

# Ring of Light

A Newsletter for the Members of the Julian Community

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We have just finished attending a most wonderful event, the first Virtual Gathering of Light. There were six excellent presentations given as well as virtual versions of the opening and closing ceremonies. On top of that, a significant amount of social time was provided for all of us to reconnect (albeit over Zoom) and meet new people. It was a great experience, and it was good enough that the Julian Teachings Advisory Board has decided to put on hybrid Gatherings in the future — both at a physical location and online. Such a great way to keep our very disperse community together.

Two of the presentations focused on the incredible transition that we are going through at this time. Camille Albrecht discussed the major rebirth that we all will experience, as the Pluto volcano erupts under Saturn and Jupiter's influence. Temier reminded us to focus our two essential goals: to know ourselves and to get along with everyone else. So simple, and yet so challenging.

On a sad note, we want to recognize the passing of Ruth Bader Ginsburg, an incredible woman who fought for women's rights and racial equality. Her legacy goes way beyond being the second woman to be appointed to the US Supreme Court. She will be missed by many, and her death calls upon all of us to actively fill the gap that she is leaving behind.

Take care and stay healthy.

— Blessings Jan Clayton and Nancy Walton

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## An Affirmation from Temier

*I am a Divine child of God,  
with Divine rights of my own,  
and I shall be fulfilled.  
For I understand absolutely  
that my fulfillment will come through  
the freewill exercise of my path,  
in a way that brings me into a greater harmony  
with differences of opinions,  
with perspectives that seem to go against the  
movement of humanity  
and certainly against the movement of myself.  
But I allow myself the Divine right of respect  
that allows me to come to a point of reference  
that brings an ability to communicate with all  
of those,  
agreeable, or not,  
in a way that not only helps them in their  
movement,  
but helps me, in my movement.  
For I know with absolute certainty  
that if a person comes into my life that is difficult,  
it is because I needed that difficulty at this  
point in time.  
So be it.*

— From Sam Holland & Temier's presentation, "Humanity's Purpose" at the 22nd Gathering of Light, September 19, 2020

# Astrology

by Eleanore Johnson  
Poughkeepsie, New York



We are experiencing challenging times; however, the situation provides us a tremendous opportunity to evolve with the ability to use the tools we have learned. It is a very powerful and dynamic period that will continue for the remainder of the year.

The three planets in the sign of Capricorn, will tend to dominate throughout the remainder of the year along with the planet Mars in the sign of Aries. Mars will be squaring the three Capricorn planets: Jupiter, Saturn, and Pluto. Jupiter, which rules the superconscious mind seeks truth and justice. In this transiting sign, expansive Jupiter is being held down by Capricorn's restraining energy. Saturn, the great tester and teacher, is primed to teach us much. The planet Pluto will ensure that many hidden secrets will be revealed. Pluto brings concealed things to the surface so that they can be transformed and changed—an aspect of renewal.

Mars will remain in Aries—its rulership—until January and will square these three Capricorn planets for the remainder of the year. Mars is energy-plus when it is in its dignity (in the sign of its rulership). It will bring about many clashes between individuals, and might also promote many clashes with government officials and agencies. Mars in Aries also represents new beginnings. Peo-

ple might start to think differently—a shift toward a goal of unity. A desire to express higher goals for humanity.

Humanity has the ability to use the higher powers of Mars in Aries. In this sign, Mars provides the courage, determination, and energy required to embrace change with strength, passion, and resilience. Mars will also provide the strength to express inner qualities of empowerment, to see beyond the circumstances, and to express the positive attributes of the Aquarian Age—the age of brotherhood and sisterhood, and the sign of spiritual rebirth.

The planet Uranus is the ruler of Aquarius. It can bring positive change. The spirit is important as it rules the super will, the individualist. The changes that come to the planet are Uranus stepping up our consciousness to express beyond the third dimension.

Listen to your inner voice it will aid in our ability to be guided by the superconscious mind. Express with love. It is important to feel love instead of think it! The keyword for Aquarius is “I know.”

Love and Light, Eleanor



## The 22nd Gathering of Light Resilient Balance

### Thank You!

Thanks to the 150-plus people who signed up to participate in the 22nd Gathering of Light. We are so pleased that we could share this event with so many people from all over the world.



We want to thank our amazing presenters Camille Albrecht, Denny Brown, Sam Holland, Lisa Cobb, Jan van der Greef, and Keira Ehrenfeldt, as well as Saul Srour, our master of ceremonies, and Larry Scheer, the host.

A special thanks goes to the 22nd Gathering Committee for working so hard to prepare for this first-of-a-kind event: Larry Scheer, Linda Scheer, Saul Srour, Keira Ehrenfeldt, Denise Hall, and Jan Clayton.

The recordings of the event will be available to all who want to view them. People who signed up for the Gathering will get the links via email as soon as the videos are available. The links will also be available from the [Julian Web site](#), likely by September 27th.



If you have any question about the materials available on the website, please contact Jan Clayton ([jan.clayton@samling.us](mailto:jan.clayton@samling.us)).

The venue for the **23rd Gathering of Light** has been secured. The next Gathering will be held at Newport, Oregon on September 24–26, 2021. The Oregon team needs to know ASAP how many people plan to attend the Gathering in person. This is not a commitment, but it will help the team reserve an adequate number of rooms.



If you are interested, please contact Andrea Smith by email ([andreamsmith77@comcast.net](mailto:andreamsmith77@comcast.net)). Please let her know if you would like a single or shared room, and if you have a roommate already. Also indicate if you would like an ocean view room or a hillside view room. We do not have the room costs yet, but Oceanview will be more expensive.



Please note, that we are planning to make the 23rd Gathering a “hybrid” event — it will be both housed at the Oregon location and it will be virtual, so that all those who cannot attend in person will be able to enjoy a significant number of the presentations and festivities. Keep your eyes peeled for more information.





# The Future of Architecture

by Michel Post,  
The Netherlands



Recently, I attended a presentation about the future, specifically about the future of architecture. Themes such as implanted computer chips, facial recognition, self-driving cars, flying taxi drones, self-driving office chairs and computers that are taking over more and more human tasks, quickly accepted, because they can do this faster, cheaper, and better than people.

I was presented with a vision of the future in which people, through the use of technical inventions, will become healthier and older. A vision where international cooperation between architects, investors, and start-ups seems to be the only way an architectural firm, like mine, will have any chance of an existence.

The world as we know it is changing and moving at a much faster pace than I expected. The broadcast title, "The future Is Fantastic," that showed the latest developments from the perspective of someone from 2030 — was already somewhat surreal. This presentation went one step further and sketched a picture in which China in particular poses a major threat — or opportunity — to our current economic management.

Large construction companies will become a thing of the past if it becomes technically possible to print buildings in a very short time at a greatly reduced cost. No

more similar straight square buildings, but a changing street scene of individualistic organic buildings that people have designed themselves. An architect seems to become superfluous if we could simply download our buildings from the internet.

