

Ring of Light

A Newsletter for the Members of the Julian Community

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Happy Solstice! We don't know about you, but we are getting tired of the PushMe-PullYou of the transitions that are occurring now. Are we really headed back into extreme nationalism? Are we really headed away from caring about others? Is it somehow no longer cool to be nice? Where is the Aquarian Age when you want it?

Aca'u puts it all in perspective in his Winter Solstice message: *"This is a tumultuous time. Never before has the world undergone such change. You are within the throes of a new Round, a new Age and a new cycle of earth changes. This is the first time all three have occurred at once. Don't be surprised then, by the clashes and warring as the old and new battle. Expect more turmoil in 2020, because the old patterns of thinking that people are clinging to will become increasingly threatened. Cosmic energies fan the flames."*

Boy is that gloomy. But Aca'u also gives us great advice in dealing with the situation: *"You have all the tools you need to live a life of happiness and well-being. The source of these rest not in outside people, possessions, situations or events, but within your mind. If you place your source of happiness on the externals, you will always be disappointed, because the externals always change. ... Please understand that the only tools you need to create inner contentment are your mind and your free will. You can create steady, consistent inner peace regardless of what happens outside of you."*

Happy inner peace to you all!

— Jan Clayton and Nancy Walton

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A Julian Affirmation

God is my source of all supply.

He answers my every need.

I open myself joyously to replenishment, renewal and the ability to move forward.

I, through my thought and action, will shape and mold my world.

I will hold positive, progressive thought

And help to manifest it.

So be it.

From Development Class #136. November 6, 2004

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

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Astrology

by Eleanore Johnson
Poughkeepsie, New York



We end 2019 with a solar eclipse on December 26th at 4 degrees of Capricorn, and begin 2020 (on January 10th) with a lunar eclipse at 20 degrees of Capricorn. This combination portends a powerful year with a myriad of possibilities.

An intensification of government and political issues may be paramount, as Capricorn rules the government and people in positions of power. The sign of Capricorn is a testing sign that can exemplify the highest or the lowest qualities of which human nature is capable. In a positive vibration, it brings great strength with a strong sense of purpose. Negatively, it brings about an over serious nature, suspiciousness, arrogance, and an unforgiving nature. How man uses the Capricorn energy during this time is of utmost importance. Respect and reward have to be earned in this sign, and the antidote of Capricorn's negative attributes is Love, the healing force, which dissolves arrogance and selfishness.

There is a huge emphasis this year on Capricorn, as the powerful conjunction of Saturn and Pluto are in Capricorn. Saturn represents the past; and Pluto represents transformation and will often expose the areas that need change.

Jupiter also entered the Capricorn arena on December 2nd (2019). It will be in this sign all of 2020. In the mix, it can throw a benevolent influence on the energies

operating in 2020. It creates the possibility of dynamic changes that can better humanity. It could also point out the areas of our lives where change is needed. It enables us to emerge strengthened with the determination to express the best of who we truly are, as Capricorn represents spiritual discipline.

In January and February, Mars is in the sign of Sagittarius (in Jupiter's territory) where it is optimistic, friendly, and outgoing.

On February 17th, Mercury goes retrograde in the sign of Pisces and goes direct on March 10th. Mercury in Pisces is psychic and extremely sensitive. It can cause us to react from instinct rather than reason, because it reacts strongly to its atmosphere. During this time, it is important for us not to react from subconscious influences.

In March, Venus, the love planet, is in its own sign of Taurus, where it can operate most positively, as it will have positive aspects to transiting Jupiter, Saturn, and Pluto. Venus should bring us great awareness for expressing positive transformations in whatever areas of our lives we choose. It can help us bring out the best of our qualities and express our greatest potential.

Love and Light,
Eleanor

Looking Back to Look Forward — Preparing for 2020

by John Svirsky
Naples, FL

Over the last several days I have been pondering these thoughts in helping me let go of the past so I can enter 2020 mindfully and living purposely (as contrasted to living reactively). This year I have been living more and more with intention. That involves me cleaning out as much of the negative, low self-esteem, past training thought forms that act subconsciously most of the day. Like a computer hard drive just acting based on previous programming, rather than making decisions reflective of all the work I have done to evolve to this point. I ask for and feel the presence of God acting through me in all that I do.

So, here are my questions, I hope they serve you as well as they are inspiring me:

- In the past year, what made me laugh? Whatever was the catalyst to laugh, I put myself in situations where I laugh more.
- In the past year, what was I doing when I felt one with my Source Energy (HP, Pulse, God)? Do more of those things that allow me to feel the connection. To feel inner peace and love.
- What do I need to take care of so that I will feel that I have learned the lessons that I chose on the other side to experience when I return to the whole Divine Self?
- Who Am I?
- Why Am I here?
- Why did I want to incarnate?
- What did my soul want to do experience while in physical form?
- What have I accomplished that I feel good about?
- What have I accomplished that I wish I had done differently?
- What have I learned from this life experience?
- When I look back at my life what has given me joy?
- When I look back at my life what has left me with a feeling of contentment?
- What does my light being feel like to my conscious being?
- How does it feel, connected to my whole self?

