

Ring of Light

A Newsletter for the Members of the Julian Community

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One of the themes for this fall season appears to be “chaos” — both what we are dealing with now and what we will be dealing with in 2025. We are being warned about chaos from astrologists around the world, Aca’u, our last pop-up, and other spiritual teachers.

And all those who are warning of chaos also see it as a good thing — the cleansing of unwanted energies and secrets that have to be exposed before we can fully move into the Aquarian Age. The chaos is not something we need to be afraid of. If we use the teachings we have been given over the last 40 years, we will move through this period with grace.

What advice are we getting to help us through the chaotic energies?

- Deeply re-engage in spiritual teachings, whether they be from previously or newly delivered classes.
- Meditate every day so that you can stay balanced.
- Connect with others so that you can build and maintain a strong spiritual support system.
- Slow down! Be deliberate, discerning, clear, and strong!
- Look within to find the war inside yourself and replace it with inner peace.
- Truly get along with others.

How are you doing with this checklist? I am working at it hard, but I still have lots of work to do. This list looks simple, but it takes constant vigilance — being in the moment as much as humanly possible.

The Universal Rune reading gives us great news. It tells us that the new energies are waiting on the other side to be manifested here on earth. We just need to apply the Earth element to manifest them here. The result will be an outpouring of creative energy. Let's get to work.

— *Jan Clayton*

Evil is misdirected energy. Man makes his own hell. Hell is the collective negativity of man. Man is using the imagery of atomic chaos, which is creating a hell. He has to start using another energy. He has to be peace, see peace, feel peace, and accept peace. He has to bless those who are warring, because, if he doesn't, he is adding further negativity to their negative energy. Remember, the wars that are erupting all over the world right now, these hot spots, are actually steam valves of release for many, many ancient held angers that have got to work themselves out.

**Workshop 244: Universal Astrology
June Burke & the Seraph Julian**

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Venus enters Scorpio on the 24th of September, bringing a deep love for the occult with it. It will be easier during this time for people to seek out hidden areas of themselves and the world around them. Hard truths may be easier to take in. Our feelings will also be intense and penetrating.

Mars continues through Cancer giving us a drive to seek security and protection for ourselves and our loved ones.

Jupiter continues through Gemini, where it will experience a retrograde on October 9th. Expand your thinking! Don't look to the typical sources for information. When you hear new data, don't take it at face value. Look into everything! Use multiple sources. This is not the time to allow anyone or anything to tell you how or what to think. There is no room for restriction of information here, and if you are finding restriction, push back and dig deeper.

Mercury is in Virgo until September 27th, when it enters the balancing sign of Libra. All the critical thinking you have been doing is now being weighed in the balance. Are your thoughts being pushed toward unity and connection? Or are you having trouble accepting someone else's mindset?

On October 7th, Mars in Cancer will be trine Venus in Scorpio. This leads to intense feelings and a maternal drive to care for others.

On October 8th, Jupiter in Gemini will make a trine with Mercury in Libra. Our minds will be full of activity with both these air signs activated. Seeking information and finding compromise will be at the forefront.

On October 17th, we experience a full moon in Aries, opposite the Sun in Libra. Emotions may be high, especially in the energetic sign of Aries! Be sure to do some physical activities that day to release any emotional burdens. Independent feelings will have to be reigned into compromising situations.

Also, during this time Venus in Scorpio, is making a sextile to Pluto in Capricorn. Transformations of the heart comes to mind. With Mercury also in Scorpio at this time, our minds are piercing through the dark. We are not afraid to acknowledge uncomfortable truths. Our interests in the occult will be heightened. A new way of thinking can bring about irreversible change.

On October 18th, Venus will enter the sign of Sagittarius. Our desires for an escape are strong. Dreaming of a getaway or getting lost in new research will be tempting.

On October 23rd, the Sun enters Scorpio, the sign of all things hidden, life and death, and the constantly transforming world around us. This sign brings wonder to the masses. Mysteries and conspiracies bring interest. Sometimes the truth really is stranger than fiction.

Around October 28th, Venus in Sagittarius will square retrograde Saturn in Pisces. We are passionate about growth at this time. We want to learn and acquire as much knowledge as possible. Saturn is there to remind us not to get lost in our minds, but to stay anchored in spirit. The Great Awakening was meant to change us on many levels, so each day as we continue to wake up to the real world around us, it will be essential that we also awake in our spiritual journey. Filtering through a new reality will not be easy, but the work we put in now will bring benefits beyond our imagination!

On November 2nd, Mercury in Scorpio will sextile Pluto in Capricorn and trine Neptune in Pisces. Mercury will also make a trine to Mars in Cancer. Mars and Pluto will be opposite each other. Mercury and Pluto in a sextile position has a mind willing to seek behind the veil. It is not afraid of what it might find. With a prepared heart, that's comforted by spirit, it knows that no matter what travesties it comes across, it will be pulled back into the light. Though the information may send it seeking comfort in those it loves and trusts. The opposition between Mars and Pluto will demand action. Tensions will be high!

Mars enters Leo on November 5th (US election day). With Mars in Leo, we will want to be seen and heard. We feel the need to take the lead. This is not the time to sit back and wait for action from others. Mars will turn retrograde on December 6th.

