

# Ring of Light

A Newsletter for the Members of the Julian Community

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It is always such a pleasure reading through the ROL submissions each quarter — outstanding information, thought, and art on display. In addition, patterns form. The pattern this time is digging even deeper to help us find compassion, whether it is a prod from a sextile between Mars and Jupiter conjunct the Sun, a flight on a butterfly, or when attempting to understand truth.

While I was thinking about a theme, I got a nudge to revisit some of the Dalai Lama's most famous and pithy quotes about compassion and our role (on the right).

The one that stands out for me is: *"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."*

Compassion seems to be hard to apply uniformly these days. It is so difficult to not get caught up with the current polarities that are both so evident and strong. The strife caused by the dualities are also making us feel out of control of the situation. I know that I felt that way this week with the US's statement about potentially dropping bombs on Iran.

Aca'u emphasized the need for both calm and compassion in his message for this solstice: *"Understand what you can control in your life and what you have no control over. Take time to give this a good inspection. What you have no control over, bless and let be. Sending nonjudgmental Light is always a good response. And of course, change what you can. This is done by your thoughts, words and actions. They matter in more ways than you know. Your acts of kindness, and words of encouragement and support to another make a great impact. Please be generous with these."*

This brings us back to compassion, toward others and ourselves. Let's strive to be generous with acts of kindness, words of encouragement, and support to all.

— Jan Clayton

**"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."**

**"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."**

**"World peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion."**

**"If you think you are too small to make a difference, try sleeping with a mosquito."**

— Dalai Lama XIV

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# This Season's Astrology

by Jessica Nelson

We enter the summer solstice on June 20th, when the Sun enters the nurturing sign of Cancer. The Sun is conjunct Jupiter in Cancer making a square to Saturn conjunct Neptune in Aries. The Sun and Jupiter's conjunction gives us some optimism! We feel joyful and happy. We may also over indulge to suffice emotional needs. Our focus will be on security, family, and emotions. Saturn and Neptune's close contact in Aries will last most of the summer. We are restructuring our belief systems, which in turn will transform who we are as individuals. We yearn for security and safety to explore who we are and to make needed changes in our lives. With Saturn and Neptune in a sextile position to Pluto in Aquarius, we are all transforming who we are and what we believe. Self-change leads to group change over time.

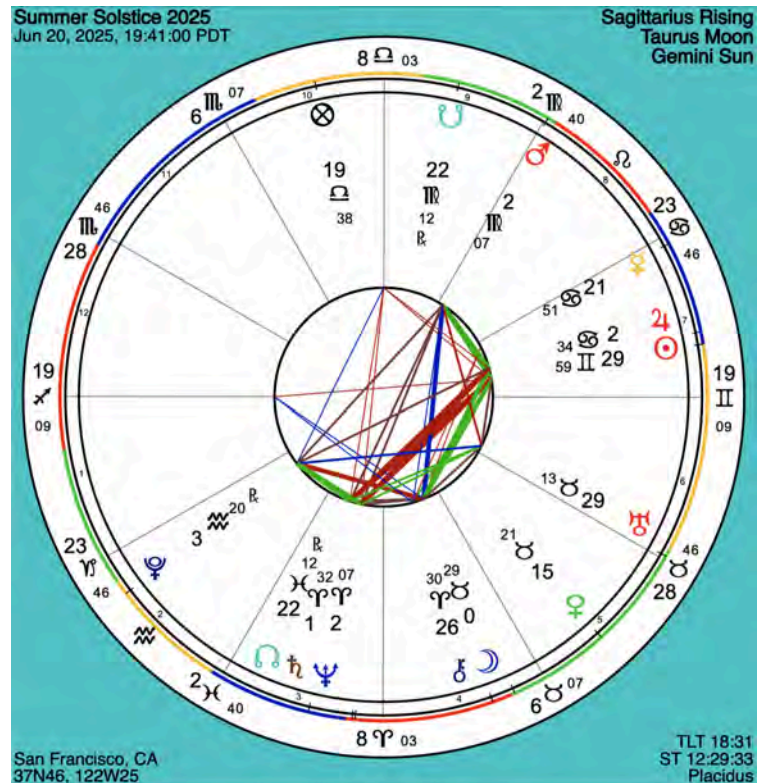
With Pluto in Aquarius, we can expect transformation in collective ideals, technologies, humanitarian efforts, and freedom. Pluto rules power, so expect our power structures to undergo massive shifts to align with collective empowerment. As Pluto brings about shifts in culture and technologies, it may expose the dark underbelly of the world. Don't be surprised if we learn of hidden societies, and occult cultures being taken to the extreme to influence and control society. Profound changes require hard work, deep introspection, and an open mind.

