



Ring of Light

A Newsletter for the Members of the Julian Community

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For some reason, the anticipation for this coming year has been palpable for the last month. There is a certain excitement in the air. Can you feel it? Looking at our current circumstances, it doesn't seem like it could be anything special: the Russian/Ukrainian war is still going strong, the COVID pandemic is working its way through surge #5, the world economy is pretty shaky, and the weather continues to be screwy everywhere.

But the feeling that there is a breakthrough just around the corner persists. Did you catch Aca'u's Winter Solstice message a few days ago? *"Turn inward during this Solstice period, for the coming year is one of transformation. It is a most important year in your evolutionary cycle and preparation is called for. Now, you are always growing and learning from your experiences. But 2023 will hold a different type of growth; it's deeper and more lasting. You can transform your life in the next year. The energies of the new year of one of vast change, transformation, and growth."*

Ah, so that's it. How do we support this transition? The Universal Runes have given us a clue.

1. DAH reminds us to go within to identify our goals this solstice season.
2. TAZH instructs us to use our spirit, the creative being within, to take action this coming year.
3. EHMI reminds us that it is our job to manifest our creativity on the earth plane.

Are you ready to move forward into a new life? Take the advice of Aca'u and the Universal Runes. Look within and dedicate yourself to creating the life you have always wanted.

Thanks to our writers who have brought this season's energy to this issue. Also thanks to Adele Lederman and Cindi Frank for taking on the challenge of creating a regular column about the Julian Healing Techniques.

— Blessings Jan Clayton and Nancy Walton

"The beat of this season roars in like a roller coaster of rock and roll, and the heart-pounding rhythm reminds us of a longing for lost rituals. Let these longings that swell up linger a bit longer than usual. Sit sweetly for a moment and appreciate the stillness that haphazardly leans up against the busy blur of our lives. Surrender to the living sensation of your breath. Chant, sing, hum, and drum with mumbling mercurial magic until the instrument that is YOU rings truthfully. Sink into the soft strength of vulnerability and flirt with transcendent transparency. The risk is the reward when we remember to lean into the earth and let deep sleep hold us through the crucible of passionate, from-the-gut revival."

— The Mountain Astrologer Issue #224

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This Season's Astrology

by Jessica Nelson

We enter the Winter Solstice on December 21, 2022, a time of stillness and hibernation. The Sun enters the sign of Capricorn, joining Venus, Mercury, and Pluto. Our energy is geared toward building anew. Our thoughts and hearts are filled with visions of the future and our souls are gearing up for a transformation that will usher in a new earth. We are all here to aide in the transition from one age to another. Though the times may seem tumultuous, it is darkest just before the dawn. As written in, *The Realms Beyond*, "Knowledge and love will opt out all fear from their minds while Earth passes through the awful ordeal of emerging from darkness to light—from sin and wrong to righteousness and peace."

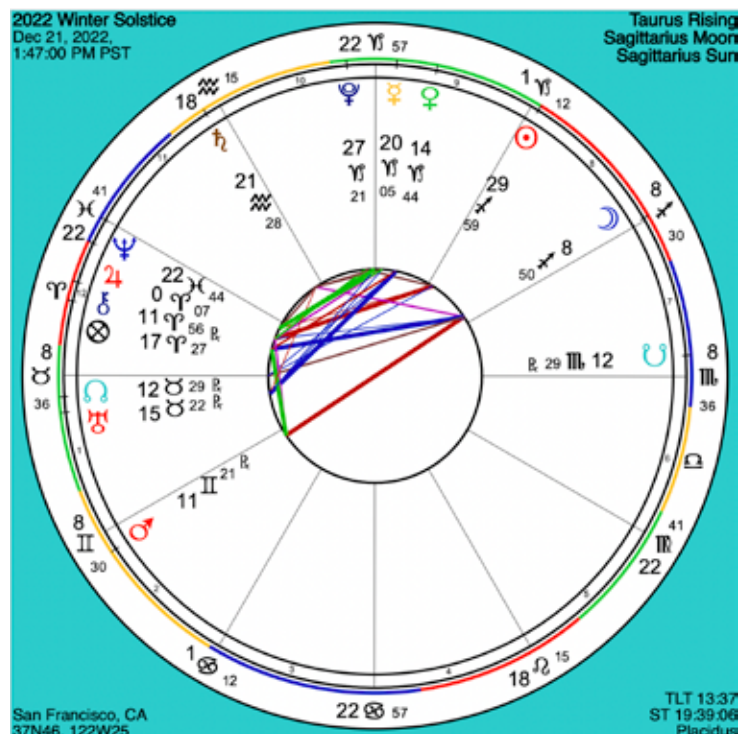
With Neptune in Pisces, our faith and spirit is being increased like never before. The Sun will square Jupiter today as there is a strong urge to grow into our light. Uranus remains in Taurus, in a time with Venus in Capricorn, giving us an easy energy flow between the two planets. When Uranus (the planet of revolutions and new ideas) works with Venus (the planet of love and money) we can expect many changes in these areas of our lives.

On December 24, Mercury, while conjunct Venus and the Moon, will sextile Neptune. There will be harmonious energy between our hearts, minds, emotions, and spirit. As our connection to our true selves increases and our frequency collectively continues to grow, the light of the world will increase. Truth will begin to spread at faster speeds than every before. On December 29th, Mercury goes retrograde, joining Venus at 24° Capricorn, enabling our thoughts to be more in line with our emotions. On December 31st, Venus will conjunct Pluto at 27° Capricorn, setting off a new cycle in regards to peace and harmony.

As we go into 2023, Mercury will retrograde back to the position of making an exact sextile with Neptune and the moon will be joining Uranus in Taurus. Even though January 1st is celebrated as the new year, we must remember that we are still in the time of stillness. The energy that surrounds us is conducive to taking it slow and reflecting on the past year, making the push for new year's resolutions ill fated. It would be best to save the new beginnings for the time of the Spring Equinox, when the energy is bountiful and ripe for growth.

