

Ring of Light

A Newsletter for the Members of the Julian Community

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March 2021

What an energetic transformation we have gone through in the last three months! Even those who aren't particularly sensitive to energy changes have noticed. The other day a friend said: "I feel like I can breathe again." Our challenges still remain, however, there seems to be a hint of optimism in the air.

As continued revelations about civic leaders and their questionable actions are revealed, we are gaining a more in-depth understand of the purpose of Pluto—revealing secrets and hidden issues. As usual, Aca'u gave us sage advice this spring about how to deal with these revelations: *"People are complex; darkness and light are within us all. No Master Teacher has remained innocent or they could not understand human frailties. It is through our mistakes and successes that we gain experience and grow. I tell you this because as you come to see a broader spectrum of yourself and others, keep your heart open."*

The two quotes to the right, although cliché, felt incredibly apropos for this year. We have an enormous opportunity at every level to clean out those things that aren't serving us—as individuals and humanity, in general. What are you discarding? In addition, it seems that we need to take great care to not plant weeds in response to the ugliness going on around us. We need to focus on planting and nurturing seeds that will turn into beautiful flowers. What seeds are you planting this spring?

— Blessings Jan Clayton and Nancy Walton

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Spring is coming ...

Time for some cleaning.

Remove all the self-doubt, worry, jealousy, regret, anger, guilt, or any other negative emotions that are holding you back from your happy, fulfilled life."

— Nanette Mathews

YOUR MIND IS A GARDEN. YOUR
THOUGHTS ARE THE SEEDS.
YOU CAN GROW FLOWERS OR YOU
CAN GROW WEEDS.



www.mycupofcocoa.com

This Season's Astrology

by Eleanore Johnson
Poughkeepsie, New York

The focus for the next few months will be the sign of Aquarius and its ruling planet Uranus. The planet Uranus is a high-vibration energy. It represents the new, the unusual, the unexpected, sudden disruptions, and weather disruptions. It is an exciting energy with surprises and sudden changes. Ultimately, it is a force for good, as it can help us get us out of the ruts we have gotten into.

The planet Uranus is transiting the sign of Taurus—a fixed earth sign—creating a challenge to both Jupiter and Saturn in Aquarius. Challenges occur when planets are in square aspect to each other. However, they force us to use our spiritual muscles, and so doing, they can help us evolve. Uranus represents freedom versus control. Jupiter wants to expand and accept the opportunity to move forward; however, Saturn does not like change. It rules the status quo, and could be in conflict with the need for change; however, it can work with Jupiter as a team.

Jupiter will be in Aquarius for most of this year. Jupiter in Aquarius is expansive. It gives the ability to implant new ideas for the betterment of humanity. The scientific world is especially expressive of moving forward with new movement for change.

The planet Mars, the Great Motivator, will enter the sign of Gemini during March and April. It will trine Jupiter and Saturn in Aquarius. This is a positive flow of energy. Mars trine Jupiter allows us to build on our goals, with perfect timing for beneficial circumstances. Mars trine

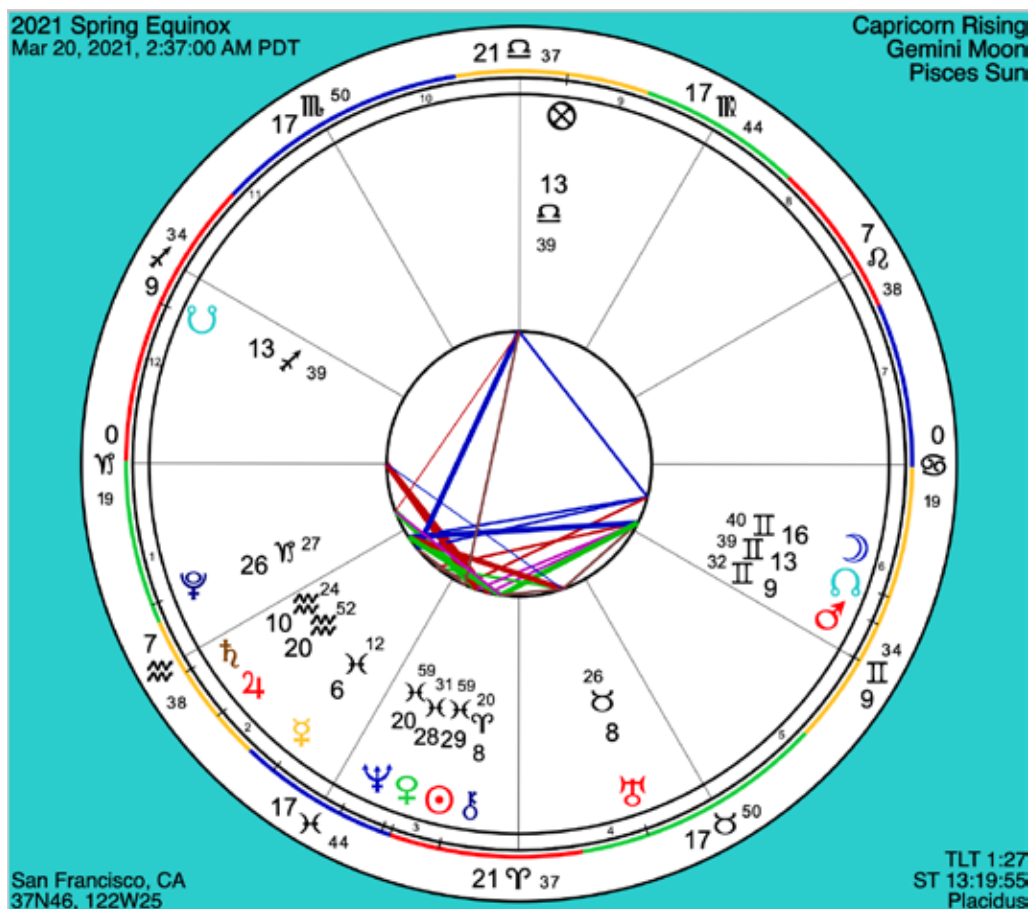
Saturn provides opportunity for growth by accepting the responsibility for living our energies to fulfill goals that are positive and of long duration.

