

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXXII

Number 4

December 2020

2020 is almost gone. We're not sure anyone is going to miss it. It has been quite a ride. Between the insane politics around the world and the pandemic, we are all exhausted, we all feel blocked, and we are sad that we can't spend time hugging our friends and family.

But through this year, we have also seen incredible creativity and humanitarianism. The artistic community has been devastated by the restriction of the pandemic, and yet, they have found amazing ways to express themselves. YouTube has exploded with virtual concerts — from kids to professionals. Despite not being able to rehearse or perform at the same location, they still reach their audience and deliver their message.

And then we have the amazing medical professionals who risk their health and lives for the rest of humanity every day — many of whom are working double shifts. They have not only shown us their dedication, but also their creativity in figuring out how to treat people with this unique disease.

Yes, it has been a tough year, but if you look around you can find many reasons to be hopeful about the future — for the good in humanity can be seen everywhere.

Let's remember to show our gratitude for those who are fighting through the difficulties to make the world better for the rest of us.

Have a blessed holiday season. Take care and stay healthy.

— Blessings Jan Clayton and Nancy Walton

Winter Solstice Meditation

*There is a force within me,
Pushing, pushing,
Beginning its outbreath
After a long sleep.
Sacred darkness slowly yields
To newborn light.
As I move outward
From the stillpoint of outer death
To share my new-found breath of life
With all,
I shall never forget
The inbreath of the Mother
That nurtured me
Through the winter's night.*

From The Essene Book of Days, December 22, 2001

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This Season's Astrology

by Eleanore Johnson
Poughkeepsie, New York



We end 2020 with a total solar eclipse on December 14, 2020, at 23° Sagittarius, which gives great promise for healing and positive change. It takes on the quality and vibrations of Sagittarius, which relates to truth, wisdom, the superconscious mind, and moving into the future. Sagittarius energy is also often associated with justice and the legal system.

This eclipse represents a significant shift in energy — people coming together. It is a pivot point between the old and the new. The vibrations are very powerful and they should help us move forward. Our thoughts are also magnified very much right now — the synergies are very powerful, and this energy will be in effect for about a year.

The solar eclipse is the energy preparing man for the movement of the Jupiter and Saturn conjunction into the sign of Aquarius on December 19, 2020, with the exact conjunction occurring on the December 21, 2020. The conjunction of these two planets occurs every twenty years. It often coincides with tremendous changes in social structures. The energy of Jupiter is expansive and positive, with a push to move forward.

Saturn on the other hand is the opposite. Saturn tends to be restrictive — with a desire for the status quo. It resists change. However, the two planets can work together and

act as a bridge to the higher self (which is represented by Jupiter). When we vibrate with the more positive aspect of this conjunction, we become an expression of the light. With these planets in Aquarius, the conjunction can enable us to spread that light to others, after all, Air signs serve as the communicators of the zodiac.

January and February, Mercury will also be in the sign of Aquarius. It will be in retrograde in this sign from January 9th to February 21st. This planet will provide energy that will aid in understanding the message of this conjunction — equality for all — and it offers many life lessons.

Mars will go into Taurus on January 7th and will stay there until March 3rd. This placement could create a focus on addressing climate change and issues with food sources. From an economic perspective, Mars in Taurus could create a focus on banks, our values, and our self worth as a nation. It rules these aspects.

The planet Venus will enter the energies March and April to aid the changes that will or could be taking place in a balanced and positive way as Venus, the goddess of harmony is cooperative in the signs it will be in bringing healing and more stability to the nation.

Love and Light, Eleanor



The 23rd Gathering of Light Harmonics of Healing

September 24–26, 2021
Agate Beach Best Western Inn, Newport, OR

The 23rd Gathering of Light will return to stunning Newport, Oregon this coming fall, pandemic willing. Join us as we explore the harmonics of healing. This conference will be a hybrid conference. Those who wish to travel to Oregon will be housed in the lovely Agate Beach Best Western Inn. There will also be an ability to attend the presentations remotely via the Internet.

For those who wish to physically attend the conference, we encourage you to register early while we are still able to adjust our room reservations with the inn. The cost for the weekend includes your room plus dinner Friday night, three meals Saturday, and breakfast and lunch on Sunday. We have a private room for our meals. Costs and contact information can be found on the registration form on the next page.

If you wish to extend your stay, a group-discounted rate is offered to us on a space-available basis for two additional days before and after the event. Contact us if you want more information about these special rates.

Check out discovernewport.com for fun information about Newport and its attractions.

The features of the [Agate Beach Best Western](#) include:

- 100% smoke free hotel
- Amazing views of and easy access to the beach
- Lovely rooms with either one king-sized bed or two queen-sized beds
- In-room refrigerators, microwaves, cable TVs, and coffee/tea makers

To attend the conference in Oregon either ...

- Go to <https://julianteachings.com/23rd-gathering-of-light/> for the online registration page or
- Fill out the registration form on the next page and mail it and your deposit to Archie Mulvena.

Up-to-date info about the workshop, details of attending **remotely**, and a link for online registration are available at <https://julianteachings.com/23rd-gathering-of-light/>



23rd Gathering of Light

"Harmonics of Healing"

Friday, September 24, 2021 – Sunday, September 26, 2021

Registration Form for On-site Participation

Register early to ensure your room choice.