On January 4th, Venus, entering Aquarius, will sextile Jupiter in Aries. Cherishing freedom and individuality,

and nurturing the growth of the individual will lead to the union of all. Our hearts are filled with the visions of a world untied by understanding and truth. A full moon in Cancer, opposite the Sun conjunct mercury happens on January 6th. We may feel as if our emotions are not aligning with our thought process on this day.



On January 8th, retrograde Mercury trines retrograde Uranus, paving the way for out-of-the-box thinking. On the 9th, Venus trines retrograde Mars that's been enjoying an extended stay in the sign of Gemini. Ideas and information will flow freely and there may be a drive to seek information like never before.

On January 12th Mars goes direct, giving the planet of energy no bounds as it travels the rest of the Winter through the sign of Gemini. Taking in information from all different sources will become our strength.

January 22nd will bring the conjunction of Saturn and Venus in Aquarius. With Saturn's transit through Aquarius, we have experienced a restriction of our freedoms. The heavy hand of authorities have come down upon us with no regard to God-given rights and liberties. With Venus joining the planet of limitation, there is hope for love to overcome. Isolation and loneliness may have overstayed their welcome as the people of the world continue to rebel against the restrictions. Uranus

also goes direct this day after months of being retrograde. The planet of rebellion may now express itself in a more progressive way.

On February 6th direct Mercury makes a sextile to Neptune. Our thinking is structured, stable, and able to foster ideas that might seem foreign to us. The veil continues to come down as truth is exposed like never before. On the 10th, Mercury will make a direct conjunction with powerful Pluto in Capricorn. Our thoughts become deep and penetrating, able to peer further into the darkness than ever before. We are all aware of the effects of Pluto in Capricorn, as its powerful energy has worked to expose the corruption in our world. There is no stopping this powerful energy from bringing about a transformation through destruction and upheaval.

We will have our first taste of Pluto in Aquarius this Spring, which no doubt will begin the process of bringing power back to the people of this world. The tight control over every aspect of our lives, whether you are aware of it or not, will at some point become undeniable to the masses. Through the turmoil it will become imperative to have faith and not fear.

On February 15th, Venus will join Neptune in a loving embrace of spiritual acceptance. Divine energy will flow to each of us as we open our hearts to the guidance of the spirit world. When we open ourselves to the truth of light that lies within each of us, we have the capacity to gain wisdom that can alter our entire way of life.

On February 19th Venus in Pisces will sextile Pluto in Capricorn. When we can accept and acknowledge our true self, which is spirit, there will, through major transformation, manifest a world rooted in love. We are in the process of building a new life for all people, elevating our consciousness to new heights, and accelerating the awakening of the soul.

On February 21st, Mercury in Aquarius will square Uranus in Taurus. Our thinking will be challenged as it pertains to new ways of being. Mercury will trine Mars the next day, on the 22nd. By gaining knowledge through freedom of information, we will have new ideas when it comes to acquiring goods and earning money. Information that has been suppressed and deliberately hidden from people of this world may now be readily available, and with new intelligence always comes a different perspective of the world around us. Knowledge must be sought.

On March 2nd, Mercury and Saturn will be conjunct in the last degree of Aquarius, and Venus and Jupiter will be conjunct in Aries. Disciplined thinking and a dedi-

cated mind will aid in weeding through the amount of information that will be available to us. We may be more willing than ever before to discuss the oppression that's happening around the world. Growth and love of self will be important. We need to begin to understand the divineness within ourselves.

March 6th brings the Sun in a sextile position to Uranus. This will offer us an energy of hope, a belief that all will be okay as we align with our true values. On March 11th, Mars will form a sextile to Venus in Aries, while also squaring Neptune in Pisces. We need to recognize the importance of the individual voice so we can go on to develop and strengthen our spirit. The drive for something more than this life is taking hold of the minds of people all over our world. We were made for something more than this.

On the 16th and 17th we have Neptune, Mercury, and the Sun all conjunct in Pisces, squaring Mars in Gemini. We are working to expand our minds, beyond things and ideas we thought or believed in the past. We are working towards a higher mind and understanding of not only the world around us, but what lies beyond the veil. Venus at 0° Taurus will be squaring Pluto in the last degree of Capricorn. This has the ability to create an intense emotional experience—something that could transform our hearts. Venus will also be in a sextile position to Saturn in Pisces. There is collective learning happening within our subconscious minds at this time. There is a longing for peace. Through values that express love and understanding we will be able to build our connections strongly with each other. No longer are we ok with the suppression of our higher minds; we will not stand for restrictions.

On March 18th Mercury in the last degree of Pisces will sextile Pluto in Capricorn, giving us the ability to go deep in our thinking. We are more open to new ideas that will transform our lives for the better—ideas of spiritualism and the power of thoughts will be more widely accepted. Humanity has been suppressed and controlled for far too long and its time that we acknowledge our power and divine right to live in a peaceful world.

Our life that we are destined to live out as spiritual beings is hard for many to comprehend. It is hard to imagine a world where peace and love thrive, and evil is snuffed out of existence. But that is exactly what is coming. The age of Aquarius is the age of brotherhood, a coming together that has never been experienced here. We must open our minds to the wonderful things God wants to bring to Earth.

Julian Healing Techniques

By Cindi Frank & Adele Lederman

We are excited to announce that Cindi Frank and Adele Lederman will be writing a regular article in the Ring of Light called *Julian Healing Techniques*, based upon the book they have written about the subject as well as their experience using the techniques. Before we start with their first article, let's introduce them.

From Adele Lederman: My journey into healing began as a young child wanting to be a nurse. All I knew back then was that being a nurse could make people better. As I grew, becoming a nurse became a permanent goal that was fulfilled in 1957.

Through the many years of caring for patients and learning the medical techniques of healing disease, a question within me became very persistent: “*Why* do people develop illnesses?” Yes, I learned all about pathogenic bacteria, trauma, and mental illness, but what initiated the start of illness? I began to feel that being a nurse did not reach the whole person.

