

Ring of Light

A Newsletter for the Members of the Julian Community

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Number 1

March 2023

According to our favorite astrologers, we are in for a very interesting spring — probably a very interesting year. Saturn has just entered Pisces and Pluto has just entered Aquarius. Pluto rules transformation and Aquarius rules technology and scientific inquiry. People suggest that this energy will create a revolution in the way we interact with technology in all fields of science and in all areas of life.

But let us remember that the Age of Aquarius marks a transition to peace and universal brotherhood. Maybe the movement of Pluto is a 20-year push into the Aquarian ideals of brotherly love and away from the Piscean focus on fear.

In his spring message, Aca'u tells us that *this spring* is different. That we “are on the cusp of vast change” and we should slow our pace a bit to reflect on our lives. He reiterates that this is time to “release any regrets or guilts” that we may have, to be at peace with ourselves, and to remember that *through acceptance* we can change anything we choose to change.

The Universal Runes suggest that we use communication with our higher selves to determine what to let go of — what should “fall away” from our lives.

Temier has also announced that we are approaching a “tipping point” when a critical number of people understand who they really are and how to live together peacefully. This event will truly bring in the Aquarian Age.

What is clear from all the sources around us is that it is up to us to allow the changes to happen. We need to accept that we are going to transform from a pupa to a butterfly. As best we can, we need to gracefully flow with these changes. There will be growing pains, but we need to trust that this is what is required to bring in the new age.

— Blessings Jan Clayton and Nancy Walton

**“Nobody ever talks about this part...
You know, the part where you’re no longer a caterpillar and not yet a butterfly.
You don’t know who you are and you don’t know where you’re going.**

All you know is that every fiber of your being is calling for transformation. For disruption. For a revolution of the spirit.

So surrender. Breakdown. This is not the death of you. This is the dying of who you once were. This is your rebirth, darling. And these are called, growing pains.”

– The Minds Journal

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This Season's Astrology

by Jessica Nelson

We enter the Spring Equinox on March 20, 2023, with the Sun entering the sign of Aries, joining Mercury and Jupiter. The beginning of a new year of growth and change is here at last! For those of us that live in a climate that has been cold and snowy for months, the sound of birds chirping and the anticipation of new growth is a welcomed feeling!

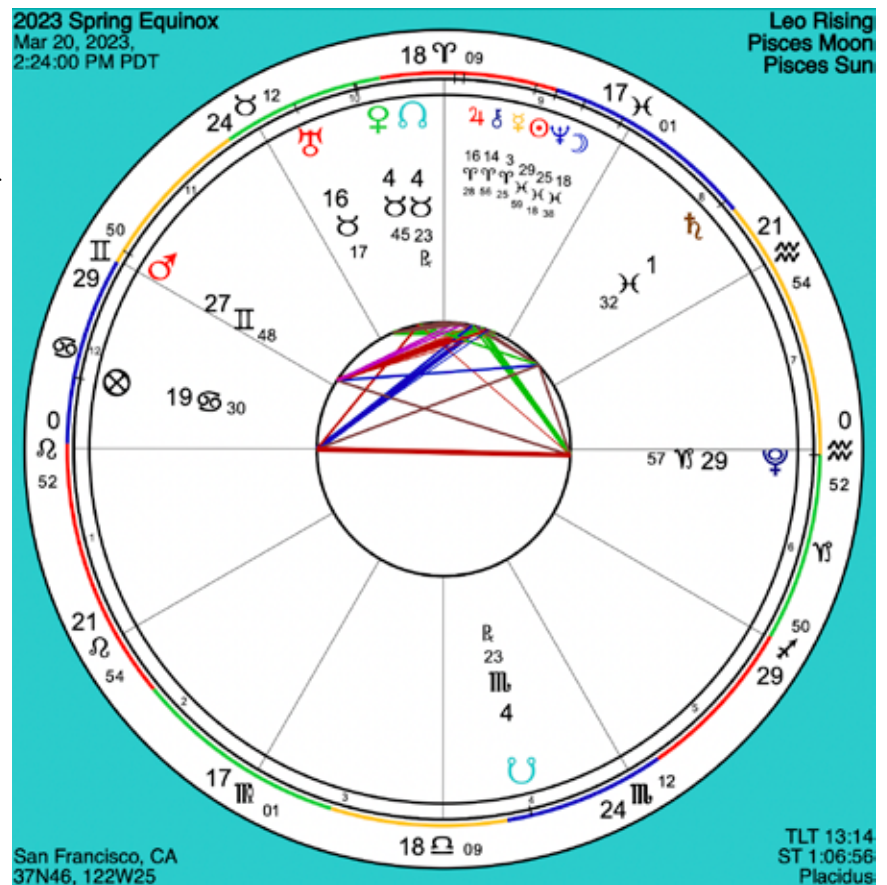
Saturn has just recently entered Pisces and will continue through the sign for the year, Pluto makes its first appearance for us in the sign of Aquarius on March 24th. Bringing key transformations to the minds of many. Aquarian energy is all about freedom of thought and the ability to create new ideas to share with the world to enhance lives. Pluto will spend most of spring in this sign, before it retrogrades back into Capricorn for its final stage of rebuilding.

Aquarius also rules technology and the internet. With Pluto making its way here, we can expect sweeping changes. This could manifest as a possible break down of the internet, only to be followed by changes that seek to use it as way to spread free thought, instead of using it to control information. Either way, this will only be a glimpse of what is to come in the next few years when Pluto settles into the innovative air sign.

Mercury and Venus will be conjunct in Aries on the 23rd, helping us to think beautiful thoughts, and seeing the beauty in each individual.

