

Ring of Light

A Newsletter for the Members of the Julian Community

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I always love it when I finish putting together a Ring of Light and find that there is a theme that runs through many of the articles. It is even more interesting when it dovetails with recent personal meditations. This is one of those issues.

It appears that there is a lot going on “behind the scenes” right now. Jessica Nelson, our astrological writer, the Universal Rune reading, and Aca’u agree that there are major shifts in energy going on this year, and a good deal of it is universal in nature. Energetic foundations are continuing to shift—Pluto, Neptune, and Saturn are changing signs in the next 12 months—and this will compel us to make significant changes in our lives. The Universal Runes tell us that we should break free of our old patterns. Aca’u tells us to re-examining our responsibilities and commitments. Are they still serving us? Are we keeping them for the right reasons? Do they align with our current values?

The second energy shift compels us to use our energy wisely this summer. It suggests that we rest, rejuvenate, recharge, and build resilience. Aca’u goes as far as to say this is the time to “shore up” our internal resources so that we can be flexible and resilient when needed later in the year.

Who knows what is coming at us in the future? However, taking the advice that is coming from many of our spiritual counselors can only be helpful, no matter what the future looks like.

This is also a time to shore up our community—to make sure that our support system is solid—to ensure that our loved ones are close and cared for. Join me in this endeavor this summer.

This issue of the ROL has some true gems in it. Enjoy and have a wonderful summer.

— Jan Clayton

This solstice period brings two major shifts in energy. The first is a desire for freedom mixed with a sense of adventure. There is a desire to do something different, and to break free from old behavior patterns. Be courageous and step forward to rightful action with joy. Life is meant to be joyful.

The second shift in energy asks you to create more downtime in your life. Yes to adventure and freedom but also, yes to relax, be in nature, and spend time with friends and loved ones. This is an important time to recharge yourself.

— Aca’u,

From 2024 Summer Solstice Message

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This Season's Astrology

by Jessica Nelson

The Summer Solstice falls on Thursday, June 20, 2024. The Sun joins Venus and Mercury in Cancer. Our desire for security is strong. If feelings of vulnerability are present, we may find that we want to retreat and hide away from the world. Jupiter is in its early transit of Gemini, allowing our thinking to expand. Uranus continues its upheaval through Taurus, turning on end the works of the past and paving the way for future endeavors. With Uranus in the sign of resources, we may experience new knowledge of useful elements of the material world. Mars is also in Taurus, lending more focus to the fixed, earth sign. Neptune is in the last degree of Pisces, marinating in spiritual energy. Saturn is half way through the sign of Pisces, disciplining us to connect to our higher selves and lay new foundations of faith. Pluto is retrograde in Aquarius, dancing its way back to Capricorn for its final transformation. The moon is in Sagittarius, linking our emotions and beliefs.

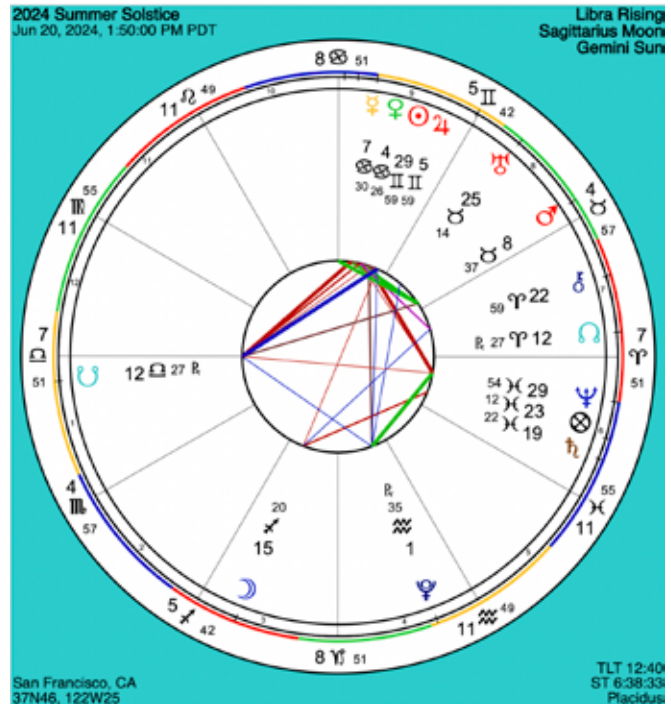
On June 21st we experience a full moon in Capricorn, opposite the sun in Cancer. If we can't control our emotions, they may just control us. Its easy to have an emotional reaction to everything, but staying disciplined will allow us to see things more clearly.

On June 27th, Saturn conjunct the Moon makes a trine with Mercury. Be aware of your thoughts and emotions today. They tend to lean toward a pessimistic view. It will do you well to see a task through to completion, boosting your self-worth.

On June 29th Saturn goes retrograde. Saturn's retrogrades through Pieces are forcing us to slow down. In the hustle and bustle of the summer air, this can be difficult. It is of the upmost importance that we nurture our Spirit. When situations seem chaotic, there is only one place to turn for peace. Saturn's energy of being the great teacher acts as a guide, showing us what areas can stabilize our foundations. This is an important lesson for our collective souls. When Saturn moves into Aries, we will need its knowledge (through our higher selves) to assert and strengthen our foundations.

