

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXXI

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June 2019

Happy Summer!

I just returned from another great workshop and vacation in the Netherlands. Thanks to our Dutch spiritual family members for their hospitality. It is always a pleasure to visit.

But as I write this, the Trump administration is contemplating going to war against Iran; there is huge civil unrest in Venezuela; people are leaving the Congo in droves, spreading an Ebola outbreak with them and not trusting the health workers who are trying to help them. It doesn't sound much like a loving world to me right now.

We can't afford to hide our heads in the sand anymore — to pretend that the unrest doesn't exist. We have to act now to facilitate the creation of a *more loving world*.

And we have all sorts of tools at our disposal, such as the Healing Gatherings by Sam Holland & Temier. And one of the most powerful techniques was brought up by Aca'u in his recent Solstice message: *"The Universal Law of Polarity is always at work and can never be stopped. This Law says that to change one energy, you bring it's opposite in. Where you see hatred, extend love. This is not a fanciful verse. This is factual instruction on how to bring about change. You have more power than you realize. If you want a world of peace, entertain thoughts of peace; be a peaceful person."*

— Jan Clayton (and on behalf of Nancy Walton)

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Share Your Affirmations

by Camille Albrecht

Julian provided hundreds of powerful, beautiful affirmations to us over the years. Many of us received affirmations in private readings or small classes. If you were given an affirmation from Julian and feel comfortable sharing it, would you submit it to the ROL for publication? These affirmations will be highly beneficial to all of us. (Send to ringoflight@julian-teachings.com.)

Below is the affirmation Julian provided me when I was planning to change careers from the Department of Corrections to more spiritual work. I edited it a bit to remove the masculine pronouns.

God is my source of all supply and answers my every need.

Within me I joyously relax, release, laugh and love.

Within me I move and grow, and find my perfect space.

It is with a great dance of life that I move forward.

I know that I will have all that I need in every form,

For I am about my Creator's work.

I am a beautiful spirit with the courage to be.

So be it.

Astrology

by Eleanore Johnson
Poughkeepsie, New York



We begin the 2019 Summer Solstice with a total solar eclipse on July 2nd at 10 degrees Cancer. Total eclipses are always more powerful than a partial eclipse. They give clues as to what we could experience in the year ahead. In the coming eclipse, the eclipsed sun is conjunct with sun in the United States' natal chart. This transit indicates that those of us in the USA can expect a focus on home and family issues involving food, money, and housing.

The eclipsed sun makes a sextile with the planet Uranus. A sextile is a favorable aspect. It can give man the opportunity to make whatever changes are necessary for our greater involvement — places where can we invest energy into new growth.

Saturn and Pluto make a conjunction this year in the sign of Capricorn. This is a powerful conjunction. It gives man the ability to accept his responsibilities, and it can bring the reward of patient and persistent efforts to attain spiritual integration. It gives tremendous strength and powers of endurance.

In July and August, Mars is in the sign of Leo. Mars in Leo is energy plus. Leo is also the fun sign of the zodiac, indicating that this can be a social time for many

of us. It can impart a desire to be with children and to have fun times together. However, we may also experience charged circumstances in the area of our home life, which can bring about a new future. Inject love into new creative aspects, which will allow these circumstances to work for your greatest good.

In September, Venus and Mars are in the sign of Virgo. You many find that you are more inclined to want everything to be in order at this time. Mars in Virgo can be a bit of a fuss-budget. However, it also imparts a strong desire to be of help to others, and a strong dose of practical ingenuity and industriousness. If you do not waste time on non-essentials, it can be used positively where your career is concerned, allowing you to be helpful to fellow workers. The test is one of discrimination between what is important and what is not. Focus on your true values, allowing them to be expressed positively,

Love and Light,

Eleanor

My Loving World (a book review)

by Jan Clayton
Los Altos Hills, CA

My Loving World, by Nishat Firdous Jehan Ali and Hector Ivan Garcia, is a children's picture book that tells the story of a boy who moves to a big city and is at first uncomfortable with people who are different from him. As he continues to meet others at school that are from different religions and cultures, he realizes that the very things that he feared are the qualities he grew to love. He learns that differences are beautiful.

From the book: *"You know what, Mom? I'm starting to feel like our differences are what make us all cool. My new friends teach me so much about different cultures. I feel like I know more about our world."*

How could there be a better message about making the world more loving? Doesn't it tell us how to facilitate the creation of a more loving world?

You can find a number of great quotes from children and parents who have read the book. Below I share a few with you, along with commentary about the quote.

"Learn from everyone who is different from you. What can their differences teach you and help you grow?"

When people bring a different perspective, it's important to value what they bring to the plate. The more respectful and kind we are to one another while understanding other ways of living, the more we work together to help our world evolve.

"Try to see others from the inside." This book acts as a resource for teachers to educate students from all walks of life and backgrounds.

"We should be friends with people who are different and learn from them." If more kids read books about diversity and inclusion, what an open minded future we could create.

The Loving World song: *"My Loving World has lots of friends and learning things that never ends. We come from all parts of the world, we are gentle boys and funny girls. Our names are different, our colors too, black or white, Jewish or Hindu. From east and west and everywhere, with curly, straight, or messy hair. Our hearts are one, it's the only thing that makes us friends so we all may sing, My Loving World."*



"Laying on of Hands," An Ancient Healing Art

by Adele Lederman
Walnut Creek, California

The ancient art of "laying on of hands" has taken on a new look. In a society highlighted by complex computers and patient monitoring systems, the very old has become the very new.

Healing is, simply stated, an exchange of energy between healer and patient. It is based on the premise that a human being is a highly complex field of various life energies.

