

Ring of Light

A Newsletter for the Members of the Julian Community

Volume XXXVI

Number 1

March 2024

To write this first page statement, the ROL staff typically looks for themes that are running through the issue's articles, as well as in our classes and email inboxes. This spring one of the themes is about *focus*.

We are being advised to pick just a few important goals to work on this year and to truly focus on them — to use these goals to guide us when we ask ourselves a critical question: *What's Important Now?*

Aca'u said it very clearly — what we focus on grows. This notion isn't new. Executive and sports coaches have known about this phenomenon for years. In fact, this question has turned into an acronym: W.I.N. (originally from Lou Holtz).

In Michael Phelps' (Olympic swimmer) book, he espouses how important it is to ask yourself over and over: What's important now? It results in small or micro wins all day long, every day. All those little wins add up over time to a *ton of big wins*. Phelps feels that it is one of the main techniques behind his success.

Peter Drucker stated it for busy executives as: "First things first — and second things, not at all." In other words, always work on what is important. Our tendency as human beings is to get sidetracked by activities or thoughts that aren't important or productive either for the short or the long term.

We have been warned that this year is likely going to be chaotic. Pluto in the early degrees of Aquarius might turn things inside out, as its influence is often considered metamorphic, transformational, and evolutionary.

So, let's take the advice given us. Let's pick a few important seeds to plant for this year, define them as clearly as possible, and focus on them. Then, as we are looking for the next thing to do, let's ask ourselves: "What's Important Now?"

Where are you focusing your attention? Where your attention is focused, your energy flows and from there, grows. You have a choice to focus on worry, fear, or anger. Or, you can choose to focus on changing what you can change, of gratitude for what is working well in your life, and planting seeds of peace...

Yet, when you realize that Mind is All and that everything that is begins in the mind, you can understand why thoughts such as these alter and shape the world to one that is aligned with the Aquarian Age energies of brotherhood, sisterhood, and peace.

— Aca'u, Spring Equinox 2024

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This Season's Astrology

by Jessica Nelson

We enter the Spring Equinox on March 19, 2024. As the world breathes new life, so shall we. This is the time of year when we are filled with hope as we begin to see the buds of fresh life commence. There is something about spring that awakens the soul. After a slumbering winter, we feel revived, and ready to start a new. The Sun will be in Aries, conjunct Neptune in Pisces, sextile Pluto in Aquarius, and Trine the moon in Leo. Our spirit force becomes the focus. Our will is strong and we can more easily tap into our intuition to continue our transformation.

On March 22nd, Mars will enter Pisces, and Saturn and Venus will be conjunct in Pisces. Our energy is focused inward. As we continue to see world structures break down around us, our only safe haven is to seek within. We function well in routine and structure, knowing what's going to happen from day to day, but as we look around us, structure seems to have gone out the window. Fitting for Saturn in Pisces. Without the interruption, we would continue to be on the same course in life. With Saturn conjunct Venus, we find refuge in our loved ones and intimate relationships.

On April 1st, Mercury goes retrograde in Aries until April 25th. This always seems to cause disruption in our daily lives. Allow extra travel time, and cross your Ts and dot your Is.

Venus will be conjunct Neptune on April 3rd. This will stimulate our imaginations. Our ability to imagine the future will have a lovely overlay. We are hopeful, romantic, and creative.

On April 8th we will experience a Solar Eclipse. This solar eclipse will happen with the Moon and Sun in Aries, conjunct Mercury. Emotions may be high this day. I believe in the course of life; one usually loses themselves to this world. This eclipse is added motivation to find ourselves. It will spark our thinking, emotions, and will. When those three things are aligned, anything is possible.

With Pluto in the first degrees of Aquarius, the energy is intense. We can expect life altering changes to take place over the next several years. Will the changes bring peace and prosperity to all? Or will the people forget their power and be crushed under the thumb of tyrannical rule. Our energy will perpetuate the direction of

the shift taking place. I for one, believe the ideas and innovations coming will bring a profound shift in consciousness. The haze of this world will lift, and we will see a brighter world than ever before.

On April 18th, Jupiter and Uranus will join together in Taurus. We want growth, and have the ability to come up with new, and unusual ideas. This time will encourage visionaries and even allow for a stronger intuition. We will strongly oppose restriction, as we fight for freedom.