Make Checks Payable to: Andrea Smith

Initial Deposit: \$200 per person, due March 23, 2021

Balance Due: August 1, 2021

Mail Deposits and Registration Forms to:

Archie Mulvena
P.O. Box 87385
Vancouver, WA 98687

Refund Policy: Refunds for cancellation will be provided until August 15, 2021.

After that date, the potential for refunds will be subject to the terms of the contract with the inn.

Name(s): _____

Address: _____

Phone: _____

Email: _____

Workshop & Accommodation Options

Desired Room Location/Occupancy: *(Two types of rooms are available: hillside view and ocean view.*

There are a limited number of ocean view rooms, which will be assigned as registration requests are received.

Early registration is required to book ocean view rooms.)

- | | | |
|--|-------------|-------|
| <input type="radio"/> Single Occupancy, hillside view (\$475 per person) | # of People | _____ |
| <input type="radio"/> Single Occupancy, ocean view (\$520 per person) | # of People | _____ |
| <input type="radio"/> Double Occupancy, hillside view (\$345 per person) | # of People | _____ |
| <input type="radio"/> Double Occupancy, ocean view (\$365 per person) | # of People | _____ |

Total Number of People Being Registered (\$200 per person) _____

Shared Room Configuration: ☐ Only one bed needed ☐ Two beds needed

For double occupancy, specify your preferred roommate

or indicate that you want us to assign a roommate for you: _____

Please list special requests below including handicap access, food restrictions or special food needs. The caterer will attempt to accommodate special food needs. Note that the Oregon Coast is famous for seafood.

Rooms are available that are pet friendly, so please indicate if you need a pet-friendly room or if you will be accompanied by a service animal.

Questions?

Archie Mulvena, mulvena@comcast.net or
Andrea Smith, andreasmith77@comcast.net, 503-720-5269

Saying Good Riddance to 2020

by Jan Clayton,
Los Altos Hills, CA

Actually, 2020 hasn't been all that bad for me. I have a nice roof over my head, plenty of good food to eat, loyal friends to talk to, more than enough money in the bank to survive, and hobbies that keep me engaged and incredibly busy. In addition, my family and I have been quite healthy. However, in my opinion 2020 can go, and I hope it takes its frenetic, mean-spirited, ultra-polarized, and chaotic energy with it, never to return.

There, I said it. "Go away 2020, and don't come back!" Yep. Deep down, that is how I really feel.

I have had enough of Trump tweets. I have had enough of election nonsense. I have had enough of partisan politics. I have had enough of conspiracy theories. And I really have had enough of "important people" paying attention to everything other than the horrific problems that we really need to attend to. And morality, what has happened to it? Where has it gone?

Although I have spent the last couple of years smiling and shaking my head at the foolishness going on around us, from time to time, deep down *I really want to scream*. The more I think about it, the more I believe that the volcano of transformation that we are going through right now is co-located with that scream of frustration. Maybe it *is* that scream.

The most heartening thing that I have heard in the last 4 years was the statement this month by Gabriel Sterling, Georgia's voting system election manager: "*I'm going to do my best to keep it together. Because it has all gone too far. All of it!*" Finally, someone with enough guts to tell it like it is. Yes, sir, it *has* gone too far and for way too long. Thank you for speaking up!

Astrologists tell us that there is a transformational energy that is pushing us forward into a new way of living. I hope so. Looking over the last 60-plus years of my life, I feel like most of it was spent trusting that our elected officials usually had the people's interests at heart. However, the last 20 years has

been a period where the polarity pressure cooker has been turned up again and again. The polarity rhetoric has gone from causing some difficulty and delay to outright obstructionism, to "I'll cover my ass at any cost." We need to change the trend before the pressure cooker blows up.

Our spiritual classes tell us that *mind is all* and that we can help this Aquarian transformation by sending light and love around our world. I am sure that this practice makes a significant difference, and I do practice it on a daily basis. However, I am beginning to believe that we have to go beyond this intellectually passive approach to turn the situation around.

I think that we have to be clear within our own minds that "It has gone too far!" We have to set the intention that we want morality, cooperation, and respect for others to return to our world. And maybe, we even have to speak up about it.

History has taught us that one person who has the courage to stand up to others can have a significant effect; however, an army that says, "It has gone too far!" will have an even larger effect.

Many years ago, I got what seemed like a cryptic message from a friend on the other side of the veil: "A few will lead, millions will follow." There was no associated context, and I really didn't understand why I received the message — until very recently. It is about now. It is about escorting the rest of the world into the Aquarian Age of brotherhood and humanitarianism. Are you willing to be one of those leaders? Personally, I am ready.

So, as we say "good riddance" to 2020, let's take on the responsibility for not letting another year like it manifest and take over our lives. Let's speak up about the lack of morality, the lack of respect, and the lack of integrity that has permeated our lives. Bring on 2021, I'm ready.

Presentation for the International Association for Near Death Studies—Part 3

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.)

Learning Experiences

While spending time with my “Family” I learned about some of the ways that a spirit can continue to learn in the Formation plane. They include ...