In a state of health, all the individual energies are in harmony and balance. Disease within this framework is a manifestation of imbalance and blockages or deficits in the human energy flow.

A healer is one who either instinctively or through special training uses his/her hands to sense or assess the condition of energy flow in the patient. Then using some basically simple techniques can re-pattern the energy back into the balanced state.

The techniques used are not difficult to learn and I stress the fact that ANYONE can become a healer at any aware stage of life. The benefits are many to both healer and patient and the only prerequisite is CARING to help another.

Funny Things About Ageing

Barbara Garro, M.A.,
Saratoga Springs, NY

Ah, summer, when you have many opportunities to lead with mostly exposed bodies that have been gracefully hidden with fall, winter, and spring coverings.

I'm convinced C. S. Lewis had Alice paraphrasing his adventures into ageing "Wonderland."

Alice had growing problems and her body grew way out of proportion. Ageing is famous for growing ears, feet, and noses. My feet have outgrown my entire shoe wardrobe twice since my late 40's. Now, most stores don't even carry my size. My nose and ears seem to be holding their own, so far. I did see one old man whose ears grew so long they looked more like shutters.

After 40, entire bodies seem bent on expanding. Gads, I miss my perfectly flat stomach that stayed neatly inside my hipbones. I wonder as America grays if, at some point, over half of the population will look permanently pregnant and walk like Santa Claus. I used to go and get free ice cream on Mother's Day at both Ben & Jerry's and Stewart's in my city of Saratoga Springs, New York. That Mother's Day madness cost me two pounds. We all know that ice cream cones do not even weigh a pound each. Like I said, down the ageing rabbit hole.

Alice also suffered shrinking problems. I relate. Take my face. Between my eyes shrinking and my eyelids too weak to hold themselves all the way up, I'm looking like a beady-eyed Rumpelstiltskin.

The muscles supporting my once-coveted high cheekbones went to mush, so my cheeks drifted down past my jaw line. I wonder what held them up for the first 60 years. This happens so often the condition is called "jowls." When I was about 11, my mother told me I would get these. Thanks for the heads-up, Mom. Nice look those jowls, makes my chin look like a turkey's gizzard.

While I've never had Mick Jagger lips, I wasn't prepared for lip pucker. Now, my upper lip looks like a pleated skirt mustache and my lipstick runs up to my nose. I've seen some bottom lips bring the pleated skirt look full circle and then lipstick creates the same look as an unmentionable body part. Now, you know why lots of old gals just give up wearing lipstick.

Perhaps muscle shrink also does strange things to hair follicles. What else would explain the shock of a woman friend waking up one morning with chin hair? She went to an electrologist. A month later, she noticed hair on her upper lip and went back.

"You told me I wouldn't need to come back."

"Not for the chin hair, but now you have lip hair. I just guaranteed the chin. Do you want them removed or not?"

While she was getting the lip hair removed, she noticed that the electrologist was now zapping at her cheek, and she asked, "What are you doing up there?"

"More hairs, dear, more hairs."

"At this rate, I might just as well start shaving."

Muscle changes can also bring interesting surprises. My cousin and I were discussing how latent puberty had grown our former golf balls into tennis balls. Having enough to jiggle and filling up my push-up bra delighted me. She hated jiggling and having to now wear a bra to stop it.

Curious about my sudden puberty, I decided to ask the technician during my mammogram session. (For you fellows, a mammogram is done by a machine that gets one breast between cold steel plates until they squeeze it thin as a credit card while a woman holds her breath. I wonder if men would allow a technician to do their family jewels like that one at a time.) During a plate change, I remarked to the technician, "I feel like puberty has finally come. My golf balls turned into tennis balls. Does this happen to many women?"

"Oh sure. Your golf balls have suffered breakdown and have turned into loose cottage cheese, which takes up more room. They call it 'Senior Sag,' dear, not puberty."

I guess Senior Sag also attacked my butt. If it drops any lower, my cheeks will be slapping against the back of my legs as I walk. I'm already wearing a push-up bra. Maybe I should look into push-up panties.

Certainly, Alice experienced many strange things that made no sense to her. I can relate.

Consider how fast the years go by. Makes perfect sense when you realize that everything seems to take 10 times longer for seniors. For me, spring window washing now becomes an all-day affair. This is hardly hard work. I don't even have to pump any spray, because I use a magic cloth that works in one shot with only hot water. When I'm finished, I feel like I've been breaking rocks all day. The next morning, I feel like one of the rocks.

Be prepared for the dumb questions people ask seniors.

"How did you pass the night?" I don't even want to think about what it means to fail the night.

"Do you live by yourself?"

"Do I look so old I need help?"

I have an 83-year-old friend who constantly interrupts. One day, I said, "Can you let me finish just one sentence, once?"

She didn't miss a beat, "Barbara, I have to interrupt you, because I have a small mind. If I don't say something right away, I forget it."

All this body wear-out has seniors spending more time in doctors' offices than they ever did taking vacations. Some seniors have so many doctor appointments they have no spare time for vacations.

My 79-year-old friend, Ruth, went to the doctor's with a painful, swollen calf on her right leg. Her doctor told her, "Ruth, you're 79 and your leg is 79. What can you expect me to do at your age? I'm not a miracle worker."

"Doctor, see this left leg. It's the same age and it isn't swollen and it doesn't hurt. It wants you to fix my right leg so I can go out and play again."

Sometimes doctors come up with rabbit hole solutions. I told my doctor that I'm falling a lot and I'm wondering why I've become so clumsy lately. I ask her if it is the same kind of breakdown that fails to keep my skin smooth and my hair colored.

