



We lost two pillars of our community this fall, Anne Claire Venemans and Nancy Walton. Both passings were unexpected. Read more about them and their contribution to our community in this issue.

For me, this fall was exhausting. I thought that it was going to be well-balanced with a wide range of pleasurable activities, but then the “alligators” started to show up — the unexpected issues that feel threatening until you slay them. Where did the proverbial alligators come from? From a proverbial “small” swamp I was asked to drain. The swamp was much deeper than I was led to believe and there was no mention of alligators. I expected muddy, but not perilous. It is exhausting to deal with one high-stress situation after another.

I thought that the fall was only outrageous for me until I started talking with friends. It appears that many of us have been “draining swamps” this fall only to find scary creatures. It has been a tough and strange fall, no doubt.

No wonder Aca’u is advising us to “*restore yourself and regain a sense of inner balance.*” I’m working on it...

And then there is the political situation that seems to be just getting weirder and weirder. In his Winter message, Aca’u calls us to action: “*Warriors of Light, Bringers of Peace, stand vanguard your thoughts. Foster those that create a future you want to live in. Treat others with acceptance, kindness, and generosity. Add to the universal bank of open-heartedness.*” I am also working those things, but I feel ineffective. You too? Let’s not forget that we have help. “*We on this side of the veil stand with you. Don’t ever doubt yourself. You are Divine, you are powerful, and you are so very loved. Trust yourself and trust that the world is going through its growing pains but you are an architect of its future.*”

I plan on leaning into the support that Aca’u says is there for us. How about you?

Have a blessed holiday season — *Jan Clayton*

Paradigm

I thought true joy came to me
Through those I love. It doesn’t.
If comes when it damn pleases
and goes the same way.

I thought true love happened
rarely and to those of special
character. Not so. True love
flows all the time. Everywhere.

I thought peace of mind was
a wish from the hearts of the
guilty, until I came to
know it’s just another
name for faith.

— Jeanne Livingston

Inside this Issue

This Season’s Astrology	2
Compassionate Winter Season	3
In Memoriam	4
Julian Healing Techniques	6
something to make you smile	7
The 30 Second Rule	8
Recipe for a Good Life	10
Julian Teachings Organization News	11
A Season of Runes	12
Triptych on the Light	13
Saul’s Corner: Druids, Part 1	14
Prayer (Poem)	17
Announcements/Classes Open to Join	18

This Season's Astrology

by Jessica Nelson

We enter the Winter Solstice on December 21, 2023. Let's slow down, take a deep breath, and settle in to this restful energy. With all the changes taking place over the last few years, we need time to adjust. With Saturn in Pisces, we have the energy and discipline to grow in spirit. Over the next few years with Saturn's movement through the watery sign, our souls are being tested. It's time for a renewal, a rebirth. The pains of growing will be less if we can improve that connection and take an elevated view on world situations.

There will be a full moon on December 26th in Cancer. Our hearts will be filled with the joy of family. As we spend time with relatives, let us be thankful for the connections in our lives that give our souls comfort in times of need.

On December 30th, Venus enters Sagittarius. A draw toward learning and adventure begins to stir in our hearts. We can use this time to increase our understanding, realizing we always have more to learn, and truth to search for.

Venus in Sagittarius makes a square to Saturn in Pisces, on January 1, 2024. We will need to allow any new information or truths to not be to our detriment. Pisces rules the house of the undoing, and in order to not give in to that, we have to be strong in our spirit. As we open ourselves to higher understanding, we should use discernment to guide us.

On January 2nd, Mercury goes direct in Sagittarius. All things Mercury have the fog lifted. We see things with clearer eyes and a searching mind.

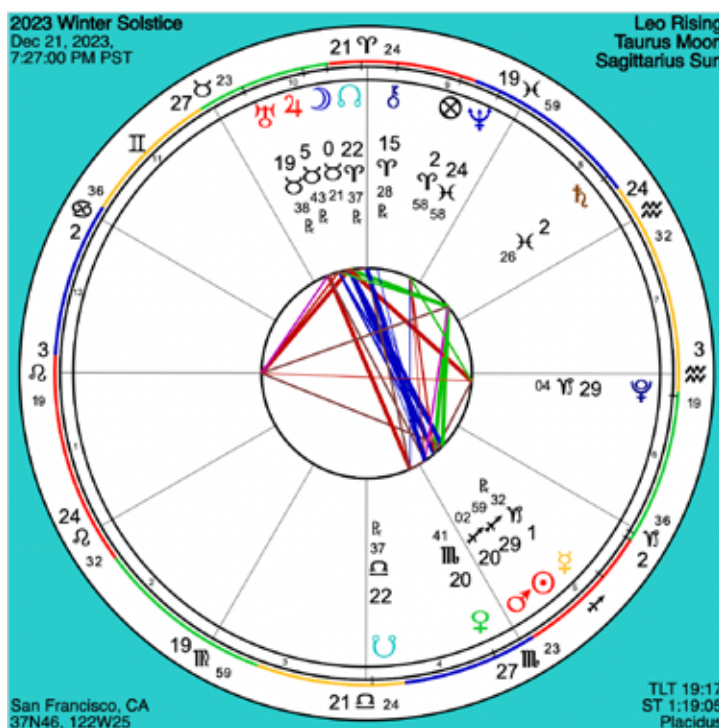
Mercury enters Capricorn on January 15th. Our thoughts become structured; we can be more disciplined in our mental activity.

On January 16th, The Sun in Capricorn makes a sextile to Neptune in Pisces. We will feel most harmonious when we are expressing our true selves.

Venus in Sagittarius squares Neptune in Pisces on January 19th. Our search for truth may challenge our faith. We must learn to question and seek, and go within for the answers.