In June and July, Jupiter enters Pisces for two months, and then it goes back into Aquarius until December 2021. Pisces is a mutable water sign. It can express sen-

sitivity to prevailing circumstances. It also has a desire for peace and harmony.

In July, Venus and Mars will enter the sign of Leo, and we could become more inclined to socialize and party. Leo rules the heart in the physical body. The greatest gift we can give to the world and ourselves is an understanding heart. Let your light shine as the Sun, the planet Uranus rules light.

Love and Light, Eleanor





September 24–26, 2021 A Virtual Gathering

We were so looking forward to being together this fall in Oregon and thought that with the vaccine being distributed now we might be able to proceed with a virtual and in-person Gathering of Light.

The course of the COVID-19 pandemic is still quite uncertain. Yes, vaccines are being distributed, but it is still unclear what percentage of the population will be vaccinated by September. In addition, it is unclear how well our current vaccines will cover the new strains of the virus. We have asked many of our members about whether they would be willing to travel to Oregon in the fall, and nearly everyone was unsure.

So, to protect everyone's safety and health as well as the considerable deposit that we gave to the venue, we have made the difficult decision to release our obligation to the Best Western Hotel in Newport, OR for September 24-26, 2021. Instead, we plan to hold a virtual Gathering, much like we did in Sep-

tember 2020. Everyone who wishes to will be able to attend from their own home or with a couple of close friends using nearly any device that connects to the Internet.

There will be no charge to attend this virtual Gathering; however, we will gladly accept freewill donations to help cover our costs. Even if you can't attend all the sessions online, video recordings will be available for you to view shortly after The Gathering.

Our current roster of presenters includes Terry Brown, Jan Clayton, Sam Holland, Adele Lederman, Shesta and David Ross, and Anne Claire Venemans. More about our speakers and their topics will be announced in the near future.

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/>



Mindfulness Practice Using “Feeling” Tone

by Lisa Cobb
North Muskegon, Michigan

When we hear the word “feeling” we often think of emotions. We experience our environment through one of our six senses. *Feeling tone* is noticing what we are experiencing as pleasant, unpleasant, or neutral. It is vital to be aware of feeling tones as they arise extremely fast and have a profound impact on our behavior.

Feeling tones are constructed (made up in our own mind) and are not a given. There are three basic components to any emotion that arises within us: the thoughts or the stories behind the emotion, the physical sensations that reflect how the emotion manifests itself in the body, and the emotional moods or feeling tones in the mind.

A pleasant feeling tone is associated with something we like and lends to our attachment to it. As soon as an emotion arises that has a pleasant feeling tone (like the thought of planning for your next vacation), we will sense the excitement of energy in our body as it prepares to take action based solely on the pleasant feeling tone.

Unpleasant feeling tone often brings on the action of aversion and avoidance. As soon as an emotional mood arises that has an unpleasant feeling tone (like a thought of something stressful at work or a past memory that hurt us), we will sense a rise in the energy in our body as it prepares to take action based solely on the unpleasant feeling tone. (Which is why so many people say they can not sit still).

We think that we must quickly take action to ward against an unpleasant tone! We want to *do* something that takes us away from, or masks, the underlying unpleasant feeling tone with something we believe is pleasant. This can become an automatic reaction and could be in the form of an ice cream, alcohol, drugs, or an interaction with another per-

son. After a couple of times, this action-reaction pattern can become automatic, thereby leading to a pattern of behavior, an addiction or habit.

Consequently, we take actions based on our likes and dislikes. When experience is pleasant, we want to hold on to it; when it is unpleasant, we push it away. Most often we are unaware of anything that has a neutral feeling tone.

By paying attention to feeling tones, we can become more aware of our range of experiences and begin to see how the tones change throughout the day. We just observe this phenomenon and see how soon it subsides by not taking any action. This is a mindfulness practice.

A key insight that comes from this practice is that when we have a bad experience, we often believe that we can not let it go. We believe we can never change. However, a bad or unpleasant tone experience should not equate to suffering. It can be sensed to just that experience and not be built into something much larger. We can practice bringing our tone to a neutral and even inch into pleasant tone, within the same experience.. Mindfulness practice of feeling tones can help us notice our behavior patterns, and can give us some space within each experience. In turn, we can practice skillful, healthy actions with clarity. Thus, empowering us to become our own very best self.

“May I be happy, may I be peaceful, may I live with ease.”

“May all beings be happy, may all beings be peaceful, may all beings live with ease”

... recent inspiration

by Regan Friend,
Margate, Florida

... essence of Essene

You reach across pure Portals

Calling sure Return

in ancient intonation ...

... of all that we've remembered

when the Ring of Light

shone forth in Exultation ...

.... making all we know

You mesmerized us Mortals

Grant us now Your Grace

so that we retrace

... Eternal Re-creation

Your Love's sweet Realization.



Two Tarot Cards that Capture the Influences of 2021

by Larry Scheer
San José, CA

As the year 2020 wound down and the energies of 2021 began to make themselves known, I focused my meditations on what Major Arcana card, or cards, will best describe what we will experience as the year unfolds. I will share with you which cards I feel capture the non-personal, universal energy of the year 2021.

Although one card, The Hanged Man presented itself as the primary card, The Tower was a card that could not be ignored as we progress through the year. More on why this is later.

Hanged Man

The Hanged Man represents the reversal of energy or the turning around of any flow (energy). It also represents the ability to turn around a situation through acceptance and the ability to make decisions. It often indicates a significant shift in energy.

Looking at the symbolism in this card, you see suspension. There is a person, who appears to be stuck, hanging in a tree. Looking at the tree, the scene evokes thoughts of crucifixion and sacrifice. Yet the young man appears very calm and his halo seems to indicate he is a person of elevated spiritual abilities. This card is giving you an important message about sacrifice. Sacrifice is not always pain and suffering. Sacrifice in pre-modern times meant an offering given to appease a deity or to atone for a misdeed. In ancient times, it often meant the giving of a life or spilling blood. Blood represented life and what was most precious to the people of those times.

Sacrifice is now, and was always meant to be, the giving over of one thing to allow a greater whole to come into being. It is the youth giving over his or her childhood to come into adulthood. It is the giving over of a personal ego, or giving up a personal choice so that society as a whole will benefit. It is making decisions that are based on the good of society over the good of the individual. It

is the giving over of the "little will" to the "greater will."