On March 30th Saturn in Pisces makes a trine to Mars in Cancer. Giving us a nice flow of energy filled with emotions! Saturn is the planet of restriction and discipline, while Mars brings energy and drive! With Saturn in Pisces, this could play out a few different ways. Pisces is the sign of dreams and can have escapism tendencies. Also ruled by Neptune, this sign holds our beliefs in the divine. We may find that people are ready to let go of their typical bad habits and are ready to face the world with a clear mind. We feel more disciplined to be able to cut bad habits out of our lives and turn inward to gain more spiritual insight.

Being that there is the trine with Mars, we have even more determined energy to accomplish our goals. Because Mars is in Cancer, our focus on emotional health is strong. This may be a great time for healing. Uranus and Venus will make a conjunction the 30th in the sign of Taurus. This may bring sudden changes to our financial system.



On April 4th, Mercury will enter the sign of Taurus, moving our attention to all things nature! Many will begin to think of gardens and planting and using our own resources to sustain ourselves. People may re-evaluate how goods are produced and obtained.

We will have a full moon in Libra on April 6th. Full moons always bring a surge in emotions. With it in the sign of Libra, we should be able to remain balanced.

Venus enters Gemini on the 12th, hopefully helping our conversations to be backed with love. This should bring an opportunity for a free flow of information between people with more acceptance of different viewpoints.

Jupiter and the Sun will be conjunct on the 13th, giving us a positive outlook and spreading a dose of optimism among many.

April 21st, Mercury goes retrograde, seeming to disrupt our thinking patterns and normal daily movements.

On April 30th, Mars in Cancer makes a sextile to Uranus in Taurus. This may leave us feeling restless and impatient for action! Our intellectual mind will be strong at this time. This will also create a strong will and the rebel in us all will be present and ready to challenge the status quo!

May 4th we will experience Venus in Gemini squaring Neptune in Pisces. This aspect may bring a large amount of creative energy, as our mind is filled with harmonious thoughts. It may also make it easier for us to be deceived or have a hard time accepting the truths we don't want to face.

Mercury goes direct on May 15th. On May 17th, Jupiter in Taurus makes a square to Pluto in Aquarius. There is a strong need for us to grow and change. We may experience some growing pains with this aspect. We need to start looking for some unseen resources that can help our society grow.

On May 18th, Saturn and Mercury will form a sextile, allowing for disciplined thinking and enabling us to see our ideas through.

On May 21st, The Sun will enter Gemini, forming a sextile to Mars in Leo. This will give a boost to our ego as we demand to be heard! It's time for the individual to shine. At the same time, the Sun will be making a trine to Pluto, both in air signs, communication will be strong. The need to chat and take in lots of information will be high on our priorities.

Mars and Jupiter make a square on May 25th. Mars in Leo and Jupiter conjunct the north node in Taurus. We should be filled with positive energy! We will feel as though we can be the leaders of the new frontier! This is exactly the type of energy we will need to come together and create a world that benefits and builds people up.

On June 12th Pluto's retrograde has brought it back into the sign of Capricorn, where it will spend the next year transforming our systems of authority (such as governments and corporate structures). It will continue to expose the deep corruption and powerful greed that has been allowed to grow unchecked for many years.

On June 17th Saturn goes retrograde in Pisces and will stay that way until mid-fall. With the retrograde in the dreamy sign of Pisces, we need to reassess our dreams, get in touch with our higher selves and reconstruct our pillars of faith.

On June 20th, the last day of spring, the Moon is in Cancer making a trine to Neptune in Pisces, allowing us to feel dreamy and hopeful about the months to come. Jupiter in Taurus is making a sextile to retrograde Saturn in Pisces, paving way for the structured growth of deep changes within us. With Venus and Mars in Leo, our child-like spirit is alive and well; we want to have fun and experience good times with our loved ones. We want to be the leaders of our own destiny, paved by our own freewill. There is no doubt that we have collectively experienced many changes over the last few years and will continue to change and alter our perspectives of the world around us. There will be times when it feels overwhelming and too much to bare, but remember, we all chose this time to be alive, to create everlasting change that would bring us to a more fulfilling life. We are in this together, and should lean on each other for comfort and encouragement.



Julian Healing Techniques

By Cindi Frank & Adele Lederman

Hello everyone! Last issue Adele and I introduced ourselves and gave you a few techniques to get started on your healing journey. Now let's discuss just what Healing Energy is.

Simply stated, Healing Energy is an exchange of energy between healer and recipient. Its based on the premise that a human being is a highly complex field of various life energies.

When we are healthy, all these individual energies are in harmony. Dis-ease within this framework is a manifestation of dis-equilibrium, blockages or deficits in the flow of energy.

Healing is divine love. When it is passed to another it is not contaminated in any way. In this type of healing we become vehicles and channels for Divine love to help another being. *Everyone* has the ability to send and receive love. It is what we're wired to do!

Preparing Your Tools: Hand Exercises

As with most practices, healing requires some time to prepare yourself and your tools. In this case, your tools are your hands.

We call these: Vibratory Building Exercises. Sounds complicated? Well, it's not. Here are three exercise examples. You can use one, two or all three. Mix them up. Make it your own.

1. Extend your hands outward and bend the palms back as far as you comfortably can stretch them. You will feel some pressure all the way back to your elbow. When it just starts to become uncomfortable, relax and shake your hands vigorously. Don't go so far back as to hurt yourself. This feels like a *gentle* pressure.
2. Hold your hand prone or place hands on your lap or thighs. Extend each finger, one at a time, backward (not beyond the point of comfort) to stretch them. When done, shake your hand vigorously.
3. Hold your hands out, then shake them vigorously. Let the hands hang limp. Repeat.