A full moon on November 15th in Taurus will be conjunct Uranus and opposite the Sun in Scorpio. Emotions may be erratic and unpredictable. With the opposition our feelings are overwhelming and we may have a hard time expressing them.

Mercury goes retrograde on November 26th in Sagittarius, and direct again on December 15th. Mercury retrograde slows down our thought process. With it in the sign of Sagittarius, which represents the seeking of higher knowledge, we need to re-think what we think we know. New information is always spilling out. We need to be willing to investigate and ponder the facts. Remember, it is easier to fool someone, than to convince them that they have been fooled.

Venus and Pluto will be conjunct on December 8th. Our emotions may spark creativity! Deep feelings will need a way to express themselves. Art, music, dance, or redecorating may be just the thing you need to feel refreshed!

We will experience a full moon on December 15th in Gemini, opposing the sun at the same degree in Sagittarius. Everything we have been thinking and feeling may come spilling out. We strive for understanding.

On December 18th, we see the Moon and Mars will join together in Leo, making a trine to Mercury in Sagittarius. Our actions will be emotion-based and fueled by the knowledge we hold. Our emotions are intense. We will need to express them, as holding them in could create a physical break down or accident. Sagittarius seeks to gain knowledge, and again we see information signs

highlighted. With Mercury in this sign, our thoughts and expression of them may be on higher level. Its important for us to understand what we are learning and how it came to be this way.

In all the changes happening around us, we must remember that we can always find comfort within ourselves. Not our physical self or our ego, but the part of us that remains connected to the spiritual world at all times. Be the calm in the storm. All of us chose this time to be here, endowed with a task to change the world. Our impacts will be felt for years to come. Everything that is happening in the physical world is urging us to not only grow, but to transform. The way of the world is no longer conducive to our maturing souls.

Study Buddies, Anyone?

by Andrea Smith

We initially experience our spiritual studies in group settings, but the application of those studies, as we walk our individual path, is solitary. And our paths are as unique as our birth charts, our individual lights, and the goals we set before this lifetime. Yes, we do the work alone, but most of us agree that having a spiritual support system around would be extremely helpful.

What about using our “regular” support system? Well, many of us feel like our spiritual work is so “out there” that we cannot share the details with family or friends. But there is no reason we can’t create for ourselves a spiritual support system that is incredibly nurturing, educational, and robust. This is where a “spiritual study buddy” can help.

Geeks for Geeks says, “A buddy is a term commonly used to refer to a companion, friend, or partner who accompanies or supports someone in various activities or situations. The concept of a buddy involves being there for someone, providing assistance, and looking out for their well-being. Buddies often share responsibilities, offer mutual help, and can be relied upon in times of need.” (<https://www.geeksforgeeks.org/buddy-system-concept-responsibilities-and-advantages/>).

Buddy systems are pervasive. The “Swim Buddy” approach is a core part of Navy Seal training and missions. Every team member is assigned someone responsible for supporting them unfailingly through the trials and tribulations of their rigorous training program and treacherous assignments. The buddy system can be a life saver in areas beyond Seal training, such as deep sea diving and rock climbing.

A growing number of our spiritual community members have found that having a study buddy with whom they meet on a regular basis (either in person or remotely) provides support in identifying and staying on their path. My buddy and I have met weekly for several years by Zoom. Scheduling time to share has brought many benefits. Examples are clarification and enhancement of my understanding of my personal experience in meditations, interpreting my dreams, processing emotions, and staying healthy. Our meetings also motivate me to revisit most classes and work to understand their purpose and how they work together.

How do you get a Study Buddy? Put the word out. If you would like assistance from the Tipping Point team, let me know. (See page 17 for contact info.)

Being Led By the Energetic Feminine

By Joshua Mesnik

There is comfort in knowing, in having guarantees, and having the whole plan being laid out before you. It feels safe to have a clear picture of what's coming. And to have all the tools at your disposal to prevent what you don't want to occur.

It is much less comfortable to not know. To have no guarantees. To lack a plan or to have a plan that is not working out as you had hoped. It feels uncomfortable to not know what is coming and it feels unsafe to be unequipped to prevent what you don't want to occur.

Recall the mood now of the receptive state. Hear the call of life... to open, to feel present, to face forward to this moment, to allow gentle, full breaths... to sense a natural ease in you. Recall, the mood of relaxation, recall the mood of trust and gentleness.

Can you move from this pace? Can you speak from this pace? Can you love from this pace?

This pace is all about timing, not time.

All about listening, not talking.

All about feeling, not thinking.

If you must get a grip on it, then it may be helpful to consider that you didn't do anything to make this arrive. It may help to consider that it was already here and you allowed it to be.

If you must figure it out... "it" = "you".

You are a vessel for doing and being. For thinking and feeling. For listening and talking. Both are essentially equal.

But one, you may recognize, can be more fleeting. Less prominent. Sometimes under-appreciated....and harder to reach.

Being is hard to reach when you are doing. Feeling is hard to reach when you are thinking. Listening is hard to reach when you are talking.

But wait! Don't worry. Don't spring up into action just yet...

First... Does this belief feel familiar to you?
"If it is meant to be, it is up to me."

