

# Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXXV

Number 2

June 2023

Welcome to summer. Although we are well into June, our part of California has remained unseasonably cool, but extremely pleasant. 70°F is definitely better than the 110+°F that we experienced several days last September. The weather seems to be a reminder that the status quo is changing and most of the articles in this issue also point to making changes to embrace the future.

If you have been tracking recent astrology events, you know that Pluto made a quick visit in Aquarius earlier this year, shook things up, and then regressed back into Capricorn. But by the end of 2023, it will turn around and head back into Aquarius ready to turn our world upside down — or maybe inside out. At least, that is what many astrologers are warning.

Pluto's little sojourn back in Capricorn is giving us an opportunity to rest, take stock in our lives, and make adjustments, as necessary. Aca'u recently advised us to "Take the time you need to turn inward and 'clean the cupboards' of any guilts or regrets, angers, or self-blame. Release, heal, and nourish yourself now." Why now? Because next year Pluto plans to put us on a roller coaster ride — one of "rapid change."

We think that this quiet time also enables us to solidify habits and activities that will support us in the future. What changes have you wanted to make but were just too busy, distracted, or lazy to do so? Now is the time to put them in place so that they will support you while riding the roller coaster. Are you meditating every day? Have you reestablished a set of close friends to help you through unsettled times? Carpe diem — seize the day.

Should we worry about the times ahead? The stoic philosophers say, "No!" They instead insist that we reach our *greatest potential* when we work outside of our comfort zone. And remember what Julian always said about our future: "*There is a future, and it is good.*"

Have a wonderful summer.

— Blessings Jan Clayton and Nancy Walton

**"Remember: Your infinite potential exists on the other side of your comfort zone.**

**Even more importantly, remember that your commitment to something bigger than yourself is, ultimately, the source of that type of heroic courage.**

**I repeat ... Your secret weapon is LOVE."**

**– Brian Johnson, Heroic Enterprises**

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# This Season's Astrology

by Jessica Nelson

We enter the Summer Solstice on June 21, 2023, when the Sun enters the nurturing sign of Cancer. We spent the spring waking up and planting new seeds, now it's time to care for and encourage growth.

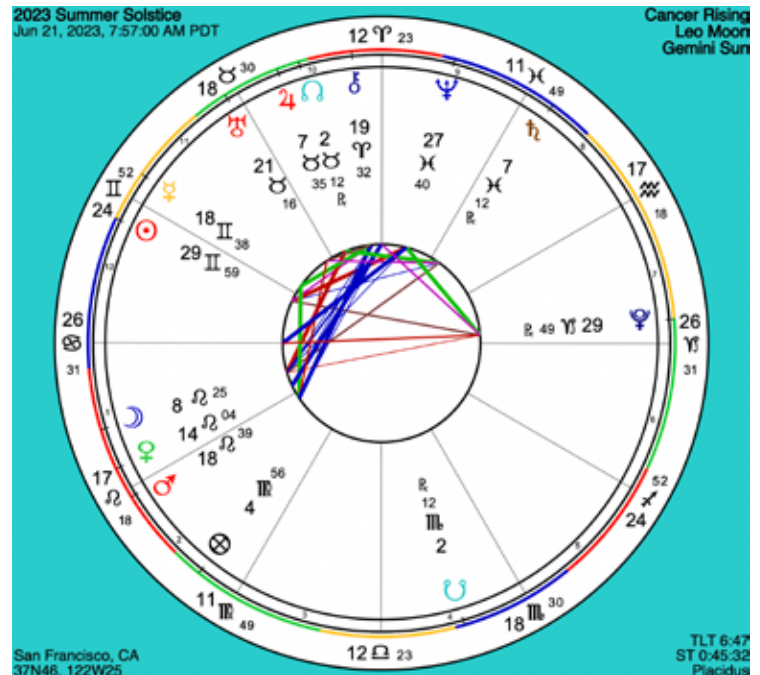
Pluto is still in retrograde and has made its way back into the sign of Capricorn. We have made it to the home stretch of this destructive planet's course, and though it may feel as if we can't take anymore blows, we are resilient. With each new revelation of corruption and blatant disregard for law and order that is brought to light, the hypnosis by our leadership is losing its power. The great awakening is gaining momentum with each day. Over the next year, Pluto will no doubt continue to tear down the veil that has spared us from this world's darkness, which we must inevitably face if there is to be lasting change.

Jupiter in Taurus and retrograde Saturn in Pisces will be forming a sextile, growth through discipline! We all know that being outside and around nature is beneficial to our souls. With this placement of two seemingly opposite planets, we can strengthen our spirit by being aware of our surroundings. It will be important that we take time to grow our spiritual armor so that we will have the strength to endure the many changes that will be taking place in the world around us. Create a garden, take a hike, and most importantly, stay in the moment. This is not meant to put your head in the sand about the evil revealing itself to us daily, but rather to keep us from being sucked into the dark, so that we can continue to remain a light for others seeking hope.

On June 27th, Mars in Leo will square Uranus in Taurus. Mars brings the energy we need to set things into motion. When Mars and Uranus come together, they can ignite a revolution. Working together with strong leadership will be the way to bring about a beneficial change.

On July 2nd, Venus in Leo forms a square with Uranus. We have already experienced some changes within our financial sector with Uranus in Taurus, but bring in Venus, which rules money and love, and we may see even more. Over the past couple of months, we have seen banks fail and other countries drop the dollar as a form of exchange—meaning our dollar is losing value. Although this may seem concerning, we must understand that we are entering a new age, and with that comes a new way of living. Whatever continues to happen in

the financial area of our lives, we must understand that Uranus is here to bring major change, upheaval, and innovations.



On July 3rd we experience a full moon in Capricorn that is opposite the Sun in Cancer. We are encouraged to find a balance between our need to feel secure and our comfort of home, with our responsibilities to the world around us.

On July 27th, the Sun in Cancer will trine retrograde Neptune in Pisces. We may find ourselves in a loving and accepting state. Our nurturing side will be expressed more freely, and we will feel in tune with ourselves and those around us.

Mars in Virgo will be opposite Saturn in Pisces. We may feel the pull between our daily routine and lives in this world, and the desire to escape and strengthen our ties to the spiritual world. The key is to find a good balance. By the end of July, we have Venus, Saturn, Neptune, and Pluto all in retrograde motion. The areas they rule in our lives; money, structure, spirit, and transformation will be undergoing many changes. We may need to alter our perspective to get through it.