On July 2nd, Neptune turns retrograde in Pisces, while forming a trine with Mercury in Cancer. Neptune is our faith. It has been building as Neptune traverses its way through Pisces. Our awareness of the spirit world has been enhanced, allowing our minds to peak behind the curtain. As a whole we seem to be going through a spiri-

tual crisis of sorts. As the awakening of our souls continues to build, people may feel lost. Neptune has a way of clouding the areas it travels. But through discipline and focus, we will see through the mist. On the other side is a renewed spirit, whose faith will not be so easily shaken.



On July 3rd Venus will trine Saturn. Being appreciative of what you have and expressing gratitude daily is a habit we need to cultivate. With Saturn and Venus in a positive dance, our creativity will be more focused. Our desires for financial security will be enhanced. It's not enough to just get by, we want to flourish. We were made to thrive!

On July 5th the new Moon is in Cancer. Setting positive emotional intentions for the month will bring a cumulation of security within you.

On July 11th Venus in Cancer trines Neptune in Pisces. Pisces is all about togetherness. Like a laser, all of our energy becomes focused. Cancer rules family and security. With Neptune and Venus, it points to strength in unity! This is the age to come together. To express the values of spirit in the material world. We are going to have to unite to bring peace on Earth. In a world that is constantly trying to divide and conquer, we must remain in the only state to counter: love.



On July 12th Venus enters Leo. Our expressions are colored with love. It's up to us to be a positive leader, again showing us the importance of positivity. We may feel artistic, romantic, and cheerful.

On July 16th Mars conjuncts Uranus in Taurus. This energy is tumultuous and upsetting. This may trigger a chaotic event. Remember that quiet place, comforted by spirit when things seem to be out of control. The key word is *seem*. Remember that the world has always been messy, it's just that many of us are becoming more and more aware. It's what we do with the awareness that matters. Try to be the rock for someone else. These are the times that test the work we have been putting in. Don't let your hearts fail you.

On July 21st there will be a full moon in Capricorn, opposite the Sun in the last degree of Cancer. Two months in a row we are experiencing this. The energy is hitting home. It's important that we stay diligent in the control of emotions so they won't control us. If we have an emotional response to everything that happens, we will spiral out of control. Discipline is needed.

Also on July 21st, Mars enters Gemini, creating a trine with Pluto in Aquarius, both being sextile to Neptune in Pisces. Being that the main focus is air signs. Our mental energy is strengthened. When Pluto is involved, you know that it's going to be a deep dive into hidden information. The things we will learn at this time will be needed to make drastic changes in the future. Remembering to stay strong in faith will be valuable. People will be seeking answers. It's important to remember that when you ask a question, be prepared for any answer. Pluto is about forcing us to examine the darkness of the world, not to turn a blind eye. The more we learn, it may seem, the less we know.

On August 17th, Jupiter conjunct Mars in Gemini, squares Saturn in Pisces. There is tension in the air. As we open our minds to fully grasp the onslaught of new information, we may experience a feeling of deflation. It's important to remember that no matter what we learn over the course of the next few months, we have to take it to our higher self. That will be the only way we can filter what we receive. This energy will renew a desire to acquire as much information as possible. This time will be a time of learning, and to remember who we truly are.

On August 19th, a full Moon will occur in the sign of Aquarius opposite the Sun conjunct Mercury in Leo. It's a reoccurring theme to have our full moons opposite our Sun. This is building our discernment. There is a lot

of focus on information this summer. It remains important to be disciplined in our emotions.

On September 1st, Uranus will retrograde in Taurus. Will this mark a sudden change in resources, our monetary system, or an alteration in collective values? Either, and all are possible.

On September 3rd, Pluto crosses into Capricorn. This final check-in will have life altering changes. Capricorn rules the stabilized structures we have set up: our government, institutions, and superiors. This will be the final tear down of these structures that Pluto has been preparing for. Over the next several months, we will no doubt experience monumental changes within those areas. Our lives have been ruled and dictated for many, many years. Since the time of our foundations for a new and free country, we have slowly slipped back into the hands of the people we fought so hard to be free from. We no longer have authority over self. Every aspect of our lives is supervised by some agency keeping us in line. We are far from that time in 1776, but we are not more free. Little by little, our lives have been steered in a direction unbeknownst to us. It's time to stop driving, get out of the car, and look around. Where are we going?

Mars will also be in the last degree of Gemini, squaring Neptune in Pisces. Again, we see information and spirit highlighted. Solidifying in us, that when we have nowhere in the natural to turn, the only place left is God. When confusion is present, truth can be found within.

On September 7th, Mercury in Leo will be square Uranus in Taurus. Our thoughts may quickly change. They may seem neurotic and displaced, but ideas change the world. And if we share them in a way that nourishes hope, it will lead us in the right direction.

On September 8th, the Sun in Virgo will be opposite Saturn in Pisces. Taking what we have gained within ourselves will be needed to serve others. It will be important to remain a light for those struggling with the darkness. Our spirits can be renewed through the care of many.

