



2021 is nearly complete and we are into the season of looking within and figuring out what we want to change. For us, it almost seems like what we are trying to do is figure out *who* we want to be next year. We aren't just trying to change our habits and find exciting goals to achieve—we feel the need to remake ourselves, to change identities, and to expand beyond our previous self-imposed limitations.

With Pluto on top of Venus, we are re-examining our value system and we feel a transformation burgeoning within us. Maybe it is the last 24 months of getting to know ourselves, and wanting more or different. We feel it. Do you?

If you read Jessica's astrology report, you will note that there is a lot of energy pushing us forward right now. Take a deep breath. Interesting times are still upon us as we move deeper into this new age.

In this issue, our authors are asking us to look within. John Svirsky and Jeanne Livingston ask us to reconnect with our higher selves. Renee Salvatori asks us to gift ourselves with the question, "What if?" so that we can open ourselves to new possibilities and new perspectives. And, as usual, the Universal Runes give us sage advice:

The resolve to honestly introspect, to weigh our values and set priorities, and to overcome the "ya-buts" would be our greatest gift to ourselves—and to the universe—in preparation for spring.

Let's all make a little time to take this sage advice.

We wish you and your family a most wonderful holiday season. We pray that 2022 brings us closer to a world of love and peace that the Aquarian Age promises.

— Blessings Jan Clayton and Nancy Walton

Winter Solstice Blessing

**May the longest night and the shortest day,
bring rest to your mind and soul, I pray.**

**May you find guidance and may you find peace
as the cycle of light will slowly increase.**

**Embrace the magic that the darkness bears,
breathe deep in the chill and shift in the air.**

**May you always be blessed with the light from
within,
and may well-being be yours as the new cycle
begins.**

Inside this Issue

This Season's Astrology	2
The Snowfall	3
Reconnecting to Your Higher Self in 2022	4
To Julian	5
What If???	6
Winter Solstice Carol	7
Mary's Christmas Story	8
Poem	9
Saul's Corner: Law of Polarity	10
A Meditation	13
A Season of Runes	14
Announcements/Classes Open to Join	16

This Season's Astrology

by Jessica Nelson
Michigan

On Tuesday, December 21, 2021, we enter the winter solstice — a time to go inward and sit with ourselves as we ponder what our goals will be for the new year. This season is jam-packed with celestial events. Hold on to your hats. We will do our best to cover the highlights.

Neptune has been direct since December 1st. This energy can bring about the realization of how we have deceived ourselves or how we have been deceived. With Neptune direct in Pisces, the fog can slowly lift. We can better express our empathy and compassion for one another, as well as express our artistic side.

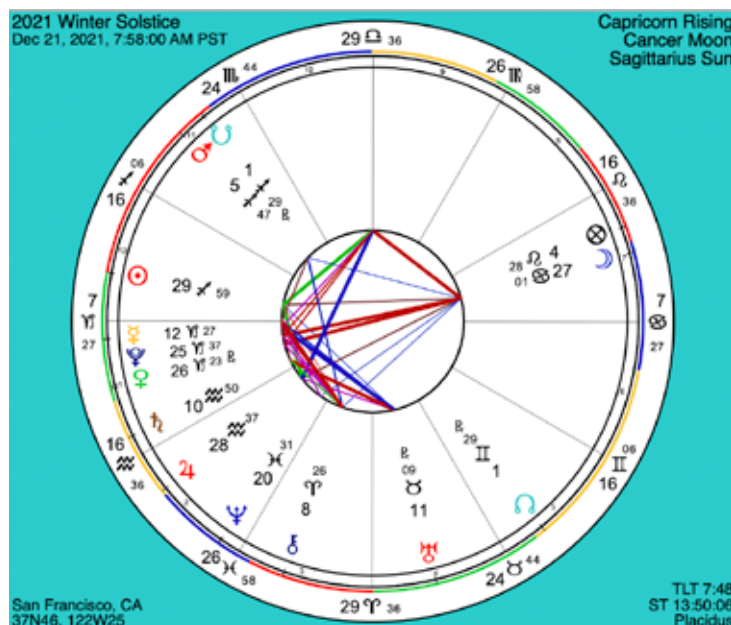
Venus has turned retrograde at 26° Capricorn, making a conjunction to Pluto and will turn direct January 29th, 2022. This retrograde period gives us the opportunity to go over our finances and relationships. Being as it is conjunct with transformative Pluto, take the time to review and renew, as needed.

On December 24th, Saturn makes its last square to Uranus in this cycle — again bringing tension to develop a balance between our need for freedom and our need for structure. Rules and limitations imposed on us, may make the air feel volatile and could create unexpected outcomes. There is a need to progress forward with new ways of thinking. With Uranus in Taurus, our values and consumer needs are bound to be shaken up.

On the evening of December 28th, Jupiter will enter Pisces once again giving us the opportunity to grow in our display of compassion and empathy for all life. Our artistic abilities are enhanced and our creative juices will flow!

On January 2nd, Mercury enters Aquarius focusing our thoughts on unconventional pursuits to achieve collective unity. Turning retrograde on January 14, Mercury will bring in scattered energy that challenges our way of thinking and communicating. Use this time to reflect and go over decisions carefully. Mercury will be conjunct Saturn and in doing so, will add to the already challenging square with Uranus. Our thoughts may become ridged — Saturn seeming to restrict them — but the other side is its ability to construct them in a way that brings about real, everlasting change. Our ideas have the capability to be innovative and exciting with Uranus in the mix.

Our ideals gain some focus on January 10th and 11th when Mars and the Sun add to some already powerful aspects to Neptune. With the Sun conjunct Pluto forming a sextile to Neptune, our will can be transformative and can work with our creative side to bring growth to the areas of governing systems (Capricorn), and our beliefs and faith (Pisces). Mars squaring Neptune can bring emotional desires up to the surface. There can be a tendency for self-deception and dishonesty. Escapism may seem appealing.