She smiles and says, "No problem, Barbara, we'll just order you a leg brace with a built-in sensor that will automatically lift your leg over the bumps."

Can you see me doing my one-legged Goose Step down Broadway?

Truth be told, we seniors don't make too much sense to doctors either. We go with our complaints, yet we don't

really want the doctors to find anything wrong, or make us take any more medicine or do any kind of surgery to fix it. What we really want is a magic wand miracle.

Lots of things seem to get harder. Take a simple thing like getting into bed to sleep. Past a certain age, it's a lot more complicated than jump in and cover up. If you don't put your neck pillow just right, you wake up with a stiff neck or a headache, or both. If you don't put your knee pillow in place, your hips could shift. Hip shift can throw your back out, which can throw your knee out, which can throw your ankle off. Then, when you walk, everything hurts. So, you hobble over to your chiropractor.

"What the heck did you do? Oh, don't tell me, forgot your pillows, did you?"

You hear about all those seniors getting hip and knee replacements. Now you know why.

Seems like older bodies need to be primed before they work right. Your body needs to be told, "We're getting up now." Only old fools just get up out of a chair or bed without making sure the feet are awake, the knees are unlocked and the head isn't dizzy. Like the Spanish people know, the old must remember to have one foot ask permission so the other foot also feels motivated to move.

Even when you remember to do everything right, you can still get zapped with a surprise leg cramp. (Bare feet on a cold tile floor usually stops the spasm and BenGay helps, too.)

And you wonder why old people get grumpy.

Ageing is scary, with body parts losing it in one way or another one at a time. After the hips and knees, do you know what's next to go? Do you know?

I can't remember either!

Barbara Garro, MA, The Painter of Flowers Abstract Synchronism Artist and Author of "Grow Yourself a Life You'll Love"

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Zeeland, The Netherlands, and a really nice workshop...

by Anne Claire Venemans
Utrecht, The Netherlands

When I was young, we spent our summer vacations in Zeeland, the Netherlands. Specifically in the area called Walcheren, the most western tip of the Netherlands. And even as a child, I felt a deep sense of belonging during those times.

As I grew up, I visited this area every once in a while, although all too often the two hour drive held me back from going there as frequently as I would have liked.

One of the reasons why this area is so interesting to me, lies in the fact that most towns west of the city of Middelburg have names that refer to churches, chapels, or monasteries. And as new places of worship are most often built upon older places of worship, this peaked my interest...

I quickly learned that remains of the oldest temples found here, the Nehalennia temples, date back to around the 2nd century AD. But there are also ties to the Knights Templar, and the Vikings who gave the city of Vlissingen its name, referring to it as a "tidal harbor."

This area has changed a lot from how I knew it as a child. It is a well-known place for vacationers coming from all of north-western Europe, and consequently, the coast line is now riddled with holiday parks and hotels. In order to keep some more natural space, several organizations have created a number of wildlife preserves and parkland areas, loosely connecting them with walking and bicycling paths.



About five years ago, Sam and I had a chance to visit this area. For me it felt like an embrace of a long lost friend. For Sam, the energies immediately called him; and kept calling him... Needless to say, we started visiting this area on a more regular basis.

Pretty soon we found an ancient sacred site in a parkland area close to the town of Westkapelle. At first, we noticed the constructs that create a sacred site in such a way that the site can communicate with both the Universe as well as with the people who are called to it — such as the Wisdom Circle and the Petal Pattern (as described in our book: *The Universal Energies of Sacred Spaces*).

While meditating on this enormous sacred site, we became aware of layers upon layers of energy, dating back further and further in time. And in our meditative experiences, the landscape seemed to change from the current flat coast lands, into a more hilly environment, and finally into a far and distant Lemurian past in which this area was a mountainous island.

Working more and more with the energies, we found a portal through which humanity as we know ourselves

now could enter the earth during the early Lemurian epic. And more recently we were led to a series of energies that would allow us to keep in touch with our origins — even the state of being that we are growing to eventually return to.

In early June, we shared these energies in our yearly workshop. We came together with a wonderful group of people ready to explore this sacred site as well as our own paths and our origin energies.

We found this gives a new and different perspective on life in general and perhaps even on our sense of purpose in life. As the week progressed, we all got a little lighter, a bit more radiant. Happier! Experiencing the energies in this point in time in Zeeland gave us perhaps a new sense of direction, as our ties with our origin energy grew stronger.

It is hard to put words to the experience. But the way the discoveries we all made seem to fit so well in our lives right here and now, makes that we are looking back on a productive, but most of all fun workshop!!



A Season of Runes

by David and Shesta Ross
San Jose, CA

This article is the fifth installment of a 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.



A Shamanic Journey

We would like to take you on a shamanic journey through this summer's Universal Rune reading.

Imagine that you are a mouse — a mouse of worth.

You come upon a hole at the base of a magical tree that connects to the space that is no space and the time that is no time.

At the entrance to this hole is a badger. She asks you if you wish to enter the hole into the earth on which the tree stands.

You say . . . yes!

You enter the hole and travel down the tunnel.

Deep in the darkness below the tree, you find a balancing point where ether and space merge with the elements to create all things.

What, little mouse, would you like to create?

In the darkness, you slowly perceive a spider, weaving her web of destiny. In that web, the spider weaves the rhythm of all things universal into a compatible tapestry for your growth and evolution, as a very special mouse of worth.

Oh, individual mouse — do you know with a certainty — do you feel and accept deep within that the spider is weaving together everything needed for you to be all the mouse that you can be?

With that perception, you now feel a movement within the cave, which crystallizes into a set of seeds. You grasp them with your dexterous paws and place them gently into your mouse cheeks.