Do you want to experience more feelings of peace with the moment? Do you want to feel at ease, more connected with yourself? Do you want to be in the receptive state more often?

Do you want to prevent feelings of frustration, tiredness, overwhelm, anxiety and worry? Do you want to prevent the same patterns to continue... and stop the same loop of thoughts and choices that no longer serve you?

If so, hold onto your hats... the next question is important...

Are you afraid to let go of control?

Are you afraid to open yourself to this moment, to soften, to feel, to listen?

Are you afraid to let go of your plans? To let go of your guarantees? Are you afraid to let go of your certainty, and leave behind the ideas that you have collected to prepare you for the unknown future?

Do you trust life? Do you trust Love? Do you trust yourself? If not, then how do you develop trust? Well, it's said that trust is earned. So... give yourself a chance.

Let go of control, and instead, be led by the energetic feminine.

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 cog-

nizant of our internationally 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 drandrea-smith77@gmail.com.

We look forward to hearing from you!

Saul's Corner

DRUIDS and Their Teachings, Part 3

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.

Participant: *I have two things that I would like you to speak about. One, you started to talk about women Druids. I had always understood that women were more powerful than men in terms of their importance in the hierarchy of the Druids. They were priestesses and had a lot more to do. I would also like you to talk about the purging of the Druids, historically, by the Christian movement.*

Whenever you have any kind of group practicing, functioning, and gaining strength — especially if that group is not fully recognized, if people do not understand what they are about — there are those who are going to claim the group must go and are going to build an “anti” energy. What happened to the Druids is very much like what is happening to the churches in your world. Not only are people questioning the validity of what they are being given in the various dogmatic practices, but there are fewer and fewer making a commitment to them. That happened with the Druids. Fewer and fewer came and committed themselves to the work, so they became weaker in numbers — not in power, but in numbers. Since they felt that one of their most important responsibilities was to go forth with those teachings, many of them who were a tight group dissipated. There would be a core group remaining home, but the others would go forth to spread the word. Therefore, they were in a condition that made it easy to annihilate them.

It became illegal to be a Druid. They were searched out, as were witches, and done away with. Some of you may be in a state of remembering being done away with. You may think of the Druid and feel uneasy about it, not because there is anything wrong with being a Druid, but because you were done away with for being one. The Druids became stronger than that which was the recognized authority; and, of course, in that period of time, there was a great deal of superstition and fear. Anything that was out of the ordinary was suspect.

As to the women and their power, it must be remembered that the feminine aspect of the human is the receptive aspect. The receptivity of the woman is, therefore, more powerful, because they are able to function purely in that energy. At this point in time, as there is a neutering of the energy, you are finding more males becoming very receptive. They are becoming more aware of the feminine side of themselves, which means their receptive side. In the balancing out of those energies, women are becoming more willing to be aggressive, more willing to be strong in the sense of projecting outward. The power of the women in the Druids was the energy that sustained; it was not an energy that was blatant. They would walk with absolute calmness, never aggressively stating their power. But they were very powerful.

In many of the ancient cultures, women have a great power. In the world of China, the instrument discovered women hold many positions that are considered strong positions in China, even though it is generally thought to be the other way around. Always you will find the feminine energy the sustaining energy, the energy that supports, and it is the energy that is more easily open to change and suggestion. That does not mean they are better than men, but it means they are functioning in a different purpose of energy. The male took it forth — went out with it. Both male and female were very prominent as far as position.

There was an ancient Druid female who was thought to be one of the greatest healers and one of the greatest psychics in the sense of knowing. She was a true prophet and seer — the name Mecoin later was sometimes used in healing chants — ME CO CO IN. The power in that receptive force was recognized — but not blatantly so. They did not beat the drum and say “women’s lib” — that sort of thing — but the power was there and used. The Druids had great respect for one another.

Certain tools were given to you as Druids. You always had a small bag in which you carried your pharmacy. You always had a small bag that carried your grinding stone (you never used anyone else’s). You imbued that stone with your energy, and it worked with you in your energy. You would have certain carved “applicators,”

and they were carved with the symbols that were meaningful to you for wholeness and health.

What do you think were the most prevalent symbols carved on those applicators? The circle was very prominent; the sickle of the half-moon was very prominent. The equal-armed cross representing the four elements and the directions was used. There would also be a small open rose, the symbol of purity and love, and, very often, the lightning symbol.

Part of your training was to make your own medical tools — applicators, certain incenses that would be burned for specific healing energies. You would carry them in a small pouch within your larger one. You would also have around your waist a knotted string or rope, and the number of knots in the rope indicated every three-year segment of training you had had. When you saw someone with three knots, it meant nine years of participating training.

You would learn the herbal aspects of medicine, and were then ready to move into another aspect of medicine and healing, the altering of consciousness, the movement of energy from one consciousness to another. Sounds were used to elevate the consciousness, to move them from one level to another, and the silence of meditation was used.

Anyone healing an individual had the backing of the entire group. In other words, if I was working on you, I could call forth the energy of every other person in that group to work on you with me. Telepathy was taught, and the people were soon able to understand whether they were the receiver or the sender, which was their strong point. You have heard of “buddy systems” — two by two? They would form partners of senders and receivers and would use those partners to send messages from other places. At a given time (it was always at sunset), they would sit silently and receive. When they went into other areas, they would communicate with their partner. The distance between them did not affect their ability to receive.