A full moon in Cancer on Jan 17th brings our attention to home, family, and securities. Uranus goes direct on January 18th, making clearer the advances that must take place with our financial system and natural resources consumption.

Mars enters Capricorn on the 24th, giving us a drive that is expressed in a stable and constructive way. Mercury goes direct, clearing up any communication issues, on February 3rd and back into Aquarius on February 14th. On February 16th we have a full moon in Leo, giving us a boost in leadership and confidence.

On February 19th, the United States will have its Pluto return. This marks a major stage in its evolutionary progress. Pluto returns bring about transformation. With Pluto in Capricorn this will affect the areas of government, institutions, rules, and regulations. They will

be shaken to their very core, leaving no stone unturned. Pluto is not a brush-by planet — its force is powerful and destructive. It will bring to light anything we need to know, so that we can rebuild something better in its place. *It will be a review of how the USA has been governed for the past 247 years.* What is not working for the benefit and growth of mankind must be done away with so we can progress forward on our path toward fulfillment. This will begin a major transition towards the rebirth of our new governing systems. Think of a phoenix rising from the ashes!

On March 2nd, Venus will be conjunct with Mars and Pluto in Capricorn; Saturn will be conjunct with Mercury in Aquarius; and the Sun, Moon, and Jupiter will be conjunct each other in Pisces! All of this will create a new opportunity for the energies of those planets to start a new cycle together. Our drive, love, and deep desires can be expressed in a disciplined way. Our thinking can be grounded and decisions can be steadfast. Our expressions, emotions, and faith can work together to raise our

consciousness. On March 6th, Mars and Venus move into Aquarius bringing a strong desire for humanity to work together. Mercury moves into Pisces on March 9th with our thoughts gaining empathy toward one another. We have a full moon in Virgo on March 18th. Virgo's focus is health and service to others.

This winter solstice brings forward some intense energy into our field of awareness. The power to make profound changes in our lives is there if we are willing to face the undesirable aspects of ourselves and the world we have created together. Working collectively to produce change that will create a better system for encouraging growth and compassion amongst all will be the challenge. We may have days that feel dark and heavy, but make no mistake, the sun will shine again. As long as we strive for a grateful heart and a positive mind, the process will be easier for us to go through. Our internal work this winter will provide us with strong seeds to plant this spring.

The Snowfall

Renee Salvatori
West Virginia

The quiet hush that a snowfall brings.

That peace induced feel that the smooth blanket of fresh-fallen snow has given.

The chill in the air that encourages you to wrap your arms around yourself in a warm hug.

The dwindling down of activity, as the season asks you to slow down and find the peace within.

The white-washed pureness covering the ground, asking for all frustrations to take a break.

The quiet connection a snowfall brings.

Reconnecting to Your Higher Self in 2022

by John Svirsky and Jeanne Livingston
Florida

The Aquarian Age is no different than any other age. From the beginning of time, people tried to control other people by forcing their will upon them. Whether it was through a slave-master relationship, the split between rich and poor that we have now, religion, or government, everything was geared to have one person in control and everyone else following their will. People since the beginning of time looked to a leader to tell them what to do and think. The Piscean Age was based on industry, rules, and tradition.

So, entering the Aquarian Age, we were talking about all the things that are separating us from our former ideas and feelings. We mentioned that from the beginning of the 20th century, radio, newspapers, magazines, television, and lately social media/internet have acted as role models to stimulate and to push people beyond where they were. Here in the Aquarian Age — using the element of air to express — there's a whole different model created by the Guardians. It gives every one of us the opportunity to go beyond the physical material world and to individually connect to our higher consciousness. Each person has the opportunity to raise their own vibration and live in alignment with their non-physical selves — to think and act like spirit does, since they will be connecting to their own spirit guides and angels. When Spirit thinks it, it materializes instantly in the non-physical form; however, it can be void of emotions, feelings, and experiences.

So, what the universe is encouraging each of us to do, individually, is to include Spirit's thought patterns as we use our brains to visualize a blueprint for where we want to go and then connect to the emotional heart side to manifest and create. We'll manifest for individual benefit, but not force our will upon anyone else. We'll only take care of ourselves.

Jeanne might say that this focus would create narcissism and people who are not relating to one another. But the potential result is that we will have people that are more self-contained while relating to other people who are self-contained. If you are self-contained and aligned with your higher self, then you will be more so with other people without judging or feeling threatened by them, because you're fulfilled within yourself.

Julian said that being in the Aquarian Age is like being in space with no gravity. But the reality is that until now most people were just trying to gain power or material success, which meant they were impenetrable. Therefore, people were not vulnerable to others. So, if they wanted more money, sex, or anything to feel better, they thought they had the right to get it and you couldn't affect them at all. Hopefully in this part of the Aquarian Age, we will be moving from a period of, "you can't affect me; I will do it myself," to a point in time where each person has the ability to take individual responsibility by saying, "I can't do this alone, so I look for guidance and help from my inner being and Higher Power (one and the same). I don't give power to anyone outside of me, but for the first time, I look within myself to see how I feel in each moment. Do I feel joy and aligned with my Higher Self, or do I feel sucked, drained, disconnected, and alienated from my Higher Self? The more I am aligned to how I feel, letting my feelings to be the catalyst to push me forward to a higher evolution of myself, the better life becomes."

The intention and desire of light beings is for us to accept that we need each other. For in spiritual reality, we are both working together for greater understanding and wisdom. Our light beings inspire us and hold us in light, while we on the physical plane have feelings and reactions which become part of our greater understanding. Higher Consciousness means going beyond the individual ego to accepting we are all part of the Source.