And now, with the seeds of your creations firmly ensconced in your capacious cheek pouches, you thank the All That Is, and turning, scurry back up the tunnel and out the hole at the base of the magical tree.

The badger smiles as you pass, and you carry the seeds of your new creation and your new becoming to your home, to plant in the garden of yourself.

Situation Developing Course of Action Situation Now



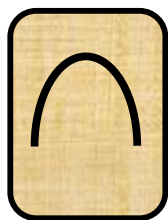
MAAI

Man — His Race



BEL

Conception & Ideas



KHUH

Disruption

Summer 2019 Universal Runes Reading

KHUH describes the situation that is developing. In our journey, KHUH's disruption takes us to the entry of a tunnel and opens the doorway to another (magical) space.

BEL describes the course of action that we should take this season. It says that movement occurs as ether touches the elements. BEL permits new beginnings and new concepts to be born, as it merges ether and space to create all things. For the elements must have the touch of ether to bring life to its movement.

MAAI tells us of the outcome — universal energies support man's evolution in this world. MAAI represents the race of man and weaves the rhythm of all things universal into a compatible tapestry for man to evolve within.

Know that during this summer, your growth and creativity is being supported by the universe. Take the seeds created for your future, plant them, and tend them.

For all the Universal Runes source materials:
Authors are Rev. June K. Burke & the Seraph Julian.
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KHUH (KHU): Disruption

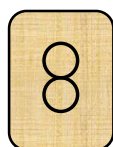


This rune is always disruptive in its placement. This does not necessarily mean negatively. Although sometimes its disruption will appear to be negative, it is often the instigator of major change and new beginnings. It is a rune of strength, individually, one may look to the interruption of an accepted flow as an indication that change is needed. This rune forces the indecisive person to decide when facing issues. KHUH should always be seen as a reflection of necessary change.

KHUH Reversed: Dilution, Weakening Forces

KHUH reversed denotes a lessening of determined effort. The weakening of resolve that succeeds. Action may be needed to place you back on a productive path.

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.

MAAI (AI): Man — His Race



This is the universal energy that influences evolution and unfoldment. It is MAAI that weaves the rhythm of all things universal into a compatible tapestry for man to evolve in. Individually, it is man's own evolution mentally, physically, and emotionally. Where this rune is placed in a spread indicates growth and evolution for the individual.

MAAI Reversed: Without Man's Influence

MAAI reversed removes man's influence, leaving the Rune as a universal influence to which he must bend.

(Rune definitions are from Universal Runes.)

Harmony

by Jeanie Livingston
Naples, FL

*I never saw a doubting bee
or jealous cows begin to fight.
I never saw a guilty tree
or daytime stars pretend it's night.*

*It seems that nature knows the moves,
and only humans get confused.*

Thoughts

by Jeanie Livingston
Naples, FL

*I thought true joy came to me
through those I love. It doesn't.
It comes when it damn pleases
and goes the same way.*

*I thought true love happened
rarely and to those of special
character. No so. True love
flows all the time. Everywhere.*

*I thought peace of mind was
a wish from the hearts of the
guilty, until I came to
know it's just another
name for faith.*

Orchestrating a More Loving World

by Renee Salvatori
Wheeling, WV

*The conductor stands straight and tall.
In attention to all with outstretched
arms.*

*Reaching out to encourage and lead
the orchestra.*

*Even though they know the piece by
heart, they watch peripherally.*

Paying attention for feedback.

*The facilitator keeps the tempo and
uplifts the whole group.*

*We can all be like the orchestra leader.
Standing in attention and ready to up-
lift.*

*We know the music of kindness and
love.*

*Start your morning with a song in your
heart and*

Peace in your arms,

*And direct love and peace into the
world.*

Summer

by Renee Salvatori
Wheeling, WV

*Embellished hot dog — Luscious water-
melon.*

Bright sun — Balmy nights.

*Green pallets of grass — Long shadowy
evenings.*

Dewey mornings — Brilliant skies.

Pool floats — Rhythmic sprinklers.

*Humming lawn equipment — Melodious
birds.*

Buzzing bees — Glowing fireflies.

Sprouting plants — Blooming spirits

Laughing children — Summer has begun.

Saul's Corner

The History of the Universe (Workshop #201)

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

(continued from ROL March 2019)

Chapter XI: EGYPTIAN INITIATIONS

As you meditate, you may more and more begin to feel an identification with the exercises we are doing, an identification with the elements with which we are experimenting, the initiations that we are experiencing. It could very well be that you did not accomplish an initiation and, therefore, are coming back to experience it at another level or as another energy in this particular life. The energies of the initiations always relate to the culture and time. While the initiation that one went through in Egypt may take a different form in this culture, it would have total identification to it in the lesson being taught.

When you have an initiation in a life, it is not the ritual that is the initiation. The ritual is the symbolization of that which it is trying to attain. The realization which is the actual initiation may transport itself to another time and culture to be presented in another way, but it is still the same unfoldment continuing, so to speak.

Every fear has a grounding point within the self that is probably related to an incident having nothing to do with the actual fear. For instance: a person who has a sense of inadequacy, who wants to be recognized, who wants to have self-esteem, may set goals for themselves that terrify them, because the groundwork for those goals has not been laid. They are giving themselves something to focus on without realizing what it calls for in its step-by-step procedure. It would be like trying to graduate without ever having taken the lessons. People take the polarities of them-selves that which they hope to attain or are aggressively seeking and that which they feel inadequate about and, somehow, tie them together. Some incidents of fear are triggered by an emotional memory of the past. The fear of drowning often comes from having lost a life to the sea, for example.