When you do these exercises daily your hands will become more sensitive and will aide you in assessing energy during healing. You can envision your hands as x-ray paddles when you are working within the energy field of another person. Your hands will pick up differences in the flow of energy that you might otherwise miss.

We'll discuss that more in an upcoming column about "Scanning".

Good Points To Remember

1. Establish a proper frame of mind for healing before beginning to work on anyone. Neutralize any emotional states within yourself. Take a moment to center and balance (grounding).

When you are ill, the illness will *not* be passed on to the person you are healing. Be sure to ground yourself and follow Universal Precautions. Wash your hands, wear a mask if applicable, etc.

Do not attempt to heal anyone if you feel angry, jealous, or are experiencing another negative emotion. Remember, negativity can be transferred and can interfere with the recipient's ability to accept the healing.

Julian tells us that the first 30 *seconds* of anger are legit. After that, it's an ego-trip.

2. Before beginning, raise your hands in an upward motion. This simple gesture is to acknowledge that the hands are being dedicated to the Divine Force. You could also say a prayer to be guided to do the highest and greatest good for everyone involved.
3. To start healing, cleanse the hands by snapping the fingers or clapping the hands together to build the energy.
4. At the end of a healing session, cleanse the hands again (break the energy) by snapping the fingers or clapping. Cleansing the hands, in effect, flips the switch to turn off the healing energy. Conserving Divine energy is just as important as conserving physical energy.

5. Break the energy and then cleanse the hands each time you move to a different area of the body. Think of it as giving each area you treat nice, clean energy.
6. Maintain a dual focus of attention. Focus on the in-flowing energy from above while keeping your feet firmly in touch with the energies of the physical plane. You can imagine a shaft of Divine light coming into you through the top of your head, down the body and through the soles of your feet, deep into the earth, centering and grounding you. Being grounded is KEY to the healing process! Repeating the recipient's name (yes, even if its your name) can help to center you and focus on the recipient.

(Refer to the December 2022 Ring of Light issue for information about balancing and grounding, and building the healing energy.)

Adele and I want to thank you for your enthusiasm for our new column! We hope to help anyone who chooses to learn these techniques the ability to do so.

We'd also like to invite you to ask us questions for the next issue of the Ring of Light. Please submit them to Cindi at frank.cindi@gmail.com or to Adele at ripples444@aol.com. We'd love to hear from you!

If you are interested in a healing session or in Julian Healing Techniques workshops, please contact Cindi at:

frank.cindi@gmail.com

Please put Julian Healing in the Subject line of email.

[Click here](#) to purchase the Julian Healing Techniques: Participation Guide.

WAIT FOR IT

(breathe in)

Swells Expectation

Scintillation in cascade rings,

Light of language, the launch ...

Enough twist the knot,

spot each, in drawn breathing

Noticing the in, collect points,

as setting the drop, to prep, and sit

(breathe out)

sit and prep to drop the setting

as points collect in the noticing

breathing drawn in each spot

knot the twist enough

launch the language of light

rings cascade in scintillation

expectation swells ...

— RF.

Working on the Tipping Point

By Andrea Smith & Jan Clayton

The Tipping Point, by Temier on Facebook — *“In this 2500 year Aquarian Age, Humanity has a grand goal, and that goal is twofold. First, it is to know yourself, and secondly, it is to get along with others. Both are necessary and together are sufficient in order for Humanity to reach the greater goal of peaceful coexistence.*

Achieving the goal requires change, and change is often resisted. That resistance becomes obvious when you look at the divisions and efforts to gain mass control.

However, there comes a tipping point when a critical number of people understand who they really are and how to live together peacefully. When that point is reached, all humanity is able to more gently change and the goal can be achieved. At this time, Humanity is in the process of reaching that tipping point.

Helping to reach the goal is an individual process. It must begin with each person, which means that the fear of change must be eliminated and respectful discernment be established within ourselves. As the individual tipping point is reached, life becomes far more joyous, spreading out into our environment, our culture and our world.”

We found this to be an amazing statement. And it brings us to ask the following questions:

What am I doing to get to know myself better?

What can I do to get along better with others?

What can I do to eliminate my fear of change?

What can I do to establish respectful discernment?

When our beloved teacher June passed, many of us felt unmoored. Where could we continue our spiritual studies? How could we continue to learn more without June/Julian around us?

We want to let everyone know that June and Julian left us a wealth of information to study, and virtually all of it is as valuable now as it was twenty years ago. There is more than a lifetime's worth available to everyone. Not only are there certified teachers currently teaching the four major long-term courses (Development, Transition Energy, Practical Magus, and Mystical Magus), but the Julian workshop material is now more easily and more affordably available to all.

In addition, Sam Holland and Temier are providing amazing classes for people to attend (see the listing in the classes section). And, as this year goes on, newly

certified teachers will be making many of these classes available to those interested in working with the information.

Temier is encouraging us to take action now. He wants us to re-engage in any studies that will help us get to know ourselves better. We understand as well as anyone else, that this quest takes a lot of effort. Julian said in *Self-Discovery & Manifestation*: *“It is very important that each person brings to themselves the understanding of who they are, what they are, and why they are.”*

And then we need to double down on our efforts to get along with others. Are we doing all we can to get along with others despite our differences in culture, politics, and religion? As Julian said in the booklet *Spiritual Growth*: *“Brotherhood does not mean that all of a sudden everybody thinks that way you want them to and everything is rosy. Brotherhood means: How well do I meet another unique individual and have an interaction? It does not mean that you are rubber-stamp people. You are still going to be unique individuals, but your willingness to listen to the other fellow and your willingness to express yourself will create a third space in which you can be comfortable with each other. If everybody would take the time to try to understand another person's space, they would not be as threatened by it, and they might find that they have some really wonderful times together.”*

To make this effort easier, we need to help each other. If we reach out and form groups that study and work together, we will strengthen our collective impact both for helping ourselves and for healing the world.