This transition gives people the opportunity to live on this playground, Earth, as it was originally intended to be. Rather than being a slave to the universal laws, people can now harmonize and live within them. Each individual person has the ability to connect to their respective energy field and their particular patterns. Julian taught us that God is a no-thing. Disharmony comes when our desires and actions are not in alignment with our inner being's vision for us to move in a new direction. Its encouragement is never a punishment. It is always a gentle nudge to move us into a new and higher direction. Now, we need to work together to repair the severe damages destroying Earth itself.

How does Julian fit in to help us into this new space in time? Well, Julian, a Seraphim in the angelic field, is here as a guide for all eternity. There are many souls, in body and disincarnate who have chosen to dedicate their lives to help other souls through their progressions. They are called teachers, and the level at which they do their work (kindergarten, elementary schools, and so on) is irrelevant. The point is that in this system, each energy is geared to help another from the Divine point of view. Julian is performing its function as you are performing your function. There is no hierarchy. Spirit is just in non-physical form, so you each have different experiences, but they are continually progressing and learning more, too. In universal time, there is no ending to creation and therefore it is a continual evolution with no specific end point or destination. Only continual growth

and evolution.

Non-judgement means there is no right or wrong in the universal field. There is experience through cause and effect. The results of how it feels to you and the choices you make from the experiences are your lessons. We all have free will.

Thank you, June and Julian, for sharing your wealth of knowledge with us. May it add to center our lights as we move through this new point in time of artificial intelligence, machines replacing humans, big corporations, viruses, and nuclear fear.

So, we hope this is helpful as you move through the shift in ages. May the source be with you and bring you peace. Amen.

To Julian

By Adele Lederman
California

**To be is its own justification.
Words from the spirit called Seth
To be filled with the glory of self
To be content with every breath**

**Oh to travel the path so lightly
Without the burden that's there
Of purpose and goal and reason
Without the worry and care.**

**To climb to the height of my being,
with joy is truly my prayer.
To heal and be with others
To love and be able to share.**

**I know that's the secret of living
The clue to the mystery
To be is its own justification,
and to love unconditionally.**

What If???

by Renee Salvatori
West Virginia

What if, today we gifted ourselves with that question?
What if?

It is an open-ended question with many possibilities. It can ask you to think outside the box of what we may have thought was one solid answer. It can shake up our belief system enough, to perhaps, give us a fresh look or to see something differently.

We all hold our own points-of-view on things, but “what if?” offers another perspective or another gift to entertain. The “what if?” can be looked at as just a little game, without judgment attached. Like a thought floating through our head — like the clouds floating in the sky. Just throwing the “what if?” out there helps us see what random shapes the cloud makes.

Think of those optical illusion pictures. You look at them one way and when you turn it, you see it completely different. You never would have seen it had you not taken another step to rotate it or soften your eyes. So now, you’re gifted with two visuals instead of just one.

Situations or problems in life can sometimes make us feel like there is only one solution or scenario. However, many are unwilling to play the “what if?” game. We may be so comfortable in our daily routine of thinking, living, doing, being, and having — or just the inner mechanics of cell memory — that it’s hard for us to fathom or see another way.

Not sure many still read or watch the news anymore, but let’s start there. What if you pick out one thing that you hear/read, and ask, “What if, this is not true?” “What if, I’ve been lied to?” “What if, there is more to this than I’m seeing/knowing/understanding?” Keep it simple and light. You’re only entertaining a thought here. Like entertaining a guest at your home. You’re only entertaining them for a little. The guest doesn’t take permanent residence with you.

Speaking of guests. How about this holiday season, as you’re visiting with family and friends, and those who have been influential to cementing in your beliefs, play the “what if” game there? Listen to the conversations or notice the things that trigger you, and then ask, (in your

mind only), “what if?” You do not need to offer words. Just kick it around silently.

Family and old friends encapsulate our most precious and deepest beliefs. They can also offer us moments of deep introspection. These people not only influence our intellect but also our feel-good receptors that equate familiarity and safety. They usually give us a safety net of like-minded souls and camaraderie. We may equate family members as the older and wiser ones, or the long-time friendships with unwavering endearment. So, to view their words or actions in a questionable way, may feel like treason to our core. But remember hierarchy and loyalty shouldn’t keep you from the quick little game in your mind.

There is a phrase that has been in my awareness lately. “cognitive dissonance.” It is when the pain of the now and knowing shuts us down to even consider another answer or way. The possibility of believing or understanding another belief or the need to change, is so scary to us, that we disconnect from a possibility (or new truth). Our body, mind, and soul cannot go there. So, we continue to stay in an outdated or boxed in mode.

Usually, when we are faced with a new truth, two things can happen. We can feel duped, lied to, abandoned, angry, or stupid for our lack of discernment; or, we can feel liberated, free, relaxed—our cells sighing with “I secretly knew that” or pumped up with newness. And sometimes the two things can play out at the same time.

Sometimes, it’s hard not to shut down and have cognitive dissonance. We may do it as a safety and protection mechanism. That is why the “What if?” game is non-threatening. We are only asking a question and placing no judgment to it, and there is no need to over analyze or over think. If it still feels very uncomfortable, we may need to let it settle and revisit it another time, but we can still allow that little uneasiness to linger.

We are all moving into many new changes that are happening on all levels on our planet today. So much is happening and we can feel shaken to our core. So much information thrown at us, and outdated structures change.

We are experiencing growing and birth pains. It can feel uncomfortable, and we may need to look at some things as if we are playing the, “what if?” game. So, keep moving, keep growing and adventuring, and keep staying open to possibilities and “what if’s?”

That may be the gift we give ourselves for this season.
Happiest of Holidays to you.