The Sun and Pluto enter Aquarius on January 21, 2024. Pluto will have a quick regress into Capricorn one more time this year, on September 3, 2024. It will then enter Aquarius for its long metamorphosis, in November of

2024. Pluto in Aquarius will awaken our minds to new ways of thinking. Pluto is power and force! We, as a whole, have a choice in how this energy will manifest. No matter what, change is on the horizon, you can feel it in the air—a monumental, transformative event is coming. Pluto is altering the status quo, bringing balance to a distorted and lost world. Sometimes you swing so far one way, that in order to counter, the correction must be dramatic! We have lost our way. We have become content with being the caterpillar and forgotten how free we feel as the butterfly. Surely Pluto will shine the light, so



we may never lose our way again. In Aquarian fashion, we will come together for the sake of the world. This will begin the long-awaited process of bringing power back to the people.

We have a full moon on January 25th in Leo. It's time for us to guide ourselves. When we rise to the challenge of leadership, our strengths are practiced.

Uranus goes direct in Taurus on Jan 27th. With Jupiter also direct in the fixed, earth sign, we continue to grow. In our world, we continually strive to gain money and possessions. Taurus energy is resistant to change, and stubborn. With Uranus on its continued journey in Taurus, those areas will all be shaken. In the midst of chaos, we must remember that freedom is on the other side.

On January 29th, Saturn in Pisces makes a sextile to Jupiter in Taurus, they also meet in a sextile position on February 15th. With more and more people turning inward, we continue to grow in the outward. Our values are changing, and with them, the world.

Mercury in Capricorn makes a sextile to Neptune in Pisces on February 2nd. Our mind has a great capacity to connect. Our feelings are heightened by our thinking. This is great energy to discipline the mind, and hear your higher self.

On February 17th Venus enters Aquarius and makes a conjunction with Pluto. Conjunctions really bring energy to the area the planets rule. Here we may see big changes that will affect our finances. Mars will be within 2 degrees of these two planets, and also in Aquarius. The trio will be making a trine to the Moon in Gemini. This may trigger something explosive that we will all feel on a personal level.

On February 19th, the Sun enters Pisces and makes a trine to the Moon in Cancer. Our will, feels in balance with our passions.

A full moon in Virgo on February 24th will be opposite the sun in Pisces. With a heart yearning to serve others, our expressions become more compassionate. Placing our ego aside will be a great way to express these opposing energies.

Mercury enters Pisces on February 24th, and conjoins Saturn and the Sun on February 28th. This will give us the mental will power we need to continue to raise our frequency and to rest in spirit when needed.

Mercury enters the fiery sign of Aries on March 10th. We have no problem being direct. We may even seem forceful in our conversations. We need to remember, even a leader needs to listen.

Venus enters dreamy Pisces on March 12th. Our love in a divine state is enough to change the world. We will feed the power of good as we continue to embark on our passionate journey to knowing our true selves. Love will always triumph over evil.

On March 17th, the Sun will join Neptune in Pisces at 27 degrees. Our spirits will be illuminated!

As we continue on our collective journey of transformation, there will no doubt be difficult times. We should spend the winter season connecting to ourselves, and the world around us. We must never forget that although we live on this Earth plane, our true selves are far beyond this world. We are powerful, spiritual, loving beings, having a human experience. We must never neglect or give up our connection to the higher realms, for the mundane, fleeting pleasures of this world. It is up to all of us to strengthen our links to the realm of all possibilities. Through us, a new world is being born!

Compassionate Winter Season

By Renee Salvatori

Many are going through a cold season of the heart. Frost bitten and numb with grief. Some have sick and ailing loved ones, while others have had to bury deceased ones under the snow-covered soil. One of nature's four seasons can be very comparative to the cold winter season of our own lives. A moment of going inward and shoveling a fresh path.

Then add in the holiday months and it can be very painful and reflective with memories of the past, or anxious and concerning with plans for the future. The music and sites on the radio and tv and in every store is encouraging, "Home for the holidays" and "Merry" everything. This can cause a conflict in heart and head. Wanting to be happy but not able to even fake it.

Reach out to those who may need a call or a visit. Don't over-think, just do it. If they just need quiet to grieve or heal, don't push into loud or tiring festivities. Accept their lead without directing them into what you may think is best. Quietly sit and hold space with them. Do a puzzle if they wish for one. Or, if they need surrounded by people, invite them to your gathering.

Sometimes, the solace of the white snow-covered canvas of their season is only a short lull in time before they are able to splash on some color. Maybe they are already splashing on some muted colors. This particular winter season is their own to take, but with compassion, we can walk beside them with encouragement. We can help stoke the inner embers of their soul and remind them spring will be bursting soon with color.

In Memoriam — Anne Claire Venemans

September 17, 1959 to September 24, 2023

Anne Claire always had a mystical approach toward nature and life in general. She began creating Mystical Jewelry in 1984, and many members of our community treasure pieces that she made to order based on our unique energies and metaphysical needs.

Anne Claire and Sam Holland met in 1994, and that year they became life partners in a beautiful relationship that continued through the rest of her life. They married a few days before her death.

It didn't take long for Anne Claire to be introduced to and become extremely interested in June and Julian's teachings. Anne Claire was taught by Julian on the meaning of shapes and symbols for both the energy seals that Julian gave to individuals and for divination. This information led her to develop the booklet, *Symbol Discs, an Ancient Shamanic Way to Gain Insight*.



Over the years, Anne Claire's Mystical Jewelry designs evolved through the influence of June and Julian's teachings. She also began exploring the symbolic significance of mandalas.

She served our community well. As a certified teacher of Transition Energy and Julian's Mystical Magus, she brought many students through these studies. She also served on the Julian Teachings Advisory Council, since its inception.

Anne Claire was an accomplished and prolific writer who wrote many articles for the Ring of Light. She was also a master dowser and

accomplished in multiple forms of divination. She brought a practical yet esoteric approach to her many skill sets. She could meet individuals where they are. She held her many friends in her caring and loving being. Anne Claire is deeply missed by those of us on the earth plane.