Meeting June and Bill Burke in 1971 was a life changing event — a pivotal point in my life. They became my teachers and friends. Bill taught me meditation and June invited me to join her Monday evening meditation group.

Once a month, June went into a trance and Julian spoke about healing techniques. It took several sessions for me to realize that healing was my path to learn that a human being was not just a physical being. I began to learn that one could initiate healing in another person through the combination of mental and physical means.

Over the succeeding months, healing became an adjunct to nursing and the answer to the “*why* question” I had always asked of the disease that many people experienced.

When I felt confident that I understood and became proficient in the techniques and use of guid-

ing the healing energy, I began to share what I had learned with others who were interested in healing by organizing workshops and lectures.

It is now my goal to continue sharing the knowledge of healing — one way is through articles with Cindi Frank in the ROL. We are looking forward to sharing our knowledge of Julian Healing Techniques with you!

From Cindi Frank: Much like Adele, I too wanted to be a nurse when I was a child. Circumstances and a lot of travel prevented me from going to nursing school, but I found my love of working with older adults in senior living centers. I started as a Nurse Assistant, then moved into the Programs & Activities department, and ultimately I took on regional and national roles for several senior living companies, specializing in dementia care.

I was always interested in complimentary medicine and studied what I could find about it. Then, at a Gathering, I met Adele. She gave a small group of us a healing techniques class and that was it. I was hooked.

A while later, after I lost my job due to company downsizing, I was transcribing some of the Julian tapes when I came across some tapes with Julian teaching healing classes. I knew this material shouldn't get lost, so I decided to put the information together in a manual. I asked Adele if she would help with this project. She told me that this was a goal of hers and something she promised Julian she would do. It was fate!

Having Adele's firsthand knowledge of having worked directly with Julian was amazing, and we are all blessed to have this available!

As we worked on the manual, Adele asked me if I would be interested in becoming certified in Julian Healing Techniques and, of course, I was.

We introduce two important techniques in this first issue: **Centering and Grounding** and **Building Energy**. If you have a Julian Healing Techniques manual you can follow along and take notes. If not, our discussion will give you all the information you need.

Centering and Grounding

Before beginning a healing session, ask yourself if you are feeling any anger or other negative emotion. If so, take some time to dispel these feelings. Know that a physical ailment won't be passed on to the recipient, however, an emotional one can! Negativity can be transferred and will lessen the potential for the recipient to be able to accept healing.

When you choose to be a Healer, you have guides and teachers around to help you. You may not be aware of them, but when you are healing you are never alone!

Take a little time to focus your attention on the moment and meditate or say a prayer before you begin. Your prayer or meditation can include asking your guides, angels, healing beings, your high self, God, Buddha, whoever you feel comfortable asking to be with you and guide you to do the highest and greatest good for everyone involved.

Building the Energy

Everything in the universe is made up of energy. It is present in different forms and shapes. The energy that

composes our bodies is the same energy found in the building materials of our homes, and the animals and trees. Its all just the same!

When we build energy in preparation to heal, we are plugging in to the energy of the universe. Imagine and accept energy flowing into you, through the top of your head and into your hands. Now pass one hand over the other. You may or may not feel anything but be assured that the energy is there. Your "tools" are now ready for healing.

Universal energy *is* unlimited. However, we still need to be good stewards of energy and "turn it off" when we're done working with it. To turn off the Universal Energy flow, snap your fingers, clap your hands or flick your fingers. This assures we are not dragging "old" energy from one place to another. We start with fresh energy at each "point of contact." More about this in a future article!

If you have questions about the healing techniques, are interested in a healing session, or would like to set up a Julian Healing Techniques class, please contact Adele Lederman at ripples444@aol.com or Cindi Frank at frank.cindi@gmail.com

If you would like to purchase a Healing Manual, visit the Julian Teaching shop: <https://shop.julianteachings.com/product/julian-healing-techniques-participant-guide/>.



AWOKE, THOUGHT BRIGHTS UP ...

PATTERNS BEHIND EYE'S MIRROR.

WINGS CAN SETTLE SOFT ...

— RF.

I want to be who I am, not what I have become

By Grady Love

In order to frame the point of my article, I want to share some details of a backstory, if you will allow.

My wife of 45 years made reply to a question I posed to her that I have not forgotten in the 7 years that have passed since she expressed it. At the time, we were in the discovery process of when and how to sell our small business that we ran together for nearly two decades. She had quietly and resolutely come to a personal realization that her acquiescence to me and the customers we served — and there were many she had come to know well and developed deep friendships — were no longer a compelling enough reason for her to continue any “active” role in our business any longer. By that I mean to say, she abruptly came to the point, literally in the moment she spoke, that she wanted out. When I pressed her as to why — and asked for an explanation for why she wouldn’t remain active for another two years — she replied, “I want to be who I am and not what I have become.” How could I reply to such a deep, heartfelt statement like that from someone I cared deeply for and who had stood strong by my side for so long?

I will admit that in that moment and in the subsequent weeks that followed, I wasn’t inclined to see beyond my own self-interests — to let her step down so abruptly. So I pushed back. To her credit, she didn’t budge. Over the next couple of months, as she transitioned out of her role as our “Chief Operating Officer,” I could see that she had been living *in my dream* of owning my own business. I had trespassed into her dominion and coerced from her a commitment that should have been freely given. She had set aside her own inner truth of who she felt she was and wanted to be, by accepting a role foisted upon her for nearly two decades. It had finally caught up with her. Now, in retrospect, I see it was her epiphany, her insight, and her courage to simply live from her truth that dramatically altered our lives.

Over the last few years this backstory has come to a very happy ending—both in what we did receive and what we didn’t! The synchronicities that followed were nothing

short of miraculous. We very quickly contracted with a buyer and completed the process of closing of our business for a premium. We rekindled the loving relationship that had eluded us those many years. And we became reacquainted with our family and were blessed with the addition of 4 new grandchildren. (We now have 6.) We are so thankful that we were also spared the trauma of operating a business through the COVID-19 drama and the economic downturn — high costs, labor and product shortages — that continue to worsen today.

