front of them, look them directly in the eye and pass to them absolute love, absolute realization of their protection, absolute realization that no thing of the earth could harm them. There was a power in those contacts, for as we have mentioned, the hands, the soles of the feet and the eyes are the points of passing energy in the human body. Eye to eye, the love would be passed; eye to eye, all fear would dissipate. No man could give them anything that they could not withstand.

They would begin their ordeal of seven days, seven days without coming out. They would totally lose contact with themselves and become in total contact with the earth. They would begin to understand its needs, their needs in relationship to it and how they could modify both to bring to them that which was most important — acceptance.

After seven days, they were taken out of there. You would expect that they would feel very good about it, but the first feeling they had when they were released from the earth was revulsion. The earth had become a womb in which they dwelt, in which they had total contact, and now to be devoid of it was suddenly just as bad as being put into it.

In the second phase, they were taught to become one with the element of water. The element of water meant being taken to a river, or the sea, placed in an area that was confined, such as a cave and the sea or the river would be permitted to enter until it raised to the point where their chins, if elevated would stay just above it. And the first feeling was cold, and the second was revulsion; because there were crawly things in that too, and they had to become one with the sea. They had to know the sea as they had never known it before. Once they attained that knowledge, they did not want to leave that either. Again, it had become a womb.

(Saul's Corner, continued from page 11)

They were now removed from the sea, but with a total comprehension of it. The next thing was for them to become totally attuned to the air. They would be taken to a high place and, stripped of all garments, would be exposed to the air. It does not sound as if it would be too bad, but in arid areas, the skin soon responds to air. The difference in air that is heated by sun and air that is cooled by the night moon is considerable. They had to know the difference and understand it. They would be there through gentle winds and high-force winds until they knew the element of air totally and could, literally, talk with it. That was essential — to know it, to accept it, and to be one with it.

How does one become aware of the element of fire? For the element of fire does not mean sticks burning, or coals in a brazier. The element of fire is cosmic; it is spiritual; it is the force of the universe released, such as lightning. They had to be exposed to the forces of the universe released through those elements. They were not asked to be struck by lightning, but were asked to be present in those storms which would be created if they were not there in the present in their own natural form. They would be asked to commune with those elements of fire, or spirit force, at a very high vibrational level. This created for them a new comprehension of the ability of cosmic force when directed by spirit, positive thoughts and the love of God. They would come to know this force, the power of it and the changes that could be wrought by it.

The first initiations dealt with being one with the elements and understanding them, but they did not stop there. They had to know what it was like to be one with the light, and what it was like to be one with the darkness. The first stages were exposure to light and exposure to darkness. If I were to turn the lights out in a room where you were, you would be exposed to darkness. Your instantaneous reaction would be alarm. No matter how much you were prepared for it, there would be one instant of alarm, because all of your senses would be attuned to light; and, if you were put in darkness, those senses would have to adjust. If you were put in a light and held there for a long period of time and then cast into darkness, you can imagine what a shock that would be.

While these initiations may seem to have a sense of cruelty, or a sense of sadistic nature, they were not. The reality of these tests were to bring these young people to the total realization that everything is God; and, although there might be a reaction to it at first — the changes

of His appearance, so to speak. He was in every grain of soil, in every drop of water, in every electrical force of the cosmos and in every breath of air. Because they were physical beings with physical emotions, they had to overcome the physical fears. They had to be able to move to the higher part of themselves which permitted them to know these elements without being afraid.

What happens when fear is removed? You can tell a child, "Do not be afraid. Mommy and daddy are here and are going to take care of you." The child will cease to be afraid, because an external thing is taking care of it. The acolytes were learning that an internal thing was taking care of them. It was not something laid upon them by someone else's will, but what they knew and accepted themselves, the reality of oneness with the universe and the God within, permitting them to withstand what seemed to be absolutely impossible to withstand.

I want you to close your eyes and listen inwardly. I want you, for one moment, to go back to a memory of the earth, of soil, and your feeling about it. Let yourself know it as you have never known it before. Hold the soil in light and know the joy of it. For is this not that which nurtures all growing things? Is it not also a part of you? Is not everything that is within that soil made in a perfection that permits it to exist successfully in it? What Master Teacher designed that? Only One.

Now move away from soil and think of yourself in a water experience. Remember water and your involvement in it. You will find it different in its memory and feeling from the earth experience — totally different.