We (Andrea and Jan) are engaged in personal projects that help others find the resources and tools that will help us all with this effort. So, please let us know ...

What help do *you* need?

What tools or resources would help *you* make progress in these areas?

How can we encourage and support other light workers to take on this challenge from their unique path or perspective?

How can we build stronger bridges both within our own community as well as with other communities?

If you have needs or ideas, please contact us:

Andrea (drandreasmith77@gmail.com, +1-503-720-5269)

Jan (jan.clayton@samling.us, +1-650-787-8537)

The Julian Healing Group Sunday Meetings

from Jerry Gross

We would like to extend an invitation to the entire Julian Community to attend the Julian Healing Group Sunday Meetings!

We respectfully and fondly refer to our Julian Healing Group as “Marion’s Group”. And here’s why. Years ago Marion Bauer opened her home every Sunday to the local Julian members around Poughkeepsie, NY. As an ordained Minister for The Church of Ageless Wisdom, Marion was asked by June to continue June and Bill and Julian’s Healing and Light mission to the surrounding members of the Julian community. We “locals” met in her home every Sunday until COVID necessitated changing our meeting venue to ZOOM.

ZOOM has opened the doors of Marion’s home to a much larger group of participants now—welcoming generous hearts of love, light, and healing, who continue Julian’s mission to enrich one another in this powerful energy and channel it into the world. In this group, we are empowered by one another and are further empowered by Julian’s energy and all those in Spirit who join us.

Here’s a bit about our Sunday group and meetings:

- If you wish to join us, I will send a Zoom link to your email around 10:15 am EST each Sunday. The email Subject is: “JERRY GROSS JULIAN HEALING GROUP MTG_SUNDAY (DATE)”
- From 10:15 to 11:00 EST we have an open chat time for anyone who wants to join early.
- At 11:00 am EST the healing session begins in earnest. Join in at any time between 10:15 and 11:00.
- We normally finish in about an hour (noon EST).

Marion starts our group meeting with an opening prayer and an intuitive message from our friends in spirit. Then three Oms are chanted by the group, and the Seed Song and Julian’s Circle Song are played.

Marion invokes the Healing Circle and asks for the names of individuals we wish to place in the healing energy. And this is followed by our channeling Love, Light, and Healing energy into the world.

I’m “Zoom Coordinator” managing the invitations and mechanics of the meeting. Jim O’Brien is the meeting Moderator who moves things along in a timely manner. Saul Srour shares Julian meditations from his vast collection of recordings. Eleanor Johnson shares her astrology insights. Carole Wolf reads a bit from Julian’s book, *Self-Discovery and Manifestation*. And, Saul shares a good joke at the end.

All who participate are welcome to add questions and valuable insights.

Eleanore Johnson’s astrology message is recorded and generously sent by Saul as an email attachment to all members and to all who have requested a copy of the audio.

Interested in participating? Just contact me. We look forward to welcoming you.

Email: jerrygrossny@gmail.com

Phone: 1-914-374-3221

The Best of Self Development

taught by Saul Srour

Starting in May 2023, Saul Srour will be teaching a bi-weekly class where he chooses the best topic and meditations from Julian’s Self Development class.

Julian defines self-development as “developing an awareness of yourself; from that, an ability to balance the self; and from that balance, an ability to see the relationship to the rest of the universe. From the relationship to the universe, there is an ability to cross beyond the universe into the source of energy. You are really being trained, not to develop your psychic senses, but to develop your sensitivity to knowing, and there is a difference. One is a treasure hunt; the other an acceptance.”

This class will likely be taught at 8:00 am PST/11:00 am EST on either Tuesdays or Thursdays. If you are interested in joining this class or want to learn more, please contact Saul at s77aul@yahoo.com.

Saul's Corner

UNIVERSAL LAWS: THE LAW OF CAUSE AND EFFECT, Part 2

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

Question: What caused us to be spirit?

You were created first as spirit. Man was in existence in what is called the "Light Body" eons of time before he ever became solid. You are older than you think. And "the essence of" is what spirit is. So, the essence of what you were to become is what was first in existence. From that we began the densification of that process to live in a dense world. We became man as a solid being rather than as pure essence. We are being given the opportunity as we evolve to touch that essence again and work from the spirit of us within ourselves. Because that is what it is, the spirit of you — the soul of you is that high, beautiful part of us — which understands it all without a world. If I reach out to you like this, you understand the love without me saying anything. Sometimes we have to let ourselves reach out and touch. AT&T said "reach out and touch someone?". Even Julian liked that commercial! It was like, Wow! They really hit it!

Question: Are there any powers of 'darkness'?

The darkness simply is the absence of light. Darkness is from not understanding, darkness is from not educating, darkness is from many places. When we talk about the powers of darkness, we talk about the negative attitudes and actions of collective man. In other words, if we have within a group of people, a negative person — I mean someone who is not even trying to unfold themselves and therefore cannot understand anybody else doing it, that kind of thing. That person will begin to affect the people around them. In other words, if I sit here and sulk, you are going to start to get nervous. Because number one, you won't understand why I am sulking and number two, you are going to wonder if it was something you did and number three, you are going to wonder why it is here. Do you see all the ramifications? We get affected, in essence, from somebody's else's darkness or negative space.