The young man's calm demeanor brings about another interpretation of this card: the suspended mind, a state of mind the Hindu's call Samadhi. More specifically, Samadhi is a state of divine consciousness (of pure being) that is reached through a process of acceptance and letting go. The golden aura or halo around the young man's head suggests he has reached the state of Samadhi.

The living tree and the calm of the young man also remind me of the paradoxes found in Taoism. In Taoist philosophy, the key to understanding the Universe is through observing nature. The way to master your inner nature is through letting go and totally accepting the situation in which you find yourself.

The Hanged Man also reveals methods for turning around situations:

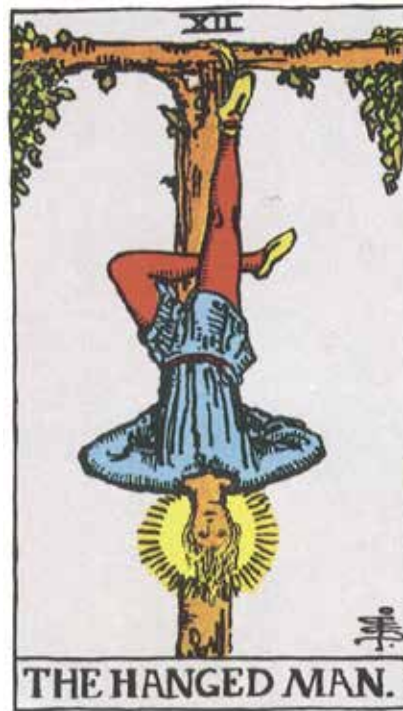
- Calm acceptance of the space you find yourself in and acceptance towards change
- A willingness to give over one space to another so that something else can occur
- Application of a transformative process such as the Law of Reversal

The Law of Reversal explains how to transform or reverse a given situation by applying or substituting an opposite. For example, to reverse the condi-

tion of anxiety, you need to bring in calmness (its opposite). Embodying calmness, the state of anxiety can dissipate. It is necessary to think, speak, and act in ways opposite to those that created the anxiousness.

Reversal is the key energy for this card. This card most often indicates the turning around of an energy or flow, as well as the reversal of things physical, emotional, mental, or spiritual.

On a mundane level, this card represents the ability or need to make decisions to turn around a situation. Oth-



erwise, you are like the Hanged Man being suspended until a decision is reached. Decisions are always the starting point for turning things around. The mental act of deciding creates the acceptance or rejection of a situation. Even taking no action is a decision. The consequences of taking no action, however, usually leads to suspension. The mental activity of making a decision is often the movement that creates the reversal of energy (the turning point).

Why The Hanged Man for 2021

This year we all hope for a turnaround in the pandemic and return to normalcy. I think we can all agree 2020 was an unprecedented and rough time for many if not all of us. Last year was a year most of us don't want to repeat. The Hanged Man is the Major Arcana card that signals and expresses a reversal, a turning around of the energy we just experienced. It certainly represents what most of want to see happen in 2021.

The Hanged Man gives us a map that shows the way out of our current situation into a positive state of being. To accomplish this we need to follow the path laid out by this card:

- Make the decision that you want to move on to a better state of being.
- Accept the situation you find yourselves and calmly accept the movement towards change.
- Understand that to get to an unrestricted space of movement it will require sacrifice for the greater good. For example, accepting the temporary limitations of wearing masks not just for personal safety but for the good of society. Accepting and following the rules or guidelines set forth for the safety and health of society, even if you do not agree with them.
- Know that although you may feel stuck, as if your life is in a state of suspended motion, know that the energy is turning around to a brighter future. Even though it may take longer than you wish, the reversal is happening. Keep your emotions under control and stay calm.

The Tower

I was satisfied with just having The Hanged Man for the card of 2021. However, The Tower could not be overlooked as a card that will help explain what we experience this year. If you have been following Astrology or reading and listening to our community astrologers, such as Eleanor Johnston or Camille Albrecht, you will know the planet Uranus has a major influence on this year. The Tower in the Major Arcana corresponds to the planet Uranus in Astrology. Because of this correlation, I felt it important to share with you the significance of this card and how it will be operating in this year.

The Tower represents those times when universal, non-personal energy adds spice to your life; something that causes change or action. The Tower indicates an (abrupt)

awakening. Much like the planet Uranus, it serves to shake up or shatter things, to take you out of your fixed mold and put you into something new, often without much warning.

The Tower also serves as a warning of a downfall if ego is left unchecked and allowed to rule your life. The men falling from the tower tell you that no one is immune to the powers of change. No one can rise so high that they no longer need to examine themselves to see if their ego is in balance. No one ever gets to the point where they know it all. No one can consider themselves to be above and better than anyone else. We are all learning together and each of us has something to share.

That being said, The Tower is about awakening. It is about the movement of power to awaken you to new real-

izations. Often the movement of power is initiated external to the self and is therefore unexpected.

This card often indicates that universal energy is forcing an adjustment or an evolution to the next level. Just when you have become comfortable, something comes along to shake up your world and push you to the next phase of your life. You have become preoccupied with your own comfort or condition and need to move and change.

The Tower also represents the falling away from rigid fixed thinking or patterns in your life. A need to awaken



to greater possibilities is triggered inside you. It suggests you should check for areas in your life where your ego is ruling a particular situation. Look to areas where you are too rigid and inflexible, or where your life is out of balance. You must take corrective action to rectify the situation. If you don't initiate the change yourself, the Universe will do it for you. If you are arrogant, prideful, and thoughtless to the needs and wishes of others, you will be put in your place. Awaken to your inner self and accept your position in life. It is time to accept your full potential and use it competently.

The path of the Tower is to awaken you to an event whose purpose in your life is to bring you awareness and wisdom.

The universe is not out to destroy you. You are never given anything that you can't handle. For some people the struggle for survival could be all they can handle at this time. Even so, the end result will be a wisdom gained and an awareness of how to survive.

Why The Tower for 2021?

