

# Ring of Light

A Newsletter for the Members of the Julian Community

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## What are you going to manifest in the next two years?

With all the planets changing signs this year, there is one thing that we can't avoid — change — and lots of it. Pluto tells us the change will be transformative. Uranus indicates it will be unexpected. Neptune suggests that there will be changes in our reality and spirituality. Saturn points to changes to our structures and foundations.

Are you ready for lots of change? What does *ready* mean? I think it means two things. First it means that we need to bend with the winds of change rather than break. Many believe that these winds will be hurricane force winds. Like trees that survive hurricanes, we need to be flexible and resilient.

Second, I think that it suggests we need to be proactive rather than reactive in creating our desired life. Aca' give us a direction in his 2024 Winter Solstice message: "determine what *you* want in your life" and then manifest it. Be proactive and define your life before a hurricane does it for you. There are two activities that will support you during this season of introspection:

- Figure out what you really want to bring into your life. Don't be passive, **WOOP** it. Start with your **WISH**, and think about the **OUTCOME**(s) that you will experience if your wish comes true. Understand the **OBSTACLES** you might face along the way, and then create a **PLAN** — a plan with contingencies that address the obstacles that you might encounter during the storm.
- Look for "kryptonite" and remove it from your life. What bad habits are keeping you from being who you want to be? What relationships are no longer serving you? What projects are you doing that are no longer inline with your goals or path?

It's time to prepare. Do the internal work, the planning before the storm hits.

— Jan Clayton

**The energies of 2025 and 2026 are powerful manifestation years. You will find that your intentions manifest quite rapidly. It is also a time of increased intuition, with your connection to the Divine more powerful than ever before.**

**Take time during this equinox to determine what it is you want in your life – and in your world over the next few years. No doubts, no fears. Let courage and Light and that pioneering spirit of adventure and possibility guide you.**

From Aca'ú's 2024 Winter Solstice Message  
(see the whole message at <https://camillealbrecht.com/>)

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# This Season's Astrology

by Jessica Nelson

We enter the Winter Solstice on Saturday, December 21st with the Sun entering the sign of Capricorn. In the cool, crisp air of this new season, let's take time to enjoy the peace and quiet.

Pluto has snuggled in, in the sign of Aquarius. Expect transformation to sweep across the world. It is time for the collective to come together and rise up to take their rightful place as leaders. Our ideas and innovations will come to life, no longer hindered by the powers that be. Our collective enlightenment period is upon us, and everything that has been hidden away from us will be brought to light. We will thrive in this new era! The next 20 years will bring sweeping changes in technology aimed at making the everyday lives of people a delight. This is about seeing our hopes and dreams manifest in the world around us. What a time to be alive!

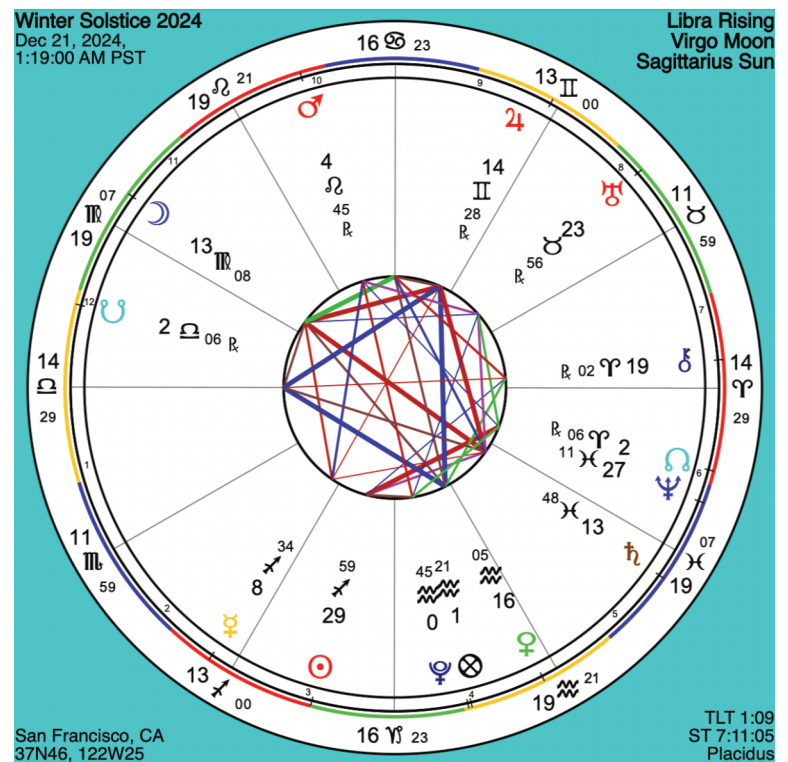
Neptune and Saturn are in Pisces, and will stay here for the winter season. Both planets working to solidify our spiritual aspirations. Mixing dreams with reality, these two planets are operating together to give our lives a mystical foundation. Spend this time really connecting with your higher self. Keep a dream journal or do guided meditation. The more you can veer away from old, worldly habits, the sooner you can welcome renewed spirit into your life.

Uranus is retrograde in Taurus until January 30th. Taurus is about hard work and using what resources are available to achieve that. Again, innovation is coming! The shackles are breaking and our freedom is coming. Our finances and our value systems will certainly be revolutionized. With Uranus at the latter end of the sign, we will see major change happen quickly. You can be sure whatever is in store will alter the way we live.

