

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXXII

Number 2

June 2020

Happy Summer Solstice, Solar Eclipse, and New Moon Day!

As many of the articles in this issue mention, none of us thought back in March that the world situation could get worse. After all, we were being terrorized by a microscopic virus, sequestered in our homes, watching the death toll increase daily. But it just keeps coming. Now we have added social unrest and leaders who seem hell-bent on sowing fear, polarity, and hostility. And what's worse is that our prayers for a quick end to the pandemic appear to be forsaken. Right now, it looks like we are going to have plenty of time to practice *the new norm*.

As painful as this all is, if one can detach and watch what is going on around the world, it is really quite amazing. The universe is exposing all the dirt that has been swept under the rug over the years. It is highlighting that which is totally out of balance. What's more, it's asking us, "So, what are *you* going to do about it?" The universe is also forcing us to choose. "Is it unity or division? Is it fear or love? Is it indifference or compassion?" Can you be on the planet right now and ignore these questions? They seem like easy choices to the ROL staff, but not to many millions of people who are still mired in the fear-based Piscean way of life.

It's time for all light workers to unite and tip the scales toward unity, love, and compassion. As Aca'u stated a few days ago: "*Take care of yourselves, use good common sense, be cautious and remember to be the change you wish to see. For as you think, act and feel, so shall it be.*" Could we get a more succinct call to action?

This is a jam-packed issue — the largest issue we have ever had, to our knowledge, and a little something for everybody. The creativity bug seems to have hit a lot of people as they shelter in place, and we all get to reap the benefits.

Take care and stay healthy.

— Blessings Jan Clayton and Nancy Walton

A Prayer for This Time

May we be fierce and unrelenting on our quest for Truth and Love.

May we be humble, listen, and learn from one another.

May we resonate so deeply with Divine Truth that it cascades through us like a clear river into and through our world.

May we be deeply supported as we endeavor for a more loving and peaceful world.

So Be It.

From Lunar Eclipse June 2020: Fierce Love in Dire Times, posted by Leslie Benson for ASTROGRAPH Horoscopes
<https://www.astrograph.com/horoscopes/configurations/2020/June/5>

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Astrology

by Eleanore Johnson
Poughkeepsie, New York



The new summer season begins with the planet Saturn returning to Capricorn on July 1st, the sign in which it feels most comfortable. It will stay in Capricorn through December 16, 2020. Saturn will be retrograde during that entire time, requiring that we let go of whatever is no longer in our best interest. Hopefully, we can reflect on what we have learned from the great teacher, Saturn, in its most powerful position.

In July, Jupiter and Pluto are in a conjunction that will be operative until December 2020. Jupiter represents abundance and it rules the superconscious realms. Pluto represents the deeper levels of awareness, transformation, and huge gatherings of people. While this transit is operating, it is important for mankind to avoid over indulgence, and to curb impulsive behavior and rash judgment. Intuitive faculties will be increased. Help from spiritual sources can be sought and received. Wisdom and understanding can compliment each other. Our ability to use discernment in handling this powerful energy is critical.

Venus is in the sign of Cancer during the month of August. Venus in this sign enjoys socializing with friends

and family members, barbecues, and picnics. Please keep this in check as Venus is square Mars during this time. Mars is in Aries, its ruling sign, which makes it more powerful than Venus and Mars will dominate. Mars in this sign increases physical and mental activities — self-assertion is strong.

Mars will be in retrograde until the end of the year. Since Mars controls action, aggression, and desire, its retrograde period can leave people feeling frustrated or adrift. It can also affect your self-control and confidence.

There will be a lot of activity during the month of September as Mars will square both Saturn and Pluto in the heavens. In addition, the new moon on September 17th at 25° Virgo will trine Saturn and Pluto. This configuration can give discipline, involving self-understanding. Your meditations could be especially effective and bring great self-understanding. The results can remind us of our connection to one another, and give us the faith to know and practice unconditional love to the best of our ability.

Love and Light, Eleanor



The 22nd Gathering of Light Resilient Balance

The Virtual Edition!

Friday, September 18, 2020 — Sunday, September 20, 2020

Thanks so much to those of you who responded to our survey about the 22nd Gathering this coming September. We are gratified to see that many of you are interested in participating in a virtual Gathering.

The Gathering will be held on the originally scheduled weekend, so mark your calendars. We know that a few of you will not be able to attend the sessions live; however, if you sign up anyway, we will make sure that you get links to all of the recorded sessions.

Dates: Friday - Sunday, September 18-20, 2020

10 am - 1 pm (PDT)

1 pm - 4 pm (EDT)

7 pm - 10 pm (CEST)

Technology: Zoom

(No worries, we will hold several training sessions for the uninitiated prior to the Gathering. The first one will be held on July 7th at 10:30 am PDT. All registrants will be invited to attend.)

Cost: Free

(We will gladly accept freewill donations. How to make a donation is explained on the [registration page](#).)

Our lineup of main presenters includes Sam Holland, Denny Brown, Karen Ehrenfeldt, Lisa Cobb, Jan van der Greef, and Camille Albrecht. Information about them and what they will present will be available soon.

Trying to match the incredible astrological energies of this year, we have selected the theme, Resilient Balance, to celebrate the conjunction between transformational Pluto, foundational Saturn, and expansive Jupiter. The Julian community warmly welcomes all to attend this celebration of community. Let us gather online to renew and revitalize our friendships, and meet new people who wish to share their fellowship and light.

**For more information and
online registration, visit:**

julianteachings.com/gathering/22nd-gathering-of-light/

If you do not have the ability to sign up via the Internet, please contact Larry Scheer to sign up.

A few people have indicated they either don't have personal access to the Internet or their access is not reliable enough to attend The Gathering via Zoom. The Gathering Committee is keeping track of individuals in numerous locations who will be willing to host those who don't have adequate Internet service, if the COVID-19 situation allows. Please contact Larry for more information.

If you have any questions, contact Larry Scheer.

408-781-1457 (US)

larry@tarotxs.com

Energetic Architecture

by Michel Post,
The Netherlands

How do you design an “energetic building?” I don’t mean a building that is energy neutral or energy-supplying, but a building that matches its users in terms of energy, the purpose for which the building is being built, and the specific location for the building.

A house for a family needs different properties than a hospital. A yoga center in the Netherlands needs a different energy than a yoga center in India.



So how do you start and what resources do you have at your disposal? That is a question that is not easy to answer, because it is not something you can learn from books.

The first step is simply to gain knowledge about building and building design. As an architect, I tend to forget this step, because it goes without saying for me. If you’re not an architect or designer, you might get the idea that designing a building is nothing more than positioning desired spaces in the right place and then making up an exterior around them.

The second step is awareness. You must become aware of yourself, your direct and indirect environment, and the energy of materials, shapes, numbers and how they not only affect you, but also affect someone else. Only when you are somewhat aware of these influences can you start to design a building that matches a function.

The third step is to do it. Only through experience can you learn what effect a material or shape has. By making mistakes you can learn what works and what doesn’t. By

working with many different people you can learn how different the energy of each person is.

Then there is one more skill that goes through all the previous steps, and that is communication. Communication does not only involve the correct formulation of what you think, feel, and experience, but it is also requires listening to what *other people* think, feel, and experience. The power of good communication is to give the other person the insight to express these sensitive impressions. Therefore, you not only listen to their words, but you also listen with your heart.

Communication about the design with others, therefore, starts with a conversation that is initially very pragmatic. What does the other person want? What is the task? What is the location? What are the preconditions that are set for that location? What is the budget? These are very pragmatic questions that provide an insight into the problem that lies there.