There are people in this world today who are senders and receivers. When you find a sender or receiver with whom you can work well, work together. It does not mean you have to be together every day, but it means you are able to send to each other, or receive from each other, and in that way, pass on information that needs to be passed on.

Participant: *I was wondering if there was anything such as Druid art, because it is my feeling that if there was*

an appreciation of nature, there might have been artists there. Could you say a little about if they painted or danced for entertainment, rather than for healing?

Everything that went on in the Druid experience was recorded, including the use of the art form. The art form of the Druid was not stick figures on the wall. They drew with energy and with color. Some of the first drawings of any kind were done in the dirt or in the sand, in the ground itself, using clays. They might make a drawing, the energy of it would be appreciated and, after that, it would be ignored. The energy of nature always showed in the Druid drawings. Nature was the basis and the core of their balance and their understanding.

Participant: *Julian, can you tell me how the Druids originated and what was the structure within the Druids as far as the High Priest?*

When you joined with the Druids, you learn the herbal attributes, you learn the consciousness attributes, the telepathic communication, and you learn to alter your own consciousness so that you might receive from higher places. Then and only then were you able to become part of the inner circle of the Druids.

The Druid was meant to form. They were the recipients of seed information from Lemuria, which is pre-Atlantean. When the seed people went forward from Lemuria, they passed the linkage system down the line until it was time, again, for a rebirth of that knowledge and that experience. There will be Druid groups forming in today's world, functioning and doing their work. Out of a need to promulgate the ancient teachings at a new point in time, there came an awakening of a mind and a building of a group.

As far as structure, although they would be called, at times, priests, they were more likely to be called Teachers, or Masters — a Grand Master. There was always the Grand Master who was the coordinator, organizer and in direct charge of the whole group. He would have those who worked under him taking care of the many segments, but his wisdom was always in touch with every wisdom that was there and with every mind that was there. He would know if there was distress in any person in that group. It would not be based on an ego, but it would be based on, “I feel in me that need.”

Participant: *Stonehenge is said to be the most concrete example of the Druid. It still remains, I believe, a mystery. Is it a mystery to you?*

No, it is not, but Stonehenge must remain a mystery to you, because, as yet, none of you are ready to dedi-

cate yourselves to that commitment to bringing it forth again. When you have dedicated yourself and have learned, you will find the mystery opening. This is the age of taking the mystery out of mysticism, but you have to go through the experience of it, the learning of it.

Participant: *The lay lines that they speak of where these monuments are located and churches like Glastonbury, they are said to be, again, the concrete examples that the Druids knew what to do with the ...*

...with the power of the energy of the lay lines.

Participant: *Yes. Yes.*

Lay lines come from the grid work of the universe. When they are warped, they create warped energy, and the Druids knew how, through consciousness, to correct the warp. They knew the power of the Earth and the lay lines lie within the Earth. They worked with nature and the Earth in order to understand them.

If you take something of nature and sit with it, not seeing it as a possession, or a decoration, but as an entity unto itself, and take time to be with that entity on a non-biased energy that says we are equal, you will know the very inside of the thinking pattern of that plant. And so it was with them.

If you wish again to re-establish, remember that it was based on purity of thought, willingness to give and share and dedication to the cause, the learning which was so important at that time. The strength came from the energy built from within the community itself, and you will find this same kind of thing in any organization, any club or group. When you first come together, you all sit and look at each other, but after a while you begin to breathe in and breathe out together. You become a power and are a force that can make things happen. They were there to bring the Lemurian energy back into focus in its new point in time and move it forward. It is time again, and you must ask how much of yourself you can dedicate to others, and how willing you are to remain pure. And that means accepting, not ego.

Participant: *Would you say a few words about the role of the harp and the harper in Druid society?*

Music was most important and the Celtic harp, in particular, was very important, because they felt that the strings of that harp spoke of the many levels of man's consciousness and energy. They would literally use the harp as the drummer was used in war. The drummer boy beat the rhythm for what was supposed to be going on. The harper prepared them for the energies that they

would manifest, and they were very good at manifesting. The Druid was one person who could walk through an overgrown forest and never have a torn garment, because things opened for them. They manifested a clear path. They did not hack anything away, they simply manifested and the leaves, or branches, would part. The harper was considered as important as the teacher, because he was the rhythm and the heart, so to speak. Always, always, always sound was used.

Participant: *Was dance movement also used along with the harp?*

Dance was very much used. You will find that your Sufi dancing today is very much like their dancing. Movement for the building, such as the Tai Chi, was used. Tai Chi, in reality, is a remnant of the Atlantean, what they called, "battle dances." They would use those movements. Movement alters energy. Sound alters energy. Color alters energy. They used them all.

The pledge of the Druids was to secrecy, not because they wanted to be a secret organization, but because they wanted respect for what they were doing. They felt that it had to be built first within themselves before anyone else could have respect for them. They did not take themselves solemnly; they did take themselves seriously.

Laughter was very important to them. They were sometimes like children, finding joy in the movements of animals, and so on. They loved to chase the hare, or some running little animal. They did not want to catch them, they just wanted to chase them. They knew that stagnant energy cannot move as freely as energy that is willing to reach out. Why does a child run? Because there is an exuberance that has to be let out, and they did the same thing. Everybody should run a little; everyone should dance; everyone should sing.

