



Ring of Light

A Newsletter for the Members of the Julian Community

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Number 3

September 2022

Inundated. That's the word. Flooded, works too. I'm not talking about work or issues, but about information and "news." Most of it we don't want to know about, but it's often fascinating and nearly impossible to avoid in the digital age: the newest push in the Ukraine; the newest scandal with the Royal Family; the newest Trump-related lawsuit; the newest rumor about Kim and Kanye. It just doesn't stop.

We live in a time where there is too much input for our brains. Very little of it helps us live our lives. Rarely does any of it help us attain our mission in life.

What does all this information do? It upsets us. It takes us out of balance. It makes us angry. It generates fear. *It distracts us* from those things that are really important, such as connecting with others and working on those projects that would really make a difference.

99% of the input we get generates negative emotions rather than promoting love, light, and peace. So, why are we letting it in? Good question. Recently, psychologists and self-help gurus have been suggesting that we do two things: 1) cut down on the time we spend every day engaged with the news, email, social media, and similar inputs (whether digital or paper), and 2) take news and digital vacations. (Have you tried taking a digital day off. It's very enlightening!)

In his fall equinox message, Aca'u reminds us to look within for balance. It is where we must go to find our stable center. We need to remember, however, that every time we allow ourselves to be inundated with information, we undo that balance.

With our current astrological configurations, Pluto will continue to slam us with revelations. But we have a choice. We don't have to "drink from the information fire hose."

— *Blessings Jan Clayton and Nancy Walton*

"When there is chaos or sadness, upsets, and challenges in your life, the solace you need lies within. No matter how stormy the seas are, within is where you will find your calm, stable center. Remember to go there often.

These are tumultuous times and you need this connection with your High Self more than ever."

— **Aca'u, 2022 Fall Equinox Message**

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This Season's Astrology

by Jessica Nelson
Michigan

We enter the fall equinox on September 22, 2022 — the time of the harvest — with Mercury, Jupiter, Saturn, Uranus, Neptune, and Pluto in retrograde. Some analyzing that needs to be done on both a personal level and a collective level. The summer has been full of revelations and insights for many. Now we must take what we have learned and do something with it! The inner planets are making lots of moves this season, triggering the outer planets and adding emphasis to their energy.

Saturn in Aquarius and Uranus in Taurus are forming a square again, causing tension. We can feel this in the world, with the economy entering a recession, with two quarters of negative growth, and the housing market slowing down. Saturn in Aquarius, the sign of brotherhood, is teaching us what it means to come together. If we are to ever advance as a society, we must do everything within our power to work together to achieve freedom and prosperity for all human beings. Uranus in Taurus is urging us to free ourselves from the monetary system. We long for the freedom to take back control of our money and how it is spent. You can see this with the emphasis on bitcoin as an alternative to standard currency, and around the world, as other countries move away from using the dollar as a means of exchange.

Mars will spend the entire fall in Gemini, foreshadowing an increase in information available to everyone. It will go retrograde on October 30, at 25 degrees, and won't go direct again until January! This will give us the drive to not only search for information, but to be able to acquire large amounts of it. With Mars in Gemini, we may also have more initiative to seek out knowledge within our own communities and see what we can learn from each other.

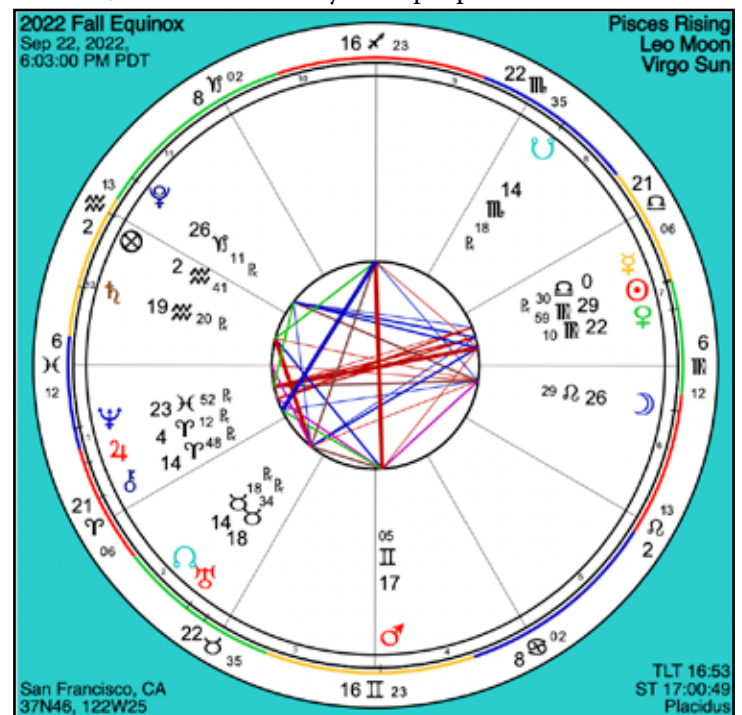
Pluto is still making its slow journey through Capricorn, paving the way for transformation on a collective level. Pluto is the ruler of the underworld, the bringer of destruction and rebirth. It rules sex, death, and the occult. With the recent conviction of Ghislaine Maxwell as one of the co-conspirators of the largest pedophile and sex-trafficking ring in the world, you can see Pluto exposing the dark underworld of the elites. With most of the customers being said to be members of high society, including many members of our own government and governments from around the world, you know Pluto's work is intensifying. Remember, Capricorn rules authority figures and institutions that hold power. For far too long we have allowed these powers to run wild, but Pluto will expose the dark-

ness for all to see. Transformations are not always pretty, but they are necessary for advancement to the next state of awareness.