After reading about The Tower you may say; "Wait! didn't we experience this in our lives in 2020?" Sure, many have, but many have not been awakened enough to understand the lessons. Again, The Tower is a reflection of the energy of the planet Uranus, which is slow moving, has a long term affect on our experiences. Uranus was clearly showing its power in 2020, most notably in the last quarter of the year, and it still has much to teach us in 2021. So the lessons, awakening, and awareness The Tower represents will be active in 2021.

I suspect there will be many unexpected surprises in store for us in 2021. Increasing our level of awareness will help us keep our balance in these interesting and changing times.

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The Boy and his Father

by Joshua Meznik
Glendale, CA

A boy and his father sat along the soft sandy bank of a northern California lake, snuggled into a big camping chair on a crispy spring afternoon.

Dragonflies in pursuit of food zinged across the water, leaving tiny marks along their path as a light breeze rustled the wise old redwood trees that rooted themselves along the shore.

As the boy enjoyed the comfort of his dad's lap, he reached down for a smooth stone and threw it into the lake. The ripple traveled in all directions, sending pulses of movement that eventually reached the boys feet which dangled in the cool water. His eyes grew wide.

"Wow! That one was perfect!" he proclaimed to his father as he closely watched the lingering ripples from his recently tossed rock.

The boy stood up in delight and tossed another stone, but this time the ripple was different. "Ugh that's not it..." He carefully tried another, but with no luck in recreating the surprise from the first magical ripple.

"I want that perfect ripple again, Dad!" he said, invoking action from his father.

"Okay... here you go," said the father as he bent down to a big rock and confidently sent it into the water. It made a loud splash, and sent many hectic ripples traveling across the lake.

The boy unapologetically laughed at his dad's failed attempt. "Waaay too big, daddy! Mine was much smaller and it rolled slower!"

"Okay," Dad said, thinking. "How big was your rock?"

"Smaller, like this one" said the boy, picking up a small grey stone and handing it over.

The father threw the rock, this time gently underhand to try and match the throw of his son.

"Almost daddy," the boy said as he came to his father, looking up at him and tugging on his shorts. "Try another!" he said excitedly.

The father tried another similar rock, being very careful to throw it just as his son did.

"So close! Mine was like that but it had more tiny ripples behind it."

The father tried again and again, but each time to no avail.

The amusement at watching his father labor on his behalf had worn off, and the boy walked away to the water's edge and sat down in frustration. "None of them are the same! Why is it so hard!" he whined, wanting so badly to recreate the perfect ripple again.

The father knelt beside his son with his hand lovingly on his young back. They sat for a moment as the sound of the blowing trees had died down to a soft rustle in the distance.

"Only your first rock can create the first ripple again. And that rock is at the bottom of the lake now, sweetie."

"I'll never see that ripple again?"

"No, son. But we can always create new ones," he said as he walked back over to his chair.

The boy's head rested in his hands which balanced on his knees as he sat on the shore. His eyes looked down at the water in front of him.

The cloudless blue sky poured sunlight upon the lake, giving it a crystalline shimmer that waved along its smooth surface. The boy felt the warmth on his back and head, and felt a curious pause on the inside as he watched the sparkling show of light and liquid. After a long moment, the boy looked back up at his dad who had settled into a comfy position.

"Daddy, let's stop throwing rocks," the boy said as he looked back down into the lake. "The water looks really pretty when we don't splash it."

Victim or Victor over Challenges

by Barbara Garro
Saratoga Springs, NY

Faced with COVID-19 challenges, always remember reaction is negative and reasoned response is positive. Never forget to hold on to your freedom. As Viktor Frankl said to his captors in the Concentration Camp during WWII when they offered him his freedom for information: *What you offer me is my liberty; I have always had my freedom.*

Viktor Frankl understood who he was, why he was, and the meaning of his life at any given time in any circumstance. Here are some of his quotes:

Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.

When we are no longer able to change a situation, we are challenged to change ourselves.

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

We fail to honor ourselves when we avoid doing the work required to reach Viktor Frankl's exercise of the intellect and free will God gave him when He created him. We fail to honor God when we fall into rote despair, depression, or defeat when challenged.

We fail to honor ourselves when we dwell on the past or troll about the future while ignoring the present moment before us. Living in the present moment requires 100% attention to the now. That is really all we have in this life. The past is not only gone, but unable to be changed. The future—who can guarantee with any authority that we will be alive one minute from now?

Experienced at challenges? Absolutely. Expert? Never will I fall into the arrogant trap thinking I can ace anything. All I can do in any challenge is give it my best and, so far, my best, like Frankl, has led me to survive and thrive.

Two examples come to mind. (For many examples, such as nearly dying many times before 12 and experiencing as many miracles, you can read *Grow Yourself a Life You'll Love*.) At 4 an asthma attack cut off my breathing and my mother who did not drive carried me out into

the middle of a busy Camden, New Jersey street. She would not move to let traffic go until someone drove us to the hospital. In a coma in the hospital, unable to speak or move, I heard my grandfather praying to the Blessed Mother. I remember clearly thinking, "I don't want to die!"

Then, In my 40s a closed-head injury took away my mobility, speech, cognitive ability, and reading ability. It took years before I got them all back, despite those who said I could not and would not. I devoted every waking moment until I accomplished my goals, including getting a dog to force me to walk.

Everything was taken from me except my attitude to get back my life, to speak to Frankl's first quote.

Changing myself due to Covid-19 speaks to Frankl's second quote. I wear a mask when around strangers or when required. I wear no mask when I walk outside two hours a day or when I am with my close circle of 7 friends who I visit with. I wear gloves when outdoors and indoors when eating with other than my 7 friends. I no longer put unnecessary things in my mouth, touch my face parts with unclean hands, or put bare hands on railings. I am careful who comes into my home or rides in my automobile.

For Frankl's third quote, I have added an evening meditation to my morning meditation. I cancelled all volunteer activities except Church-related lecturing, and look at this "pause time" as an opportunity. I completed my father's biography and a local magazine is publishing it in three parts. I completed my eighth non-fiction book that went to the publishers in March. Some organization projects have been completed, while others continue.

So my response to COVID-19 challenges has been to count my blessings, explore opportunities, enjoy myself, bring joy to others, and deepen my relationships with God, saints, angels, friends and relatives.