- Experiencing “libraries” or learning centers where simulations of living on Earth are available.
- Playing in orchestras on instruments that we have never seen, and creating edifices using the energy from their music. The music did not use the scales we use, but seemed to play sounds “between the keys.” Each musician furthers the path that they had taken on Earth. Eventually, what they develop is brought down to the material plane.
- Being educated in nurseries. Children who die before the age of 7 don’t survive long enough to fully understand Earth and the culture into which they had been born. These nurseries help these spirits gain some understanding of Earth and its culture.
- Working in gardens where food is being developed that will survive the climate changes that the Earth periodically undergoes to sustain itself.
- Working in scientific laboratories that invent all sorts of advancements that will help mankind when mankind is ready to accept them and use them in a positive manner. Technology is neither good nor bad — it is up to mankind to determine how it will be used.

One of my opportunities for further growth was to do service in the lower realms of the Formation plane. It was explained to me that when the physical body of some people (less than 0.1%) dies, the person’s mind is so attached to something material — or it contains such immense negativity — that the spirit can’t see the light. They are trapped in the lower part of the Formation plane where time stops for them. The spirit is in the state of mind that it was in when the individual died and

can’t see the etheric beings waiting to help guide them to see the light. They may just be focused on the material object or person to which they are attached, or they may be continually experiencing their own negative state of mind. So, it can be difficult to even get their attention. In this state, the spirit has no choice but to endure its misery until they see the light. Hell exists in a person’s mind; it is not a place. For some people, hell is on Earth while they are alive.

These spirits need to be “rescued.” The “rescuers” are volunteers from the etheric Formation plane or sometimes from the Earth plane. They usually have gained expertise in helping others get out of unhealthy situations on Earth, so that they can lead more meaningful and joyful lives. These rescuers were typically nuns, ministers, counselors, and the like while on Earth. They perform this service willingly. The result of their service is that a previously tormented spirit can now “see the light,” go to the White Plateau, and gradually move up in consciousness.

I had no such training, but during my lifetime I was supposed to learn to really *listen* to others with different viewpoints and not immediately provide all the facts that would show that the other person’s viewpoint was wrong. I was not as successful learning this lesson as I should have been while on Earth. So, this would be an opportunity for me to learn more about really listening and putting myself in the other person’s place to understand where they are coming from.

It was pointed out to me that mankind on Earth won’t reach the desired state of “brotherhood” or “kinship” until each person really listens to others with different viewpoints. We need to work from a common base of agreement to find a solution. Instead, we just shout at each other. This creates a thicker wall between the two sides and makes each person more determined to “protect” his own viewpoint. So, I volunteered for this service.

I met with a group of women. One still wore her habit because that was how she liked to be identified. They told me that to get the attention of a spirit with a very negative state of mind, they had to reduce their own consciousness to that of the spirit and then do sort of a

“mind meld.” The spirit would recognize that something was reducing the negativity they were experiencing and take notice. Eventually, the spirit would come around to realizing that there was a light, see it, and then instantly go to the White Plateau. However, some have a blockage and can’t get rid of a firmly believed idea that holds them back from seeing the light.

One such spirit was assigned to me. Then a very powerful, radiant man appeared from above to lead and protect us as we entered the lower realms. I naively noted that all those doing the “service mission” were women, but a man was our protector.

I felt my guardian angel smile. It explained, “When we *see* entities from the higher realms, what we *see* is what that entity wants us to see, so that the entity can work with us most effectively. On Earth, when mankind decided to live in an animal body, the nurturing principle was predominant in the female and the protective principle was predominant in the male. However, your spirit is both nurturing and protective. Everything in existence is both nurturing and protective, or active and receptive. Both are needed to create anything. You see our protector as a man, because that is its role at this time. You are relating the energy you feel to what you experienced on Earth. The protector may have been a woman when it lived on Earth. You see the “service workers” as women because they are in a nurturing role for this mission. However, they might have been men while living on Earth. You are still seeing men as being different from women here, because you are identifying a physical image from Earth with the aspect that is being presented here.”

With that understanding we followed the protector down into the lower half of the Etheric Form plane. We kept going further and further down. Our environment went from radiant light, to dimmer light to being very dark and cold. Finally, we entered a highly restricted area in the lower half of the Formation plane where spirits of lower vibration were trapped. Some of these spirits were still experiencing the negative state of mind they had when they died.

With our protector keeping our area lit and feeling his loving strength, we each would enter an area around the spirit we were assigned to help. The woman who had worked with this spirit before came with me. He acknowledged her, and then looked at me for a long time. She had broken through his negative state of mind to finally get his attention, but he couldn’t “see the light” because he was focused on his bitterness and anger

from being denied his life’s goal. I asked him to tell me his life’s story. He did, emphasizing how important his dream — his life’s objective — had been. But it had never been realized. In his mind, he thought that all the pain and suffering he had caused was justified, because his dream objective was worth it. That is, the end justifies the means. But his objective had never been realized, which he didn’t think was his fault. Therefore, all the pain and suffering associated with pursuing it wasn’t his fault either. I had been told to just give him something to think about until our next visit, so I suggested that he assume his dream had been realized and to see how he would feel then.