So, I ask each of you: Do you like who/what you have become over time? Are you living the life you were created to have? Do you truly know who you are? Have you lost clarity as to your divine nature and purpose?

You know, I find that the compelling, mesmerizing power of our “perceptual life-dreams” that we so blindly and effortlessly make up and accept every day actually imprison us in a trance of sorts. Do you let your lower self’s mind-limiting beliefs veil the truth from you?

These are the kinds of questions only you can answer — uniquely answer — in the quiet solitude of your heart, in that stillness where the Divine Creator *of you* abides. Are you ready and willing to awaken fully from this self-imposed trance to “trance-end?” (Yes, a shameless pun.) I suspect that some may think you already have accomplished this. Well, while you may have opened the door, only you know with certainty. Trust me friends, I know I am in that boat with you as well.

Now, let’s move on to my point. As we enter this season of introspection and reflection, let’s choose to clear out and release some of the self-limiting, perceptual constructs, and beliefs that we use to veil the truth from ourselves. They, indeed, hold us back from being the highest and best Light we are meant to be and that our souls long to express. At what point do we decree:

“I will be who I AM, not what I have become?”

Hibernation

By Renee Salvatori

**Wouldn't it be nice if we could all hibernate like a bear?
Curl up in our deep secluded warm den for a long winters nap.
Away from foraging for food and stress of the hunters.
How about withdrawing like a squirrel?
Staying warm in its' nest in the hollowed-out tree.
Chock full of seeds and nuts, as it watches the cold season outside.
We may not be able to hibernate like the fluffy creatures but we can
take a lesson from them.
Winter gifts us a time to pull in and detach a bit.
To remember who we are and dream.
A reprieve from lawn, planting and harvesting.
A break from warm weather get-togethers, and "have to meetings".
We can pretend to hibernate and take a break from the to-do's.
Create your own welcoming cubby space.
Disconnect from news and media for a few.
Curl up with a book and a blanket.
Leisurely sip on a hot toddy or nibble on a piece of hot buttered toast.
What a wonderful lesson from the animals.
A winters nap to recalibrate and regain strength.
Gift yourself with the joy of a little hibernation.**

Saul's Corner

UNIVERSAL LAWS: THE LAW OF CAUSE AND EFFECT AS TAUGHT BY REV. JUNE K. BURKE

(LaGrangeville, New York, December 1998)

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

We are working on the sixth principal tonight, the Law of Cause and Effect. Every cause has an effect and every effect has a cause. It is a circle — every act, every thought, every word that we speak will bring a reaction on the return circle to us.

Everything happens according to the law, and the Law of Cause and Effect is one that we really have to understand. This law brings about the karmic patterns in our life — what we answer to from another space or what we create in our life during this lifetime or any other life — that we are going to have as ours. Because what we send out from ourself is like a boomerang, it comes right back to us. Now it does not always come back in identical form. If you steal someone's money, you will have something taken from you, but it may not be your money. It may be your good name, it may be your mate or your lover or whatever. You cannot escape the Law of Cause and Effect, and yet, the law is not out "to get you." The law is there simply as the movement and motion of what you put in to effect. And because it is universal, it cannot be stopped. It is the grid work under which the entire universe is governed.

It is also the basis for all scientific belief. Scientists believe that everything has a cause and that everything has an effect. So in that vein, it is the basis and underlying principle of all of scientific thought.

We also hear, in relationship to Cause and Effect, the idea that everything happens according to law and if the law is Cause and Effect, then it has two poles that belong to us. And according to how we act, that's the pole we are going to receive. That makes us ask, "Is there such thing as chance?" We say: "Well that just happened by chance." But chance is nothing more than a name for law not recognized. And while there are many planes of causation, there are many ways in which we cause something to happen or inherit a cause, but nothing escapes the law.

Question: Can you qualify "chance?"

Chance is just another name for law not recognized. For instance, say I am so busy talking to Marion, that I reach over here and knock this plant off. You might say "Oh,

it was just chance." But behind that incident is my arm movement which I created. Behind that arm movement that I created is my involvement in something where I am not paying attention, which I created. So, there is always cause behind chance. It follows the pattern of the Law. We have to realize that the Law is there and everything functions around it, in it, and through it.

No thing ever creates another thing. Cause and Effect deals with events. Knocking this plant over is considered an event. It wasn't a "thing" that created that, but a cause. When we say "cause and effect" it is not the "thing" of cause creating the "thing" of effect, but that cause has a return. Remember, if you go back to Rhythm, that which goes out must come in. If you go to Polarity, there are two poles. Simply again, in another form, echoes all the laws that we have had before.

Now if you really want to get confused, this is how the Kybalion describes it. "No thing ever causes or creates another thing. Cause and Effect deals with events. An event is that which comes, arrives, or happens as a result or consequence of a proceeding event." Isn't that clear? (laughs) What it is really saying is, there is always something behind what happens and it is always a cause. If I arrive and I have a cold, and you sit in a draft and you catch a cold and you say "I must have caught cold from the draft" — not necessarily — It might be the cause of your cold. But there is always a cause. It doesn't just happen by chance.

Question: Can an effect cause another cause?

Absolutely. It has its reverse action. In other words, let us say I reach out and slap you. I have created an *event*, I have created a *cause*. You turn around and slap me. Now that's the effect of my cause, but it is also the cause of what I'll do next. It is a circle, a constantly flowing circle. I can choose to "give you a good one" or I can choose to take a breath and say, "Okay, let's break the cycle."

Whenever there is a cause that has an effect, that effect will also have a cause. It is like one following the other in a continuing circle. Look at it this way, when you are trying to figure out this causal thing and the result and the consequence — you have two parents, and you have

four grandparents, and you have eight great grandparents, and you have sixteen great-great grandparents. And yet all of them are related to the fact that you can sit in this room tonight. So “cause” is a constantly flowing thing. Your great-great grandparents getting together created the next step in that cause which ends up as you. It is all tied together. That is the cause behind the cause behind the cause. So, that is a good way to look at it to have it make a little more sense.