When the pragmatics are done, you discuss what the other person wants to experience—which sensations to evoke. What is the purpose of different rooms? What supporting properties should each room have? And during this conversation you feel what the other person specifically needs, based on his or her energy. As double earth, my own needs are completely different from those of my wife, who is double fire, just to give an example.

In the design session that follows, it is important to connect all the information you collected. Not only do you connect the information in a logical way, but you also





connect the information to the location. Physically you look at the elements that are there, such as trees, rivers, surrounding buildings, and the orientation and access of the terrain.

Also, you look at the energy of the location metaphysically. Where are the natural energy paths? What does the surface feel like? Are there are invisible influences that you have to take into account? What does the location itself want?

I quickly get an image which I know is the right solution; however, I don't really know for sure until I present my ideas to the other person. Then, and when necessary, we fine tune the solution until the person is happy.

Primarily, the image that I receive has to do with orientation and routing. Where should the building be on a plot? How do you get in? How are the different spaces connected to each other? How do the wind directions compare with the different functions? The North has a different energy than the South, and the bedroom needs a different energy than a living room or study. Regardless of whether or not heating is desired, a bedroom on the North will be different in energy than a bedroom on the South.

Then, I fine-tune this plan with dimensions, shapes and materials. Every number has its own energy, just like every space. A room changes in energy when you make the ceiling higher or lower, and this also applies to

the width and depth of a room. Knowing what energy is required for the function of a space and knowing what proportions this energy evokes is an essential part of energetic architecture.

The same applies to the energy of a shape and the energy of a material. There is a big difference between natural and non-natural materials, but there are also many nuanced differences between natural materials. Hemp insulation, for example, has a completely different energy than straw or wood. Knowing which material suits a function or a user is important and will ultimately make a difference in the perception of a space or a building. Not every space has to be built with the same materials, although we often do this nowadays for pragmatic reasons.

Then you will look at the use of colors. A red room will have a different energy than a blue room. Red has a fairly low energy and is associated with Earth. However, it also has an activating effect. Blue is associated with communication and has a higher energy. So color goes beyond aesthetics and goes beyond what we like. Color also has a function.

Ultimately, a building is created that is anchored in its location, and that is specifically designed for a specific target group with a specific purpose. On a physical level, such a building will feel good and correct. On a metaphysical level, this building will be a source of light that will have a healing effect on its environment.

Michele is an architect at ORIO architecten and is the chairman of the Association of Integrated Bio-Logical Architecture (VIBA).



Presentation for the International Association for Near Death Studies

by Connie Golden
Saratoga Springs, Utah

Forward

I was asked to present at an International Association for Near Death Studies (IANDS) meeting to be held in Salt Lake City this Spring. However, due to the pandemic, all meetings were cancelled. I wrote down my 45-minute presentation and thought that it might be interesting to Julian students as it is based primarily on my 25 years of study under Julian.

I need to explain that many in the intended audience belong to a very fundamental religion. They are open to understanding more about what happens after the death of their physical body, but are very skeptical about reincarnation or anything else that disagrees with their doctrine. Hence many of the explanations in my presentation are provided in very general terms. They are valid explanations, but the details have been left out partly because of the time constraints on the presentation and partly because some members of the audience won't accept the details, but will consider the general concept. You will note that one of the "generalizations" is that I refer to Julian as a "Master Teacher". That concept is generally acceptable to this audience.

Also, due to time constraints and the need to keep the presentation focused on the concepts and not on the exact source of the information, I have said that the "death experience" took place at one of Julian's workshops (#301: Life After Death). Actually, in 1985, I had a reading with Julian where I inquired about my father who had made the transition in 1984. Julian took me to communicate with him and understand more about "heaven." A few years later in another reading Julian let me experience more about "life between lives." There was another workshop on "Transition" (#304), TEs 11 and 34, and Julian's teachings on the Kabbalah that all had content that I thought was relevant to this presentation. So the sources are all from Julian's teachings, just not the one workshop.

Workshop Presentation Transcript

The information I am going to present tonight is part of my lifelong research into understanding Creation and its Creator. The first thing I am going to tell you is what most of your speakers have told you. That is, we all experience the physical or material world through

filters based on our physiological make-up, our life experiences, and our beliefs. I was once at a lecture on the brain and how it functions. There were more than 100 in the audience. The lecture started with a skit. We were told to focus on one aspect of the skit, and whoever got the right answer at the end of the skit would get \$100. At the end of the skit, one person had the right answer and she received \$100. Then the lecturer asked how many saw the gorilla walk by, two hands went up. The skit was replayed and now we were all looking for the gorilla. Of course, we now saw a person dressed in a gorilla suit walk right in front of us, wave at us and then leave. Why hadn't we seen that gorilla the first time the skit was shown? The Thalamus in the brain screens or filters out information that it thinks is not relevant to what you are thinking at that time, so it doesn't send that sensory information on to the cortex. Its function is to prevent information overload and allow the cortex to focus on what is important at that time. Dr. Taylor in her book, *My Stroke of Insight*, describes all sorts of sensory information coming in while her Thalamus was not functioning. There is also significant research that shows that what you *expect* to see or experience *is what you see or experience*, even if the sensory input to your brain does not support that conclusion. So, it is not surprising that we all experience and interpret the unseen world through those same filters that we use in the physical world. Some of us see and experience things that others don't, because our filters and focus are different. Therefore, you need to know something about my filters and focus, so you can better understand how I describe my experiences in that unseen world.

When I was 5 years old, I "knew" that I would be a scientist and that I needed to understand Creation, why the Creator created mankind, and me in particular. It wasn't until I was much older that I found out that most people don't know what they want to do with their life at such an early age. I was lucky. I started by asking priests, ministers, and Rabbis, as they were all available to me. Answers from their religions didn't make sense to me. I thought that it was because I was too young to understand. While I was going to college, I fit in some classes on various religions, and although they were interesting from an historical and theological point of view, they

didn't address the basic concept of Creation in any way meaningful to me. Because I found math and science to be both fun and interesting, I did well in those classes. I received a full tuition scholarship to college and received my B.S. in math and physics. Then using a National Science Foundation fellowship, I received a Master's degree in math from Harvard graduate school. I started working in the aerospace industry in 1962, and Lockheed paid for my tuition to Stanford to receive a Ph.D. in Math with a minor in Astronautical Engineering and later an MA in operations research. In other words, a kid from a not-so-wealthy family, whose parents only had grade-school educations, got lots of help along the way. That has been true all my life. The universe supports you if you are on your spiritual path. "Luck" has been defined as when preparation meets opportunity, and I worked hard to be prepared, but the universe provided the opportunities. Many opportunities were opened to me that supported my life's purposes that were based on "coincidences." I agree with Albert Einstein's observation that, "Coincidence is God's way of remaining anonymous." So basically, I am a physicist and mathematician, and I see the world very conceptually and as a process that links all elements together to reach an objective. I was positive, and have proven to my own satisfaction, that all scientific findings are compatible with what happened and is happening during Creation. It is important to note however, that I did *not* say that what happened early in Creation can be proven. The Creation process cannot and will never be able to be proven using our current scientific methods as those methods apply to the physical world and not the unseen world that operates under higher level principles and processes.