We left for the higher realms and the wonderful feeling of enfolding love and light. I was exhausted; my energy level was very low. The lack of light and enfolding love in that realm was quite draining. I asked what happens if a spirit doesn’t “see the light” and eventually move up in consciousness. I was told that through reflection and guidance, enlightenment is always gained. Once the spirit sees the light, they are immediately taken to the White Plateau where they can move on to higher levels of consciousness.

No soul/spirit is left behind. We are all in this together. All light bodies were created at one time with the potential to rise in consciousness to the Absolute level. No new ones are created. Those that get “stuck” in the lower levels of consciousness through a negative state of mind, can have the drossness burnt out of them through the “fire” of enlightenment. I realized that the words, “drossness is burnt out of the spirit” were in some of the ancient religious texts I had read. It is probably why most people think that hell is eternal damnation full of fire and brimstone. This time the phrase made more sense to me.

I and the other “service workers” regularly went back down to the lower realms to listen and suggest ideas for reflection. Finally, the spirit assigned to me realized that his grand dream wouldn’t have been so grand once implemented. After seeing his grand crusade successfully implemented, he saw himself wishing he had thought through the consequences more carefully. He knew he had been misleading people into supporting his cause, and withheld information about some of the potential consequences. He thought they could be dealt with later. He also had stamped out ideas that probably were better than his, because they weren’t his ideas. Once he changed his focus from bitter resentment to being remorseful, he saw the light that we had been talking about, and he went to the White Plateau.

Other Learning Experiences

I won't go into detail about all the situations I experienced. Instead, I'll relate those that have information not normally found when reading near death experience literature.

My father, during his lifetime on Earth, was an excellent car mechanic. When the Boy Scouts were looking for someone to help the boys with their mechanics badge, he stepped up to help. On weekends he would be surrounded by 15-20 boys all wanting to know how to build or fix a car. After a few years, the Navy came in with an offer the Boy Scouts couldn't refuse. The Navy would supply all the equipment and training if the boys would sign up for a sort of pre-ROTC program. Dad had served in the Navy in WWII so he thought it was a good idea. But even though the boys were now trained on how to fix motors — albeit the motors on ships — and were given vacations boating on Lake Michigan, there was lots of marching and memorizing of regulations that caused many of the boys to drop out. My father also became disillusioned and dropped out of the program.

In heaven, during his life evaluation, my father found out that many of the boys that he had helped came from negative environments. He had helped them get through those situations, so they could go on to live useful, happy lives. His guide asked if he would like to continue this service in the suicide unit. He enthusiastically said "yes." When a person commits suicide, they almost immediately know that they shouldn't have done it. That realization comes when the superconscious mind takes over during the death process. At the same time, the conscious mind is shown paths that the person could have taken to get out of their desperate situation. Depression affects you mentally, emotionally, and physically, so understanding alternatives to getting out of the situation you are in aren't apparent, or you don't have the energy to pursue them.

My father was working with those spirits who had shown an interest in fixing mechanical things while on Earth. He would involve them in projects that would be useful on Earth and helped them gain the enthusiasm and confidence to "try again." Every situation that results in suicide has to be experienced again by that spirit, but more preparation on the spirit level can help the person get through the bad situation without committing suicide. I asked him about the people who tried to commit suicide, but were not successful. They report having very negative experiences. He explained that those who

commit suicide are filled with negative energy and that is what they are experiencing. Sometimes an unsuccessful suicide will lead to a drastic change in that person's state of mind, so they will end up glad that they experienced the negativity.

I should tell you that every now and then the guide who assisted our "family group" in their various experiences would say, "Let's go on a trip." We loved to hear that. One time we took a trip to a planet in the same universe as Earth. The beings looked "sort of" like earthlings, but they were very tall and thin. Their buildings were tall and thin. Three beings glided toward us when we arrived and welcomed us. They wore long robes, so I couldn't tell if they had legs or not. They sort-of had arms, but their hands were more like paws. We were not allowed to touch them, because it would harm both us and them. I didn't really understand that, because we were in spirit form, not physical human form. They saw us as earthlings. They would like to visit Earth, but they are very spiritually evolved and know that earthlings have to learn to live together in peace, like brothers and sisters, before they will be allowed to "intrude." They would also die if they lived on Earth as their whole physical make up is not carbon-based as life on Earth is. I know that life forms that are not carbon based (like silicon-based) do exist in the universe, but didn't know that they are incompatible with carbon-based environments. This life form is technologically advanced, but hasn't developed a "shell" or suit that would protect them while on Earth. There is time, they said, to accomplish that.

When we returned I asked if mankind on other planets looked like earthlings. The answer was, "Some are still etheric energy forms that move between the etheric plane and the material plane, whenever it wants. Most forms of mankind have something like a hand to grasp things and have a way to move around the surface of their planet. Their evolution is much like it is on Earth. When earthlings in spirit form chose to live like an animal on Earth, the hierarchy (composed of all the angelic forces on the Conceptual Plane and all the individual light bodies of mankind that had achieved that high level of consciousness) set to make that happen. The hierarchy selected one animal form already on Earth was, because it was already in existence and was prospering.