— Andrea Smith

Dear Friends,

Let us together celebrate the life of Anne Claire. Her sudden departure has left a void in our spiritual family that cannot be filled, yet her spirit will continue to inspire us.

Anne Claire's bright and creative soul touched all of us who had the privilege of knowing her. Her honesty was like a refreshing breeze, reminding us of the importance of authenticity on our spiritual path. She was a trusted friend who was always willing to share her wisdom and insight. And what a remarkable teacher she was! Her unique perspective was always just what I needed to hear.

I remember when we first met at June Burke's home and the deep connection we quickly formed. Our friendship was fueled by youthful enthusiasm and a shared thirst for spiritual knowledge. At The Gatherings of Light, we continued to nurture our friendship, always finding time to sit together for a meal or two,

hang out after the workshops to share our latest spiritual endeavors, and discuss our plans for the future.

What set Anne Claire apart was her unique blend of pragmatism and boundless creativity. She had a remarkable ability to translate her spiritual insights into powerful works of art and objects of meditation. Her creations were not just objects; they were conduits for deep spiritual experiences, touching the hearts and souls of those who encountered them.

I grieve the loss of Anne Claire's physical presence, yet also celebrate the profound impact she had on our lives. Her memory will forever live on in our hearts and minds, and her insights and creations will continue to inspire us on our spiritual paths. May we honor Anne Claire's legacy by carrying forward the insights she shared and by living our lives with the same authenticity and creativity that she embodied.

Love to you all — Camille

In Memoriam — Nancy Walton

October 7, 1933 to October 26, 2023

Our favorite quote about Nancy is from Shesta Ross, who told Nancy, “I will know you in any life.” Repeatedly I have heard statements like, “Nancy, will you be my mother in my next lifetime?” Nancy was, is, and remarks suggest, will continue to be beloved by our community.

What makes for such enthusiastic endorsements? You probably have a personal list. Ours includes always saw, expressed, and lived the positive; good listener; compassionate; gentle, dependable; trustworthy; wise; ready to help; a ready smile; and glowed from within.

Nancy was originally an East Coast girl and met and married Dan Walton there. They also met June and Julian while they lived there. They were hooked instantly. In 1986 they moved to the West Coast and became part of the west coast branch of the Julian Community. Nancy and Dan took all four of the main courses of Julian's



teachings and attended every workshop and gathering possible. They were both certified to teach Transition Energy and traveled to San Diego monthly to teach a dedicated group that eventually merged with the larger TE group. All of the members of this cohort have also transitioned.

Nancy was an avid traveller. She and Dan attended most of Sam Holland's workshops whether they be in the British Isles, Europe, or the US. Since Dan's departure, she has spent time with her son (who works for the State Department) and his fam-

ily in China and Nigeria.

Nancy was a person able to put Julian's teachings into action—she successfully moved from understanding to application to mastery on a regular basis.

Nancy, we miss you and we love you.

—Andrea Smith

Ring of Light Readers,

Nancy's parting was such a surprise. She attended my Pathways class on Tuesday night full of energy and looking forward to her next set of travels over the holidays. Less than 48 hours later I heard of her passing.

We first met at a June/Julian workshop in 1996, but I got to know both her and her husband, Dan, in Larry Scheer's Working Magus class in 1998-2006. She was always upbeat with an infectious smile. Her insights were astute.

Nancy and Dan became the Ring of Light editors in May 1999 and in 2015 I offered to help Nancy with it. It was then that I really got to know her. Nancy was an extremely intelligent lady with a very dry sense of humor. She dealt with both good and unpleasant situations with a knowing nod and a huge smile. She was an excellent editor and always asked incredibly astute questions about the author's intent with an article—she often

puzzled over Regan Friend's poetry — always trying to make sense of everything. It was a sure joy to work with her.

I also had the true pleasure of travelling with her to Sam Holland's & Anne Claire's workshop in Cornwall this past June. Despite having knees that were obviously hurting her a great deal, she was up for just about anything. Through the pain, she trundled all over Dublin one day with me when the taxis were few and far between.

It was an absolute delight to experience the world with her. She had such an appreciation for other cultures and other ways of living life, and so appreciative of every experience that came her way.

I will so miss that smile of hers and that giggle—it truly was infectious. I will also miss her sage advice about how to work with our authors and her ideas about new directions that the Ring of Light should head.

Please celebrate her amazing life with me... Jan Clayton

Julian Healing Techniques

Directing Energy

By Adele Lederman

Un-Ruffling

Un-Ruffling is used for generalized healing and can also be very relaxing. It's a great thing to do when you've been learning a lot of new things, if you've been concentrating hard or if you have a headache.

Make sure the recipient is either sitting or lying down before Un-Ruffling. If the recipient is standing, only Un-Ruffle from the neck down so that you don't move the energy from the head while they are standing.

Un-Ruffling is done with the hands held a few inches off the body. Hold the hands out and in the parallel position, one hand on each side of the body. Sweep the hands over the body as if you are smoothing out bed sheets. Flip the energy at the bottom.

Do three passes over the top front, top sides and top back (three passes each). Then do three passes over the bottom front, bottom sides and bottom back.

Imaging that you are clearing away "dust bunnies" and are flipping them into a large trash can to be vaporized by universal energies.

This is a useful technique to use for getting a restless child to relax and go to sleep.

The Zapper

You can fill someone with energy to give a generalized healing if the person cannot do this for themselves or cannot tell you what's wrong.

Build the energy. Your hands are cupped and slightly overlapping. Hold the hands over the crown or at the fontanel area of the recipient's head. The energy will flow directly through the system.

The Pyramid

If there is a need for a more intense energy, form a pyramid with your hands, thumbs crossed. This concentrates the energy and a great force of healing energy goes straight through the system to the internal organs and wherever it is needed.

Follow this up with two fingers at the crown of the head in a clockwise, then counter-clockwise motion. Finish

with another application of Pyramid energy. Remember to build and break the energy between applications.