The Sun enters Taurus on April 20th. This is the time to sow your seeds! Taurus is all about working hard to cultivate the life you want. The drive to work is strong. Whatever you want, you will have the energy and focus to be able to get it.

A full moon in Libra will occur on April 23rd. This full moon will square Pluto in Aquarius. A full moon represents that accumulation of a cycle. This cycle brings strong energy for change. Change is never easy, but we can get the ball rolling when we work together.

Venus enters Taurus on April 30th and squares Pluto in Aquarius. Venus is all about love and beauty, Taurus is about hard work. Lasting change can come from doing things in life that you enjoy. Cultivating a good work/life balance is key to a happy life. Tension may show up in areas that are lacking love. We may experience pressure in the money sector of our lives.

On May 1st, Mars enters Aries. Mars energy is easily expressed in its home sign. We feel strong and determined. Ourselves becomes the focus. Remember you can't take care of others if you haven't taken care of yourself first. Direct your energy towards self-care.

On May 2nd, Pluto goes retrograde in Aquarius. Pluto being in the sign of revolution, we know we are in for an overhaul. Retrogrades try to shift our focus, get us to pay more attention to the areas in which the planet and sign rule. We have only had Pluto in Aquarius a short time, but already we are experiencing its effects. Pluto is here to break down all our preconceived ideas regarding world unification and philosophies. How we function as a society is mostly based on what knowledge we have. Imagine everything you thought you knew about the world being broken down to the point where you feel you know nothing. And then replace that knowledge

with innovative ideas that have the ability to change everyone's life, for the better! The process of breaking down habitual thinking is long and difficult, but Pluto will show no mercy. It's time to change whether you are ready for it or not.

On May 7th we have a new Moon in Taurus conjunct the sun in Taurus. It's time to get to work! Start this cycle by getting your hands in the dirt and accomplishing something that gives your self-worth a boost.

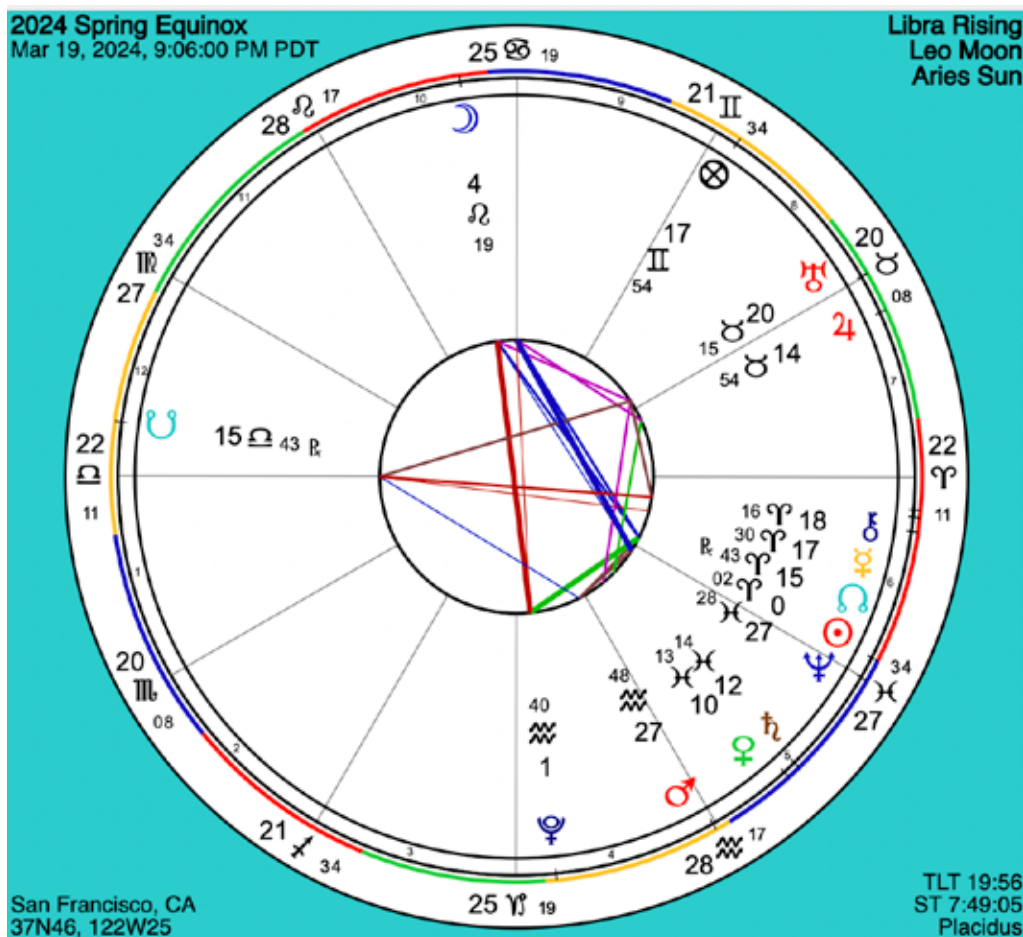
On May 22nd Venus will be conjunct Jupiter in the last degree of Taurus, and they will form a sextile to Neptune in Pisces. This gives us the opportunity to stop and smell the roses. Be present and take in all the beauty that surrounds you. Immerse yourself in nature to acclimate your energy with that of the Earth.