Good questions to contemplate. **Enjoy life now!**

Fast, the Ring of Light

by Regan Friend
Margate, Florida

... worm in the Rabbit-hole,
... rabbit in the Worm-hole
... loopy soupy knowingness
... that's a Ring of Light.
... what can we become, we ask?
... what, in Reality, is our task?
... If Really Knowing,
We are showing ...
Fast ... the Ring of Light ...

A Holistic Vision of Nature-inclusive Design

by Michele Post
The Netherlands

Nature-inclusive design seems to be the new trend. Within the context of CO₂ reduction and nitrogen schemes, there is also increasing talk about integrating nature into the building environment. This involves placing bird boxes and breeding grounds for bats, creating green facades and roofs, creating biodiversity in terms of planting, and harboring water on the site and in buildings.

That this does not employ the standard solutions is clear from the example of a 5-story apartment building in Turin, Italy (right). Not only is this building integrating greenery in, on, and around the building in several ways, the immediate surroundings are also taken into account. It is almost impossible to say where the garden ends and where the building begins.

Apart from the exuberant greenery, a very characteristic aspect is the roughness of the facade and the industrialistic use of rusted steel as supports for the plants and various terraces. Just like in “real” nature, everything is unique and there is no repetition to be discovered. Of all the examples that can be found on the internet, this example is perhaps the most extreme.

However, it shows how special architecture can become if we dare to deviate from the usual solutions.

Apart from a technical solution and applications concerning nature-inclusive design, I am also curious as to what influence or “energy” such a solution provides. I wonder what happens when I am in this building. What do I feel and how natural is this urban nature? How much influence does the steel, the spatiality, and the green present? What effect does the diversity of solutions have on my perception of space? Will it feel as if I am standing in a forest, where every step will provide a different experience and where the forest undergoes a transformation during the year?

The only way to really find this out is to visit the building, or even better, to stay there and live there for a longer period of time. Being aware of your environment and being aware of yourself is key for such research.



However, there is another way you can look at nature-inclusive design and that starts with the definition of *nature*. If we look at nature as a collection of trees, plants, and animals, then the above solutions are indeed the translation of nature-inclusive design. However, if we see nature as a complex of different systems that interacts with each other, with the aim of supporting humans, the above solutions are a first step in the right direction.

Nature consists of a physical and a non-physical component, where you could say that the physical component is the last part of a complicated process. Think of an iceberg, where the majority of the ice is under water. As an example, you could make a comparison with the physical nature that is visible to us and the creative process of creation that is not visible to us. Intellectual understanding of nature, and with it the devising of solutions for nature-inclusive design, is an empty shell without this Universal principles.



Nature-inclusive design could be so much more. Consider the use of organic principles as nature that morphs over time, or by using the energy of the North, South, West and East directions, or the energy of the elements Earth, Water, Fire, and Air. How can a certain tree or plant support you in your daily life and the spiritual path that you follow? Which tree or plant is suitable for this and is this tree or plant also suitable for someone else?

In this context, what would a building look like for the purpose of healing people or teaching people? Which form generates which energy, and how can you use this knowledge to shape the environments we build? The energy of a cube is completely different from the energy of a donut, and they also have a different influence on you as a user.



Placing a building in the context of the *why* could be the first step towards true nature-inclusive design. By including all aspects, the physical and the non-physical, a holistic approach to nature-inclusive design is created. It is not about coming up with solutions that physically bring nature closer to humans, but about asking yourself why you are designing a certain building and which natural principles you can apply to achieve this goal. The context of why you do something is just as important as the development of it.





Winter Season

by Renee Salvatori
Wheeling, WV

Winter months are approaching on our calendar year. For some, it could represent a metaphorical season of their lives. We know how spring, summer, fall, and winter correlate to our body changes, from birth to death. Somehow though, one just isn't quite prepared for the finality and coldness the last one can introduce into the body and psyche.

I have had the privilege these last few years of being around the older generation at length, while the sharp contrast of the younger children swirls about, as well, in stark comparisons. I have watched how the young ones eagerly hop upon the older one's laps in a sense of shared camaraderie. Both too young or too old to be robust and unhindered in their skills. However, the little ones are excited to be gaining more abilities, while the older are disheartened to be losing theirs.

I am aware of the sometimes-stark blast of arctic air injected into the once vibrant and bustling time-line of their lives. Infusing the wisdom gained with frigid undercurrents of memory lapses and unnerving frailty.