"It was important that early mankind in physical form survive the harsh Earth environment. Through divine intervention that animal's DNA was modified so the physical form would be able to evolve into a form better suited for mankind to learn its lessons. Then a new

physical form was created from that modified DNA for mankind's spirit to merge with and use on the physical Earth. The animal kingdom has its own group spirit and mankind is not allowed to interfere with that. A new material, animal-like form had to be developed for mankind. That new animal form evolved slowly over millions of years. It was divinely modified several more times to take the form that it has now. The physical body that you have on Earth today has only been around about 50,000 years. It is still evolving."

Moving up in Consciousness

One experience involved doing scientific work on crystals, which don't look like the quartz crystals we see on display everywhere today. The crystals had an ability to communicate and transmit energy that was similar to music vibrations. When working on a project with a sufficient level of consciousness, we are allowed to go to higher levels. We work on the same project, but at a higher level where you can see more interconnections and consequences.

An analogy would be seeing the world as an industrious ant. You go out to search for food, find it, notify others of where it is and bring it back to the ant hill. Sometimes the hill floods or food is scarce. So, you have to search further, but you don't understand or care why — it just is. Now see the same situation from a person's point of view looking at the ant hill. That person can see that the one ant hill is one of many in a meadow. They can see that a nearby creek has overflowed or that the grasses are dead. They see many interconnections and interdependencies that the ant can't from the lower level. Now put that person in a plane. They see the meadow where the ant hill is located. They see the creek that has overflowed. But they also see that the snow is melting in the mountains that caused the lake to overflow into the creek. They may see people coming to spray the grasses so the weeds will be killed. They know that this will mean less food for the ants.

Moving up into the higher consciousness levels enables the spirit to see everything below in a wider, more interconnected, view. When working on a project a spirit can move from one level of consciousness to another to try to understand what is needed to make the project successful and then to find a way to implement what is needed at the lower levels. All these higher levels of consciousness are still within the Etheric Formation plane.

As I progressed in my learning and moved up in consciousness, I became aware that parts of my personal-

ity were dissolving. For example, I have always favored the color blue, actually aqua blue. However in heaven there are so many beautiful colors that we can't see on Earth because our physical eyes are incapable of seeing them, that I lost having a favorite color. I was curious about advancements in physics during my lifetime, but that gradually became a natural curiosity about how any system works. People who have become great musicians will not lose that talent or interest. Instead, it will become more generalized to include other instruments and other forms of music. People who died of drowning or fell to their death will keep their fear of water or heights.

I released all constraints I had on knowing. My spirit body became less distinct and more like a radiating flame. Telepathy was the means of communication, and I gained a clairvoyant energy of seeing clearly. As you rise up further in consciousness you realize that you are part of a collective consciousness, but you retain your unique identity.

At the highest level in the Etheric Form plane there was a cosmic integration of me with the collective self that was non-personal. At that point the teacher told us all to sense the energy in front of us. I experienced a bright, radiating light that beamed enfolding love for me as I drew near. This light body exists on the Conceptual plane and has no form. It is a radiating thought, which is hard for us to imagine while we are in a physical body. We were told to merge with this energy and remember what we felt. I felt great peace and bliss because I knew this was "me", my reality, but I also felt I had lost something. Even though the essence of my personality was still there, the details had dissolved. However, every thought, word, and deed of my life was stored in the Akashic records which were forever accessible, so not lost.

The next step in the process would be to plan my next experience. I would consider what activities still needed compensation for balance – the "what you sow you reap" law – and what lessons still needed to be learned, like controlling anger. But we were then told to separate and return down through the frequencies until we were again on the Earth plane.

Each person had different experiences, but in general, they were the same. We all gradually moved up to the higher frequencies and found our spirit body and our personality becoming less distinct and detailed. Then we all felt the merger with our light body, which resulted in a feeling of great peace and bliss. This experience lasted

20 minutes in Earth's linear time, but would have lasted more than 100 years if it hadn't been experienced on the higher-level plane.

Summary

Throughout my life the answers I received to the questions I had about Creation sometimes didn't make sense to me. But after I had experienced more of life and ex-

panded my awareness of other ideas, suddenly the same answer that I got when I was 30, would take on a whole new meaning that made sense when I was much older. What I've presented is an extremely simple concept of all of creation and its processes, but think about what I've said. I hope it will expand your understanding of your own beliefs.



Something is wrong ... but what?

by Michel Post,
The Netherlands

Do you know that feeling? You have a house or building designed and something is wrong somewhere. You can't put your finger on it, but despite the beautiful design you have the feeling that there should be more in it. The essence of the building does not match what you would like.

Sometimes I am asked to give a "second opinion" on a design from a fellow architect with exactly this question: "What is wrong?"

These are fun, but also very challenging issues.

A design assignment is complex and before there is a design, many discussions were held between you and your architect. The final design is often well thought out and has taken into account the location, the municipal preconditions, the wishes of a client and of course the budget. And yet something is not right!

When I get such an assignment, one of the first things

I do is a visit to the location. I look at the energy of the created design and at the energy of the location, and then "feel" where it "goes wrong." Sometimes it has to do with routing, but usually with the "Energy" of the building. It does not fit into its environment, or more often, it does not have the desired "energy" that you as a client have asked for or need.

At a time where the word "energy" has many meanings and we as a society are even in an energy transition, it is important that I explain the term "energy" as meant in "Energetic Architect".