With Saturn, Uranus, Neptune, and Pluto now in retrograde, there are many lessons to be learned. The changes needed to put us on a new trajectory will become more and more clear as time passes. No matter how far we may have ventured off the path, we can always find our way back home. It will take discipline and courage to get where we are going. You have had time to renew your strength, sharpen your mind, and increase your faith. Don't give up now; we are almost through the tunnel. There is a new world waiting—one filled with joy and peace—and you were born for a time such as this!

Why Choose?

by Michel Post

How would you prefer to live?:

- In an ecological home with a healthy living environment?
- In a home that meets its own energy needs, either energy-neutral or energy-generating?
- Or in a home tailored to you as the user, in terms of size, shape, proportion, and materials, addressing your specific needs?



I once heard a similar question asked about the type of car you'd prefer to drive: a Rolls-Royce, a Ferrari, or a Citroën DS... Similarly, you have comparable choices: a penthouse in the city, a cottage in the countryside, or a castle.

It's fascinating to observe how diverse everyone is and how varied everyone's desires are. I'm also intrigued by the fact that everyone possesses unique qualities, and that we need each other to get the most out of life. And what exactly that entails varies from person to person.

Those familiar with my work at ORIO architecten know that when it comes to building or renovating your home, you don't have to choose between ecological, self-sufficient, or energy-efficient. Instead, these three concepts are integrated holistically. Now, you might ask,

“Why would I want a home or building that is energetically tailored to me as a user?” or “What does this actually mean?”

If each person is unique, with distinct characteristics, qualities, and desires, it's not surprising to think that every form, space, color, material, etc., also has unique qualities. After all, a circle is completely different from a square; concrete feels different from sheep's wool. A bedroom serves a different purpose than a kitchen. Radio Veronica plays different music than Classic FM.

Where one person prefers to live in a sleek white villa with lots of glass in a wooded area, another person prefers to live on a houseboat. Those naturally “grounded” tend to favor organic shapes; those “fiery” and busy prefer a calm, sleek environment. Social individuals are drawn to soft insulation materials like straw and wool; those who engage in a lot of analytical thinking tend to lean towards hemp and lime plaster.

If you can be in an environment that aligns with what you find pleasant, but more importantly, aligns with what you as a person need on a physical, mental, and spiritual level, then you are talking about an energetically attuned home or building. That the immediate natural environment aligns with this is almost self-evident.





As a creative architect, I collaborate closely with my clients. The work I do must feel right for them and for myself—it has to resonate! I also aim to continue evolving, and I hope that clients do the same throughout the design process.

With my metaphysical studies and architectural experience, I'm able to shift and advance my clients' perspectives. This means intuitively sensing their needs—not just their current ones, but also their future aspirations.

When you have the opportunity to create your own living environment, you have a choice in how to do so. When faced with the choice between ecological construction with a healthy living climate, energy self-sufficiency, or an energetically attuned home or building tailored to you... why choose?

Are you curious about what this means for you?

ORIO architecten... Naturally for You!

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 drandreamsmith77@gmail.com.

We look forward to hearing from you!

Saul's Corner

DRUIDS and Their Teachings

Copyright © 1984 Saul Srour
 Authors: Rev. June K. Burke and the Seraph Julian

June and Julian gave several workshops on the topic of the Druids. The content enclosed here was given at a different time than the content from the previous two ROL issues. Enjoy.

It is to be understood that “Druid” was a name for a group. In your terminology today, you might call them a “cult.” They were naturalists. They believed in the Earth, its elements and its ability to cure man. They believed in the acceptance of those same elements in man. They believed in phonetics and sound, and the ability of altering energy through sound.

It is very important for you to accept that what the Druid knew and functioned with is still here today. It has not changed; it is merely ready to function again. In this point in time, you are in the energy of nature. The Aquarian Age belongs to nature, and nature becomes a strong force in man's life once more. Through understanding and acceptance, it becomes a living part of man.

Therefore, it is very important that everyone who wishes to know the Druid experience be willing to accept that it was a natural way of life for them, not a performance. They wore robes due to the fact that that is what they wore, not because it was a costume. When I see people in your world trying to emulate groups of the past by donning the wardrobe, it always rather amuses me. You cannot become another point in time, another culture, another cult, by simply donning the clothes. You have to don the spirit, the energy and the understanding. It is very important for you to recognize that.

We are dealing here with two particular periods of the Druid — the Celtic Druid of the 1500s, and the French Druid of the same period and later into the 1600s. These are two different energies that we are going to be touching, and you will know which one you belong to when you go on our little journey, because you will feel comfortable in one of the energies and familiar with the other. The one you feel comfortable with is the one you participated in, and the one you are familiar with is the

one following the same path, but not in your point in time.

The Druids kept to themselves. It was very easy to keep to yourself in that period of time, because there was not the population explosion that you have now, or crowded cities, so it was quite easy to find an isolated place in which to practice and grow and function.

Not all Druids were alchemists. There were different levels of study and different levels of growth patterns within the Druid culture itself, the same as during the Egyptian initiations when there were various levels — the initiate, the adept. So, you were not always in the same space.