A full moon in Sagittarius on May 23rd will be opposite the Sun in Gemini, conjunct Venus and Jupiter in the last degree of Taurus. This full Moon will be in a sextile angle to Pluto in Aquarius. With this full moon in the sign of Sagittarius, its emphasis is on higher learning. Being opposite the sun in Gemini, it's not enough to just acquire knowledge, but seeking knowledge that has a

deeper meaning will help us to express ourselves, and know and love ourselves better, as well as others. Our transformation can only take place when we learn a new way to be.

Mars enters Taurus on June 10th. Our focus shifts toward hard work, possessions, and values. This is a good time to evaluate these areas. You will always have more energy to accomplish any projects you have been wanting to complete. You may find your desire for gaining new possessions increased.

The last day of Spring will be on June 19th. The Sun, in the last degree of Gemini, will square Neptune in Pisces. Gemini and Pisces are very different signs. Gemini energy seems busy and scattered, while Pisces is inverted and calm. The goal is to find a balance between the two. This is also a reminder that it's important to filter all information through the spirit. As we head into the summer, it will be imperative to allow time to connect with yourself and others. Our ever-changing world stops for no one, and this next phase of growth will be challenging, but the reward will be greater than we could imagine.



Julian Healing Techniques

By Adele Lederman

*This article is a continuation from prior issues of the Ring of Light. All the material comes from **Julian Healing Techniques**, by Adele Lederman and Cindi Frank. The book is available in hardcopy or electronic form at <https://shop.julianteachings.com>.*

Rippling

Rippling creates a web of energy where it is directed. It is good for chest congestion with a moist cough.

1. Build the energy.
2. Stand behind the recipient and place your thumbs on either side of the spine at the neck area. You can rest the heel of your hand on the recipient's shoulders. Begin a rippling motion with your fingers on the recipient's upper chest. Think of playing the piano. Do this for 1–2 minutes.
3. Break the energy and build the energy.
4. Break and build the energy again, but now from the front of the recipient, and Ripple on the back.
5. Break the energy when done.

This can be followed up with parallel or direct healing, as you see fit. Follow your instincts.

The same technique can be used for swelling (edema) anywhere on the body except for the eye area!



Tapping

Tapping awakens energy. This technique can be used for muscle spasms such as a Charlie Horse, the hiccups, a muscle sprain, kink, or when a muscle feels tight and is painful. This can also be used on an atrophied muscle. Remember the taps are *very gentle*!

1. Build the energy, and then tap with two fingers together, tapping both at the same time.
2. Follow the tapping with a *gentle* massage of the area, using the same two fingers.
3. This process can be followed up with Rippling, if desired.

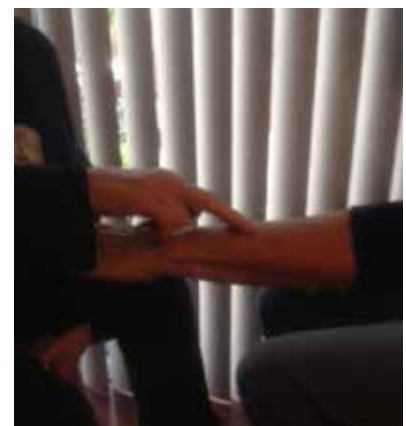
Muscle Cramps: Build the energy. Use two fingers and VERY gently tap along the whole body of the muscle. Think butterfly taps! Break the energy when done.

