



A Newsletter for the Members of the Julian Community

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The energies in our world are still quite strange right now, aren't they? We are trying to "return to normal," but the COVID pandemic is still "getting in the way." And what is this about Monkey Pox? We are striving to live in peace, but the constant images of what is going on in the Ukraine and other locations makes us feel hopeless. Then, there are the constant political battles taking place all over the world. As we seek to understand what the strife is about, none of it makes much sense.

Aca'u's message for us this June is so potent. Yes, there is a lot of discord and life doesn't appear to be going all that well, but it isn't time to give up. We are collectively giving birth to a new age and it is painful. We just have to hang in there and realize that every act of kindness, every smile directed at a friend or stranger, and every act that supports peace makes a difference.

"Yours is the world of action. You are the do-ers. We can assist, but you have taken on the task of manifesting in the physical world. The Divine is at the core of your being; always there to call upon and bring forward." Aca'u tells us. Let's manifest the world we really want.

This issue of the ROL has several wonderful submissions. Regan Friend shares another one of her thought-provoking poems. Michel Post shares a humorous story about trying to explain his spiritual practice to a hotel worker. Saul sends us Part 1 of a Julian workshop on the Law of Rhythm. The discussion is so pertinent to our situation right now.

We wish you a delightful summer. Don't forget to sign up for the 24th Gathering. We hope to see you either in-person in Santa Cruz or online.

— *Blessings Jan Clayton and Nancy Walton*

**"You have a choice every day of  
what you will do and  
how you will think.**

**As a co-creator with the Divine,  
you create your world.**

**I tell you again, don't despair.  
Light and love are always  
the more powerful.  
Always. ...**

**Every day, choose kindness."**

— **Aca'u Summer Solstice Message**

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# This Season's Astrology

by Jessica Nelson  
Michigan

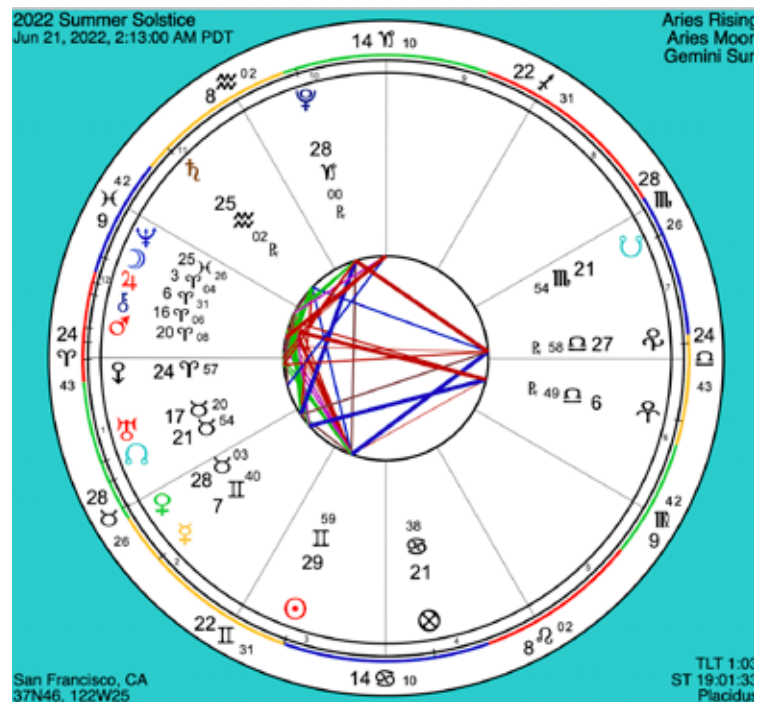
We enter the summer Solstice period on June 21st with the Sun entering Cancer. Our families and emotions have the light shining on them, bringing their importance to the forefront of our lives. Pluto and Saturn are currently in retrograde giving way for a change in perspective with regards to what the planets rule and the signs they are in. Pluto, still holding its position in Capricorn, allowing us to see the power of corruption so that it can be transformed. Pluto is giving us a glimpse into the shadowy rule of our authoritative agencies. Will we let their powers take control over us? Or will we become wise to the games of deception and shine a light on what has been hidden. As the world seems to be falling apart around us, it can only mean that Pluto has an eventual transition to a new way of life. It will be up to us as a collective unit, whether that new power is used for good or evil.

Saturn in the sign of Aquarius is teaching us a lesson in unification, and the power of non-conformity. Humanity's perversions and far reach for total control of our lives is ever more present, but with Saturn and Pluto we have a window of opportunity to change it.

Venus enters Gemini on the 22nd joining Mercury in the sign of information. With Mercury making a sextile to Jupiter in Aries, our thinking is elevated. Independence will be craved and the pursuit for information will increase. On June 28th Neptune goes retrograde in Pisces. Our strong intuitions may take a back seat as we begin to question the truths around us. With Neptune making a sextile to Pluto there is an opportunity for us to go deeper, where we may find just what we need to elevate and nourish our souls. There is a new moon in Cancer on June 28th. Our emotional awareness will be brought to our home and family, we may want to spend more time reconnecting with loved ones.

On July 5th Mars enters Taurus, Mercury enters Cancer, and the Moon enters the sign of Libra. Mars will bring a newfound energy to the sign of hard work and values. We have been a society of consumerism for so long that Mars may be just what we need to give us the drive to reevaluate our relationship to the material world around us. Mercury in Cancer will give our thoughts an emotional flair, helping us to practice our empathy skills. We will experience a full moon in Capricorn on the 13th, just a few degrees away from Pluto. Emotions can run

high with a full moon, but being in the sign of Capricorn, it should give us the emotional drive to set forth new plans to help with any restructuring we need to do in our lives. Venus will trine Saturn on the 13th and Square Neptune on the 14th. The Venus/Saturn trine in air signs may bring sudden revelations or new information that we may have missed before. The Venus/Neptune square may bring confusion or deep emotions related to love and money affairs. On July 17th Mercury makes a trine to Neptune in Pisces. This should help our intuition decipher all the information coming at us. If we remain compassionate and set our ego aside, we have the opportunity to enhance our awareness of



ourselves and the people around us. On July 18th Venus enters Cancer and Mercury opposes Pluto in Capricorn. Our love of family and all things held near and dear to our heart are increased with Venus in the sign of home and family. Our process of information is going through an emotional filter with Mercury in Cancer. And with the opposition to Pluto in Capricorn, we may feel an outside source is trying to control what we think. Don't give in to the illusion. You are very much in control of your thoughts and emotions, only if you allow yourself to be controlled does the opposition gain momentum!