I am going to ask you to take a little journey, which will be our first approach to and first realization of Druid activity. Remember that the Druid was not the magician; he was the healer. Although the quality and power of the magician were there, that was not his prime purpose. The prime purpose was to heal, to bring nature and man together and to use the energies of the higher sensorium.

It is also important for you to realize that in the Druid practice, just as in any practice, you will have some egos, some who are there for one reason and some who are there for the other. That is why all of them did not make it all the way through the training. They had to be able to handle the energy, and if they were in a state of high ego, the energy might be misused, or might be in a space that was not conducive to their well-being. At that point, they would be transferred out of that particular group.

Meditation

I would like you to close your eyes, relax, be very comfortable and permit yourself to follow my words. As a group, we will approach an area in the Scottish hills. We walk as a group without speaking, and we follow a path up through the hills — a little rough at times. We move upward through those hills until we come to a flat plateau. In the center of this plateau is a single tree. It is tall; it is strong. We stand beneath the tree; and, as we stand



there listening, we can hear the sounds of chanting from a distance, and those sounds begin to vibrate within us. We listen to them inside ourselves, and we begin to feel something happening — an opening, an awareness, a willingness to hear within.

We become aware, now, of a figure approaching. This figure is hooded and wears a homespun robe of a gray-like color. As he comes close to us, we see that he is quite old, and, yet, when his eyes meet yours, the wisdom of the ages is seen, and also youth, vitality and joy. Look into the eyes of this being. He introduces himself, “I am Olok. Follow me.” And two by two, you begin to follow him across the plateau. As you approach the inner edge, there is a mountainous area, and you come upon a cave. He leads you into it. At this point, the cave is high-domed. Standing in a ring around that cave are other robed figures. It is their chanting that you have listened to. You are told that you will hear a sound and will follow the sound that is right for you.

The first sound is AHHH MEEEE — AHHH MEEEE

The second sound is OHH AHHH — OHH AHHH

The third sound is EEE higher EEE — EEE higher EEE
RUM RUM

According to the sound, two robed figures step forward and say, “Follow me,” and each goes forth with their own leaders through a passageway that leads deep within the mountain. The object of the sound is that you will be able to hear that which is unsaid through the vibration of that sound. You go with the sound that lets you hear that which is not spoken. You will all feel, deep within you, a sound that is yours.

You are divided now into four groups. In the second cavern, which is huge, you each go to a separate corner. In the very center, there is a fire burning. You sit facing the fire, and your ancient teacher begins to speak:

“You are of the soul of the Earth. You are here to learn of the Earth. You are here to honor Earth and, through that honoring, know that which created all.”

The words echo in the chamber, and, as you listen, it seems as if they are repeated many times deep within you. You are then told to remain silent and listen. You will be given by this Master four words. They will not be spoken. He asks you to sound the sound you chose to follow. Do so now. What sound did you follow? Let it out. As you do, hear a word. Having heard the word, be still.

At this point, you rise and follow those who are guiding

you back through the passage into the first cave, out of that cave onto the plateau and you gather around the tree. Here you sit comfortably upon the Earth and you are brought, in full stone vessels, a form of tea. Take it, breathe in its aroma and hear its herbal content.

And now, take a deep breath and let yourself move back to this room and this time.

What did you feel when you first came up upon the tree and you stood there? How did you feel?

When you were approached by the “Grand Wizard,” so to speak, how did you feel? Could you see him when you looked into his eyes? Could you feel him? Did you feel as if you knew him?

When you went further into the sounds, what sound did you feel close to?

The thing you must realize is that when you hear the sound, it is going to modify to your own particular energy package, your own energy within the self. While you may have AHHH, it may sound more like EHHH to someone else, but it will build in volume within you until it reaches its right and proper balance for you.

The experience at the circle, the inner circle, when the fire was there and you were given words, what words did you hear?

This is an exercise to take the edges off your fears of penetrating the past. You have experienced this, but it has been to round off the fear of stepping out. As you go through that again, you will hear, very clearly, words. You may not hear them with the ear; you may hear them here in the heart.

Several things are always present in the Druid ceremony of that period. Water was always there; fire was always there. The sound was always there, and sound is a transformer of energy. Fire represented energy, and the water represented that which purifies. They were symbols of much that was going on in that period of time.

In the period of the Druid and those 15th century Celts, there was a strong realization that it was a commitment, that it was not a hobby, it was not a fun-and-games thing. It was a commitment, not only to learn, but to share that learning with others, to pass it on. Everyone thinks that the Druids were always together in one group, but they were not. Small groups would travel, very much as your missionaries travel today, to bring those teachings to

other areas. They never went in beating a drum, saying "I am a Druid. Come and be with me." They were themselves until people would be attracted to the principle they stood for, then there would be an announcement that they were of the Druid practices.

Many people look at the Druids as a secret organization. Its secretness was its isolation; its secretness was its protection of the purity of the teachings. They did not want 50 million people on the bandwagon. They wanted a dozen truly committed people.

The different exercises would be taught as well as the understanding of the human body and the animal's body. They believed you cured the animal just as you would the human. Anything that contained the breath of life deserved to be treated.

As you worked in the Druid practices, you moved from one space to another, from one group to another, from one cave to another. There was never a sense of good, better, best. There was never a sense of one-upmanship. There was a sense of a unit learning all the components of a teaching that they may come together and make the whole.