There are a number of causations behind the smallest event. And that is saying the same as those sixteen great-great grandparents. There are a number of causes behind any event. There is always the back log.

Webster defines chance as “A supposed agent or mode of activity other than a force, law, or purpose. The operation or activity of that agent, the supposed effect of such agent happening, fortuity, casualty and so forth.” A chance is derived from the term “for to fall” and “to fall” means to fall into place with the causation that has gone before.

Instead of getting caught up in all the words, just remember, it is a circle. What goes out, comes back. What goes out, comes back — constantly through time, from the beginning. Every one of you sitting here go back to the Ice Age. If you keep going back through your lineage long enough you’ll get there. So remember that the little thing you say or do or act upon can be creating a big avalanche out there for the future. Because it is going to have an effect, and a cause and an effect and a cause... right along the line.

It makes us stop and think of our responsibility as human beings to each other. How many of you have said “hello” to somebody and they didn’t answer and you felt offended? And that offense led you to create a great anger or a great separation from that person and so on. The effect of them not hearing you, perhaps, led you to jump into a new cause and effect pattern which created a void. Where if you had said “Did you hear me?” it might not have happened. The decisions we make every moment of our life are putting in motion a lineage of some kind in relationship to that event or that effect, or that cause.

There is what is called the *Law of Averages* which works within the Law of Cause and Effect. Anyone who has thrown dice at a gaming table or taken chances on anything, recognizes that the number of times it is repeated has an outcome on the effect. For instance, if you have a penny and you are flipping it heads or tails, the more you flip it, the more chance it has to come out equal or

even or average out. Just in the action of that, you create a Law within the Law that says “If I work at it enough, I’ll average out the head and the tails” or the numbers on the dice. They say it has been a proven fact — not just in the Kybalion — if you throw the dice enough times, you will have the same numbers appear on the top in equal amounts. It averages itself out to being equal.

Remember that sometimes we have more than one opportunity to create something but we have to stop and think about what we are creating.

What about people who are “masters?” What about these highly evolved souls? Do they escape the law? No, they do not. The masters know the rules and they place themselves according to those rules. In other words, they rise above the plane of the material, the material life. And they place themselves in touch with the higher powers of their own nature and in that way are able to dominate their own moods — which means, control their own moods. In controlling their moods they help control their character, their qualities and they begin to even control the polarity of them self, as well as the environment that surrounds them.

Because as you come in to control your self more and more, you begin to have a more controlled environment around you. If you realize that the masters are working on that principle, the higher self teaching them the control and the balance which will let them effect their own environment. Then what happens is, they become the movers rather than the pawns in the game of life. They do not escape the causation of the higher planes. Instead, they join the higher planes. And in joining the higher laws, they master circumstances on the lower planes. What appears to be them escaping the law is in reality, them becoming part of the living law which permits them to control themselves enough to be able to alter the things around them.

They form a *consciousness* part of the law. In other words, they actually become part of the consciousness of the law. And so instead of being blind instruments, they are part of the actual law. And while they serve on the higher planes, they rule on the material plane. So, they must answer to the law on the higher plane, but in answering to the law on the higher plane, they are able to override the material plane.

It is important for you to understand that because that is exactly what going into the higher self means. It is exactly what meditating to bring balance and harmony to yourself means. It means you are joining the highest part of yourself so that you can comprehend and be a part of

the law, the Universal Law. In being part of the Universal Law, you are still subservient to that law in that high plane. But now it teaches you, by your participation in it, how to master or overcome the physical plane.

And you know yourself, manifestation is using the power of the Law of Cause and Effect. If I believe and I want to manifest, then my thought, my action toward that manifestation will have the effect of bringing that manifestation to me. What I manifest will be according to how I handle what I do or what I am asking for. Always, no matter how highly evolved you are, you answer to the law in the higher planes. It is only the physical plane you are learning to control. You are always under that highest force.

The only thing that the Kybalion sees as separate from that law is The All, which is the law itself. It is how we use the tool of the law that makes the difference in what we bring to ourself. Questions?

Question: *If the law and the All are related to each other, if the law (couldn't hear)*

Let's think of it in this way. An elevator goes up and down, that's its principal. It is put into motion and that's its principal, it goes up and down. It doesn't go sideways, it goes up and down. We accept that elevators go up and down. That's the "law" that the elevator goes up and down. What floor we get on is up to us, whether we get on the elevator or not is up to us. If we don't get on, we have sixteen flights of stairs to climb. Fine. Nothing wrong with that. In other words, you always have to accept the responsibility of the law in your relationship to it. Nothing is going to stop that elevator — it's going to keep going up and down — how we use it is up to us. Every decision you make in your life involves choices. It is even your choice to make a choice or not. It is what we act upon, how we use it.

For instance, a person who is not particularly pleasant, perhaps feels that everyone else is inferior to them or wants to show their own superiority or what ever. So all through life, they act in that manner, for whatever causation is already there. Maybe it is their own inferiority, maybe it is their own superiority, maybe it is something someone told them. There is a whole line of causations, remember all those great grandparents out there? There is a whole line of causations which creates why they act the way they do. But that same person may wonder why nobody wants to be their friend. That same person may wonder "Why doesn't anyone like me?" The law says, what you send out comes back to you. In your manner, you are creating isolation. Therefore isolation comes

back to you.

We don't always know what the lineage of a cause is. We only know the immediate cause that we are created.

Question: *Where does free will come into this? Does it override a potential cause?*

No. The causes are always there. When you use free will, you are literally saying "This is a situation. This is how I see it in relationship to me and I make a choice to do this or do that." That is your free will. But the law is still there. Whatever choice you make is what is going to be coming around and back to you in some form. Whether you use it or not, the elevator is still going. And whether you realize you are using it or not, the law is still there. Remember that will is an act of realization on an individual's part. In other words, you say "Free will says I have the right to choose." When you will something to happen, you are taking a thought and giving it another power, trying to manifest it, make it happen. But it is still all under the law. Each action you take has that same return factor to it. Acts of kindness will bring acts of kindness to you. Many times we say "I choose..." or "My will says I can..." and that's fine. You are giving strength to what you believe. But it is always under the law. The law is always there.