On July 23rd, Mercury in Leo will trine Jupiter in Aries and the Sun will enter the sign of Leo. We will be ex-

pressing more optimism as we want to become the leaders of our own lives. Both being in fire signs, our drive and ambition will be enhanced. The focus will be on the strength of the individual and the leader within us all.

On July 28th Jupiter goes retrograde in the cardinal sign of Aries, and the Moon will be conjunct the Sun in Leo making a square to Uranus in Taurus. Our individual growth is important for our collective growth. Our emotions may be strong and fixed, especially if we let the square to Uranus cause us tension. Then, on August 1st, Mars conjuncts Uranus in Taurus giving energy to the already volatile economy. We have already felt Uranus' influence, with the rise in the price of goods and services and the constant changes within the economy. Mars will add another powerful force. This may be the straw that breaks the camels back as the bubble is about to burst. Remember, Uranus' influence through Taurus is not meant to cause hardship, but rather freedom from the chains we have voluntarily allowed ourselves to be in. Making money and acquiring goods has been the drive behind our hard work and ambition for years. But to move ahead, our values will need to be altered. If we are to move into a new age of living, the current structures will become intolerable. Through this unbearable weight we will find new strength to ignite a fire inside ourselves to regain our forgotten powers.

Venus will make a sextile to the Uranus/Mars conjunction on the 2nd, hopefully easing the intense energy thrust upon us. On August 7th, Venus will trine Neptune, improving our intuition and our relationships. Mars in Taurus will be squaring Saturn in Aquarius that day as well. Our goals will most likely face resistance. This may result in frustrations if not properly expressed. On August 9th Venus will oppose Pluto. Our love for family will be strong and you may feel very protective at this time.

On August 11th, Mars sextiles Neptune, giving us favorable energy to increase our awareness and heighten our intuition. On August 14th the Sun will be opposite Saturn, Mars will trine Pluto, and the Moon will trine Venus. Our will and determination will be strong, and we will know what is needed for the advancement of mankind to reach a better place. But we may experience some push back from those in higher positions than our own. Our realization of our equalness with all people will become stronger, making demands from authority harder to bare. On August 16th Mercury will trine Uranus, giving us fresh, innovative ideas. Being in earth signs, we should be able to construct those ideas and see

them come to fruition! August 22nd brings a trine between Mercury and Pluto, allowing our thoughts to go deeper and giving us new insight into the darkness that lies beneath the surface. On August 24th Uranus goes retrograde. Being the planet of revolution and rebellion, the way we make money and obtain goods may be drastically altered. This retrograde will give us more time to come to grips with the changes that will need to happen moving forward.

Venus will be opposite Saturn on August 28th with the Moon opposite Neptune, and trine Pluto. Our relationships and money matters will come into focus. Given the opportunity to tune into our emotions on a deeper level will create better awareness of not only ourselves, but the world around us as well. We enter September with Jupiter, Saturn, Uranus, Neptune and Pluto in retrograde! With Mercury being added to the mix on the 10th, it's bound to be a whirlwind of a month. We need to take a step back and gain new perspectives. Our collective lives are being shaken. Mars will sextile Jupiter on the first, while the Moon opposes Uranus and squares Saturn. We can use the energy of Mars to gain some headway, our spirits are high, and our ambition is strong. Our emotions may feel intense and scattered.

Mercury takes opposition to Jupiter on the 2nd, and with Mercury retrograde on the 10th, our thoughts and expressions become a centralized focus that is essential for our growth in consciousness. The acceleration of manifestation is happening, so watch your thoughts and who and what you give your attention to. There will be a full Moon on September 10th that opposes the Sun in Virgo. This is about finding a balance between the routine of daily life and healthy body, while also nourishing that connection with our spiritual body as well. With the moon making a sextile to Uranus, we will be able to handle the shake ups that Uranus is bringing. On September 16th the Moon conjuncts Mars, makes a sextile to Jupiter, and a trine to Mercury! Emotions will be strong, and the energy can be put to good use! On September 20th Venus in Virgo makes a trine to Uranus in Taurus. New ideas and insights into the way we get goods and services will be popping up. On September 21st we end summer with the Moon in Leo, with favorable positions to Jupiter and Mars. Our leadership and faith in ourselves is strong! We want to be seen and heard, and we won't stop until we are. Our journey to the light is never an easy road. We will come up against our own demons along the way, but as long as we persevere, and keep our faith strong, there is no doubt that fulfillment awaits us all.

# Ghostbusters

by Michel Post  
The Netherlands

It's 2:33 when I open my eyes.

We are attending a workshop by Sam and Anne Claire in Zeeland and took our dogs Amia and Navajo with us on this trip. For our own peace of mind, we let the dogs sleep in our car.

While I'm in bed I get an image of a Navajo peeing. His bladder is getting weaker. Sometimes he can sleep through the night, but sometimes he can't hold it. Should I go out and let him pee, or do I trust he can hold out until morning?

The picture is clear in my head though, so I will be kind and give him a nighttime walk.

Now that I'm awake I might as well "go to work".

In the lobby of the hotel I meet a friendly smiling receptionist. "You can't sleep?" is her question.

"Yeah, but it's time to do some work."

"What?"

"Sorry, I forgot you don't speak Dutch. I'm going to work some. Do you have a table where I can work at. Just some writing. You can cut the lights if you need to. My laptop has a light of its own."

"Is it for a small period of time or for hours?" she asks.

"I have no idea, but I suspect some hours. It is possible that I sit over there?" I say, pointing to a table by the window.

"Of course. But what is your work that you have to do it at night?"