Winter Solstice Carol

*Now, at the dead end of the year,
The nights are long, the days are cold
We cry for help, but who will hear?
The sky is dumb, our gods are tired, tired and old.*

*Our world spins round its dying star,
Poisoned by folly, by fear, and greed;
And in our darkest hour of need
We dream sweet dreams, sweet dreams of rescue from afar.*

*But now the old year is reborn
The withered tree springs new and green
A baby's laughter greets the dawn
Today love's old miracle is seen.*

*Hodie Christus natus est
Hodie Salvator aparuit
Hodie in terra canunt angeli
Laetantur archangeli
Hodie exsultant justi
Gloria in excelsis Deo, Alleluia!*

*Today is Christ born
today the Savior has appeared
today the Angels sing
the Archangels rejoice
today the righteous rejoice, saying:
Glory to God in the highest. Alleluia!*

English lyrics by Gyles Swayne
Listen to a haunting setting of this poem by William Beckstrand:
<https://www.youtube.com/watch?v=M8HWbSwzXVs>

Mary's Christmas Story

from

5 Minutes with Jesus Imagination Theater Series

by Barbara Garro

I'm Mary, Jesus's mother and this is our Christmas Story. Since three, I have lived in the temple where I study and pray. Now, I am twelve, wed to Joseph, a carpenter in the Betrothal stage where we do not yet live together until Stage 2 when Joseph comes to take me into his home.

I am praying, waiting for Joseph, when the room suddenly lights up bright as the sun and an Angel appears. I am startled, scared, shaking.

Then, the Angel speaks in a soothing voice: "Fear not, Mary, for thou has found favor with God. And, behold, thou shall conceive in thy womb and bring forth a son and you shall call his name Jesus."

How shall this be, since I know not a man?

"The Holy Ghost shall come upon thee and the power of the Highest shall overshadow thee and the babe that shall be born of thee shall be called 'The Son of God.' And, behold, thy cousin, Elizabeth, she has also conceived a son in her old age and this is the sixth month with her who was called 'barren.' For with God, nothing shall be impossible."

Behold the handmaid of the Lord: be it done unto me according to thy word.

And the Angel and the light were gone.

Then Joseph came, saw my strange look, and asked what was wrong. I told him word for word of my meeting with the Angel and that I was now with child. Joseph said he would divorce me quietly and left. Shocked that he did not believe me, I ran crying to Abba and Ema hoping they would believe me.

I told them everything about the visits of the Angel and Joseph.

Abba and Ema wrapped me in their arms and Abba spoke. "Mary, like the son you now carry, you were also conceived through a miracle. For years, we were barren, so I prayed and fasted for 40 days and 40 nights and an Angel told me in a dream that we would have a child and she would be miraculously conceived. Now, as ac-

cording to the Scriptures, you have been chosen to be the virgin who would bear God's son."

But with no husband, I am pregnant in shame. What will become of me and God's son?

Ema said to me, "God has blessed our family. He will protect you as the mother of His son."

Abba then said, "We must now pray and fast and wait for God's answer."

The next morning, Joseph came and told us of his dream when an Angel came and told him everything I said was true. "Mary I have come to take you into my home."

Abba said, "Before you leave, let us all offer up prayers of thanksgiving to God."

Joseph allowed me to travel by caravan to Elizabeth and Zachary's in Ain Karim, southwest of Jerusalem. It took seven days.

I greeted them.

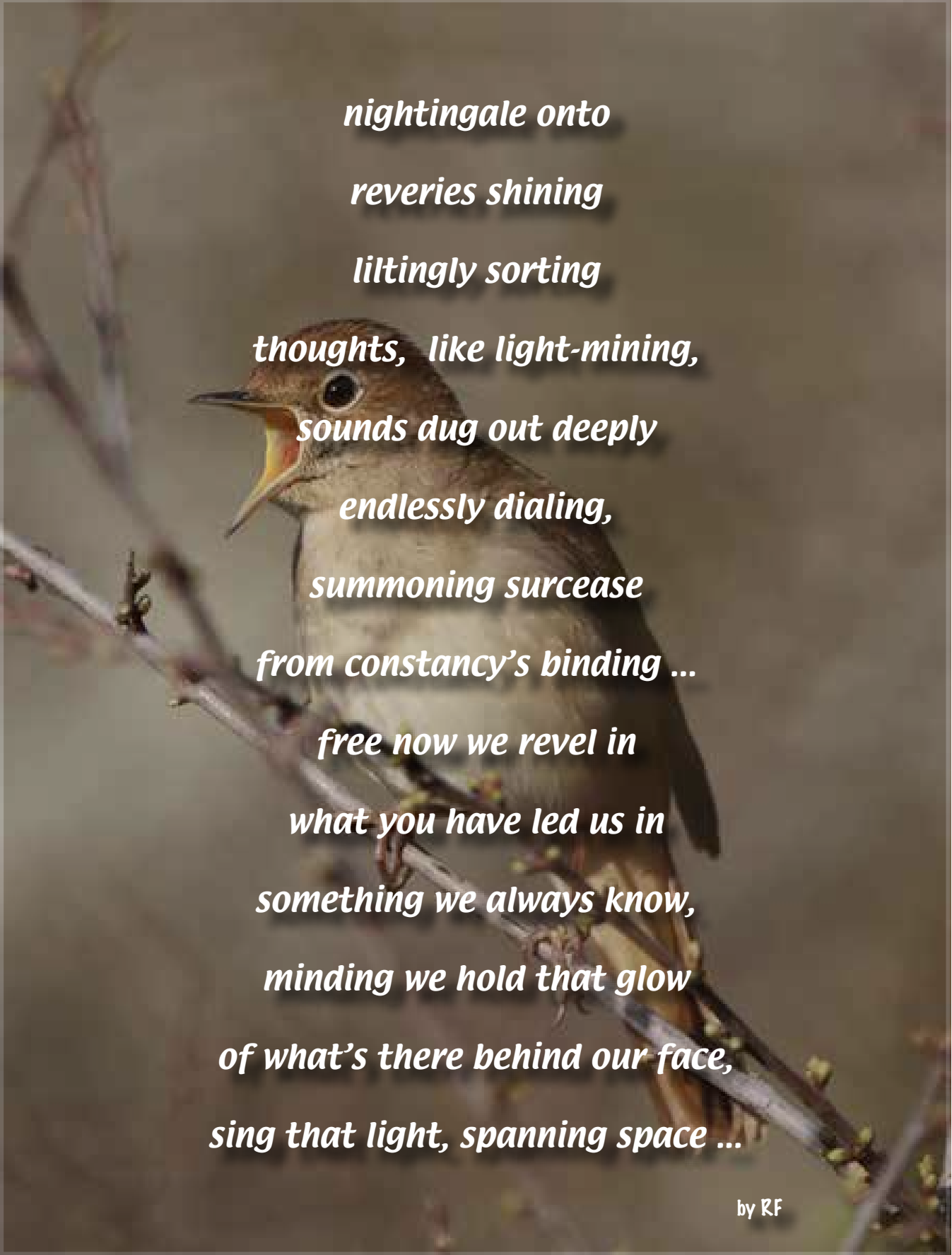
Elizabeth greeted me saying, "Blessed are you among women and blessed is the fruit of thy womb. And how is it that the mother of my Lord should come to me? For as soon as the voice of your greeting sounded in my ears, the babe leapt in my womb for joy!"