It's like saying "We are given a grid work in which we are permitted to function." We are given power to make choices in how we function and the right to make them. No one is judging that. We only know that whatever we put in is what we get out in some form. As I said before, say you steal something—something will be stolen from you but it may not be an object. It could be your reputation. It could be something very precious to you other than just an object itself. The law says "You put in motion something and it is going to come around and come back to you." It comes back to sit on your doorstep.

Question: *Where do you fit in all the understanding that astrologers have?*

You are born with an energy package. If you go back to the book *Creation, It's Laws and You*, you will see that the planets were created for a purpose. They were a delivery system — to deliver energy. But they fall under the law. They have a purpose and an action that functions under the Law. They present to you an energy, you have the free will to choose how you will use it. Just because you have a square or an opposition in your chart doesn't mean "that bad thing" is going to happen. It simply means "Here is a chance for me to make a choice in how I handle the energy."

There is not anything in the universe that doesn't contain every one of the laws within it. Polarity, Gender... all of them exist within every single thing that was ever created, anything that was manifested. That is why you find terms that are similar coming up in many different places. We talk about the male and female leg in electrical work, we talk about the masculine and feminine, the active and receptive forces — they are all talking about the same thing. Two forms of energy, two poles, that in the balance point are equal to each other.

Very often a study, because of its antiquity and the length of time it's been around, will use terminology that is so archaic you get lost in the valley of the words. You have to bring it up to date. You have to bring it to right now, today and use today's words and use today's happenings. The person who drives at 90 miles per hour better expect to get a ticket. They are going to get a ticket. No matter what excuses they use, they got what they put out. When you are reading these things and trying to understand them, bring them up into your life and see how they are functioning and the control you have over them. The terminology is archaic in a lot of the old teachings, because that is the way they understood it then.

Question: *I have always thought we choose our astrology energy package.*

We come in with the tools we need and the fences we have to climb. You choose what you want to answer to in this world and will await the configurations that give you the energy package you need to be able to accomplish it and encounter it. No matter what your chart reads, you chose it before you got here. And now you will work with that energy and through that energy. There is no *bad* or *good* signs.

Question: *Each sign is masculine or feminine, so that law continues in astrology as well.*

Other questions? Don't get caught in the terminology, learn it from the heart. Learn it from the essence of it, by saturating yourself with the feeling of it. Because terminology can be so fixed that it can get you blocked someplace, so you can't get past it. Learn to say, "If this word is giving me difficulty, what are ten other words that say the same thing?" One of them will be comfortable to you and you will be able to use that word to understand the whole thing.

The law takes nothing away from you. Nor does it confine you. The Law of Cause and Effect is a responsibility principle. When Julian speaks of the Law of Cause and Effect, his explanation of it is this: "The Law of Cause

and Effect is the energy of responsibility and discernment. Action creates reaction, to the giver goes the gift as directed." It's like calling up and saying "I want to order this. Please send it to this address" and that's what you get. The law is there for the purpose of continuity, for continuation. It is there to hold us together.

Many times people think of the law as "out to get them." They think of the law as something that is trying to take something away from them or infringing on their rights. In reality, the law is created for a purpose and is there for a purpose the effects more than one person. That same guy that goes 90 miles an hour and kills someone's cow takes the livelihood from that farmer. Or if it hits a child, he takes the life from that child. There are always ramifications to other people from the actions.

And social law, the law of the culture, falls under Universal Law. When cultural law gets out of balance, Universal Law will step in and help to restore the balance. So, it is there really, as a grid work of protection as well as anything else. It is not there to limit you but to let you use most wisely, your potential and your abilities.

Question: *If you have a choice of making a decision one way or another and you think about it and come to what you consider a logical conclusion. But what happens if you don't have time to think about it and have to make an immediate decision?*

In other words, where you don't have time to ponder it. Instinctive decision making is based on gut feelings. Someone holds up a gun to you and says "bang," your instinct is to dodge. You don't think about it — it just happens. That happens from our highest place of protectiveness within ourselves. Survival is the human being's first and primary consideration. After survival he is able to use everything else. When you are making that kind of decision in a split second, you are depending on your survival instinct which is ruled from a higher place within yourself. You basically act instinctively.

Question: *Sometimes people have been known to freeze, making no choice.*

Which is still a choice. They are making a choice. You could ponder this until we all leave this earth. (laugh) But the object is, we are always making choices, even if it is a choice not to make a choice. The point is, we don't know what the causation of his freezing or her freezing is. There is always the cause behind the effect. And because we can't know, because it is none of our own understanding, we have to say "What ever happened, happened as it was meant to for that individual at that time."

Whether we know it or not, we are constantly making decisions. We may not consciously realize it, but we really are.

Question: (*couldn't hear*)

Another thing to realize is, evolution is part of life. Everything in us is constantly re-looking at things. We look at an ancient teaching and we have to bring it into the understanding of today to gain from the learning of that teaching in this point in time. We could memorize this book (*Kybalion*) and its terminology and recite it constantly and we wouldn't have learned anything unless we can use it as a tool in this point in time in our lives.

Always remember that evolution is occurring in every teaching, evolution is occurring in us. We are constantly getting to a better space and a better understanding of how to use it. Today, who would think of saying "The nearest town is thirty miles away and I am going to walk to it?" No, you get in your car or you get on your horse. The thought of walking that number of miles as a ca-

sual thing, that would be a planned hike or a seven day event. Today we don't look at that kind of a journey as the norm, we see it as something we would be forced to do, perhaps, but not as a norm.