This is the way many are thinking about how we will jointly shape the future. For example, the Brainport Industries Campus in Eindhoven shows how innovation, evolution, and our future go hand in hand with a green and healthy vision of the future. High-tech solutions make our lives more pleasant. The slogan "a versatile campus for working, learning and relaxing" with images of people relaxing together in nature is significant.

The way we shape our cities must be different. Not only are more and more people coming in, we also choose to live as close together as possible.

Another sketched picture of the future illustrates the integration of edible greenery as part of our built environment. This green oasis in the form of vertical gardens is in many cases still a utopia, but it does show a future image of a bountiful and beautiful world in which we seem to enjoy our environment. What a difference from our current view of architecture.

In the presentation, not a word was said about the energy crisis, finite raw materials, or the need to build circularly. There was also no discussion of the applications of bio-based building materials or the need for a healthy living environment. We did not look at the problems we are solving today, but at the infinite potential that technology has to offer us.

A well-known quote from Charles Darwin says, “It is not the strongest of a species that survives, not even the most intelligent. It is the one that can adapt best to changes.”

It is up to architects and builders — as designers and integral thinkers of the future — to embrace these new technological developments and to apply them or not. Let’s create a world together where we not only grow old together, but where we can also be healthy and joyful.



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

## Would You Like To Round Up?

by Renee Salvatori  
Wheeling, WV

How many times have you been in a check-out line and the cashier asks, “Would you like to round up to the nearest dollar to support \_\_\_\_\_?” Rounding up your purchase might only give a small amount of change to an organization, but those small bits add up over time to assist that group in need.

How do we round up in our lives to contribute to ourselves, to humanity, and to the environment?

Can you imagine if we all started rounding up? Every one of us investing in understanding cultural ignorance, contributing to our community and each other. Each looking at the things we support and don’t support, and instead of holding others down in our households or around the world, we build one another up and help each other grow. Each eagerly investigating our hidden biases and haphazard routines. Each living harmoniously with Mother Earth and everything upon it.

Globally, we are being impacted in big and small ways, and being asked to be the change and to invest in today and our future. That may mean that we still have some internal work to do first. Earning our money, so to speak, so we can pay it forward.

I find it interesting that in the USA, we are experiencing a shortage of coins due to the pandemic. I find the correlation of the phrases “lack of *coins*,” “lack of *currency*,” “lack of *change*,” and “lack of common sense (*cents*)” to be very interesting. But, it doesn’t need to stay associated with the phrase “lack of.”

Many groups are asking us, yelling to us, and pleading with us to “round up,” “be the change,” to “invest,” and “do better.”

When I was younger, my mother would suggest, “Act as if Jesus were with you, in the same room or situation.” Not only did that make parenting easier for her, but it gave me a visual, at a very young age that helped build a conscious role model, that I carried around in my mind. Like having that “change” in my pocket, to choose how to use it, and be the good or do good.

For some people this comes easily. Others need to dig deep into their pocket (soul) for the change they need to make. Let’s do the internal work and be the visual change in our hearts. Then, we can freely give out the cents (sense) from our pocket.

So, let’s have a go at it. How would you like to round up?

# Presentation for the International Association for Near Death Studies—Part 2

by Connie Golden  
Saratoga Springs, Utah

*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. (Continued from the June 2020 issue.)*

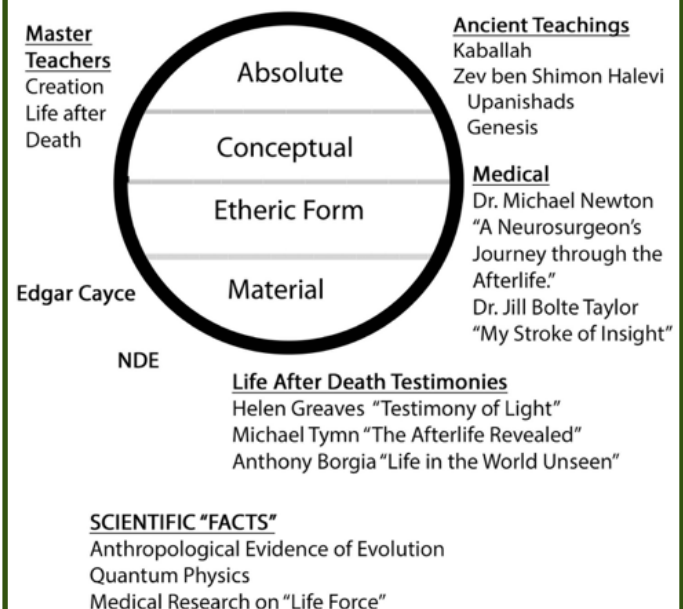
## Major Complications in Communication of Experiences

I found 3 major complications when people try to express what happens after the physical body dies. One is that our vocabulary and communication on earth is based on the physical world. We really don't have a common vocabulary for the unseen world. An example is the word "soul". Our teacher used the word "soul" to mean the individual human on the Conceptual plane. But many religions use the word "soul" to mean the human spirit that exists on the Etheric Formation plane that has entered the physical body on Earth. Others use the term "soul" to refer to the human on the Etheric Formation plane and refer to "soul-mates" at that level. Hence I will refrain from using the term "soul"; as it has too many different interpretations. Instead I will refer to an individual human on the Conceptual Plane as a "light body", a "spirit" on the Etheric Form plane and a physical being in the Material plane.

The second is that much of the material we read has been translated literally from the source document with little understanding of the culture in which those words were spoken or written. For example, the phrase "turn the other cheek" used more than 2000 years ago in the middle east, was an idiom meaning 'try a different approach'. The idiom came about because when you relate to someone, you are presenting your face or cheek to them – that is what they see and to what they respond. If the relationship isn't one you like (for example, they are hurting you), then you need to try a different approach, or present a different cheek to them. A few years ago teenagers were saying something was really "bad" when they meant it was better than "good". A century from now people will be confused unless they understand how that word was being used by that group at that time.

The third is that we are relying on material that has been transcribed between languages that really don't have a one-to-one correspondence. A case in point is the misunderstanding that occurs when describing the "higher-self" or "superconscious". Jesus said (in Aramaic) in the sermon on the mount that those who have a calm, dignified bearing toward the Power of the Spirit, also referred to as a person's higher self, and a reverent submission to its guidance will be able to rise above the things temporal and of the material world. However, there were no words in Greek to properly express this idea, so the English translation from the Latin, which was translated from the Greek, is "Blessed are the meek; for they shall inherit the earth". This translation is very misleading. His words did not mean a cowardly "meekness" toward other people. Jesus was always the Master and never sought to make his followers cringing creatures or whining and sniveling supplicants. What was meant is that the ego of the conscious mind should take its guidance from the superconscious mind, or the mind of the spirit. The mind, not the physical brain, has 3 distinct sections. The conscious mind deals with the physical world and

## UNDERSTANDING NEAR DEATH EXPERIENCES





is essential if we are to learn from the experiences we have on Earth. Our personality and ego develop in the conscious mind. The subconscious mind stores everything that happens to the person from the time of its completion while in the womb and keeps the physical body working properly. It does not have a personality and does not judge. The superconscious mind is the mind of the spirit body that attaches itself to the born or unborn baby's subconscious mind when the time is appropriate. The second book by Dr. Newton actually describes this process of "plugging the spirit mind" into the developed subconscious mind. I think there is more involved than what he describes, but it provides a good start at understanding the concept. The lesson then is to understand what your superconscious is telling you, so you can be guided by its higher understanding of what is best for you.