A fellow architect recently told me that while visiting a building in Calatrava, he took photo after photo because he saw beauty with every step he took. After the umpteenth photo he remarked that he was not hit. As beautiful as he thought the building was... he was not emotional or moved, as was the case when he visited a Frank Lloyd Wright building.



For me this was a very typical and recognizable story as an indication of an energetic quality. It's not just about a pretty picture. It's about the emotions that are evoked, or as I often call it ... the "energy" that is generated. Apart from the energy of a space, or the perception of a space, a location also has a specific energy. The material that is used also has its own energy. The form that is used generates an energy. You as a client are surrounded by an energy field and that of your partner or children will be different from your own. In short, everything you see is or has energy. Everything — a wind direction, the natural elements, the animals and plants present, or the shape and dimensions of a space. Not only does everything have an energy — they also influence each other.

The purpose of a building, or the purpose of a space, must therefore be well described. This description should go much further than just listing the "technical specifications" such as the number of square meters or

its function. Experience has since shown that as an architect I view a design assignment differently than most of my colleagues. Simply because I start from the energy of a task and look for the right energetic solution.

The challenge in such a "second opinion" assignment for me lies in the fact that I want to deal with the work of my colleague respectfully. I try to understand why he or she has come to a certain decision, but I don't want to lose myself in logic of its solution.

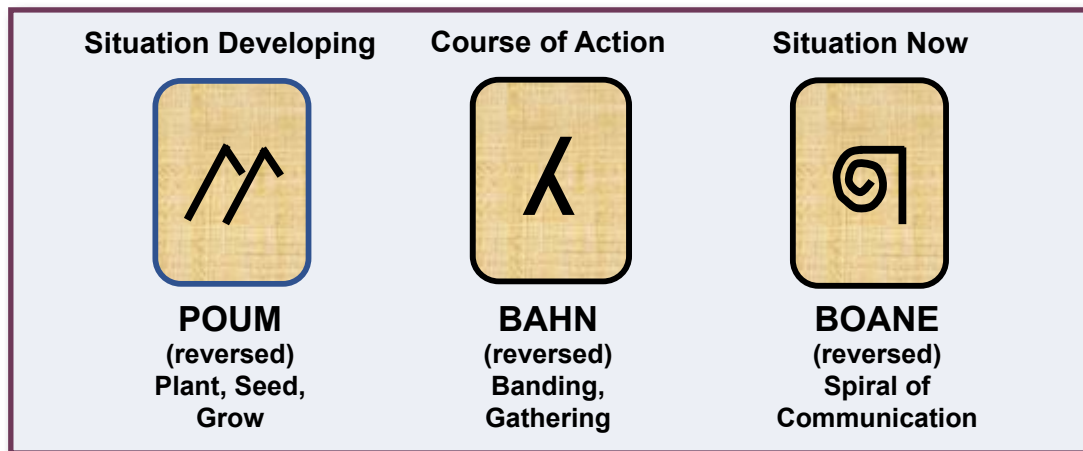
On paper, the building is often correct. It is about discovering where that vague feeling comes from the statement, "something is wrong," and then come up with a solution for that feeling.

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



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 Winter, 2020?

To address our question, we drew 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, Boane, (Spiral of Communication) and it represents the situation at the beginning of Winter. Reversed, Boane speaks of lack of communication, and through it, opportunities for stronger relationships are lessened.

The second rune in the spread is the Universal Rune, BAHN (Banding, Gathering), and it represents the course of action this winter, centering around the Winter Solstice. BAHN upright represents that which is movement and that which is merging. Reversed, BAHN speaks of isolation and separation.

The third rune in this spread is the Universal Rune, POUM, pronounced “O” as in the name “Tom”. Upright, the glyph for POUM is a representation of small blades of grass, or plant life coming forth. It represents the normal cycle of change within any complete activity or thing. Thus, POUM is the energy within the child to become the adult, or the seed to become the plant. Reversed, POUM means dragging the feet on chang-

ing, or not quite wanting to change. In Julian’s words: “You might find that a battered child would pull this rune reversed because there would have been improper nurturing along the way.” It is neglect. Some immature concepts and attitudes exist. It is the inability to sustain growth, nurture an issue, support a cycle of seasonal change, or see things through to completion.

In our reading all three Universal Runes are reversed, which means that the challenges or opportunities presented by the runes require more effort to deal with. Julian counseled that if, through our work, the “course of action” rune can be righted, then the “situation developing” rune will be righted as well. Runes that are reversed do not constitute a prediction, but a spur to recognize, accept, and make the best of a situation — like polarization and isolation — instead of allowing the situation to stagnate and convolute.

This spread asks us to reverse the artificial isolation of COVID-19. We can turn our situation around by both getting to know ourselves better and reaching out to others. We can all work to improve communication by starting to form bonds instead of isolating and by carefully planting some seeds of thought for spring. If we look for things — or even one tiny thing — to love, or at least like, in ourselves or in another person, it helps to overcome judgement.

Remember that folks who are on the opposite side politically from you can be amazing people. They can be fun

and creative, or great parents. Maybe they have done heroic things in a hurricane, in hospitals, or in taking care of a loved one who was sick. Being curious about life on the other side of any divide can begin to break the ice. If we can use our creative thoughts and actions to improve communication, we can reverse the energy of neglect and change unproductive attitudes.