I started reading about Near Death Experiences (NDEs) in the 1970s after I met a person who had one. I was fascinated, but frustrated that each person only had a personal glimpse into a small part of the unseen world. Edgar Cayce's material was also fascinating, but had the same restriction. After taking several comparative religion classes, I studied Jesus' teachings in his Aramaic language, because some of the teachings written in English in the New Testament didn't make sense to me. Then I started to study some of the ancient teachings, because Saint Augustine had said "that which is called the Christian religion existed among the ancients, and never did not exist from the beginning of the human race until Christ came in the flesh, at which time the true religion, which already existed, began to be called Christianity." [Book 1, Chapter 12, Article 3 of The Retractions] I found a group of people with similar inter-

ests to mine, and we studied the Kabbalah, originally written in ancient religious symbolism as God's teachings to Abraham, and several documents written in Sanskrit. I didn't read them myself. Instead one or more in our group that could read them would interpret them for us and we would discuss their meaning. It was amazing that the ancient Hindu and Jewish documents conveyed much the same message. I discovered much later that people with similar interests in this area are called theosophists. The theosophist seeks to understand the mysteries of creation and the bonds that unite the elements of creation, humanity, and the divine. From an investigation of those topics, theosophists try to discover a coherent description of the purpose and origin of all of creation. So, I am a theosophist. I also consider myself a Christian as I follow the teachings of Jesus. However, I don't belong to any organized religion.

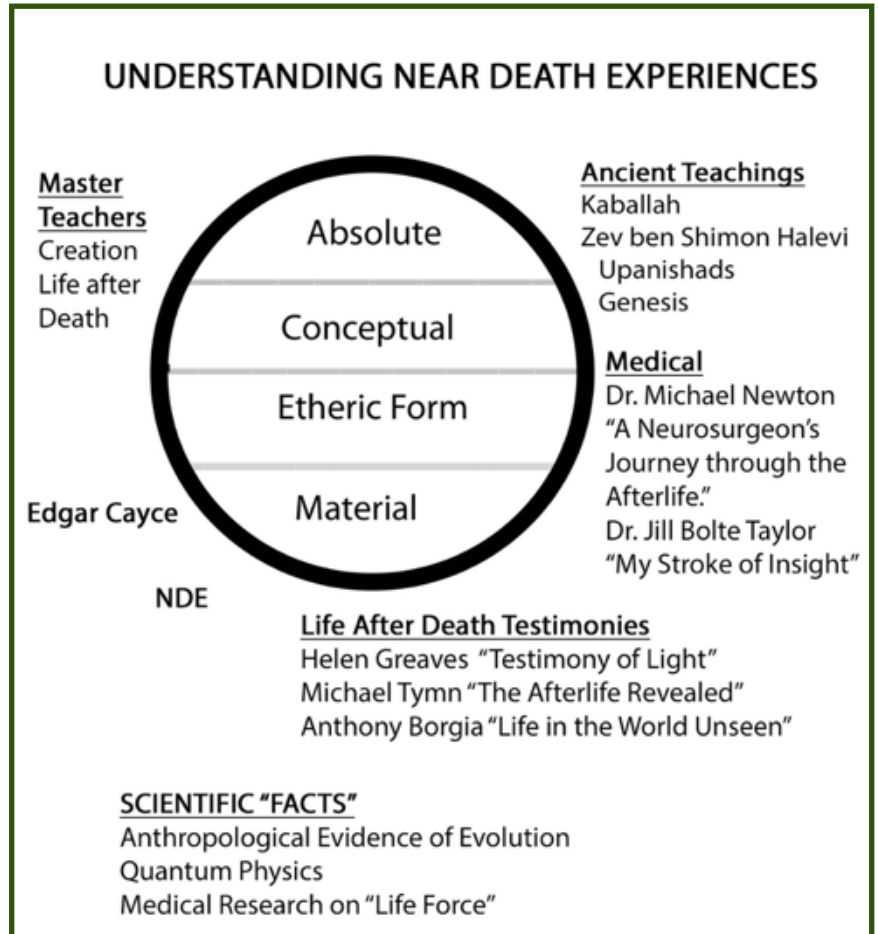
Summary of Studies and Research: The chart on page 8, summarizes the research I did, what teachers and books were most influential, and then later I'll use it to describe "where" I was during my death experience, although the word "where" really has no meaning in the non-material worlds. Instead, it is the level of consciousness in which you are functioning. All these levels of consciousness are right here with us, but they can't be experienced by us on this lowest level unless you are functioning at the higher levels. I know you are going to ask what I mean by "consciousness," but the world's greatest scientists are still struggling to define that term. So I'm going to give you my "working level" definition that consciousness is an awareness of being aware of your environment and being able to function within it. We are, right now, aware that we are aware of being in this room and are able to function in it. During my "death experience," I was aware of being at a much higher level of consciousness and was able to function at that level. I was not aware of the material world at all, even though it was here, but at a much lower level of consciousness.

I am really oversimplifying the subject by showing all of Creation in two finite dimensions where the lowest part of the circle is the lowest level of consciousness in the material plane/world. But breaking all of Creation into four levels is very important to understanding what happens after the death of the physical body, and the four I have chosen are documented in the ancient texts from the major religions that our group studied. These four levels are described in the original scrolls that became Genesis 1 and 2, but that original material was written in religious symbolism, and during the translations, much

of the meaning has been hidden from those that don't understand the religious symbolism. This is where Z'ev ben Shimon Halevi's understanding of the original ancient symbols was useful. He has interpreted what is written in English in Genesis 1 and 2, using the meaning contained in the original ancient texts.

The lines between each of the planes — sometimes called “worlds” — are not barriers. Instead the planes actually overlap and there is a gradual transition between them. The material plane includes our physical universe and any others that exist. One thing that makes the material plane different from the others is that when matter exists, then linear time exists. Linear time has a past, present, and future where you can only go forward, not backward in time. The fact that the existence of linear time is a result of quantum entanglement — it requires particles to be entangled to exist — has been proven by physicists. (Seth Lloyd, MIT professor first proposed the concept, and Don Page and William Wootters did experiments to prove it.) This makes quantum physics so interesting, as two particles can be thousands of miles apart, yet what you do to one of them instantaneously influences the other. Much of what happens at the quantum level *cannot* be explained using linear time. Einstein called it “spooky science.” The Etheric Form plane, also called the Formation plane, contains an evolution of activities, but does not have linear time. This is hard for us to understand while we are in the physical body. The form for everything in the Material plane must exist in the Formation plane before it can exist in the Material plane. The two planes above the Formation plane have aware energies, but there is no form, just radiant conscious energies. I'll explain more about this later, when I review my death experience.

After reading several books and articles about NDEs, most of Edgar Cayce's books and studying the ancient religions, a friend in our theosophist group told us about a speaker who would be able to answer all our questions in an understandable way. We went to one of her lectures and were “hooked.” I was told that there are 60 to 70 Master Teachers on Earth at any point in time. Their purpose is to help the culture in which they are born



and live, to better understand the Creator's purpose in creating mankind and mankind's responsibilities. They do not create any new religion. Their purpose is to enhance a person's understanding of their own religion. There were many Catholics, Hindus, and Jews as well as atheists who were students of this Master Teacher, so we had a wide range of viewpoints represented. These Master Teachers do not advertise. If you were meant to be introduced to their teachings, you are guided there by your “higher self.” It was through these studies with this teacher that we were provided an updated understanding of the Kabbalah, of the purpose and evolution of Creation, and Life after Death. The studies also included practical exercises, where the student can understand how to resolve a difficult situation in which they find themselves. It was after I had experienced death myself and studied under this teacher for 15 years, that I started reading Life after Death Testimonies and medical testimonies about Life after Death. The books I have listed here, express experiences similar to mine in many ways and I would recommend them to others.

(to be continued in the September 2020 issue)

Beautiful Dreamers, 2020

by Karen Ehrenfeldt
San Jose, CA



An old song resounds in the present moment, gathering together a bouquet of painted lilies, asking to be a gift for this point in time. As an artist taken up in its cause, I marvel about the mysterious ways that inspiration arrives seamlessly, how it envelops an artist in its magnetic mist to become a consuming thought, an irresistible current. Perhaps this is to be expected, for in a time of Shelter-in-Place isolation, there is more silence ... more time to listen. The compelling draw towards photographing lilies and skies, and the rising of an old beloved tune came upon me without plan, only response, and now is to be shared. For in this moment there is a lot of difficulty, confusion, and suffering as the COVID-19 pandemic ravages the world. And I respond with an artist's gift, of this time, for this time.