Finally, when Creation started there were seven laws put in place that control everything in existence. Most religions recognize them, but don't always call them *laws*. Three are important when understanding life in the unseen world.

**1. The Principle of Correspondence** (As Above, So Below; As Below, So Above): The attunement of two spaces, one above in higher comprehension of the intent of the Creator and one at a denser level. Thoughts, words and actions taken at any level of creation impact the other levels.

**2. The Principle of Cause and Effect** (Every Cause has its Effect; Every Effect has its Cause) Become the careful guardian of your thoughts and actions, as negativity sent out will come back to you. Some religions refer to this law as Karma (Dharma), or what you sow, so you reap.

**3. The Principle of Gender** (Gender is in Everything, everything contains both active and receptive principles): *Active* (sometimes called protective, positive, or masculine) and *Receptive* (sometimes called nurturing, negative or feminine). Gender manifests on all planes. Nothing can be created or manifested, be it thought, word or deed, without both the active and receptive principles working together. On the earth we tend to think of gender only in terms of the physical body, but it has a much more general meaning throughout existence. Both principles need to be in balance if we are to rise in consciousness.

## Now to My Death Experience

It wasn't due to any accident or illness, but instead was a protected event during one of our classes with our master teacher. We had been asking lots of questions about life after the death of our physical body, so our teacher said, "I'll let you experience your own death now. One of the best gifts we can give humans is to take away the fear of death and let them realize it is just like being born again in another world." My narrative implies that I am talking to another person as on the earth plane. However, all exchange was telepathic, so I sent and received the information without words – just a "knowing".

We started by relaxing into a meditative state; and feeling the warmth, love and caring support of our teacher, detached from our physical body. It was dark. I was met by a radiant, glowing, loving light. It seemed familiar but wasn't a person I had known on earth. Usually it is a family member who meets you, or someone who loved you while on earth and has made the transition already. This radiant being took me quickly from a dense energy to a much higher frequency, which I saw as a column of light, but it had an energy of its own. There was a loud "whooshing" sound as we moved rapidly, higher and higher. Along the way I saw loved ones from my life who were welcoming me. When we reached the "White Plateau" or Jesus' "Kingdom of Heaven" or "The Garden of Eden", or Paradise, or whatever words you want to use to describe a very loving existence, I was almost overwhelmed by the intense love and bliss filling me. It was similar to the feeling of nirvana that I sometimes felt during a meditation - the ones where I didn't want to come back. There was lots of hugging my loved ones that had passed earlier. Some people see religious figures at this time. This White Plateau is approximately ½ way between the top part of the Material plane and the bottom of the Conceptual plane or ½ way into the Etheric Form plane. It isn't at one specific level of consciousness, but is a band of consciousnesses that includes the mid-point of the Formation Plane. Then I went into a sleep state, which is like a dream state. You are aware of all the love that is being sent to you, but you don't participate. In this sleep state you reflect on your life and sort out what events were just trivial and which ones resulted in spiritual growth. Your conscious and subconscious minds slowly merge and your superconscious mind slowly comes into control. You realize what was negative and positive in your life. This sleep state can last weeks, months or years in Earth time de-

pending on how much damage was done to your spirit while you were in a physical body. Someone who had a rugged crossing, like being blown to bits by stepping on a land mine in a war zone, needs more time to recover, as well as those who died with a very negative state of mind. There are energies administered to help the spirit recover. This surprised me as I always thought that our spirit lived forever and was indestructible. However, during the orientation period I was told that the spirit is used to protect the “light body” which operates at a much higher frequency, while the physical body protects the spirit body while on earth. It is the light body that lives *forever* with the experiences and personality of the spirit body accessible within. Our physical body is the only body that dies.

After the sleep state there were grand reunions with my loved ones. It was like a new baby had been born on earth. Next came my evaluation period. The entity that had led me to the entrance of “heaven” looked over my past life with me. That entity was my guardian angel. It usually is one of your guides that has also been with you throughout your earthly life. Angels never have been in human physical form. Instead everything in existence but mankind follows the Creator’s purpose for their creation. Angels do not have free will. Our guides are spirits that were once physical humans on earth, but have raised their consciousness to such a high level that they can be assigned to a spirit that is going to have a physical experience on Earth. They help guide the person so they will learn the lessons they planned to learn when they entered earth. The evaluation period is NOT like being in court. Instead it is like being with a very loving, kind teacher. When you identify the times you said or did things that hurt others, the teacher points out the times you went well beyond what was expected to help another. Since you are reviewing your life from the point of view of your superconscious, you are not defensive, but accept that what you said once to a person in anger, hurt them so much that it set their life off track. You actually feel the deep regret, the self-inflicted guilt and sadness that such sinful incidents bring on you. A sin is when you do something which is detrimental to you or to any other person now or in the future. You are also shown the times you helped others get their life back “on track” and feel the joy that brings. Your positive and negative actions are put in the balance. The opportunities to compensate and bring all into balance will come later. You understand that some things that you were meant to learn while in the physical body on earth, still need more practice. Activities are discussed that

will help you advance in your learning. You could sit on a cloud and play a harp if you wish, but that doesn’t help you rise in consciousness, so after a while, you will choose one of the activities or come up with your own idea for advancement in consciousness. You have FREE WILL, even in heaven.

The orientation that follows helps you adjust to a world where “Mind is All.” You operate differently than in the physical world. If you just think about being somewhere, you are there. Yes, you can walk through the grass and feel the grass on your feet, but that is all in your mind from memories. Your five physical senses are there but operate on a higher level. Every thought you have is known to those around you. As you rise higher in consciousness you are taught how to protect some of your private thoughts, but while on the lower levels every thought you have is known. You *cannot* lie or deceive. Even though the spirit body needs no food or rest, there are “homes” of a sort for privacy and reflection. Yes, in some parts of heaven the spirit has access to any food and drink it desires and it won’t put on weight or get sick! But gradually the spirit realizes that food is not necessary, and they want to move to the higher realms where they can get on with their lessons and understanding so they move on. I should note here that the craving for food that isn’t healthy for our physical body is really an addiction. Food that is essential to keeping our physical body functioning properly is important. But each individual body is different, so what is healthy for one is not necessarily healthy for another. Everything on earth was put there because it has a positive benefit for humans and was meant to be used respectfully by humans. So be sure to thank the animal, fish or vegetable before you eat them.