One of the exercises of the temple was for the acolyte to take the physical thing which he/she feared (by physical was meant something solid — a snake or serpent, a spider, insects, etc.) and live with it for twenty-four hours alone in a room. The second twenty-four hours they lived with two of them. The third twenty-four hours they lived with three of them. They had a choice — get to know it and understand it or, literally, die of fright. They were not told whether or not the serpent was ven-

omous; they were not told whether or not the spider was poisonous. All they were told was that they would live with their fear until they conquered it.

We are going to go through an exercise which was one of the exercises of the temple. However, you can go back to the incident which created your fear with the total realization that it does not belong to this time, that it belongs to another place. You are going to look at it, not to experience again the terror, but to understand what brought the terror about. Once we have worked with an exercise for that which is a physical fear, such as water, insects, serpents, etc., we will do an exercise in which we transform an unhappy experience into a happy one, so that the memory of the unhappy experience ceases and becomes a happy experience one with the present.

That which you fear becomes a magnet that attracts to you that which you fear. Therefore, it is very important to transmute your fears. It does not mean that it will happen to you. It means that people who are afraid of being mugged, for example, when they open a newspaper will immediately see any news report of a mugging; they will often hear of people who have been mugged. The magnet of their fear is attracting that very thing to them. They may never be mugged themselves, but fuel to their fear will be attracted to them. You are your own magnet, you see.

We are going to begin to let these fears out and we are going to do it by the method of the temple — the power of the mind.

THE INITIATION OF THE JOINING

The Physical Phase

Take a deep breath and close your eyes. Imagine yourself in a room. In that room there is a bed, a chair and a window, but the window is sealed. I want you to see yourself sitting in the chair in the center of this room.

Look to the left-hand corner of the room and, there, behold your fear. Make visual contact with your fear. Ask yourself how you can understand this thing. Look very carefully at it and see the shape of it. Merely look at the shape of it.

(Saul's Corner, continued on page 12)

(Saul's Corner, continued from page 11)

Ask yourself what you see about this thing that is dangerous. What is the thing that is the most frightening or represents the most danger to you in this thing?

If this is the danger, I want you to see this one part in relationship to the rest of this thing. If that is the danger, then the rest of it is not. Weigh how much is non-dangerous and how much is dangerous.

Ask yourself what part of you is dangerous to it. In other words, what part of yourself is an equal threat to your fear?

Envision the part of you that is a threat to your fear and the part of your fear that is a threat to you moving toward each other in the room. Realize that, at the same time, that part of you which is not a threat to that thing and the part of that thing that is not a threat to you are both watching with equal anticipation.

Begin now, to love that which is not the danger to you. See that which is not the dangerous part and love it. Send it blessing, joy, exuberance and love.

Because the only thing that can come back to you is what you send out, begin to feel a sense of acceptance and love returning from your fear. Hold one and only one thought in your mind —LOVE.

If love can conquer all, it can conquer fear. If you are directing love to that which is not harmful, and it is directing love to you, then the part of that whole must also feel the love.

If you will look at those parts of you and those parts of the fear that were dangerous, you will see that they have met in the room and dissolved. Equal has met equal, surrounded with love, and diffused.

Bring yourself back to this time and this place.

You may think about your fear, but the realization that only part of that fear had any power and that the power in love of the rest of it and the rest of you was capable of diffusing it you will begin to see that the fear can be controlled.

The process is to:

1. Look upon your fear, separate the danger of it from the actual whole of it.
2. Look at that which is a danger to it from you and send it forth to meet.
3. Surround the whole thing with love and recognize that if part of you is in love, then all of you is in love, and that part that is a threat then must be diffused

by that love.

That was the lesson that the acolytes had to learn.

When a fear is there, remember that it is impossible for anything to be totally bad. The polarity law says the point of light must be present in the darkness. By separating the darkness from the point of light and concentrating on the point of light, you overcome the darkness. To change it, take what you wish into that which you do not wish. If you are unhappy, do not think unhappy thoughts but start remembering some happy things in your life. Immediately, that energy that you are working in at that moment is going to shift and change. It is going to begin the change of that space in which you are.

By recognizing that everything is a part of the whole, you recognize that part of you and part of the thing you fear can, without threat, love. That love, then, must extend to that part which is a threat; it cannot be separated.

Most people cannot understand why they do not manifest what they want in their life. They are busy doing one thing with one part of themselves and another with the other part of themselves. Until they get those two parts recognizing each other, diffusing that which is unnecessary and making them one, they are not going to manifest.

A person says, "I'm a very loving being; my step-sister isn't. And the fellow down the street is not and that one is not too spiritual either." Somewhere they have missed the rule book. They have not understood what it means to love. Loving is loving as you are, accepting without pre-judgment. That which you fear has been prejudged by you, for one reason or another. It may be because you have experienced a bite, or somebody else has; or perhaps your great grandmother did and they have never stopped telling the tale. Do you realize what happens to children with the prejudices and the fears of the parents brought down upon them?

You must diffuse the fear and bring it into the space of light. Love is the strongest energy in the universe, and it must overcome fear. It may take you a few sessions with yourself to make it fully felt, because your feelings are governed by mind, the subconscious mind which rules the body through the pituitary gland. Therefore, you need to go through the session to let the subconscious accept that this is so, that the diffusing has taken place. Then you will not only be thinking that it has, you will be feeling that it has.

The subconscious mind rules the body through the pituitary gland. It releases emotions through the body in the pituitary. The subconscious accepts everything as fact. It

does not have a sense of humor, so do not joke with it. It needs repetition to be convinced that you really want to change what you have already programmed there.