I would like for you to be still for just one moment, and I am going to break down some phonetics. I want you to sound them. *Ahhhhhhhhhhhhhhhhhh. Ohhhhhhhhhhh.* What happens inside you with that sound? There is an expansion.

Ah is a stillness. Think about it. When you are pleased with something, you very often say, "Ah, how nice." Of those two sounds, one is expansion and one is holding the status quo.

I want half the group to do the *Ahhh* and the other half to do the *Ohhh*. Do you see what is happening with those two sounds? They are merging, and you are creating the foundation of harmony, the *Ahhh* sound, on



which the other builds. Eventually, you begin to weave whole pictures with sound. That is what these soundings were producing.

I want you to make the sound that is the high *eeee*, wavy. Now take the opposite of that high “e” sound, which is *mummm*, *mummm*. Do you hear what happens to it? It becomes a power, but the power of that sound comes from in here, (solar plexus), and the sound of the *eeee* comes from the upper triad of yourself.

Now I want one of you to take the *eeee* sound and one of you to take the *mummm* sound and hear what happens there, and I want you to do it at least five times.

You see, you become the spiral, and the spiral is evolution. It happens in you and around you. Sound opens you and opens other energy. When they wanted to have strength within the self, they would do the mum-mum-mum-mum. When they wanted to move that strength up into the universe, they would take the *eeee* sound into it. These are powerful, powerful energies. If you are meditating, practice the sound of that spiral and you will begin to feel tremendous openings occurring in you, and, with those openings, tremendous memories of that which you were before.

Participant: *Would you tell us about the French Druids?*

I want you to realize that the foundation of the Druids was nature, healing, giving, consciousness elevation and the raising and altering of energies in the universe, always for a good purpose. Many of those who would go forth at one period of time would start a small group in another area. That might not take hold; there may be one, or two, or three in that group, but they would pass it on and, eventually, at a later point in time, the group would lock in, take hold and grow.

In France, there is an area called Alsace Lorraine, and this was a very prevalent area of the Druid at that time. The Druid of the French period moved with the same teachings, but they never gained the same power. They were thwarted before they got started, so to speak, because they were considered a part of witchery. That was not true, of course, but they were not as powerful as the Celts. The Celts were a powerful, powerful energy.

The French Druid took those energies, and, very often, took them into a form that was accepted. In other words, instead of working as a unit, they would work as an individual with whatever could be accepted. It was, again, a case of overcoming society’s objections. They would become, let us say, the dental assistant. They held the pli-

ers, but they were able to use their energy to control the flow of blood. They were able to use their energy without anybody knowing they were doing it. The French became a very secretive practice of the teachings, not announced, but there.

At times, when you are working with something and you become frustrated, you may be remembering those experiences as French Druids, when you wanted to use your powers, but had to do it under some other name in order to be accepted enough to do your work. Because the French Druid did not have the same power of projection, they were a more one-to-one worker with the power and the energy, rather than the group effort with power and energy. That made a difference. They were not quite as able to send out an energy that was massive, so they chose to work as individuals. It is very much as Wicca in your world today. There are very few covens that anyone can say is a true, practicing coven. We are not talking about witchcraft; we’re talking about Wicca, the ancient religion. They usually become solitaries in today’s world, using a particular teaching of understanding to bring their knowledge to the world, but not as a group. They are doing exactly what the French Druid was led to do. They did it because, at that point in time, they felt it was the only way they could get their power to the people.

What sound felt the best to you of those we just did? I want each of you to take the sound that felt best to you and sound it five times loudly. The first few times you were fighting each other in the energy, but by the time you reach the end, the energies were begin to merge and weave. Remember that sound, at first, is isolated; but, as it works together, it merges and becomes a third sound.

Do not be afraid to sing together, sound together, chant together. You have a sound that you all use called the *Om*, which is the collective energies of the Druid sounds, the Lemurian sound and the Atlantean sound, so when you *Om*, you are touching those things as well.

Participant: *Do you get as good response with saying the “e” sound in your thoughts, or do you get better results when you say it out loud?*

Have you ever listened to a child? A child will go around sometimes using a single monotone phrase, *DAAAAA-DAAAAA*, all day. That sound is providing something in them that they need. They are healing themselves with that sound. Any sound heard within yourself, or kept within yourself, has the power within you. Sound expressed grows in power. It is the same as having a won-

derful idea but, until you tell others what it is, it has no impact for them.

Participant: *That is not what I mean. I particularly like this “e” sound, and if I did it at home, my family would, you know, “get the key quick.” So, I was wondering, can I get the results if I say it silently to myself.*

If you say it silently, it is working within you, of course. But once you announce it externally, it grows in power.

Remember manifestation. The thought is the conception; the spoken word is the birth; and the act is the raising of the child. For anything to manifest fully, it must have thought, word and action.

Participant: *Julian, is there a relationship between the Knights of the Round Table and the Druids?*

Any group that forms has a relationship to the Druids. The energy has been brought from early times, and it is still prevalent. Who picks it up and works with it gives it its power in a given time.