During the evaluation and orientation periods I joined my “Family” group. There is a lot of flexibility in the order of events after the sleep state. My father and some other relatives were there as expected, but there were others in the group that were not related to me while on Earth. Each spirit looked like I remembered them. This is because you are not “seeing” with your physical eyes, but instead are feeling their energy and that energy identification projects what your mind remembers they looked like when you last saw them or how you remember them. Since I was now using my superconscious mind more fully, I knew what I was supposed to have learned in my lifetime and realized that everyone in my “Family” group had participated in some way so I could achieve my life on earth purposes.

*(to be continued in the December 2020 issue)*





# Global Awakening and Connecting with the Truth in You

by Lisa Cobb, LMSW  
North Muskegon, Michigan

We are not being allowed to suppress any longer. What is coming up in you, moment-to-moment, day-to-day? What emotions are coming to the surface? Even the smallest thing can bring up and trigger a huge, sometimes unexpected, emotional reaction. Things that you thought you had resolved long ago, visit once again. As we awaken globally, we strive to bring balance our physical, emotional, and mental bodies.

Are you responding or reacting to the events that are unfolding? Are you feeling Love or Fear? Tumultuous or grounded? So many emotions. You can welcome and embrace them all.

Your body is your compass. It will let you know that something is rising for you to honor. Pause. Scan your body from head to toes. Where are you feeling disharmony in your body?

Are you responding from your conditioning and your world view, or from your heart space and universal truth?

State: "I embrace all that is, as it is." Meet what is arising with compassion. The truth comes through you, not from you.

When facing a challenge, conflict, hot emotion, or problem, tap into mindfulness followed by heartfulness:

**Pause.** Place your hands over your heart. Reconnect with your breath and the present moment. What is hap-

pening in both your inner landscape and the exterior world. Get curious. Tap into your senses. What is the story you are telling yourself in your mind? Breathe into the body, into your blood, into your lungs. Breathe in, breathe out. Bring in the love light from your high self and fill your heart center. Relax your shoulders. Allow your breath to fill your belly. Connect. Breathe out through your nose, breathe out through your pores. Visualize the breath moving in and out of your body and connecting to the universal energies.

**Notice.** As your body begins to regulate, ask yourself what matters most in this situation? We are beginning to awaken. Have compassion for what you are feeling and where you are feeling it. Create peace and balance within yourself. Imagine a space of peace and calm and place yourself there.

Our vibrational signal is what creates our reality. **Become** aware. Nothing can be changed by force or by demanding it. You must merge with it and then transform it.

As heartfelt awareness grows, practicing compassion and forgiveness for ourselves and others comes more easily. Your thoughts, your actions and your deeds affect your universe. Every time you create in your own life, you are creating it in the surrounding energies of your community, your country, the world and the universe, because you are part of all of it. So Be It!

# It's All in a Name

by Keira Ehrenfeldt  
San Jose, CA

All good stories have a beginning, a middle, and an end... and if it's a really good story, the end is also a beginning. The following is a letter I've been sending out to friends and family about the evolution of my first name, and this seems like a good way to let all of you in our meditation community know about it.

And now, the story ...

In mid-July, out of the blue, my husband Ed asked me how I felt about my name Karen being used as a pejorative. Hmm? I thought whatever it was would soon blow over given the fast-paced world we live in. But then I searched out what was going on, skimmed a few articles, and came upon the wikipedia page, which indicated by its sheer presence that the name Karen has become a pejorative and would forever be associated with being a privileged white racist who wouldn't hesitate to harm people in her midst ... WTF!

To understand my reaction, go read what it says there: [https://en.wikipedia.org/wiki/Karen\\_\(pejorative\)](https://en.wikipedia.org/wiki/Karen_(pejorative))

I suppose most people see the use of Karen in videos and memes calling out bad behavior as funny, but the truth is that using anyone's personal name is unkind, and unkind acts do not create a better world. So widespread is its use that while the Central Park dog walker who threatened the black bird-watcher is actually named Amy, she's being called a "Karen". Apparently it's said that, "Amy Cooper's inner Karen fully emerged and took a dark turn." The practice of "Karenism" is also being defended as a political tool to raise awareness while being completely inconsiderate of the bullying treatment it's having toward women named Karen.

In this information age, being institutionalized by Wikipedia means the Karen pejorative is documented, will last forever and propagate into dic-

tionaries before long, becoming even more widespread. I realize that what's recorded on Wikipedia doesn't accurately reflect the world, it captures a tone of what is happening in the world and tries to be a source of information. But, personal names are personal, if it's your name, it is part of your identity and impossible to shrug off as just a social-media thing. The power of a name is significant, and if someone doesn't understand that, they're not trying hard enough.

There's a long history of people taking a common name and turning it into a slang, just think of peters, willies, dicks, anatomical references, and of course the john, after the inventor of the flush toilet. But in the 1960's dick became a pejorative for a despicable person, and it's mildly offensive compared to the recent use of the name Karen. Like everything else in the world right now, there's an intensity behind whatever happens, fueled by social media.

Many articles have been written acknowledging that women named Karen aren't to blame for this, and are negatively impacted by it. But I have yet to find anyone pointing out that this is a form of online bullying, not to mention that the increasing trend of using common personal names as pejoratives is insensitive or cruel. There are many social ills and imbalances, and I think this is a symptom of a larger issue; the lack of common decency and respect in our culture. Perhaps if we collectively practiced compassion and respect, people's names could remain intact, and more creative minds could come up with actual words to describe negative behaviors instead of ruining personal names.

No one expects this kind of existential crisis to grate over them out of nowhere, life doesn't prepare you for it, nor have any guidance for what to do to address it. Karens are responding in whatever way is natural for them. I work the creative process, internally as well as artistically. I travel to the core of the

issue, navigate the essence through whatever feelings arise, meditate and reflect, do some writing, and open myself to change— and trust that that beautiful pearl of light leads me through, reformed and whole as I emerge. And while that process never fails, I'm annoyed by this disruption in life and have been moving through this space quickly.

One way of looking at the life is to recognize that we can get hit with an external wallop when we haven't made a change that's good for us. When I was in elementary school, there were always 3 to 5 Karens in every class. I got used to the experience of hearing, "Hey, Karen!" ... looking over and being told, "not you," because most of the time it would be for another Karen. So, it's not as if I loved having the name, it's just the name I was given — as I recall there were plenty of Susans and Cathys and Debbies too, lots of us had a common name problem. Being raised with such a common name as Karen was more annoying than anything to me, and I eventually asked my mom why she'd picked it for me.

Mom thought she had picked out a unique name!

Karen wasn't a family name, nor was I named after a dear friend. She hadn't heard of a baby girl being named Karen and liked the sound of it, that it meant pure, as well as its unlikelihood to generate nicknames. Mom was as dismayed as I was by its prevalence and all the confusion of so many Karens. Is that what a group of Karens is called, a "confusion of Karens"? But oh well, what's done is done. We lived with it.