Whatever garb you wore when you arrived, you soon traded for the loose robe that was of the same gray homespun material. The objectives of this robe for the people were, one, an identity, and two, it was able to move fluidly. The body could be reached, because you practiced on each other in your early stages. So, it became the uniform of the time. It is not strange; it was the garment that was right for what you did.

You had to learn the herbe. You would be sent out into other areas, other countries, other locations where there would be different herbs to learn.

You would have to compile them, bring them back, use them in elixir form as well as dry form. You not only had to learn the herbs, but you had to create your own, which had to travel with you. You had to know that in some areas you could get this, and some areas you could not. If you were going to a certain area where an herb would not be prevalent, you would have to prepare it and take it with you. You had to learn those things. Travel was mostly by donkey or ass, and foot. Foot was the most prevalent travel of the time. Although there were horses at that time, they were not used as readily as they are today.

You learned the art of using a small stone basin and an-

other smooth stone to grind and prepare your herbs. You also had to learn the ability to determine the weight of an individual with the eye alone. You had to be able to judge the weight of an individual in order to know how much herbal preparation to give them. Sometimes, too large a dose would have a reverse effect. You learned many things that forced you to use you. There were no text books. The teachings were lip to ear; your master spoke, you listened. Then you spoke and he listened, and, if he did not hear from you what he had said, he would repeat it; because it had to be kept within the unit.

There was no one who was properly trained in that Druid group who would not teach a ready mind. In other words, they were not looking to be exclusive; they were simply looking to remain pure.

The public accepted them in some areas and in some areas, they condemned them. Some said that anybody who hung out in the hills and caves must be no good. Human nature never changes. There were many Druid practitioners who never claimed the name Druid. They simply went from one place to the other teaching. They never claimed to be a Druid, because, if they did, somebody would say that's one of those strange fellows.

Most people think of the Druids as a male organization, but females were a part of the Druid group, and they did train and learn to heal.

Your first lessons with the Druids were the healing practices. If you had the tenacity to stay with that, you would make it through the rest. It was not easy. It is very easy if someone lays three tablets on the table and says, this textbook will tell you what is in them, but, when you have to go out in every season and find the herb, the berry, the blossom, know what each does and how to prepare it, you are really building up a tremendous amount of knowledge. The Druid practice was not a three-month study. Sometimes that healing study would be three years, sometimes six, depending on the individual's ability to grasp it and retain it.

Because you had the knowledge as a Druid does not mean that you can turn a switch and get it back. You must have the same tenacity and willingness to give it a pure chance in this point in time. Then will it all come back. It also has to come back as it can be used today, so that you need to understand new applications of those things in today's world. That's a little bit different from the Druid's point in time.

The Hero Is You

By Renee Salvatori

Sometimes the journey of life is smooth, and sometimes it can be challenging. We never notice how strong we are when all is favorably flowing to and around us. It is only when we are feeling low that we question our own strengths. And, boy, can we humans get very critical of ourselves, picking apart our strengths and our weakness, as we try to make sense of things.

Here is the truth. We are truly great. We are everything, strengths and weaknesses, all rolled into one. We are the driver of ourselves and the vehicle at the same time. That includes all the functioning bells and whistles internally and externally. We are going to feel it all. And, we are doing it the best way we know how, without a road map.

We can pull ourselves out of sticky situations. Sometimes slowly, but we get back up and, on the road, again. We push through internal fires and deserts that burn the dross off our amour. We walk through dry spells gallantly, to later bask in the moisture of refreshing rains. We may hunker down in the foxhole of home until we can safely walk through another day of living.

We each have different stresses and scenarios. It could be with loved ones as in significant others, children, parents, or extended family members. It could be work or no work. It could be health. It could just be system overload or overwhelm in constant news. But we are doing what we need to do and that is usually doing the best we can. Even if it may feel like we aren't. There is a lot of internal and external stuff going on, all the time and without days off.

Keep moving forward as the buffalo does into the blizzards. Where most animals run the other way, when a storm approaches, the buffalo push through to get to the other side quicker. Don't give up. You've got this. You've got this all inside you. You are the dryness and the soothing rains. You are an introvert and an extravert when needed. You are the driver of yourself, and you know the speed limit you need at certain times. You are the strengths and the weaknesses. You are all of it rolled into one. You are your own unsung hero.

Decorating with Astrology

by Jeannie Livingston

Having your own home is a blessing and personal support. I know because I was an Army brat growing up during WWII with my physician father we often moved, learning to get along with different people, places, and things. Being a Capricorn, I liked structure and stability, so that went out the window early. Later, after finishing art school majoring in painting and art history, I worked in New York City and became a professional decorator. I also studied astrology.

At that time astrology was considered "woowoo." So, with each new client, I casually asked "wasn't it your birthday last week?" getting their sun sign information so we could create their happy home together. Indeed, "home is where the heart is." Now, here are some pointers to help you do the same.

There are 12 signs in the Zodiac; three for each of the four elements: Earth, Air, Fire and Water. So...