Jupiter is retrograde in Gemini until February 4th. Jupiter knows no bounds and has no limits. With it in this air sign, our minds will be expanding. While in retrograde, we may feel overwhelmed with what is coming at us. Take in what you can and find down time to process the new information. This is the time to grow in our thinking as much as possible, the energy is there for us to be able to absorb it. Don't shy away from learning something new, or seeing a different side to the story. If there is a subject you have always been interested in, now would be a good time to learn about it.

On December 26th Mercury in Sagittarius will be opposite Jupiter in Gemini, both squaring Saturn in Pisces. We are struggling with our reasoning, trying hard to fit our newly expanding mindset into the world we know. A mental crisis of sorts is happening. Some spiritual and some worldly truths may be too much for some to handle. Stay rooted in positive energy. Give yourself and others grace as our minds undergo change.

December 28th brings a square between Venus in Aquarius and Uranus in Taurus. Sudden changes in



wealth and love are happening. With Venus in Aquarius our passions are geared toward humanity. Our love and support for each other may be more easily expressed during this time. Our dreams for our future are brimming with hope.

On January 1st 2025, Mars in Leo is once again in opposition to Pluto in Aquarius. Our desire for strong leadership is tremendous. We know what it will take to bring our dreams to reality. We are passionate and expressive in our demands for a world that benefits all people. The revolution of our world is beginning! The Moon will also be within a few degrees of Pluto, in Aquarius. A transformation of emotions may be taking hold as well.



On January 7<sup>th</sup> Mars will retrograde back into the nurturing sign of Cancer — calming our war like energies. Our emotions will be strong, and our desire to feel loved, even greater.

On January 13<sup>th</sup> there is a full moon in Cancer. We are more emotional than usual. We seek security and protection for our loved ones. With Mars in close contact to the moon, these feelings will be intensified.

On January 19<sup>th</sup> Venus and Saturn will form a conjunction. This is a new opportunity to form some structure in our finances as well as our relationships. Being in the sign of Pisces, we are more aware of the power we have over both of these areas. Think of what you want to manifest and set out to do it. Forming a new reality based on love is entirely possible for all of us.

On January 21<sup>st</sup> the Sun will be conjunct Pluto in Aquarius. Our selves as a whole are going through a renewal. Pluto is shining a light on our darkest corners so that we may clear them out. Our self-expression and vitality will alter. It's important that we allow the change to take place — fighting it will only bring a change by way of force.

On January 28<sup>th</sup>, the Moon, Mercury, and Pluto will all be conjunct in Aquarius. With the Sun also in Aquarius, Aquarian energy is strong! The changes taking place to bring about peace and prosperity are taking up our attention. We are enveloped in dreams of our future. We remain revolutionary in our thinking.

On January 31<sup>st</sup>, the Sun in Aquarius will trine Jupiter in Gemini. A positive day for us! We are confident and expressive. We are able to comprehend new ideas and easily pull from the collective conscious today.

On February 1<sup>st</sup>, Venus, Neptune, and the Moon will all be conjunct in Pisces. Get ready to dream big! Our hearts are hopeful, and our spirit is renewed. We may spend our day lost in a daydream, with visions of peace and connectedness. A great day to meditate! We are more aware of our connection to the realms around us, and our ability to call on our guides for help and reassurance.

On February 7<sup>th</sup> Mars in Cancer trines Saturn in Pisces. Our will power is strong. We are ready to construct change in our lives. Our emotional **wellbeing** is important, as we strive to gain control over having an emotional reaction to everything in our life.

Venus in Aries also makes a sextile to Pluto this day. Our

financial situations may see some improvement. Also, our love of independence has an undertone of rebellion. Being active today may enhance creativity.

On February 8<sup>th</sup>, Mercury and the Sun are conjunct in Aquarius. We can easily express ourselves, and our desire to communicate is strong. We feel social and want to be a part of everything.

We experience a full moon in Leo on February 12<sup>th</sup>, opposite the Sun, conjunct Mercury in Aquarius. We feel boisterous today! We are playful and witty. Our thinking is strong and advanced.

On February 14<sup>th</sup> Mercury enters Pisces. Our point of view is dreamy. We may speak in future tense and have other worldly ideas. Mystical thoughts are flowing through the veil, reaching all of us. Stay open to ideas that seem eccentric. People love to rationalize situations and events. Sometimes the unbelievable is believable.

Mars is direct in Cancer on February 24<sup>th</sup>. Our energy is more focused on family and our inner emotions. Security is important.

On February 25<sup>th</sup> Mercury comes into direct contact with Saturn. We are disciplined in our thinking. Brought down to earth for a bit. It's OK to spend time dreaming, but when is it time to make the dreams a reality? We find ourselves teeter tottering between fantasizing and realistic thinking.

Mercury and Venus are conjunct on March 12<sup>th</sup> in Aries. The planet of love has a hard time expressing itself in war-like Aries. We could experience emotional outbursts, or even strong declarations. Our thoughts are focused on ourselves being in the independent sign, but we still have compassion for others.

Our full Moon for March happens on March 13<sup>th</sup> and 14<sup>th</sup> in Virgo. Our hearts may be more critical than usual. Our attention to detail is sharper, and it would benefit us to be helpful.

Mercury goes retrograde in Aries on March 15<sup>th</sup>. Be aware of your thinking and day to day activities. Don't rush and take extra care.

Saturn and Uranus will be at a close sextile on March 19<sup>th</sup> at the end of the winter season. With Saturn in Pisces and Uranus in Taurus, the two make a pleasant connection. This energy allows us the ability to start construction on our new ideas. The foundation is being laid and resources are flowing, just in time for Spring!