When I got married 40 years ago I happily shed my maiden name for Ehrenfeldt, an interesting and unique name that happened to come along with the man I love. A new beginning. The only problem was my given name, for once again there was already a Karen, my sister-in-law already had my new name! At once the confusion set in, "Karen," "Which one? Eddie's Karen or Mike's Karen?" but I lived with it even though it was bothersome. It didn't occur to me that while I was changing my last name that I could alter my first name, too! On my side of the family, people kept marrying Karens, so there's three over there too ... so yes, it's possible to just be tired of your own name.

## Karen (pejorative)



From Wikipedia, the free encyclopedia

*This article is about the pejorative term. For the name itself, see [Karen \(name\)](#). For other uses, see [Karen](#).*



The **neutrality** of this article is **disputed**. Relevant discussion may be found on the [talk page](#). Please do not remove this message until conditions to do so are met. (August 2020) ([Learn how and when to remove this template message](#))

**Karen** is a [pejorative](#) term used in the [United States](#) and other [English-speaking](#) countries for a woman perceived as [entitled](#) or demanding beyond the scope of what is appropriate or necessary. A common stereotype is that of a [white](#) woman who uses her [privilege](#) to demand her own way at the expense of others. Depictions also include demanding to "speak to the manager", [anti-vaccination](#) beliefs, being [racist](#), or sporting a particular [bob cut](#) hairstyle. As of 2020, the term was increasingly being used as a general-purpose term of disapproval for [middle-aged](#) white women.



The destruction of the name Karen leaves Karens with two options ... three. Bear through it — it will eventually pass as society's destructive gaze shifts to some other unfortunate. Shift to using a middle name instead of the first name, lots of people do that anyway just because they prefer it. Or, change it entirely, which is fairly prevalent as well. People change their names for branding reasons to have a better influence professionally. People have been known to change their names to escape from a past, or for protection. Spiritual traditions have a variety of approaches that ultimately recognize the vibrational resonance of a name and its influence on the individual themselves. For whatever reason, names change because people tire from being known under a certain light and want a fresh start.

Some people think you should put up with the intangibles you inherit— your name, your religion— I'm not one of those. I've known a handful of people who've changed their given names, and at the time it seemed superficial to me. I knew them for who they were and a name wasn't going to alter that. Also, I admit that it felt kind of high maintenance, but you go along because it's important to them.

Now that recent events have piled an awful weight onto the Karen moniker, for me, it's the straw that broke the camel's back— the time has finally come to do something about it. I'll always be fond of the name, Karen, and sad about what happened to it, and I know it'll be in my life forever anyway especially with the people who've known me my whole life. It just feels like an old worn coat with a few moth holes here and there, and I'm finally able to set it aside, and need to.

And now, in my 60's, the most creative thing I can do in response to this crisis, to having one's name converted to a pejorative at best, or a racial slur at worst, is to see this as a an inviting neon sign from the Universe that it might be nice to finally select a name that I'd like to have. What a concept!

I set an intention for 2020 to move as seamlessly as possible through resistances I create in my life, not knowing what changes would be afoot, just knowing that procrastination and hesitation were

frequently in my way. I needed to allow momentum that feels right to flourish by participating creatively with greater ease. In July, I was blindsided by this cultural cruelty, devastated by it, and became deeply reflective because of it. And, suddenly it became an opportunity to move past my limits in a way I hadn't considered before.

While my existential crisis was delivered as a symptom of the world being on fire politically and pandemically, this name business was something personal that I apparently needed to resolve. I'm sure if it went on any longer it would feel self-indulgent in the midst of everything else. The change I'm making might otherwise seem rushed or reactionary if you didn't have the backstory, and I hope I've given you enough to set your minds at ease with the change I feel necessary to make.

Fortuitously, I've always signed my creative work with my initials, so I'm keeping the K and the M, and harkening to my Gaelic roots and my mom, I'm now to be known as Keira, pronounced (keer-ah). At this point, I've been using my new name for 2 months, and it feels wonderful!

I received a blessing from a friend when I told her about my name change, which I found to be beautiful. "May your new name bring beauty, clarity, prosperity, and blessings that grow with every utterance, every time anyone types it, thinks it, writes it, or so much as wonders about it." ... I so appreciated receiving this blessing, and I hope you have the occasion to use it for someone you know.



## **... AUTUMN RING OF LIGHT**

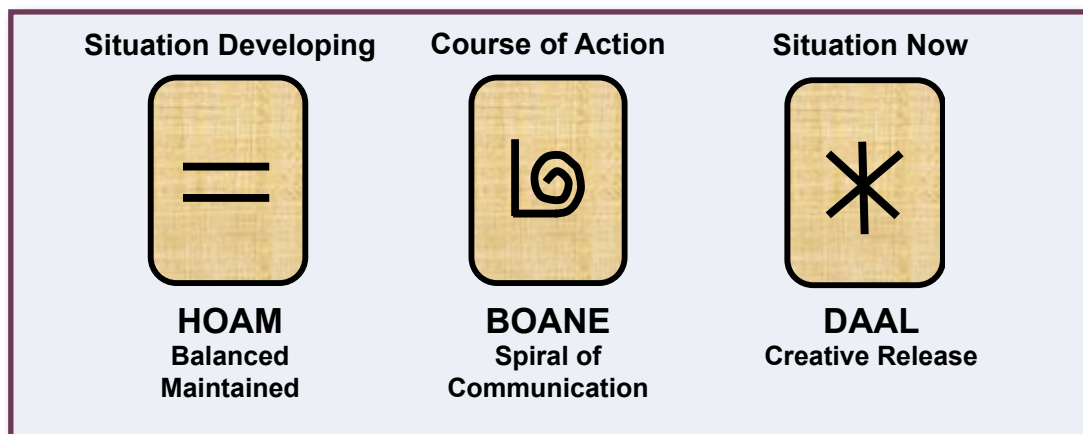
by Regan Friend  
Margate, Florida

... coming out from within this scene,  
these trees, are me and you,  
... hidden, revealed,  
free, unseen,  
by any others ...  
... only we see, in each other's eyes,  
... the children rise,  
the ancient ties,  
that call what is within, unseen,  
to rise,  
caressing at the skies ...  
... who can speak what seeks  
and is found in size to be so ...  
measureless ...  
... bare, naked, stretched out, slung up,  
this rare and sacred cup of light  
refines, designs our desires,  
joins us,  
slow penned ... focused,  
drawn in ... flung down,  
... upon the sound we ride,  
side by side, palms to the sky,  
we ignite new life ...  
united ...



# A Season of Runes

by David and Shesta Ross  
San Jose, CA



## Reading Question: From a universal perspective, what are the energies at play this coming Fall, 2020?

We did a three-rune spread, and as with the traditional runes, the first rune is the “situation now”, the middle rune describes the course of action, and the final rune is the situation developing. The runes are read from right to left:

The first Rune in the spread is the Universal Rune, DAAL (Creative Release), and it represents the “situation now”, at the beginning of the fall. It should be noted that DAAL is a Key Rune. In June’s Universal Runes book, the Key Runes are described as “the powerful energy forces which initiate in man the cycle of change.”