Take a moment now and go to the air. Feel the gentle caresses of wind, the stronger forces of storm. Feel the very oxygen as you breathe it in to your lungs. Become one with the element of air. There is a difference.

And now, let yourself sense the electric currents of the universe. Static. Remember the last time you walked on wool and touched someone. Remember the violent storm that had electrical forces working in the sky. For a moment, think of that energy.

If you take the time to do this, you will experience a very tiny realization of what could be. If you were in the earth for a very long time, you can well imagine that you would have a greater sense of comprehension, of wonder, of rooting things, of all things of the earth. If you hold the tiniest pebble in your hand and truly feel it, you will know every boulder and cliff and rock in the universe, for they are one.

The first initiation, then, in the element of the descent, dealt with comprehension physically of other physical

things, elemental things. The next thing was to recognize the merger of these two things and the communication between things such as elements. There would come a testing in which one acolyte would be buried in earth and one would be immersed in water. They would be facing each other at eye level and would have to communicate to each other what they were experiencing and feeling.

Strangely enough, after a period of working with this, those who were immersed in water began to feel as if their skin was being tainted and began to feel heaviness in the water. They began to feel muddy. Those who were immersed in the earth suddenly found themselves feeling moisture. They would feel wet; they would feel cool where before they felt no coolness, only because the comprehension of what one was experiencing was being given to the other through the eyes.

You can give to each other through the eyes. Have you ever seen two people in love? They do not need words. They just look at each other. Have you ever seen two people who disliked each other? It works the same way.

The acolytes communicated the feeling through their eyes and, because the eyes were to become one of the greatest channelers of energy, healing and knowledge that these people were ever to know, every challenge was tested by the eye after it had been experienced. There would be instances where air people would look at water people and water people would feel their water evaporating. It really was not, but they would feel that it was, because the air current was affecting the feeling of their water. The air would begin to feel as if they were about to rain, because the moisture element was beginning to build in their comprehension of air. It would work that way with the fire element, a sense of igniting, a sense of splitting from that electrical force; but always with exchanges, one to the other each time for comprehension. Thus, the elements were made a part of their being, and the comprehension was accepted into them.

Something else was occurring at the same time. These young people were so busy understanding the elements that they did not realize what was opening up in them. Their whole heart and soul was into working with these elements, but they did not realize that the telepathic ability between man was being elevated through the ability to communicate with the elements themselves. Consequently, a greater comprehension of each other also began to take place.

The acolytes would be formed in a circle, being absolutely still and quiet. They would take a single object and put it in the center of the room. It might be a globe of light; it might be an ornament; it might be a pendulum hang-

ing; it might be a flower of some sort, or some article of food. They were told to communicate with this through the eyes and the mind — contemplation of an object until that object became one with them, and they lived through the entire experience of the life of that thing.

Try it. Take anything; take a coin out of your pocket and look at it. You will find yourself going back to its minting, back to its ore state. You might even pick up some of the emotions of those who worked on it. You will go with that object until you are it, one with it, and comprehend it.

Once you comprehend something, you no longer fear it. Even if it is something you do not particularly care for by the understanding and comprehension of it, you have put it in its place within the confines of yourself and are able to accept or reject it, according to how you feel.

With each of these experiences of this first stage, there were dual things happening — understanding and comprehension of the object, realization of themselves opening communication with each other, communication of the life of anything. You can imagine that these did not happen as a check list — Tuesday at ten, earth; Wednesday at four, water — that sort of thing. That is the way your world functions. No one takes time. They do things but are not one with them while they are doing it. Therein lays the tale, so to speak.

Have you ever noticed that when you like what you are doing you can let it last for a long time and not get tired? If you don't like what you are doing, it can be just the opposite, because you have already attached a certain emotion to whatever it is.

The rainbow represents the Arc of the Covenant. It is a bridge between man and the universe, and it represents the consciousnesses of both. As we said earlier, the colors of the rainbow were used to identify how far a person had advanced. The ruby identification was the first of the rainbow bridges, the bridges to the elements. The second identification to be worn was the equal-armed cross, representing the descent of man and his merger with matter. He certainly has been merging with matter, spending his life in the dirt, the water, etc. This could not be worn until all those initiations had been accomplished.

When we say "had to be accomplished," we mean they had to have no fear of the elements, and fear is not an easy thing to cast out, for fears are shaped and molded in you from your first breath by the cultural edicts of your societies.