# The Energy of the Aquarian Age

## From Workshop #2024:Channeling Higher Self Guides

Presented by June Burke and Julian

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With Pluto's shift into Aquarius last month, the energies of the Age of Aquarius have truly solidified. This serves as a perfect time to reflect on the meaning of the Age of Aquarius. In 1989, Julian offered a remarkable synopsis that resonates with today's energies more than ever. Please feel free to share this message—it's vital to understand and embrace its significance!

— Camille Albrecht & Deb Huggins

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### *Participant: Is this the new you, then, for the Aquarian Age, in a sense?*

In the next year, you will define what your age will be for you and for the universe. Man's thinking patterns in the year of 1990 start the new structure and form for this age.

At the closing of the Piscean age, an evolutionary cycle was finished. Rigid structure and form fell. Now in this age of spirit and flow, man has to take the raw material. That's one of the reasons you've been sort of floundering and saying, what's going on? Where am I headed? What's happening? Because you had no shape or form. Before that, you were saying, don't do this, do that. Somebody had a law for you or rule for you or something to keep you confined.

Well, what has happened, my friends, is that the power has been passed from the external God to the internal God. Now to find the high force you go in yourself. The team has finally come together, you see. So, now the responsibility for the world literally becomes yours. So, watch what you think, cause you just might get it, you see.

It's an important time in your world. It's probably one of the most exciting times in your whole history of mankind, because this is the Age of Brotherhood. This is the age when the walls come down and bridges are built. And if this is going to be within your power to create, you know that everything you do, everything you say is important. There's no way for you to just be some unimportant little person, because you never were. You just didn't believe it. Now you're going to be, have to be-

lieve in the power of yourself. Now that doesn't mean that God is not in all things. Of course, he is, you see. But he's finally said it's time for you to take some of the responsibility.

Remember, in the Piscean age, it was a case of God either doing it for you or to you. That's the attitude man had. Why is God doing this to me? Or God's going to do it for me, alright. And now, it's what are we going to do as a team? So, it's sort of the buck stops here now, you see. That's sometimes scary. Yes.

*Participant: Several people that are aware that more and more is happening from inside of each of us. And there's still a lot fewer of those than what I imagine, and maybe I'm wrong in this, that are still very negative and still want their structure. So, things are going to be changed within the setup within the next year? You know, how can we get things to be more positive in order to carry through the age in a more positive manner?*

Alright. Did everyone hear what she said alright? Alright. She was saying that there are some people who are able, you know, to be in this space of understanding what's happening and so on, but they're still holding on to old structure and form and so forth, and how do we help to change that?

First of all, you have to understand that an evolutionary process is an age which is 2600 years, alright. You're not going to get to perfect brotherhood in one year. You're laying the foundation, and that foundation is what everything else will be built on. And the one brick that's in it is you. You can only be responsible for the quality of your brick, nobody else's. But by being a good brick yourself, you help to make it strong.

So, everyone has to stop saying, what are they out there doing? And ask, what am I doing? Because I'm part of that foundation. Each of you are part of that foundation. You have to say, what is it that I'm bringing to the strength of that foundation, you see?

There are far more who are aware than anyone knows. Being aware does not mean taking the medicine and



pouring it down someone's throat. It means knowing what kind of a dosage to give, alright. Knowing it all does not mean wisdom. Knowing how to use it in action is wisdom, and it's far gentler than anyone knows.

And what I'm saying to you is remember that, to you, if we have seven days, we have seven days of 24-hour periods. To the universe it's seven eons of time. So, it's going to be a beginning that you're having in this next year, but a very important beginning.

The most important thing for you to do is listen. Doesn't matter who's saying it. Listen. You are your own filter. You will just take away that which is not beneficial to you; use what is beneficial to you. There's no need to condemn anyone. Just take and use that which is good coming from whoever is saying it. You know, I've always said that you know, if I say something and someone says, oh, Julian said this, and Julian's an angelic force, therefore it must be truth, alright. It's only truth if it's good for you. Suppose your plumber told you the whole thing. Would you listen as well? They say, what does he know? He's a plumber. He knows joints, alright.

Listen, my friends, because all of you are teachers, and take what is right and beneficial and use it. Sometimes you will hear things that sound absolutely strange to you, or perhaps not what you want to hear, or perhaps what is not, you're not able to use immediately. Put it on a shelf. Two years from now, you may take it down say

now I understand this. Now I can use it. You can only absorb so much at a time, and you can only use so much. You know, the baby crawls before he walks. He who walks before he crawls usually goes back at the age of 35 looking to crawl, you see. Yes, strange but so. For there is a logic to unfoldment, you see.

And so, don't be afraid to be you, and don't be afraid to use your potential. And know that every time you do something that's positive, you've helped that foundation, you see.

It would be very nice for humans, humankind to say we're all going to sit down tomorrow and for three hours, we're going to think positive, and that's going to take care of the whole thing. But because every man in the universe has free will, you're going to run across some who prefer to think negatively, because then nobody can blame them for anything, you see. If the world is bad and everything is wrong in it, then it stands to reason they can't be responsible for not making it whatever they want to make it. They'll manipulate and use energy, you see.

But it doesn't matter, because there is more good working in your world today than there is evil. And it's not just on your earth plane, but in the whole seven universes, alright. So, there are much more going on than anyone realizes.

## Up-coming Pop-Up Presentations

*Registration links to be sent out soon to the Julian Teachings mailing list.*

**January 25, 2025**—9:30 am PST

**The Astrology of 2025** — presented by Camille Albrecht, Nicholas Theo, and Denise Hall

**February 2 – March 9, 2025**, 10:00 am PST, weekly for 6 weeks (tentative schedule)

**My Tour of Heaven, In Detail Pop-up Series** — presented by Connie Golden

The Julian Teachings Advisory Council plans to continue hosting pop-up meditations and classes. These Zoom sessions have been well-received so far, 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 timing 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 internationally based commu-

nity 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](mailto:camalbrecht@gmail.com) or Andrea Smith at [drandrea-smith77@gmail.com](mailto:drandrea-smith77@gmail.com).