The Sunflower

Visualize yourself as a sunflower and fill yourself with energy!

Raise your hands up over your head, spread the fingers and pull in energy. Allow the universal energy to fill you. Sense it coming in through the top of your head, into your arms and fingertips, down your legs and into your toes. Just fill yourself with soothing, light energy. This will give you all the energy you need for whatever it is that you need to do.

Decongestant Plus

This technique is very effective for head congestion associated with a cold and for a headache linked to sinus congestion.

1. Build the energy in your hands.
2. Hold hand, fingers together, on either side of the head, palm of hand in line with the bridge of the nose (the sinuses are behind this area). Hold position for at least one minute.



3. Break the energy.
4. Build the energy.

5. Hold one hand on top of the head, at the crown, and the other under the chin. Hold position for at least one minute.
8. Now hold one hand over the brow (palm of hand over the bridge of nose) and the other at the back of the head. Hold position for at least one minute.



6. Break the energy.
7. Build the energy.

9. Break the energy.
- Have tissues handy!

For congestion associated with allergies, do the same technique, except open the fingers and float the energy in by circling the hands slowly. With allergies the mucus membrane may be irritated and doing the technique with fingers closed could be too powerful.

something to make you smile

Knock, knock ...

Who's there?

Metaphor ...

Metaphor who?

What's a metaphor You?

The 30 Second Rule

by Connie Numbers

This is a letter from my book, "The Dear One Letters: A Path to Growing as a Human and Evolving as a Soul." Dear One, is my soul talking to my human personality. This letter is based on what I learned from one of my sessions with Julian. He called it the 30 second rule. And I have loved it ever since.

Dear One,

Years ago when you were told the "30 second rule" by your spiritual mentor, you were not only astonished at the concept, but very resistant to the idea of it. Your ego was kicking and screaming at the idea of the 30 second rule, because it felt threatened, and still does, by the idea of anything lessening its control over you. And that is exactly the purpose of this spiritual rule: to decrease the ego's influence so you can choose to let Spirit lead the dance of your life. I understand the hesitation you felt at that time, because challenging yourself to even think about the 30 second rule is not for the faint of heart. In fact, it is probably the hardest feat for any human being to accomplish. Therefore, know Dear One, that living this rule in 30 seconds is not expected of you. It is something to work toward. The 30 second rule is not actually a rule. It is a "rule of thumb" to help you identify when your negative ego gets in the way of your happiness. I will reiterate this powerful bit of wisdom to you because it is a powerful tool for change and empowerment. It is as follows:

"With the exception of loss, the first 30 seconds of any negative feeling has legitimacy. After that, it's all ego."

When you first heard these words from your mentor during the session, you had been speaking about feeling irritated and disappointed with your mother and what she did not give you as a child. When the 30 second rule was explained, your immediate response was to feel irritated. "But wait!" you thought. "I deserve to have these feelings for more than 30 seconds. I have a lot to be angry about. It's going to take more than 30 seconds to get over these feelings." And you were right, Dear One. It took you years to get over those feelings. At that moment, you were not interested in getting rid of your anger, and you did not feel ready to have a peaceful settlement within. In essence, you did not want to forgive her, even though you thought you already had. Instead, you wanted to continue to be angry because you felt justified. And this, Dear One, is what keeps you, or

anyone, from being joyous and peaceful. It is the ego's need to feel justified and entitled.

What your teacher was telling you is that every emotion has a 30 second period of legitimacy because every feeling comes to tell you something. However, when your negative feelings continue past the 30 second mark, it is a sign that your ego is taking the lead in our dance, and it is up to you to choose if you are going to allow that to continue. The only time this rule does not apply is when one is experiencing loss, since bereavement is a process that must be experienced over time.

As you have discovered over the years, there are many feelings you have not wanted to give up, because it would mean taking control over your suffering. Ego wants to convince you to stay with these negative feelings because it has a need to continue the suffering and drama in your life. It is not because it is bad. It is because it does not know it will continue to exist if something bigger and better takes over. Therefore, in order to feel entitled, the ego needs the mindset of being a victim.

Please know that the 30 second rule is not a tool to keep you away from your feelings, nor is it a rule that says if you cannot do it in that time frame you are not evolved. Instead, the 30 seconds is something to aspire to. It is something to work toward. It is not even something you have to attain in this lifetime. But it is something to think about when a negative thought or feeling haunts you. If the negative feelings continue after seconds, hours, days, weeks, or years, it is ego leading the way. However, when you are willing to face your ego with its need for drama, you will be able to feel more in control of your life.

What I am about to tell you next is the key to identifying and understanding your ego for the rest of your life. Ego will always come to the forefront of your life when something is not happening the way you think it should, when someone is not acting or not saying something the way you want to hear it, and when any expectations you may have are not met. If you truly think about this when you are experiencing a negative feeling, you will

recognize this as truth. If you are angered by someone's behavior, for example, it is because they are not acting the way you want them to. If you are hurt by what someone says, it is because you are not hearing what it is you want to hear. When you are disappointed in the world, it is because the world isn't living up to how you want it to be. (It's the same when you are disappointed in yourself.) It is important to recognize that behind every negative emotion is a desire that is not being met and your ego is ready to pounce into action when that happens. Therefore, it is the humanness of your ego that demands things should be different. You should be different. Others should be different. Life should be different. The ego has very little tolerance for the concept of acceptance.

Let us go back to your session that day with your teacher. You were feeling irritation with your mother because you would not accept who she was. Your desire was for her to be the mother you always wanted and when she was not, you carried sadness, hurt, anger, resentment and disappointment, because you did not get what you wanted. That was ego. It was not until you began to accept her and the circumstances of your childhood, that you began to see the growth that evolved out of it. It was then you were able to let go of the negative feelings so ego no longer ruled you in that way. As long as you are working on this particular rule of thumb, Dear One, it does not matter how long it takes you. Just the fact that you are aware of when your ego is in action is an accomplishment for anyone.