The next phase we are going to work with is emotional fears, inner fears dealing with an instance or a happening. This was the second phase of the initiation of the Joining. This was the initiation in which they had to join their fear in order to overcome it. The second phase was to help them deal with interaction, but this time joining the emotion and transposing it to another emotion; and I will explain the method for doing this.

THE INITIATION OF THE JOINING

The Emotional Phase

Think of an emotional thing that you fear. It might be failure, it might be fear of commitment, release from a relationship — there are many. Just think about it. Do not necessarily identify with it. You are not looking for a deep awareness experience with this particular exercise; your goal is to identify what it is. If you have an emotional fear, think about it for a minute. What is it you fear? Quietly think about it.

You now know the nature of the fear. In other words, let us say that you fear relinquishing yourself, a fear of commitment, let us say, or an emotional giving. You are thinking: I don't want that. What would happen if I let go and the person's reaction was: I don't agree with you; I don't want you; I don't like you. I don't want your commitment; I couldn't stand being committed to you. These are the kinds of things that go through your mind when you fear being vulnerable, or fear of putting yourself in a position where you are not in charge. With every fear there is either a real or a fantasized situation. Think of the real or fantasized situation.

Now take the exact opposite of that situation, an incident that dignifies that situation. In other words, someone has a fear of standing up and talking public. If that fear is related to an actual experience where they got up before a group of people to talk and did not do well, or thought they did not, that might be the incident which is the source of the fear. It is just the fact that you might get up before a group to talk and not do well and you think of not doing well, you have that set in your mind. What would be the opposite of that? To know that you are going to speak before a group and, when you are done you are going to have a round of applause and a group with satisfied expressions on their faces. That is an example of the opposite of that particular fear.

What would make the fear of being vulnerable seem ridiculous? I might become vulnerable and find out that

the person of whom I was afraid of being vulnerable was afraid of being vulnerable to me and was so glad that I was vulnerable first. See one of you being vulnerable and being accepted by the other. Imagine, now, the opposite of your fearful situation, that which would make it successful.

When you have identified the emotional fear, come to the comprehension of what would make it seem foolish. If you are fearing failure, then certainly success would make a failure seem foolish — provided, of course, you were not afraid of success. You are taking the polarity of that emotion.

In this experience, you think of the fear, then think of its opposite and have the second thought locked in over the first by a single physical motion. You will find that when the fear comes up again, it somehow does not have power. You will find yourself, instead, drifting toward that which you saw as the opposite of the fear.

In the temple, it was the priest or priestess who went to each acolyte and locked them. You can work as priest or priestess of the temple with another and have the ability to do this. You can then go out into the world and work with this very initiation with others who have fears to help them release them.

There are three phases:

1. The physical acceptance through love
2. The joining — the emotional joining
3. The locking in of the opposite emotion

The following are directions for two people working together:

On the right knee of the person you are working on, there is a place approximately five inches above the knee, a spot which you are going to touch using the first two fingers (the index and middle fingers) of the right hand — even if you are left-handed. Acting as the sealer, you are going to seal out one memory and seal another in. Acting as the priest or priestess of the temple, you have become the person with that power. It is a power that anyone can use; but, because we are talking of past times, we are treating it as past times. Treat this seriously, because it can take away from you that which you wish to have taken away. It works.

THE INITIATION OF THE JOINING

The Second Phase

The person who is to receive the sealing is to think of the unhappy occasion that which they want to block out.

(Saul's Corner, continued from page 13)

The person acting as the priest or priestess will ask them to place their left hand on their left knee when they have set in their minds that from which they keep wanting to get away.

When the hand is placed on the left knee, the priest or priestess will then say to that person: **THAT FEAR IS GROUNDED: THINK NOW OF ITS OPPOSITION.**

You are then going to think the thought that releases the fear. In other words, if you are afraid of making a fool of yourself in public, and have seen yourself making a fool of yourself, you are going to put your hand on your left knee, the priestess or priest will then say to you: **THAT FEAR IS GROUNDED: NOW THINK OF ITS POLARITY.** You are then going to see yourself successful before an audience. You are going to see that which is the ultimate that you would wish to receive in opposite to that fear.

When that is done, the recipient will say: **I HAVE IT SET.** The priest or priestess will then do two things:

1. While looking directly into the eyes of the person, he/she will take the first two fingers of the right hand, held together, and place them five inches above the right knee of the recipient.
2. At the same time, he/she will knock the recipient's left hand off his/her left knee.

The priest/priestess looks directly into the recipient's eyes when he/she lets them go. You are locking the polarity in position. This spot affects the inner body. That which has been grounded by the receptivity of it on the left side is knocked away and the active side locks in the new image.

The touching is, in essence, the ceremony. It is the symbol of what takes place. The grounding on the left side means grounding on your receptive side. The locking is on your active side. It is saying that you are removing from action and receptivity the fear and replacing it in action in your life with its opposition, its polarity. It can work.

The aftermath of this experiment is like having the tooth out and sticking your tongue in the hole to see if it still hurts. You are going around thinking, am I still thinking that thought? Am I still afraid? If you just let go of it now and forget it, you will find that it comes in to plague you less. You may find yourself getting up on a podium and speaking, or reaching out to someone and saying, "I care." You may find yourself not afraid to be vulnerable. This is now in you. It has been placed there to manifest strongly in you, so you can let it flow.

You can do this on yourself, but it might take a few applications. Notice that you can work with someone on this and never need to disclose the fear.

They were not asked to tell, but only ask to visualize their fear, then visualize the polarity of it and lock it. Nobody has to feel embarrassed no matter what their fear is. It is an opportunity to be free of the fear through the intercession of love from the teacher and through the acceptance that it is so.