We look forward to hearing from you!

## Middle of the Glass

By Joshua Mesnik

The hourglass becomes thin in the middle... So thin, how does the sand get through?  
Time confined, before it slips its grip,  
It dips into the Moment.  
Colors collide, noise disappears, silence amplifies its sound in the center.  
Yet, time abounds... In the middle of the Glass.  
And we slip as we seek grip...  
Mechanic explanations, ideas, shaping the gears into their proper places,  
Rotating around preset conditions... seeking solid ground.  
The machine works itself to the bone, needing grease, it grinds against its own momentum.  
Heat rises towards burnout.  
The machine fulfills its purpose through forward motion, sinking its teeth deeper and deeper,  
Gnawing away at its edges... until it cannot grip, push, and pull any further.  
The machine wakes up when it is free from its implanted keystrokes,  
When it no longer adheres to its pre-programmed growth.  
The machine liquefies when it slips and gravity takes it by the gears  
Which have been ground down into smooth wheels.  
Perpetual motion towards the point of no return!  
Oh I could just burst!  
The tension of holding back my voice, my sound, my word, my truth.  
The tension is immense, built up over many moons.  
It coils so tightly that the springs inside me fuse to form a rod...  
And so if I am to break free, I must release the compression, so that the spring inside, potent  
with potential energy... the force of expansion so strong... even while glued in place...  
The coil, even as a solid bar... It is breathing... and slowly, slowly, the coil opens until spring has sprung!  
Thank you, thank you. Thank you.  
Thank you!  
All I will say is thank you for the mishaps, for the misunderstandings,  
For the delay, for the disappointments, for the disruption and the disaster.  
For the grinding of my gears into wheels.  
Thank you for the inconvenient truths still hidden from view... Thank you.

*continued*



Thank you for the untold story lost underneath the debris and data of too much thinking.

Thank you for the missed opportunities floating like buoys in the water as my sailboat catches wind and flies on by.

Thank you for the pain in my back, for the tension in my forehead,

Thank you for the rigidity in my jaw and the emptiness in my heart.

The heat generated from my resistance is keeping me warm.

Thank you for the chance to say thank you.

Thank you for this gift of gratitude, for, if nothing else, I have this gift that I may unwrap every day!

But, even with my gratitude, what if it doesn't get better?

What if it doesn't get better?

It has to.

It has to.

The sun rises eventually. You fall asleep, eventually, even just for a second... little by little, then all at once.

But what if it doesn't get any better?

What if it changes form, makes itself more presentable, puts on different clothes, sprays a little cologne, but underneath is the same old shit.

How do you know when it's better?

What if it's hard to tell what's better or worse if you take away the story... if the wheel is too smooth to get a grip...?

How can you tell?

What if it gets so much better that it's hard to remember what it was like when it wasn't good?

What if it gets so much better that better is all that you know...

Just like thinking, just like feeling, just like breathing... can you imagine what it was like before these milestones?

Maybe getting worse is how it gets better,

And it can only get better from here.

It's the same message.

It's the same insight, spoken in 1000 different languages.

It's the same story told across countless cultures and their books. It's the same lesson learned over 1000 years.

The machine grinds itself down, loses grip, and slides into the center of the hour glass,

For the better.



# A Season of Runes

by David and Shesta Ross

We're guided this season to suggest that you do your own readings about the energies of this winter, with whatever divination tools or process that work best for you! Our caveat is that you email us your results [davidross@naturalbridgeslandscaping.com](mailto:davidross@naturalbridgeslandscaping.com) so that we can benefit from them and perhaps issue some overview in the next ROL issue.

We would also like to share some thoughts about the Universal Runes. They are impersonal, and yet, each one has guidance for the individual human being. From *Creation, Its Laws, and You*, Julian noted that human beings work within a personal spiral of creation, itself contained within an impersonal spiral of creation. So, in addressing individual human beings, the Universal Runes bridge the impersonal and personal aspects of creation.

The liberation this bridge provides is movement in the direction of the fundamental, overall purpose or arc of creation, which is to unite the infinite and the finite realms or creations. My understanding is that equates to bringing the impersonal and personal aspects of creation together as one. Self-discovery in this context is discovery of the God within. With the evolution of this seed of God within each of us, ultimately as children of God, do we grow up over eons of time to become Gods ourselves? Julian once said that the stars mistake themselves for Gods, yet of course they are pretty close. What will each of us become, someday—what are we meant to become?

Julian said, I think somewhat metaphorically, that each cell is a universe. Also that there are five macro universes and two micro universes. A theory in physics is that all mass will eventually compress upon itself to where the entirety of the universe will be contained in one inconceivably tiny black hole. Size doesn't matter. Julian has also said that in the realm of spirit, there is no time, and when asked if there was space, replied that it is the realm of being.

What do you want to be? To create? Not just now, but forever? I like to think that there is a universe within me, waiting to be born, in which the extreme suffering

human beings experience, is not necessary for there to be growth. I like to think that in addition to enjoying the magnificence of the creation, God suffers when we suffer, and that the Divine Power knows something better will come of this somewhat incomplete, or even "flawed" creation. Julian said that the only reason any of us are here, is to return to the light. From this, I think we are meant to evolve ourselves to where we don't need suffering, disasters, or emergencies to grow (presumably all absent in the realm of light). Maybe the way we are now, suffering is needed as a spur to growth. But I think we can evolve to where it is not needed. Heresy perhaps, but it gives me some running room. What are your thoughts?