It's a heartbreaking time during this pandemic; the contagion necessitates isolating the sick and the dying from their companions in life, and many are dying tragically. When I imagine the worst, it is that someone I know and love deeply is sick and fighting for their life. That I am there, speaking words of comfort, steadfastly present through whatever state of conscious-

ness they may be in — I'd still be present if they become comatose, perhaps even singing them home. Experiencing the death of a loved one is hard enough in the best of circumstances, but recently, those who've died face their deaths in isolation from loved ones. In this sequestering of love that lay dying, there is no space for the final exchange of words that arise in the moment when two steadfast hearts connect. Families grieve without proper closure — caregivers do their best to bridge, while suffering themselves as too many patients die. Overwhelming demands are making a relentless descent upon tired spirits, and we are all seeking relief.

Participating in the creative process is one of the ways in which I've been called upon to respond. These 18 images titled with the lyrics of Beautiful Dreamer are in honor of those who have passed, in compassionate stance for the loved ones who grieve, and in appreciative respect for those sensitive and dedicated caregivers who are the bedside hearts and hands for us all. This gift to them is but one gesture, in hope that sharing a little beauty will help a few, while the world still needs so much. Beautiful Dreamer is a lullaby melody and [Mercedes Curiosa](#) sings a good rendition that presents the full song in a way that introduces a lightness of spirit.

Though Beautiful Dreamer is an old song written in 1864 by Stephen Foster, whatever his intentions were have been lost to the mists of time. Artists are vessels for inspiration; their work may contain and express much more than the artist knows or intends. Though there are various interpretations to the verses in Beautiful Dreamer, it's apparent why it arose as a lyrical flow for this body of images, for this point in time. The title itself, Beautiful Dreamer, implies that the earthly life has been the dream, and the nature of death is to awaken into the greater reality. While Foster was a product of Christian culture, it's not a religious song; rather, Beautiful Dreamer reflects the flow and movement through the elements and aspects of nature. The lyrics of this serenade offer a perspective and guidance upon navigating the threshold of death itself, as if sung with love by the divine presence to the mortal being.





Beautiful dreamer, wake unto me. Starlight and dewdrops are waiting for thee;

Beautiful dreamer, the time has come to shift your gaze from the mundane world. Focus your attention on the ephemeral beauty of nature, its radiance and gentleness.

Sounds of the rude world heard in the day. Lulled by the moonlight have all passed away!

Let the noise of the outer world dissipate, and as you turn inward, enter into silence, such that you can be receptive to inner guidance.

Beautiful dreamer, queen of my song. List while I woo thee with soft melody;

Beautiful dreamer, you have my complete focus, listen deeply for a harmony that can soothe your soul.

Gone are the cares of life's busy throng. Beautiful dreamer, awake unto me!

It's all right now, to let go of your worldly cares and responsibilities. Beautiful dreamer, turn your attention beyond, to the power of love.

Beautiful dreamer, out on the sea. Mermaids are chanting the wild lorelie;

Beautiful dreamer, as you cross the threshold it will feel expansive, with a great sense of freedom, and yet you may feel unsettled by this. Whether otherworldly beings are singing you irresistibly to the threshold, or your acceptance of the inevitability of mortality is simply increasing in awareness; allowing the momentum to build is part of making peace with the process.

Over the streamlet vapors are borne. Waiting to fade at the bright coming morn.

As you move across this expanse toward the threshold, memories and visions of your life will arise around you, other images may appear to distract you, but trust that these will all fade. Allow them to, for these are images of the past and you are moving beyond.

Beautiful dreamer, beam on my heart. E'en as the morn on the streamlet and sea;

Beautiful dreamer, focus throughout on love. Fill yourself with the power of love and the light of creation, as brilliant as you've seen in a gleaming dawn on the surface of water.

Then will all clouds of sorrow depart. Beautiful dreamer, awake unto me!

The nature of the threshold between worlds is love and peace, where sorrows and regrets will melt away. Let go of the anchors here, and let peace fill you. Your life has been and continues on — for love transcends all barriers and your soul is welcome home.

I offer this perspective, hoping that some beauty and impressions of crossing the threshold eases some grief or suffering about the thought of death and dying. Calla Lily, a flower of the divine feminine, is symbolic of death and rebirth. In this artwork, each is isolated, yet fills the space with its unique presence, its strength, grace and light, inviting embrace. Composed with sunlit skies, these lilies speak of transcendence ... Beautiful Dreamers, may your souls rest in peace, remembering love, always.

These images will be available for personal printing and use from my website at KMEhrenfeldt.com by the summer solstice, and my hope is that some of the caregivers and those who have lost loved ones during this time will discover and enjoy them.



*Beautiful dreamer, wake unto me
Starlight and dewdrops are waiting for thee;
Sounds of the rude world heard in the day
Lull'd by the moonlight have all passed away!
Beautiful dreamer, queen of my song
List while I woo thee with soft melody;
Gone are the cares of life's busy throng
Beautiful dreamer, awake unto me!
Beautiful dreamer, awake unto me!*

*Beautiful dreamer, out on the sea
Mermaids are chanting the wild lorelie;
Over the streamlet vapors are borne
Waiting to fade at the bright coming morn
Beautiful dreamer, beam on my heart
E'en as the morn on the streamlet and sea;
Then will all clouds of sorrow depart
Beautiful dreamer, awake unto me!
Beautiful dreamer, awake unto me!*

— Stephen C. Foster, 1864

Physical Distancing and Emotional Closeness — A time of reflection

by Jetske van der Greef
The Netherlands

As long as I can remember my body reacts intensely to situations. From one perspective this immediate feedback is very nice, but from another it is sometimes pretty annoying, especially when I am blushing or feel so nervous that I have to visit the toilet several times. When I met Jan, one of the things I admired was his being serene, his calmness and clear way of expressing himself. That made it very easy for me to feel free and open in our relationship, and gave me the courage to talk about anything that popped-up in my mind.

Because I was raised in a traditional Christian family, I grew up in a pretty strict environment, often judgmental whether something was good or bad. I developed skills to adapt to how others expect me to behave properly the way they wanted. This resonated with my inner need to feel harmony around me, but it excluded my own needs. So, to express myself freely was something I unlearned in my younger years.

The moment I connected with Jan my life changed. One day I dared to speak about him visiting the church

weekly. I used to feel suppressed when I had to go to church and, in those days, developed a kind of claustrophobia. For Jan to go to church was a totally different experience, he once joined out of free will choice. He didn't agree with everything he heard, but he was able to be there without resistance. He accepted that what is, but started daydreaming about any relevant topic that popped up. It was a total eye-opener for me — to accept what is, let go, and then go with the flow. In this case, going with the flow of your own thoughts. In our relationship, I started to feel like we were Yin and Yang. Superficially, we looked so different, but it felt for both of us we were complementing each other.

Jan lifted me up, and I got the privilege to explore life supported by his brilliant, creative mind. In that process I started to see my own talent, something that had been suppressed as well in my youth.

We also enjoy exploring the mystical side of life, the journey within. We are both very happy that at one point in time we came in contact with the Julian teachings, and followed many classes given by Sam and Anne Claire. It shaped our lives in a magical way. To me it was very helpful to learn to follow my heart and express myself even more freely, especially in difficult circumstances for me. It is one of the reasons I started a primary school in The Netherlands: "De Ontdekkingsreis, om je hart te volgen" (The Journey of Discovery, to follow your heart). I created the school intuitively and Jan supported me, helping to structure my vision. He gave words to what I was doing. As a kind of compass, I used a quote from Julian: "Love is based on trust, and trust on acceptance, to love is to accept."