(Saul's Corner, continued from page 13)

A little child has no fear. They walk off into any place and do not fear at all. As they come into the so-called "age of reason" and are using their physical senses, they are letting go of the spirit senses which made them fearless. Now they are afraid of everything (bogeymen in the night and all sorts of things going on), because they are now resting only in the physical senses.

The acolyte is now, ready to get away from the element for a little while and to move on. He thinks, with a great sigh of relief that is all over. He now must deal, not with knowing things, but with knowing himself. That is always a dirty one, isn't it? That's the one everyone runs away from. I do not understand why, because everybody is a very beautiful being and should be perfectly willing to accept themselves just as they are. If you accept yourself as you are, you can make yourself better. As long as you are fighting yourself, you are not going to get anywhere. It is going to be a taffy-pull every time something comes up in the life.

They had to begin to like themselves, and one way to like themselves was to realize their full potential, so at this point, music came into being on a full scale. We talked about the dancing, the reading of music through the soles of the feet. They would now read music through the hands, through the soles of the feet and through the third eye, the forehead. They would read music through the eyes.

One of the blessings of this whole thing is that music is a universal language. If you go to another culture, and they are having their dances, can you sit still? You might try it for a little while, but pretty soon, you are right in there and you are doing the movements with them, because you are one with them. And how do you do it? You may look at their feet first, but the moment you really start listening to the music, you look at the eyes. You dance by looking in the eye. It does not matter; the feet are going to do what is indicated by the eye what is being picked up from the music. When the love and the joy are there, it is going to be successful.

The first level was the ruby; the next was the emerald. The third experience became the crescent. The crescent was the symbol of receptivity, and it was a symbol that represented the night, the moon and those things that are felt in the feminine receptive half of your being. It would be worn sometimes on the head, sometimes on the arm, sometimes on the ankle — always on the chest — and the receptivity always faced the direction according — to what was being worked with.

If you took the balancing symbol of man and matter

(the equal arm cross), and you added the crescent at each end of it, you had the Spirit of the Moon, which meant the essence of the Moon, the essence of the water element and the essence of all receptivity. You would see this very often on head pieces, representing "As above so below; as within, so without." It was saying that there was an absolute balance in the universe, above and below, inward and outward, and that, when man became balanced and receptive to them, there could be total receptivity.

The acolytes were placed in a room alone and were expected to receive mentally whatever was being sent by their teachers. Their teachers did not have to be in the room; they could be anywhere in the temple. The acolyte never knew when the message was coming so he/she had to sit and wait. As their minds, bodies and spirits awaited communication from beyond themselves, they would sometimes sit for hours, sometimes for days, sometimes for weeks until they received what was being sent to them. The moonstone became the stone of this symbol (the crescent), and this place in the initiations.

Every one of you right now can be receptive to something someone is thinking. You have to remember that the teacher that was sending knew how to send. They did not think "red, blue, green — or, yellow." They knew that if they sent red they must feel the energy of red and the emotion of red, everything about red until it was so much a part of them that, when their mind sent it out, it went as if it was a picture drawn to that acolyte, and the acolyte had to begin to pick it up.

As they began to pick up clear signals the teachers would begin to distort them. The acolyte had to filter what was coming and determine which one was meant to be received. The diffusion would come by a split thought; In other words, if the teacher was sending a blue triangle, he/she would send blue, yellow triangle. If he/she were sending a red circle, they would send red, orange circle. One color would be more emphasized than the other to see if the acolyte could pick up the subtle difference in the thought. As the energy is working, the thought that is to be received is going to take a more powerful energy. That is why there are times when you can be sitting and thinking about something and a totally unrelated thought comes into your mind. Where did it come from? It is just suddenly there. It is a thought sent by a teacher, by a Master, by someone who knows. You receive it and listen to it or do not listen, according to where you are or how much importance you consider that which is sent. You put a value on what you receive and what you send.

How many times have you been in communication with

someone on the phone or in person when the energy they are sending on the surface was one thing and another energy you were receiving from them contradicted it? You sense that what is on the surface does not reflect what that person is really thinking. There is something missing. Someone calls you and says that everything is fine; something underneath says it is not. It is not fine at all, and you feel you must check it out. What they are really sending out is the surface thought that they are telling you; but the deeper, meaningful thought of their need is going with it. You are picking up the most meaningful statement, which is that things are not good and that person needs help.

The teacher had the ability to match the wavelength level of any one of the students and he/she would determine what was needed. Teachers and Masters were chosen for the acolytes by their vibration, their energy pattern, so that the teachers were able to work well with that chosen energy. There was a tie in that sense to the Master.