I stayed with them for three months before going back to Nazareth.

Then, a decree went out from Caesar Augustus that the whole world should be enrolled. So, Joseph and I traveled from Nazareth to Bethlehem, about 100 miles and 5 days travel.

I was near term, badly swollen, but there were no travelers' rooms, so we bedded down in the stable of a kind innkeeper. Because of my Immaculate Conception without blemish of Original Sin, I did not suffer pain bearing Jesus. I gave birth at 13 years old, fed my son and Joseph made us comfortable so we could rest.

From John 1:14(a): "And the Word became flesh and dwelt among us, full of grace and truth."

A close-up photograph of a nightingale perched on a thin, leafless branch. The bird is facing left, with its beak wide open in a song. Its plumage is a mix of brown, tan, and grey. The background is a soft, out-of-focus landscape with a warm, orange-hued sky, suggesting a sunset or sunrise. The text of the poem is overlaid on the image in a white, italicized serif font.

*nightingale onto
reveries shining
liltingly sorting
thoughts, like light-mining,
sounds dug out deeply
endlessly dialing,
summoning surcease
from constancy's binding ...
free now we revel in
what you have led us in
something we always know,
minding we hold that glow
of what's there behind our face,
sing that light, spanning space ...*

by RF

Saul's Corner

UNIVERSAL LAWS: THE LAW OF VIBRATION, 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

(continued from September 2021 issue)

This same connection is what creates telepathy, mental influence and other forms of action and power of the mind over mind. What you are casting off from your thought pattern becomes the power to reach somebody else who is in that wavelength and can have a telepathic realization. And sometimes it can be very mundane and at other times it can be very uplifting and at other times it can make you think "Where the heck did that come from!" This is telepathy at work. Vibratory rate is the medium on which telepathy works and creates the power of the mind into a force which can touch others.

Participant: *So, if you are picking up thoughts from somebody around you, you are at that same vibrational rate?*

Your vibratory rate is unconsciously raising or lowering to their rate, accordingly, for you to understand. That is why if panic is going on and everybody is upset about something and one calm person walks in the room and begins to talk calmly and rationally, the panic begins to subside, things begin to quiet down. Because this person is using the peaceful aspect of projection to instill in them less fear. It's not a negative thing. We have to choose what we want to feel and be imbued with.

Participant: *The higher you become in vibration, this allows you to pick up anything that is in that space, whether it is fear or happiness?*

Right. That is why lots of times people will have a panic moment until they say "Wait a minute. Let's look at what is real" because they are hitting a space and picking up somebody's panic and so they have to back up and look at it.

Participant: *So in essence as you lower your vibratory rate, you start manifesting physical symptoms.*

That's right. The lower vibration — remember, we have to have the lower vibration because we couldn't stand to live in the higher vibration 24 hours a day. But we can live in that higher vibration to the degree we can prop-

erly touch it and understand it. You are not permitted to use the vibration if you haven't got the energy or the desire to understand it. If you are not willing to give it something, it is not yours to use for free. In other words, you learn to understand where it can take you, you learn what it is going to bring so that you can make a difference in how you use it.

Participant: *I'm trying to understand what you are saying — if you lower the vibration, you would manifest physical symptoms?*

Remember something. When we are talking about moving up in consciousness, we are talking about a broader view. So, if you get caught in the panic syndrome, you can only see what your physical eye can see, which may be very scary at that moment. But if you can bring that energy up, you can see beyond the moment and see doorways and means to alter what is there and make it different.

They sound very profound and they are very profound, they sound almost "beyond our kin," as we would say. But in reality, if we would simplify instead of complicate them and really look at them, we would see that they are the way we live our lives. They are actually the way we live our lives. Some people permit themselves to be influenced by any idea that comes down the pike or led astray, they never really hold on to an energy of a thought of their own so they become like sheep. Other people will say "Wait a minute. I'm going to differentiate whether that idea is right for my energy package". They will become more selective and then be more able to shape and mold what is right for them. We do have to be selective.