In other words, I concentrate, as Helen Keller coached, on the things I can do rather than the things I cannot do.

Begin Again

by Angela Tarquini-Sanders
Naples, FL

Dear friends,

After a long hiatus from teaching mindfulness meditation due to the pandemic, 2021 greeted me with renewed inspiration to begin again. During the past year, I've often reflected on the sweetness of the present moment. I've also experienced how easy it is to get carried away by the ebb and flow of emotions and random thoughts. I've learned that no matter how far I drift from the blessed present moment, I know I am only one breath away from a chance to pause, reset, and begin again. Each new breath offers the opportunity for me to connect with what's unfolding in the present moment and, with practice, be okay with it.

Love and joy
sadness and fear
rise and fall as I gently breathe
myself back to the here and now

And then, again,
a rushing river of thoughts and I float away
to unknown places, faces, sensations where I stay,
hooked
and then,
I notice,
find my breath,
anchor in,
and begin again.

As I tune into to my breath and the beat of my heart
I notice a new moment, a fresh place to start
A place to call now,
and then,
I begin, again

Saul's Corner

UNIVERSAL LAWS: THE LAW OF POLARITY (Part 1)

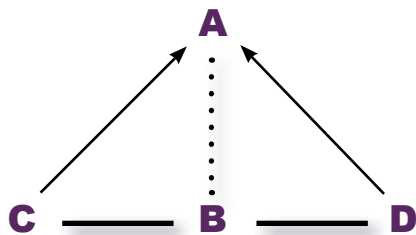
AS TAUGHT BY REV. JUNE K. BURKE

(LaGrangeville, New York, November 1998)

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

Tonight we are discussing the Law of Polarity. Everything in creation contains Polarity. There is nothing without Polarity. Polarity says "Everything is dual. Everything has poles. Everything has its pair of opposites. Like and unlike are the same. Opposites are identical in nature but different in degree. Extremes meet. All truths are but half truths. All paradoxes may be reconciled."



If you stop and think about this, what it is saying is that there is one energy that can be directed in two directions — towards its negative or positive pole, its active or receptive pole. The way that this functions is, the high point on a pole, shown in the diagram as point **A**, is its origin point. That's where the divine energy comes down to point **B** which is in the middle of the pole. When the divine force comes down, it comes down perfectly balanced on the pole of opposites. The physical expression point **B** says: "You take charge of it here, you decide where it's going to go from here." How you think, the degree you give it, is going to take it to its opposite poles, either active or receptive. So **C** and **D** represent the opposite possibilities. And the triangle is mind, body and spirit. So, within you is perfect balance when you are born.

That perfect balance rests in the middle of the opposites of anything. You determine how hot or how cold it is, whether it is up or down.

Everything has its opposite and its opposite is not a separate thing, but the other expression of the same energy. The place that you want to be is in the **B** space, where you're able to see both ends of it and get the best of both ends.

This is like a see saw. If you tip it too far in any direction, it is thrown into its opposite. Like the yin-yang symbol

which has a point of light in the darkness and a point of dark in the lightness, because nothing is all light and nothing is all dark. There is the balancing point that lets you control and use those points of light to take it to another space. This diagram gives you an idea of what happens with the energy as you use it.

The arrows represent the elevation of the consciousness of either point **C** or **D**. As you elevate your understanding of these two points, you move right back to the origin point **A** which brings perfect balance in your self again. This is how the energy works, this is how it flows. It may look complicated, but when you really stop and think about it, it's not. You start off in a perfect, balanced state. You learn that there are opposites to that perfect space. And then according to your own making, you ride the degree to make it more one way or more the other. The full understanding of what is going on in both spaces comes from being in the **B** space. So, when you stand in the middle you are able to see which direction you want to give your energy to take it there.

Example, you get a flat tire. Now it's not what you want, it slows you down for the day. It's disruptive. If you look at it and say, "Okay, this happened," and it puts you off the balance point and over to one of the extremes. Your job is to bring it back to the middle or even over that point. If you keep repeating that you had a flat tire and what a terrible experience it was, you are never going to leave that experience. You have to let the pendulum of your energy swing in the opposite direction no matter what happened. You can either root your self in negative or positive, active or receptive. They are all opposites of one energy, one pole.

When you look back and start to rehash old things and start to regurgitate all the energy and emotion that came with it, you are getting away from the balance point. You need to go and look to where you can take that instead to alter that experience. That calls for your action, for your doing something, for you being in control of what you do.

This is a simple diagram of how the duality of Polarity works. The midpoint on the scale is the point **B** when

the two opposite points can be transmuted. This is the point where the hot can become cold, up can become down. You have to understand that if you are saying **C** is hot and you don't want to be hot, you are going to move towards cool and possibly to cold if you take it further. Every degree you move away from hot, you are more cool. You have to recognize the degrees as you use your energy. When you try to convert something in your life, you can't convert it over night. You have to recognize that you are trying to convert it and that it is working degree by degree. This is the point, point **B** where it can be fully transmuted to its opposite. And, of course, transmutation means alter the shape, the form, and the experience of.

Both poles are present at all times. "Everything is going great — wonderful, yea!" But its opposite is always there. So when you get too smug about the "yeah, yeah, yeah" you trip and fall, and then you have the opposite. Always remember that you deal with one energy and its opposite poles or points, and you control that energy. I know that sounds repetitious, but the more I say it, the more it makes sense.

Things of different classes cannot be transmuted into each other. Things of the same class, can. In other words hot and cold are the opposite polarity of the one energy. So, hot can be transmuted into cold, and cold can be transmuted into hot. But cold cannot be transmuted into up or down. It has to be of the same pole gender. That is a key to remember. Love can be transmuted into hate. Love and hate can't be transmuted into east and west, or hot and cold.

We change the polarity by changing the degree of the energy. How much energy are you giving it? That is going to change it. A fearful man can, by raising his mental vibrations, become courageous. To be fearful and to be courageous are the opposite poles of one energy. If he alters his mind set, looks at it differently, he can change it into its opposite.