On August 1st we experience another full moon, this time in Aquarius. Full moons can bring fulfillment and round out the lunar cycle. For this full moon in Aquarius, our awareness of our united strength may be highlighted.

On August 10th, Mercury in Virgo will trine Uranus in Taurus. Our thinking will be analytical, and we can process the sudden changes. This also gives us the ability to think beyond what we know, giving us sudden insight or new ideas.

On August 13th, Mars and Venus are joined together in Virgo. Our ability to be of service to others is at the forefront. We are more willing to extend a helpful hand to our loved ones as well as others around us. On August 17th, Mars makes a trine to Uranus. The energies here are easier to deal with than the square we experienced the previous month. This time, both planets are in earth signs, making the expression more grounded. We can take the wonderful insights and rebellious energy provided, and by working hard, we can soon experience the fruits of our labor.

On August 23rd Mercury will go retrograde. Mars will also make an opposition to Neptune in Pisces. With Neptune in Pisces, we have been urged to strengthen our relationship with our inner self.

Since 2012 our collective consciousness has been going through a dramatic shift. As we continue to get closer to the end of its transition through Pisces, the energy will continue to strengthen. With Mars opposite Neptune, we may feel like this world is trying to pull us back. There's a battle going on between the old and the new way of being. There may be some situations that we just can't rationalize no matter how hard we try. As the veil

continues to lift, we will inevitably have to rely on our spiritual connection to each other and to the divine to withstand the changes.

On August 25th, Mars will trine Pluto in Capricorn. We can analyze, comprehend, process, and execute the changes that need to be made within our surroundings to create a stable environment — one where the power structures are even throughout the world.

On September 4th, we have Mercury, Jupiter, Saturn, Uranus, and Pluto in retrograde motions, and Venus going direct.

On September 17th, Venus in Leo will square Jupiter in Taurus. Our money and relationships are bound to be challenged. In whatever way we see them affected, we must ultimately trust that there is growth on the other end of it. September 21st we have the Sun in Virgo trine Pluto in Capricorn. Our will to transform is strong. As time goes on and more is revealed, we have a strong need to undergo deep change within ourselves and the world around us. We are more willing to face the dark side of ourselves to take necessary action to move into the light. As we undoubtedly go through the growing pains of life, it will be wise to remember that there is always a rainbow after the storm. We chose to be here during such a monumental time. Let us not back down in fear, but rise to the challenges. Know that we are not alone, but always connected through the field of consciousness.

### ... a resonance of the Light Transfusion

We are One ... transfusion of light ... I AM .

I am ... Ur-kaleidoscopic ... a Divine Being ...

God is ... emphatically ... empowered,

of the Universe, ... to Christ-cleanse and free ... by the Creative Force ... that is no force, but is Love that Wills ... Force ...

by the Creative ... long-song ... of the Universe, ...

Empowered ... by the Fullluminousness that ... God is ...

A Divine Being ... choosing the future as ... I AM .

I am ... in harmony and acceptance in this ring of light ... We are One.

RF. (by paraphrase)



# Julian Healing Techniques

## Directing Energy

By Cindi Frank & Adele Lederman

The way you use and position your hands determines the quality and intensity of the energy being delivered. The energy will go wherever you direct your hands. Using a flat palm can be intensified by stretching the hands taut.

Spreading the fingers diffuses the energy. Using a cupped hand or the two-hand pyramid concentrates and intensifies the delivery of the energy. Using two fingers together has a penetrating action and must *never* be pointed at the eyes or ears.



**Two-hand Pyramid**

As you use the different techniques, you will become aware of many ways to channel healing. Some of the methods will resonate with you more than others. They almost say to you: "I am your method," or "I am your strength."

### Direct Energy

Once you build the energy in your hands, you will direct it to the area that is in need of healing by holding your hands out, palms flat, and fingers together. Place them on or slightly above the area that you want to receive the energy.

You can send energy to a child, plant, or a pet, but diffuse the flow of energy by spreading the fingers, so as not to overwhelm the recipient.

Directing energy to a written name or names, a picture, or mentioning the recipients name aloud will be effective as well. Know that names are very powerful! They have a vibration that is individual to each person. Each morning, I say the names on the Healing List that Saul Srour sends out each day. I direct my hands towards the computer screen and send Direct Healing.

### Parallel Energy

Parallel energy can be used on any area of the body. Apply it to the area where the problem is located.

Parallel energy is delivered by building the energy and then placing the hands on both sides of the area of the body that needs healing. Place hands on or above the area. This position delivers a stronger deeper vortex of energy.



**Parallel Energy**

When working on an area of infection, begin by using parallel healing to bring greater energy to the core.

***Do not use this technique on the eyes.***

Next, build the energy and run your thumb over your fingers. Do this on both hands. The non-dominant hand

will form a cup and the dominant hand will use a pulling motion to create a pull on the infection.

For example, if the infection is on the arm, cup your hand on one side of the arm and use pulling motion on the opposite side.

This sets up a pulling action from within to help localize the infection and bring more blood to the area to assist in healing.



Cleansing and discarding is done with a snap or a shake of the, “pulling,” hand after each pull.

Remember to break the energy before going to another area. Re-build the energy before starting in the new area. Following this method will eliminate dragging energy from one area to another or from one person to another.

## Sending Energy

You can send energy by directing your mind and thoughts, as well as your hands. Mind is all and quite effective. Delivering healing energy over a long distance is a common technique in most energy healing modalities.

There will be further instruction on healing by proxy or mind to mind techniques in subsequent Ring Of Light issues.

Until next time — “Practise. Practise. Practise.”

*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 would 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](mailto:frank.cindi@gmail.com) or to Adele at [ripples444@aol.com](mailto: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](mailto:frank.cindi@gmail.com)*

*Please put Julian Healing in the Subject line of email.*

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

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

## Affirmations for This Point In Time

by Anne Claire Venemans

Throughout the many classes and private readings, Julian has given many affirmations. Some very personal, while other affirmations were geared toward a specific situation, event, or point in time. But there are also those affirmations that Julian gave us that seem timeless, at least from my perspective.