The acolytes were assigned a teacher by an observation process when they first entered the temple. They would sit in a circle and the teachers would walk around behind and begin to sort out the energies. A teacher would be drawn to one more than the others, not by personal choice, but by energy modes. In that way, the teacher chosen for each student was of a similar energy which could comprehend his/her needs and direct the energy the same way. If there was an extremely large group, it would very often be done by the element of the students the element which predominated in them. They could always tell that by the tests that the students went through.

In the temples, the teachers communicated with everything and everyone mentally, from temple beasts to the temple priests and priestesses; for they were trained adepts and really did not have any walls, so to speak; they could go right through them if they had to.

The first thing anyone who wants to receive from a Master must do is start working to bring balance to the element of the self, to bring a harmonic to mind, body

and spirit. Then you can communicate and communicate with balanced things. Otherwise, you are full of hate and anger and attract that kind of thing because the energy that comes is going to match your energy.

Everyone is receptive. The only thing that blocks reception is the inability to accept that they are able to receive. Most reception is very subtle. It is not flamboyant. It comes sometimes when you least expect it. It "seeps" in on you. Suddenly you that something can realize you have a thought, you have something, and very often be truth.

The various games that you play call for ESP and are training. Have you ever noticed the symbols on the cards? The triangle; the circle. These are the same symbols the ancients used, and they are being used today in telepathic research and communication. They represent an energy. The triangle represents the harmonic of the self — mind, body and spirit. The circle is infinity, the Godhead. It is also the symbol in the physical plane of the sun, which gives energy to man. It has been taken out of the Godhead, put on Earth and still what does it represent? A source energy. God created man; now man uses a similar symbol to represent a life energy in the physical world. Even today the receptivity of the crescent is used to represent the moon. The symbols do not die; nor do their energies die. It is how they are used that is important.

(To be continued in June 2019 Ring of Light)



Where All Nature Meets Architecture

**By Michel Post
The Netherlands**



Biophilic Design, Biomimicry, Cradle to Cradle, Circular, Ecological, and Biobased — these are contemporary concepts within the architectural world with which a link is made between architecture and nature.

Each term stands for a different approach, a different insight into how nature can be used as a source of inspiration for the issues that, among others, architects have to deal with. Think of issues such as finite materials, waste flows, CO2 emissions, energy saving, cost efficient and health.

Nature is seen as a source of inspiration in which we intellectually try to understand how something works to be able to apply this for our current problems. In spite of all good intentions, these attempts often fail because of the difference between long-term and short-term interests. The people and companies that can really mean something are more interested in short-term solutions than in long-term solutions.

To give a concrete example; think of the purchase of solar panels. Not so long ago many people doubted whether or not they would take solar panels. The most important consideration was the payback pe-

riod. The question was not whether this was good for the environment, but how quickly you had earned back the purchase of the panels. It was a personal financial consideration. The choice for this cleaner form of energy was given a “boost” when the government started providing subsidies, and today it is almost strange when you do not have or want to consider solar panels.

A similar assessment is made when building a house or building. The short-term financial interest generally outweighs the benefits we can have over the long term. The greater the financial benefits, the faster we tend to choose this direction, despite all the consequences that this may have. A well-known Dutch saying that applies here: “who then lives, who cares then?”



Apart from the solutions that can be found in nature, it is important that a mental change is brought about. We are not separate from nature — we are nature. We are one. Everything we do has an impact on our environment and there is only one earth.

Fortunately, there are more and more people who change the saying to “who then lives, who cares now.”

The intended change also starts with us, or in other words from below, and more and more people take this responsibility. These are also the people who show interest in building with natural building materials, reuse of water and permaculture. This creates a human environment that is ecologically sustainable and economically stable. Complex ecosystems in nature serve as an example. Biodiversity is the key to success.



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We are willing to pay more for a unique experience — it is only one step further to see the added value of creating a living environment that not only contributes to our well-being and our health, which is beautiful to look at and that also contributes to the preservation of our planet.

The same can be applied within our built environment with Singapore as a great example. Not only is attention paid to the aesthetics of the buildings, but also a balance is sought between the natural and the built environment; nature is integrated into the design as much as possible. This creates a symbiosis, resulting in a healthy and special environment where people feel comfortable.