When you allow yourself to be the observer of the feelings, rather than the reactor, a miraculous thing happens: your negative feelings will begin to subside and not take up full time residence in your head. Through the process of observation, you are more likely to accept what it is you feel, without being invested in justifying them. When you are in this frame of mind, you are now experiencing the presence of your true spiritual nature which is not affected by anything negative.

By observing your feelings rather than allowing them to control you, you are, in effect, holding them as if holding a baby, and when the baby is held, it calms down. By holding your ego in this way, it begins to diminish its effect on you, not because it is being soothed, but because it is being observed. The ego cannot stand to be seen. It wants to remain hidden. Therefore, once you have discovered the little man behind the curtain by observing him for what he is, he loses his power and goes to hide

for a little while... until the next time. But in the meantime, you feel better, because you are not being ruled by your feelings. Instead, you are feeling in control of them, which adds to feeling more in control of your life.

This is how you diminish ego in your life, Dear One. It is how you take responsibility for the dance between you as a human and you as a soul, and how you create a better dance for us. The inherent value of the 30 second rule is that it helps you recognize what is happening within you so you can have the opportunity to make another choice.

Like anything, this rule becomes easier when you practice it. This is the simplicity and wisdom of it. It is something you can think about and remember every time you are not happy. Once you are aware when your ego is up to its usual tricks, it will then be up to you to determine what to do with it, and how long to stay in it.

The 30 second rule is for those who want to change and make a difference in their life. It takes tremendous courage to apply this concept because there is always much resistance from the ego once it is recognized. The irony is, however, that when you can approach this wisdom as a game, it becomes easier to live it. It can be fun. It can be humorous. It's like saying to yourself, "I see you. I know who you are, you little rascal. I see what's going on." This can be very uplifting for you and also empowering once you see the rewards of letting go of self created suffering. And in doing so, you begin to feel the most wonderful feeling of love—love for yourself, and love coming from Me. And you will know, without doubt, that there is nothing you cannot overcome, nothing you cannot have, and nothing you will ever have to fear. You will feel more integrated and in balance. You will be free. And then, my Dear One, you will be able to do something you've always wanted to do since you were a child: You will fly.

Recipe for a Good Life

By Renee Salvatori

A sprinkle of eyes to see beauty in others.
A drizzle of ears tuned to hear beautiful melodies in the winds.
A sliver of smiles that is the best thing you wear.

A dollop of family that withstands the ups/downs, test of emotions, wit,
and time.
A trace of friends connected to your heart.
A pinch of festivities to celebrate and commemorate.

A bit of comfortable home with walls that hug you.
A jigger of windows that allows the sun to shine in.
A measure of nature sprinkled around with fauna.

A smidgen of outdoors to restore and ground.
A pad of fresh air to fill lungs and soul.
A dash of Grand Creator as your friend.

A shot of healthy foods that actually taste yummy.
A hint of fun sugary treats thrown in occasionally.
A splash of clean and pure refreshing water.

A tad of arms that give and receive hugs.
A dab of ways to find "kind" in humankind.
A handful of balance in giving & receiving.

—Tweak as needed and season to taste.
—Place in a container & serve with a heaping spoon of love.

Changes to the Julian Teachings Advisory Council

With Anne Claire Veneman's passing, we took the opportunity to fill her spot on the Advisory Council with a person who has been actively involved in building the Julian Teachings community for many years, Andrea Smith. We are extremely pleased that she agreed to join us.

The Advisory Council now consists of Denny Brown, Sam Holland, Linda Scheer, Andrea Smith, and Nick Theo. They join the corporate board members and officers: Camille Albrecht, Larry Scheer, Saul Srour, and Jan Clayton.

Presenters Needed for Solstice and Equinox Pop-Ups

Over the past year, the Julian Teachings Advisory Council has hosted solstice and equinox pop-up meditations and classes. These Zoom sessions have been well received and we look forward to offering more over the coming years.

We are seeking community members who are interested in providing a pop-up meditation or class. Although these have been offered around the times of the solstice and equinox, that isn't required. We do ask that the teachings and meditations provided be compatible with Julian Teachings. Other guidelines are that the provider has the ability to provide the class by Zoom and be cognizant of our internation-

ally based community when determining the class day and time. An Advisory Council member will be assigned to work with you as needed.

If interested, please submit a proposal to include a brief description of your topic and source of the information, along with a time of year desired for your class or meditation.

Please email your proposal to Camille Albrecht at camalbrecht@gmail.com or Andrea Smith at drandreamsmith77@gmail.com.

We look forward to hearing from you!

Follow Your Dream

By Barbara Garro

"You gotta have a dream, if you want to have your dream come true."

Wish I knew who originally said those provocative words, just know I have been reading them again and again all my life while I have been following my dreams. My *5 Minutes with Jesus* disciple guidance M-F radio show on Alive Radio Network is my 9th career, a career I began dreaming about in the early 1990s. That's right. Sometimes dreams take time to gel. Rather than lose patience, best to keep on dreaming and doing the preparatory work to make each dream come true. Know some dreams won't. Best to accept that reality when all the markers point away from it.




So, what dream do you have that you want to come true for you? Know wishing alone won't make it happen. Know also that 99.9 times out of 100, work makes dreams happen. Having walked my talk, I have the foundation credentials for all 9 of my careers.

So, what are you doing right here, right now to make your dream come true?

How about gathering the necessary materials to build a foundation under at least one dream before January 1, 2024?

A Season of Runes

by David and Shesta Ross

Situation Developing	Course of Action	Situation Now
		
KHUCH (R) Dilution, Weakening Forces	AUMI Elemental Forces in Action, Air	DAR Heavenly Bodies

From the perspective of the Universal Runes, what are the energies of the Winter Solstice 2023?

We begin this winter with the energy of DAR—a contemplation of the heavens. “It is the energy of openings and advancements.” Through our thoughts, DAR helps us set ambitious goals and move towards them. The permeating energy of this futuristic rune allows us to see more clearly in relationship to our future.