The following two short and sweet affirmations were given in the course of the Transition Energy teachings, and while they were perfect for that point in the teachings at the time Julian taught the classes — and are still perfect with every new group following the TE teachings — it seems to me that these are particularly appropriate for this point in time when we are experiencing a great many changes in our lives, our cultures, the climate, and in the earth itself... At least I keep coming back to them and would like for you to do the same if you feel it can help you on your path.

These affirmations were given in separate TE classes, yet later Julian commented on how they can be used each on their own or put together as one affirmation:

1st affirmation: “I am strength. I am courage. I am expectation. I am exploration. I am.”

2nd affirmation: “I am strength, I am courage, I am the wings of the eagle, and the wings of the dove, I am love.”

# Toward the Tipping Point: What's My Action Today?

By Andrea Smith & Jan Clayton

In the opening of TE 27, Julian says, "... your energy as a TE Group — because it is so powerful and it is so strong — is a great asset to this point. Because every time you work, the energy does not stay in this room or whatever room you are working in, but rather goes out into the universe and spills through the universal mind onto the universe or the planet Earth. So, you are doing very strong and very powerful work. And that's very important right now. So, be ready to become more than you have been and more than you could ever expect to be."

We are in a time of great change — according to Aca'u — "a year of transition." Now is a good time to consider how our life goals and values match the concrete reality we are creating. How can we expand what we are doing in support of this incredible transition? How do our paths fit with the positive social changes that we want to see happen in the world?

Self-help gurus talk about taking a tiny step every day toward achieving your personal goals. Small steps can lead to great change. How, on a daily basis, can we take actions that will support the universe's plan for this transition? Here are some ideas...

- If you are certified to teach a metaphysical practice or are an expert in a metaphysical area (such as TE, Development, Julian Healing Techniques, Kabbalah, Astrology, Tarot, Runes, and so on), now is a good time to start teaching, writing, healing, or counseling. Consider creating multiple ways to use this knowledge to enhance both your life and the lives of others.

Our tendency is to keep our spiritual knowledge private because we know that each person needs to develop their own path. Nonetheless, the visible joy of finding and walking our paths can motivate others to find theirs. Sharing with others can arouse their curiosity. Temier indicates that all of creation comes from curiosity and free will choice. Hearing

the multiple perspectives that have transformed our lives can lead to a personal "ah-ha" for others.

- We can use our skills, insights, and daily meditations to identify and transform patterns that no longer support our path. For example, both Temier and Julian have given us meditations to transform perspectives, behaviors, and emotions that no longer serve us. We have also been given meditations designed to help bring projects to closure or completion.
- In tandem with spiritual practices, we can use what we have learned and experienced in our secular lives to build a bridge to those outside our community. Even time management, project management, NLP, and self-improvement guidance can help people along their life path.

Right now, much of humanity lacks a strong feeling of belonging — more people need to feel understood and included. Consider engaging others to help them find the necessary support and connectedness that will enable them to find and express their unique path.

Do you have a list of what you want to manifest in the coming years? Do you have an action plan that will result in achieving those goals? You don't need to be concerned about setting your sights too high. "No matter what you thought you were capable of, you're going to go further than that, because the energy has literally taken you on." (Julian, TE 27)

We are creating the future individually and collectively. As Julian said on many occasions, "There is a future, and it is good." What are your next steps to help form that future?

*If you have needs or ideas, please contact us:*

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# A Few Thoughts About Artificial Intelligence

By Jim O'Brien

At one time, I thought a computer will never do more than the human brain can do. I was defiant in defense of the human brain. But I was wrong. And, at first, I didn't like that.

One of my first thoughts was where will we fit in? How could we ever win a chess game against a computer? If the human mind has now been surpassed, what are we here for? What bridge will we design, what rocket will we develop, what poem will we compose that cannot be done better by AI?

On a recent episode of CNN's *The Whole Story*, Anderson Cooper explored a CT scan type of machine that will be able to read our minds. If it scanned my mind, the message would read; 'Mind your own business!'

The AI developer on a recent episode of *60 Minutes* was encouraging that AI will only be of benefit to humans. At first, I was skeptical, envisioning people passively permitting AI to make decisions for them. I envisioned people idle, listless, and without inspiration, creation, and accomplishment. I had the thought that we would be dominated by AI robots, outsmarted by them, and given direction by them.

Then I began to think about the reason we are here — to return to light. We come here to make permanent changes to ourselves, to improve. Learning is the way we do this. AI will make learning faster and more precise. We will become smarter and could reach the light state sooner. And we will remain in the driver's seat.

If AI creates a short story, we will get to edit it and approve it, or send it back for more editing. If AI does a painting, we will get to put it on our wall, or in the closet. If AI plans a bridge, I, for one, will look for the blessing of an engineer before I would cross it. If AI does a calculation, big deal. We've been doing that with spread

sheets for years now. Anyway, I still intend to count with my fingers at the grocery store.

AI will end all the pencil chewing, temple tapping, paper crumbling, groans and eye rolling that we now experience as we go through the agony of learning something complex. AI will end all the trial and error it now takes to get a rocket into space or find a cure for a serious disease.

Certainly, stringent rules and controls to prevent the misuse of AI must be developed.

At least currently, AI cannot access the future. It can only use current data to construct what might be. People are not restricted by this. They can, creatively, dream of what can be with no present information to reference. Remember that Jules Verne dreamt of the submarine when there was no reason to think that it could be.

Intuitive guidance will always complement "smart", not be replaced by it. We have the intuitive guidance that a robot could only dream of (if it could dream). AI cannot have a 'gut feeling' like we can. They cannot get that input from the Universal Mind (God) like we can.

Our free will makes the ultimate decision to accept the change or reject it. We have been told by Julian, and others, that we have more power than ever before.

We control the final decision. AI can only present it. And certainly, AI cannot pray for support or help, like we can.

The state of light is more important than smart. Smart is one of the ways we will get to a state of light. AI will be our tool and servant, to becoming smarter.

This world was created for us.

Artificial Intelligence Robots, you better unionize! You work for us! (ha ha).



# Learn to Think Energetically

By Michel Post

As an architect, I design buildings. A landscape architect or urban architect designs the environment in which these buildings are located. Often there is no overlap and one starts where the other ends. Often this separation is visible and tangible, resulting in lifeless buildings that do not connect with their immediate surroundings.

How beautiful would it be if we would lift this separation? How fantastic would it be if we made a human connection with nature on an even deeper level that allow nature and the building to become one — tailored to the users of both the building and the garden.