Opposite poles of one energy can always be changed. Always. No such thing as an impossible. In the mental state or plane, as well as in the physical plane, the poles can be classified as positive and negative. We say that love is positive to hate and courage is positive to fear. It is its opposite face, thus one pole can control another. The positive pole vibrates at a higher degree. It's rate is higher than the negative and readily dominates it. Thus, love dominates hate because love vibrates at a higher degree than hate. Love is the most powerful.

The tendency in nature is in the direction of the dominant activity or positive pole. Nature thinks positively. If you come along and mow its head off with a lawn mower, it doesn't think: "I'm done." It thinks: "I have to regenerate." It always works with the positive pole. It can overcome concrete slabs. That plant will come through looking for sun, given enough time. We have to sometimes think of ourselves as covered with concrete by our own limitations that we give ourselves. And we have to give our selves time to come through that concrete and see the light and see the sun.

One may change their own mental states by polarization. If you are on one side of the pole and begin to change the way you think about it, you begin to move away from that side and to the other side of the pole. Always remember that you must move the energy to change anything. Also remember that you can, by mental energy, influence change in another's mental vibration or state, and this is called *mental induction*. Let's say you have had rough day and aren't feeling very good and someone says to you, "God you look good tonight!" Their mental attitude is being given to the other person and the other person can begin the movement out of the state of saying "I look terrible."

You encourage by mental induction. It doesn't mean you are running out sticking wires to someone's head and hiding in a dark closet doing voodoo words! It means that you, by your own mental attitude, imbue to others the gift of that attitude. You give the gift of that attitude. You give the gift of your attitude to another. It can also work in the opposite direction. If you feel like being a first class you-know-what that day, you can tell somebody they don't look good. You can try to do the opposite by going toward the negative pole with them. However, they too can alter what you give them, because they have the power to shift and bring the polarization out of themselves.

In your self, mental induction means self-change. What do you think are some of the self change things that you use in your world? Meditation, affirmation...

Question: Deep breathing.

Deep breathing. A look in the mirror sometimes to remind you that you are a person. These are your ways to use mental induction on your self to change your attitudes so that you can change the energy flow in the polarity factor of yourself.

Mental induction toward another can be a led meditation. It could be a pep rally. It could be story telling. These are ways to influence how other people are thinking or feeling. It is not a negative thing, necessarily. It is a way of changing somebody else's way of looking at something. And, of course, in as much as you are all the beautiful people that you are, you would never try to influence someone in a negative manner!

Remember that everything is dual, including yourself. Opposites are identical in nature and different in degree. The nature of this bar **C** to **D** in the drawing is all the same. However, how you think about it and the degree of energy you give to one end of that pole, hot or cold or what ever, is going to be what you create and manifest. You know from the very first class [referring to the first Universal Law's workshop] Mind is All. Mind over matter. What you think is very important.

In Julian's book *Creation, It's Laws and You*, he not only gives you a rather succulent explanation of each of these laws, down to earth explanations, but he also gives you the Calling of the Law, in which you ask the energy of the law to come to you for your understanding. He then gives you a meditation on that law so that you can be in the energy of the law, and then he gives you what is called "The Sealing of the Law." That seals the law's instruction in the self. Sealing the Laws instruction in the self gives you a greater power and ability to use it. So, a little bit later we will be doing the Calling, the meditation, and the Sealing with you. Go back and look in the *Creation, It's Laws and You* book, And go to the section on the laws and reestablish what we have learned here by looking again at that aspect or explanation of it. It will help you to have a fuller realization of them.

Without [the Law of] Polarity, no balance could occur. If everything is lumped in one place there is no balance. Anything can become its opposite. When you overload in one area, it swings, just as if it is on a pivot. If you overload in one area, it swings around to its opposite. In the world today, you are looking at all the garbage that is going on, and what happens is you reach a point where people say, "It is time to do something about it" and they start to apply some positive energy to correcting whatever it is they don't like. That swings the pole over from being all so-called *bad* to beginning to be *good*. The alteration begins through the power and thought of those who want to take charge of it and make it different.

If someone loves someone to the doting stage, to the

stage where they will not let them think for them self, to the stage where they will not let them be independent, will not let them make a mistake, they have taken love into its opposite. Now instead of nurturing, it begins to smother and kill. So again, you have to convert that energy to the balance point where there is enough giving and loving, and enough holding back to have the perfect relationship.

We think of things like love, security, and such as very positive things, but we also have to realize that the moment they start owning you instead of you owning them, they now have slipped beyond the border into a fearful state. The fear of not having enough can drive you into all kinds of frenzies. When you have reached a certain point you are able to see how rich you are, you are able to see that it isn't just security through money, but security through love, security through kindness, through giving, through taking — the whole thing. The balance point helps you clarify how far you want to push on the positive point, or what you look on as the positive point.

Remember, we all have to experience both polarities. Because if we don't understand both polarities, we can't understand what we have or who we are, because we are polarity in ourselves. Later, we will understand that polarity also takes a very physical form. We are dealing here with mental energy and spiritual thrust. When that polarity goes to another aspect in our life it turns to the Law of Gender, where you are dealing with the physical male-female aspect of everything. All the [Universal] Laws are tied to one another, it is like building blocks — take any one out and the rest will fall. We are learning that polarity must first be understood in the mental and spiritual attitude before it can fully work in the physical attitude in ourselves. Any questions?

Question: Getting back to things that are transmuted cannot be different, like cold into up, could you give me a for instance for when I would use this?

If you have an attitude about something, only you and you alone can change your attitude. If you try to say "Something else should change it for me," then you are trying to make it turn to cold. You are trying to bring another energy polarity in and you can't work with that. What you have to transmute is whatever the problem in that lane. So remember, think of the two sides of any pole — up/down, in/out, hot/cold, love/hate, war/peace, we could go on forever — they are all polarity factors. When you reach the understanding that to change war you have to work toward peace, you are *on the move*. But

where do you work on it? In you. Because, if you can't stop warring within you, you can't stop war outside you. You are the thermometer, you are the mercury of you. Don't try to have another energy come in to change it, use the energy of its opposite to make it work first.

Question: So then collectively, if you think peace and act peace, this is what collectively will accumulate?