Someone once told me that old people just don't become cranky when they age, that they had to be a cranky young person first. While that may be true, I tend to think that aging can make the most Polly-Anna person irritable, too. Aging is not for wimps. Each season has its own definitive handicaps, from puberty, parenthood, mid-life crisis, menopause, and wrapping up your last jaunt in the physical world. But, I am sensing a deeper sadness in the winter season for the loss of mental and physical abilities and traits. This will surely add to the irritableness of it. At least from babyhood on up, you gain strength and stamina. With aging, it is like a gift is being taken away. Even though you are gaining wisdom and patience, you are losing much too.

For a second, picture yourself unwrapping your present and feeling so grateful. A little later, the gift is then taken away and handed to another. Aging can leave you feeling a bit confused and bewildered.

My aging friends and family have expressed the disappointment of how fast they got old. Not necessarily in the age number, itself, but in the true test of how their body and mind are feeling. They are too young to feel this old. When they look in the mirror, they still see themselves as the hulking or beautiful 30 year-old. Maybe as a child of that aged person, we too, are a little bewildered by the

aging process of our parent. I will admit that there were times that I felt my mother was playing me when she couldn't lift something I thought was light, open a jar lid, turn the crank of the can opener, get in and out of a chair, or walk faster. How could she go from 60 mph to 5 mph so quickly? Wasn't it just last year we walked two miles to the park to swing on the swings, and now she can barely navigate the steps and has fallen three times?

So here is what I have learned from her and others. They are not faking it. Aging is not always welcomed. It doesn't knock on your door and await to be invited in. It barges in like an unwelcome guest and loudly announces, "Here I am. I'll be staying with you for the rest of your life." You must learn to be the gracious host; smiling, preparing, prepping, ignoring, being inconvenienced and loving, all at the same time, 24/7. Aging can become consuming and task oriented. Weeks planned out in advanced. If you shop one day, you may not have energy for the following two days. If you do laundry on Monday, you may not have the strength to go on a lunch date until Thursday. Doctors' appointments no longer are quick in and out's, while receiving your sticker of wellness. They are now followed up with blood draws, other lab function tests, and yet more follow-ups for results and wondering how you are going to get there. Again, leaving without the sticker of health. Perhaps preceding expensive medications, co-pays and deductibles, that are draining on your already fixed income.

This all doesn't include the daily tasks of rising each morning, sometimes after already having done so 3-4 times throughout the night, to relieve the relaxing kidney and bowl muscles. The toilet becomes your new sought out porcelain art piece. You exchange your slim pants for bulkier ones to hide your new fake fabric pull-ups or continence pads. No stylish version available, only white or tan, or an occasional flower on the edge. You never thought you'd be waddling with inserts between your thighs or even the expense and embarrassment of purchasing them.

Not only does the digestive system get lax and touchy, but so does the hearing. How many cannot afford the price of hearing aids? In conversing, they learn to read lips and body language, and smile so others feel like they are listening and don't appear daft. All the while, feeling like an outsider. Conversation is no longer quick, but feels like a dubbed Asian movie with English words.

The lapse in words and mouth movement never in sync. They come up with a thought or answer, and the group has already moved along to the next thought. It's an uneven ping pong match. Or they may forget and repeat once more. Then comes vision. Cataracts are an add-on for the gift. A little extra bow or tassel. Again, they compensate. What they no longer can see, they feel with their hearts. Their hearts become vast; eager to love and forgive, and encompass all.

If they seem cranky, give understanding or empathy. Do we really know what they could be dealing with? Be patient. Instead of zipping your cart around the older person in the store this season, go slower and make eye contact. Give a greeting. Ask if you can reach something for them. Let them feel seen. Watch their face light up. Thirty seconds to one minute and you made their day. Their days can be long and lonely. Their network of family and friends is shrinking. They have experienced numerous losses, from parents, spouses, siblings, and friends. Call one of them. If you live close to one, visit them. Offer to pick up something from the grocery store that they are needing or hungry for. Bring them a lunch or dinner. Better yet, sit and eat with them. They long for companionship. Give them a warm hug.

They are cold without the human touch. Offer to wash off their glasses, as they can no longer see all the dust and smudges like they used to. Laugh with them at their frailty, as it diffuses the pain. When they need to crawl on all fours, to a place where they can pull themselves back up, laugh with them and see how funny sometimes the aging process is.

Forgive them for getting older, they are not trying to do it on purpose. Forgive yourself when you lose patience with your aging loved one. We are imperfect too. Seasons will meet us all, if we are lucky, so treat others the way you want to be treated.

There is a saying, "I used to be young and beautiful. Now I'm just beautiful." See the beauty of their Season as well as the beauty in this Holiday Season.

As we mingle and jingle around strangers and loved ones this winter, may we offer a warm and patient presence. Infused with gifts of time, love, attention, acknowledgement, and warmth. May our seasonal presents be our presence. May we gift others with the patience of our own imperfection and meet them in a shared camaraderie.