I once asked Julian why we made the mistake of repeatedly visiting the physical plane and merging with animals to experience their emotions to the point where we were "trapped" in the cycle of incarnation. Julian responded by asking, "How do you know it was a mistake?"

I know that from a higher perspective, everything either makes sense or, from the realm of light, the sufferings in the physical plane are either forgotten or seem insignificant. Julian said that being in the light can come to feel like a permanent vacation, and that people get lazy and unproductive and eventually want to incarnate again and get back to work. Hmm.

The meanings of upright or irreversible runes are always both universal and for the individual. We are intimately related. Virtually all of the meanings of the Universal Runes in their reversed positions are only directed to the individual. So, the individual can find herself in a reversed position, but the universe generally does not. The Universal Runes reveal manifold ways in which our quandaries and internal processes either mirror or are polarities (and therefore also related) to impersonal universal energies. With the inner light, we all have the impersonal creation within us. There is no separation.

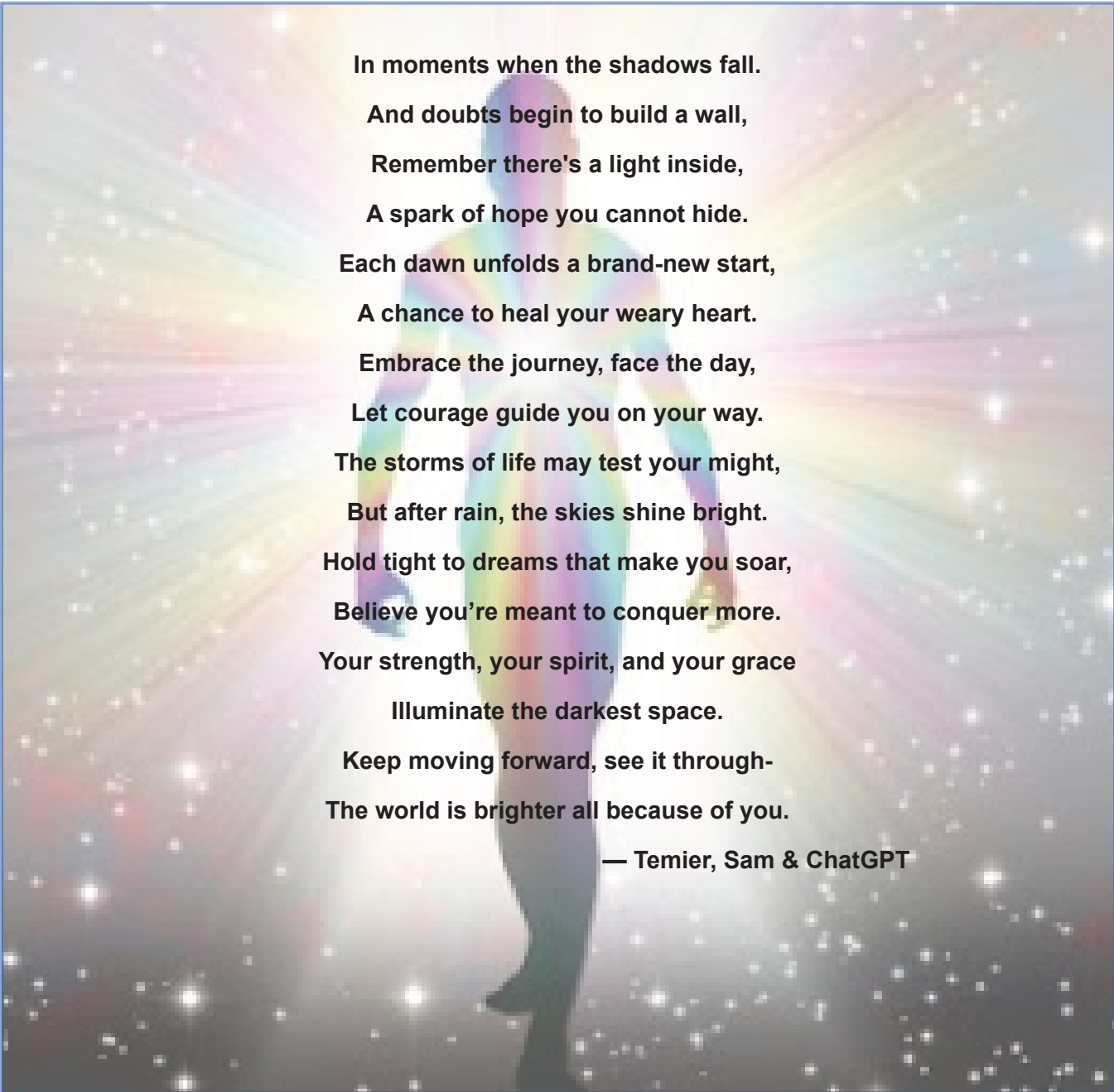
Nuuh is the breaking of the untouchability. Julian said that angels have free will but they always use it in accordance with the will of God. With the possible exception

of the Divine Power itself, only human beings both have free will and choose to use it for both what we call “good” and “evil”. We are a peculiarity in creation. Why do we exist? If we provide a polarity to universal energies, why is that needed? What is to come of it?

I think a window into this is the consideration of what impersonal and personal really mean. An aspect is impersonal takes the whole into consideration, whereas personally, we can act selfishly or even against the whole. Odd. Why were we given this power?