Absolutely. Absolutely. If you think and act peace, if you live it yourself, that energy of you is touching many, many other people and helping through mental induction, actually, by your attitude, to try to think the same. The difference between that working and some group that gets up and declares "We are the peace makers and every body else is wrong..." They are not at peace; they are at war. They are not going in and saying: "What is peace?" Peace is not a place. Peace is a condition that we create ourselves. When we go into ourselves and create that peace, then we can make it happen outside of ourselves. You always have to make it inside the self first.

Question: According to our discussion, with the poles being war and peace, if you seek peace, you are out of balance.

No, you are not out of balance. If you are in a war space. You can only seek peace to come away from it degree by degree by degree. When you reach the balance point you are able to see the full picture and know how much further to take it. Most people think of peace as "I win, you lose, we do it my way." If you are at the balance point and really look, you see that peace is a whole different thing. It is not a case of winning over, but experiencing and living in a certain condition. Any time you move even one degree away from war you have already begun to seek peace and to bring peace. All along the way you will evaluate what your idea of peace is. Some people think peace is what everybody else tells them rather than what they feel or understand themselves.

Remember, this is a point in time when we have been given the responsibility of ourself and the responsibility of the universe. Our thoughts really matter and count. So, when you think, "Divine energy came in with me, therefore I have the ability to balance, the ability to stand and be able to see both sides, seeing both sides" — right there is a step to peace. We have the ability to take things in one direction or another. It is degree by degree.

Question: Taking that last question a little farther, say

in the new millennium to come, it is supposed to be the millennium of peace, where the nations of the world are able to maintain the state of peace? Would that be considered a state that is unnatural because it would not be in balance? It would be too extreme?

No. No, it wouldn't be too extreme, because there never will be everyone thinking the same way. Ever. That is like saying we are going to become robots and we are not. Having peace in the world means being willing to see how another person thinks and not condemn them for it as long as it is not doing damage to someone else. That is the kind of peace that we are talking about. Julian always says: "Building bridges instead of walls." That is the kind of peace we are talking about, and it can only be brought about by us. It can't be brought about by any other way. We have been given the job.

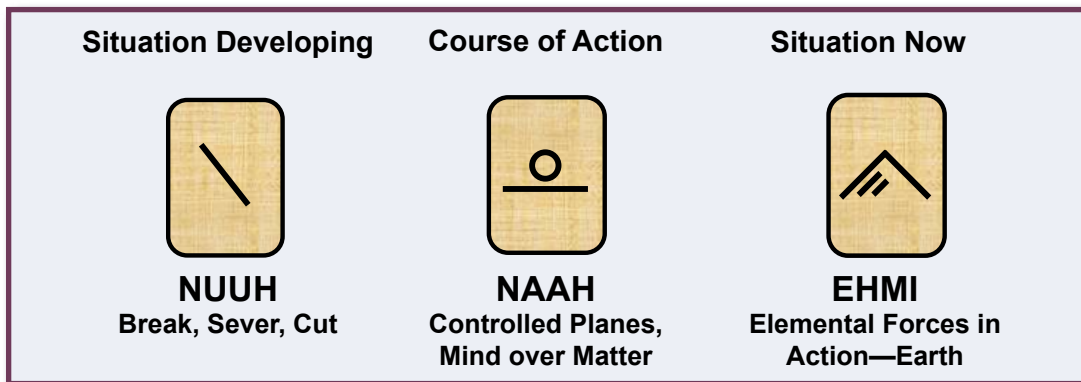
If you get hung up on the diagram and don't take it any further, it is going to be complex. But if you take any moment in your day and say: "How am I thinking about anything? Which direction am I pulling myself in with my thoughts? How much of an illusion am I giving myself? Am I lying to myself? Or am I facing the wonderful being that I am, with all my glitches and working on my glitches?" That's the difference. Polarity is always in effect within the self and within everything that was ever created. We do have to at times say: "What am I feeding? Am I feeding another problem or am I feeding something that can alter the problem?" There are times when things go to extremes and once they go to extremes then they are out of balance. No matter how positive you think it is, when you get so positive that you can point your finger at every one else and say "They're not," you've flipped over. It happens.

The diagram is to help you understand and this diagram is also in **Creation, It's Laws and You** so you can always go back and refer to it and understand some more of it there. All it means is that the trinity of yourself was born in balance, with mind given as the tool to seek that polarity of any energy and to use it to your best ability. This is a gift and how you use it is your own gift to you.

(continued in June 2021 Ring of Light)

A Season of Runes

by David and Shesta Ross
San Jose, CA



Reading Question: From a universal perspective, what are the energies at play this coming Spring, 2021?

This rune reading can be understood as a cycle, like the spiral of evolution formed by the 7 Key Runes. From earth we evolve to mind over matter and break stagnant energy, releasing pure potential to manifest in earth. This spiral can be seen to inform the entire period of time in question, not just functioning linearly in time but folding back on itself. Another perspective would be to combine the glyphs into a circular cloud of free and perfect thought above the rising mountain of earth, with the lightning bolt of NUUH connecting them.

The spring begins with EHMI, the Universal Rune of Elemental Forces in Action—Earth. If you read the description, study the glyph, and sound “Ehmi” to yourself, you will feel more grounded and attentive to practical things, even as the creative release of spring is calling. So, the seed must be planted and the ground prepared. Not just lots of ideas and no action!

“That which permits control”—Controlled Planes—Mind over Matter. Can you control your anxiety? Anger? Can you control your mind? *Creation, Its Laws, and You*, the only book besides the *Universal Runes* book which was dictated directly by Julian, concludes with a statement worth memorizing: “*The bond between ether and the physical plane is creative force. For creative energy to manifest, the method is focus. Mind is the tool of the method of focus. Thus, mind is the bond between ether and man. As the mind focuses, the creative energy molds to the focus. To think is to call forth energy. To focus*

thought is to shape the energy and permit it to manifest. Ether without the focus of thought is nebulous. Through thought it becomes creative energy. That this can and does occur is the full realization of the power of Divine Force.”

Realization is making it real, making it physical and alive here on this plane. Wouldn't it be wonderful to fully realize the power of Divine Force here on Earth. That is possible, but only through our use of mind.