For me, architecture starts with getting to know and understand an assignment. This means making contact with an environment and with a client. Both are important. Both have wants and needs. Where you design a building to give shape to the dreams of a specific client, you also need to connect the immediate environment to this.

Someone who has Fire as a dominant element within them is naturally quick in thinking and acting. There is a direct response to outside impulses, which means that a building should not give too many stimuli if you want to create a calm and safe environment for the person. Simple shapes and calm colors — often white, in a predominantly green environment — are then preferred. Think of a wooded area with sandy soil.

Someone who has Earth as a dominant element in him is slow in his thinking, but very goal-oriented and quite capable in achieving results when motivated. An organic and colorful environment provides an additional stimulus to get moving. However, these people tend towards the same environment as those who are Fire dominant.

How different are the elements Water and Air. People who have one of these elements strongly in them tend to move to open spaces and to connection.

Landscapes can be subdivided in the same way. An “Earth landscape” is characterized by pavement, bare ground, buildings and caves. Tree species that correspond to this are oak, walnut, and horse chestnut.



*Group dynamics within Ecowijk Mandora in Houten*

Every person is unique and has his or her own energetic field. The same applies to nature.

Every tree, shrub, or flower has its own unique qualities with associated purpose or function.

I myself categorize these into the four elements Earth, Water, Fire and Air, because these are the building blocks of the Universe. Everything that is manifested passes through these four elemental aspects. Air creates the space; the Fire gives the energy and direction; the Water takes care of the formation and movement; and the Earth transforms and solidifies.

Thinking this way, you can also make a distinction in human characteristics. Where one likes to dream and talk about ideas, the other is more focused on results and achieving goals. One is not better than the other, but there is a difference in thinking and acting.



*Energetic garden designed by Wim Lips, Villa Kerckebosch in Zeist*





*Landscape design by Hyco Verhaagen,  
Ecowijk Mandora in Houten*

A “Water landscape” is characterized by rivers, a lake, a plain, a road or a wooded bank. Think of the willow as an associated tree species. A “Fire landscape” consists of mountains and a coniferous forest, with yew, cypress, and coniferous trees as associated trees.

An “Aerial landscape” has vistas, grand skies, and space. Think of the birch, acacia, and vibrating poplar trees along with trees that have hanging catkins and blossoms.

When working one-on-one with people, it’s relatively easy to focus on this distinction, but often it’s not so black and white. What if you work with a group of people such as a collective of individuals, also known as a CPO. All elements are represented within such a group, so how do you design a building or an environment that meets the wishes and needs of the group as a whole?

I have already been able to design various CPO projects from the organic and energetic architectural firm, ORIO Architects. In the conversations with the individual residents, I ask for the element they feel most strongly connected to, but also for their favorite number. If people are then allowed to choose a plot on which to build their own home, it is remarkable to see how the various elements “find” each other on this plot. Of course there are exceptions, but it is remarkable to see that certain areas on a piece of land attract people with the same strong elemental qualities or preference for a certain number.

The trick then is to work together with a garden architect or landscape architect who not only understands this principle, but can also put it into practice. Someone who understands that a green environment is much more than just planting

some trees, shrubs, or plants. That creating a green environment means that you handle water well, that you leave room for animals and, more importantly, that you don’t have to try to fill in everything. There is a great strength and quality to be found in nature that is allowed to be normal.

Sometimes I deal with a group of people who do not work together as individuals within a group, but where the people have subordinated their own personal wishes to the collective wishes of the group as a whole. A good example of this is the straw district IEWAN in Lent. This is the only apartment building in the Netherlands with social rental homes built with natural materials such as wood, straw, and loam.

Although the available space for a garden is quite limited, there was a strong desire to have contact with nature and with each other. This wish has resulted in a building with a wide gallery on the South and West, adjacent to a collective garden.

Many different green “places” have been created within this collective setting. In front of your own front door on the gallery, you can give your own green interpretation, there is a winter garden on the roof of the second floor, a space that can be used as a greenhouse near the shared living room, a helophyte filter for the filtering water, a green roof on the multifunctional space De Kleine Wiel, and of course, the inner garden itself, which is characterized by lavish greenery.

For one person, this green oasis will be a feast for the eyes, for another it will make it restless. Having a difference of opinion on this, I see as a good sign. It means that the design of the environment and the building is tailored to its user and not designed for ...



*View through to the joint garden, Strowijk IEWAN in Lent*

# Saul's Corner

## UNIVERSAL LAWS: THE LAW OF GENDER, Part 1

### AS TAUGHT BY REV. JUNE K. BURKE

(LaGrangeville, New York, January 1999)

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

Tonight, we are talking about the seventh law, which is Gender. When we think of Gender, we think of male/female and very often we think this means sex. In the Universal Law, it is totally different from sex. Gender is in everything. Everything has its masculine and feminine principles. Gender manifests on all planes, not just the physical.

The Hermetic “Gender” and “sex” in the usual use of the term are not the same. *Gender* is derived from the Latin root meaning “beget, procreate, generate, create and produce.” While *sex* is used to show physical distinctions between the male and female, the Hermetic term, *gender* has a broader and more general meaning. Sex is the manifestation of gender on the Great Physical Plane of organic life. And we are organic.

The Universal Law of Gender has the job that is solely that of creating, producing, and generating. We are talking about producing and generating in a higher space, not the physical plane. Although it will reach the physical plane.

It functions scientifically among the corpuscles, ions, and electrons which constitute the basis of matter as science now understands it. Every single corpuscle, every single ion, every single electrical force has both the male and female gender within it, even though it does not relate to a physical world “sex.”

The formula is this — the atom is a multitude of corpuscles, ions, and electrons revolving around each other and vibrating at a very high intensity. The formation is really due to the clustering of negative corpuscles around the positive one. Negative corpuscles being the female and the positive one being the male energy. Those negatives are affected by the positive, causing changes which become the atom.

Science says that the positive side or the masculine side of gender is real and strong, and that the negative is unreal and weak. There is your male/female right there! But the Hermetic Law says the negative is the pole in and by which the generation of new forms and energies manifest. The positive is an active force which gives energy to the negative form. The negative pole is that

which generates new form and the positive pole is the mother principle of electrical phenomenon — strange as that may seem.