We both have a passion for culture and nature. I love to be outside and simply enjoy that what is, meeting people, and exploring nature. Jan does that too, following his passion for birds. That passion has brought us to many beautiful and pristine places all over the world.

Then the physical distancing interrupted our travel flow, but it created time to reflect. Although, at first, it felt like a limitation of freedom — almost as experienced in my youth — it provided new insights. In particular the "Art of living," the focus after I withdrew myself from the



Exploring the rainforest in Papa New Guinea



Connected through freedom, a starling flock

school management, needed deepening. Often people asked me questions like: “What are you doing?” “Are you not productive anymore?” “Are you do nothing at all?” It helped me to realize how I still was dependent on the opinions of others. I found that you can easily be dependent on others, giving up freedom without realizing it, and in doing so, create a dependency situation instead of interdependency. The recent classes on the “COVID-19 and freedom” teachings by Temier and Sam helped me a lot. We explored the new perspectives on freedom and interconnectivity, and both of us started to express it in our own way, yet based on the feeling of Oneness.

Jan’s two new books that appeared last year, “*Limitless life, the power of passion and imagination*” and the most recent masterpiece “*Beyond Oneness, bridging the seen and the unseen*,” had resulted in many invitations around the world. After the initial very nice and successful presentations for groups, at festivals, and to people interested in different perspectives on life, traveling is on hold, and subsequently, so are the presentations. Nevertheless, people were looking for alternatives. As both the story book “*Limitless Life*” and “*Beyond Oneness*” are connecting the reader with otherworldliness through feelings, they appeal to more people than we could reach by traveling. It all changed when Jan was asked to join Photography Experts Online, and I saw something very nice happening again. Once Jan started to think about the presentations, the river of creativity started flowing, and suddenly new stories and insights were born. I love it, because the world can already read and see his inspiring work, but now they also can hear his wonderfully emotive talks. And I am sure it will inspire others to follow their heart and express themselves freely, the same way he inspires me!

(continued next page)



Pandemic Shark

By Renee Salvatori
Wheeling, WV

Is it lurking in the deep?

How about the shallows?

Will I be its prey?

**I know some who fearlessly get up close
for pictures.**

I can't decide.

The sun is shining.

The air is calling.

The waves of humanity coaxing.

Happy to be out.

Eager.

Giddy with possibilities.

But wait. Is it safe?

Any rip tides?

You look to the lifeguards for a read.

**Is it dusk, dawn, or feeding time? Breeding
time?**

You walk to the edge.

Where is the predator?

It can be a silent killer. It can maim.

It may not even be there.

Trepidly, you decide.

Is it safe to go back into the water?



Joy and happiness, Monarch butterflies

For me, I am in the process of learning to fully express myself, so I can be happy with the art of living from the inside out. In other words, practicing to “Bend with the wind and flow with the water.” To connect with the Universe and sense what is paving my life path. The peace I feel inside, is expressed through the feeling of freedom, strongly resonating with the lovely quote from Temier, a guidance in the further exploration of life: “Creating division comes from fear and leads to more fear. Creating compassion comes from peace and leads to more peace.”



Compassion, baboon

A life path that I feel Jan expresses through his fine art photography, through which he creates “paintings with light” and “visual poetry.”

Photographs are by Jan. For those who are interested in Jan's books, visit www.janvandergreef.com or www.beyondoness.com.

Jan's online webinars can be found at <https://www.photographyexperts.com/jan-van-der-greef>

Essential Reset

by Renee Salvatori
Wheeling, WV

Just when we thought the world couldn't get more complex, it showed us a tapestry of intensity.

We went from Australian fires, record floods, COVID-19 pandemic, racial marches, and social unrest for old status quo of outdated systems, and then on to political leaders who inspire us to really ask what we want. It's global — not one continent has been untouched. We are all on the same playing field. We are all feeling vulnerable.

In such a profound way, we are all asked to go inward and be intuitive, creative, supportive, peaceful, loving, kind, and sympathetic. Not only for our own selves, but for others, as well. The need to allow ourselves and others the freedom to cry, laugh, or yell into the sky; with-

out judgment, is important. It's all okay. Every feeling, every thought, and every action we need to take, to put ourselves upright, is acceptable. If it's an action to take no action, that is okay. We may need only to absorb and digest. If it's to be an “action-ist” (activist), that too is okay. We will all be called differently to find our new normal.

Depending on where you are, will reflect on how socially distanced you still are. Maybe still in the wake of getting into a new flow of life, and ironing out the wrinkles. Maybe getting into a habit or breaking a habit. We are understanding who we thought we were, that is before the smoke-screen of our “busy-ness” was pulled away. Most everything that defined us has changed? Personal

reflections of who you were and who you are becoming, keeps expanding. Each person is asked to handle it differently. What are you now called to be or do? Sit at home, work the front lines, march, make climate change phone calls, write, pray?

The vulnerability we all feel is palatable. What happens when the things that define us, cease to exist? What if we lost a home to flood or fire? What if we lost a loved one to COVID-19 or riots?

What if we only lost social activity with friends? What if we lost social structure of a specific race or system? Maybe we are milling about in the quarantined structures of home. Maybe we are marching in the streets with others in solidarity. Maybe our days don't have a structured direction or time, and maybe we now realize humanities time is up, unless, we act in positive and loving ways. We can all heal.

Before you know it, a new normal will emerge. A new you will emerge. The world is looking different and we

will never look at things the same again. You will never feel so deeply as you have now. You have seen the strength of people and their weaknesses. You have seen vulnerability and been vulnerable. It has all been so palatable. You have grown and will continue to understand at a deeper level.

This moment in history has given us all a reset. What will you do with it? Who will you become? Full steam ahead into the new world. There is no looking back anymore.

We are slowly rebuilding our emotions, our lives, our world order, and structures.

At this point in time, we are all called to be an essential worker and work on the details of ourselves

Once we work on our inner selves, we can bring it to the outer.

We are all now involved in an essential reset.

... collective detachment

by Regan Friend
Margate, Florida

I sing a song of light and love along,
a way of peace and still, in lone room ranked,
among the sheaves of notes in muse adorned
all by myself with world's effusion thanked ...

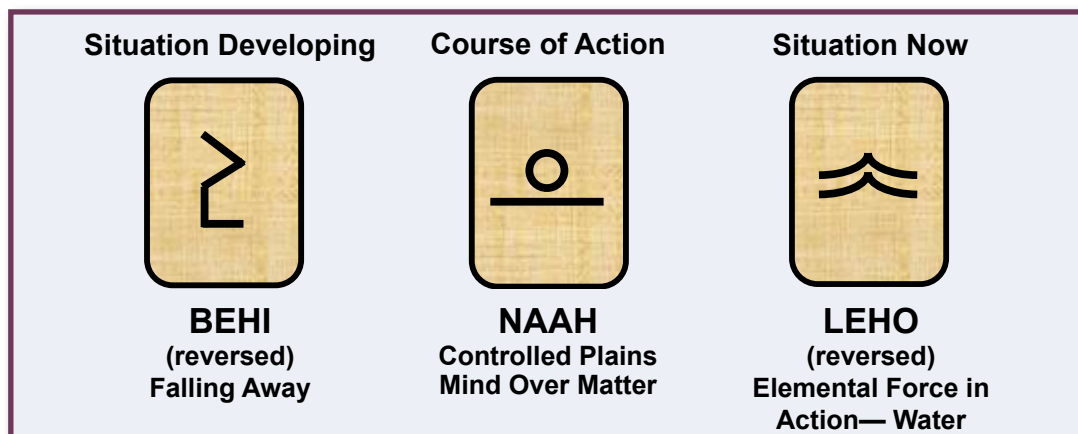
You hear me voice and warble on, wireless,
all by yourself in your owned space accounted,
worked up you spy your next new whim, tireless,
in your pursuit you win the world redounded ...