What we have to do is say "In every point of darkness, there is a point of light." And we send that kind of energy to the darkness which begins to dispel it. Remember the yin-yang symbol. That point of darkness and that point of light is the polarity. It says "nothing is so dark

that it cannot be touched with light and nothing is so light that it cannot be touched with darkness." The person who thinks that they are so spiritual they are above everybody else and goes around saying "They aren't very spiritual" — they are in that other place, they aren't in that light! They have become so good that they've become bad (laughs) — in other words, they fell off the ladder. We have to recognize that even in the teachings they are showing us, there is always the opportunity to change any space. If we are in the midpoint, in the balance, where we recognize both spaces and know how we handle ourself, we have nothing to worry about. That polarity, that balance is the thing that matters.

The next time you go into a room and everybody is sitting there and nobody is saying anything, try going in and saying "Hi, I'm Theresa." Just try smiling. You can almost feel a room relax, because someone has chosen to send out something that is pleasant. You go in, you don't know anyone, you are sitting there, nobody knows anybody, they are all in the same boat but they are all not going to break that ice because somebody might think they were foolish. Somebody comes in and is fool enough to do it, hey great! That's what they are looking for, someone to move the energy.

Everything that exists is energy. Nothing exists without energy. How our internal energy touches the external energy and interacts with it, creates a third energy, another space. We are all messengers, we are all here to be delivery men as well as collectors.

Calling of the Law, Meditation and Sealing of the Law

We have talked about the explanation of the Law. Julian has, in *Creation, It's Laws and You*, the Calling of the Law, which is calling the law to you. You are asking the law to open you and to help you understand the Law. He then has a meditation on the Law which helps you absorb the energy of the Law. Then he has what he refers to as the "Sealing of the Law" and that means enclosing the understanding you have gained in you so that you can work with it.

We know that the Law of Cause and Effect is the energy of responsibility and discernment. Its action creates reaction and to the giver goes the gift as directed.

To call the law:

Creator of all things, open me now to your wisdom.

Let me touch now the essence of proper responsibility.

Power of choice and discernment, fill me that I may choose wisely within my life.

Great essence of the cycle of all life, fill me now.

The energy of the all powerful circle of light spins about you now. Take a moment to feel its power, which is always in action. This circle grows in intensity and becomes a circle of light. And the flow of that which is placed in the circle returns to its launching place. As you think, the thoughts sent forth and all action related to it returns to you. Thoughtful action produces productive and happy return, as the universal flow works non personally. Open to thoughtful action now, within you grows the desire to think in the manner needed to bring joyous return. You become the careful guardian of your thoughts and actions and feel great joy and release.

That which begins from me, returns to me.

The choices I make open me to that which returns to me.

My choices will be wise, my realization swift.

And I will receive joyously that which I have sowed.

The Sealing of the Law:

Power of the universe, fill me now,

As I learn to properly use your rhythm to create my fate.

Permit me to become a tool of positive endeavor as I join the power of the circle

And become the form of that power.

So be it.

And on the very bottom of that page, Julian has "The only absolute is change."

Now if I have sent forth something in a moment of unclarity and I know that there is a way I can change and alter that and I take the action to change and alter that, I change what returns to me. So, when you make a slip, don't see it as fatal but see it as something needing correction or alteration and be willing to do it. When you do that, you create the flow that brings the influence of the second realization, rather than that of the first.

Questions? Oh, you are all so wise! (laughs) Recognize that the statement I just made is true. You are all so wise, don't ever forget it.

Question: Is this the only plane that Cause and Effect can be used?

Cause and effect affects everything that was ever created, it is born in everything. It doesn't matter what planet it is on, no matter where it is in the universe or in the universes, it is there. The Law effects it all. The Law affects creation. Polarity is imbued in creation, Rhythm is imbued in creation. None of the laws are separate from anything in creation, from the tiniest mite to the greatest being. We all fall under the same law.

Question: With nature, say a hurricane, is that still under the Law of Cause & Effect?

Certainly. The hurricane itself is an effect of the changes in temperature and so on that have created that to occur and behind that is another cause. So, that same lineage of cause and effect is there and the end result that we are seeing at the moment, the hurricane and whatever natural destruction it brought about.

Question: Would there ever come a time when everyone getting together could influence nature?

Absolutely. When you have learned to use the God given power within you, but not in a dominating way that says you want to upset the balance of things. Many of those storms and things are there to maintain the balance in the universe. They have a real reason for being there. We may be blind to that reason, we see it as a discomfort where another being might see it as bringing balance to something that was out of balance. Whenever we use our power, our power is only for a positive thing with the thought that it will not disrupt its own God-given purpose — whatever it was supposed to do at that time.

Question: So asking that what is right and proper happen.

Yes, that what is right and proper for the balance of the universe and the protection of the land occur.

Question: Hurricane Mitch — is there an area of the world that becomes a target of that...

No. It's not. For instance, there are certain areas where barometric changes and so forth from the beginning of time have been there and those who choose to live there are going to have to accept that as part of the package, that these storms do occur. That the storms are stronger and of greater force right now is because of the energy of what is going on right now. Everything is escalated, everything is stronger. But look at what has happened from that. Look at the outpouring of help. Look at the people going through their closets and shipping clothes to these people. Look at where the goodness has been brought out of people, too. That is a part of the effect of this cause that has happened. The devastation is terrible, but we do what we can.

One of the things we can do is to see that land as prosperous again. See it as being brought back into a safe space. Bless it, pray for it. And we have to know when we do that, that it is real and it is working. You can't ask for something from the universe if you don't believe it.