On September 23, a retrograde Mercury will enter back into the sign of Virgo, joining Venus and the Moon. With Mercury there, our mental stimulations will be geared toward health and service, as well as having an enhanced capacity to analyze. On September 27th, Mercury in Virgo will trine Pluto in Capricorn, allowing an easy flow of energy. This should give us the mental ability to see deeper than we could before. Over the past two years, we have been at the mercy of organizations that have given themselves the authority over what's best for us regarding health. We must remember that guidance from a source that wants the best for us would never come in the form of fear.

Mercury goes direct on October 2nd and Pluto goes direct on October 8th.

There will be a full Moon in Aries on October 9th, opposite the Sun in Libra. This may bring heightened emotions as we try to assert our independence, but the true source of our self is best expressed when we can work together in harmony. The Moon will also form a sextile to Saturn in Aquarius, reminding us that if we are to make any true lasting changes, it must be made through honoring the individual, as well as the unity of all people.



On October 11th, Mars in Gemini will square Neptune in Pisces providing tension to develop our mental clarity. When we are in tune with our true selves it is easier to distinguish between truth and lies. With the constant barrage of information coming at us, it's important to keep a clear mind, tuned into our higher self for guidance. With Neptune's transit through Pisces our collective consciousness is elevating, and our intuition is enhanced. We must remember to balance the mental stimulation with the quieting of the mind, so we don't lose ourselves in the mayhem of this world. Mercury will enter Libra this day as well, bringing our thoughts to seeking balance.

On October 23rd Saturn goes direct. It will continue its last leg of its journey through Aquarius this fall and winter, paving a solid foundation for different ways of thinking. It will elevate our ideas and relationships to a new level. It helps us realize that we the people hold the power for freedom and have the capacity to accomplish anything when we put our trust in ourselves.

On October 30th, Mercury enters Scorpio. We can handle deep dives into information that may otherwise prove too hard for us to handle.

On November 6th Venus in Scorpio will be opposite Uranus in Taurus and squaring Saturn in Aquarius. This may trigger change within our financial system. Both planets being in signs that deal with money, one being hard earned money (Taurus) and the other being other people's money (Scorpio). There may be restrictions (Saturn) and unexpected changes (Uranus). You could also experience this type of energy within your relationships.

On November 8th we will experience a full moon in Taurus. It will be conjunct Uranus, squaring Saturn, and opposite Venus, Mercury, and the Sun. There will also be a total lunar eclipse! There will be an increase in energy surrounding all of the planets involved. Expect the unexpected. This also happens to be the day of the midterm elections in the US.

On November 23rd Jupiter goes direct in Pisces. It will spend another month in Pisces, before it enters Aries on December 21st, just before the Winter Solstice. Jupiter is all about expansion. Hopefully we use this energy to expand our awareness of the world around us and increase our compassion and empathy for others. Jupiter will trine the Moon and Sun that are conjunct at 1 degree in Sagittarius. This should highlight our ability to have compassion for all people, regardless of beliefs.

On December 4th Neptune goes direct in Pisces. Neptune in Pisces and Pluto in Capricorn have been spending time in a sextile position. This favorable aspect will remain this

way for over the next year, altering by just a few degrees this way and that. This is meant to alter our collective consciousness. With these two planets we can visualize a new way of being and have the willpower to put in the work to get there. We will be drawn towards a spiritual life filled with more creativity and imagination. With Neptune now direct, our ability to see through any deception will increase. We will take back the power of our minds and control our thoughts to achieve a more spiritual life. The search for what we have forgotten will become a quest for humanity. It will be easier to think and see beyond this 3-dimensional world that we have grown accustomed to.

On December 7th, we experience another full moon — this one is in Gemini, conjunct with Mars, and forms an opposition to the Sun in Sagittarius. Emotional energy will be high. We will be direct in our communications. There will be some conflict between our emotions and our ego. With the Sun in Sagittarius, we are willing to seek out higher truths. With Mars in Gemini, we have been taking in lots of information, but we need to develop our ability to know the truth. Remember, lies have speed, but the truth has endurance, and it doesn't need to defend itself.

Mercury enters Capricorn on December 7th, giving way to stable and determined thinking patterns.

Venus Squares Jupiter on the 9th of December. Venus at 29° Sagittarius and Jupiter at 29° in Pisces. Through our relationships we have new opportunities to grow. When we realize that everyone and everything is connected, regardless of belief or culture, we can harmonize with each other and connect in more meaningful ways.

Mercury in Capricorn trines Uranus in Taurus at 15°, on December 17th. This may bring some revolutionary thoughts into our minds. We may receive sudden insights that will free our caged thinking. By this time, Mercury, Venus, Jupiter, Saturn, Neptune, and Pluto are all in direct motion again and hopefully bringing some clarity to our lives.

There are many monumental connections being made between planets now and over the next year or so. This will propel us to a place where we will be able to fully comprehend the true nature of this world, and our place in it. Together we are continuing to open our minds and our hearts to the true nature of our being. There will be many revelations over the next few months; even more in the coming year. With Pluto finishing out its transition in Capricorn the discoveries of what's been long hidden may shock the world. Stand strong in your faith and know that you were chosen for this time. When we come together, anything is possible!

Consciousness, The Road to Travel

By Jeanne Livingston
Florida

It was my good fortune to have met June Burke in the early 1980s. Readings with Julian became the Light in many a dark night of learning to change. I'm happy to say the seeds he planted came up later to my rescue, one of which was understanding the Law of Polarity.