Winter is a time of introspection as well, and many things can be read into that from the descriptions of the runes, in both their reversed and upright positions.

Reading the meanings of the runes, sounding them, and contemplating the glyphs—that is communication, reaching out to higher understanding, and planting seeds. We become a flow of energy in a moving force.

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:

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POUM (Om): Plant, Seed, Grow



Glyph: This glyph is representative of small blades of grass, or plant life coming forth.

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

Individually: It represents the ability to grow and maintain growth. The indication is to see things through to completion. It represents the normal cycles of change within any complete activity or thing. Thus POUM is the energy within the child to become the plant.

Reversed: Neglect. POUM in a reversed position indicates a cycle neglected, improper nurturing of an issue, or the inability to sustain growth. Some immature concepts and attitude exist. It means dragging the feet on changing, or not quite want to change, or improper nurturing of that change. You might find a battered child would pull this rune reversed, because there would have been improper nurturing along the way.



BOANE (Oane): Communication



Glyph: Man and the spiral of communication.

Universally: 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: Where BOANE appears in the spread, 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.

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.

BAHN (Bah): Banding, Gathering



Glyph: The gathering or banding together. It represents that which is in movement and that which is merging.

Universally: The forces are gathering where BAHN is shown. Powers behind the scenes are working to pull together that which is involved. This rune speaks of hidden power by collective energy. To the universe, it represents the collective forces of the elements, space, and ether coming together.

Individually: Where BAHN appears in the spread it calls for clear thinking, for the power of BAHN cannot be carelessly used.

Reversed: Isolation. BAHN reversed speaks of separation and isolation; the incident not seen in relationship to everything else. Separating principles rather than those that bond are at work. It is wise to reevaluate.

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 (continued)

(class is presenting their homework)

...it's an ancient understanding that the greatest lessons are in whispers. No loud shouts, but whispers.

Attendee: They say you never should ask for 'help' but ask for 'assistance' instead, because help — no one's going to do it for you and that is what help implies. Assistance means you need some guidance. And you never ask for 'strength' because they are going to send you lessons to show you just how strong you are! (laughter) So I asked for trust.

You realize that it broke the boundary of your idea. When you move into the higher place, the boundaries disappear. Nice. Who else?

Attendee: Can you explain what the homework assignment was?

The assignment was to find something you wanted to improve on or you wanted more information about. So my problem is trust. And so I asked for trust. And I put no strings on it, no nothing. I didn't say "I want to learn this or that" or "I want it to come this way or that way". I just said "Have at it" and it was great!

The object of the lesson was to trust that if you stopped trying to control it, something else would help you get what you needed to know from it.

Attendee: Mine was a little bit different. My statement was to have a healthier body. Somehow or other I think it misunderstood what I was saying because I was plagued with every kind of ache, ailment.

But maybe that showed you how healthy you were at the time you asked.

Attendee: If I remember, you told me to rephrase it. And I hurt this and I hurt that and I got punched and it was horrible for me. But after I switched it around things seemed to get better.

Remember that the boundaries and perimeters are set by how we think. Sometimes we think we are in the worst spot in the whole world and 24 hours can show you there's a lot worse spot and you say "Okay, I'll take back the old one!" (laughter) "I was healthy then!"

Attendee: What happens in that case, does the spirit pick up the subconscious message?

The spirit hears what you send out. If you are sending out a blockage with the statement... there is a difference between saying "I want to have better health" or saying "I accept better health". Because in the acceptance you are saying "I'll accept it, whatever way you will send it, I'll accept it". The other is saying "I want to have it..." but you could be putting a blockage on it. Lots of times the simpler you phrase it, the better. And if you aren't willing to accept it, it is not going to come.

Attendee: Mine was faith and I did pretty well with it for about two weeks (laughter). And I have a little more work to do on it, I go back and forth. There are glimpses of times that I really do very well and other times where I waiver.

Remember what I said before, we go up and down the shading of ourselves all the time. Sometimes something will be very clear and feel very good and then other times it will be "It's not working" but then you just say "Okay, I'm not going to punish myself" and let yourself come back up to that other space again and it gets better.

Attendee: I decided to write mine down but it wasn't clear. I simply said "I am at a cross roads and I don't know what to do, please help". And it got a lot lighter. And out of the blue I received a phone call from a woman who's baby we delivered two years ago and she wanted to thank me for the card I sent and she was thinking about having another baby and having me deliver it. And I said I was flattered, but not qualified. The card I said that in every birth there is moment that kind of stays and she said she had a picture of that and that's what made her call me.

What a wonderful reaching out, a card like that. To share, to let someone else know that the moment was as beautiful for you as it was for her. And it will get easier.

Attendee: I had a problem that I meditated on because I was eating too much sugar. I liked it so much that I couldn't get myself to not eat it. So I handed it all over and I finally got off the sugar. And now during summer school they make cake and cookies every day and I don't even feel like eating it.

Good, great! Anybody else do it? Well for those of you who didn't do it... (laughter) try doing it for next time. Get yourself where you can trust that it will work. And while we were on break, Charlene and I were talking. One of the things that you can do when you can't quite believe that it can work is make believe it works, make believe. In other words you say "This is the role I play in this play".