Duality, or Getting it Together

Jeanne Livingston
Naples, FL

When she was in a quandary, my mother-in-law always referred to two birds sitting on her shoulders. One bird would say, "What for?" While the other said, "Why not". Of course she's a Libra so duality and balance are always in her forefront. For me, being winter's child and a Capricorn, I'm at the place in the zodiac where Janus, the god of beginnings, transitions, duality and endings, sits looking at the past and future simultaneously. Ah, the world and they that dwell within!

I must admit it's taken me a lifetime — and I can only vouch for this one — to learn to stay in the present, because the past is over and the future isn't yet here. Feelings often get lost in a world where the intellect rules. The Machine Age is taking over creativity, physicality and learning. It's a big transition for us old timers. Now feelings aren't fact, but they are an important key for connecting to yourself and others.

Julian once described this age as like being in space with no gravity. Hearing that helped me to center. Also I realized I was trying to fit into the world outside myself that

wasn't cooperating. What about my inner self and that wee small voice that came with me from the beginning? My intellect and emotions needed to harmonize.

Therefore the big transformation for me has been to live in the present and use discipline to stay in the day and not hop all over the place. Yes, I can be distracted in a millisecond ending with, "Why me? Poor me!" and "if only ..." So I now keep Ram Dass's popular book titled "BE HERE NOW" on my bookshelf to remind me to do just that.

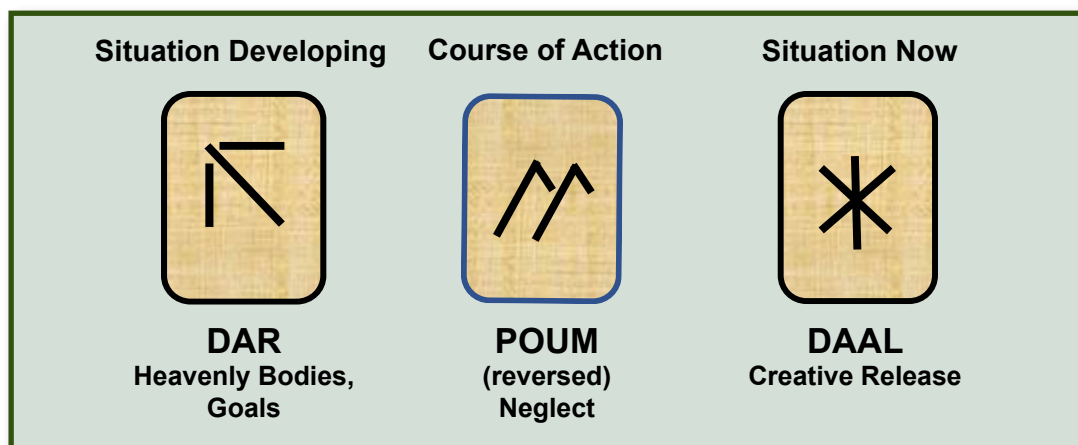
I remember Julian would stress that life is buoyant, bountiful, and full of abundance.

I am ever grateful for these excellent teachers plus all the experiences I've had to arrive at real joy. After all, life is for growing and changing, hopefully for the better.

I know now that I will always have choices in any situation and you do, too! So blessings and make it an awesome 2020, one now at a time.

A Season of Runes

by David and Shesta Ross
San Jose, CA



Reading Question: From a universal perspective, what are the energies of this coming Winter 2019-2020?

The first Universal Rune in the spread (on the right) is DAAL (Creative Release). It represents the situation at the beginning of winter, the Winter Solstice, and its aftermath.

DAAL is a Key Rune. June comments that the symbol itself is that of a starburst. It is a letting out of energy — from one vortex many points proceeding outward. Julian notes that DAAL is a positive expression, wherever it appears. It moves to release new energies and new concepts. There is no reversed position for this rune.

The second Universal Rune in the spread is POUM. It represents the course of action to take during the middle of winter, February 2nd or thereabout. Its key phrase, if upright, is *to plant*, but if reversed, like the rune in the reading, the key phrase is *to neglect*.

In June's notes, Julian likens the POUM glyph to a few small blades of grass, or plant life, coming forth. Individually, he says, it represents the normal cycles of change within any complete activity or thing. Thus, POUM is the energy within the child to become the adult, or the seed to become the plant.

Reversed, POUM indicates a lack of nurturing or a lack of planting. It means dragging your feet on making changes, or not quite wanting to change, or improper nurturing of that change. A battered child might pull POUM reversed, because she or he was improperly nurtured along the way.

The third Universal Rune in the spread (on the left) is DAR. It has the two key phrases, *heavenly bodies* and *goals*. It represents the situation developing during the end of winter as it approaches spring. June's notes state that DAR is the energy of advancement, the energy of the future, and the energy that brings goals into focus.

With these three runes we see the flow of energy of the winter season. Our creative thoughts are activated, encouraging us to express new ideas and new growth from within. And the result of the time period is to come up with goals for the future. But more interesting is the action we need to take — literally nothing. POUM indicates to us that this is not so much a time of action, but a time of reflection. We don't plant the seeds and nurture the seedlings — we contemplate. Some immature concepts and attitudes exist that we need to address.