Ah yes, polarity: the good, the bad and the indifferent. Although indifferent in this case means neutral or non-judgmental. Buddha described it as the middle path. And I'm so grateful for those many Julian readings, his wise counsel during trance sessions and June's talent.

Communing with an unseen entity can be quite a stretch and hard to imagine when you're young, however unseen entities are around each of us to help us grow from beginning to end on our visit to this planet. Guides are present to whisper in our minds or send that wee small voice within. And there are those with a gift and training who channel the unseen with information to help us grow. For me, it explained the age-old paradox: "no one does it alone, and you have to do it yourself."

So this past spring I got COVID-19 big time, as many did and went down for the count; fainting, brain fog, hardly able to breathe... the works. Then, after some weeks of physical struggle my brain woke up and said to me "what's good about this COVID-19?" Polarity was the answer.

OK, I said. My brain had been running drivel 24/7 while those monkeys in my head ran around: no reason, no

rest, no kidding. Then I remembered ... June had a sign up in her garage where she held classes back in the day that said, "don't make me come up there" and I laughed every time I read it. So, I got to laugh again at COVID which stopped all the drivel, monkey business, and gave my brain a much-needed rest.

Ah yes, I said... consciousness, or be here now. I'm creating my own reality. We all have free will, Whoo-Hoo!

Perhaps COVID-19 or whatever germs are coming next to the planet might just be Higher Power's way to bring consciousness to the population on earth to wake them up, take better care of themselves, the planet and sincerely help others. It might be a plan to advance science and bring the Aquarian Age into full fruition.

Also, while housebound I discovered great new age teachers on YouTube like Bruce Lipton, Gabor Mate, Dolores Cannon, and Joe Dispenza. For me it was back to school at Oxford no less.

And probably most important I learned once again not to isolate. Nurse John, my mate, came many times to the rescue. Friends introduced me to new healing machines like the Nebulizer, the Red Rush machine, and Med - Bed Technology or EES. Little by little my good health returned.

So all is not lost, forgotten, or heading nowhere. And if you're here now reading this article... a big hug from me and make it a great day!



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... diluvian Huntress, sorting notches on her bow,
 what did she know, when the far-fangled flow,
 met the Moon re-ignited,
 Sky and cave re-united ...
 How many ways could she re-arrange, re-invited,
 lunette aspects, like houses ... all images in-sided ?

... Recurrent solar turning point,
 Sun's repeated instant, spinning,
 Bending spot, lensing interstellarations,
 Prongs of Matter, twisting Galactic generations ...
 what happens to FOUR behind one's eyes
 when four flowers SIX and is multiplied ?

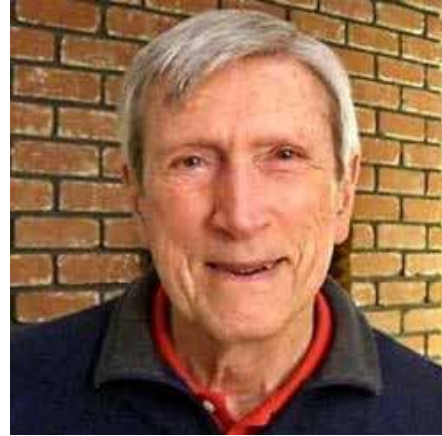
... {ACGT.	CAGT	GACT	TACG
ACTG	CATG.	GATC	TAGC
AGCT	CGAT	GCA	TCAG
AGTC	CGTA	GCTA	TCGA
ATCG	CTAG	GTAC.	TGAC
ATGC	CTGA	GTCA	TGCA.} ...

... identity inverted, identity remains ...
 Her awareness, illumined,
 she draws tight the taut string,
 And plucks the sounds bound, rounded up, in Light's Ring.
 ... the mutatory process un-occults the Great Finding,
 Mass, Fourth sent, is the Energy of Binding.

— RF.

Remembering Ron Cantoni

March 7, 1931 –
July 27, 2022



Ron Cantoni, following recent failing health, crossed to the other side at the age of 91. He passed peacefully, surrounded by family including his children, grandchildren, and great-grandchildren.

Ron was an active member of our West Coast community starting in the 1970s. Many of us got to know Ron well. He usually ran the registration table at the Julian weekend retreats, made sure there was plenty of tea, handled many behind the scenes details, and regularly opened his home to those needing a place to stay during workshops and classes. He was a member of the Records Group for many years and on the Board of the Foundation for the Recovery of Ancient Wisdom. Ron was a founding member (with other TE students/practitioners) of the Redwood Circle group with its focus on healing and interest in Druid roots. During this time, he also collaborated with TE community members to create the Ceremony group with its focus on seasonal celebrations. He especially loved hosting the Winter Solstice ceremonies.

A retired engineer, he was known as being able to repair just about anything and shared his valuable skills generously. He embodied the spirit of brotherhood.

Ron was active in the Ananda community and maintained their website. Per his instructions, on August 14 his church hosted a celebration of his life called Astral Ascension at the Ananda Palo Alto Temple. Several members of the West Coast community attended this beautiful service.

Thank you, Ron, for sharing your Love and Light with us.