Hiccups: Build the energy. Tap along the end of the chest, crosswise. You are tapping along the area of the diaphragm, which is below the lung and across the width of the body. Break the energy.

Atrophied Muscles: This technique would work best if taught to the recipient so that he/she can do this for themselves throughout the day. Tap the muscle bunches several times a day, every day.

You should be able to feel the outline of the muscle. Tapping brings increased circulation to the area. The atrophied muscle may not respond as well if the muscle has been affected for a long period of time.

Eye Twitch: Build the energy. Very gently tap the eyelid. Use one hand and tap with the flat pads of two fingers.



Eye Refresher

This technique will revitalize the eyes if they feel strained. It also works well if you wear contact lenses.

Remember: Never point a finger at the eye! When working in this area, only use the flat pads of your fingers.

1. Build the energy.
2. Ask the recipient to close their eyes. Your hands are used with palm straight, fingers together. This creates a broad spreading of energy rather than intensified energy. Or, you could use the flat pads of two fingers of each hand. Without touching the eye, *very slowly* circle around the eyes (your right hand for the right eye and your left hand for the left eye). You can do this standing in back of the recipient if it's more comfortable.
3. Break the energy and let the eyes rest for *at least* one full minute.
4. Build the energy. Repeat the process, but reverse the direction. Remember to circle the eyes *very slowly*!



Kidney Stones

1. Build the energy.
2. Place hands in a parallel healing position in the kidney area. The kidney area is level with the navel in front and the small of the back, on the back of the body.
3. Use flat hands and *very, very* slowly move the hands in opposing directions that will look like a grinding motion. Do this about 5 times and then brush away the “powder” you have ground. This technique may take 30 to 60 minutes.
4. Break the energy and follow up with parallel healing.

This does not rule out medical treatment! This technique is an adjunct to it.

Gall Bladder Stones

1. Build the energy
2. The technique is the same as for Kidney Stones but the front hand is on the right upper quarter of the abdominal area, just under the breast and just below the ribs, covering the end of the rib cage. Your hand is at the same level on the back of the recipient.
3. Break the energy when done.
4. Follow up with parallel healing.
5. Suggest that the recipient receive medical treatment!

Joint Pain

1. Build the energy.
2. Place hands on either side of a joint (knee, ankle, wrist, elbow, etc.). Place your thumbs on either side of the joint and circle fingers of each hand around the joint four or five times. Stop, and then circle the fingers in the opposite direction another four or five times.
3. Break the energy.
4. Follow with parallel healing and repeat as needed.



Known Cancer

Depending on the part of the body, use direct and/or parallel healing.

Don't use infection drawing as this could spread the cancer.

For known tumors, use the cupped hand, but no grinding motions.

I Arise

By Renee Salvatori

**I awaken to a new day.
Morning initiating new possibilities.
I am here.
I am alive.
I am present.
I am thankful.
I arise.**

**Slowly, my eyes open as the sun peaks in the horizon.
My limbs unfurl out of cozy blankets.
Earth matches with shoots and leaves stretching too.
I breath in the first notes of morning and slowly exhale with a yawn.
Bird song mirrors harmonic yawns of melodies.
I shake off the night and dress in colors of the dawn.
I arise.**

**I am awake to life.
Stirring with fresh energy.
I am here.
I am alive.
I am in the now moment.
I am thankful.
I arise.**

Julian Teachings Study Groups

Greetings! Have you considered forming or joining a Julian Teachings study group? It's a great way to connect with like-minded people and delve deeper into the teachings. The primary goal of these groups is to foster learning, sharing, and personal growth among participants.

Whether you're new to the material or a seasoned practitioner, a study group provides a supportive environment for exploration and growth.

Participation is easy, whether you prefer in-person meetings or joining by Zoom. If you're interested but unsure where to start or if you know others who might be interested, Camille Albrecht is available to assist. Simply reach out to her at camalbrecht@gmail.com, and she'll be happy to help facilitate your involvement.

As your designated study-group contact from the Julian Teachings Advisory Council, Camille is committed to supporting and guiding you through this process. She'll do her utmost to connect you with others who share your interest and provide suggestions to ensure a smooth and productive experience.

The Julian Teachings offer invaluable wisdom for navigating life's journey, and group study enhances the learning process by fostering consistent engagement and application of these teachings.