Given the extreme polarities that we face daily right now, it is hard not to want to take action. We find ourselves in a situation that reminds us of the fictional Pushmi-Pullyu. Hugh Lofting tells the story of Dr. Doolittle who went to Africa and delighted the animals there by speaking their languages. One fictional creature he meets is the Pushmi-Pullyu. It has two heads that face in opposite directions. So, when in motion, one head is moving forward while the other one is moving backward. The two heads are often in conflict with one another about which way to go.

In today's energies, we find ourselves being pushed and pulled by the polarities, whether they be about politics or medical information, or whatever else. We feel a need to take action, but which direction?

We believe that this reading tells us that maybe, just maybe, trying to move in any direction is premature. Instead, we need to take our creative impulses and carefully create plans for the future.

At the conclusion of *Creation, Its Laws and You*, Julian explains that the bond between ether and the physical plane is Creative Force. For creative energy to manifest, the method is focus. Mind is the tool of the method of focus, and POUM instructs us to use mental focus to update our attitudes and perspectives, which will enable us to bridge between our creative motivations and our goals for the future.

An after-thought: One way to integrate the energies of this winter is to practice sounding the runes from this reading. Call forth the creative juices by sounding “Aal”. Contemplate the right direction to take by sounding “Oum”. Reach into the future to find the perfect goals for the upcoming year by sounding “Ar”.

This article is a standard feature in the Ring of Light. 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.

For all the Universal Runes source materials:

Authors are Rev. June K. Burke & the Seraph Julian.
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DAAL (Aal): Creative Release



The symbol itself is that of a starburst. It is a letting out of energy. From one vortex many points proceeding outward. It is a rune of creative release.

Universally: This Rune represents the universal movement of creative thought and action through time. The universal forces have begun to create from divine understanding, and it will manifest at its perfect point in time.

Individually: The creative energies are activated, or elevated, permitting a new expression of the self. The Key Rune, AAL, is a positive expression wherever it appears. It moves to release new energies and new concepts.

POUM (Oum): To Plant, Seed, Grow



Universally: POUM is the Universal Rune of nurturing forces. It is the cycle of growth and often attends the seasons and refers to seasonal change.

Individually: It represents the ability to grow and maintain growth. The indication is to see things through to completion.

Reversed: Neglect

Poum in a reversed position indicates a cycle neglected. Improper nurturing of an issue. The inability to sustain growth. Some immature concepts and attitude exist.

DAR (AR): Heavenly Bodies, Star, Planet, Goals



DAR is the energy of outer space. It is the energy of openings and advancements universally. DAR is the permeating energy in all futuristic things. It is through tapping this, by thought, contemplation or meditation, that goals are brought into focus.

Individually: DAR assists in setting goals and moving toward them. DAR is a booster energy that helps the individual see more clearly in relationship to his future.

Reversed: Void.

DAR reversed represents a void. It denotes energy that is not moving toward a goal, but is a directionless force. New focus is needed.

Holiday Season Gratitude Giving

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

Gratitude Giving takes presenting gifts to those who enrich your life to a huge new level. How so?

Well, first you need to discern exactly how this person enriches your life. This person? Absolutely, you need to do this for every single person as you prepare to engage in Gratitude Giving. Next, it's important to consider this person, his or her lifestyle, likes and dislikes. Beginning to sound like Gratitude Giving's far from a slip-into-a-store or click computer keys or quick telephone call slam dunk?

Only now, with a full picture of each person in relationship with you, can you even begin to consider what you can give as a Gratitude Gift that would just make this person burst with joy that someone would do something like that for them.

Remember, heartwarming Gratitude Gifts have the most to do with your heart and their heart rather than financial cost.

Okay, I know, you'd like an example. I found my sister at age 75 (when she was age 80), both of us our father's daughter, which bumped me down from first-born. But I don't hold that against her, since I enjoyed it for 75 years. She has a huge family that grows by a couple of babies each year. So, for Christmas, I send a huge box of presents that I have collected all year with sisters, brothers, husband, nieces, nephews, grands and great-grands in mind. She's been to my home and knows I need nothing, and has heard me tell her that I have no place to put anything new. Can you relate?

I couldn't imagine what she sent me for Christmas 2018 in a great, big box that had almost no weight to it. Are you wondering how big? How about two feet by eighteen inches!

Any ideas what might have been inside? How about three big bags of marshmallows? I laughed out loud. She and I laughed out loud on the telephone. Into the freezer they went and I enjoyed them until early Spring! I couldn't help smiling every time I ate one. That's successful gratitude giving!

Did you pick up on the title that said merely "Gratitude Giving" rather than gift giving? This Thanksgiving, with my dearest friends needing and wanting nothing, much like me, I decided to write each of them a note letting

them know how they enrich my life, being specific. Within the note, I included a saying that speaks to how impossible it would be for me to repay their loving kindness, but certainly possible to let them know how much I appreciate having them in my life.