We laugh we fly we spin we twirl alone
together screened from threat secure we smile
to know that though apart, are safe at home,
and can be what we ever choose to dial ...

That trusted magic wheel, unseen, forever in our sight,
our in-ness swirling, world unfurling, sacred, ring of light ...

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 Summer 2020?

LEHO, the first rune in the spread, indicates the energies of our situation now. LEHO represents the Elemental Force of Water in Action. Reversed, it indicates inaction or that the movement has slowed. Unlike the reversed positions of the other three Universal Rune associated with the elements, the message is not “negative.” When reversed, LEHO indicates that progress is more subtle and issues should not be pushed.

The Summer Solstice is a time when the movement of the universe passes from the creative release of spring to the maintenance of the newly created, to bring about the fulfillment of harvest in the fall. Movement is indeed slowed at the beginning of summer, and progress is more subtle, with patience and perseverance needed to sustain growth.

NAAH indicates the necessary course of action of this time. It represents controlled planes and mind over matter. The Universal Law of Mentalism states that “Mind is All, All is Mind.” The conclusion of June and Julian’s book, *Creation, It’s Laws, and You* states: “Ether without the focus of thought is nebulous. Through focused thought it becomes creative energy. That this can and does occur is the full realization of the power of Divine Force.” One of Julian’s eleven commandments for the New Age is: “Weigh Values and Set Priorities.” We are in a serious time. The published Universal Runes book states that “Individually, NAAH presents the energy which helps the individual to accept his ability to control his life through his mental capacity. The mind

is the director of his manifesting life.” June and Julian were working on a revision of this book, and in the revision this reads “Where NAAH appears in the spread, the individual must accept his ability to control his life through his mental capacity.” The revision adds a description of the glyph or symbol itself. NAAH’s glyph is described as “Circle of Divine Mind over horizontal line of matter”. What is the Divine Mind guiding your mind to focus on? What are your values? How are you focusing your thoughts to transform the nebulous, but infinite power of ether into creative energy? Now is the time, if ever there was a time, for real and fundamental change, in all of our lives. Focused thought and physical action (which, because the universe is mental, is simply a denser form of thought) is the key to tapping the power of God within us.

On the subject of real and fundamental change, what is the most obvious observation we can make about the world today? Think about it. We live in a time of mass extinction, and it’s pretty obvious that our unsustainable civilization worldwide is headed for massive painful change, along with most of the beauty of nature, maybe for eons of time, if we don’t undertake fundamental change soon. Yet most of us are still rotating around in our same old patterns of life. We long for things to return to “normal,” yet many aspects of “normal” were damaging the web of life. This is not directed at any one individual, it is simply an observation.

And so we arrive at the last Rune of the reading, BEHI reversed, which indicates the situation that is developing. BEHI represents falling away and letting go. BEHI reversed is stagnant or stationary energy — an indication of convolution and standing still. “There is no

movement to change. There is blindness even to the need for change.”

This is the most admonitory statement of not only anything in the Rune Book, but in David’s recollection, anything Julian has ever stated. Blindness even to the need for change. Think about it. At the end of *Creation, It’s Laws, and You* there is a quote from Julian: “Change is based on sensory idea focused to physical action and the acceptance of the responsibility of the idea.” We all have sensory ideas — ideas we sense from the universe around and within us — about how to help. What BEHI reversed is calling for, is action based on accepting the responsibility that comes with that guidance. And don’t forget, all action, including physical action, is fundamentally a form of mental focus, because the Mind is All.

So, there is a receptive slowing at the beginning of summer, with LEHO reversed. In the course of the summer, we need to accept *and use* our ability to control our lives through our mental capacity. This means not only our personal lives, but our influence on the web of life, including human life, which sustains our personal lives. Our lives include us as a civilization. As Julian said, if your country goes to war, you go to war. If we as individuals go to peace, maybe our country and the world can go to peace. No web, no life. But the web of life has astonishing recuperative powers if we can nurture and protect it. And in August and September we need to really face up to our willful blindness to the need for change. Sensory idea focused to physical action and the acceptance of the responsibility of the idea. That is why we are here — to change ourselves and the world. It starts with the courage to accept the power we can tap, through our mental, physical, and spiritual focus, and the responsibility we have to ourselves, and the web of life, to use that power for good.

By letting go of unproductive and stagnating ideas, habits, and thought patterns, the old can transform and bridge into a new age of sisterhood and brotherhood, respecting nature’s rulership, through the flow of spirit.

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.

For all the Universal Runes source materials:

Authors are Rev. June K. Burke & the Seraph Julian.
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LEHO (Eho): Elemental Forces in Action — Water

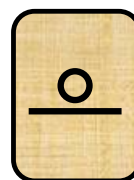


Universally: This is the Rune of the element water. It represents the energy and power of the water forces. It represents a movement through receptive energies toward change and creativity.

Individually: LEHO is the emotional self. LEHO represents feeling and receptivity in life.

Reversed: In the reversed position, LEHO says “tread water.”

NAAH (AAH): Controlled Planes, Mind Over Matter



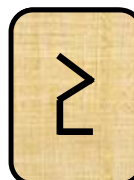
Glyph: Circle of Divine Mind over horizontal line of matter

Universally: The energy of NAAH is that which permits control. All nature’s forces are in balance and harmony exists through divine intervention. The Divine Mind directs the universe.

Individually: NAAH presents the energy which helps the individual to accept his ability to control his life through his mental capacity. The mind is the director of his manifesting life.

Reversed: Lack of Control. NAAH denotes a lack of mental focus when reversed. Attention should be placed on concentrating thought patterns to shape and mold the future.

BEHI (Behi): Falling Away, Letting Go



Glyph: Indicates movement from Above towards man.

Universally: BEHI indicates change. It is the Rune of letting go, releasing old ideas, habits and thought patterns. It is a changing form, change by transformation of energy, permitting new to come from old.

Individually: It is the opportunity to reshape the life and let go of the fears and attitudes that have been blocking growth.

Reversed: Inner Space

BEHI is indicative of convolution and standing still when reversed. It represents stagnant, stationary energy. Here there is no movement to change; there is a blindness, even to the need for change.

Saul's Corner

UNIVERSAL LAWS: TAUGHT BY REV. JUNE K. BURKE

(LaGrangeville, New York, November 1998)

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

THE LAW OF MENTALISM

You have asked me to teach a class in relationship to the book, *The Kybalion*, which is the teaching of the seven Hermetic Laws. The Hermetic Laws are also referred to as the Universal Laws. The Seven Laws are Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause & Effect and Gender. The Universal Laws are impersonal and they govern all creation.

It is important to recognize that these teachings are ancient. Because they are ancient, some of the verbiage used is also rather archaic as you are reading the book. During the next several weeks we hope to bring some clarification into some of that archaic language and to the meaning of the Laws in your life.

The Hermetic Laws are the teachings of Hermes Trismegistus, the Thrice Great. The teachings are pre-Christian—before Moses. Hermes was a contemporary of Abraham. Hermes was called the Master of Masters. He was called the Father of the Occult Wisdom, the Founder of Astrology and the Discoverer of Alchemy. It is said that he lived 300 years. Egyptians deified Hermes, made him a God under the name Toth. Later, ancient Greece deified him, calling him Hermes the God of Wisdom.

The Hermetic teachings are the transmutation of energy. It is important for us to recognize that everything in existence, anything created has an energy package of its own. By the vibration of that energy, it identifies how it interacts with everything else in the universe.