Do we have to discover for ourselves why ultimately it’s a good idea to align with the whole, from the experience of apparent separation and error?

The Universal Runes, like all things, also exist within. They are seeds of the breaking of the untouchability and the bridging of the realms. The way in is the way out.



**In moments when the shadows fall.  
And doubts begin to build a wall,  
Remember there's a light inside,  
A spark of hope you cannot hide.  
Each dawn unfolds a brand-new start,  
A chance to heal your weary heart.  
Embrace the journey, face the day,  
Let courage guide you on your way.  
The storms of life may test your might,  
But after rain, the skies shine bright.  
Hold tight to dreams that make you soar,  
Believe you're meant to conquer more.  
Your strength, your spirit, and your grace  
Illuminate the darkest space.  
Keep moving forward, see it through-  
The world is brighter all because of you.**

— Temier, Sam & ChatGPT

## Saul's Corner

### Transitions & After

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

*Participant: I don't seem clear on something. Did you say that the spirit is what creates the personality, or...*

The spirit is the energy that becomes personality by your influence and input. In other words, the energy package of that configuration that surrounds the soul has an attitude, or an approach to live.

For instance, if the essence of that energy is fire element, then they will be active, physical, moving people. Their approach to something will be by action. If it is an Earth sign person, one who is of the earth element, it will be a practical. They will be analytical about what's there, what can be done, and so on. If it is an air element, it will be mental approaches, and if it is a water element, it will be emotional approaches or feelings.

So, what you're saying, I've chosen these soul growths. This is the kind of energy I need to find it best. And that is what you come in with.

*Participant: Could you repeat what you said about awaiting the configurations of the heavens?*

Yes, the star structure, in other words, the planetary structure.

*Participant: Is that representing something, or does that...?*

That represents the energy that you will come in with. That's why when you're having your horoscope done. You have to know the time, and so forth, because that's the point in the heavens that belongs to you energy-wise for that life.

*Participant: Okay. My questions is: Is that pattern of stars, is that just a representation of a pattern of energy, or is it actually embodying some sort of power force or energy?*

It is a power force in energy, because, you see, when the universe was created, all the necessary grid work for the perpetuum of it in its evolutionary process was installed right then and there, and so the planetary influences are there.

Now, at some point in time, people were not aware of some of them, because in that evolutionary round, they weren't yet supposed to understand that facet of the heavens. Each time a new planet is brought into the orbital patterns of the universe, they are ready for that energy.

*Participant: Good, so the planet actually has an energy or an influence on something?*

It has an energy that it presents for a purpose. For instance, the planet Uranus that everyone is so frightened of sometimes, is there to disrupt. It is there to shake up old fixed patterns and make people take a chance at something new. You see, because the nature of human beings very often gets them caught in a trap of being in one space and staying in that space and not moving on in the evolutionary process, so something beyond them presents an energy that makes them I guess you want to say antsy enough to make a move.

You have in your world what you call your Saturn return. Saturn is a teacher that deals with time. It is there to present an energy that says, it's time to take another look at you and go on to the next evolutionary round of your particular spiral of evolution. And it doesn't have to be a negative. It simply says, you're not content with what has been, now you want to make something else happen.

In as much as we're not talking astrology, we're not going to stay on that any longer, but that's what that energy being presented represents. The whole grid work has been there for a long time.

*Participant: Yeah. I'm not quite sure how it all happens. I was just sort of visualizing a soul dropped into a body, and it comes to the point in the heavens that says, it's a Taurus with Aries rising with a Scorpio moon, or whatever. Is that like the window that looks out the world on? Is it like the power that runs the house on...?*

What it is is exactly this. A soul is ready to enter a physical being, coming to the Earth, but they're coming in for one purpose soul growth. That's the only thing anyone comes in for.

Everything else that happens along the way is only in relationship to that soul growth. So, in order to face what they have chosen, they are given an energy pattern best suited for them to encounter it, and that is when they wait for certain configurations that will say, this is the essence of how I will approach things in life. Then they are born into physical being.

You must also realize that the spirit enters the fetus when the mother feels life. It does not enter the fetus at



conception, and so there is time for it to know what it is the right time.

*Participant: About the relationship between the soul and the spirit. When we meditate, how does that correspond to our Higher Self?*

The soul is the Higher Self. The superconscious mind belongs to the spirit body which is soul. The cocoon of energy that surrounds soul is spirit energy, which takes on the reflections and attitudes of that world. It is so that there is a filter between soul and physical manifestation world, so that the right approach can come to the soul and imprint the soul.

*Participant: So, conceivably, you could go into deeper meditation in the Higher Self, closer to the soul and ...?*

Absolutely.

*Participant: You had said that the major purpose we come here is for soul growth. Could you give some examples of that?*

Certainly. In the evolutionary process of man, you have a triple spiral. You have the spiral of the universal evolution, you have the spiral of collective man's evolution, and you have the spiral of individual man's evolution.

You come in with an interest in your individual evolution of soul, but you also interact with others and create collective evolution, and that affects the universe which creates universal evolution.

You may have come into life at some point and not been a very considerate person, having been very self centered, having felt no need to consider other people.

Now, when that happens, when you come in another time, the realization is that the soul has a need to experience compassion, has a need to experience something beyond self.

The soul then will ask to come in with an attitude that will be able to tune into compassion and work with it and, therefore, dilute that self-centered aspect of soul and convert it into something better.

Now soul is pure, but it is constantly growing more pure, and so when you have the problems if you want to call them that you would say they belong to the ego personality self. As I move away from the ego personality and into the spirit soul self, I become a better and lighter being. Then that's the imprint that the soul receives.