Meditate. Ask to know your position. Ask to know what you were. Were you the harper? Were you the Fire Bearer? The Fire Bearer was important. They never let it go out, and he carried it from one place to another. Were you the Healer? Were you the Chanter? You had to be all of them at some point in your learning experience, but what did you go on to become in the sense of, I guess you would call it “specializing”? Listen to sound, and the

next time a sound irritates you, see how close it comes to one of the sounds you heard tonight. Start chanting that sound and you will no longer be irritated.

The emergent again in this world of the natural healing practices is treated as though somebody has discovered something new. In reality, they are rediscovering something old. There will be those who will treat it as a hobby and a game, and there will those who will be dedicated practitioners.

The realization in this Age that all medicine has its place and that the practitioners must learn not to war with one another is one of the greatest soul lessons that can possibly be achieved at this point in man’s history. The war must end, and the acceptance of each other must come. Only then, can the true balance come forth. Man is meant to go forward, not backward; but he is always bringing that upon which he has built into its new point in time for a new expression.

You are very early in this age; you are only in its tenth year, and the Age is 2,600 years long. You are on the rim of the Age; you are the pioneers of the Age, so take heart. Know that you are pioneering that energy re-awakened and re-established and ready to be used again. Even as in that time, there will be those who recognize it and those who will not. The key is in accepting within yourself that it is right for you and working with it.

The Julian Affirmations Project

Julian provided a treasure trove of affirmations over the years that many found to be life altering. The Julian Affirmations Project aims to compile and preserve them for use by the community for generations to come. While affirmations provided in the Self Development and Practical Magus classes are readily accessible, there are a vast number provided in workshops and in private readings we would like to include.

If you have affirmations from private readings that you are willing to share, please email a copy to Saul Srour at s77aul@yahoo.com

If you know of affirmations Julian provided in workshops, please forward those to Saul as well. We’d appreciate it if you could identify which workshop it was provided in.

Thank you so much for any assistance you can provide in this worthwhile endeavor.

My Tour of Heaven

A series of Pop-ups to put Heaven in perspective

by Connie Golden

In this series of presentations, Connie will talk about the “tour” of Heaven she experienced during a private reading with Julian in the 1990s. After that reading, Connie wrote down what she could, but much of the unseen world can’t be described using our physical concepts and supporting vocabulary. Therefore, she attended or listened to every lecture Julian gave on a related Life after Life topic, reviewed all of the Julian development classes, asked more questions during private readings, and participated in the Julian Kabbalah group where personal readings from Julian were studied.

This series is an greatly expanded version of the pop-up that Connie gave on April 21, 2024. Each presentation will use as many of Julian’s own words from these resources as possible and each session will include 1-2 Julian meditations that are relevant to the topic being discussed. The sessions build on each other and start with Julian’s own description of Heaven in context with all of Creation and a vocabulary to express the ideas being presented.

Session Topics:

1. Putting Heaven into context
2. The White Plateau – the entry into Heaven
3. Working on the White Plateau and Plateaus 2 and 3
4. Rescue Missions and the Astral Plane — Is there a Hell?
5. Plateaus 4-7 and into the Conceptual world above Heaven
6. Wrap up and lessons learned

The series starts in January 2025 and will continue once weekly for 6 weeks.

Connie has an advanced degrees in Mathematics, Physics and Aerospace Engineering. She worked in the Aerospace industry for 40 years, initially developing computer systems that would help engineers design large systems, such as spacecraft. Her favorite program was the Hubble spacecraft where she helped integrate all the systems so they would meet performance, cost, and weight constraints. At retirement she oversaw the conceptual development of several space programs and the operational support of many others as Chief Engineer and VP.

She joined the Julian community in the early 1980s and has completed all four of the major Julian teachings. She has taught Transition Energy, but today she is focused on preserving the Julian teachings that changed her life so much for the better that she wants others to experience the same life-changing benefits, as well as progressing in her own understanding of creation and what she can do to help humanity reach the desired state of mutual respect



A big thank you to Teresa Polly-Shellercoft, Studio One Artworks, Victorville, CA for allowing us to share her amazing artwork in our publication (pages 10, 13, & 14).



A Season of Runes

by David and Shesta Ross



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

This fall reading includes two Key Runes, Aum (the Yet To Be) and DAAL (Creative Release) which surround the course of action, EHMI (Elemental Forces in Action, Earth).

At the Equinox, we are in the energy of Aum. This key universal rune culminates a sequence of powerful forces that initiate the cycle of change in man. It lets man realize and trust the unknown future, the yet to be. “He trusts that again the creative force will release new and wonderful things that are within his power to achieve through his own effort.” (from *Universal Runes* by June Burke).

So, we begin the fall after a completion at a time of pure potential. At the end fall, we are ready for a pure release of creative energy. And this release of creative energy is initiated by action on the Earth plane.

In the realm of Aum, changes are only in movement in the ether and are not yet available to man. They are unseen. The rune counsels us to be materially aware; we need to spend time looking into the material aspects that are coming into fruition. Things are moving from “God to Earth.” These include changes to the physical body as well as physical things around us.