Step 1. Figure out your element. For example Earth signs

like tradition. Air signs like movement. Fire signs like excitement, and Water signs like feelings of emotional well being. Now the sun is our Star or energy source so your sign is just your biggest influence; however, we're all affected by all of the signs, so don't get picky-picky and disappear before you get started.

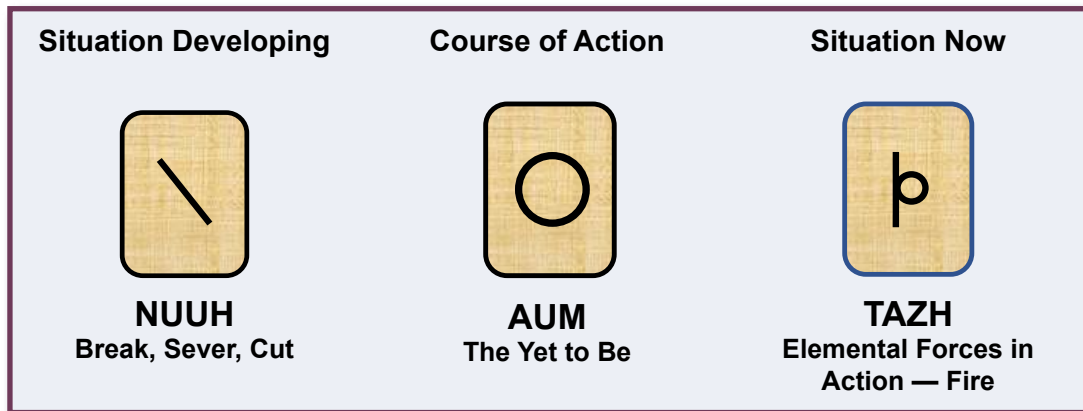
Step 2. Determine your color palette. Each sign's element enjoys certain basic colors. For example Earth signs love beiges and browns. Air and Water signs need blues, and Fire signs need red! Try to use different colors or tones in each room so that your space feels non-congested and possibly bigger. If your space is physically big to begin with then use the same color flooring throughout to keep it unified.

Step 3. Keep it simple! Clutter leads to confusion unless you're real good at organizing.

And all of the rest of the steps are just have fun, fun, fun! Happy homemaking!

A Season of Runes

by David and Shesta Ross



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

The summer begins with Tazh, the Elemental Forces in Action—Fire. It is the Universal Rune of Spirit. “To the individual, Tazh represents the inner fire of the spirit, the creative being within...” Tazh is the rune that was drawn in our spring reading symbolizing the situation developing. So, it appears that all is going according to plan.

The course of action is Aum — the Yet To Be. This rune indicates that changes are or need to be in movement in the ether. They are not yet available to man. As yet, they cannot be seen or made manifest on Earth. Remember that the ether is not something separate from us but our natural home when we are not incarnate. Even incarnate, there is a point of ether within us.

The outcome is Nuuh, which indicates a break or a cut. It breaks the energy that binds and gives us a chance to start anew. In unpublished materials, Julian said that Nuuh is “the breaking of the untouchability” and added it to the list of key runes.

So, at the beginning of the summer we have the inner fire and the inner creative being, acted on by a “movement in the void” which creates “a chance to break old habits and redirect the life” and “the breaking of the untouchability.”

What can untouchability refer to except the apparent distance of ether? Is what is yet to be this summer, a movement in the universal void and our inner void, which more closely connects us to the universe? Might

this connect the creative being within to “the cosmic fires of creativity, and the physical flame and electric forces of the universe?”

What would this be like? I think it would be like a *merger of the symbols* for Aum and Nuuh. We believe that this merger is found in the symbol Feh (sound Eh), representing divine guidance.



In Feh, Nuuh has cut through the apparent untouchability of the void and the limitations of linear time. We have moved through the smoky mirror. The Aum circle is pure, impersonal, perfect, and remote. However, elsewhere in the Universal Runes, such as with Hachaz, it is brought “into touchable form” through elliptic energy. Nuuh brings Aum home by the breaking the untouchability. And it transforms it into the form and power of Feh.

Universally, Feh is divine force in action. Individually, Feh is “divine power working from within. Divine guidance through intuition.”

The Universal Rune reading for the summer therefore replicates the inner transition that occurs when we recognize—from a release to our own direct experience—that the movement in the void, intellectually untouchable, is within us. It is touchable by intuition and meditation. With that divine guidance, divine power is working from within. This is another way to understand The Yet To Be, that it evolves from “the creative being within” all of us, in collaboration with the Creator, because we are part of the void and the movement thereunto.

TAZH (AZ): Elemental Forces in Action, Fire

Glyph: The loop which binds man and Spirit together.

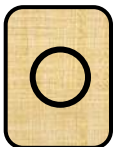


Universally: This is the Universal Rune of Spirit. It also represents the cosmic fires of creativity and the physical flame and electric forces of the universe. It represents the loop that binds man and Spirit together — the “tie that binds,” so

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.

AUM (OhUm): The Yet to Be

Glyph: Represents the energies yet unfolding, the movement in the void.

Universally: The Universal Rune AUM represents the yet to be. This circle represents the energies yet unfolding, the movement in the void. This Key Rune indicates changes that are in movement only in the ether and not yet to be seen. Divine power rules and time will reveal its plan.