AUMI represents the air element, which supports movement, change, and mental power. With AUMI as the course of action, this reading is asking us to use our mental powers — whether the conscious, subconscious, or superconscious mind — to create change within our lives. This might require us to change our location, attitudes, or our mental capabilities.

KHUCH reversed invokes the “resolve that succeeds” and calls for action. KHUCH is a rune of disruption and a call for change. Reversed, it is a kick in the pants to take action to place ourselves back on a productive path. So, we have that energy to prepare for as we approach spring.

In summary, during this winter season, the focused thought of AUMI (our mind) enables the manifestation that we are guided to by DAR (the spirit). The result will be the need for an action to strengthen our resolve called for by KHUCH (the body or physical plane).

The winter is a time of contemplation. This winter, the contemplation leads to thought focused on movement. June and Julian’s book, *Creation, It’s Laws, and You*

concludes by stating: “To think is to call forth energy. To focus thought is to shape the energy and permit it to manifest. That this can and does occur is the full realization of the power of Divine Force.”

Change is coming, friends. We can’t stop it. However, through focused thought (the course of action for this season) we can put ourselves in the best possible position this coming spring to stay strong and not lose our resolve when facing difficult issues and achieving our goals.

For all the Universal Runes source materials:

Authors are Rev. June K. Burke & the Seraph Julian.
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DAR (Ar): Heavenly bodies, Star, Planet, Goal



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.

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

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

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

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

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

KHUCH (KHU): Disruption

Universally: This rune is always disruptive in its placement. This does not necessarily mean negatively. Although sometimes its disruption will appear to be negative, it is often the instigator of major change and new beginnings. This rune indicates a necessary disruption such that good may come. It is a rune of strength.

Individually: One may look to the interruption of an accepted flow as an indication that change is needed. This rune forces the indecisive person to decide when facing issues. KHUCH should always be seen as a reflection of necessary change.

KHUCH REVERSED: Dilution, Weakening Forces

KHUCH reversed denotes a lessening of determined effort. The weakening of resolve that succeeds. Action may be needed to place you back on a productive path.

Triptych on the Light

**Father plus Son, Holy Spirit makes One,
As the Son heals the World
Holy Spirit unfurls**

**In the vast Ring of Light
Energy, Manifestation, Transformation uncurl ...
and there from beyond, Mother Mary looks on,
Holy Spirit makes heard, the Son's deepest Word
How Wisdom begins from Our Father, Within ...
Love your Divinity and all as your kin ...**

-RF

Saul's Corner

DRUIDS, Part 1

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There are many branches of Druids, some coming from the Scottish hills into France, some actually functioning in earlier periods and moving forward. It is to be understood that the Druid was thought a little strange, because, again, they did not do things according to the ritualistic beliefs of the day. Today, when somebody tells you that you are a little strange because of your beliefs, it is merely history repeating itself. When this instrument was a little girl, her grandfather told her, "History and fashions, my child, never change, they merely repeat themselves," and, of course, she thought he was a strange old man — until her own experience proved it to be true.

The Druid was very often chosen by the handing down of the power. Very often, one member of the family would be chosen to carry forth the teachings, and that person would take the responsibility of moving forward with them.

They were alchemists. They were able to transform in the physical sense as the Essene transformed in the spiritual sense. They were able to take one metal and change it to another. They were able to move something from one place to another. They worked a great deal with mental activity.

I would like to take you on a short visit in which you will experience some of that which you have experienced before.

Meditation

I want you to simply close your eyes and listen as I take you back to a period in the fifteen hundreds in which you are a Druid.

There is a young group of people, male and female. You are met by a robed person, and are asked to follow him. You are now walking across an open field and beginning to climb into the hills. As you move upward, you begin to realize that you are following a ridge that is taking you higher and higher. About half-way up the mountain, there is a cave. You are not taken into the cave, but are asked to sit in a small clearing under a tree. You are told to remain silent. You close your eyes and sit. You open

your eyes and look. You are afraid to talk; but you are left there. A full two hours go by before you are brought any sort of repast, and then it is only water. You are then told to follow, and you enter the cave.

In the first room of the cave, you are met by a man wearing gray robes. I want you, in your mind's eye, to look at him and register him, sense him and feel him. When the group is led to a second room, some of you will remain in the first room by choice.

In the second room there sits a white-robed figure, bald — no hair. He sits silently, and you are signaled to sit in a circle around him. No question is asked; you simply sit. See him and feel him. When it is time to move into the third room, some of you will remain in the second room by choice.

In the third room, you are met by a brown-robed man. He reaches his hand out and touches you. Feel his touch.

After a period of time, you are taken down a corridor. You come to a large room. This is the fourth room. All of you have come to this room by different corridors. You sit and you listen. The first question is asked:

Are you ready? And you answer.

Are you of the mind? And you answer.

Are you of the body? And you answer.

Are you of the soul? And you answer.

Only you know the answer.

You are led from this room out again under the tree. You are met and some are taken away. Those of you who have chosen your room, your teacher, have accepted the understanding and have answered in truth and honesty those questions, remain. Those who have been taken away are those who did not answer from the heart and were not ready for the responsibility. You now re-enter the large chamber and begin to chant. The chant is the chant that permits you to accept.

CHAN TE TI A BO (pronounced: chan ta te ah bo)

(Tones used: middle C-C-C-C-A below middle C. Use whatever range is comfortable.)

CHAN TE TI A BO

CHAN TE TI A BO

CHAN TE TI A BO

And the silence for you begins. For the next six months, as you measure time, you will not speak. Every request you have will be made mentally. Every exchange of any kind will be from the soul, the mind and the touch of the body, but not verbally. You are being trained to move away from all communication that is not from deep within the self. You will learn to touch without touching; you will learn to see without the eye opening; you will learn to understand and read without ever seeing the words.