In a recent meditation, I was expecting to be guided to elevate my vibration such that I could dwell more fully between the two worlds as a bridge. I was surprised that instead, I felt as if a giant hand was pushing me down, down, down—deep into the physical plane. I felt as if I was being instructed to spread laterally into every as-

pect of my physical life, and inhabit it more fully—to attend to our landscaping business, to rebuild the old house we now own in Santa Cruz, to play piano more, to renovate our garden, to care for Shesta and our daughter-in-law, Nani.

I felt like the urgent need was to ground everything I’ve learned into the earth, into this dense plane, and not drift in the cosmos trying to glom onto the strong energies of spirit that attract me. So, this reading doesn’t surprise me. This sounds very much like the a call to action from EHMI. Pay attention to earthly things.

For this season, Creative Release is the result of being grounding in the earth and paying attention to our affairs on the earth plane. Attention to our affairs here will result in creative manifestation at the perfect time. DAAL tells us that we are heading toward a new, positive expression of ourselves.

The Key Universal Runes

The seven key runes are listed in the order of the evolution of man and the process of manifestation in action. They are:

| | |
|------|--------------------------------|
| DAHZ | Movement of transformation |
| NUUH | Breaking of the untouchability |
| DAAL | Creative release |
| BEL | Conception and ideas |
| HOAM | Balance maintained |
| LHLA | Completion |
| AUM | The yet to be |

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.

EHMI (Ehmi): Elemental forces in action — EARTH

Glyph: This symbol looks like a hill or mountain—earth.

Universally: This is the Rune of the earth element. It represents the power and the energy of earthly things. All things of earth are affected by it.

Individually: It represents being materially aware. Where EHMI appears, the material aspects need to be looked to. It is the physical body as well.

Reversed: It represents inaction, mired energy. When EHMI is reversed, it shows inaction, the inability to move forward or change can be seen here. A close look at one's thoughts and habits can help you make the necessary decision toward breaking away. You are mired in your own inactivity.

DAAL (Aal): Creative Release

Glyph: The symbol itself is that of a starburst. It is a letting out of energy. From one vortex many points proceeding outward. It is a rune of creative release.

Universally: This rune represents the universal movement of creative thought and action through time. The universal forces have begun to create from divine understanding, and it will manifest at its perfect point in time.

Individually: The creative energies are activated, or elevated, permitting a new expression of the self. The Key Rune, DAAL, is a positive expression wherever it appears. It moves to release new energies and new concepts.

Reversed: There is no reversed interpretation for this rune.

For all the Universal Runes source materials:

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In-person Connections Circle

Warm regards, Camille Albrecht

While Zoom classes are convenient, there's something truly special about gathering in person. In West Michigan, I'm excited to reintroduce my in-person Connections Classes, now known as Connections Light Circle.

The Agenda

Opening Ritual: I begin by lighting a God candle to invite the Divine presence and state a shared affirmation to help us leave our daily concerns behind.

Presentation: I offer a 15-20 minute talk on a spiritual topic, which could include insights from a Julian book or workshop, guidance from Aca'u (see posted Solstice and Equinox messages on my website), or an open discussion on other topics suggested by participants.

Meditation and Healing: We engage in a meditation followed by a collective healing session for the earth, our country, its leaders, its citizens, and those placed on our healing list.

Logistical Details

Location: Local library Community Room

Frequency: Bi-weekly

Duration: Approximately 1 hour

Cost: Free (no room rental or attendance fees)

RSVP: Not required

Guests: Feel free to bring friends, family, or come alone—everyone is welcome!

These gatherings are designed to be simple, accessible, and profoundly impactful, creating positive energy for all participants and the wider world.

You should consider starting a circle of your own!

If you're interested in starting a Connections Light Circle in your area and would like some guidance, please reach out to me at camalbrecht@gmail.com. I'd be delighted to assist. Looking forward to connecting with you!

(artwork by Teresa Polly-Shelleroft, Studio One Artwork)

The Invisible Architecture of Energy

by Michel Post & ChatGPT

Milo thought it was just another ordinary day as he strolled through the woods near his home. Everything seemed routine until something caught his eye – a faint glint in the grass. A small, silver key lay there, as if it had been waiting for him. With curiosity piqued, Milo picked it up, wondering what it could unlock. He glanced around, but there was no sign of a door, no box, nothing at all.

“Huh, weird,” he muttered, slipping the key into his pocket and continuing on his way.

That night, after returning home, Milo felt strange. It wasn't the key itself, but as if there was an energy in the air, something unseen but very real. He shrugged it off, assuming he was just tired, and went to bed early. Just as he was about to drift off, a soft whisper echoed in the room: “The door only opens to those who see.”

Startled, Milo sat up. “Who's there?” But no one responded. And then, to his amazement, an old wooden door began to materialize on the wall opposite his bed, glowing faintly in the moonlight. He knew exactly what to do.

Trembling with a mix of excitement and uncertainty, Milo grabbed the key from his pocket and turned it in the lock. A brilliant light poured from the other side, revealing not just any room but an entire world. Trees seemed to hum with life, the grass swayed to an unheard melody, and the air was thick with possibilities. Every step Milo took made him feel more connected to the space around him, as if the energy of the earth was coursing through his veins.

As he wandered, he came across an elderly man sitting beside a glowing fire, his eyes twinkling with wisdom. “Ah, you've arrived,” the man said, smiling warmly. “The energy of this place has been waiting for you.”