Don't miss out on this opportunity to deepen your understanding and connect with fellow seekers. Reach out today, and let's embark on this journey together!

Suggestions for Success

We have some suggestions to promote a smooth study group experience.

First, we recommend that each group has a facilitator. Facilitators are encouraged to lead in a way that suits both their comfort and the group dynamics. Once a facilitator is selected, the group can choose a workshop or book from the JT Shop—or the group can choose to pursue their own Julian Teachings topic or idea. Should the group choose a workshop or book, the chosen facilitator will receive the workshop's audio recording and transcript (if available) or a digital copy of the book as a token of appreciation for their leadership. Other group members are kindly asked to purchase their own copies of the material.

The facilitator role can be rotated among group members for each new book or workshop studied, allowing for sharing of responsibility and diverse leadership styles.

Should you have any questions, comments, or observations, feel free to reach out to Camille. She's here to assist you on your journey!

Presenters Needed for Pop-Up Presentations

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 drandreasmith77@gmail.com.

We look forward to hearing from you!

A Season of Runes

by David and Shesta Ross



From the perspective of the Universal Runes, what are the energies of the Spring Equinox 2024?

HOAM represents the situation as we enter this spring season. This rune could relate to the balance of light in the equinox, but it might also refer to adjusting to the increase in universal vibrations in a balanced way. We acknowledge that the changes these days are profound and require time and space to make the necessary adjustments.

The Course of Action that we need to take during this season is represented by SHRIM in a reversed position. It is a call for us to look inward and see the manner in which we relate to the inner and outer (physical) space of others. SHRIM reversed is often a call to travel inward and toward a high consciousness.

The situation developing is represented by TAZH, the fire element and the rune of spirit. From a universal perspective, this rune represents the fire of creativity and the electric forces of the universe. When TAZH appears there is likely some excitement toward a project — an inner flame to create or communicate. The glyph “binds man and spirit together.”

What story are these runes telling us?

Despite the fact that we might be feeling relatively balanced right now, we are being called to look inward to carefully evaluate how we are relating to others. However, Shrim’s presence in this spread could also be asking us to tune into what is happening with our planet.

Shouldn’t our inner attunement include the earth, considering we are a part of nature on this planet? Is this what is needed so that humanity and nature can heal together?

TAZH indicates that the fire element is going to become even more involved as this spring heads toward summer. Could this rune’s presence be related to the sudden increase in ocean temperatures, which scientists are struggling to explain and some are concluding it is due to a previously unknown influence? Is the earth trying to communicate with us through this alarming trend?

This inner attunement could be what is needed to reach the levels of awareness and creativity so that we can meet the coming challenges. As we expand our awareness, we understand that we are in this situation together and can communicate through our thoughts. Remember that Julian told us that all nature is telepathic. Nature can read our thoughts and we can read the thoughts of the earth — if we take the time to tune in.

The last two cards in this spread remind us of the Conclusion from June and Julian’s book, *Creation, Its Laws, and You*: “The bond between either and the physical plane is creative force. For creative energy to manifest, the method is focus. Mind is the tool of the method of focus. Thus, mind is the bond between ether and man. As the mind focuses, the creative energy molds to the focus. To think is to call forth energy. To focus thought is to shape the energy and permit it to manifest. Ether without the focus of thought is nebulous. Through thought it becomes creative energy. That this can and does occur is the full realization of the power of Divine Force.”

Affirmation of Acceptance

(from Creation, Its Laws, and You)

I am divine expression in dense space, part of the
Universal pattern and empowered by it.

Through that power, I open fully to that from which
I come, and join in partnership with all creation.

My mind expands and lets pure potential guide me.

Through thought, I convert the present to a joyous
future.

I affirm the future and accept change as good.

Led by light and love, I accept change and the good it
brings.

My future is wholeness, peace, and fulfillment—I
can not fail.

HOAM (Hoa): Balanced Maintained



Glyph: The two horizontal, parallel lines of this symbol represent balance maintained.

Universally: HOAM is the universal energies in perfect balance. It is a Key Rune to the future. All the universe's energies are working together. The elements and the ether are merged in a harmonic to create peace.

Individually: It creates the energy of realized peace, inner awareness and release of mans fears. Peaceful attitudes become easier. Where it falls, peace begins through balance.