The next lesson you are going to be taught deals with touching. In the center of the room, the large room, is a temple table. It is a slab of stone. In the center of the stone are three objects. One is a rod, the rod representing the cosmic forces and high transformation energies being delivered through you into this physical being and this physical world. There was a bowl with water, representing your receptive and subconscious self. There was a bowl of lighted oil to represent the fire of the active force of yourself.

Blindfolded, you would be led forward and would begin to caress the rod with your hands. For a moment, in your mind's eye, run your hand over the rod. It is three feet long; it is of smooth polished wood. Carved in the wood are the circle, the crescent, the merger of the vertical and horizontal lines (the equal arm cross), and the triangle. Let your fingers feel those etchings. The rod is taken from your hand, and you are touched on the left shoulder with it. The words said to you are:

"Receive the power. Let it be indwelling and strong."

You are then touched on the right shoulder and the words spoken are:

"Release the power that it may serve."

Your left hand is placed above the water bowl, your right above the fire bowl. You are not burned, for you are not touching them in the physical sense.

"Let the flame of truth ignite you, and the waters of healing sustain you, as you permit the power to flow."

You are then handed a slim parchment. You each take one and return to your sleeping quarter. You sleep two-by-two, males with males and females with females, each having a small stone cell. In that cell, you cannot speak,

but you must read your parchment to the other. Your mind absorbs and projects, and in that absorbing and projecting, you begin to realize that you can do it. The first realization of your power is felt.

The next morning, you arise very early. You leave the cave and gather to experience the sunrise.

"Giver of Light, awaken in us all the power of you."

You are now in a circle under the tree that you first knew. Led into that circle is a wounded animal. See it. Each of you are asked to step forward and to touch the animal without touching. You put your hands out, and you are instructed to remember the rod, to accept the feeling of the power entering and the responsibility for the power projecting. You are not sure of what you are doing at the moment, but you feel the power surge through you. You are told to open your eyes, and standing straight and tall is the wee beast, which is let loose to scamper away. You are told:

"Collectively you healed, but each holds within you a doubt that you did it. Know that the power flows."

And you begin to chant, and this chant says, "I accept."

DA O AH DA O AH DA A A

DA O AH DA O AH DA A A

DA O AH DA O AH DA A A

DA O AH DA O AH DA A A

(Tones: B-flat for each sound — last toning is B-flat/G/B-flat [the G is below the B-flat].)

You now take a deep breath and, having totally accepted that you have again been initiated and that the power flows, remember the rod. Accept the indwelling power and accept the responsibility of the outgoing flow.

To some of you this is not a new experience. It is one that you have had before, have felt and lived and have worked with. I would like to ask you, how many stayed in the first room? How many stayed in the second room? How many went to the third?

In the first room, you were being given an opportunity to return, to not go further. That is why it had to be your choice. In the second room, you were being asked to work to the direction of release. In the third room, you were accepting the full responsibility of that which you release and would receive. It does not mean that if you stayed in the second room you did not proceed; it

was simply that you viewed it in a little different way. Of course, the large anti-chamber was the master school room in which you were taught.

You were taught to deliver the flame. This may sound silly. Go home and try it. Light a candle. Understand that the flame is your friend and pass your hand through it. You will be amazed that you will not be burned.

In that time, certain motions were made and the flame would ride upon the finger to be delivered somewhere else. If you practice it long enough, it will work for you. The motions for the delivering of the flame are:

The moistening of the index finger with the tongue the scooping of the flame onto the finger, and the carrying of it someplace else to be put down.

It came from the exercise that moved you emotionally, because your preconceived identification with flame is burning — it is fire. The realization of the emotional comprehension of what happens with fire has to be removed. You would be taught to lower and separate that emotion, and you would do it by a simple statement, such as, “Fire and I are one.” Gradually, you would lose all ability to accept fire as a threat for that particular exercise. You would also recognize fire as being a purifier and not a power over you, a part of you which would permit you to handle fire in any sort of circumstance, because you would elevate the fire in you to match the fire in the flame. If you are meeting it at its own level, it is no threat. You are one. You would work at that until you could move the flame from one place to another.

Very much as the Egyptian initiations taught the removal of fear, so did the Druid teachings, in which you had to take that which you feared and live with it. If you had a fear of snakes, you lived with a snake. You were in a room with a snake until you were able to see that snake as your friend. Luckily, the snakes had all had the same training. There was no animal that would attack a Druid, and there was no animal a Druid feared — no matter what the size — because they did have the power and the realization of oneness with the beast. They were not adverse to removing a beast by literally dismantling it and moving it elsewhere, which makes a beast think twice, you see. I tease, of course, but the object is that the power of the mind and soul combined is a great power.

Many of you think that you do not use alchemy, and yet, you use alchemy in your daily lives all the time. When you succeed in altering a mood in a room, you have per-

formed alchemy. When you succeed in making a weeping child smile, you have created alchemy. Alchemy is a transformation of one thing to another, and most people think of it as base metal, but it is the transformation of energy of that metal that makes it possible. It is the transformation of energy by the transformation of consciousness that creates a change in the atmosphere and in the individual. When the child is unhappy and you help him recall a happy thing, you transfer his consciousness to a happy thing, his energy alters and, the next thing you know, the child is in a happy place. He has been transformed. You call death an ending; we call it a beginning because you are only transformed from one energy to another, and on you go.

The Druid believed in service just as the Essene did. The service was very often in a more subtle and secretive manner. While the Essene had many secretive rituals that they did not disclose to others because they wished to avoid ridicule and accusations, the Druid did not bother telling them that there was anything to hide. They just kept it to themselves.