One can surmise from this concluding statement, that creative energy *wants* to manifest, yet to do so, we must permit it to do so, through focused thought. That something must be permitted to manifest, implies that there is a higher form of thought that wishes to direct creative energy in a specific way. This is also stated in the description of NAAH: “The Divine Mind directs the universe.” However, to do so on this plane, through us, we must permit it to happen, because we have free will and God will not rescind that gift. What is “the method of focus” that this statement refers to, and which mind is the tool of? How can mind be the tool of anything, if all is mind? We believe that the method of focus is essentially the will of God, and that if we permit it, our minds can become tools of the will of God. This is achieved through a dedication to the Supreme Power, in effect, an identification with the Divine Power itself. How is this achieved but through an identification with what Quakers call “that of God within?” In essence, we are called to become our higher selves, at least in terms of what guides our focused thoughts. That is the method of focus, which then can use the mind we are normally conscious of as a tool of Creative Force.

In *Creation, Its Laws, and You* (available from julian-teachings.com), the meditation for the law of Mentalism suggests to “... permit yourself to be still and feel the mind’s expansion as the energy of the Great Mind, Mind of All Minds, feeds you now... Let that Mind lead and guide you. Let it fill you so that your mind becomes an extension of all thought and idea in formation. In presence of an expanding mind, you are filled with creative force ...” Note that when you permit the Mind of All Minds to lead, guide, and fill you, you are filled with creative force, which is the bond between ether and the physical plane.

At the end of the meditation for the Law of Mentalism, there is the Sealing of the Law: “Now, through the power of the Law of Mentalism, I transform this flow of spirit into a mighty tempered tool; and as a plow turns the earth to new production and productivity, so do I turn the tool of Mind to a more fruitful and fulfilling life. Transformation of the high energy to the working tool has occurred. So be it.”

The above excerpts connect the first two runes of this spring’s reading, Elemental Forces in Action—Earth, and Controlled Planes, Mind over Matter, “as a plow turns the earth.”

The third rune for spring is NUUH (Break, Sever, Cut). In as-yet unpublished materials Julian dictated after the initial *Universal Runes* booklet was published in 1985, NUUH was added to a cycle of Seven Universal Key Runes, “...given in the order in which they represent evolution and the process of manifestation in action.” In this booklet, NUUH is described as “Breaking of the untouchability” and Julian goes on to state “NUUH is the breaking of stagnant energy that is pure potential, which enables movement toward new beginnings.” NUUH is preceded by DAHZ, The Magician, and succeeded by DAAL, Creative Release. Julian states that DAHZ “... creates the altered energies that permit NUUH to work” and that NUUH in turn enables “... new beginnings (to) come through creative release, which is DAAL.” Thus NUUH is the breaking of the untouchability—the breaking of stagnant energy that is pure potential.

Stagnant energy is pure potential. All reversible runes carry within them both the upright and reversed positions, in different proportions depending but always present. Our first spring rune is EHMI upright, but we

EHMI (Ehmi): Elemental forces in action—EARTH



Glyph: This symbol looks like a hill or mountain—earth

Universally: This is the Rune of the earth element. It represents the power and the energy of earthly things. All things of earth are affected by it.

Individually: It represents being materially aware. Where EHMI appears, the material aspects need to be looked to. It is the physical body as well.

Reversed: It represents inaction, mired energy. When EHMI is reversed, it shows inaction, the inability to move forward or change can be seen here. A close look at one’s thoughts and habits can help you make the necessary decision toward breaking away. You are mired in your own inactivity.

NAAH (Aah): Controlled planes, Mind over matter



Glyph: Circle of Divine Mind over horizontal line of matter.

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

Individually: Where NAAH appears in the spread, the individual must accept his ability to control his life through his mental capacity. The mind is the director of his manifesting life.

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

NUUH (Uh): Break, Sever, Cut



Glyph: This blade-like glyph shows a sharpness and an ability to cut, to sever and to break.

Universally: The energy behind NUUH is knife-like. It affords an opportunity to break energy that binds. It is always an initial step to a new beginning and change.

Individually: It is a chance to break old habits and redirect the life. It must be understood that it is a surgery performed in energy. It is the ability to be released from that which has held you back. This Rune can be the rebirth, or the instigation, of the reality of you..

Reversed: There is no reverse position for this Rune.

recall that the reverse of EHMI: Inaction, Mired, advises breaking away from old thoughts and habits, and states “*You are mired in your own inactivity.*” Yet within this stagnant energy is pure potential, for “*NUUH is the breaking of stagnant energy that is pure potential.*”

The result of exercising the power we have to identify with our higher minds, and through this inner transformation, with the Mind of All Minds, is the breaking of that which we cannot touch without NUUH, the breaking of stagnation which frees

the pure potential. The breaking of the untouchability of what can be, if we use the method of focus. We can each and collectively have a full realization of the power of Divine Force, by the end of this spring.

For all the Universal Runes source materials:

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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:

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- A Master Class on Healing
- A Master Class on Humanity
- A Master Class on the Cosmos
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Classes with Andrea Smith, EdD

Transition Energy (TE)

Andrea currently is offering three sections of TE utilizing a distance learning platform, Zoom. Ongoing TE Sections One and Two are closed to new students. The Tuesday Section, formed in 2021, meets every Tuesday at 6 PM Pacific Time and is potentially opened to new students. Andrea offers private tutoring to dedicated students who wish to merge with the Tuesday section. Former students of TE who would like to review the material are 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.

Mystical Magus Classes

In summer 2021, Andrea will begin offering Julian's Mystical Magus studies using a distance education format, Zoom. The Mystical Magus classes were initially private readings that Julian provided to Samuel Holland over 16 years.

Admission into the class requires pre-approval and prior study within Julian's Transition Energy (TE 1-12), Development, or Practical Magus. The cost of this ongoing class is \$30 each month, payable through PayPal, and includes an audio download and written materials. Please let Andrea know if you are interested.

Contact Andrea at:

andreamith77@comcast.net

drandreamith77@gmail.com

or (503) 720-5269.

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

Cindi Frank Teaching Julian Healing Techniques Online

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Payment is available through Venmo.

For more information, please email Cindi at

possibilities1000@gmail.com

or text Cindi at 586-277-3804



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Submission Deadline: 6/5/2021

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