It is precisely this integral approach that we should all embrace. The solution for a healthy and sustainable living environment is therefore not related to one of the aforementioned concepts, but to the implementation of all concepts together. Collaboration between different parties seems to be the key to success, but it is also about creating added value.



www.reisjunk.nl/singapore/wat-te-doen-in-singapore/



Sam & Temier Offerings

Healing Gatherings

The Healing Gatherings are given on Sundays every other week. 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

<http://www.temier.com/HealingGatherings.html>

New Books by Sam & Temier

Temier and Sam have recently published a number of small pocket books. These books are the result of classes given by Temier and Sam.

These booklets will eventually become an extensive series of small books. All the books are directed toward metaphysical topics in a new, creative way that is consistent with the awareness of serious students. The books sets include:

- A Master Class on the Unavoidable Influences
- A Master Class on Humanity
- Transforming Life's Obstacles
- Transforming Polarities
- A Guide to Life

Find out more about these books at

www.temier.com/Books.html.

Transition Energy with Andrea Smith

In the early 1980s, a small group of people asked Julian about ongoing classes. Julian's response was that what these individuals were after was a Universal energy called "Transition Energy" (TE). In 1982, Julian began delivering TE classes, which continued until the death

of June Burke.

Certified by Julian as a teacher of TE in its entirety, Andrea Smith — who holds a doctorate in education and over 40 years of experience as a teacher — launched a new Transition Energy group ("Section Two") in January 2019 and you can still join the group if you contact Andrea soon.

The new section will typically meet the second Saturday of each month at 11 AM Pacific Time. Students may participate remotely using Zoom software (free) or in-person in Andrea's Portland, Oregon temple. Andrea is the only Certified TE teacher currently offering this course of study and the first to offer in a remote format.



TE is a mystical study that allows personal realizations to occur through the understanding of the unseen reality of the universe. To accomplish this, Julian gave a large number of meditations (a total of 41 levels) where each meditation is built upon the last one, effectively raising the frequency of the energies with each meditation within each class.

With a growing understanding of these universal energies, so too will students of TE experience a growing understanding of their *reality selves*, of their core being, and their unique potential and path in life.

Because these guided meditations build upon each other, commitment to attending each class (or a make-up) is important to Transition Energy study. The monthly fee, which includes an electronic audio of the class, is \$30, payable through PayPal.

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

www.andreasmithtransitions.com

Musings

by Adele Lederman
Walnut Creek, California

I feel the age of a disappearing generation. The familiarity of public figures and past events are becoming unknown as public figures are fast fading from view and only briefly acknowledged as having existed.

Perhaps this can be a good thing for the essence of which we were lives on in the DNA of our youngsters.

Yet major personalities are recalled for their dramatic impact on life.

The results of their efforts are remembered, not the person hood of who they were.

Over time that person hood is embellished and changed to suit the needs of the present.

Personalities sculptured to the desire and need of iconic ideals.

Traditions, social patterns, morals, music and fashions all change and become the normality that is lived.

There are the rare few who do see back to older times and bring to the present the events and essence of that past.

In my small world, I mourn the loss of that past age and I try vainly to understand this changing new age.

Technology is the most difficult to understand.

Fashion is a very close second as it appears to be approaching nudity.

Language has changed and I am approaching that time of needing an interpreter to understand my grandchildren

Music has many more voices now, yet I can still hear the familiar sounds being played on occasion

These are my observations of change.

I do not criticize them as this is the way of life and the passage of time, the so-called, "generation gap."

Reunion

by Joshua Mesnik
Los Angeles, California

Hello you who knows me just to be.

Hello, bright one who looks for the light.

Hello Earth-Foot who wants to dance in the air.

Hello Celestial Walker who gets Star Struck in the mud.

I feel it is time we meet again through this window of love, the glass becoming warm as the heat of our souls are near.

Your presence, I have missed.

It is wonderful to see you.

You have journeyed a long way.

I want you to rest now.

I am with you.

Turn around.

Here I am.

Surprise! :)

Deep breath.

I'm with you, always.

Your room is my room.

These halls are mine to play in.

Your fireplace has been my mantle when the cold air joins us.

Your bed has been my resting place when the dark night descends.

Even your bathroom has helped to release what no longer serves me ;)

For you and I breathe in nourishing Union,

As our father did before us.

Together, we walk into our destiny.

I know not what to expect, yet I expect to know.

We are, reunited as one, discovering Earth as it is in heaven.

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: Facilitating a More Loving World

Submission Deadline: 6/10/2019

Send electronic submissions to:

ringoflight@julianteachings.com

Contact Us

To report a **change of address**, please contact
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