Reversed: There is no reversed position for this rune..

NUUH (Hoa): Break, Sever, Cut

Glyph: This blade-like glyph shows a sharpness and an ability to cut, to sever, and to break.

Universally: The energy behind NUUH is knife-like. It affords an opportunity to break energy that binds. It is always an initial step to a new beginning and change.

Individually: It is a chance to break old habits and redirect the life. It must be understood that it is a surgery performed in energy. It is the ability to be released from that which has held you back. This rune can be the rebirth, or the instigation, of the reality of you.

Reversed: There is no reverse position for this Rune.

Be a Connoisseur of the Beautiful

by Barbara Garro

With all the unconscionable evil permeating our world, gentle souls need to focus our attention on all the beauty God created, first. Next, we need to be action-oriented to be part of the solutions that have to happen to overcome the evils in our world. That means we need to avoid becoming part of the problem by outbursts of anger against the evil perpetrators. Always remember, God said, “Vengeance is mine!” Who is more powerful to deal with evil? Have any doubt, just read the Old Testament of the Holy Bible.

When we have the presence of mind to “let go and let God,” we free ourselves of the constant distraction of perseverating over evils we cannot control.

I have found much real and imaginary beauty in my delightful journey through Susan Wittig Albert’s many books in her series: “The Cottage Tales of Beatrix Potter.” Yes, that Beatrix Potter, the author of “Peter Rabbit” and other delightful and charming animal tales beloved by generations of children and adults.

These are well-written human and animal character-driven mystery tales that Booklist recommends: “A perfectly charming cosy, as full of English country loam, leaf, and lamb as could be desired.” Another Beatrix Potter author, Judy Taylor, calls Albert’s series: “A most ingenious blend of fact and fiction.”

I believe a focus on the beauty in our world enables one to “Heal thyself!”

For all the Universal Runes source materials:

*Authors are Rev. June K. Burke & the Seraph Julian.
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Mysterious Sound at the Snow Moon

by Michel Post

A hear a strange sound as I open my eyes. I lie still in bed, listening to see if I hear it again. There... I hear it clearly, but I have no idea what I'm hearing. It sounds like a cat in distress, yet not quite. A low, deep sound, somewhat groaning and whining in nature. Short and rhythmic in repetition. Then it's silent again. Not only do I have no idea what I'm hearing... I also have no idea where it's coming from. It sounds like it's coming from the garden, but it could also be behind our house. There it is again. It sounds clearer, but I still have no idea what or where it's coming from. However, it's clearly from outside the house.

Quietly, I rise so as not to awaken Patricia. Her rhythmic breathing tells me she's deeply asleep. I put on my clothes and slippers, as it's cold in the house. It's still winter, and even though I occasionally feel the spring beckoning with warm and sunny days, it remains cold. I gently open the door to the living room and listen to see if I still hear the sound. The sound is still there, although it sounds softer now. As if it's coming from farther away.

As I quietly open the curtains to see if I can spot the animal... it must be an animal, I think to myself... I see our garden illuminated by the almost full moon. Magical light, making the night almost as bright as the day. The garden is visible in all its glory, but there's no animal or other creature that could make this strange sound. The garden seems deserted, but still, I remain curious. I hope the animal comes to investigate the moving curtains, but it remains silent.

If I want to know what is making this sound, there's nothing else to do but brave the cold night. Our house is noisy, so I want to do everything in silence. Jacket on, hat on, and then gently turn the key. The door slides open, and I stand in a bright, moonlit garden.

Silence. There's no strange sound to be heard anymore. Nothing moves. Everything seems frozen in this magical light, and a deep calm washes over me. I quietly walk around the house. Ears pricked to hear the strange sound. Nothing.

In the distance, I hear a pheasant, but it doesn't sound like the sound I heard... or does it? Does sound get distorted when it goes through walls? I have no idea, but it doesn't seem likely to me.

As I walk back, I look up at the almost full moon. It's the Snow Moon shining in all its splendor in the sky. Not a cloud in sight, and the garden is bathed in moonlight. The full white disc brings an almost serene peace, and I feel the silence again. This time, not only in the garden but also within myself. What a gift to be in the garden at this moment. I have no idea what sound I heard, but I'm glad I got up.

Classes and Events Open to Join

Sam & Temier Offerings

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](#).



Public Pathways Classes

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/>).

Rue Eisen is delivering two classes this fall:

Wed., September 4, 2024, at 7:00 pm ET
7 Steps of Transformation, Part 1

Wed., October 2, 2024, at 7:00 pm ET
7 Steps of Transformation, Part 2

For further information and to register, please email Rue at reisen356@gmail.com

Jan Clayton plans to start another group working through the complete Pathways series late this summer. If you are interested in joining the class or know someone who might be interested, contact her at jan.clayton@samling.us.

Visit <https://www.temier.com/teachers.html> to find out more about the 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 <https://www.temier.com/HealingGatherings.html>

Temier PopUps

Temier is teaching regular popups on a variety of subjects. These are typically held on Mondays at 11am Pacific, 2 pm Eastern time, or 8 pm CET. Contact Sam to get on his email list to get the announcements.