One thing about this world, nothing is denied us. We have free will. Therefore, that which is not good for us and that which is good for us are both allowed us. We need to learn to differentiate and decide what we are going to permit to be a part of us. There is always a fork in the road to go in either direction because of Polarity. Polarity exists in everything that was ever created.

The truth of the matter is, he who understands the Principal of Vibration has grasped the scepter of power. He now can rule. He can rule his world by altering his vibrations, by moving up or down, and by having a better understanding up or down.

I can remember when my son, Billy was a little boy. He had only one reason for learning to read. He wanted to be able to read the instructions to put together his models. "When I can read, I can do that". That was his sole impetus. And it got him to read and it did put his models together. He gave power and force to the vague idea between model building and reading. And so he did it. He didn't realize he was using his own power to create the desire and the impetus to read. Now we have trouble getting his nose out of a book! (laughs)

Participant: *Earlier you said the reason this chair was a chair is because of it's vibration. Would it be possible to either physically or mentally, elevate the vibration of that chair so it is no longer a chair?*

Absolutely. However, you have to go back and listen to what you just said. Either mentally or physically — there can be no separation. It is done mentally. Mind over matter. Now there is sneaky little small print in there that says, "You have to believe it can be." You do not release your power to something you don't believe. Your power won't work if you don't have a belief in what you are sending out. Remember we talked about molecular structure coming together? Well the chair is a bunch of molecular structures. By altering the cells of that molecular structure, you begin to dissolve the solid substance of the chair.

Participant: *Is that how you go through a wall?*

Yes. You alter your molecular structure to match the structure of the wall which permits you to walk through. Get a lot of bumps on the forehead until you learn! (laughs) Yes, it is the same principal.

Always keep in mind that the higher the consciousness, the more clarity you have and the broader the spectrum. In other words, we, in our physical self have limitations that say "We cannot walk through a wall. That wall is solid and I am solid so there is no way I can walk through that wall". But if you go above the limitations of the physical plane, the plane of matter, you move up in to the realization that there are no boundaries in the higher consciousness. Every miracle that was ever created, the creator of that miracle was in the higher con-

sciousness. The great beyond. They no longer looked on things as limited but saw what could be and what could become through the belief and the power to let it. This is how healers work. They believe in the power and the presence of this divine force moving through them. If you go back and look at any miracle that happened, you will see this structure working (energy levels on board listing The All through the Astral Plane), working with a person who has been willing to work in that power.

Participant: *If you have a real strong belief, can you move up and down that scale anytime you want?*

That's right. Astral projection is the belief in this field that says "I can touch something outside myself. I can move out of my physical plane and into that plane and still exist in this plane."

Participant: *So, belief is the path.*

Yes. To believe it's possible and not beyond what is meant for you to be able to experience in this world. The Creator, God, what ever you call him, that Power wants you to use your full power. If you listen to most any teaching, it says you are made in the image and likeness of God, of the Creator. And that means in vibratory rate and energy. It does not mean by your eye color or how many arms and how many feet you have. You are made in the image and likeness of the raw source of all creation. Which means you have the same power in you to manifest and create as that power had to create you. He wasn't kidding! He meant it. And when the Master Teacher Jesus told us, "All this and more can you do" and shall you do. He meant it, he wasn't kidding either. He who believes in limitation and limitation within himself cannot understand that or move with it or use it. We have to believe in what was given to us, given to us with great joy and as a great gift. It would be as if someone gave you the greatest gift in the world and because you don't want to learn or read the directions, you don't use it.

More and more in this coming age, in this time of elevation of energy, the entire universe is elevating it's vibration. So there is greater understanding of everything in the universe. We are learning that it is a tool given to us to be used and if we are willing to use it, we can manifest very beautifully in our world.

Participant: *When you talk about the 4th dimension, where does it start on your list?*

The 4th dimension begins as you move through the Astral Plane. The Astral is quite touchable by us. That is why we can go out and walk in it. That's why we can meet people from above in it, this kind of thing. Once we get beyond the Astral, we can't touch it in the same way — at least we don't think we can. We are quite sure of the Astral, we know that if we do it right we can touch the next plane. Beyond that, we don't quite trust yet. The 4th dimension is that which takes you out of linear time. We are beginning to work with the energies of the 4th dimension now, in this year and through the next two years. The perimeters will begin to fall away. We will feel we can do more than we did before. We can move beyond limitation in a quicker manner, because we are beginning to trust that just because we cannot see it, doesn't mean it's bad.

Participant: *Dream state would be between Astral and Ether?*

Yes. Have you ever been mad about something and sat down and talked yourself out of it? What you are doing is elevating your consciousness so you can have a better view of what really happened and can stop blaming the other guy and start taking your own responsibility for it. Then you can say "Oh well" and move on to other things.

Participant: *When you talk about the 4th dimensions, what are they?*

The 4th dimension is the movement outside the three dimensional qualities. In three dimensions you have your length, your width, and height. When you move beyond those qualities you are moving into the 4th dimension.

Participant: *How does time fit into this?*

Time moves with the energy and vibration of a dimension. Remember the classes when Julian talked about peripheral time rather than linear time? And he talked about peripheral vision, a different kind of seeing? Seeing with the inner self more than the outer self? That is moving in to the 4th dimension, where we can see beyond what we would see with our physical eye. Understand that time is not always linear when it moves into another dimension.

Participant: *So, when you move into the 4th dimension, you lose what we would consider "space."*

You lose space as you have conceived it and begin to see it in its limitless space. Because even with our limitless space that we think we know all about, we have limita-

tions on it. We say "Well, you can go this far and you can't go any further" but when you move out of the 3rd dimension and into the 4th, you begin to see that those limitations aren't there. There is literally nothing you cannot accomplish if you believe and direct yourself and share the responsibility; because we are responsible for our own actions. If we are willing to do that, we can accomplish a great deal.