(submitted by Andrea Smith)

Remembering my old friend, Ron Cantoni

A friend of mine in 1981, said there is a meditation group you need to know about. A couple of months later, I joined the group and there with Sam, was Ron (and Larry and Archie!). I knew that I was home. Ron was a dear “family member” from the first moment, a gentle, intelligent, resourceful and soulful man. The combination of his commitment to his spiritual path, along with his eminently practical nature was a joy to behold. He could always be counted on to listen without judgement, and his counsel was wise. He was a person that could always be relied on to pitch in and serve. If there was something he didn’t know how to do that was needed by the group he was with, he learned it to broaden his ability to share. There were so many adventures we had with the group, years of Julian classes, travels to Mexico, Egypt and Europe to which he added the richness of memory. Ron and I worked together for many years for the Share Foundation which published metaphysical books. He didn’t know anything about the industry and it didn’t matter. He learned on the job and served the organization faithfully and with heart. He started to attend the Ananda fellowship some twenty plus years ago. He served there too, learning how to do web design and recording their services. Ron, your devotion, grace, heart, and love were inspirational and unwavering. Thank you, we love you. Well done, well done!

(submitted by Diana Dunckelmann)



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

Musings from Larry Scheer

The Tarot card that has been appearing to me in my meditations and dreams is The Sun, Major Arcana XIX (19) — Here Comes the Sun! I see it representing the moment in time we are in now and are moving more fully into.

This card represents the power of the Sun, the full direct energy of Light that sustains growth and power to continue movement forward. There are subtle and not so subtle messages in this card, (if you have eyes to see and ears to hear), that reveal the secrets of the Light and the nature of power. Innocence is one of the keywords for this card that can be easily missed. It's an innocence that is not naivete, but rather the awe, acceptance, and trust of the Creative Force of the Universe.

It is through the acceptance and trust of the Creative Force, that you can come to a quiet harmony and balance with whatever you may be facing in life. Through this quiet harmony and balance you will find the power to move with and through any challenge, any situation, you are presented with in life as long as you maintain that harmony and balance.

For the past few years it seems nearly everyone has been facing enormous challenges, either personally or through being called upon to assist in setting things right. To me this has been a lesson for everyone to find that inner harmony and balance and, for me, the Major Arcana Card The Sun is the story of how to master the harmony and balance internally.

Peace is not the cessation of war, conflict, or violence. Hatred, greed, resentment, and discontent exist in times where there is no outward conflict. We only have to look at our own history or the history of Europe to see this. Lasting peace is only achieved when needs are met and there is a contentment in a culture or society. Anger, hatred, greed, resentment all breed discontent and hence there is no peace internally or externally when these emotions are driving the actions of individuals or a culture. Where power is viewed as being the ability to dominate or use force to exert ones will over another there is no peace. Understanding this and wanting to live a life of peace leads back to the lesson of The Sun in the Tarot.

True power only comes with the inner harmony and balance that allows an acceptance, trust, and flow of the Creative Force of the Universe. The balance is maintained by trusting the harmonious flow and having a quiet mind and emotions. This is where peace begins and exists within. This is what the child on the draft horse depicts in the Major Arcana Card XIX, the ability of innocence to move with power in the flow of the Creative Force.

To live in a peaceful world we must first find and maintain the peace with us.

Did you miss signing up for the 24th Gathering of Light? That is OK. You can still get access to the recordings on YouTube by registering at:

julianteachings.com/gathering/24th-gathering-of-light/

If you have any questions, contact Larry Scheer at 408-781-1457, larry@tarotxs.com

Saul's Corner

UNIVERSAL LAWS: THE LAW OF RHYTHM, 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

(continue from then June 2022 issue)

Question: *I am working with children these days. Eight of them between the ages of 6 and 9 and 5 of them are on Ritalin. Is there a way to help these children heal?*

One of the things that will be discovered as extremely important in helping with these children is music. The energy, the alteration of the vibration and the consciousness of the child through music can make a big difference.

Question: *Is there any special music that is better than another?*

You join them where they are. If they are hyper, you put on hyper music and then you gradually slow the music. And as the music slows, so will they. You are going to find that much of the healing of the future is going to be from music and also from color. A lot of it dealing with vibration. Music has a vibration and so you match the vibration of the music to the person, then as you alter the music, it alters their vibration. And all of these Laws help you to use those things. There are going to be a lot of breakthroughs in medication in 1999. So look toward that.

Question: *The balance of Correspondence, Vibration, Polarity and Rhythm create the diamond? That's the best kind of mind?*

The diamond is the force of creativity. It is the upper triangle and the lower triangle united as one. So it is divine power and physical power created. It is a very balanced symbol. I put this drawing up here this way so you could see how each of the Laws feed into each other. Next week we will be dealing with Cause and Effect and then of course, Gender.

When we asked Julian to describe Rhythm, he said "Movements of equal distance to and fro create rhythmic space within which all vibrating essence moves". So within that movement to and fro, the space between, all vibration works. And that includes the vibration of each of us.

What we are going to do now is just ask you to be still and listen.

Meditation & The Calling of the Law of Rhythm

Creator of all things, open me now to your wisdom. Great breath of life, I salute you and I open to you. Your eternal rhythm matches the rhythm of my beating heart. Let me expand and contract as I emulate the rhythm of the universe. Movement of all movements, support me in my path.

As I breathe in and out in my normal rhythm, I begin to appreciate the value of breath. And as I permit myself to take a deep breath, breathing in slowly and breathing out slowly, I help to amplify within me the understanding of breath. For each time I breathe, I breathe divine power. Each time I breathe, I breathe the essence of every rhythm in the universe. As all rhythm merges to create a perfect rhythm, I am one with it.

Oh great breath, I accept your power within me, the power that permits me to move in balanced flow. Moving from and returning to my perfect space, I create the balanced and the perfect space in which my unique vibration can grow and evolve.

And to seal the Law: Oh movement of all movements, I am ever grateful that I am the tool of expression by acceptance in the earth. Breath of all breaths, I believe in the oneness of our breaths, thus as you would wish it expressed, I express it. And as I become your power through movement of the creation of the perfect space for the perfect evolution, I declare "So be it".