Reversed: There is no reverse position for this Rune.

SHRIM (Shr): Distance, Far Places, Space



Glyph: Flowing, free-flowing form.

Universally: SHRIM relates to physical distances within the Earth plane. It, therefore, relates to the energy of travel and space in relationship to it. While DAR applies to outer space and planetary energy, SHRIM applies to the distance between physical points and the spaces created by them.

Individually: SHRIM applies to travel and attunement to far places within Earth's space. Where SHRIM appears in the spread, it will be associated with travel and an individual's ability to attune to that travel.

Reversed: It is the energy of inner space. It is important to look inward and see the manner in which you are relating to another's inner and outer space. SHRIM can help you travel inwardly as well as toward a higher consciousness.

TAZH (AZ): Elemental Forces in Action, Fire



Glyph: The loop which binds man and Spirit together.

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

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

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

For all the Universal Runes source materials:

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Saul's Corner

DRUIDS, Part 2

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

This is part 2 of Julian's workshop discussing the Druids. Part 1 can be found in the December 2023 Ring of Light. This section is predominantly answers to questions from the participants.

Participant: Julian, you say that there are many of us here tonight that may have been there in that Druid culture. How is that achievement carried forward to this time?

You carry forward the ability to transform and the ability to heal, the ability to use your mind over matter. You must now transpose those teachings to this point in time and this day. For instance, you cannot very well go running around in a robe today. The robe was simply the dress of the time, so do not misinterpret that necessity to carry forward. I am using this as an example. Realize that in you is the power to do all that you did then by simply believing and letting it out again. Remember, accept it and take the responsibility for projecting it.

Participant: I am struck more and more as I do my own work that the opening and the closing of the use of the ability is very important. Is there anything in the Druid, or the Essene that can be instructive to us?

Yes. In any teaching that deals with the power, with force and power — and when we say force, we do not mean the kind that is domination over others, but the Ether transformed to a force and power for use. Whenever you are dealing with and using those things, you use them with respect. You are not suppose to let all your chakras hang open; you are not suppose to let your power jump off your hand twenty-four hours a day. You respect it and savor, and you call it forth from within yourself and call it into yourself, because it is constantly nourished from Divine Power. You call it in that you may give it out — receptive and active force. You do, when you are done with it, give thanks for its use, bless it and put it to bed. You do not have it active all the time because there is no need to have it active all the time. You do not call upon the power to shuffle your cards. You call upon

the power to heal. You call upon the power to give you direction. You call upon the power to transform your consciousness so that you may see the way that you may go. Ultimately, it is man's responsibility, and that is so important.

Participant: There is a lot of romanticism involved with the Druids. There was one particular movie I have seen where they had used a tree and had placed things of the forest on the tree and the tree itself became the meeting place. How does that...

Remember the tree you went to? The first place you met when you got there was under the tree, because the tree represented life; it was a living thing.

You can transpose your power into anything. If you meditate in the same chair every day, someone is going to sit in that chair and say, "Boy, this chair is powerful." If you direct the same message every day to the same thing, it is going to respond; power is able to be transmitted. They drew power from the life of the tree, and they gave power to the tree.

Today, if you stand with your back against the tree, it will talk to you. You will feel its power. You will merge with it, understand it and withdraw from it. It was a living thing used not only as a healer for them, but as an instrument of healing by the embedding of the power.

In Egypt, the ankh was used as a healing tool. It was also used to condemn men to death. The power in the ankh was delivered from the power of the force within the mental direction of the mind. It was impregnated, you see. That is what you realize today. If you have read a book that you love, and you have read it again, and again, and again, you have given so much love to that book that, when you lend it to someone else, they feel it pouring out. If you write a love letter to someone, when they open it, they feel that energy come out, because you have impregnated it with the force of your thought and the love of your being. That is why a letter can transform. When a letter is received, it can transform, which direction depends on the letter and the power that was given to it by the writer.

Participant: *What is the connection between the Knights of the Round Table, King Arthur, Merlin and the Druids?*

Arthur and the Round Table, while considered a myth, existed in another zone — another energy. There really was a King Arthur, but he was not the man about which the myth is written. The whole experience of the Round Table is symbolic. They are a series of teachings, the point being that they are existing in another consciousness which man taps. Right now, the Arthur experience is coming back all over your world. There are groups jumping up all over the place that suddenly have a great interest in Arthur and the Round Table and what they stood for. It is because that energy is being ignited again at this time in your world due to all the changes.