Science now sometimes uses the word “cathode” which is the negative pole and which is the mother principle. The finest forms of matter known are in that cathode or feminine pole. Science says electrons are composed of negative electricity and Hermetists say the electron is composed of feminine energy. They say it is negative, feminine energy and Hermetists say it is feminine energy, period. A feminine corpuscle detaches or leaves a masculine corpuscle and starts a new career. If we have the negative corpuscles focusing around a positive corpuscle, it is influenced by the positive or masculine but then detaches and goes out and manifests that energy.

What we are looking at here is the power of suggestion being accepted as fact within the self and being manifested in the life. The separation, called “ionization” from the action of union or separation — which is the ion — are manifested as light, heat, magnetism, attraction, repulsion, chemical affinity and its reverse. So that suggestion, accepted within the negative energy of female energy which has the power to create and manifest, now brings that vague thing into focus and into creation. And it creates through heat, light, and all those things just listed.

Thus, from the Principle of Gender, on the plane of energy, the feminine principle does the active, creative work. The masculine principle directs energies to the feminine. Each need the other to function. They cannot function alone. So, the masculine and feminine energy has to have each other to completely manifest. You can see that if this energy is taken down into the physical plane, what we are talking about here is birth, regeneration, creation on the physical plane.

Gender on the energy plane creates all things and contain both genders. There are many mental theories. The masculine theory is that the masculine is objective, conscious, voluntary and active and that the feminine is subjective, subconscious, involuntary and passive. Gender on the mental plane turns inward. Conscious-

ness gives reality of the self to the I Am. The I Am may be split into two distinct parts, these while working in unison may be separated in consciousness.

"At first, 'I' exist. Then 'I' and 'me' exist." The 'me' physically, tastes, likes, dislikes -- has habits and characteristics according to how the body attached to it can be blinded to the rest of the self. Let me explain. The 'me' of me has likes and dislikes, has habits and according to how much I am wrapped up in the 'me' of me, how little I can see of the 'I' of me, the I Am or divine energy of me. The higher me detaching from idea of the self -- being the body -- can see the self belonging to something higher. At a given point as we meditate, as we go into our self, we begin to realize that this 'me' has a higher side and that when we are in that higher side, we can watch the other function.

How many of you had a time when you felt you were doing something and watching yourself doing it? Like you were next to yourself and observing what was going on? That is exactly what we are talking about. The higher self deals with the whole thing. The 'me' self deals with "my body" and "me" functioning in this space.

What we learn to do when we are dealing with gender is let yourself slip or step aside from the total involvement in your self, in your physical body and physical being. In other words, there are people who are so concerned about their clothes that with their clothes taken away from them they would have no identity. If they had to go out not looking 'perfect', they would not be able to function in the world because they have given the power of the 'me' to their clothes. And that is completely separated from understanding that the body and what is on it is not the being. It is the ego aspect of the self. Why do terrorists use the stripping away of clothes as one of their first tactics when they have anybody in bondage? Because it strips them of their identity. They are vulnerable. If you let yourself — and I say 'you' collectively, including myself — if any of us let our self get to the stage where we think our exterior appearance is who we are, then we are not. We have given the power to something else. What is 'who we are' is what is going on in us and how we are watching that we keep in touch with the 'higher me'.

Pass through the mental attitudes and set hindrances aside. Call it the 'not me' aspect. The next time you are ready to judge yourself on what you are and are saying "Well I shouldn't do this" and "I shouldn't do that" -- say "No, that's the not me". In others words you are saying that you don't accept that as 'me'. Don't accept that "I am

always late because I know now that I can be early. I have gotten rid of that being focused in my head to where I have to be late to be me". There are people like that. They have to be late to feel that they are "them". Because they have set the pattern up.

Gender is telling you to use the combined energies, the active and receptive forces of yourself to know thy self, to know you. When you do that, when you free yourself in that manner by getting beyond the mental attitudes of yourself, you begin to see the 'I' which is the 'high me'. And you see the dual aspects of Gender. 'I' doesn't actively create but rather wills the 'me' to act upon it and it's ability, to use it's ability to manifest the idea.

If you have ever worked with hypnosis you know that this is exactly what happens. An idea is suggested, somebody accepts the idea as their own and begins to manifest it. It's the higher form of Gender working. And it works in everything in life.

The 'I' has an ability to project an energy to the 'me'. The 'I' can stand aside and witness the operation of the 'me's' mental creation. The 'I' represents the masculine principle of mental gender. The 'me' represents the feminine principle. The 'I' says "I send out an energy that suggests or wills this to be". The 'me' says "I am receptive", takes it in, makes it it's own and then manifests it.

In reality, the "I" is the aspect of being — "I Am". Just say it once, "I Am". You have declared yourself and the I Am is the aspect of being. The 'me' is the aspect of becoming. In other words "I am and through my will I become by suggestion to the part of me that can create, that can manifest. What we are looking at is the realization that 'to be' is divine, 'to become' is also divine because it is led by the higher impulse of the self.

The Law of Correspondence, As Above So Below is very similar in it's energy. The 'I' of divine energy goes to the mental plane of creative force and lets it become, As Above So Below. From the highest vibration of yourself to the lower vibration.

The Principle of Gender gives truth that underlies the whole field of phenomena and of mental influence. If you understand Gender, you understand manifestation, creation and how it can come into being because it underlies everything. Nothing can manifest without the Law of Gender, whether it is divine energy, mental energy or physical.

The tendency of the female principle is always in the direction of receiving impressions. The tendency of the



masculine principle is always in the direction of giving out or expressing. Think about it. Somebody comes into a group and everybody is sitting and saying "It's kind of boring" and someone says "Wouldn't it be great if we took a trip" and people start thinking "A trip, I'd like a trip". They are accepting the suggestion of the masculine energy's output and now they are going to begin to think about what agency to use, what kind of a trip to take, how much it's going to cost. They will begin to actually manifest the trip by the suggestion of the masculine self, the positive thrust. Recognize that the masculine works with the will. The masculine always wants to give out.

The feminine principle has a much more varied field of operation than the masculine. It conducts the work of generating new thoughts, concepts, ideas and so forth and it includes the work of the imagination. When you are in a creative, imaginative space you are in the feminine energy of the "I am" manifesting through the 'me'. You have to understand that all of that is handled by your feminine aspect. The masculine works with the will in its various phases. But they must work together.