Because of evolution, everything that evolves effects us and effects how we make decisions and how we think and so on. Sometimes we have to pause in that evolution to take a minute to look back and say "Wait a minute, there were some pretty good things back there. Let me bring that with me." Remember, the only thing that is absolute is change. Nothing is stagnant, everything moves, everything flows in and flows out — do you hear all the laws? They are constantly in motion and these laws interlock with each other as one flow of energy, sort of thing. We are constantly understanding how one relates to the other and how they build upon each other. The main thing is that every law is under the All — Mind is All. How we think really sets everything in motion for us. If we think as a defeatist, we create defeat for ourself. If we think as a non defeatist, we bring that to ourselves, too.

Try out the new Julian Teachings Store!

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Browsing and purchasing Julian materials just got a whole lot easier.

We have finally opened up our new shop to the public — Julian's Teachings has joined the 21st century!

- Pay using PayPal's secure purchasing tools with your credit card or PayPal account.
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290—*Thoughts are Things* (on sale \$5 for recording and transcript)

Book, Website, & Program Reviews

There are so many outstanding books, websites, blogs, and self-help programs these days we wanted our community to have a way to share their discoveries. Please send us reviews of things that have moved you or improved your life. Please stay away from political and highly controversial items.

Art is Life: Icons, Iconoclasts, Visionaries, & Flashes of Hope in the Night, by Jerry Saltz

Review by Barbara Garro

I ordered and received a 2022 book by Jerry Saltz, Senior Art Critic at *New York* magazine and its entertainment site *Vulture*, entitled *Art is Life: Icons, Iconoclasts, Visionaries, & Flashes of Hope in the Night*. Only a lover of art and artists could have painted this portrait of our art world. Only an art world professional would have been able to legitimately delight and demystify us as he “draws on two decades of work to offer us a real time survey of contemporary art as a barometer of our times.”

What a ride through works of Georgia O’Keeffe, Andy Warhol, Vassily Kandinsky, Thomas Kinkade, Caravaggio, George W. Bush, George McGovern, Steve McQueen, Takashi Murakami along with an ongoing treatise on Modernism into Postmodernism! I invite you to give yourself the gift of looking at art through Jerry Saltz’s eyes.

*From Amazon Books: “From the Pulitzer Prize winner and bestselling author of *How to Be an Artist: a deliciously readable survey of the art world in turbulent times*. Now, in *Art Is Life*, Jerry Saltz draws on two decades of work to offer a real-time survey of contemporary art as a barometer of our times. Chronicling a period punctuated by dramatic turning points—from the cultural reset of 9/11 to the rolling social crises of today—Saltz traces how visionary artists have both documented and challenged the culture. *Art Is Life* offers Saltz’s eye-opening appraisals of trailblazers like Kara Walker, David Wojnarowicz, Hilma af Klint, and Jasper Johns; provocateurs like Jeff Koons, Richard Prince, and Marina Abramović; and visionaries like Jackson Pollock, Bill Traylor, and Willem de Kooning. ...”*

Heroic, www.heroic.us, Brian Johnson head
Move from Theory to Practice to Mastery. Today!

Review by Jan Clayton

Last year I was introduced to a program called Optimize Coach (now called Heroic Coach). It is a 10-month-long program that is designed to make you more energized, productive, and connected. I wanted to address a few areas of my life where I felt I was sabotaging myself.

I loved the program. It was worth the money and the time, but more importantly, I got introduced to a variety of philosophers, scientists, and critical information about how to be happier and more productive.

The Coach program is fantastic, but what I want to focus on in this review is the **free membership** that gives you access to some amazing content that is expanding each day:

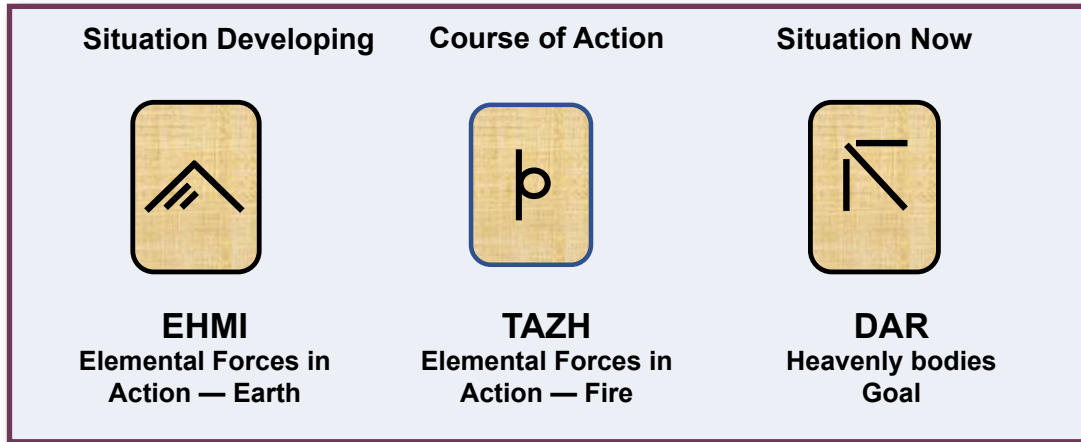
- There are over 600 summaries of books by philosophers, self-help gurus, and scientists who focus on improving human performance at every level.
- There are 50 on-online “101” classes (about an hour long) that present the most current information about all sorts of topics, such as the benefits and techniques of positive psychology, creating and getting rid of habits, getting optimal sleep, and creating masterpiece days.
- There are *thousands* of +1s, which are 2-3 minute videos that focus on one thing that you can do to change your life today for the better. I try to do one per day. They are amazing.

This is content that is worth perusing, and given that it is free, it should be hard for you to resist. You needn’t worry that what is presented will counter Julian’s teachings. They are very much in alignment.

Now, I have to admit that Brian Johnson has gone rather commercial during the last year with his “Heroic” re-branding. Just ignore the glitz and absorb the content. If the muse strikes, you can get their app and a premium membership that will give you constant support in meeting your goals and changing your life.

A Season of Runes

by David and Shesta Ross
California



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

At the beginning of this winter, there is an opening. “DAR is the permeating energy in all futuristic things.” There is a relationship between the heavens, the stars, sun, moon, planets, and so on, and how we can shape and mold our future. With DAR, goals can be brought into focus.