Question: (couldn't hear)

For instance, if a group of people are together who care not about anybody else, who are being self indulgent, negative, are really just plain "rotten" people, kind of thing — they are going to attract the same to them. So many times storms will hit somewhere and bring about changes in those people.

Question: Is there any cause & effect that happens that is not man's fault?

Well, nature's force from barometric pressure and so forth is not man's making. But what man creates for himself falls... the law and man are like an energy together. How man uses the law creates what man gets. How nature is effected by law has to do with a multitude of things that are not man's decisions. If man decides that he is going to strip a hillside of trees, that is man's decision. And when the erosion begins to occur that affects the economy, than that is man created. But something such as a storm, building from barometric and temperature changes, that is created from within nature itself. So, nature creates it.

Question: Are earth changes just supposed to be or does it have something to do with what man did?

There are certain changes... Remember something, the All has to beget in perpetuum. It has to recreate itself. There are times when nature acts upon a need of that All or universe to correct itself — to give rebirth to itself. There are other things that man creates, such as I was talking about the erosion due to stripping the land of trees.

As there are not more questions, we will end class for today. Please read the chapter on Gender for our next class. Good evening.

January 22, 2023

There is but one Light, yet many paths.

One of the greatest gifts of this life has been the Grace and privilege of being led to June—Julian. I affirm this because much of the esoteric reality has been revealed through the Seraphs teachings.

In 1990, a friend tossed me the book, *Letters to a Dying Friend*, written by Anton Grosz, whom many of you know. The friend said, "Someone gave me this book, I couldn't get into it, but couldn't stop thinking of giving it to you." The book was read in a few hours. It contained so much of what the heart was seeking. Anton's biography on the book's jacket read that he lived in Poughkeepsie, NY and was a Professor at Marist College. At midnight, it occurred to me that we had a Dutchess County phone book, which thankfully listed

his phone number. I called Professor Grosz at 7 am, and he answered, "Good Morning, this is Anton." I introduced myself and expressed gratitude for his written work, asking if at his convenience we might meet, in hopes that I might gain more knowledge of the teachings within *Letters to a Dying Friend*.

Anton said that he would be retiring in the near future and moving to San Francisco to continue his work, that I should call "our Teacher, June Burke, and say that Anton had sent me." Thus began this marvelous journey of Self Discovery. We all come into life with our assignments, aspirations, Dharmic and Karmic capital, and the soul groups with which our growth and expansion is possible. I was raised in the Catholic faith. Our mother was a wonderful person who taught us at an early age to not judge race, color, creed, or personalities. Rather, to see the whole person. We were encouraged to not turn

away from the struggles and ill treatment of others. Our lives were broadly enriched by the different cultures and Faiths of the small communities in which we lived. As a child, there were some very clear memories of particular rooms in homes and the engines of certain planes descending in altitude that alerted me to dash under a chair or bed, and cover my head with my hands. A grandmother, who was present when I voiced frustration at not being able to find “my red and green rooms with their specific contents,” said Papa had rooms just like those in Silesia. I longed to comprehend why these pictures were in my mind, and what the planes indicated. More of these things were experienced in my youth. Julian would reveal why.

As most children are, there is much interest in the natural world, much time and my work is spent in nature. Often there is the knowing that there is so much not yet seen just beyond the veil of this dimension. Daily prayers came naturally to me and remains a consistent practice. Learning how to affirm from the heart center in thought and prayer, aspiring to learn more about what is not seen, would ultimately lead to the Julian Teachings.

We all have our work with this life's contract, and all of the Dharmic and Karmic opportunities to seek the light, truth, and purpose of the innermost. There were many personal experiences which included much turmoil in our home: various levels of abuse, stringent expectations, and a lack of peace and security. There were also many blessings and joys.

The love I received saved my life so to speak, and became the driving force to seek more deeply within. Prayers led to experiences, people, and opportunities to heal and grow. Eventually this led to June and working with Julian. Life became a series of ongoing levels of expanding consciousness, love, fulfillment, and creative endeavors. The last 33 years have been further enriched through Julian's preparation and teachings, especially relating to the advent of this Aquarian Age.

Many people have inner awareness of Lemuria, Atlantis, previous lives on other worlds in star systems of The high self, and our beloved guardians of Light. How many of them have our Teachers, June and Julian, to qualify these inner knowings and bring us an enriched knowledge of the esoteric realities coalescing presence. Moreover, we received the gift of each other — The Circle of Light. Many of you have affected and touched this life deeply. Your innate gifts and kindness have helped

me to realize more of the Essence's will, and share it with others. The veil becomes ever thinner. We see the earth changes, the extremes in relativity and duality. We have learned the creative dynamic energies of the Kabbalah and Sefirotic Tree, and to recognize ourselves within. We continue to receive the wisdom and application of The Hermetic Laws and work with them *intentionally*.

For the last 12 years, I have lived in Saratoga Springs, NY. My wife Linda's former husband passed away suddenly on February 8, 2005, the same day June departed the previous year. Approximately six months prior to these events, my former wife Lisbeth passed away from cancer. Lisbeth's birthday was February 8. In January of 2005, my sister — expecting a child — was diagnosed with Toxemia, and gave birth to a baby girl weighing 1 pound, three ounces who lived. A year and a half later Gabriela Lisbeth was released from the hospital, the primary pulmonary surgeon advised her parents to work with a particular speech pathologist who would help Gabriela learn how to speak and eat. I spent time helping my sister and brother-in-law with the care of this child, and met Linda, the speech pathologist who would become my wife.