The first universal teaching is that of Mentalism. Mentalism says “Mind is All. The universe is Mental.” Mind is All and All is Mind. It is a circle, in reality. To transform mind is to transform life. Change your mind and change your life. Flow with the changing energies. That is the meaning of Mentalism.

If you stop and think for one minute, what happens in any given day if you change your mind about something? The whole course of how you act or what you do or where you go or who you interact with changes with the change of your mind.

Mind governs all you do and all you become. That is very important to recognize and remember because it is one of the most powerful teachings of all of them.

Mind can be transmuted state to state, degree to degree, condition to condition, pole to pole, vibration to vibration. Have you ever heard people say “They are not thinking too clearly ...?” What is happening is, the mind is slowing or it's too busy — it can be either pole — and until they take time to bring that energy back into focus, until they take a moment to center that energy again and bring it into what it is really supposed to be, there will be confusion. And other people may translate that as “you not being quite with it.”

The All, or God, is mind. Mental transmutation is the art of changing the conditions of the universe as in matter, force or mind. Remember, matter is the solidification, mind is the director and the force is the will to make it happen. They work together. Under all outward appearances or manifestation, there is a substantial reality. Substantial meaning “actually existing” and reality meaning “the state of being real.” Now many times you have heard people prevaricate, they will lie about this, that or the other thing. And the only reality behind their statement is what their mind has conjured up as the truth. To manifest, to create, you have to have an existing reality behind the effort.

The universe is change in matter, force and mind. Nothing really is. It is becoming and changing. Things are born, grow and change. Its height is the beginning of its decline. What is happening here is, according to what is right and proper for the individual or the thing — whether it be a business or a personal act of a person, a talent of a person or whatever — there is a time of its birth and escalation until it reaches a peak. Then it has to change again in order to maintain a status quo or the decline begins. Lots of times you get very excited about things and you are really with it and you are moving and moving and moving and it's really great. Then after awhile, it's “Well, let me look for something new. This isn't great anymore”. This is exactly what is happening in the cycle of the use of mind, force and matter. Remem-

ber that nothing remains in one place. As we go further and study the Law of Vibration and the Law of Rhythm you will realize why that is so, even more fully.

Only change is permanent and change is the outward appearance of the same underlying power or some substantial reality. A diamond has multiple facets, life has multiple facets, ideas have multiple facets. You have heard people say, "I've had a bright idea," and it can stay there and be nothing but a bright idea or it can begin to take focus and shape and form and become much more. The idea itself has to change to become the idea. The main thing to remember is, nothing is stagnant. Everything is in change constantly.

Substantial reality equals God and universal energy. It is self evident, it needs no argument, it is the All and it is unknowable.

Religion means that intuitiveness or the intuitional realization of the existence of the All and one's relationship to it. So religion says "you have a relationship with the All" — although they will term the All, God. The one thing that we have to realize as we use these terms, they are all relating to God or the Creative Power or Creative Force of the universe. There is nothing that religion should fear from teachings of this nature.

Theology means the attempts of men to ascribe personalities, qualities and characteristics to the all. Philosophy means the inquiry after knowledge of things knowable and thinkable. Metaphysics means the attempt to carry the inquiry over and beyond the boundaries and into regions unknowable and unthinkable. The term unthinkable does not mean negative. It's not "Oh, this is unthinkable!"—that is not what we are talking about here. What we are talking about is moving out of the apparent form to what it is behind that which is unknowable as some people think. By understanding the energy behind it we begin to understand the appearance of it more. Also, when we are working with that it calls for thinking different from what we would have thought accepting just the appearance. So when we say "the unknowable and unthinkable" we mean that which is behind and unseen, and the thought patterns needed to understand that.

To the Hermetist, religion and philosophy means having roots in reality. Theology, dogma and metaphysics are not. They feel with religion and philosophy you can touch it and taste it—it is much more apparent. But when you get into theology and when you get into meta-

physics, those things are not as apparent. That is how the Hermetist looks at it.

The All must be all that really is. Nothing can exist outside the all. The All must be infinite because there is nothing to limit or restrict it. It must be infinite in time or eternal, as something can not evolve from nothing. It must be infinite in space, it must be everywhere. It must be infinite in power or absolute, for it is limitless. There is no other power.

Anything that we work with in religion, or anything that we work with in metaphysics is of the All because we are learning to interpret the energy of that power through a particular form or study. When we pray, we are using the energy of the All. When the religious says "Pray for me," although he may interpret it strictly as you saying words for him, what you are doing is invoking the power of the All and asking for a certain direction for it. In metaphysics, when you are doing an Affirmation, you are evoking the power of the All and bringing it into a manifestation.

Remember that the All has to be infinite on all levels. It has to be everlasting or eternal because something can not evolve from nothing. We could not evolve from nothing, therefore it has to be something that has been there.

The All must be immutable, not subject to change in its real nature. Now, everything is subject to change but the real nature of the All is All. It experiences change through outward change of all its creation but its power in and of itself is pure, raw power and energy. There has never been, is not now and never will be anything else into which it can change. There is nothing outside the All, in reality. So all finite things must be as nothing, in reality.

Around us is matter which forms the physical foundation for all forms. The All is not merely matter. The All is infinite, living mind. Infinite, living Spirit. Spirit is the real essence. Matter is our reality as we must recognize it but by applying higher laws, we master matter. We move beyond the separation point and then we begin to reform matter by using the power of the mind which is the infinite power of the creative force.

Question: *Am I to understand that the All isn't just an energy, it is an energy that is being used. That the All energy is here and there are transformers that take that energy and bring it down and use it.*

That's right. In other words, if you were to say the transformer on the pole is the All and it steps down to go into the lines and into the homes in various voltages and is used for multiple expressions. But it is all from the raw source or the All. The All is the never changing, never ending mind which can be used by anything it has created and anything it's creation creates.

Question: *The manifestation has a peak level.*

Manifestation has a peak.

Question: *To manifest, because it changes within a certain time, how can manifestation take place when you have a going, going, going and then ...*

Recognize that by the Law, energy is a recognition. It is your identity to the universe, what vibration you vibrate at. This chair vibrates at one vibration, you at another and that's what has your identity in the universe. It is how the universe sees and recognizes you and you the universe. The movement is in the development of that which is being created. For instance, a tree starts with a seed. It grows into a tree, it lives for eons of time perhaps and then it falls. But it continues to live through the other side of it's manifestation because now it is manifesting into compost. There is a circle that goes.

Anything coming into being, if it were permitted to stay in one space would become a stagnant thing that would also create a stagnant atmosphere for the person who created it. It would be like some one saying they have graduated from high school and, therefore, now have all they need to know. They have to move that educational aspect of them self in one way or another. They have to either continue in an educational process in a formal institute or take it on them self in learning, reading, studying and so forth. Nothing can remain stagnant, everything moves. That is your Law of Vibration.

Question: *What happens when you start off with a project and get very "gung ho" and then follow it through and then — you said it starts to decline.*

No, your enthusiasm starts to decline.

Question: *Suppose the enthusiasm doesn't decline and you continue with it.*

You will be taking it further and further. In other words, you may say "I have read this book but that's not the end of the book, because I discuss the book and the ideas with other people, I enlighten other minds with it. I move on." It moves on, it keeps going, it keeps growing.

Until it comes to a point where it is no longer. For instance, at one time they thought the earth was flat. That was true and absolute knowledge. If they had stayed with that knowledge, nobody would have ever discovered that the earth was round. But because somebody felt that there was more, they went on to discover that it is round. Nothing is stagnant, it always changes. And it is only the change that keeps it something to be enthusiastic about.