For information about other Sam/Temier classes, books, and events, or to schedule a personal reading visit <https://www.temier.com/>.

TE with Maria & Remco Sauter

Remco and Maria Sauter are certified Transition Energy instructors. They teach TE classes online through Zoom that are open to people around the globe.

They will be starting a new class in September 2024. The classes will be taught the first Thursday of each month at 8:00 pm CET. The classes are typically 90 minutes long.

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 cost 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 would like more information or are interested in joining this new TE class.

Julian Teachings Study Groups

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 goals of these groups are 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 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.

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 shop.julianteaching.com—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.

Current and New Study Groups

NEW! Julian Healing Techniques Group

Adele Lederman will host a study group about the Julian Healing Techniques starting July 11, 2024 at 1 pm Pacific time. It will be held the 2nd and 4th Thursdays of each month. If you are interested please send an email to Adele at ripples444@aol.com.

"You are Unique" Study Group

There is room in this study group that meets on the last Friday of each month from 12:30 to 1:30 pm Eastern time. If you are interested in studying Julian's precious words from *You Are Unique* (1998, June K. Burke), sometimes seasoned with Aca'u's seasonal messages, we welcome you with open arms. Willingness to laugh once in a while is the only prerequisite. For information, contact Beverly at beverlygstern@gmail.com.

Sunday Morning Julian Healing Group

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, 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

Interested in participating? Contact Jerry Gross at jerrygrossny@gmail.com (+1-914-374-3221)

"Introduction to Meditation" Study Group

There is an opportunity to start a study group using Julian's booklet, "Introduction to Meditation" (1995, June K. Burke). This wonderful resource concisely and precisely defines meditation, its purpose and benefits.

June and Bill Burke developed this material to help people find a method of entry into meditation that suited them. Several entry techniques are provided, along with guidance on follow-through and committing to the practice. For the beginner, experienced practitioner, or teacher, this booklet is a powerful tool for growth.

Interested in forming a study group? Contact Camille Albrecht. The booklets are available at no charge for study group participants.

Study with Andrea Smith

Tipping Point Discussion Group — Implementing a Person Plan of Action

Do you feel the pull of the tipping point, but aren't quite sure what you can do to help? This action-oriented discussion group is provided at no charge and meets the third Saturday of each month at 9 AM Pacific. At each meeting Andrea, the facilitator, leads two guided meditations designed to support personal growth and community and global transformation. The discussion group also serves as a support network including identification of resources for our community database. New participants are very welcome. See Andrea's website to register and to check out the growing list of resources participants have identified.

See **The Tipping Point Project** on page 13 of the Spring 2024 Ring of Light (<https://julianteachings.com/resources/ring-of-light-newsletters/>) or visit Andrea's website for more information on the Tipping Point.

Working with an Active Sacred Site:

June 29 (via Zoom) and August 31 (simulcast)

On Saturday, June 29, from 10 AM to noon Pacific, we will use the unique energies of the Lemniscate, a component of sacred sites, which leads us through eight steps to manifestation as well as providing clarification to difficult questions. With this foundation, we will use the perspective of New Beginnings, one of twelve interactive energies of the Wisdom Circle, to better understand our own unique role and path as we move individually and collectively toward a Tipping Point into the next phase of humanity's unfoldment. Tuition for this workshop is \$30 and includes an audio recording. To register, see Andrea's website.

The August 31 workshop will include a simulcast (Zoom or in person) section from 10 AM to noon. Students attending in person will meet in Andrea's Temple, located in the middle of an active, ancient site in Portland, Oregon. Remote or in person tuition for this portion is \$30 and includes an audio recording. For those able to travel to Portland, Oregon, an optional on-site only section is provided from 1 to 3 PM Pacific without charge for those who attended the morning section. Space is limited for both the morning and afternoon sessions. To register, email or phone Andrea.

Both summer workshops are designed to stand alone, so attendance of the spring workshop, held on March 30, is

not a prerequisite to the June 29 or August 31 class. In the spring workshop we used the Wisdom Circle to gain insights from Universal consciousness as we walk our unique paths of personal growth. An audio is available for \$10 and can be ordered by contacting Andrea.

"The Universal Energies of Sacred Sites" (2003), by Samuel Holland and Anne Claire Venemans, provides helpful reference materials. This book reflects the decades of work with Sacred Sites by the Records Group, of which I am a member.

On-Going and Private Study

Andrea teaches private and group meditations 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 wellbeing and growth. Andrea is currently teaching ongoing Transition Energy and Mystical Magus meditation classes into which, with private study, a student might matriculate. In addition to ongoing classes, Andrea creates private guided meditations designed to address areas of challenge and potential identified by the student. Contact Andrea or visit her website for additional information.

Contact information:

Email: drandreasmit77@gmail.com

Phone: +1-503-720-5269

Website: andreasmithtransitions.com

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 Hall is current teaching this astrology class and is considering adding a class if there is interest.

If you want to know more, please email Denise at deniseh7@sbcglobal.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: 9/1/2024

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

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Thanks to all of you for the financial support that allows us to produce the Ring of Light. An annual contribution of \$10 covers the cost of mailing a paper copy of the ROL if you can't download an electronic version! 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.

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