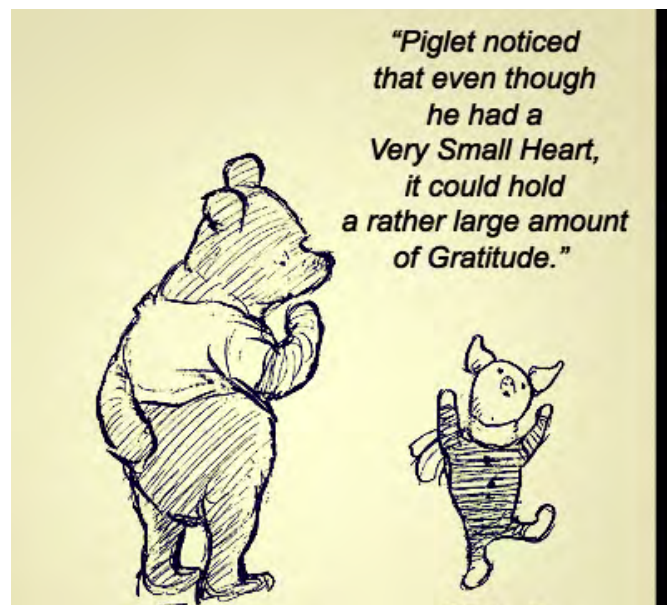
Getting any Gratitude Giving ideas of your own? Here's a truism thought. The greatest gift you can ever give anyone is your time with 100% attention. Imagine picking someone up and taking them out for tea or lunch, fishing or to a game, or out shopping just for them!

I even have a name for my Gifts of Time, I call them **Jabez Appointments**.

In 1 Chronicles 4:9-10, we find a short prayer uttered by an obscure man: "Jabez was more honorable than his brothers. His mother named him 'Jabez' saying, 'Because I bore him with pain.' Now, Jabez called on the God of Israel saying, 'Oh, Lord, bless me indeed and expand my territory.'"

The **Jabez Appointment** is one of the providential ways God sends a message to us. ... The term "A Jabez Appointment" is mentioned by Bruce Wilkinson in his book "The Prayer of Jabez."

Now, I invite you to imagine creatively Gratitude Giving this holiday season!



Saul's Corner

DRUID AND ESSENE CULTURES (Workshop #230, June 1984)

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

(Continued from the September 2019 ROL)

The Essene healed on several levels — mentally, emotionally and physically; but it all began with silence. He who was to be healed would first be cleansed, and he who was to heal would cleanse himself. They would then sit together, and there might be more than one working with this person. If that was the case, they would sit in a row. One would approach and sit next to the patient, so that they would be totally aware of a loving being, being present. They would then simply let the energies of themselves raise to the point of communion, until a total understanding of what had to transpire was understood. Each of those who were working with this person would do the same thing.

In your world you have what you call nutritionists; they had them then, too. He who understood these natures of the body would come and sit with this person until they understood exactly what the pattern of food, herbal treatment and so forth, was right for that individual. That would be their responsibility.

Others would come and look for the emotional blockage that was instigating body change, or blocking it from transforming to wholeness. They would work then with that aspect. Others would look for hidden things of a physical nature, such as an old wound that the person might not even know they had. Each of these persons collectively would bring about the pattern of proper healing for that individual.

There would be assigned to that individual, in addition to the family members, two mentors, one male and one female, who would never leave them alone. There would always be a loving energy reading them, hearing them, sensing them, feeling them, so that these mentors were able to register when change had taken place. They were able to register when there was a change in that body and in what area of the three levels of that body the change was occurring. By that, they were able to help with additional changes in the treatment, and they permitted this, then, to also include the teachings. The mentors would work with them, speaking of the beliefs, speaking of the direction of the Essene and letting them

see these energies working all around them. With that, wholeness began to come.

In every Age, in every time, wholeness is based on mind, body and emotion. The spiritual elevation permits those to be read and understood enough to be corrected, handled and helped. And so, there is the necessity to be still and listen, to listen with the heart and the head and the emotions to let those things come to the surface and be totally understood.

Life in the Essene period was not easy, because there was a great deal of work. Most meals were taken together. The morning meal was not a large one, because meditating, healing and prayer were part of the morning ritual; so they would not eat anything of a heavy nature until the sun was high in the sky, which meant a whole morning's work had already been done. The women of the community would prepare those meals until they were ready for them at that point. They would have their blessing of the food, the blessing of their meal, together, and then they would have a silence in which the food was digested, in which they communed with nature and in which they were revived and revitalized so that they could return to a work attitude again.

When that work attitude ended, it was already sundown, and a light meal would be had. Then there would be the coming together again, in prayer, in acceptance and understanding. From that point, they would prepare to retire, knowing that the same early morning dawn would bring them again, out of their homes and into active service.

QUESTIONS

Q: Would you explain the book of Enoch and how the Essenes used it?