And that, my friends, is the calling, the meditation and the sealing of the Law of Rhythm.

For next time read the next chapter in your Kybalion because we are going to be working with Cause and Effect. Cause and Effect also effects the Law of Karma and the Laws of Return. So, that will be a bit more involved. Remember that Cause and Effect effects every one of these Laws as well. We don't know why something goes backwards for us. If you don't let it become the rule for you but rise above it, experience it without having it's effect you, you are bringing yourself back in to that balanced space. That is the breathing in and the breathing out. It is the Law of Karma.

Suppose something is going wrong for you today. You don't know whether it is the cause today or whether it is from some other life, you may be paying back. So what we do is say "If this is what I must experience, I will experience it. But I will not be devastated by it. I will rise above it in this point in time and work through it." And therefore you experience what you need to experience without devastation and you move back into the rebirth again, into that new space. Because you are reborn again and again and again. Your consciousness is reborn again and again and again. Anything in your life that you go through will come back into its opposite if given time.

Question: *I was always under the belief that people caused their own problems through the mind whether in this life or the other. If I understand you correctly, this isn't always the truth.*

Oh yes, it's true. You may be answering to something you created in another life.

Question: *I'm talking about in this life.*

In this life we create our own life by how we think and how we act.

Question: *If that's the case then how could we react to something that may have occurred in a previous life?*

If you owe a debt, you will have chosen how to work with that debt before you entered this life because you have free will. Your conscious mind will not remember it once you are here. But you will experience it because it is part of the package you set forth for yourself. Does it really matter what you are paying back? I think I would rather say I am paying back for something I did in another life than that I was dumb enough to create it now! (laughs) I think that would be a nicer way to look at it! (laughs) There are times when we can't know. And there are times when we are not supposed to know. But what we are supposed to know is that we can rise above it and not be devastated by it.

Question: *Are all these Laws similar?*

Of course, one breathes on the other.

The Law of Mentalism — the mind is all. The mind can raise or lower your vibration. It can block divine help or accept it. It can refuse to rise above situations in the rhythm of life and be devastated. That is why I say Mentalism is a part of all of these. It touches all of them because it is the mind that is our tool.

When man split in matter, when he took the path of intellect, the other kingdoms took the path of intuition.

Man was given the tool of mind to develop the intuitive force and the connection with the higher spaces. So mind is your tool to be able to touch all these other spaces. We go to the high mind or the high consciousness to commune with the divine principles but we bring the power of that principle into our earth, physical world in order to function with that as a tool. No spiritual path you follow, no matter what path it is, is worth anything if it cannot be used as a tool in your physical world, if it cannot make a difference in your world.

Question: *Cause and Effect, that appears to me to be the only one that refers to time.*

To time? Well in essence it bridges time because in my counterpart world — I'm this physical world — it. But it bridges between the space of no time and the regulated time or directed time.

Question: *Is that why they say that everything is really going on all at once? But we think it's not because...*

We live in the physical, linear time. How many of you right now, in this point in time feel kind of fuzzy about things? You feel like you are not quite sure what's going on and so on? Because we are moving from the comprehension of linear time to peripheral time which is circular time. It is going to take a long time but this is the first — the edges, the perimeters of our thinking patterns are being honed so they are not as sharp. They are more willing to look beyond what we accept as real in the physical world.

Question: *So we can change.*

Of course! Not only can you change but you can change the world.

I think the thing that man has trouble with is through all the Piscean Age, all the teachings were "humble," the teachings were "you are not worthy." The teachings were that God was outside yourself. And the Aquarian Age is the internal God, when you find him in you and you recognize that you are a living, breathing part of the creator of the universe. No matter what you call that creator. And so we are learning to know the higher self in this point in time. We are learning all the different tools that will help us to understand that more. That also is a little frightening. Before we could always say "God is doing it to me" or "God is doing it for me." Now we can't because we know God is in us and so if he's acting, he's acting from within us. We have to recognize the partnership, we have to recognize that we have to do our thing in conjunction with the divine thing. It is a new learning experience, let's put it that way. But it is part of evolu-

tion, it is part of our growth, it is part of moving us forward, part of making us who we are really meant to be.

Question: *I am trying to figure out this schematic here. When you said that Mentalism was the all, what I was doing was taking its aspects within each of the Laws.*

Because it can alter the Vibration, it can alter your Rhythm, it can alter everything. It is your tool. It is the tool for bridging between the divine world and the physical world. It was given to us for that reason. “As above, so below” the connection, the realization that there is a divinity and that it can also be brought in to the earth plane and be part of the earth plane.

Question: *So the way that you think about anything will create.*

Makes the difference, absolutely. Have you ever been around someone who is determined to be miserable? There are not going to stop being miserable no matter what you do! They are determined to be miserable. And after five minutes in it you begin to feel your shoulders are slumping and your head is going down and suddenly you have an ache — because you are absorbing that vibration and what you have to do is say “No. I am going in to the other consciousness which says this is their desire, not my desire”. So by how we think we elevate or lower our vibration, our thinking patterns, our everything.

If you read the newspapers or watch TV, you know that the world is going “you know where” — it’s not! But that sells newspapers. So the people who read these things and absorb them and make it their life, they are creating from the way they are thinking all the fears and all the downfalls that come from being frightened to death. Fear is the most debilitating of all our energies. As bad as anger is for us, fear immobilizes us. When we are afraid we lose the trust and faith in ourself and in that “As above, so below”. So, we have to nip that in the bud and say “No, I won’t be afraid.”