The Druid would very often appear in the midst of chaos to create transformation. When there was illness, they would be brought in the dead of night, because, heaven forbid, someone should know they were hanging out with a Druid. They would bring them at night and the Druid would do the healing. The Druid was a silent servant of the energy. They had a total belief in God (as you call it God), total belief in a Supreme Being and total belief in that Being's responsibility for their presence. They also had a total belief, and probably one of the most accepting beliefs, of “as above, so below.” They believed that which could be created above could be created below, and that which could be manifested could be to the service of man. There have been times when you felt like “blowing your top” (I think you refer to it as that in your world) when, if you take a deep breath and think back to those Druid periods, you will use other methods to change the situation and do it successfully.

Love was the strongest principle in the Essene teaching and the strongest principle in the Druid teaching — love of mankind and a willingness to serve. There was never money exchanged for their healing services, but there was always an exchange of something. They might come back with some fresh herbs, or a gift of something else, but there was always the realization that the dignity of man wanted his independence and, therefore, wanted to feel that, for what he accepted, he also gave.

Whether man realizes it or not, deep within him, even to this day, it is hard to be the constant receiver. It makes you uneasy. If people keep giving you, giving you, giving you, you begin to get a little “antsy.” That is another term from your world. The need to be in charge, to be a giver as well as a receiver, is an innate principle in man, because each man is responsible for mankind. Therefore, he is responsible for changing that energy.

(continued in March 2024 issue)

Prayer

By Marcia Maxcy

Beloved Ones,
Somewhere between the memories
of what has been, and the promise of what might be,
we take a Pause.....
and a slow deep breath.
In our hands we are holding an ending
and a new beginning.
Father Mother, God, Azna,
Angels, Lamas, Mentors, Guides, Elders,
Teachers, Shamans, Enlightened Ones,
bless this food before us, and
Your love falling gently around us,
as we partake of our Thanksgiving Supper together.
Let Peace behold us.
And so it is.
Amen

Classes Open to Join

Sam & Temier Offerings

Pathways

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. All of them plan to start new sections early in 2024. Please visit <https://www.temier.com/teachers.html> to find out more about these teachers and what they are offering.

Rue Eisen will be offering a three-part series of Sam and Temier's Pathways classes about Time on the 1st, 3rd, and 5th Wednesdays of January 2024 at 7:00 pm ET/4:00 pm PT as listed below.

January 3, 2024: Pathways 39 - From Time to No Time, Burst of Energy. Time - 1. Register at: <https://us06web.zoom.us/meeting/register/tZUrf-qsqzMtHdLBNRnY-b8Za21ty5RIEWSaG>

January 17, 2024: Pathways 40 - Point of All Time - 2. Register at: <https://us06web.zoom.us/meeting/register/tZUpGqGqzkH9IEghk2pm1vVmOTzaudHTHC>

January 31, 2024: Pathways 41 - Point of All Time - 3. Register at: <https://us06web.zoom.us/meeting/register/tZYod-2vrDgtHddC5T4ujjGIhukEG8cn7L2p>

For further information, visit onwardmind.com or send email to: reisen356@gmail.com.

Healing Gatherings

The Healing Gatherings are given on Sundays at 11am PST (2 pm EST, 7 pm GMT, and 8 pm CET), 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

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

Interested in participating? Just contact Jerry Gross at:

Email: jerrygrossny@gmail.com

Phone: 1-914-374-3221

TE with Maria & Remco Sauter

Remco and Maria Sauter are certified TE instructors. They teach TE classes online through Zoom that 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 if you are interested in joining a new TE class.

Study with Andrea Smith

The private and group meditation classes Andrea teaches are designed to support individual and, as a result, global transformations. The classes are a combination of presentation, guided meditation, and discussion, and are designed to help individuals discover, understand, and purposely use their unique essence to support the transformation of the Universe as well as for their personal physical, mental, emotional, and spiritual well-being and growth.

New Discussion Group: Tipping Point—Implementing a Person Plan of Action

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

Do you feel the pull of the tipping point, but aren't quite sure what you can do to help? This discussion group will help you come up with your own personal plan of action. The discussion group will be held the 3rd Saturday of each month beginning January 20, 2024 at 9 AM PST. Participation in this discussion group is free. [Click here to register](#). For more information about the tipping point, visit Andrea's web site.

New! Spring and Summer 2024: Working with an Active Sacred Site

Andrea will be teaching very special in-person classes in her enclosed Garden Temple and using the Wisdom Circle at her Portland, Oregon home. This is a unique opportunity to work in person with an ancient, active sacred site.

Classes will be held on 5th Saturdays (March 30, June 29, & August 31) 2–5 PM. Space is limited to ten participants.

The cost is \$30 and includes a recording of meditations in the Garden Temple. Activities held outside in the Wisdom Circle will not be recorded. For those who can't attend in person, a recording will be available for \$10. To register for the in-person March 30 class, order a recording, or for further information contact Andrea.

Individualized Private Study

Andrea creates private, beginning and advanced guided meditations designed to address areas of challenge and potential identified by the student. These remote classes are offered using the Zoom format.

Ongoing Classes

Andrea is currently teaching ongoing Transition Energy and Mystical Magus meditation classes. Some sections have been meeting for many years and are not open to new students. See Andrea's website for information on classes into which, with private study, a student might matriculate.

More information

A skilled metaphysician, Andrea also holds a doctorate degree in education, lifetime teaching certificates, has decades of experience as an administrator and researcher in higher education, and, since the early 1980s, is ordained as a minister.

See 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
dandreasmith77@gmail.com
 (503) 720-5269

Beginning Astrology with Denise Hall

Have you ever wanted to learn more about astrology? Your Natal Chart is an excellent tool for knowing yourself.

Starting with the basics including planets, signs, houses, and aspects, the class will focus on understanding more about yourself including strengths and challenges.

Denise is planning to start Sunday, January 28, 2024 at 11 am PST. At the first meeting, the group will figure out the best day of the week and time for the group. We will meet via Zoom twice a month, \$15 per class.

If interested, please email Denise at deniseh7@sb-cglobal.net. Please provide your birth info including the date, time, and location so that she can run your chart.

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: 3/5/2024

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:

ringoflight@julianteachings.com

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

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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>.

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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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