The only reason it helps to work with another is because there are two energies affirming it. The person who is doing it sometimes has trouble getting the strength up, but if they keep at it enough, it will happen. It is the idea that someone is helping them that helps. A helping hand is the thing that makes it a little easier. It is always easier to do with somebody else.

In a situation where it is not appropriate to discuss this type of process, you may have to simply see them smiling, happy and full of love. Surround them with that energy or see them being able to come to you and talk. You may one day find them walking over to you and saying, "I would like to talk to you about something." You become the magnet that says: I'm open and receptive, and I'm loving and giving, so that it can flow.

When they worked with this lock-in and releasing system in the temples, there was a very short mantra that would be used before it and after it. The mantra was:

MA HE LAY AH, MA HE LAY AH, MA HE LAY AH.

Use it.

In your world, you use what is called "White Light" to protect you. I want to explain something about this to you. You can surround yourself with all the White Light in the world, but it can do nothing for you unless you are a White Light person. If you are full of hate and judgment and resentment and anger, and if you would "skin your grandmother for a buck" (Isn't that the way you put it?), then don't expect to surround yourself and your possessions and your enterprises with White Light and have it work. You are your magnet, and if you are thinking in a negative way, negativity of you is far stronger than that Light, because it is coming from inside out. You cannot just say it; you must live it. When you are living it, there is nothing to fear. The worst killers; if they are approached from Light will respond to that light, but you must mean it. It is not just a handy thing for you to have around — let's buy a roll of White Light and spread it. It is something you live and create in order to have it. You call it forth by your own divinity, and you use it for the protection of others and yourself. If you are living

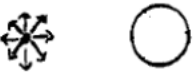
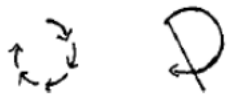
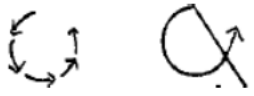
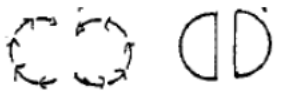



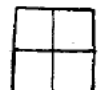
in a centered manner and are emanating from you that magnet which is love, you will attract that same to you.

The initiations of the temples were orientated to seasons, because the time division of the universe was nothing really to do with hours and minutes. The time of the universe had to do with seasons, with unfoldment. There was the time of opening and reaping and sowing, and so forth. In each of you there is a season. In the spring a young man's fancy turns. Everybody wants to be more open and more loving. It's like the heaviness of winter has gone and it is a new beginning time.

Each equinox and solstice point has a specific meaning and a specific celebration, and they relate to man's life. Each season is representative of a particular unfoldment in man, and they were celebrated by man and in the temples.

In Egypt they had the seasons without the manifestation on the surface. In other words, those seasons occur whether you are in the land where it is reflected in the physical changes or not. Even in the great Arctic they have the seasons, the inward seasons of the universe, of man, whether it appears on the surface or not.

THE INVOLUTION OF UNIVERSAL ENERGIES

NEGATIVE:	• •	Potential Active and Perceptive
LIMITLESS:		Spirit Possessive Active
LIMITLESS LIGHT:		Positive Spirit Aether — Projectal Active
AETHER:		Spirit Receptive (negative) Potential
ETHER:		Spirit Directed (positive) Potential Active
ASTRAL:		Spirit — Space
SPACE:		Spirit
PHYSICAL:		Matter
MATTER:		Manifest

(End of Workshop #201 transcript)

The Sea Flower

**By Michel Post
The Netherlands**

“The purpose of architecture is to create timeless, free, joyous spaces for all activities of life.”