You know I have my own creed that says: “I will not live my life in fear. I will live my life with as much kindness as I can. And I will accept totally that there is a perfect world or that there is a world that is good and that is what I am going to experience.” With a few rotten places along the way, but I’ll get good sneakers, you know? (laughs) And I’ll manage. If we let ourselves be defeated by everything that we think isn’t going well or is going in a way that we think it should not go in the world, we might as well throw it in right now.

Question: *I just decided that my life really is perfect because I found I always have another chance.*

That’s right. Remember that rhythm -- it’s the flow out and in, the forward and the back -- but always the re-birth to the forward again.

Question: *What’s good about this diagram here is that it takes it away from the linear.*

Away from the linear and you begin to see its connection. It has a connection, absolutely. So, we learn to work with that connection and we learn, above all, to know that we have a power in us.

Question: *It’s so many thoughts all at once, it’s amazing isn’t it?*

There is a lot of thought there and it takes a lot of thought to really comprehend what it is saying. But if you even understand minutely that it is all connected... Just think about when you breathe, how that rhythm is balanced — the breath in and the breath out are the same. It gives you some indication of what that rhythm is. And that you vibrate. Vibration is your identity. What makes this a book and you a human is the difference in vibration. We always know that we are identified in the universe by our vibration. That vibration can be anything we want it to be. It is according to how we think and how we act and interact. Because we do have to interact in the world to evolve. We cannot run away from the world. We wouldn’t be in this physical world if we weren’t supposed to be in the physical world. We would be someplace else.

Question: *If what you say is true and if everyone would basically get on the same wave length and react in the vibratory rate...*

Do you remember what happened to you at the retreat? Perfect example. In the humming, everyone was on the same wavelength. For those of you who were not there, they were humming a special song and in humming that song, they built that vibration higher and higher and higher and in that there was a connection with every single person in the room. Everybody was connected to everybody. That was a beautiful thing.

We have to understand that we do alter who we are and what we are by how we think, which alters our vibration, which alters rhythm. What I want you to come away from this class understanding is that you have a power, a God given power to control your life through your thoughts and actions. You were given a gift and we need to use that gift. In doing that for our self, it is not selfishness. In doing that for our self, we are making the space we are in better and being able to reach out to others easier and to help them find that space. One light in a dark room changes and alters the entire substance of the

dark room. If there are two lights or three lights, it gets brighter and brighter. And that is what the whole idea is, that we — by controlling and keeping our own energies in balance and rising in consciousness and elevating in that manner — we are actually effecting the universe. Because we effect each other and that spills out into the universe and eventually effects the bigger picture.

We can't run out and do everything to make the world right, but we can make our space right and then we can make our community right and as we do that, that light spreads out further and further and effects others.

I keep going back to the conference for the simple reason that it did so much. In that Gathering of Light, everyone in that room went back, they went back to the Netherlands, they went back to California, to Michigan, to Virginia, to all the places they came from with that light. And it expanded in their groups. It effected the areas they are in. And it is going to keep growing and it is going to be more and more that the light spreads and that we have more and more experiences of that light. And that light is divine purpose within ourself. That's the Law of Correspondence. We are bringing that from above to below — and above and below meaning vibration, not good/bad — we are bringing the highest vibration into the lower vibration to elevate it so they can be the same. That's important for us.

Most of us don't recognize that we were given gifts from creation and that we are meant to use them. We keep thinking of ourself as a lesser being. In reality we are not. When the statement is made that you are made in the image and likeness of the creator, it means "of the energy of." That energy of creation is in you and all these Laws are meant as tools to help you stay within that creative and divine energy.

One of the things that you have to watch in the world is when you are in a group of people, there is bound to be polarity. There will be the doom and gloom people and there will be the people that have hope and expect a good thing to happen. If one gets sucked in by the other, 'their team loses' kind of thing. You have to be careful that you don't get sucked in to believing things you don't believe. Or saying things you don't believe. If everybody says "This is a terrible world," I will not agree with that. I will say "No, there are many wonderful things in this world." I will not promulgate that energy and that thought. These are our responsibilities, to take that which is beautiful and promulgate it, not permit it to be drowned out by somebody else's negativity.

I still say to this day, if the world were going to end to-

morrow I would want to have a very good and beautiful day, not one in which I complained the whole day or was so afraid of tomorrow that I could not enjoy the living in the moment. We are given these moments to make precious and we do the best we can with them. You should be so sick of hearing this (laughs) but if we never had a dark day, we would never know we had a bright day. If we never had a bad experience in our life, we would never know we were having good ones. Polarity lets us understand the difference. So it's not a 'bad' thing, it is simply what we let it do to us. You go through rotten times in life sometimes but you either let it consume you and make the rest of your life that way or you rise above it and you alter the space enough so you can experience it without losing the perspective of who you are or what you are supposed to do. Because that is what it is all about.

Any other questions? Because it is getting time to close shop.

Question: Is it the mind that creates our own reality?

That's right.

Question: Based on Buddhism teaching, they teach us "no mind", "mindlessness."

You can't have "no mind." Each teaching approaches what it is trying to create in a different way with different language. What they are saying, they are looking at the mind as ego which is destructive. They are saying "don't have that." But in order to be who you are, you were given a mind and you have to use it. You use it creatively, you use it positively, you don't use it as an ego trip. It is the ego trip that Buddhism is saying "Don't let that in your life." Also, many of the older teachings are very rigid. It's because they began in the Piscean Age. All Piscean teachings were rigid. Now as we come in to the more flexible time, we have to bring those teachings in to this point in time and understand them in relation to this point in time. It is like — to be able to go away into a cave and meditate for 30 years at one time was how you "got there." In today's world we can't do that. We have to adapt the quality of that to the world we live in. Even if it is only 20 minutes a day, with continuity, we bring that meditation and balance into the everyday life. It is not that the teachings are warring with each other, but they are using different languages from different points in time. Our job now is to weave them together into something special for this point in time.