"I'm going to write something. It's about metaphysical experiences."

Two pairs of glassy eyes look at me. "Huh. What does that mean?"

"Well... you know. You have the physical world you see around you. And there is a world you cannot see with your physical eyes. The world above this one, so to speak" and I point to the ceiling of the restaurant.

She still looks at me questioningly, but then a light starts to burn.

"You mean paranormal?"

"Yes. paranormal." It's not quite the way I would describe it, myself. I have certain associations with this word that don't do justice to the work that I do; however, I understand this matches her frame of reference.

"Can you talk to dead people?" she asks.

As I respond affirmatively to this, she becomes a little more enthusiastic.

She continues, "Have you had some personal experiences with that?"

"Well... yes I do. When my grandfather passed away, he started haunting my grandmother because she wanted him to do so. We were able to have some conversations together. It also helped my grandmother to accept the situation and realize that she was not crazy and that he was really there.

My wife and I also clean haunted houses to help the trapped souls go into the light where they belong." I continue.

I see respect in her eyes, but also a bit of disbelief. Apparently, she knows something about it, but she has no experience of her own. It's just the things she hears and sees on television. For the rest, she clearly doesn't understand what I'm talking about and I also notice that it makes no sense to explain it to her.

"Not the right time" goes through my head.

As I sit down at a table, I realize what I want to write down first. I doubt she'll ever find out that our short nighttime conversation was written down, but clearly we all have our own frame of reference. The word "metaphysical" is apparently not as common as I think.

"Ghostbusters" plays on the radio and a big smile appears on my face. "How appropriate."

It's time for me to go back to bed.

Tomorrow will be another intensive day, and I need my rest.

*Michel Post / ORIO architects*

*Chairman of the Association of Integral Bio-Logical Architecture (VIBA)*



SUMMER, summer of gems,  
and that One Diadem, sung grace, by that seminal Master  
(who in germinal silence heard Thee and laved us in the Sound...)

... all doubts, debts, dictates \_\_\_\_ dumbed down, gummed up ...

lydian sylph, his linden, our lintel ... summertree:

f . ir

g .. inko

a ... she

b .... irch

c ..... edar

d ..... ogwood

e ..... lm

Yes it blooms,  
even in each little cleft it grooms,  
even though it branches out in many rooms,  
once around we see that Sounded Jewel is all-surrounding ...

svelte, like willowy, billowing waves of light,  
coming in rings, redounding upon us ...

We hail Thee Summertime,  
Hovering over scapes sublime,  
And feel Thy Love Divine,  
Sharing sacred Healing ... our Thanks are Thine.

— RF.



Villa Maria Del Mar, Santa Cruz, CA

Friday, September 23, 2022 – Sunday, September 25, 2022



The 24th Gathering of Light will be a hybrid virtual and in-person event. The beautiful retreat center Villa Maria Del Mar in Santa Cruz, California will be the site of the in-person event. All presentations will be live-streamed, and the team will endeavor to publish all recordings on YouTube within 24 hours of each presentation accessible only to those who have signed up for the event.

We chose the theme, *Here Comes the Sun*, to match the uplift of energy that we will experience during the 2022 Fall equinox. A grand trine in Air involving the Sun, Mercury, Venus, Uranus, and Pluto should provide us with an increased sense of joy and abundance. Heaven knows we are all looking forward to a less heavy energetic experience after the last several years.

The California Julian community warmly welcomes all to attend this celebration of community. Let us come together to renew and revitalize our friendship after 3 years of being apart.

<b>Cost:</b>	\$410	Single-occupancy room
	\$310	Double-occupancy room
	\$90	Day-only participation (includes lunch)
	\$20	Virtual participation (suggested)

In-person amenities include Friday dinner, 3 meals on Saturday, and 2 meals on Sunday. In-person participants will also have access to additional activities.

**Deposit:** \$150 per person per room deposit; required with your registration by July 15, 2022.

**Balance Due:** August 1, 2022.

For in-person participation, fill out the registration form on the next page and mail it with your deposit, or sign up online at the link below and pay via PayPal:

[julianteachings.com/gathering/24th-gathering-of-light/](http://julianteachings.com/gathering/24th-gathering-of-light/)

If you have any questions, contact Larry Scheer at 408-781-1457, [larry@tarotxs.com](mailto:larry@tarotxs.com)

# 24th Julian Gathering of Light

## In-Person Registration Form

Villa Maria Del Mar, Santa Cruz, CA  
Friday, September 23, 2022 – Sunday, September 25, 2022

Name:	_____
Address:	_____
	_____
Phone:	_____
Email:	_____

### Workshop & Accommodation Options

#### Desired Room Occupancy:

- |   |             |       |
|---|-------------|-------|
| <input type="radio"/> Single Occupancy (\$410 per person)                       | # of People | _____ |
| <input type="radio"/> Double Occupancy (\$310 per person)                       | # of People | _____ |
| <input type="radio"/> Daytime-only Participation Fee (\$90 for entire workshop) |             |       |

Preferred Roommate: \_\_\_\_\_

#### Desired Room & Bed Configuration:

- ☐ Two twin beds (nearly all rooms)
 ☐ Prefer one double (not queen) bed, limited availability!
- ☐ ADA-compliant room and access required

**Note:** No pets allowed. Certified service animals may be permitted with prior authorization from the Villa. Guests must be 21 years of age or older.

### Deposit Due July 15, 2022 (the venue has extended our original deadline)

With Accommodations: \$150 per person	X # of People	_____
Daytime Participation: \$30 per person	X # of People	_____

**Balance of Payment Due August 1, 2022**

**Total Amount of Deposit** \_\_\_\_\_

### To Register

Please mail this completed registration form along with your payment by check made payable to **L. Scheer**. If you prefer to pay via PayPal, please [go to this URL](#) for instructions or contact Larry.