It is to be understood that within every group there are levels of elevation. The Group of Enoch represented those who had reached the point where they could transform. They could literally transform themselves; they could move things by transforming them and rearranging them elsewhere. In other words, they had

(continued)

reached the total transformation stage. The Group of Enoch was the soul of the community. It was this group that kept careful watch over the attitudes and the elevation of those within it. No one became a participator in that soul group until they had totally reached the cleansing and, what you call, disassociation of the personality and ego.

So you see, it was not an easy thing to do. Just as in all times, you had seed people going out to deliver the understanding to new cultures. They always had from that group those who watched the children and saw in the children those who had the energy that could work toward this goal. They would work with those children along the way, very much as the temple of Egypt would work with the young. They would guide them as they came through the various consciousness levels until such time as the power was fully theirs.

Now within themselves, they had a governing group. There was a triad of three energies which constantly watched the elevated group to see that no one slipped and became a power person in the ego-personality sense. All of their energy was used for the transformation of one energy to another. For healing, it was used very often for long-distance work, wherein they would send with a messenger a light barrier and maintain it one at a time, all the time, until that messenger returned. That messenger would go unharmed to wherever he/she had to go and back, for the energy was very powerful and very strong within the elite group. It was an elite group, not in the sense of superiority by ego, but in total acceptance and transformation of the power.

Q: I don't know if I am correct, but I had heard that the Essenes were a monastic group who were responsible for what we, today, call the Dead Sea Scrolls.

The areas in which they functioned were near the Dead Sea and much of their writings are part of the Dead Sea Scrolls. There was to be recorders in these groups to put down what was happening in the community and, also, in the culture in which the community was struggling to function. Yes, they would be part of those scrolls. The Dead Sea Scrolls, in reality, are a collection.

Q: Are you going to, later on today, talk about Mary? Did she receive instruction with the Essenes?

She received instruction with the Essenes, yes. So did the boy, Jesus, before he ever got back to teach there

himself. He came as a child to the Essenes to learn the principles, or to awaken in him the principles of healing. Later he came back to teach. You see, always the teachings were like a circle, going out and coming back. Mary did take instruction with the Essenes. There is a book in your world now called THE REMNANTS. It talks about Essene life quite strongly. It is fiction, but it has very true depictions of many of the things that went on in that period. It is also to be remembered that that book rather glamorizes and does not give the Essene life style some of the down-to-earth work.

The whole idea of the Essene was to elevate the self to transformation power for the benefit of mankind. They realized early on that they had to be to themselves to promulgate that energy, just as people come together today to promulgate like interests. Just as artists come together to promulgate their abilities, there is the need of those who are trying to elevate the consciousness to expose themselves to those who are trying to do the same thing. When they reach that transformation point, then their job is to go out among those who are not elevated and teach.

Q: Julian, did these people manage to balance their karma and transcend the cycle of life and death?

Yes, they did. They saw death as part of the negative forces. They saw life as a perpetuum. In that time, life was expected to go on. There was no time of sixty or seventy to end it. The more they were able to work with the transformation energy in a highly detached state, the more they were able to preserve the physical self, so that it became a constructive youthful temple for the spiritual work going on inside.

Q: Did they break out of the cycle of birth and death? Did they overcome karma and go on to live exclusively in the spiritual plane?

Oh, yes, some did. I must say "some," because in every culture, in every teaching, there are those who truly adhere, believe and practice, and those who go part way. So those who went all the way, yes, they went back to their androgynous self without the continuum cycle.

Q: Julian, was there one particular founder of the Essene, or was it a continuation of an ancient religion, or way of life?

This is the continuation of the teachings, even as they started in Lemuria before the densification, always go-

ing through each period of time waiting to be ignited again.

Q: Is there something that made me feel that the Quakers of today, or recent years, have taken some of their philosophy from these people?

They believe in service to mankind and elevation of the consciousness, but not of the ego. Therefore, they are carrying on patterns of that time. In many different places, you will find those patterns in this day.

Q: And yet, today, the Essenes do not exist. They finally disappeared. To what do you attribute that catastrophe?

It is important to realize that, in that period of time, the Essene were a small group by comparison. Remember, as I said a moment ago, when they reached the point of transformation, their job was to go forth, not to stay in a safe, closed, protected place, but to be willing to take those things out to teach others. So many of them went out; many of them formed groups in other places; some fell by the wayside by disaster, but, gradually, because the size itself was small by comparison and because of the times, it faded in that particular point in time to be brought through to another point in time in the future.

Q: I have heard that a section of the Bible about the Enochs was left out at some point in time. Why did that occur?

In that time, there was fear that anyone with that much power would be taking the power away from that which was to be the power — the church. Please understand that when the church was formed, it was not a building, it was a belief. “On this rock, I will build...” It did not mean a building; it meant a belief. And so as one power began to fade, another came into being to take man through the next period of comprehension. Those who had reached the attainment either returned to my world to continue at a later time, or continued in subtle silence working their way among the cover of whatever else was going on. Many of the written verses of the Bible have been removed because of fear at the time that they might “lead people astray.”