TAZH is the Universal Rune of Spirit, and to the individual, “the inner fire of the spirit, the creative being within, and the ability to communicate”. Once goals are brought into focus with the help of DAR. Instigation and movement comes with an opening to our inner fire, and the release of light into form.

EHMI is the Rune of the earth element. We reside here. Julian was clear on this—the light is needed here. The focus is here. One time Julian said “The next time we met, bring your creation in your hands.” Julian also said that you can change things with your thoughts and spiritual focus. But the focus when we are in the body is meant to be here. The goals are to be achieved here.

That said, Julian also said “*Somebody* has to work with the etheric energies!” The point is, bring it down. Look up, but with that inspiration, and partnership and guid-

ance, move from within to bring to light — to create something new in the physical plane. A healing is a creation, so is a class, a genuine smile, or an expression with some skill behind it. The place to release the light is here — in the physical plane.

EHMI is the physical body as well. The simplest and most direct way to improve physical health and balance out stress and anxiety is exercise, of any kind.

DAR (Ar) — Heavenly bodies, Star, Planet, Goal



Glyph: The comet's tail.

Universally: DAR is the energy of outer space. It is the energy of openings and advancements universally. DAR is the permeating energy in all futuristic things. It is through tapping this by thought, contemplation or meditation that goals are brought into focus. DAR is the inventor's thrust.

Individually: It assists in setting goals and moving toward them. Where DAR appears in the spread, it is a booster energy that helps an individual see more clearly in relationship to his/her future.

Reversed: It is the void. It designates energy that is not moving toward a goal, but is a directionless force. A new focus is needed.

TAZH (AZ): Elemental Forces in Action, Fire

Glyph: The loop which binds man and Spirit together.

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

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

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

EHMI (Ehmi): Elemental forces in action — EARTH

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

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

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

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

For all the Universal Runes source materials:

Authors are Rev. June K. Burke & the Seraph Julian.
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The Gift of Love

By Renee Salvatori

There is no price tag on it.

It cannot be bought.

It is never overpriced or on sale.

You don't need to hide it for special occasions.

No need to wrap or put a bow on it.

One size fits all.

It has no age guidelines.

No need to search out the right store for it.

No long lines to stand in.

Never money paid out.

No returns needed.

LOVE, the gift that keeps giving.





Classes Open to Join

Sam & Temier Offerings

New! Solstices and Equinoxes: The Seasonal Celebrations

There is no better way to move forward and to help sustain a new balance, other than to celebrate the Seasonal Celebrations of the Equinoxes and Solstices.

Yes, the modern view of the start of seasonal times is just the longest, shortest, and equal days of the year. However, these “seasonal times” usher in profound changes in perspectives with resultant activities. Temier will give you a view of these important dates in a way that helps use their energies in greater balance and productivity in your life.

Come join us as Temier explains how to take advantage of this wonderful time. Temier will lead us in meditations and discussions that will help us to build a better balance into ourselves and the world.

Find out more and register at:

<http://www.temier.com/solsticeequinox.html>

Healing Gatherings

The Healing Gatherings are given on Sundays every other week. The Healing Gatherings are *free* and are given over the web so that they are available all over the world. They are very powerful and include both individual and world healing. Sign up at

<http://www.temier.com/HealingGatherings.html>

Pathways

The Pathways classes are a series short gatherings where the topics are chosen to help you understand this changing world. Through innovative meditations and visualizations, the meetings work with balancing everyday

situations in a transformative manner. This allows you to uniquely express yourself in a way that creates a productive, flowing path through life. They are taught over the web every other Sunday just before the Healing Gathering. The cost is \$15 per session. Sign up at: <http://www.temier.com/OnTrack.html>

New! Starting in Spring 2023, three new teachers will begin presenting the previously delivered Pathways material: Rue Eisen (New Jersey), Jan Clayton (California), and Yvonne Harbers (Netherlands, discussions conducted in Dutch). These classes will be open to the public and will cover much of the material given over the last 6 years by Temier and Sam.

More information will be announced early in 2023.

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 published a number of small pocket books. These books are the result of classes and workshops given by Temier and Sam over the last 10 years.

The books are available in hardcopy or electronic form. Find out more about these books at www.temier.com/Books.html.

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

Classes with Andrea Smith, EdD

Our reality awaits a tipping point that we have the power and responsibility to create — a turning point of transformation, enabling humanity's transition to the next level of evolution. Each of us brings our unique qualities into the world. As we express these qualities toward positive transformation, what seem to be small changes ally to create global shifts. The changes we create in ourselves impact our environment and bring transformation to the world.

New! In support of this goal, on January 7, Andrea will launch a new section of **Transition Energy** meditation classes using Zoom. The classes will meet from 9:30 to 11 AM Pacific time the first Saturday of each month. The January 7th class is a free, introductory class. Acceptance into the class requires pre-approval. Former students of TE who would like to review the material will also be considered for admission into the class.

The monthly fee, which includes an electronic audio, is \$30, payable through PayPal. Contact Andrea for additional information using the information below.

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.

Mystical Magus Classes

Andrea is currently the only person taking on new students for the Mystical Magus classes. The Mystical Magus classes were initially private readings that Julian provided to Samuel Holland over a period of 16 years. If you are interested in these studies, please contact Andrea.

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.

Individualized Private Sessions

Andrea also creates private, guided meditations to address areas of challenge and potential identified by the student. The cost for a private session is typically \$30 to \$70 for a 45-minute to 90-minute session and includes an audio recording.

See www.andreasmithtransitions.com for Andrea's bio, additional information on Andrea's 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

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 started teaching TE in September 2022.

The classes are given online through Zoom on Saturdays at 8 PM CET (2 PM Eastern US) and are available to people around the globe. Students receive an audio recording of each class. The material is presented in English, and conversations are in a combination of English and Dutch, as makes sense. The costs is €25 per class.

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 Remco and Maria 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

Submission Deadline: 12/5/2022

Send electronic submissions to:

ringoflight@julianteachings.com

Contact Us

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

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