#### Mail form and check to:

Larry Scheer  
643 Dorothy Ave  
San Jose, CA 95125-5727

#### Questions? Contact either:

Larry Scheer at [larry@tarotxs.com](mailto:larry@tarotxs.com) 408-781-1457  
Linda Scheer at [linda@ls-xs.com](mailto:linda@ls-xs.com)

# Saul's Corner

## UNIVERSAL LAWS: THE LAW OF RHYTHM, 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

This evening we are looking at the Law of Rhythm. Everything in the universe has a rhythm and that flow cannot cease to operate. But how it effects us can be altered. By rising above the swing we can permit ourselves to not be effected by it.

Everything flows out and in and has it's tides. When we breathe, we breathe out and in or in and out. The breath has it's tide, it has it's rhythm. The pendulum that swings in anything that is manifested swings from the left to the right, and the right to the left — in equal distance — because rhythm creates it's own opposite. The degree that you put forth in one direction is the degree that will be felt in the other direction. In other words, the degree you climb on the ladder equals the degree of the fall off the ladder. So it is always equal in what it creates.

Very often we hear in the world the remark, "The pendulum swung too far," and that means out of balance and balance has to be brought back to it. So we work at bringing back the balance.

Every one of the Laws that you have learned functions under the Law of Mentalism, because mind is all. Mind creates Correspondence, it creates Vibration, mind creates Polarity and Rhythm — the Cause and Effect, and the Law of Gender — which we haven't gotten to yet. Remember that all of these Laws are under the Law of the Mind. Of course, the mind is not just the brain. It is how you think about things and from what level within the Law you are in, what level that you are looking at from.

We all know that in meditation we raise our consciousness. It helps us see things differently. A good example of that is when you were humming the song at the retreat. The Vibration of that song — one of the laws — was creating a change within you and how you saw things and how you thought. These laws are functioning every moment of your life, not matter where you are, no matter what you are doing. They are not something "pie in the sky" out here, they are what we function under from universal creation.

The statement is "rhythm compensates" and what they mean by that is, the swing in one direction will be com-

pensated by the swing in the other direction. The two poles are balanced in the degree of the swing. As we go on this evening, we will understand that compensating a little bit more.

In everything that is manifested there is a measured motion. And that motion is the vibration, which is it's identity and it's rhythm — which is it's action and movement within the vibration. If we want to look at your own rhythm, ask yourself, "Am I a morning person or a night person?" If you are a morning person you are functioning in one rhythm, if you are a night person you are functioning in it's opposite. Neither of them are bad, it's just the particular rhythm that goes with your vibration, which is your identity that helps you understand how you function and what you do. So, all of it working together weaves you — weaves who you are and helps you to become more.

You can think of every combination — forward/backward, inflow/output — these are all polarity rhythms, the rhythms of the universe. The purpose of the rhythm is so that you have a motion and a movement that permits you to make change. If you are getting angry about something and you are in a very angry position, you know that the only way to get out of that is to think about some un-angry things. You need to think about something that will compensate for the imbalance of the anger, that will bring it back into some form of balance. When the polarity of rhythm is balanced, you can handle anything. You literally neutralize the anger by bringing in it's opposite pole.

That's how we function. Whether we realize it or not, we are doing it every moment of our lives, every day no matter where we are. We are dealing with what is happening to us, we are trying to bring the balance so that we can see in both directions. And that is where you want to be, in that balance point.

As you work with these, you will understand that all of these are Universal Laws that were created when you were created. They are there to function for you, and to help you and work with you.



Everything that is created goes through a breathing in and breathing out process. That establishes a rhythm. If we overdo something and we can't get the balanced breath, we have to change the activity that got us that way so we can bring ourselves back in to balance. So instead of running up the hill, you might want to walk up the hill. How do you determine that's what you want to do? Mind. Mind functions in every single one of the Laws and in every single minute of your life. It is your mode of changing your life.

The Universal Laws do not ask you to detach yourself from life, because you are here to live life. You are here to live what ever you have to live. But it gives you all the tools you need to be able to keep that life balanced and to keep that life more to your liking, and sometimes beyond what you thought could possibly be.

It began with the first breath. When the universe is born, it creates itself in all its splendor and then it reaches a low point and it goes through the polarity of the measured degree it has moved forward. In other words, creation creates itself, then begins to build upon itself and when it gets to a certain degree of building, it must now experience the "unbuilding" in order to bring the balance back. If you think of the way the world is functioning now and the things that are happening now, you can begin to understand how some of that works. For instance, we have an over-populated universe. And something will occur that will reverse that process and bring the balance back. I am just picking that one out of the air as a thing that is going on.

If a person is very successful and they have everything and they are going great guns, there comes a time when they have to understand reversal. They may be getting too powerful, too successful to keep the balance and so they will go through a reversal. But the wonderful thing about all of it is, there is always a rebirth. When you go through the reversal, there is a new beginning and an opportunity to rebuild. So, it is never a case of losing everything, it is a case of breathing in and out. You are breathing in that which you had not had in your life so that you can understand what you did have and then you can go ahead and start building again. So, there is always the breathing in and out of the universe and it is always to bring balance. It is always to bring balance back. And there is always a rebirth — a coming again. You are in the process of a rebirth.

**Participant:** *What you said before about being successful, if in the process of your success you also take care of the opposite in some way or form...*

Then you are already working with the opposite pole. So basically you are already doing it. How many times have you heard someone say "Their ego got so big, they fell"? When you are keeping the balance, you are seeing your success as a means to do good or a means to help others or to help others, then you are already seeing the other side. You are seeing that lack exists and needs help. So you are bringing it in to a balance. That is what that is all about. Good question.

Even in our seasons we have that same breathing in and breathing out. For Summer, we have Winter. For Spring we have Fall, the neutralizing between the other two spaces. They are a breathing in and a breathing out. Night follows day and day follows night — again because this is also part of the next Law which is Cause and Effect — anything that is caused has an effect but any effect has a cause. It's kind of like "Which came first, the chicken or the egg?" Which was it? This helps you understand that what you lose in one form you regain or have reborn to you in another form. So, day follows night and night follows day, and on and on. So you never really let go.

I want to be sure to cover these points, then we can have a good discussion.