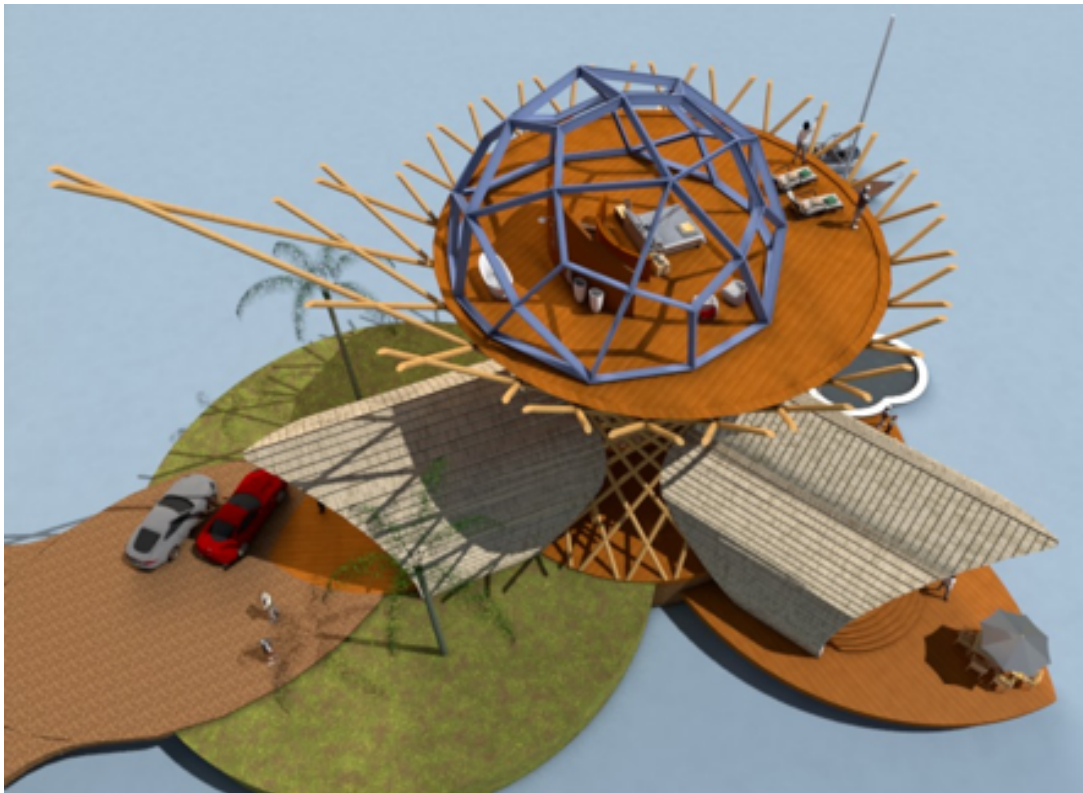
— John Lautner

“The Sea Flower” is a home that I designed, where the emphasis is on experience and where different experiences are combined. In that sense, it is not a house as we know a house, but an expression of energy. The movement between the experiences is an integral part of the experience of this home, whereby this experience is different every time, depending on the time of day.

Because this house is about experiencing different energies, it was possible to make the four elements tangible

and perceptible. You can experience the different natural elements in different places: in the basement you have contact with the Earth; you experience Water and Fire on the deck and around the house; and through the unique movement through the house you experience the element of Air on all sides.

The most spectacular element is the bedroom on the top floor. This is an important and recognizable visual element of the home and a world of its own. Here you literally sleep under the stars and you have a fantastic view over the surrounding water. The windows can be darkened, as required, and the large terrace around the dome can be used throughout the day.



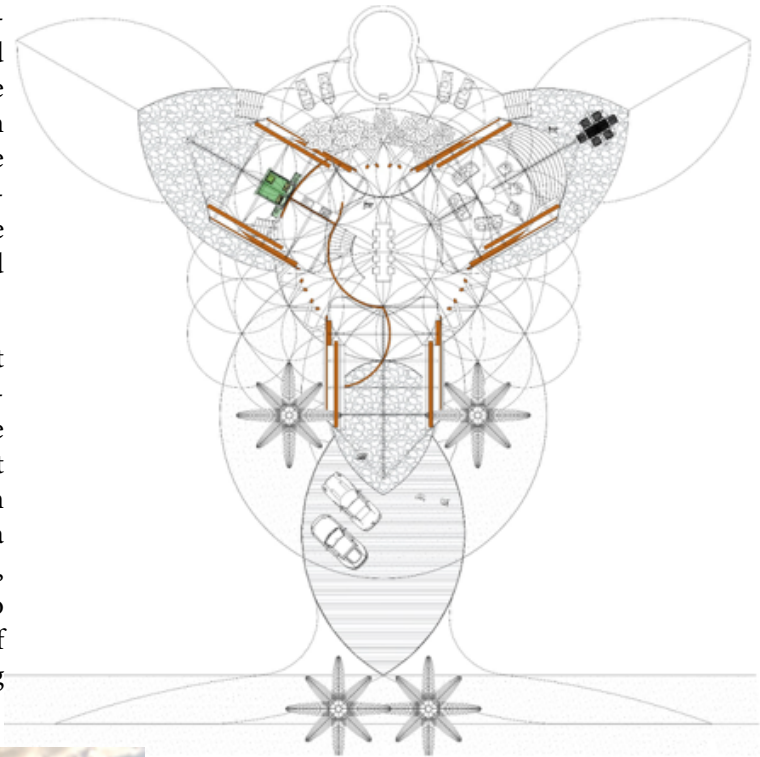
The idea for this home came from the desire to bring people and nature closer together in a way that is appealing to people. Architecture can be a visible and spectacular display; it can create a space where different emotions are evoked, and where people can live in a joyful and loving way.

Instead of focusing on a “green” architecture where

greenery is a visible and important part of a home, I wanted to use this design to focus on the relationships in nature. For example, the “Flower of Life” has been used as the foundation for the floor plans, and the “Vesica Piscis” forms the basis of the various roofs. However, it is not only the formal language that brings the balance, but also the mutual coherence between the various components.

In addition to fitting in and experiencing the direct and nearby nature, this design can be viewed from a second characteristic — it focuses on the various experiences in the home itself. The design plays with different height levels and walls have been placed at specific places that follow the circles of the Flower of Life. Every room is therefore unique in terms of light, height, orientation, and experience.

Although the emphasis is on relationships that occur in nature, there are many possibilities within this design to integrate natural greenery. I use natural greenery as an important element that makes a living environment healthy. Envision a hanging garden in the central living area, or a greenhouse at the height of the water deck. Also, the entrance, where inside and outside merge into each other, calls us to continue the greenery of the outside surroundings inwards into the living space.



The design of this property uses Universal energies that are freely deployable and scalable. Therefore, within this setup, it is relatively easy to come up with an alternative floor plan, or even to give the building a completely different function.

The most important thing, however, is that the living concept is designed differently and, that the development of the designs was started from a different perspective. It is this different perspective that can enable us to look at our environment in a different way — not something we look at, but something that we are part of.





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
- A Master Class on the Cosmos
- 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. **You can still join this group if you contact Andrea soon. She will provide private tutoring until you catch up with the class.**



The new section meets 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.andreamithtransitions.com

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, and the rolling surf.

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.

There is one room left. If you want it, please contact Andrea Smith (drandreasmith77@gmail.com) immediately. All payments are currently due. If you cannot pay in full right now, please contact Andrea to make other arrangements.

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 immediately if you wish to extend your stay with these special rates. Do not send money to us. Instead, you will pay the hotel during check-in.**

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, drandreasmith77@gmail.com, 503-720-5269



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: Author's Choice

Submission Deadline: 9/10/2019

Send electronic submissions to:

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