We have a power right now to bring peace to this world. And every time you read the newspaper that says how this louse bombed that louse and how this louse did this to that person, "Lousy people", "terrible, terrible" and moan and groan. Rise above the physical situation and look at the other dimensions of it and you can bring peace in. As long as you see it as "who did what to who," you are in a war zone in yourself — good guy, bad guy — this kind of thing. When you rise about the dimension to higher understanding, you can bring peace to both parties and stop seeing the war aspect and start seeing the peace aspect.

Participant: *Does that go for people that are having arguments, too?*

Absolutely. Remember, we respond to things in our physical, three-dimensional world by our emotions and how we feel. If you had a bad day at work and go home, and the first time someone else says something, you might take their head off. You aren't really angry with them, you are angry at the space you came from and have not had enough time to alter your vibration from leaving one space and moving into another. My advice to everyone of you, when you come home from work, take five minutes to do nothing. Or, if you have a long trip home, put on some good music or sing gently to your self and relax from the day that you have been in. Otherwise you take that volatile stuff and bring it into another space, which then begins to impregnate that space and the next thing you know, everybody is in that space and now we are off to World War III.

We have to remind ourselves sometimes that [we are] quite unaware that we are doing it. We do permit ourselves to slip into angry spaces and spaces that cause us pain. Sometimes we have to stop ourselves and ask, "What can I do to be different about it?" And one of the things you can do is give yourself time to break the energy between spaces, between your work and your home.

(to be continued in March 2022)

A Meditation

By Adele Lederman
California

Take your pen and write this down:

Reality from thoughts are grown.

**If you would make tomorrow well,
Make your thoughts clear as a bell.**

**Whatever your tomorrow will be,
comes from today's reality.**

**If the world you would heal,
then love and light you must feel.**

**Your thoughts do not come from above,
and sadly not always full of love.**

There is no other origin

Plain and simply they're from within.

Guard each thought for they have power.

Plan your thinking hour by hour.

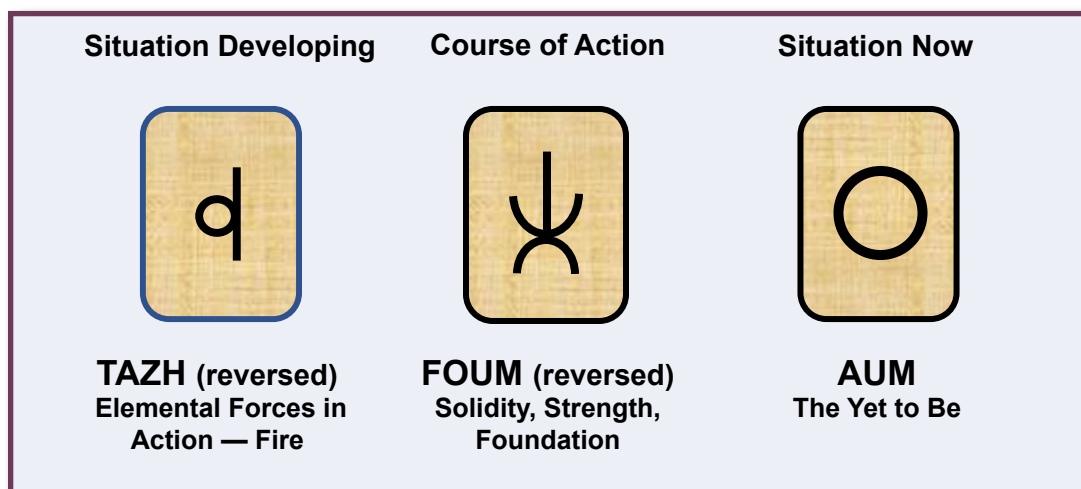
Think of you in terms of health.

Far richer you'll be then money's wealth

**Like a garden, keep thoughts well tended,
and so for now this lessons ended.**

A Season of Runes

by David and Shesta Ross
California



Question: From the perspective of the Universal Runes, what are the energies of the winter season from the December Solstice to the March Equinox?

This is a nuanced and multi-layered reading. Reversible runes always contain both sides, or the potential of their opposite orientation. Julian stated that to change a reversed “situation developing” rune to upright, change the reversed “course of action” rune to upright.

AUM or “The Yet To Be” speaks of movement in the void and unseen forces at work. This epitomizes the winter solstice energies, and the shift to introspection in the winter. The results of this introspection are not immediately obvious—not yet to be seen. “Divine power rules, and time will reveal its plan.” The three months of winter give us the time to have the divine plan reveal itself within.

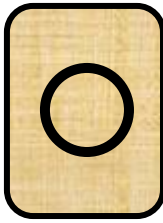
FOUM or “Solidity, Strength, Foundation”, is reversed, indicating an “Improper Plan.” By attending to the guidance in this position we can access its upright powers. The reversed position speaks of the (current) direction being out of rhythm with the energies in operation (the energies of the universe)—of “faulty vision in direction”. It advises that action may be needed in order to redirect a plan. The action needed in the winter is introspection.

One of Julian’s “Eleven Commandments of the New Age” states to “weigh values and set priorities”. The process of weighing what we truly value is part of introspec-

tion. The priorities we set, best come from being honest about what really matters to each of us.

TAZH or “Elemental Forces in Action, Fire”, is also reversed, indicating “Inaction, Spiritual Lock”. In this position it “indicates a need to re-evaluate the inner attitudes . . . forces of spirit in absence or veiled”. In this context, we intuit that this re-evaluation pertains to overcoming resistance to the “redirected plan” that should come from following the guidance of FOUM reversed. Being honest about what really matters to each of us is difficult, and stirs up fears and doubts—what Sam Holland has termed the “ya-buts.” Ya-but I can’t do it now. Ya-but I won’t make any money. Ya-but my mom or dad (or inner mom or dad) won’t like it. Whatever! There are always possible “ya-buts”, as our old ways clamor to remain. The old may even have been great, and yet living in the past is a dead end. “In the life of the spirit, we are always at the beginning.”—Ralph Blum.