I mentioned before that the effects of rhythm can be altered but the law cannot be stopped. The breathing in and the breathing out must go on and will go on, no matter what you do. But your ability to rise above what you would think of as the lower end gives you the ability to not be effected by it, to experience it without it being a devastating thing. In other words, you detach yourself and you don't have that worry. Always remember this, when you feel that life isn't going ahead but is going in that other direction, sit down, center yourself, rise above what is happening and you will be able to see it clearly and see it differently and be able to do more about it than you would have been able to otherwise. Because all you are experiencing is rhythm. And if we see the opposite in rhythm as something being "done" to us or something that is going to destroy us or any other negative aspects, then that is what we are going to experience — a sense of loss, a sense of "whatever" of that negative aspect. When anything is going on that reflects the opposite of what you think is the right thing, rise above the incident and see it from a different view. If you are looking at it from a different view you will see that it is not a negative, but actually a reflection of that which you thought of as positive.

In your world, you have people who want to lose weight and so they go about it in such a way that they end up

anorexic. Well that is simply a form of fear that is bred by the imbalance of the pattern of eating that they were following. There are many other instances in life that are the same thing, the shadow reflection of something else that has been going on. We have to always know that through the Law of Mentalism, which governs every other Law, we can alter our consciousness and alter the way we look at it and therefore change how it effects us. We can't change it happening, but we can change how it effects us. And that is the most important thing because that gives you the control.

If you can only be in control when everything is going right, then you don't know how to handle life. But if you recognize that the rhythm of life sometimes reflects a shadowed side, but that it doesn't have to effect us, we can rise above it and see it for the tool that it is and know that it will be reborn again into what we consider the 'bright side', we can stop being devastated constantly by things. We can stop being afraid of things, we can start moving forward even more than we thought about moving forward before.

Can I use you as a guinea pig? [This participant] has just gone through very serious heart surgery, which could very well have left that seat empty. Now when he went to have his original surgery, he was informed that they could not do that but that he had to have more severe surgery. Yet at that point he could have either said "This is it, this is the worse thing that could possibly happen" or realize that changing that operation saved his life and now he is reborn. You are reborn, I said so! (laughs) But you can feel it yourself, you know that. Thank you for letting me use you as a guinea pig.

The thing is, there are things that happen in our life that we either say "This is life but it won't 'get me,'" or you say, "I am handing in my cards, the game is over." Sometimes we get ourselves all bent out of shape and all excited about some little silly thing and along comes this big thing and he goes through it. It means you've learned a lot. Always remember, you do have the control.

Now, Mentalism works on two planes of consciousness. It works in the physical plane and it works in the higher, divine plane. So where your mind is, is the kind of experience you are going to have. If you are strictly blinded by the happenings of the physical world and can only see through that, then you are going to have the physical experiences. But if you are letting your consciousness rise to the divine space, you can see that what looked like a horrendous thing had a true purpose toward a better thing and that lets you understand more why you go through things.

Where your mind is, is what you manifest in your life. If it is the lower or higher Law, that is the Law of Neutralization and that is a minor Law that falls under these other ones. The object is, you are given through Mentalism and through the higher consciousness plane of that, the opportunity to alter how something effects you even though it is going on. I know that this is repetitious but I am trying to make the point. That really is what it is all about.

You know that the principal of rhythm cannot cease to operate. It has to operate. The Law of Compensation gives you the opportunity to use that flow to your advantage. If you drive a car up a hill and you don't put the break on, the car is going to compensate by going backwards down that hill. It is not going to stay there, it is going to come down and you are going to have to start all over again -- which is again a rebirth but now you know that when you get to the top you have to put the brake on. It is learning the process.

***Participant: If you are in the center then you invoke the Law of Neutralization?***

Yes. Literally when you raise in consciousness, you evoke that neutralization and that permits you to experience this other opposite side, this shadow side of the rhythm, say, without having it devastate you. It is not a hard thing to do. It's not hard, it's easy. But we have to learn to use it. We have to accept that it works.

You see, these are the Laws that every other thing functions under. These are universal and that is why they can't be stopped. They are part of the creation, part of the breathing in and breathing out of the whole creation. We have to work within the Laws in order to understand and use them to our own benefit.

***Participant: Through meditation we can get to this place of neutralization?***

Meditation is a balancer. Meditation is the key to all awareness. In meditation you elevate in your consciousness. Your consciousness elevates which permits you to see things differently and bring the balance. And you notice that Mentalism comes straight down the spine, right to the balance point (drawing). And this actually forms a diamond here. And then this one forms a triangle. The way that this diagram is on the board, the Law of Correspondence and Vibration create the roof of a diamond. Polarity and Rhythm complete that diamond, attaching it to the straight line of Mentalism. You create a diamond in the upper quadrant. In the lower quadrant you create a triangle, which of course represents the mind, body, and spirit of us all.

Each of these laws work with the other laws, there is no law that is separate. Each of them is a flowing from the other and a moving forward so that you begin to see the pattern of the whole thing. The very top is your high consciousness — the Law of Correspondence says “As above, so below. As it is in the divine space, let it be in the physical space.” So, it is a recognition of the upper consciousness’ ability to bring down that into the physical world. The Law of Vibration is your identity. The rate you vibrate at is how you are identified to the universe, and the Correspondence will use that vibratory rate to bring to you the things that you need to have.

The Law of Polarity teaches you balance. It teaches you that if you are going to be “as above, so below” you are going to have to keep the balance. You are going to have to have this rod balanced enough so that you can be in the middle enough that you can see both ends.

And the Law of Rhythm says you have to do it within your own breathing in and breathing out. Within your own framework.

If somebody is going to be an artist, there are many ways that they can be an artist. They can be a great musician, they can be a sculptor, they can be a painter, they can write wonderful books. But within each of those categories there are categories. To be a painter can mean a million different forms of painting. To be a writer can be a million different forms of writing. But they have this capsule name, so to speak and in that is all the potentials in that category.

When you elevate your consciousness through meditation, you do a strange thing. You ask the physical body to become dormant and you let your mental self raise in consciousness. How does it happen? By the raising of your vibration. When you are in a high meditation, you are vibrating at a different rate than you are vibrating when you are not in a meditation.