Participant: *Did Merlin have a body?*

Merlin had many bodies — physical. The Merlin is simply a name given to an energy. The Merlin has sometimes a female body and sometimes a male body. He is Druid in his origin, and so, he has existed in many periods of time.

Participant: *Is Stonehenge associated with the Druids?*

Yes, it is. Stonehenge is part of one of the circles used for healing and for the practice, or rituals, of the Druids.

Participant: *Is it also associated with the rising of the sun at solstice and that sort of thing?*

It is actually an astrological focus by nature. If you take Stonehenge in its original state, and you take the American Indian Medicine Wheel, you have a similar thing.

Participant: *There are many circles of stone all over the world which they have discovered. Is it true that the Druids sent people out as did the Essene?*

Oh, absolutely. The Druids sent people out just as the Atlanteans and Lemurians did, to prepare in other places and to teach in other places. They traveled a great deal. Some would travel alone and some would travel in twos; but they always traveled and always brought their teachings wherever they were where the minds were receptive to them. As much as the Druids, on one hand, were suspect and not quite trusted, on the other, they would be called for whenever there was a problem, because their power could not be denied.

Participant: *You spoke of the Essenes earlier and someone mentioned the Dead Sea Scrolls. You had spoken of protecting the information that the Essenes had from oth-*

ers, so they would not misuse the power. I have done some reading that spoke of phony copies of writings so that, if anyone found them, they would be misled. Could you speak a little further about that?

Yes. There are many copies, and they are going to be revealed in many places in this Age. There are the original scrolls, but there are copies of those scrolls made at the same time the original ones were made which have been imparted in other places. They will appear in South America; they will appear in Tibet; they will appear in the pyramids; they have appeared in the Dead Sea. These things that had to go through time were very carefully protected. The reason they were protected in this manner was because they could not be given to anyone. They had to be given to those who would respect the responsibility of the rod — that I receive the power and accept the responsibility of the deliverance. These would be held in abeyance until such time that the energy of the universe was in change toward the good and would be instilled again. Most people who have had these powers in the past are already feeling them. They are feeling an undisclosed sense of knowing, of wanting to move forward.

Participant: *What was the Druid diet?*

The Druid diet was mostly of fruit, although later, they began to instill some meat in their diet in order to keep the balance, for energy would get so high that they were not able to touch earth — inside. They would periodically insert meat in their diet to keep them grounded. In order to work in the physical world, they had to be grounded. Their initial diet was always water, fruit, nuts, and grains — this sort of thing.

Participant: *There is a Cairn in Brittany and, of course, in Egypt. What was the relationship? Was there a Druidic relationship?*

Yes. First of all, there was a relationship in that they were based on universal law, and the energies were brought to that place by the Druid and seeded there in the minds to continue. There was a brotherhood, a very close relationship, in energy. You can go to some of these circles all over the world now, and you will find the energy still there, because it does not die.

Participant: *Ever since I was a little girl, I liked to put my hands through fire and not get burned. I never understood why. Why was it wasted all these years for me — not knowing? I could have done so much healing.*

Remember this. You bring into fruition within you the power and the force at the point in time that you are ready to use it. No matter how much you knew — you could have read every book that exists on the subject — it was never real to you until, suddenly, at a given point in time, it is coming from inside you instead of outside you. Then is the right and perfect time to be the director of that force.

The Spirit of Work

By Joshua Mesnik

Work.

Not a chore. Not a bore.

A spark.

That moves the horse.

Round and round a track. And back.

A choice.

Work begins when you see a need.

You serve. You receive.

So don't wait for work to come find you.

Come alive in serving the first need you find.

The Tipping Point Project

Information and Activities

Brief Overview of the Tipping Point

A dictionary definition of tipping point is “a critical point in a situation, process, or system in which a significant and often unstoppable effect or change takes place.”

Temier, in a Facebook post (October 15, 2022), urged us to take action in support of “... a tipping point when a critical number of people understand who they really are and how to live together peacefully. When that point is reached, all humanity is able to more gently change and the goal can be achieved.” Temier explains that achievement of two goals lead to this tipping point. “First, it is to know yourself, and secondly, it is to get along with others. Both are necessary and together are sufficient in order for Humanity to reach the greater goal of peaceful coexistence.” In short, achieving this tipping point will truly move humanity into the Aquarian Age of sisterhood and brotherhood.