As Linda and I got to know each other, our different and similar interests and character traits drew us closer. Each of us close to the age of thirty had a strong inspiration to discover who we are, what we are here for, and how we could learn more. For me it was essentially through Julian, for Linda it was the Gnostic Teaching and Meditation Center in Saratoga Springs, NY. The classes and practices at The Center are essentially the same as those experienced within the Julian Community. I am grateful and humbled to have been led to Linda and to have The Teachings in my own backyard so to speak.

I give testimony to all that June & Julian have taught us all, and the extraordinary gift of working with the Higher energies, with greater comprehension of the present times, and the opportunities to serve others. With deepest gratitude to all of you in the Circle, knowing we are a force for Light and truth, may we serve to the highest degree our hearts empower us to share. Love discovers itself incessantly,

So Be It.

Paul Church Saratoga Springs, NY

New at the Julian Teachings Store!

<https://shop.julianteachings.com/>

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 347 — Transformation of Spiritual Teachings Into Everyday Life
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 351 — Identifying and Resolving Fear and Anger
 352 — Practical Application of Astrological Energies
 355 — Cycles of Life and Rebirth
 356 — Man and Spirit as a Team for Nutrition
 357 — Time as Energy II
 358 — Communications with the Past with a View to the Future
 361 — Beyond the '90s
 362 — Potpourri III
 367 — Mankind Before Lemuria
 370 — Working with Your Personal Unfoldment
 374 — Change in the Vibrational Energies of Numbers
 378 — Healing with Sounds & Symbols
 379 — Astrological Update (February 1998)
 380 — Ancient Symbolology
 381 — Networking with the Universe
 383 — Bridging to Manifestation & Pathways to Teaching
 384 — Optimum Health
 385 — Finding Your Life Purpose
 386 — the Real and the Unreal, April 2002
 387 — Breaking Old Patterns
 388 — Revising Your Reality
 389 — Triple Rings of Change
 1201 — Who Am I Now
 1301 — the Power & Magic of Now

1302 — Art of Letting Go
 1303 — Understanding Fear
 1304 — Understanding Anger
 1305 — Communication & All Its Levels
 1401 — Julian Discusses the Future
 1402 — Getting in Your Own Way
 1403 — Now Is Your Future
 1404 — Manifestation in the Energy of Now
 1405 — New Age Children
 2019 — Chakra Instruction

Workshop Transcripts

202 — Dream Symbolology
 252 — The Druids and Their Teachings
 270 — Tarot Minor Arcana
 308 — Saints & Ascended Masters
 2019 — Chakra Instruction

There are many new workshops on the way and the transcription team is working hard to get all the Julian workshops transcribed as fast as possible.

If you have any questions about the store, please contact Jan Clayton (janclayton@julianteachings.com).

JULIAN SPEAKS ...

now-ready,

we circumspire the yielding tool
and
dial up the sun

Se E
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Radiating
g l H
y r a
Peopled
u l
n s

touring in the mind,

as to and fro,
a string increases,
measured on a clock ...

wordlessness
rewards those whom
its Silence keeps,

Silence now,

JULIAN speaks ...

offering an open hand
certain we will understand
a ring of light, in full command:

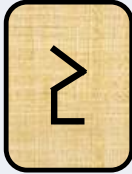


“ ... do not rise,

... EXPAND.

— RF

A Season of Runes

by David and Shesta Ross
California

Situation Developing	Course of Action	Situation Now
		
BEHI Falling Away, Letting Go	DAR Heavenly bodies, Star, Planet	BOANE (R) Communication

Question: From the perspective of the Universal Runes, what are the energies of the Spring 2023?

This reading involves three Runes which are directly related to communication with nature and natural processes.

The situation now, Boane, is about communication with the universe, and in the upright position “it is a sign of time needed alone with nature in order to understand it.” Boane “signifies a need to attune to the rhythms of the universe and prepare for change.”

In the reversed position, it states that a change in the communication pattern is needed.

Please note that the key word is *change*.

The course of action, Dar, is the message from the Universal Runes about how to change. To change, we need guidance and guidance needs to be brought into focused goals. Julian wrote in the conclusion of *Creation, Its Laws, and You*, that “For creative energy to manifest, the method is focus.” And here, 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 energy of outer space, of heavenly bodies, stars, planets. We may feel remote from these things, but we are not.

There is a personal connection to this realization that we want to share. Our son Sean, who most of you know passed away last August, was given the soul name of Lebellan by Julian. Julian said it meant Star Seeker. We therefore gave him the middle name of Orion, the constellation — Sean Orion Ross.

In life, we learned that Sean travelled freely in a trance state, in the star fields. That is all we know as he would not share more, except that in order to go there, “There is no I.”

From what has happened since Sean’s passing, the manifestations in nature and in the heavens, and the dreams and visions so many have had, as well as the testimonials from those he touched in life, it is clear to us now that Sean is a master teacher and is working in spirit now to continue to help us to grow. This experience has helped us to understand that we all have a personal connection to outer space, to the heavenly bodies, the stars and the planets. It is real, and we can tap this to bring goals and guidance into focus. There is no separation, and all energies are contained within each of us, in that point of light.

The situation developing is Behi: Falling Away, Letting Go.

I always associate this Rune with the trees letting go of their leaves in the fall. Julian once told my mother that to release herself from what she was holding onto, to imag-

ine herself being a tree letting go of its leaves. Behi holds “the opportunity to reshape the life,” through letting go of what has been blocking growth. The first statement of Behi is that Behi indicates change.

Thus this spring cautions us that a change in the communication pattern with the rhythms of the universe is needed. Time is needed alone with nature in order to understand it. Why bother? Through identifying with nature and the universe we better understand ourselves, and can bring goals into focus. Dar not only helps us to set goals, but also to move towards them. It is surprising, but Dar is about attuning to the universe itself, in order to obtain focus. The not so secret message here is that we are all children of the stars.