So each of these tools are used constantly by us and each of these tools relate to the other. There are none of them that are separate from the other. And of course Mentalism permeates them all.

Let’s take an everyday, common incident. What has happened in your life lately that has been a “pain in the neck,” so to speak.

**Participant:** *The day before Halloween as I am driving to work I heard a noise and my rear window had a problem and I took it very well. I took it in and asked “Is it my fault?” and heard “yes, because I didn’t take it in sooner” so I feel like a ...*

Recognition of something you didn’t do isn’t a failure, it is a growth. We all sometimes are too tired to do the thing we are supposed to do but if we recognize that this isn’t something being done to me, but is something I assisted in creating -- that is a tremendous step forward.

**Participant:** *I wasn’t mad. I sat there and said, “It’s 11:00, couldn’t Spirit have told me earlier?” So I put light around the car.*

How human can you get? (laughter) Remember this, spirit is there to assist and they don’t have time where they are!

*(couldn’t hear the rest of participant’s statement)*

The energy that is wasted, the vibrations that are altered by being angered by somebody that cut you off instead of saying, “Thank God I am alive.” We waste so much of our energy when it could be used for something else. So, give yourself a pat on the back and next time, listen — no matter what time! (laughs) Every time I have failed to listen, I have ended up with something I had to do because they give it to you and you have got to use it, that’s all there is to it.

**Participant:** *That’s why we have to live in the moment.*

Living in the moment means being totally aware of where you are and what you are doing — forgetting what happened yesterday and being in the moment for what you can make of it and how you can best provide in that moment. So, living in the moment is a very, very precious thing. Most people don’t live in the moment, they just pass through the moment. In other words, we are in this room right now but if you shut your eyes, could you tell me the color the person next to you has on? Most people wouldn’t be able to tell you or they have been with somebody for 14 years and someone asks, “What color are your wife’s eyes?” and they say, “I don’t know. I really don’t know.” (laughter) Because we don’t really register what we are seeing and experiencing. And we have to register what we are experiencing in order to know how to handle it. So, live in the moment but make it a good one.

**Participant:** *I liked at the conference when Julian said “If your house gets robbed, don’t blame us because you didn’t lock your door!” (laughter)*

Exactly, exactly. It’s true. We do have to understand that we have a responsibility when we are working with divine power and spirit, we are working in partnership — not in ownership — but in partnership. That partnership says we have to put forth what we can in the physical

effort because we live in a physical world. They will open the doors for us, they will help us in every way that they can but it is a mutual obligation. It is not something where you can say, "I'll sit here and you do it for me." Remember that. When you find yourselves asking your guides or your spirit friends to do everything for you, you know that you are going to have to back up here to that balance point and say, "Wait a minute, what am I doing?"

Do you realize how much of life is wasted complaining about something that didn't happen that should have happened by your opinion? We say "it should have happened this way" and we won't let go of it and we beat it to death and we beat ourselves to death and we beat everyone we talk to about it. And all that energy is wasted when it could have been doing something so much nicer.

To move forward, you have to let go. You can't hold the past and move forward. If you are going to sail, you have to lift anchor. That is what we have to do, we have to lift anchor and sail into new dimensions and new understanding. We learn from the past, it gives us many things to base our actions on and so forth. But if we keep trying to live in the past, then we are killing our future because it only knows the backward direction. The rhythm has to move forward. Let the rhythm flow forward and that will make a big difference.

**Participant:** *Things never happen by chance.*

No.

**Participant:** *There is a usually a reason for everything that happens. My question is, how do you react to the situation? Case in point, when I was in the hospital I had a roommate who challenged my sanity to the point where — he was the dichotomy of me. I kept thinking, he's here for a reason and I'm here for a reason, maybe if we communicate, maybe if we talk to each other. But I was talking and it got to the point where I really had to (...) or get out of the room...*

We can't sometimes understand the reason for some things but you know what Julian would say right now? Something that he has said many times "What a wonderful lesson in patience for you!" "What a tremendous growth in patience," because he's going to say: "So what?" Live with what you have but raise the consciousness and alter how it effects you. Because it can only effect you if you dwell on it. There are people who are in a rut and they are not going to get out of that rut because they are quite happy in it. Sometimes we have to endure the rut

with them, but we don't have to let it get us. So did you enjoy your lesson in patience?

**Participant:** *Oh, yes.*

I hope so, darling!

**Participant:** *June, you said we were born with these gifts, when do we really become aware of them?*

You are aware of them the day you are born; but remember that when you are first born you are more in touch with the spiritual aspects and the space you came from than you are with the physical world. That is why young children will have invisible playmates. They have absolute faith. They think they can fly. They have absolute faith, because the world they come from said: "You can do it all." It is only as they become older and begin to participate in the physical world... For instance, I am sure you have heard Julian say: "Every baby is afraid of falling even though it doesn't know what the fall means." But once it gets into the physical understanding, now it has to climb and fall to understand what falling means. We move away from that spiritual awareness because we must live in a physical world. And we have to encounter and work with the physical world. But somewhere along the line, hopefully with the help of parents, the child will never lose its awareness that it is a divine being and that it has divine gifts that it can use.

The children being born today — look into their eyes, they are like 40-year-old people in baby's bodies. They are wise. That doesn't mean they aren't going to have to grow up and be children and be taught and be guided. But there is a wisdom of where they have come from that is there. They are what is considered "old souls." They have incarnated many times and are coming back now because of the multitude of changes that are going on. So the next time somebody in the family has a new baby, look into the eyes of that child and you will see the depths and the beauty that is there. It is impossible not to see it. All children born in the last 20 years are old souls and they are here to help with the changing and the creation of the "new world" so to speak.

**Participant:** *Didn't we also come in to help?*




You came in too, but at this point in time -- as something is needed in a given point in time, the assistance from the other world comes in that point in time to help escalate. After all, it is the other generation that is giving birth to these children, so they certainly have a part in it. But they also come in to make something of their world. They are just coming in a little more prepared.