There is no teaching that wars with another teaching if it is a true teaching. It is simply that we have to look at

the semantics, the language and the point in time that it was formed to understand where it's origin is and then to bring -- all the ancient teachings are meant to be brought into this point in time and used how they can serve in this point in time. And it all boils down to balance, harmony, creating the harmonic.

Alright, good night folks!

Butterfly and Gate

by

Renee Salvatori

Two things I recently heard that has settled on my conscious with peace and a smile.

1.) **The butterfly never sees its own beauty.**

The unassuming beauty of the butterfly, as it gracefully flutters about. Gliding through the air gracefully, as it gently decorates the flora and fauna. It doesn't get caught up in critiquing itself in the mirror. It doesn't dwell in its egg and chrysalis stages. It doesn't dwell in the tiny vulnerable egg stage of infancy, or the gloopy glob of mush hanging upside down. Nor does it strut about after its amazing transformation to beauty.

Takeaway: Just keep being the beautiful being you are, that is sharing this planet. Pay no mind to the yucky parts of your becoming. Pay no mind to those stellar parts of your arrival. Just be the whole person in all your lived journey. Knowing that today is the most beautiful parts of yourself, and gift others with your beauty, as you flutter to your next stage.

2.) **The gate is shut, but it is not locked.**

So not to startle a group of women in a garden prayer meditation, the grounds keeper quietly approached and whispered, "I am leaving now. The gate is closed but it is not locked." He was basically telling them not to panic when they looked around and thought they were locked in, as it could very well have appeared that way at first glance. He whispered it once more, just to make sure they had heard. It reminded me of the analogy that we are sometimes captive to our own thoughts, beliefs, insecurities, or just life's timing of things. We are not held in by bars, locks, doors, or walls and upon taking a closer look, we realize we can step out.

Takeaway: Sometimes we may need to whisper to ourselves, as a gentle reminder or a soft nudge, "The gate is closed but it is not locked."

Continue to see your value and beauty. Continue to experience your freedom. You are a beautiful and free being.

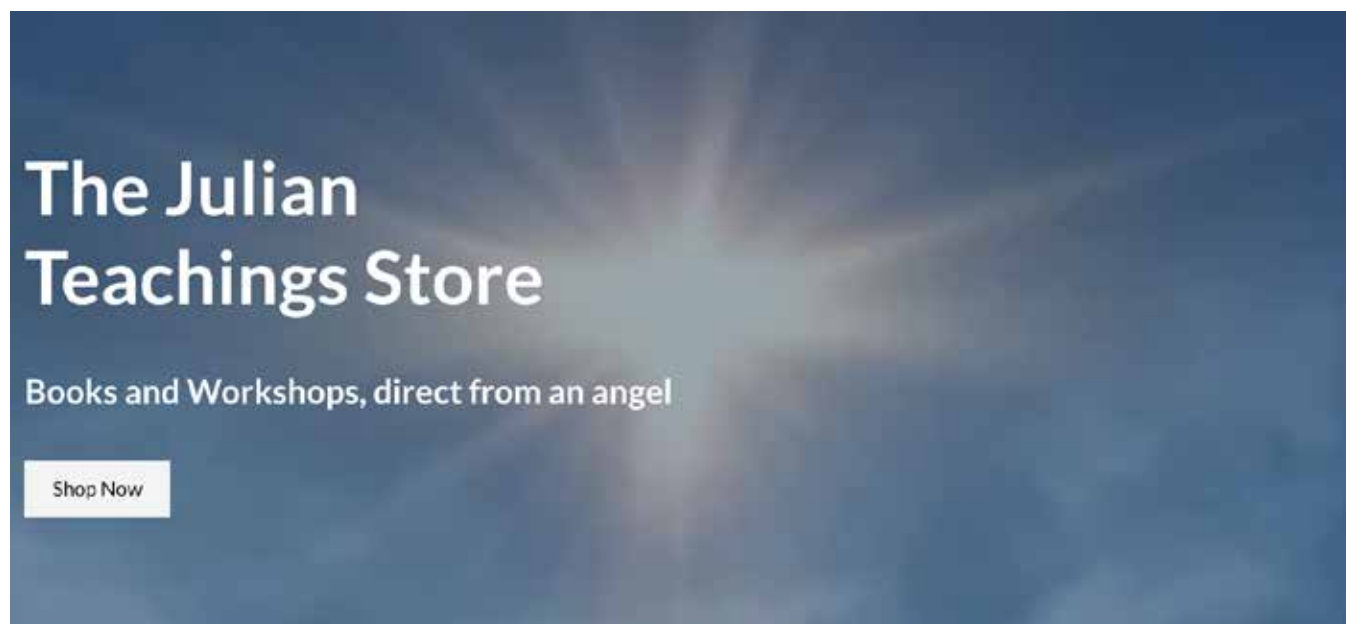
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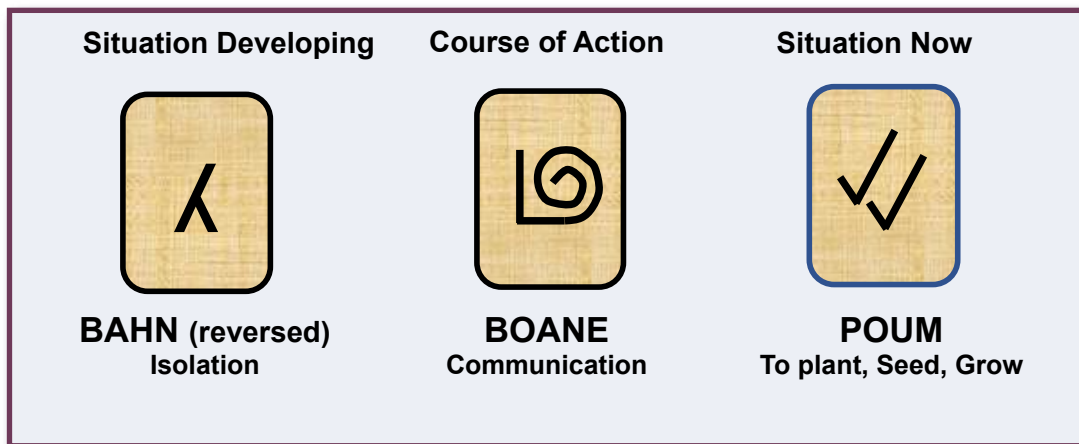
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(Continued on next page)