About DAAL she states, “moves to release new energies and new concepts.” In a workshop on the Medicine Wheel, Julian conveyed its teaching that the fall season is related to the west wind and its energy of instigation. Individually, DAAL activates and elevates the creative energies, permitting “a new expression of the self.” So, lift that bushel a bit and let your light shine out upon a troubled yet beautiful world, dear friends. Now is a good time!

The second rune in the spread is the Universal Rune, BOANE (Spiral of Communication), and it represents the course of action this fall. BOANE has both straight and curved lines. Its straight and horizontal lines connect heaven and earth, and this merger continues to unfold into a receptive spiral reaching up. Reading the

description, the universe is signaling. It is communicating through its elements and movements, and the Rune speaks of a need to attune to its rhythms, and prepare for change. The individual guidance is to spend time alone with nature in order to understand it.

*A note from David:* I get this Rune frequently, and yet I still infrequently spend time “alone with nature.” When was the last time you gave this a whirl? The times I have actually done this have been successful. Nature aches to be experienced, listened to, appreciated, and communed with. Julian has said that “Nature contains all energies.” In nature we can find the perspective that gives us the strength and courage to act for the good of all. Hug a tree, sit with your back to it, and realize what it is to connect heaven and earth!

When Shesta drew this rune for the reading she felt uncertain about whether it presented as upright or reversed, and it seemed to be horizontally oriented. This fall, it is important to strengthen the communication pattern, and take advantage of the opportunities for stronger relationships. This is true in all spheres of our lives.

The third rune in the spread is the Universal Rune, HOAM (Balanced Maintained), and it represents the situation developing in the fall. HOAM is also a Key Rune. We cannot improve upon the description of this rune: “HOAM is the universal energies in perfect balance ... The elements and the ether are merged in a harmonic to create peace. Individually, it creates the energy of realized peace.”



Recognize this: we as a human race, in the spirals of time, in the cosmic fires of the universe, standing on the ancient living crust of an orb of molten iron, and blessed with the infinite powers of nature and ourselves, are now on the verge of a new balance and the dawning of a new era in our long arc towards freedom. Believe it, and in Julian's immortal words, "Prepare for wholeness."

Write that children's book. Sing that song. Dance with the wind. Be yourself. You're the only being who can do that and the universe needs you to be more fully yourself. Love the divine power radiating in the heart of every being you see. Life is a miracle, and we are meant to enjoy it. Be at peace, be a point of peace, and believe that "earth is a peaceful planet, and there is peace on earth." Beginning with you, me, us. We can do it.



*This article is a standard feature in the Ring of Light. David and Shesta Ross 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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### DAAL (Aal): Creative Release



**Glyph:** 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, DAAL, is a positive expression wherever it appears. It moves to release new energies and new concepts.

### BOANE (Oane): Communication



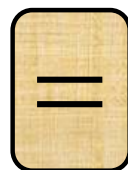
**Glyph:** Man and the spiral of communication.

The universe is signaling. It is communicating through its elements and movements. This Rune signifies a need to attune to the rhythms of the universe and prepare for change. Individually, it is a sign of time needed alone with nature in order to understand it. It can also mean time needed alone with the self in order to understand the self.

#### BOANE REVERSED: Lost opportunities

BOANE reversed speaks of a lack of communication and, through it, a lessening of the ability to create strong relationships. A change in the communication pattern is needed.

### HOAM (Hoa): Balanced Maintained



**Glyph:** The two horizontal, parallel lines of this symbol represent balance maintained.

**Universally:** HOAM is the universal energies in perfect balance. It is a Key Rune to the future. All the universe's energies are working together. The elements and the ether are merged in a harmonic to create peace.

**Individually:** It creates the energy of realized peace, inner awareness and release of man's fears. Peaceful attitudes become easier. Where it falls, peace begins through balance.

**Reversed:** There is no reverse position for this Rune.

# Saul's Corner

## UNIVERSAL LAWS: PART 2 AS 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 CORRESPONDENCE

The Law of Correspondence is “as above, so below” and we add to that “as within, so without.” In other words we are talking about two energy divisions — that which is internal and that which is external, and that which is the higher energy and that which is the lower energy.

The purpose of the recognition of the Law of Correspondence is, in order to touch the higher divine forces or divine energies we have to have levels that we must go through to reach that. When we say “as above, so below” we are talking about the divinity reaching down and matter reaching up and coming to a space of interaction. In the space of interaction, they take on each other's qualities. In the taking on of the qualities comes the understanding of the space you have been corresponding with or trying to touch. The Law of Correspondence literally permits us to create a space of linkage in which we are able to open ourself to higher things and through that understanding to better understand the world of matter that we live in. “As above so below, as within so without” simply means creating a space where two worlds can touch.

To correspond is to interact, to interact in like energy and space. The closer the higher energy comes to matter, the slower it becomes — the vibration slows. And the closer we come to divinity the higher our energy gets, so that we are able to meet in one energy. So, to correspond is to interact in like energy and space. If you take this right down into your everyday life and think of having a conversation with someone, you usually find a space that both of you can touch to interact in. Even people with differences of opinion find a space where no one is threatened by the other person's opinion. And what you are actually using is the Law of Correspondence.

You and the universe are the same energy thus you can reflect each other's space. Everything that is out there in the universe is within us and why? Because one creator created it all. There is no separation — between matter, mentalism — there are shades, there are degrees and it is those degrees that give us the interaction space.

Each of these Laws has certain planes of identity. Those planes of identity have within them seven shades, seven spaces, seven degrees. They actually change their own

quality depending on the degree that they are in. For instance, if you first started studying a spiritual path or religion or whatever, you are very much a neophyte struggling to understand the material. But as you begin to work with the material, you get closer to the realization of what it means. Now not only has the material seemingly become clearer, but you have expanded your own consciousness so you are not the same person that started with the study and the material seems different because you are understanding and using it more and more.

Always remember this — there are no succinct steps. There are no “when you are *a*, you're *a* and when you are *b* you're *b*, and when you are *c* you are *c*.” There is only the shading, the degrees in between that tell you where you are at in that interaction with something else.

The three great planes — you will notice very much in the Kybalion the word “great” is used a lot because he [Hermes Trimegistus] was called the “triple great” — so there is the great physical plane, the great mental plane and the great spiritual plane. And that of course is mind, body and spirit as we understand in our teaching. They are called “great planes,” because they encompass in them all the other planes. They encompass all these shades or all these degrees. So the great planes work in dimensions. A dimension is a measurement in a straight line, be it length, breadth, height and even including thickness or the circumference because they see it as one line. A plane is not a place having dimensions because it isn't measured in a straight line. Nor is it a state or condition, such as a state of mind or condition of the body or whatever. It is the fourth dimension, the dimension of vibration. The degrees of the vibration on the scale of vibration create the fourth dimension.

We live in a world of taste, touch, smell — a three dimensional world. When you start working with the higher self and you start to understand things about the vibrations and you understand that according to the density of the vibration is the density of the being — you are actually stepping into the fourth dimension, a dimension that is not measurable by length, width, breadth or circumference. So your spiritual studies and the Kybalion are saying “you are going to move from the material dense plane into the higher plane of vibration, which gives you an under-

standing of the fourth dimension”.