(continued ROL, September 2022)



# A Season of Runes

by David and Shesta Ross  
California

Situation Developing	Course of Action	Situation Now
		
<b>SHRIM (reversed)</b> Inner Space	<b>AUMI</b> Elemental Forces in Action, Air	<b>BAHN (reversed)</b> Isolation

**Question:** From the perspective of the Universal Runes, what are the energies of the season from the Summer Solstice to the Fall Equinox?

The situation at the beginning of the summer is Bahn reversed, “Isolation.” The course of action is Aumi upright, the “Elemental Forces in Action—Air,” and the situation developing is Shrim reversed, “Inner Space.”

**The situation now:** “It is wise to reevaluate.” Bahn reversed “speaks of separation and isolation; the incident not seen in relationship to everything else. Separating principles rather than those that bond are at work. It is wise to reevaluate.”

By the law of polarity, all reversible Runes carry both the upright and reversed energies, regardless of their orientation in the reading. Upright, Bahn represents “Gathering, Banding” and “speaks of hidden power by collective energy.” As regards to the use of this power by the individual, “it calls for clear thinking, for the power of Bahn cannot be carelessly used.” Can you think of some area of your life in which you need to think with more clarity and care? Is there some area of your life where negative thoughts have gotten a toehold? It is wise to reevaluate the idea that we are alone, powerless, in an indifferent universe.

The implication of Bahn is that the individual is responsible for using the “hidden power by collective energy”—“the collective forces of the elements, space and ether coming together.” The counsel of Bahn is to

use this power with an acceptance of our higher selves, which of course are connected, powerful, in a loving universe. That is the reality, friends and fellow light beings, and the rest is Bahn reversed!

**Course of Action:** Aumi or air in action “is mental power.” Individually, it indicates “changing locations, attitudes, and the ability to reach out. The mind.” Aumi by her movement and touch defeats separation and isolation. Aumi will help us reach out to greater understanding, to see the incident in relationship to everything else. Aumi is related to the heart chakra, to breath, to what feeds the fire of spirit. With her guidance and instigation, which is our air, our mind, our gentle breeze, we can reach out. Air is the element of the heart chakra, and air is what permits us to touch with love. A loving touch cuts through all the mental fog.

**Situation Developing:** Reversed, Shrim is “the energy of inner space. It is important to look inward and see the manner in which you are relating to others’ inner and outer space. Shrim can help you travel inwardly as well as toward a higher consciousness.” Shrim reversed also speaks of relationships—of inner travel to know ourselves better, but also looking inward to see the manner in which we are relating to others. Curious, isn’t it? In a way, it uses the introspective impulse to reach out ... a healthy form of inner life.

The runes for this summer have to do with relating what is troubling and isolating us from the larger picture. They counsel us to reach out with love and acceptance

*(Continued on next page)*

for a greater understanding, and to get to know ourselves, others, and the universe more in the process. As always, to sound the runes is to become the runes, and to awaken them within.

A further note: As with other runes, the polarity of Bahn upright — which is Bahn reversed — brings clarity and balance to the polarity of this aspect of our beings. In the case of Bahn, upright it “calls for clear thinking, for the power of Bahn cannot be carelessly used.” However, if we were in touch with and using this power all the time, when we were not in balance it would at times be carelessly used! I give you the example of the usual reaction to being cut off in traffic ... I bet we are all glad not to instantly manifest that attitude! The state of being separate and feeling isolated, alternates in our lives with being in the flow and feeling connected. It is well that we are separated from the power of Bahn at certain times.

The descriptions of the reversed position of the Universal Runes only address us as humans, unlike the upright positions, which address their meaning to the universe as well. Julian, in *Creation, It's Laws, and You*, teaches that the personal spiral of creation, with the human race as its culmination, exists separately yet within the impersonal spiral of creation. In the personal spiral of creation are the polarities created by the free will of human beings. Those polarities are addressed in the upright meaning for the individual and the polarity of that in the reversed description. These descriptions apply to the personal spiral, exist within the impersonal spiral, and perhaps somehow complete the totality.

Why was the personal spiral of creation created? All our misadventures and sufferings are a result, and yet so too is probably most of our soul growth. If the goal, as Julian stated, is “to again return to the light”, does this imply a merger of the personal and impersonal spirals of creation? Perhaps at least we will work more closely together. The overlapping and interrelated meanings of the Universal Runes, for both the universe and the individual, provide a bridge to this partnership. They also acknowledge in their reversed positions, which only apply to human beings, the independence of individual and collective humanity. The reversed meanings have no relevance to the universe, except in their relevance to us as humans. What ultimately is our role? Why do we have free will?

### BAHN (Bah): Banding, Gathering



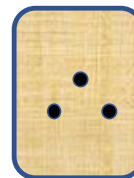
**Glyph:** The gathering or banding together. It represents that which is in movement and that which is merging.

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

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

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

### AUMI (Au-mi): Elemental Forces in Action — AIR



**Glyph:** This glyph represents the three levels of mental force. They are the superconscious mind, the subconscious mind, and the conscious mind.

**Universally:** AUMI is the elemental force of air. It represents movement. Air is the Vehicle through which changes can occur and through which a thing can be transported from one place to another. It is mental power. Universally, where AUMI appears, there is mental power creating change. It can also represent change through the power and force of air movement.

**Individually:** Where AUMI appears in the spread, it indicates changing locations, attitudes, and the ability to reach out with the mind.

**Reversed:** It is inaction, horizons lost. This rune reversed represents opportunities lost or overlooked. It can indicate a rejection of a change or a chance to change. It could be said it is a refusal to think things through.

For all the Universal Runes source materials:

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**SHRIM (Shr): Distance, Far Places, Space**

**Glyph:** Flowing, free-flowing form.

**Universally:** SHRIM relates to physical distances within the Earth plane. It, therefore, relates to the energy of travel and space in relationship to it. While DAR applies to outer space and planetary energy, SHRIM applies to the distance between physical points and the spaces created by them.

**Individually:** SHRIM applies to travel and attunement to far places within Earth's space. Where SHRIM appears in the spread, it will be associated with travel and an individual's ability to attune to that travel.

**Reversed:** It is the energy of inner space. It is important to look inward and see the manner in which you are relating to another's inner and outer space. SHRIM can help you travel inwardly as well as toward a higher consciousness.