“Where am I? And how did you know I'd be here?” Milo asked, his voice shaky with both excitement and confusion.

“You're exactly where you need to be,” the man replied. “In this world, everything mirrors who you truly are. The trees, the wind, the earth beneath your feet – they're all a reflection of your energy. What do you feel?”

Milo looked around, beginning to understand. The environment wasn't just responding to him; it was him. Every element seemed to resonate with his presence, and the realization hit him that this place was no random discovery. It was a reflection of his own inner world.

“Everything is energy,” the old man continued. “And when you learn to listen to the whispers of your surroundings, you begin to live in harmony. Your home, your space, even your choices – they're all reflections of your energy.”

Milo gazed around, feeling more at peace than he had in years. The old man chuckled softly. “You're starting to get it. Remember, Milo, the key to balance is always within reach, but it's up to you to sense it.”

With those words, the world began to blur, and before Milo knew it, he was back in his bed, the silver key still clasped in his hand.

Get the Word out to the Julian Community!

Do you have a class you want to tell people about?

Do you want to start a study group?

Do you want to tell people about a great book or a lecture not to miss?

Send your announcement to ringofflight@julianteachings.com!

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. Spots are still available, but contact [Sam](#) immediately.



Public Pathways Classes

Temier's original Pathways meetings are available from:
Rue Eisen (<https://onwardmind.com>)
Yvonne Harbers (<https://temier.com/yvonne.html>),
 | **Jan Clayton** (<https://janclayton.samling.us/>).

Visit <https://www.temier.com/teachers.html> to find out more about these extraordinary classes.

Rue Eisen is delivering one more class this fall (note date change):

Wed., October 9, 2024, at 7:00 pm ET
7 Steps of Transformation, Part 2

Please email Rue at reisen356@gmail.com if you wish to attend this class. Zoom link for the class: <https://us06web.zoom.us/j/85043975485?pwd=K1TFtMndbr7P2AmJatp4LjrXClj3vC.1>

Jan Clayton plans to start another group to work through the complete Pathways series in early 2025. If you are interested in joining the class or know someone who might be interested, please contact her.

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>

Temier PopUps

Temier is teaching regular popups on a variety of subjects. These are typically held on Mondays at 11 am 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

Julian Healing Techniques Group

Adele Lederman is hosting a study group about the Julian Healing Techniques. This study group is currently full, however, if you are interested in a future group, 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

Coming January 2025!

New Mystical Magus Class

Andrea is Certified by Julian and Samuel Holland to teach the entirety of Transition Energy and by Samuel Holland to teach Julian Mystical Magus in its entirety.

Initially private readings that Julian provided to Samuel Holland over 16 years, Mystical Magus is a personal study that is delivered in a group environment. Through meditation the student internalizes an issue or area for change within and reissues it outside of self to positively influence the environment.

This study attracts dedicated students interested in a long term commitment. Pre-approval and prerequisite study within Julian's Transition Energy, Development, or Practical Magus are required. Former Mystical Magus students who would like to review the material are considered on a case-by-case basis.

Expanded descriptions of Mystical Magus and other Julian teachings are provided on the [Julian website](#). The cost of this ongoing class is \$30 each month payable through PayPal and includes an audio download and written materials. Please let Andrea know if you are interested.

Tipping Point Round Table Discussion — Implementing a Person Plan of Action

This round table discussion and networking group meets the third Saturday of each month at 9 AM Pacific and is offered without charge. Action-oriented, it supports through discussion and meditations personal transformation within ourselves as we impact our environment and community toward global change. Each of us brings

our unique qualities into the world toward creating a turning point of transformation, enabling humanity's transition to the next level of evolvement. As we express these qualities toward positive growth, what seem to be small changes ally to create global movement.

Visit Andrea's website to register, for more information about the tipping point, and to check out the evolving resource list developed by participants. New team members are very welcome.

On-Going and Private Study with Andrea Smith

The private and group meditation classes Andrea teaches are a combination of presentation, guided meditation, and discussion designed to support personal, physical, mental, emotional, and spiritual wellbeing and growth. Studies encourage the discovery, understanding, and purposeful use of the unique essence of the student and, as a result, support the transformation of the Universe.

Andrea is currently teaching ongoing Transition Energy and Mystical Magus meditation classes. Andrea also creates private, beginning and advanced guided meditations designed to address areas of challenge and potential identified by the student. See Andrea's website for information.

Contact information:

Email: drandreasmith77@gmail.com

Phone: +1-503-720-5269

Website: andreasmithtransitions.com

TE Classes in Dutch with Patricia Post

Patricia is now teaching the Transition Energy studies. All discussion are conducted in Dutch, but the meditations are in English. Her group meets the first Wednesday of every month. If you would like more information, please contact her at info@sensahealing.nl

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: 12/5/2024

Send electronic submissions to:

ringoflight@julianteachings.com

Contact Us

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

ringoflight@julianteachings.com

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

Please Support Us

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>.

Recent Contributors

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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| Camille Albrecht & Richard Grescowle | Eleanor Johnson | Linda & Larry Scheer |
| Marion Bauer | Audrey Jonsson | Shirley Shearer |
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