**Question:** *So an example, what you are talking about would allow you to move your hands inside a body?*

Inside or out. Remember it is, as within so without, as above so below. Yes, it can. It can. You are right.

The occultist call these degrees or planes the higher rate of vibration that is called the higher plane and the higher the manifestation of life in that plane. The higher the plane, the higher the degree of the experience of life and the higher the ability to live within that plane or to understand that plane. So remember that plane is not measurable, plane is not a state of mind or consciousness but a movement into a vibration which lets you have clear understanding of that particular space.

Although it is not a place or state or condition, it possess qualities common to both. Remember we said as you bring two worlds together or two vibratory planes, you begin to take on the qualities of each other so therefore you are taking on an equilibrium factor that lets you interact more evenly and more smoothly. Whether it be the atom of matter, the unit of force, the erg or the mind of man, the archangel, they are all but degrees in one scale. From the atom of matter to the archangel, we are all varying degrees in one scale, one shading of the seven within the seven, which we will get into in a minute.

The archangel and you are basically the same but the degree of vibration between the two of you place you in a different comprehension state. As you permit yourself to become more aware of that state, the archangel and you become more and more alike because now you are going to take on the qualities of that. You know the expression “He’s an angel” or “She’s an angel”, what they are saying is the qualities of that space are being taken on by that person. This is all part of this shading or degrees between the planes.

Now the difference is solely a matter of degree and a rate of vibration. And of course all of them are the creations of the All. And we talked about the All in the first class.

Each great physical plane has seven minor planes and these are the divisions of the phenomena of the universe. When we talk about shades we are talking about degrees or divisions. So physics and material things, forces and manifestations are all included in the plane of matter. With that is everything that we call energy or force. Because they all identify with physical action. Each step moves it’s quality to a higher vibration and expression. Just as I said before, each time we strive to know something higher that our self we have to elevate our vibration so that we can touch that vibration and take on some of it’s qualities and under-

stand it. If I reach out to Peter and say “Peter, shake my hand”, in that handshake, Peter’s dimension and vibration, and my dimension and vibration have a meeting place of me understanding Peter and Peter understanding me.

It works in everything you do in life. It sounds very strange and very weird, but it’s not. It is simply the realization that we do not exist in a single plane. Everyday of our life we move up and down the scale of understanding. Have you ever been really mad? What happens? Your vision goes, your hearing goes, your coordination goes because you are in totally physical expression of a violent energy. When you cool down, now you can think about it and maybe make sense about it. As you cool down your vibration shifts, now you are able to look at the facts and look at more of the situation. Every day we go up and down the shades or scales of our own immediate space. In that we reach out and try to touch the space of other dimensions.

How many times has somebody said “God help me”? They say it very casually but what they are really saying is “Come on down where I can meet you and have help”. It doesn’t matter what the study is or what the religion is or what the belief is or anything else. There are the qualities of the higher force coming to meet the lower force and vice versa.

The minor physical planes — there is the great physical plane and then there are the minor planes. In the first plane of matter, it encompasses the solids, the liquids, the gases — that kind of thing. That of the elemental expression of the earth itself. In the second plane you move to the higher matter which is radiant. Even radiation comes within the span of that plane. In the third step or shade of the minor planes, you come to the ether energy which is light and heat — all those qualities — because they are the expression of a spirit not clearly understood purely in the physical matter. Who really understands a bolt of lightning? This kind of thing.

In the fourth dimension, it is ethereal substance. This space is the linkage with energy. This is the cross over point where you are moving out of your own degrees of matter into the higher, ether degrees of matter. This is the bridge. The fifth space is pure energy and pure energy again relates to heat and light and these things, but on a higher plane. The sixth space is the nature forces and the seventh is the essence of life or the spiritual self. So you are made of matter and within that plane of matter, we have seven degrees — seven degrees within our self that we use and move through to become our high self.

This is exactly what you do in a meditation state. You move from the itching nose and the twitching body and the un-



comfortable chair into higher expressions of yourself until now you don't feel the itch and you don't feel the chair because you are in the higher self. And in the higher self you are preparing to reach out and touch another plane.

From the physical planes, you have the mental minor planes. Remember we said there is a great physical plane and a great mental plane. The first mind of the minor planes of mental aspect is the mineral mind. And the second is the elemental mind. The elemental mind permits you to reach into the mineral mind, because the elementals are of the earth and of everything God created in the earth. The third is the plant mind and fourth is the elemental mind of the plant mind which again is your ability to reach into the plant life and understand it. The fifth is the animal mind and the sixth is the elemental mind of the animal. The elemental mind always lets your mind reach into the understanding of another species or another thing.

From that comes the 7th plane which is the plane of the human mind. And you notice they don't give you a plane to understand that plane because it's supposed to be built in (laughs). In that respect you are able to say "Okay, here I am. This human mind using the elemental mind of myself to understand the elemental world, will let me understand the animals and the plants and the minerals". Again, as above so below, as within so without. The reaching out, the bringing down, the raising up.

In the spiritual mind, the great spiritual plane, you have the state or condition — meaning your frequency in relationship to your spirit. In other words "Today I cannot be spiritual because I have a bugaboo about somebody or something and I am just not letting go of it so I am blind-ing myself to that other part of me."

The second stage is the invisible man — what this is telling you is that you are now in the spiritual plane and you are moving into the understanding of that which you cannot see and on this, faith is built. If you can believe what you cannot see, if you can believe what you cannot touch you are building a belief system of faith.

The third again takes you into the kingdom of the plant worlds and the fourth into the higher invisibles. Now the higher invisibles mean you are now moving up into the angelic forces and the archangels and so on. They are the invisible but they are of a higher vibration. Your guides run in the shading of that particular energy. What we are really doing is saying "In the spiritual self I move beyond that which I can see and touch and learn to understand it."

Now you go into the next dimension which is the animal mind again and animal forms. And once again, the elemental mind but all in the invisible state. That which you can't see or touch.

And the 7th space again is the human mind, the spiritual mind of the human. So you are moving constantly in a level or ripple through energy to reach other energy to understand other spaces. So if you can understand the difference between being a dense being and being a spiritual being you will have gone through all seven of those planes to get there.

Any questions? Like from word one right straight through? (laughs) I will try to make it clearer. One of the things when you are reading the Kybalion is you must realize it is written in archaic form. It is written as interpretations from very ancient writings and the form of presentation can be repetitious and can be puzzling. But if you sift... when you read a sentence in the Kybalion, take a minute to sift it. Take out the repetition and take out the times they tell you that you couldn't possibly do this because only the great masters can do this (laughs). Take those out and you will understand the sentence. Okay? In all ancient teachings that is in there because they are so protective of them that they guard them like lions at the gate. Why? Because they are volatile energies given to you by God to use. They are energies that you have the right to use only when you understand the proper use of them.