Question: *Can you debunk you own manifestation by overdoing?*

There are ways to become attached that create a stagnant space. For instance, let's say somebody wrote a book and now they are "the author to end all authors." Now the only identity they give themselves is that book. They are hindering their own development because they never got passed the book.

Just recognize that the movement is progressive. And even when it is on it's decline, it has another space to go to. It is not a "good/bad" kind of thing. But movement has to happen for anything to manifest.

Question: *You said something, I can't remember well but it was about the energy changing and a chair?*

The Kybalion is the study of the Laws. The Kabbalah is something different (the study of the Tree of Life) and uses the explanation of "raw idea" — not chair, but raw idea of seating. If you have an idea of sitting, that idea if it is permitted to progress will now begin to take form of how you sit and then it will take form of a thing to sit on and then it will take form of a specific chair. Again, it is a constant movement bringing it to it's ultimate thing. And then that will last until somebody designs a new chair.

Question: *Okay, but that is still in the All.*

The All contains all potential for all things. It is the pool. We tap it and create from it. For instance, it doesn't hold *a chair*, it holds *all chairs*. It holds seating. It holds all transportation, which become cars, trains, buses, plane, submarine what ever. It holds the raw power.

Question: *The All is everywhere. We can't know it, we can't touch it, and it is non changing. It can't evolve, because that would be limiting if it did evolve.*

It evolves in it's ability to have you tap it at different points in time, but it is not evolution progressing as you think of it.

Question: *But that is not the All evolving.*

You evolve through it. It's like saying "I have a bread dough. Now that bread dough is plain bread dough. If I add sugar and raisins I can make sweet buns from some of it. And if I add nuts to some I can make muffins." So, here I already have bread, muffins, and sweet buns from the same source. The source is the feeding. We take that source energy and through our progression and evolution and our new idea, manifest it in its proper point in time, in whatever form it is suppose to be. If you look back on your life and take any one subject that you thought about or any one thing that you thought about, you realize that your ideas have changed with new points in time. That's what keeps decorators happy! Because there is always need for new decoration, you see!

We learn to understand that we are motivated by the raw power of the All and we take that and manifest according to the point in time and our bright idea.

Question: *In the Kybalion, the authors speak about the universe being created through ... to give an example, the All is in a meditative state. And through the meditation created the universe which now permits change to occur.*

Think of the All as the ultimate mind. The All is Mind. The mind is resting, but a given point in time creates movement in the void. Remember the statement "There was movement in the void." Movement is directed energy. Once energy is directed, it begins to manifest.

Question: *That movement being directed is directed by the All.*

The first direction was from the All.

Question: *And that is, in essence, where the "Big Bang" came from.*

The Big Bang came way after that. When you read *Creation, Its Laws and You*, it will show you the progression for that. The Big Bang was part of the normal evolution. It wasn't something "bad." It was to create "substitutions," so to speak. The original movement, the original thought pattern that "it was time to create" came from the inner mind of the All itself. And once it moved, now it doesn't stop. It is in motion and has to go through ... Now, all it's creation has the ability to tap that. And, remember mind is the bridge between the universe and matter for you, as well as the spiritual and physical aspect of the self.

Question: *Can you not change it by polarity?*

Polarity is balance. Polarity is the balance between being not in either space too much. It's like saying you don't want to drink something ice cold, and you don't want to drink something scalding hot, so you wait until it reaches a degree in the middle that is palatable for your mouth.

Question: *How would you change a manifestation that you put out and then changed your mind?*

If you change your mind, you halt the manifestation. The manifestation can't go any further than what you have brought it.

Question: *Many of the teachings say man is created in the image of God.*

Man is created in the image of God in the sense he is of the energy of the All.

Question: *Some of the teachings speak of man having a divine spark within him that is the energy of God.*

Recognize this. The All is the highest, purest spiritual space that can be. You have in you that quality from that source. And where do you have it? In the mind. The mind is the bridge between the space. Your mind permits you to either know more of the spirit of the self or it permits you to shut the door on it. However, also recognize that mind can play games. That mind can say "I am a very spiritual person as long as it's the way I want it" but that's the games we play on ourselves. But when we say "the breath of life within the soul" that was the creation of the spirit of you which manifested then it's own hard shell so that it could live in a physical world. Through time those were the changes that took place in the manifestation process for humans.

Question: *I guess we evolve and we can get it back to another space where there will be a balance.*

That's the whole idea and that is why the Laws work one with the other and very often bleed into the other. They are the ability to manifest and to understand manifestation. They are also the ability to keep the balance.

The mind is the bridge between personal and non personal energy. Remember in the beginning I said the Laws are non personal. It permits raw essence to become form. It focuses, retains, and renews. Mind governs matter. Those are very succinct statements but they explain the process very well. "It permits the raw essence to become form" through the process of manifestation.

Now we will have a meditation that is The Calling, The Calling of the Law which is the evoking of the Law into your presence so that you can better understand it.

MEDITATION

Creator of all things, open me now to your wisdom. Grant me entrance to the universal mind which holds all idea and the essence of it's being. Let me draw to me that which I need to help me understand my rightful use of mind in life. Let me understand mind of all minds. Open me to fruitful thought.

In the presence of fruitful thought, permit yourself to be still and feel the mind's expansion as the energy of the great mind, mind of all minds, feeds you now. Feel within you the clarity and awareness that permits you to see all with that same clarity and awareness. Let that mind lead and guide you. Let it fill you so your mind becomes an extension of all thought and idea in formation.

In the presence of an expanding mind, you are filled with creative force as your abilities grow, responding to

mind. Let your mind shape and mold your destiny. Fed and nurtured by the mind of all creation, let your mind flow openly beyond the confined spaces of consciousness into the open freedom of true thought. Permit your mind to retain and store that which is rightfully yours as you use this expansion as a tool toward more productivity and more fulfillment in life.

Let us now seal the Law by the statement:

Now through the power of the Law of Mentalism, I transform this flow of spirit into a might, tempered tool. And as a plow turns the earth to new production and productivity, so do I turn the tool of mind to a more fruitful and fulfilling life. Transformation of the high energy to the working tool has occurred. So be it.

And that concludes our class for tonight. Before the next class, please read the chapter in the Kybalion that pertains to the next Law we will discuss.

(to be continued in the September 2020 issue)

Classes Open to Join

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>

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 Guide to Life
- A Master Class on Communication with The Source
- A Master Class on Healing
- A Master Class on Humanity
- A Master Class on the Cosmos

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

Find out more about these books at www.temier.com/Books.html.

Classes with Andrea Smith, EdD

Mystical Magus Classes

Andrea is offering 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 \$30 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 meet once a month using Zoom. The cost of the class is \$15 per month, payable through PayPal, and meets 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

andreamith77@comcast.net,
drandreamith77@gmail.com
or (503) 720-5269.

See www.andreamithtransitions.com for Andrea's bio, additional information about her classes, additional services offered, and to register for her classes.

Cindi Frank Teaching Julian Healing Techniques Online

Julian Healing Techniques are *perfect* for life today! None of us need feel helpless. We are strong competent and kind people. That is probably why we are here!

Julian Healing Classes cost \$75.00. This includes the Julian Healing Techniques Manual plus two online classes. The first about the basics, and the second class for more advanced procedures. Each class lasts approximately one hour.

You will learn exactly *what* energy healing is and how it can enhance traditional healing to make you a powerhouse of health! We will also look at what Disease (disease) is and why we get sick in the first place. Grounding yourself and preparing your tools are important steps before we get into learning the actual techniques.

All techniques demonstrated will be able to be practiced through online instruction.

Payment is available through Venmo.

For more information, please email Cindi at possibilities1000@gmail.com

or text Cindi at 586-277-3804



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: Be the Change

Submission Deadline: 9/5/2020

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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