AUM is movement in the void. FOUM reversed called for action to redirect a plan—and determined and fearless, open introspection is action within. Setting FOUM upright, we can set TAZH upright, Elemental Forces in Action, Fire. “To the individual it represents the inner fire of the spirit, the creative being within, and the ability to communicate.” The resolve to honestly introspect, to weigh our values and set priorities, and to overcome the “ya-buts” would be our greatest gift to ourselves—and to the universe—in preparation for spring.

AUM (OhUm): The Yet to Be

Glyph: The symbol itself is that of a circle.

The Universal Rune AUM represents the yet to be. This circle represents the energies yet unfolding, the movement in the void. This Key Rune indicates changes that are in movement only in the ether and not yet to be seen. Divine power rules and time will reveal its plan.

Reversed: There is no reversed position of this rune.

FOUM (Um, as in hum) Solidity, Strength, Foundation

Glyph: Man receptive both to the earth and to the ether. Thus, the strength of balance is achieved. The two crescents joined represent a desire, or an ability, to be receptive. The straight line represents man supporting these abilities within himself. Thus, the crescents of receptivity are within man's ability to receive.

Universally: FOUM represents the underlying strength and structure of the universe, the Divine Forces that direct the rhythm of the flow of all things. It indicates secure energy and solid foundation.

Individually: Where FOUM appears in the spread, it denotes direction and purpose within. Used well it can create tremendous ability to bring a successful conclusion to that which is already planned.

Reversed: It is an improper plan. A reverse placement of FOUM denotes an improper base or faulty vision in direction. The direction and energies in operation are not in rhythm with each other. Action may be needed in order to redirect a plan.

TAZH (AZ): Elemental Forces in Action — Fire

Glyph: The loop which binds man and Spirit together.

Universally: This is the Universal Rune of Spirit. It also represents the cosmic fires of creativity and the physical flame and electric forces of the universe. It represents the loop that binds man and Spirit together — the "tie that binds," so to speak.

Individually: Where TAZH appears in the spread, there is excitement and elation toward the project. To the individual, it represents the inner fire of the Spirit, the creative being within, and the ability to communicate.

Reversed: It is inaction, a spiritual lock. This rune in reversed position indicates a need to re-evaluate the inner attitudes. It indicates forces of spirit in absence, or veiled, either not attuned to or in an improper time period.



Classes Open to Join

Sam & Temier Offerings

New! Full Moon Gatherings

Join Sam and Temier in celebrating each full moon in 2022.

The ancients used the full moon to create a movement with new activity and a different perspective. They used the energies to gain a different focus that enabled more graceful changes.

In these 12 meetings, Temier will celebrate each full moon by employing the intentions of the ancients, but expanding upon them to make the celebration even more useful in today's world.

The cost for each meeting is \$15 or \$150 for all 12 meetings. The first three meeting are:

January 17, 2022, The Wolf Moon
February 16, 2022, The Snow Moon
March 18, 2022, The Worm Moon

Find out more and register at:

<https://www.temier.com/Moon%20Celebrations.html>

Healing Gatherings

The Healing Gatherings are given on Sundays every other week. The Healing Gatherings are *free* and are given over the web so that they are available all over the world. They are very powerful and include both individual and world healing. Sign up at <http://www.temier.com/HealingGatherings.html>

Pathways

The Pathways classes are a series of meetings designed to be short drop-in gatherings where specific topics are

covered. The meetings help us 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>

Other Classes

New classes and gatherings on many topics are always in process. In order to get notifications about all of Temier and Sam's events, sign up for our newsletter at: <http://www.temier.com/Contact.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 are available in hardcopy or electronic forms. 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
- Humanities Purpose
- Graceful Freedom

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

There is always more to explore at <http://www.temier.com>.

Classes with Andrea Smith, EdD

Mystical Magus Classes

A new section of Julian's Mystical Magus studies started Saturday, October 23, 2021 using the distance education format, Zoom. Admission into the class is still possible for qualified students. The Mystical Magus classes were initially private readings that Julian provided to Samuel Holland over 16 years. Prerequisites include 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. The class meets the fourth Saturday of each month at 11 AM Pacific time.

A Personal Divination Tool Using Playing Cards

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

Classes meet the fourth Tuesday of each month at 11 AM Pacific time using Zoom as the distance learning format. The cost is \$15 per class, payable through PayPal, and includes an audio recording. Admission into the class requires pre-approval.

Transition Energy (TE)

Transition Energy 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 total of 41 levels in which each meditation builds upon the last one, effectively raising the frequency of the energies with each meditation within each class.

Andrea is the only Certified TE teacher currently offering this course of study and the first to offer TE in a remote format. The three ongoing sections are closed to new students with the exception of students of TE who would like to review the material.

New students will be accepted into a fourth section, which is projected to begin in 2022 utilizing Zoom.

If you would like more information about any of these classes, please contact Andrea, as indicated below:

andreamith77@comcast.net
drandreamith77@gmail.com
(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.



About the Ring of Light

The Ring of Light is a quarterly publication serving the Julian Community. This newsletter is a tool to connect our community. *It is your tool to share and use ideas, activities, and creative works.* Thanks to the many writers and editors who contribute their words and ideas to this publication.

Our Next Issue

Submission Deadline: 3/5/2022

Send electronic submissions to:

ringoflight@julianteachings.com

Contact Us

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

ringoflight@julianteachings.com

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