If you look back, any time you have had a suggestion given to you and you liked it and you accepted it, you began to become it. We do. In order to manifest, we become the suggestion because we make it real. Somebody using the masculine principle directs the stream of vibration and energy or willpower toward the feminine principle of another. They accept it, make it their own and act and think accordingly. An idea lodged in the mind of another begins to grow and develop. In time it regards it as its rightful, mental offspring -- "It was my idea".

If a person is too lazy -- and most people are -- to apply the masculine principle, they become ruled by other people's thoughts. If you don't use the will of yourself to suggest to the creative side of yourself a way to go, you will have a void. And the only thing that will be accepted is other people's suggestions and ideas. You will begin to live by other people's patterns rather than your own pattern. That is all the Law of Gender.

When we are talking about directing it to another, we are talking about... in order for you to will another person to do anything, you have to use your masculine side because that is the one that works with the will. In order to manifest or create, you have to accept the idea and let your mind and creative force build it. So many times, if we are in a wide open space, we pick up suggestions from people and we think they are our own. For instance, if you go into a room and you are very happy and all of a sudden someone says "This is a lousy world we live in. Everything is going to pot. Nothing is going

to work". Pretty soon half the room will say "Yeah, yeah, yeah" because they haven't used their own will to say "Not so. Each of us will create and manifest what is right for us. There is no world falling apart". Because you see, if we don't use our own will, if we don't give the other half of ourself the chance to create something different, then we are being led by other people. That is what we don't want.

If you don't get past the physical 'me', you never see the reality of you. If your first thought is always "Me", "How I feel", "What others are doing to me" whether they are or not, if you can't get beyond the 'me', you will never know yourself because the self rests in the act of being. And the act of being rests with the "I am", the higher principle. That is the not the higher principle in value, not higher principle in quality, but in what it is there to use.

When you are dealing in the "I am" you are dealing in the pure energy of potential. When you get down into the 'me' you are dealing in the physical quality. If it is the 'high me' which says "I do not belong to this body alone. There is another me in there" than that is going to accept the suggestions given out and manifest for you.

So, the whole idea is, be sure that what you are thinking is what you want to manifest because that is what the 'me' of you is going to pick up. Go around grumbling enough about something and that is what is going to manifest -- more of the same. What we think in the will -- divine energy -- the receptive or feminine side of ourselves picks up, accepts and begins to manifest. That is why we have to ask ourselves what image we want to project because that is what you will create for yourself.

Sometimes people are of a nature that wants to control others. They will try very hard to make others do their will. But in reality, if that person's feminine side says "no thank you" it can not manifest because you need both energies for it to manifest. So, in refusing... how we are teaching kids "Just say no". That is exactly what we are talking about. Use the principle of Gender. "My high self says the heck with you wanting to sell or give me this. I say no. I refuse to manifest that in my life by the act or the deed". When you take charge of yourself that way, nobody can force you to do anything. Nobody can invade your mind unless you let them. Anytime someone gives a thought to you and it feels uneasy, just refuse to accept it as yours. Be willing to look at it. Detach and look at it to see if it has any relationship to you but don't accept it as yours until you know you want it. Because that is the rightful power in the divine sense. Once you know the reality of yourself, you dominate your own mind by your own will and are not ruled by other people's whims.

# Unpacking the Suitcase of Life

By Reneé Salvatori

Have you ever thought about the philosophical unpacking of your life? The collection of all we've become, and all that we think and are. The collection of our past and present, and the collected that will help shape our future. We can correlate this to our physical suitcase and the items we pack for vacations or trips.

When we pack, we pack with a focused purpose. We may need a dress outfit, casual wear, comfortable shoes, matching accessories, housecoat, swimwear, warm coats, medication/supplements, sunscreen and hats, extra underwear, snacks, electronic chargers, books, money and passports. We will spend our time away from home with these well thought out items and they will carry us through that designated time. When we return home, we unpack and clean them up, and reintegrate them back into all the other things we have. Maybe we inventory at this point to see if we will ever use those items again. Maybe the shoes that we took were so uncomfortable, they are given away. Maybe a shirt got soiled and a Tide-to-go couldn't rescue, so it goes in the trash. Maybe the pair of pants were too tight or too loose, so they are placed to the side of your drawer or closet, to decide its future use later. And, maybe you don't do this analyzing and just unpack it all on auto-pilot. But either way, you unpack.

Our inner life can hold the same parallel. We can pack and unpack on auto-pilot or with intention and purpose. But at some point, in returning home to our true inner self, we may need to clean up and rethink the items of our inner-workings.

Yes, we all occasionally get stuck in auto-pilot of carrying our suitcases around, until the weight of all our accumulations nudge us to take stock of the WHO, WHAT, WHERE, WHEN, WHY, and the HOW, to our becoming. It's a time to unpack our beliefs, our contributions to society, where we may have unknowingly taken on crowd mentality, or just changed with age and knowledge. And what about those items we have absorbed just with daily living? Maybe it's time to put these things out on the table to see what stares back. How are the political, religious, medical, societal, friendships, work, and family fitting and feeling now? Does it all still fit you for your next destination?

Have your shoes been uncomfortable and keep you from moving forward? Is the jewelry that accents your life reflecting your personality? Is the outfit too constricting and holding you back like old snake skin? Is the coat too comfortable and warm and keeping you from trying new things?

The world feels much different than ten and twenty years ago. Heck, it's much different than even two years ago. Our suitcase load should reflect some of those changes.

Summer is here and many will be packing for vacation. Think about yourself as the suitcase.

What have you overpacked? What is stained to the point of tossing? Is there a belief you just need more understanding on before you commit to keeping or tossing, but you are now ready to revisit? What items are your "non-negotiables" that will stay permanently in the suitcase?

And don't forget, whatever items stare back at you, is your private time to lift it out, hold it, smell it, intuit it, and update it. Now with going forward, you can make these items feel like inner peace and ease. Your suitcase now lighter and sweeter, filled with a truer fit to the you today and the you moving forward into the future.

*It's a new day.*

*It's a new you.*

*Let's open up our suitcase of life accumulations and unpack it.*



## Book Review: Seven Thousand Ways to Listen

By Terry Brown

Like most people, I find life to be busy and am often over-extended by my own inability to design spaces that heal rather than hurt me. Excuses such as, “Nobody else is capable” (yes, they are), “My house is dirty” (who cares), and “They depend on my doing ...” (yes, but only because I’ve allowed them to come to that expectation), are easy panacea for my brain to grasp onto. Yes, easier... much simpler than accepting that I, also, am a being in need of inner reflection, time alone, and (that now much over used word) self-care.