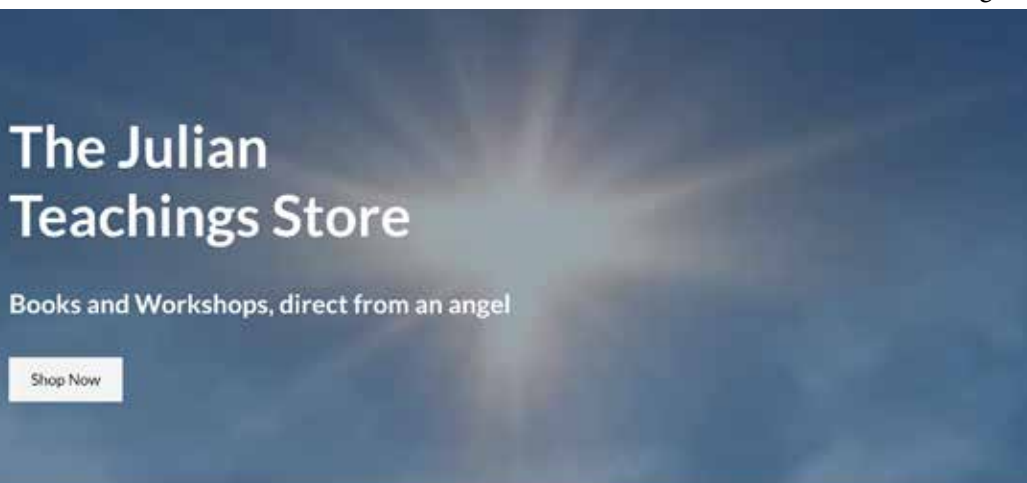
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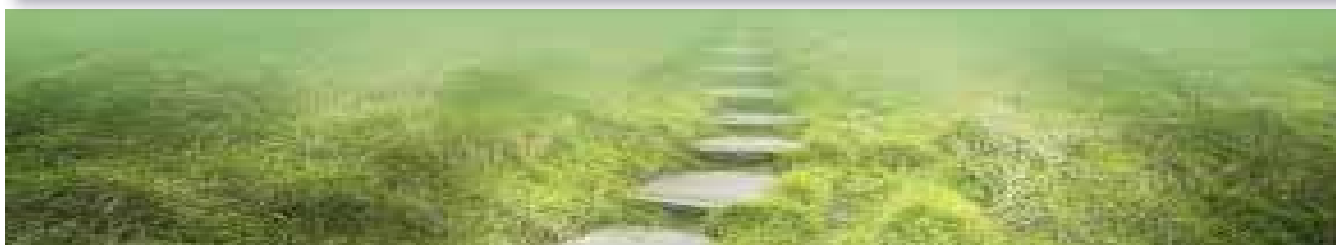
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## Classes Open to Join

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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 The next three meeting are:

July 13, 2022, The Buck Moon  
August 11, 2022, The Sturgeon Moon  
September 10, 2022, The Harvest Moon

Find out more and register at:

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#### **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>

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

covered. The meetings help 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](http://www.temier.com/Books.html).

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



## Classes with Andrea Smith, EdD

Andrea offers private and group meditation classes using the Zoom distance learning platform. See [www.andreasmithtransitions.com](http://www.andreasmithtransitions.com) for Andrea's bio, additional information about her classes, additional services offered, and to register. You can also contact Andrea via email and phone:

[andreasmith77@comcast.net](mailto:andreasmith77@comcast.net)  
[drandreasmith77@gmail.com](mailto:drandreasmith77@gmail.com)  
(503) 720-5269

### Individualized Private Classes

Andrea creates private, guided meditations to address areas of challenge and potential identified by the student. The cost per class is typically \$30 to \$50 for a 45-minute to 90-minute class and includes an audio recording.

### Mystical Magus Classes

Andrea is teaching two ongoing Mystical Magus classes. The Mystical Magus classes were initially private readings that Julian provided to Samuel Holland over 16 years. The second section, launched in October 2021, is potentially open to new qualified, dedicated members through private tutoring.

Admission into the class requires students be pre-approval and prior study of Julian's Transition Energy (TE 1-12), Development, or Practical Magus coursework.

Former Mystical Magus students who would like to review the material will also be considered. The cost of this ongoing class is \$30 per class, payable through PayPal, and includes an audio download and written materials

### Transition Energy (TE)

Andrea currently is offering three sections of Transition Energy (TE). Section Three, formed in 2021, meets weekly and is potentially open to new qualified, dedicated members through private tutoring. Former students of TE who would like to review the material will also be considered.

Andrea is the only Certified TE teacher currently offering this course of study and was 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 — in which 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 recording, is \$30, payable through PayPal.

Descriptions of TE and the Mystical Magus classes are provided on the [Julian Teachings website](#).

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## Upcoming — TE with Maria & Remco Sauter

Remco and Maria Sauter have been students of the Julian teachings since 2000. They started their studies with the Transition Energy (TE) coursework taught by Sam Holland and AnneClaire Venemans. They followed TE with the Mystical Magus class, and more recently have taken other classes taught by Sam and Temier.

In the past two decades, Remco and Maria have been fortunate to meet many other members of the Julian community during several in-person workshops taught by AnneClaire and Sam, including two visits to the USA as well as workshops taught in the Netherlands. In addition, they have met many people online through classes given by Sam and Nicholas Theo, as well as the last two Gatherings.

Remco and Maria became certified TE instructors in 2008 and recently have decided to start teaching TE this coming September.

The classes will be given online through Zoom and available to people around the globe. Students will receive an audio recording of each class. The material will be presented in English, and conversations will be in a combination of English and Dutch.

The costs will be €15 per meeting, which can be paid through PayPal. Pre-approval by Sam Holland is required to join the class. More information is available on their website <https://lightinbeing.nl/>.

Feel free to contact them at [info@lightinbeing.nl](mailto:info@lightinbeing.nl) for more information.

## 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.

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Submission Deadline: 9/5/2022

Send electronic submissions to:

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

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