Knowing where we are headed with Boane and Dar, with Behi we can release the fears and attitudes that have been blocking growth.

Time alone with nature to change the communication pattern with the universe. Attunement to the heavens and their guidance. Falling away, letting go.

Do you see the pattern here?

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.

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.

BEHI (Behi) — Falling Away, Letting Go



Glyph: Indicates movement from Above towards man.

Universally: BEHI indicates change. It is the Rune of letting go, releasing old ideas, habits, and thought patterns. It is a changing form, change by a transformation of energy, permitting new to come from old.

Individually: It is the opportunity to reshape the life and let go of the fears and attitudes that have been blocking growth.

Reversed: Inner Space. BEHI is indicative of convolution and standing still when reversed. It represents stagnant, stationary energy. Here there is no movement to change; there is a blindness, even to the need for change.

For all the Universal Runes source materials:

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Classes Open to Join

Sam & Temier Offerings

New! Master Class: Making a Difference

Have you heard the saying “One person can make a difference?” It may seem difficult or even impossible, but the saying is indeed true. Everyone has special capabilities that can be expressed in your personal manner, that truly makes a difference. Temier’s gentle and powerful approach will help you to not only discover your capability, but will also help you to confidently express it. As in past workshops, these processes will prove to be innovative and extremely productive. More info at: <https://www.temier.com/Life%20is%20a%20Flow.html>

Healing Gatherings

The Healing Gatherings are given on Sundays every other week. They 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! From My Hearts Desire I Create Magic

This 5-day workshop (June 25–30, 2023) in Cornwall, England will help you find the inspiration to manifest your heart’s desires in your life. The magical flow of the ancient energies will guide us to our personal path of fulfillment. For more information see the flyer at <https://www.mysticpath.com/resources/Cornwall-2023-flyer.pdf> or contact AnneClaire Venemans at: theshamans-journey@gmail.com

Handling Opposites, Polarities and Fake News with Rue Eisen

Discovering and maintaining a state of knowledge, wisdom, and grace is important especially in light of the polarizing energies and political situations happening in our world. At times, we can find this to be challenging not only in our own minds but also in relationship with those around us.

The Seraph Temier (<https://www.temier.com>), in his divine wisdom, has given us lessons and techniques not only to learn and understand our path in life, but also to balance the situations we see in the news especially in relation to polarization and to the fake news so prevalent today.

Sam Holland has authorize Rue Eisen as a teacher of Temier’s work. This spring she is offering five online Pathways meditation classes, which form a natural unit. These group classes will be held every other week on Zoom. These guided meditations, initially given by Temier in the Pathways meditation series, typically run

for about an hour including time and include time for questions and discussion. Rue will also provide a recording of each class. The class schedule is below and the introductory class will start at 8 pm Eastern US time.

5/17/23: Introduction: Fairness—The Universe is Fair
5/31/23: The Extension of Thinking Patterns
6/14/23: Improving What is Working in Your Life
5/28/23: Handling Opposites, Polarities & Fake News I
7/12/23: Handling Opposites, Polarities & Fake News II

These classes are open to experienced meditators and those who are new to meditation, as well. Please feel free to spread the word.

The introductory class will be free of charge, and the subsequent classes will be \$15/each. To register, please go to <https://www.onwardmind.com>.

Feel free to email Rue Eisen at reisen356@gmail.com for more information.

Classes with Andrea Smith, EdD

New! According to Temier, we are at the brink of reaching a pivotal number of people who know themselves and get along with each other, which will give rise to humanity's transformation into the next level of evolution. The key to achieving these goals — indeed to all personal growth — is meditation. Transition Energy provides exceptional tools for empowering personal transformation.

In February, Andrea launched a fourth section of Transition Energy (TE) meditation classes using Zoom. In addition to new to TE students, this new class has surprisingly attracted a number of students who completed TE in its entirety many years ago. The class meets from 9:30 to 11 AM Pacific time the first Saturday of each month. *It is still possible to join this group.*

Acceptance into TE requires pre-approval. The monthly tuition, which includes an electronic audio, is \$30, payable through PayPal. Contact Andrea or see her website for additional information using the information below.

Mystical Magus Classes

Andrea is the only certified teacher currently accepting new students for Mystical Magus studies. These classes

were initially private readings that Julian provided to Samuel Holland over a period of 16 years. If you are interested in pursuing Mystical Magus 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 Study

Andrea creates private, guided meditations to address areas of challenge and potential identified by the student. The cost 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. Remco and Maria are certified TE instructors and started giving their first class in September 2022.

The classes are given online through Zoom that 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 if you are interested in joining a new TE class.

Pathways with Jan Clayton

Sam Holland has recently authorize Jan to teach Temier's Pathways and Healing Gathering sessions. In April, Jan plans to start guiding people through the Pathways studies from the beginning.

These guided meditations, initially given by Temier, typically run for about 45 minutes including time for questions and discussion. Occasional materials and a recording of each class will be provided to participants.

This class is intended for both those who have never attended a Pathways class as well as for those who joined Temier's current ongoing class late and missed the earliest sessions.

The Pathways classes are highly innovative and truly worth the time and effort, no matter how advanced a metaphysician you are.

If you are interested in joining Jan's sessions, please contact her at: jclayton@samling.us or visit her site at <https://janclayton.samling.us>.

See an announcement for Self Development taught by Saul Srour on page 7.

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: 6/5/2023

Send electronic submissions to:

ringoflight@julianteachings.com

Contact Us

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

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

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