If you find these concepts intriguing, please join us in the monthly discussion group or see [Andrea Smith's website](#). Also check out the resource list on the website that is being developed by participants.

Tipping Point Resources

For a list of tipping point resources that the group is collecting, please visit: <https://www.andreamithtransitions.com/tipping-point-resources>

The Spring Equinox Pop Up

The Spring Equinox popup on Sunday, March 24, 2024, entitled *Using Instigative and Launching Energies to Manifest Personal and Global Transformation*, was focused on preparing for the tipping point.

To download the audio file, visit https://www.dropbox.com/scl/fi/h48ti0wdu4nclitjsqfue/2024_Spring_Equinox_PopUp_AndreaSmith.m4a?rlkey=fbx48r7vhvzrtypmrbasol2on&dl=0.

Ongoing Discussion Group: Tipping Point—Implementing a Personal Plan of Action

Do you want to contribute to the Tipping Point, but aren't quite sure what you can do to help? This ongoing discussion group welcomes new participants and is designed to support individuals and groups with their own personal plans of action.

When: 3rd Saturday of each month

Cost: Free

To register for this monthly meeting, click on this link: <https://us02web.zoom.us/meeting/register/tZUkfu-rrT-woHd1fxuZ8V7gpPXfoN1wSXssn>

After registering, you will receive a confirmation email containing information about joining the meeting.

Julian Teachings Shop Announcement

Want to read the transcript of a Julian workshop,
but you don't want to purchase the recording?

By mid-April you will have the option to purchase just the transcript for the 98 workshops
that currently have transcripts! (This is available for most of them now.)

Workshop transcripts are currently only \$5.

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** (<https://onwardmind.com>), **Yvonne Harbers** (<https://temier.com/yvonne.html>), and **Jan Clayton** (<https://janclayton.samling.us/>). All of them plan to start new sections in 2024. Please visit their sites to find out more about their classes.

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

Healing Gatherings

The Healing Gatherings are given every other Sunday at 11am PST (2 pm EST, 7 pm GMT, and 8 pm CET). 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>



Sam & Temier's Next Workshop

The next workshop is titled, *The Power of the Desert*, and will be held at Bell Rock in Sedona, Arizona, USA. The dates are October 20-25, 2024. Visit <https://www.temier.com/page/NextWorkshop.html> for more information or contact Sam.

For information about other Sam/Temier classes, books, and events, or to schedule a personal reading 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 and workshops 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! Spring and Summer 2024: Working with an Active Sacred Site

In this series of classes, students are invited to work remotely or in person with the active Sacred Site located on our property in Portland, Oregon. Each class stands alone, so a person could benefit by attending one or all of the classes.

When: Fifth Saturdays in 2024 (March 30, June 29, & August 31). Space is limited to ten participants.

There are a few spaces remaining in the Zoom class on Saturday, March 30, from 10 am to 12:30 pm Pacific time to work with the Wisdom Circle. The twelve unique energies of Wisdom Circles, which are an important component of Sacred Sites, bring clarity from Universal consciousness as we walk our unique paths of personal growth and transformation. In addition to interacting with the energies of the Wisdom Circle, you will also learn to create a Sacred Site so you are able to construct a physical Wisdom Circle with which to work on your own.

Access as a reference to the book, "The Universal Energies of Sacred Sites" (2003), by Samuel Holland and Anne Claire Venemans, will be helpful to participants in these workshops but is not required.

The cost of each class is \$30 and includes a recording. For additional information, see Andrea's website, <https://www.andreasmithtransitions.com/>.

Register in advance for the March 30 class through this link. <https://us02web.zoom.us/meeting/register/tZwv-dOCrrDMtH9QInj38BeR6UlfUWkv3kez1> After registering, you will receive a confirmation email containing information about joining the meeting.

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.

Individualized Private Study

Andrea creates private, guided meditations based upon areas of challenge and potential identified by the student. These remote classes are offered using the Zoom format. The cost for a private session is \$50 for a 45-minute session and includes an audio recording. Please contact Andrea if you would like additional information or to schedule an appointment.

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 (drandreasmith77@gmail.com) and phone (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: 6/1/2024

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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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>.

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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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