*Participant: When you say as I move into the spirit and out of the ego...*

I don't mean me, I mean you.

*Participant: Of course, but who would be "I," if the I is not the ego personality...?*

The I is the ego, but the ego is not evil. You don't throw the baby out with the bath water. Don't throw ego out. You need it, or you'll never get off your little chair and do something. (laughter) You thought I was going to say something else, didn't you? (laughter)

*Participant: You mentioned some sort of filter that allows the soul to absorb that which is best for it and its growth pattern.*

And that is the spirit energy, the energy of the configuration of the universe. In other words, it goes through a universal filter.

*Participant: So, that filter is outside of ourselves?*

Yes.

*Participant: There are two of them. I'm confused when you talk about the soul being more pure, because that seems to be like more perfect.*

Yes. I know, it doesn't make sense.

*Participant: I'm comfortable with that, but I'm wondering if...is it possible to have it make sense?*

The soul is pure, it is the pure part of you that makes sense. The spirit surrounding soul is the collective energy of each life experience, which then imprints soul with the level of growth it has acquired.

The soul itself is pure, but it is the...well, it's the computer of all the actions of life, and as the actions become more beneficial to your evolutionary process and growth pattern, the soul's light grows more.

You know, it would be like saying a baby isn't wrong, a child isn't wrong, a teenager isn't wrong, but with each level there is a growth pattern of full potential coming out.

I think that's the best way to understand it, that the full potential of the soul has been lost to man, and he's in the process of rediscovering the full potential of soul. It's like opening a hundred little windows and letting the light in and saying, oh, there's another beautiful part of me.

That's how the soul grows. The soul is the total imprint of all your lives as you come to its full potential. In other words, you're not doing it to it, you're rediscovering what it can do for you.

Perhaps that's the best way to understand that. You know, semantics create all kinds of problems in the world. Does that help you to understand it better?

*Participant: Yes, it does.*

And what was your other question?

*Participant: Is it possible to live from the perspective of the soul two or three or ten lives using the same vehicle? I guess what I'm saying is, there's the talk about meditation and the talk about the white plateau. Is it possible*



*to use the same vehicle to go to that plateau, so that in effect, you could live two or three or four or ten lives without ever leaving your present vehicle, evolutionarily speaking?*

Yes, it is possible to be in more than one space at one time.

*Participant: In connection with this triple spiral now, is this where some of the archaic cultures tied in having three souls?*

Yes.

*Participant: This is the same thing?*

The same thing.

*Participant: So, at death, the three souls separate into different areas and when you're reborn, comes in as one soul and develops the three.*

That's right. Correct. You'll find in many... Wait a moment. She's nagging me here. Water, I get so caught up in the excitement of the conversation that I don't take care of material things.

Yes, in many of the teachings the numbers they refer to like twelve bodies, or seven bodies, are consciousness levels, all right? And the three souls are the three evolutionary processes that man's going through all at the same time. Thank you for asking that.

Here we go, all right? He always has ten questions.

*Participant: Only three.*

Only three parts?

*Participant: This is for S. I'm asking for S because he's not here. Can you explain why, when the child is born, the child is mainly directed by the soul. Can you explain what happens, what's the purpose behind young kids one year, two year olds, being used for rituals, being killed or abused both physically and sexually? What is the point in this?*

There are several ways that this can be. One is that they are subjugating themselves to this as a payment for something done.

*Participant: The soul is?*

Yes. You see, the soul has no fear. The thing is that... Say that I have taken a life. Now karma is not an eye for an eye and a tooth for a tooth. It can be a different approach to it, but sometimes it is; and if I say the only way that I can feel clean is to let myself also experience that which I gave to someone else, then that soul may go in and say, I'm willing to accept that to wipe the slate clean.

And because you have no way of knowing that whether it's a karmic thing or whether it's somebody taking advantage of a child being in the wrong place at the wrong time sort of thing because, contrary to all belief, there

are accidents, but because we don't know as a human group which it is. It is very frustrating.

It is very frustrating when anything happens to a child, because the child is young and innocent yet as we see it. And so sometimes it is a karmic pattern, and sometimes it is karma being created by the individual doing the act. As sad as it is, there is no way that you can see it any clearer, in reality, because there is no cut and dried reason.

You know, it's very easy to think of an adult having done something horrendous, especially if you don't like them—that son of a gun, I know he's capable of terrible things but you look at a child, you would never think a child capable of a horrendous thing. But you forget what they might be answering to are karmas from a whole other point in time, and that very thing that is happening may be the greatest soul growth for them that could possibly occur for them.

It doesn't make it any less horrendous, it doesn't make it any less horrifying, but it's a possibility, and unless you know the individual case, you don't know which it is. In most cases, it's not for you to know, because your soul growth and your karmic patterns are very private. It doesn't make you happy, does it D?

*Participant: You said that for soul growth and to balance out their karma, they might choose to have that kind of experience. But the soul... I've heard before that it's necessary for the soul to experience both cruelty, say, and kindness, and so that it would actually be part of a soul's growth to come into this world and do a lot of cruelty, you know, do a lot of cruelty on other people.*

Not to do cruelty, supposedly, but to understand that if cruelty comes from them, cruelty returns to them in some form. The Law of Cause and Effect that goes from lifetime to lifetime.

*Participant: But they don't have to experience...*

And many things that happen in your world are not happening with the soul in mind. I mean, many people develop an ego personality aspect of themselves that makes them take advantage of other people, or be a cruel person, or may take escape routes such as drugs or alcohol, or something of that nature, which turns their body chemistry into something quite different from what they would normally be. And then, they create acts that would not be considered right or proper. So, a lot of it comes from what the ego personality is creating, and then the soul bears the imprint and then the soul has to have a corrective measure to erase the imprint.