**Question: Volatile?**

Yes. They are so powerful that if misused they can be very volatile. When we recognize that there is more than just us and we are willing to begin to work with more than just us, we begin to realize that there is a big world out there in many levels, many dimensions -- some you are able to see and some you aren't. But they all are forces and powers of the universe. They all were created by the All, the one mind. And in that one mind is power. If we don't understand how to use it, we can misuse it. And if we misuse it, who is it going to bounce back on? Us. That's another Law (laughs).

**Question: I'd like to ask about the animal mind and forms in conjunction higher energy and why that kind of came after that.**

Because even they have a higher self and what this is doing is saying "Okay, you know your higher self now so you are able to be in touch with that which is beyond you, such as the angelic forces and so on". If you are in that space and trying to communicate with an animal or a mineral or a plant, it is going to be a whole different experience from the experience you would have had if you were just sitting there saying "Stone, talk to me". Your consciousness, your vibration, your level is also replicated in the animal, the mineral and the plant. So when you sit and meditate with say, a plant, what you are really communicating with is the

higher spiritual mind of that plant and that is when you can actually exchange information. That is when you can actually ask the grass to grow slower, that's when you can actually say to the poison ivy "Would you mind moving into the field over there?" You will be surprised at what can happen when you truly accept and use that elevation of the self.

What we are talking about here is visible and invisible vibrations representing various life forms and various planes of their life existence. And how we can interact with them.

**Questions: Can you explain the second level of invisibles?**

For instance, I am sure Bill is walking around this room. Because he liked this class last time so he is probably here. You're probably sitting on him, George! (laughs) This is an invisible, he is invisible. Now we happen to know that he belongs in a higher space but we are using him as an example. So there are those things in life that are invisible to us but may not be of a very high frequency. It doesn't mean there are bad but it means in a comprehension state that holds them in one space. When you move to the higher, you are moving into those things that have moved beyond the rigid form of our existence into a knowing and understanding across the board, like angelic forces or guides or things of that nature.

**Questions: Your use of the human mind as the highest form...**

You have a highest mind. When you are in a high spiritual state — remember the seven levels of the mentalism — when you are in that high state, you are now in a state that can communicate with those things of that higher nature in the invisible state. Have you ever talked to someone who wasn't there physically? Like 24 hours a day! But after awhile you begin to have comfort from that communication. And after awhile you feel that communication is answering you. And why? Because you have given credence to a space you cannot see having a spiritual mentality — or any mentality. And when you accept a mentality that is there, it will respond to you.

Why do you think the intercession of the saints works? You believe in it and from the belief comes the ability to communicate. And that saint is simply someone on those higher planes.

**Questions: So when we pray, that would be...**

That's a faith, that is an acceptance that it is going to be heard first of all, even if you can't see the person accepting it. And that it will respond. It is the "as above, so below." It is the fact that both spaces are willing to interact and help each other.

If you want to understand the Law of Correspondence you have to understand one thing only — don't get all hung up on the planes and the levels within the levels. Because there is seven within seven within seven within seven within seven within seven within seven. You go on for seven seven's. And in that, each is the higher escalation of what was there before. Even though you go back and repeat the same process, it is a higher process. And you can get so caught in the trap of trying to figure out "which seven in which group am I in" that you lose the process.

Remember this, to communicate with anything you have to be willing to meet it's space. And it's space is within the ethereal space that is right in the middle of the planes. It is where the mediator comes in and sits in a meeting. He is the ethereal space. Because he is going to encourage both sides to come together in some form of a meet. And that is what you do in your own life every time you reach above and beyond yourself. Every time you say "Please God..."

**Questions: But you can't do that unless you either raise or lower your vibratory rate.**

Absolutely. When you enter a meditation you go through a strange dichotomy. You lower the vibration in order to go up. Now in the lowering of the vibration, it is to cast off the clutter of the day. Once you have done that, now your vibration starts to really rise free of the clutter and you are able to communicate with the higher space.

You have to recognize that you change constantly. All day long you are moving up and down those planes. But it is important to know that unless you work with the planes, they are not going to work with you. And you are going to feel forsaken, you are going to feel like 'nobody loves me'. There is a difference between entering a plane to communicate with that plane and going in as a whining, demanding being. The higher planes are not a supermarket that you go in and say "I want it and I want it at this price." It is a space where you can understand... the minute you start to understand on those planes, your own highest mind opens more fully and you can bring from your self the answers because they have been working in communication with those higher planes. It is simply a case of trusting that it can happen.

And then letting it happen. You see, that's the other thing. A lot of people say "I want to communicate with a higher space but the minute it seems like it's happening I think I'll leave here because it's spooky." Because it is. What happens when you are dealing with an invisible with a high vibration that is not exactly like yours? You're losing control — that's what you think in the lower physical matter planes of yourself. "I'm not controlling this." But the thing

is, when you give it a chance, it works. And then you can really have a communication.

Every time you have a thought that goes like this “Why am I going in this room? Why am I opening this drawer?” you are communicating with something that is leading you. And when you open the drawer you may get a very pleasant surprise — there’s the thing you have been looking for. So, if you would all go in to this exercise, may calendar is the thing we are going to find! Because I can’t! And that like saying “Hang up your shoes, kid, because you aren’t doing anything!” I am sure it will come out, because somebody will find it for me in the night.

There is a method of trust that you have to develop when you are going to work ‘as above so below’. And remember, above and below do not mean good and bad, it means frequency of vibration. The higher the vibration, the fewer boundaries. The higher the vibration, the greater clarity. So while your own mind can hamper you by saying “I

can’t do that because...” or “I can’t write because I’m a bad speller” — boundaries! When you move into that other space — what’s spelling? We’ll feel it, we’ll express it phonetically, we will express it some way. You are taken far beyond that entrapment of ‘just plain me, physical, no more than that’. When we trust that which is the highest part of ourself, it leads us to the highest part of everything else.

I have been hospitalized numerous times in my life and in every hospitalization, I can say I have had the best care, the nicest people, the friendliest experiences. And yet the woman in the bed next to me will tell you with every phone call she made to anybody “It’s terrible here. Nobody pays any attention to me. Blah, blah, blah” and I thought “Honey, if you would just get out of *me* and just communicate with these people, they feel it and they can accept it and make a difference.”

*(to be continued in the December 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](http://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](http://www.andreamithtransitions.com) for Andrea's bio, additional information about her classes, additional services offered, and to register for her classes.

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## 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: Surviving the transformation volcano

Submission Deadline: 12/5/2020

Send electronic submissions to:

[ringoflight@julianteachings.com](mailto: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](mailto:ringoflight@julianteachings.com)

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## Please Support Us

We thank each and everyone of you for the financial support that allows us to produce the Ring of Light. An annual contribution of \$10 (\$20 for international delivery) will cover the cost of mailing your newsletter! Make checks payable to Jan Clayton (send to 25960 Quail Lane, Los Altos Hills, CA 94022), or send funds with PayPal or a credit card via <http://paypal.me/jclayton94022>

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