If you understand that the more spiritual you are, the higher in consciousness you are, and the greater power you have, the more humble you are in the use of it; for the power itself transforms. There are those who do not understand that and would see that power as a threat. In the thought of protecting man, they would say, “They

couldn’t possibly understand this, so we won’t give it to them.”

Q: In the Edgar Cayce readings, a woman by the name of Judy is mentioned as a teacher of Jesus and also as one of the priestesses in the Essene community. Is that a true statement?

Yes.

Q: You mentioned that the men had the leading roles. Is this a change that was going on?

No. When I say the men had the leadership role, that was in the temple and in the teachings; but the female carried the maintenance role. The female led the healing teachings of the children. So the Female played a very strong part, but always — I hate to make statements sometimes, because it is interpreted by today’s understanding — you stayed two steps behind the man, not because the man is superior to the woman, but because he is the protection to what she is doing.

Q: I was recently told by a minister that Jesus did not spend any time in the monastic group of the Essenes, and I wondered what part of Jesus’ adulthood was spent with the Essenes and where is the record?

He went as a child at about the age of ten. He stayed to be taught the healing practices. Now when I say taught, I mean have reawakened in him those abilities, because, even though he came with all the abilities through his attunement to the Creator, he still had to rediscover them in the conscious state. So, the teaching was to him as a child. Later, he returned to teach, but only as a visitor, not as a member, or a live-in participant, in that community, because the community itself was changing, and because of where he was in the power, his work took him out into the world.

Q: Did he not spend much time there?

He spent about two years there as a child, but not a lengthy time as an adult, not more than a few months. In many of the books written by the Essene, they talk about “the Master.” And many have interpreted this from the writings, as “the Master” being Jesus, but it means a Master Teacher of the Essene.

(to be continued in the March 2020 ROL)



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. 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.

Nick Theo Teaching Development

Nick Theo is starting up a new online Development (a.k.a Self-Development) class in early 2020. The class will meet monthly on either a Tuesday or Wednesday night at 8:30 pm Eastern time.

Please contact Nick Theo at nicholastheo@gmail.com for more information or to sign up. For a description of the class see: <http://julianteachings.com/classes/self-development/>

Classes with Andrea Smith, EdD

Mystical Magus Classes

In Spring 2020, Andrea will offer Julian's Mystical Magus studies using a distance education format, Zoom. Admission into the class requires pre-approval and prior study within Julian's Transition Energy (TE 1-12), Development, or Practical Magus courses. The cost of this ongoing class is \$25 each month, payable through PayPal. It includes an audio download and written materials. Please let Andrea know if you are interested.

Developing a Personal Divination Tool

This class is for students who would like to expand their tools to include a divination technique of their own creation using the Mystical Magus framework provided by Julian. Andrea guides students in assigning their own meaning to cards in a regular card deck that can be used unobtrusively anywhere there is access to a deck of cards or a computer solitaire application.

Classes will meet once a month during winter and spring 2020 using Zoom. The cost of the class is \$15 per month, payable through PayPal, and is projected to meet the last Saturday of each month at 11 am Pacific time.

Transition Energy (TE)

Andrea currently is offering two monthly sections of TE, and she is open to providing private tutoring to dedicated students who wish to eventually catch up and merge with one of the sections. Former students of TE who would like to review the material will also be considered on a case-by-case basis.

Andrea is the only Certified TE teacher currently offering this course of study and the first to offer TE 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. The monthly fee, which includes an electronic audio, is \$30, payable through PayPal.

Contact Andrea at: andreasmith77@comcast.net or (503) 720-5269. See Andrea's website for her bio, for additional information about the classes, and to register for her classes: www.andreasmithtransitions.com

SAVE THE DATES

The 22nd Gathering of Light

Friday, September 18, 2020 — Sunday, September 20, 2020
Villa Maria Del Mar, Santa Cruz, CA



The 22nd Gathering of Light is being held in beautiful and unique Santa Cruz, CA. The Villa Maria Del Mar Retreat Center is right on the ocean just east of downtown Santa Cruz — a stunning location with lots of great places to eat and to have fun. It is a 45-minute drive from the San Jose airport.

We are still lining up our presenters, but Camille Albrecht says that she plans to be one of them, and Saul Srouer plans to talk about numerology.

The brochure and registration forms will be sent early in 2020, when we have finalized cost information.

If you have any questions, please contact Larry Scheer, larry@tarotxs.com, 408-781-1457.



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: The Next Right Thing

Submission Deadline: 3/5/2020

Send electronic submissions to:

ringoflight@julianteachings.com

Contact Us

To report a physical change of address, a new email address, a change between paper and electronic copy delivery options, or anything else concerning the Ring of Light, please contact us at:

ringoflight@julianteachings.com

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