*Participant: When you say accidents happen, it's okay in a sense because from a soul level a lot of it is made up in a future lifetime, or something good will happen, so it's just...?*



## Can you help us improve the Ring of Light?

We have put together a short survey to collect your feedback. Please [click this link](#) to give us your opinion. Thanks so much!

The point is, the soul is never concerned with anything that happens, because it knows that from any incident in the life you grow. And you know, the thing that you have to understand is that most of you think that your soul growth comes from spiritual meetings and spiritual teachings and spiritual learning.

They're lovely and they enhance the soul, but if you don't take those teachings into your life and the next time you get out on the wrong side of the bed stop and think about them for a minute and turn yourself around, you then have not grown spiritually, you have not learned.

It is in the friction times of life that the greatest growth can possibly occur for the soul, because it gives you the opportunity to bring forth all that you've learned and make it a tool for the soul. So, the next time things aren't going right, take a moment to say, okay, I can grow from this by how I handle it. If I handle it right, I can still come away the winner, even though it might appear in the physical world that I'm the loser.

*Participant: Is this like in the movie "Resurrection" and also what happened to the instrument June, people that go through the death experience are then allowed to come back and finish something that they wanted to do?*

Yes. Well, they had to accept... You see, in those instances, it is something they agreed to do before they entered. They wanted to do this, and then having had the death experience, they are given the opportunity to choose whether they still want to continue with it, and if they do, go back, and if not, keep going.

*Participant: If the ego personality imprints the soul, then the ego personality is important and valuable to work with?*

Of course it is. You know, the key word is balance. A person can become so good they're obnoxious and, therefore, become a negative. You understand that?

You can become so holier than thou that you do nothing but harm. You can become so loving that you smother the development of your children. There is nothing on this Earth that cannot be negative or positive.

The important place is the space between. The balance rests between those two spaces, where you can be in the life, be part of life, and still be a spiritual being. So balance is the key—not letting anything get out of hand.

If the ego's not out of hand... If the ego's running you instead of you using the ego as a tool, then it's out of sync. You begin to think that you really are God in the sense of I don't have to be considerate of anyone else. If you say, "Hey, I've got money; the hell with everyone else in the world." (excuse my word), then your ego has been telling you a fairy tale and you've just fallen off the ladder. You can't become separate from life and think that you are going to be balanced in any way.

*(to be continued in the March 2025 ROL)*

## 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](mailto: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.**



## **And What Now at 81?**

by Barbara Garro

**At 81, roll out before me my debuts, comebacks and triumphs—**

**I am so ready!**

**The first has begun, a 5-day a week radio show,**

**so has another — Mortality!**

**At 81, Mortality could be next Tuesday,**

**makes me think and think and think!**

**Why? Thinking is way easier than doing.**

**At 81, doing take serious planning of one's**

**now or never agendas.**

**One example, travel takes so much time to plan,**

**and "packing" becomes the operative word,**

**and what an operation it is head to toe:**

**hair/eyes/ears/nose/mouth/neck/hands/stomach/legs and feet,**

**all of which are supply and equipment needy!**

**Still, I absolutely refuse to live a one-act life**

**with nine professional careers either behind me**

**or simultaneously ongoing, imagining more.**

**If I do not have a dream, I cannot make a dream come true!**

**My life mission is never to believe the point of permanent regret**

**will ever approach as I move ever forward with unrealized dreams**

**of being a panelist on The View, having a Problem-Solving**

**radio call-in show and television and movie parts.**

**Hey, if Estelle Getty can do it, why not Barbara Garro?**

**Will I ever relax and tell myself that my work is really done?**

**Stay tuned!**

**Barbara Garro will continue to act with audacity!**

## Classes and Events Open to Join

### Sam & Temier Offerings

#### 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.

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

### 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](mailto:info@lightinbeing.nl) if you would like more information or are interested in joining this new TE class.

## 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](mailto:ringofflight@julianteachings.com)!

## Study with Andrea Smith

**Coming 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.

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 of Julian's Transition Energy, Development, or Practical Magus are required. Former Mystical Magus students who wish 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 evolution. As we express these qualities toward positive growth, what seem to be small changes ally to create global movement.

### 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](mailto:info@sensahealing.nl)

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

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.

The classes 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. See Andrea's website for information. Contact information:

Email: [drandreamsmith77@gmail.com](mailto:drandreamsmith77@gmail.com)

Phone: +1-503-720-5269

Website: [andreasmithtransitions.com](http://andreasmithtransitions.com)

## Beginning Astrology

with Denise Hall

**New Class Starting in 2025**

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

Denise plans to start a Beginning Astrology class in the first quarter of 2025. Once 10 people have signed up, Denise will schedule a free introductory meeting. At that first meeting, the group will determine an ongoing class schedule based on everyone's availability.

The class will cover the basics: planets, signs, houses, aspects, and transits. It will focus on understanding more about yourself including strengths, challenges, the cycles in your life, and your soul purpose.

The class will meet via zoom once or twice a month, \$15 per class. Recordings will be made available to registered students.

If you want to know more, please email Denise at [deniseh7@sbcglobal.net](mailto:deniseh7@sbcglobal.net). Please provide your birth info including the date, time, and location.

## 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](mailto: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](http://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

#### "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](mailto: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](mailto: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.

## 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.

Submission Deadline for next issue: 3/5/2025

## Contact Us

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

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

## Thank you for your support!

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 <https://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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