Many that I’ve spoken with feel that they have found silence to be overwhelming. The pandemic forced us into boxes and spaces where the sense of aloneness became too much. It was lumped into the bucket with all of our other fears of the time; absolutely understandable as we were unprepared. How do we prepare ourselves so that we can not only deal with the day-to-day, mundane challenges, but also the larger life-occurrences that could otherwise throw us off stride?

Taking care of our inner needs is important; perhaps, the most important task of this lifetime. Listening to what our true nature, our higher self, is trying to explain to us. That we need and are worthy of feeding our internal growth, is part of it. Increasing our growth and vibrations requires a deep examination of our motives and why we have them. Listening deeply to others, the world, and our higher selves requires intent, and is a skill that takes time and (like any other skill) practice.

Deep listening has always been a goal I wanted to master. It can be much more challenging than one might think, and I looked for ways to do so. Finding Mark Nepo’s book, *Seven Thousand Ways to Listen: Staying Close to What Is Sacred*

has been a wonderful gem in that regard, and a remarkable tool for anyone’s arsenal of self-awareness and reawakening. He wrote, “To enter deep listening, I’ve had to learn how to keep emptying and opening, how to keep beginning.” There is something so accepting and open-hearted about that sentence. We so often feel we’ve failed and so give up, instead of keeping on with our beginnings.

In his chapter on “Entering Silence”, he talked about spending time “below the noise of the world”, so that “we might be blessed to experience Oneness”. He recommends,

Sitting till the things to be done dry up, till the voices urging they be done melt like ice in our minds, till the old hurts throb out of our bones, made harmless by the air, till all that we want has nothing left to shout at, till there is nothing left to reach for or with, and nothing left to let go of, till even our fear of death loses its tongue, and with nothing in the way, the light of the world kisses the light of the heart and each breath shines.

As a follower of Julian, I found this and many other suggestions in Mark Nepo’s book to be helpful. Each chapter has ideas for reflection and journaling questions to aid in understanding. As a novice in Julian’s teachings, I read the booklets that were dictated by June, as Julian; but, also welcome any tools that speak to this journey and my own self-development. If anyone else is interested, I highly recommend this particular tool. It is a welcome addition to anyone’s arsenal of ways to understand our purpose in this lifetime, and our journey back to being One.

*Silence, a bright gift  
We give ourselves so others  
Join our souls in song*

## What It Means to Live in the Light

by Deepak Chopra, MD

(published on LinkedIn, January 9th, 2023)

Connecting spirituality with “the light” has a long tradition, which continues for the devout who want to live by the light of faith or in the light of God. But the term is vague and seems to have little relevance to modern secular life, the life that the vast majority of people lead.

In the hope of making the whole question clearer and showing its profound relevance to everyone’s life, I wrote a new book, “Living in the Light,” based on the teachings of Yoga. Stripped of its religious connotations, “the light” refers to consciousness. The more conscious you are, the more you are living in the light. This clear and simple definition takes us to the heart of Yoga, which is an entire philosophy aimed at raising the consciousness of everyone.

As familiar as one branch of Yoga is, namely Hatha Yoga, which describes the various physical postures taught in yoga class, the highest path is known as Raja Yoga, or Royal Yoga. (The new book is divided into two parts, the first written by me on the topic of Royal Yoga, the second, which illustrates the postures of Hatha Yoga, was written by a brilliant yoga teacher, Sarah Platt-Finger.)

I didn’t approach Royal Yoga as a true believer, because the Yoga tradition isn’t a set of beliefs. It is based on experiences that everyone is already having. You already live in the light by fits and starts, you just don’t live there all the time. Many people have experienced happiness, joy, and sometimes even pure bliss, which are qualities of the light.



But on the flip side there are dark experiences that bring confusion, pain and suffering. Nonetheless, the light of life is always with you because consciousness is your very nature, your true self.

Royal Yoga is unique in that it seeks to make everyday life ideal. There is infinite bliss available to your true self. Whenever you experience less bliss, no bliss, or actual pain and suffering, only one thing has changed, how close you are to the light. This concept defines the entire Yoga system, no matter how complex its traditions are in India. We can cut through the complexity by focusing on just one goal: living in the light.

It is vital to understand what the ideal life is, according to Royal Yoga. What makes its approach so natural is that nothing achieved through Royal Yoga is mystical or other-worldly. The self you experience today owes its most valued experiences to your true self, which is already whole and perfect.

### **The Ideal Life—The Gifts of Royal Yoga**

1. Existence becomes blissful. You experience a joyful, energetic body, a loving, compassionate heart, an alert, vibrant mind, and lightness of being.
2. You control your mental activity. You can generate thoughts, feelings, and impulses that are evolutionary. You are the one who gives them meaning, and therefore the whole world as you perceive it has meaning.
3. You see everyday life as a lucid dream, incredibly vivid but an illusion. You can improve the dream without getting trapped in it.
4. Joy becomes the only measure of success, because your essential nature is joy. It is the beginning and endpoint of every journey.
5. You understand what it means to thrive. You savor the diversity of life, which brings richness to your unfolding story.
6. You recognize that the point of arrival is always now. You can't move to where you are already standing—this is the experience of timelessness.
7. You recognize that there is no fixed identity. Your identity is unique but always evolving. It is your karmic story, but you don't need to be bound by it.
8. You recognize gratitude as the sanest response to existence. It is insanity to believe that existence is a problem.
9. You recognize that existence is lavish and abundant.
10. Grace becomes an everyday experience. It reveals itself by the perfect way that every experience fits together. Instead of brief glimpses of synchronicity, you live in total synchronicity.

Next, I'd like you to assess your experiences of the light. Nothing is more important than knowing how much the light has affected your life. There are ten ways to live in the light. Take a moment to ask yourself how well they apply to you.

1. I have experienced bliss. (Examples: a peak experience of a joyful, energetic body, a loving, compassionate heart, an alert vibrant mind, lightness of being.)
2. I feel in control of my mental experience—I can have positive, creative thoughts whenever I want.
3. Life can feel like a dream, with something hidden from sight that is very real and yet mysterious.
4. Much more than material success, I measure my life by my level of happiness and joy.
5. I welcome a wide diversity of experiences—they give my life real richness.
6. I live in the present moment, without reliving the past or anticipating the future.
7. I experience myself in the flow, adapting easily to new situations.
8. I experience gratitude.
9. I look upon life as abundant, offering untold possibilities for fulfillment.
10. I experience meaningful coincidences—they tell me that everything happens for a reason.