Attendee: May I ask, what we are supposed to be doing is making a statement of what I want, say for instance, more faith - and we are to ask for it? And then we just...

Leave it alone.

Attendee: And you don't ask anymore?

You can ask more. You can ask every day, 150 times every day. But you ask in the manner of "I am ready to accept more faith. I am open to faith. Let me feel faith". Now you don't have to use the same words all the time. But as you do that, you will find it creeps in like fog. Gently. You hardly know it's there and then the next thing you know, it's there!

Attendee: You will think about it, incidents will come up and it helps you think about what you put out there.

For the next class I would like you to take a little time -- even if it is only three minutes a day -- and just sit quietly and ask to experience the Law of Correspondence, "As above so below".

Attendee: Do this in our morning or evening meditation?
Right.

MEDITATION

Now I would ask you to sit quietly for a minute and just listen to my voice.

In experiencing the Law of Correspondence, we release ourselves from the bondage and limitations of our pure physical being. We open our self to the merger with higher vibrations and higher space.

In that higher vibration and higher space we accept there is intellect. And the higher the vibration, the higher the intellect.

We are going to do a meditation with the Law. Let us call the Law of Correspondence:

Creator of all things, open me now to your wisdom. Let me touch movement in the essence above. Permit me to draw to me now the positive images of that which is meant to be. Let me draw to the earth from above, rightfully and powerful, the energies to manifest wisely.

Power of all powers, let me mirror you in all of life.

As you center in the very high consciousness of the self, begin to feel the energy movement of the denser plane as it moves into the higher consciousness. As you permit yourself to rise, begin to feel the changes in the energy around you. Higher and higher, feeling the vibration altering and changing as you move into the space of the essence of all things. In that space, you are open to movement of the future, open to the realization, the imagery, the understanding of the evolutionary pattern and where it is meant to go.

Here, you feel the balancing of the scales as you begin to see the reality rather than the fantasy. Here you realize that reality is All Right and the acceptance of that reality permits you to reform in the physical plane that which is not serving you and to bring the essence of that which is above into the earth to be manifested and used.

Oh great Law of Correspondence, let my mind divide. Let part of me always be in the space of reality and the meant to be. Let me feel fulfilled by the power that permits me to bring that image into form, into practice and into action in every phase of life. For that which is formed above truly has a pattern and I accept it. I am willing to be the instrument of that pattern's unfoldment in a denser space.

Through the power of the Law of Correspondence, I become the two spaces. And by permitting the merger of the two spaces, I become the tool, the transforming tool which permits me to act and to deliver, as above so below in this world. I accept the assignment and I begin. So be it.

In the silence, feel the spaces...

Feel those spaces draw to each other and merge...

Feel the joy that fills you from the acceptance of a higher vibration and an understanding space. You have sealed the Law within you. You have but to call upon it to journey forth once again. It can never fail you, it can only serve you. Use it well. So be it.

Now I want you to take just one minute and let me show you an example of how altering your energy makes a difference. We are sitting in a room that is muggy and maybe we feel a little over heated. But I want you to just sit quietly and listen to my words.

In your mind, feel your shoes slip away from your feet. And imagine in front of you a cool stream. With great comfort you let your feet slip into the cold waters of the stream. And they run over the feet and over the ankles and you open your body to that coolness. And you feel it move up through the body. You feel the body open to receive that which the stream has to offer. Not only it's coolness, but it's patience. Not only it's coolness, but it's eternal action. And

(continued)

you become one with the water and the coolness surrounds you. And even as you breathe, you feel that the air is cool. For your vibration has entered the vibration of the water and you have become one.

And then you withdraw your feet from the water, holding the knowledge of it's coolness and the understanding of how it served you. And now ask yourself if your body feels different from the way it felt when you entered.

Years and years ago, Julian told us one hot and steamy night that we were to imagine ourselves sitting in a chair and someone was going to bring a large brass key, those large keys that open those giant oaken doors. And they were going to lay it on the back of our neck and we would be absorbing the coolness of the key. And we did! And we have done sort of the same thing here -- you have lowered your vibration of the heat vibration, you have lowered it from the cool water and so you feel different.

So what you did was merge two spaces, the higher space of the water and the higher space of you. And by accepting it's gift, you have experienced the Law of Correspondence.

And now you know what you are going to do for next week, you are going to have that small meditation in which you open yourself to the Law and you are going to read a little bit about the next chapter which will be Vibration. If you have not done the experiment with trusting and let it go, do it, okay?

And thank you for coming.

(The next Universal Law — Vibration — will be presented in the March 2021 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

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The Pathways classes are a series of meetings designed to be short 'drop in' gatherings where specific topics are covered. The meetings help understand and stay balanced in this changing world. These meetings are great for beginners or advanced metaphysicians. They are taught over the web every other week just before the Healing Gathering. The cost is \$15 per session. Sign up at: <http://www.temier.com/OnTrack.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
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Find out more about these books at www.temier.com/Books.html.

There is more to explore at <http://www.temier.com>, and to get all of Sam and Temier's announcements, please sign up for our mailing list at:

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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.

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.

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

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Payment is available through Venmo.

For more information, please email Cindi at

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Our Next Issue

Theme: Recent Inspiration

Submission Deadline: 3/5/2021

Send electronic submissions to:

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