A Season of Runes

by David and Shesta Ross
California



Question: From the perspective of the Universal Runes, what are the energies of Fall 2022?

To Plant, Seed, Grow is the situation now, the course of action is *Communication*, and the situation developing is *Isolation*.

Poum, the situation at the beginning of fall, “often attends the seasons and refers to seasonal change.” That this appears at the beginning of fall is timely, and perhaps an indication that this fall equinox is a big step. Interestingly, one would normally associate Poum with the beginning of spring and fall with the harvest. So, is the harvest this time “the ability to grow and maintain growth?”

Poum counsels us to see things through to completion. One would imagine that first there would need to be clarity about at least one thing, and then a sense of what would constitute completion. Pick one for starters!

The course of action also involves the powers of nature. “The universe is signaling . . . through its elements and movements.” We “need to attune to the rhythms of the universe and prepare for change.” Sounds a bit ominous, huh? “Individually, it is a sign of time needed alone with nature in order to understand it.” That sounds a bit friendlier. An affirmation we’ve used for many years is:

“Humanity and nature heal together.” One Julian gave is: “Power of earth, power of water, power of air and fire be my guide. I release to you, that which I am too, and together we evolve.”

Why is time needed alone with nature? What happens when I am alone in nature? When was the last time I was alone in nature, actually? Try going once or longer or more often, and releasing to the elements in their natural forms. If this isn’t practical, if you sit with a plant, even a house plant, you are in touch with the universe.

Reversible runes always contain *both sides*, or the potential of their opposite orientation. Thus, Bahn reversed, which “speaks of separation and isolation,” does not mean that isolation is where we will end up. Honestly, it seems to us like we are already in a situation where “separating principles rather than those that bond are at work” and “It is wise to reevaluate.” Remember that it is very easy to blame others for the “separating principles,” and of course, there is some truth in that. However, blame is itself a form of separation.

Per Julian, key words for the new age are *acceptance*, *flexibility*, and *forgiveness*. Condemning someone for where they are at or what they are thinking will only harden the silo. Growing a beautiful garden invites people out of their boxes.

Julian has said, "The power is above. The place to use it is within." What does this mean? Within myself, I can touch anything. God is, I am, and we are one. I can merge with something that is out of balance, and bring balance to it. The key is actually in the merger. The answer to isolation and separation is to extend love, which is the most powerful force in the universe, to those we feel threatened by — to love thy enemies. Julian once humorously said, in reference to us, that "Someone has to work with the etheric energies!"

The Light knows no boundaries or limitations. We can do our part as concerned citizens, that is important. To the extent that we also choose to use the tools of light we have been given, taught, born with ... that is potentially a vast expansion of our influence. Each in their own way. The Light knows no boundaries or limitations.

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.

BOANE (Oane): Communication



Glyph: Man and the spiral of communication.

Universally: The universe is signaling. It is communicating through its elements and movements. This rune signifies a need to attune to the rhythms of the universe and prepare for change.

Individually: Where BOANE appears in the spread, it is a sign of time needed alone with nature in order to understand it. It can also mean time needed alone with the self in order to understand the self.

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

POUM (Om, as in Tom): To plant, Seed, Grow



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

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

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

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

For all the Universal Runes source materials:

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Classes Open to Join

Sam & Temier Offerings

New! Master Class: Life is a Flow

We have entered an era where awareness has grown enormously, and with it comes a need to really know yourself.

Who you really are is a hidden reality, and therefore almost always beyond your current knowledge. Indeed with everything that is part of today's world, a flowing lifestyle seems difficult. Discovering it is part of your growth process and is a treasure waiting to be celebrated.

Temier will introduce meditations, contemplations, and exercises that will help you to discover beautiful new aspects of yourself that will help add a greater flow in your life. As in past workshops, these processes will prove to be innovative and extremely productive.

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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>

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

Andrea offers private and group meditation classes using the Zoom distance learning platform. **Arrangements can be made for students who wish to participate in person in Andrea's Portland, Oregon temple.**

See 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
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 Mystical Magus requires 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 offers three sections of Transition Energy (TE) that are closed to new students. A fourth section is under consideration that would most likely be offered on the first Saturday of each month. If you are potentially interested, please let Andrea know.

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. Former students of TE who would like to review the material are considered for admission into one of the sections on a case-by-case basis.

Descriptions of TE and the Mystical Magus classes are provided on the [Julian Teachings website](http://JulianTeachings.com).

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 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 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.

Our Next Issue

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