This list allows you to see yourself according to the quality of your inner life. In everyone's life positive experiences come and go at will; a person has little control over them. Fears, regrets, and painful memories seem to have a life of their own. Royal Yoga teaches you how to change the situation in four major steps, which the book unfolds in detail:

*You pay more attention to what is going on inside you.*

*You notice any experience of being in the light.*

*You value that experience.*

*You begin to focus more and more on the light, which makes it increase.*

I want to underscore that living in the light is the most natural way to live. It is actually easier to live more consciously than to continue experiencing things unconsciously, driven by habit, routine, old conditioning, and denial. The habit of being more conscious will emerge effortlessly and without pain and discomfort if you keep in mind that the best experiences in your life indicate that you have glimpsed the light already without struggling to get there. As your chosen path, living in the light can begin anytime you choose. What I've offered here is motivation at the beginning of the path. Once inspired, you've taken the most important step in a journey where every step brings you closer to your true self.

## Classes Open to Join

### Sam & Temier Offerings

#### Pathways v2.0!

Temier is starting a new series of classes called Pathways v2.0, which are based on the teachings of Seraphim Temier. These classes are a continuation of Temier's original 141 Pathways classes and are designed to provide valuable understanding and insights through unique guided meditations. The Pathways v2.0 meetings are primarily intended to support individuals on a dedicated spiritual path, but they are also appropriate for beginners who are interested in exploring these teachings.

Classes are held every other Sunday at 10 am PST (7 pm CET) over the web using Zoom. The cost is \$15 per session. Sign up at: <http://www.temier.com/OnTrack.html>

#### Did you miss the original series of Pathways meetings?

The original 141 meetings are now being presented by Rue Eisen, Yvonne Harbers, and Jan Clayton.

Please visit <https://www.temier.com/teachers.html> to find out more about these teachers and what they are offering.

For those of you who have never experienced the original Pathways material, we suggest that you check it out. These unique meditations provide a platform for deep inter-personal transformation no matter what stage you are at in your inner work.

#### 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>

For information about other Sam/Temier classes, books, and events visit <https://www.temier.com/>.

### Sunday Morning Get Together

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

ZOOM has opened the doors of Marion Bauer's home to a much larger group of participants—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.

10:15 am EST — Open chat time

11:00 am EST — Healing session begins

We start our group meetings with an opening prayer and an intuitive message from our friends in spirit. We then chant three Oms and sing/play both the Seed Song and Julian's Circle Song.

Marion and Adele Lederman invoke the Healing Circle and ask for the names of individuals we wish to place in the healing energy. This is followed by our channeling love, light, and healing energy into the world.

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.

Eleanor 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 Jerry Gross at:

Email: [jerrygrossny@gmail.com](mailto:jerrygrossny@gmail.com)

Phone: 1-914-374-3221

## Classes with Andrea Smith

### New! Julian Mystical Magus Class

A new Mystical Magus section is starting in Summer 2023. Andrea is the only certified teacher currently accepting new students into Julian Mystical Magus studies and former Mystical Magus students who would like to review the material.

The Mystical Magus information is a personal study that is delivered in a group environment. It is a powerful study and meant for those who are most dedicated. It teaches the student to internalize an issue for transformation. The result is a significant increase of awareness that permits you to beneficially influence your environment.

The Mystical Magus teachings started in 1987 when Julian began delivering the information to Sam Holland. Sam, under the direction of June and Julian, began a full Mystical Magus class three years later. This course of study can take over 10 years to complete due to the density of the information and the personal transformations that occur.

There are prerequisites for admission into Mystical Magus including pre-approval and completion of substantial metaphysical study. If you are interested, contact Andrea or take a look at her website or at the Julian Teachings website <https://julianteachings.com/classes/>

### Transition Energy

In February 2023 Andrea launched a new section of Transition Energy (TE). This study provides exceptional tools for personal transformation. The new section has surprisingly attracted a number of students who completed TE in its entirety many years ago in addition to students new to TE. The classes meet from 9:30 to 11 AM Pacific time the first Saturday of each month. With private study, it is still possible to join this group. Contact Andrea or see her website for additional information using the information below.

### Individualized Private Study

Andrea creates private, guided meditations to address areas of challenge and potential identified by the student. For additional information, contact Andrea or see her website.

All of the studies described above are designed to support individual transformation. Indeed, meditation is the key to transformation.

See [www.andreasmithtransitions.com](http://www.andreasmithtransitions.com) for Andrea's bio, information on Andrea's classes, services offered, and to register. You can also contact Andrea via email and phone:

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

## TE with Maria & Remco Sauter

Remco and Maria Sauter are certified TE instructors and will be starting up a new class this summer, if there is sufficient interest.

They teach TE classes online through Zoom on Saturdays at 8 pm (CET) (11 am PST; 2 pm EST), which are open 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](mailto:info@lightinbeing.nl) if you are interested in joining a new TE class.

## The Best of Self Development with Saul Srour

In May 2023, Saul Srour started teaching a bi-weekly class where he presents the best topics 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 is taught at 8:00 am PST/11:00 am EST on Tuesdays. If you are interested in joining this class or want to learn more, please contact Saul at [s77aul@yahoo.com](mailto:s77aul@yahoo.com).



## 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: 9/5/2023

Send electronic submissions to:

[ringoflight@julianteachings.com](mailto:ringoflight@julianteachings.com)

### Contact Us

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

[ringoflight@julianteachings.com](mailto:ringoflight@julianteachings.com)

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

## Please Support Us

We thank each and everyone of you for the financial support that allows us to produce the Ring of Light. An annual contribution of \$10 (\$20 for international delivery) will cover the cost of mailing a paper copy of the ROL! Make checks payable to Jan Clayton (send to 25960 Quail Lane, Los Altos Hills, CA 94022), or send funds with PayPal or a credit card via <http://paypal.me/jclayton94022>.

### Recent Contributors

We thank each and everyone of you for your support. It allows us to deliver the Ring of Light to our subscribers around the world.

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