Mars' transit through Virgo brings an analytical drive. Virgo's influence makes Mars productive in work related matters. We may feel more ambitious. Routines and health are also brought into focus. Try not to waste the energy on over analyzing situations, and instead, put it toward being helpful to others.

Mercury enters Leo on June 27<sup>th</sup>. Leo loves to be the center of attention! Playful and ready to be front and center, our thoughts come spilling out. We want to communicate more than usual. Mercury makes a trine to Saturn and Neptune, allowing our stage fright to disappear for the time and open ourselves to new beliefs and thought processes. It's important for us to be seen and heard during this period.

At the same time, Mars in Virgo is sextile to Jupiter and the Sun in Cancer. We feel an overwhelming urge to nurture. Our caring and compassionate self is highlighted as we search for ways to feel needed. Dissecting our emotional state and working out life trauma share the spotlight.

On July 4<sup>th</sup> Neptune goes retrograde. Our spirit self is building. Our dreams may seem more vivid and intense. Our awareness is heightened and discernment strong.



Venus goes into Gemini on July 5<sup>th</sup>. We crave communication. Our minds are full of lovely ideas.

On July 8<sup>th</sup>, Uranus goes into Gemini. Gemini tends to be a scattered thinker, never focusing on one thing at a time. With Uranus here, freedom of thought and from thought, come to mind along with many "aha!" moments, as we experience sudden insights and fresh ideas. The ways of thinking and communicating are changing. As Uranus settles in for a revolution in our thought process, we can expect to experience a rollercoaster of intellectual changes. We can expect major changes in how the world receives information. With the advancement in AI, everything in our world may be questioned.

On July 10<sup>th</sup> we have a full moon in Capricorn. During a full moon our emotions are usually amplified, but being in the sign of Capricorn we will work to restrict our emotional outbursts.



Saturn will begin its retrograde on July 13th, dipping back into Pisces this September. Realigning our spiritual self with our physical self is the focus of this transit. Taking what we have learned from the Pisces transit of empathy, compassion, and oneness, and applying that to our material life. We are creating new foundations formed from intuition, and trust in a higher power. As Saturn travels through Aries, we may feel somewhat of an identity crisis.

July 18<sup>th</sup> through August 10<sup>th</sup> Mercury will be retrograde in Leo. We may experience creative blocks and misunderstandings. This is also a good time to enhance our self-expression.

On July 23<sup>rd</sup>, the Sun enters Leo. We can easily express ourselves with this position. It's important for us to stand out and leave a good impression, but be careful to not let our ego take center stage.

On August 1<sup>st</sup>, Venus enters Cancer shining a light on home life. We want to surround ourselves with splendor. This is a great time to plan a family get together or add some beauty to your home. It also emphasizes our feelings on security. We want to be loved and cared for.

On August 7<sup>th</sup> Mars enters Libra. Our energy shifts to compromise and justice. Our drive and ambition are to work together to create a fair system. Justice must prevail if we are to keep faith in our current order.

On August 9<sup>th</sup> a full moon in Aquarius keeps our emotions in our heads. We are focused on our own hopes and dreams, and a world that emulates peace.

On August 23<sup>rd</sup> the Sun enters Virgo. Our expressions are deliberate and concise. We want to organize and analyze. Constructive work is beneficial as well as focusing on health and daily tasks.

Venus enters Leo on August 26<sup>th</sup>. There is no holding back with the ones we love. We feel inclined to express our heartfelt emotions and connect with those around us. We see beauty and joy more easily. Our hearts are filled with childlike energy and we are not afraid to show it.

A full moon on September 7<sup>th</sup> in Pisces reminds us to feel. Our emotions are deep and intense at this time. You are more than just your emotional reaction. Feel them, but don't drown in them.

As we go through the summer season, we will be our best selves if we can navigate the energies with dignity and resilience. Most major planets are in the early stages of new signs and the energy stays consistent through summer. Focus on home, family, and emotions are highlighted. Practical action and self-care will keep our emotions balanced and allow tasks to be completed. Embrace change as we experience Pluto and Uranus energy shifts. Saturn and Neptune are making alterations to who we are as people, so remember to give yourself and others grace as we rebuild. Take time to reflect on your feelings and stay grounded.

## Dear Mr. Butterfly

By Patricia Post

*Dear Mr. Butterfly*

*It was a beautiful, sunny day, about three years ago. I was sitting in the garden, soaking in the warmth of the sun. Summer was almost over, but I savored every last evening outdoors with a warm cup of tea. From time to time, a butterfly would flutter by — a peacock butterfly, to be precise. A species that, as I only learned recently, actually has its own territory.*

*While sitting there, I felt anything but relaxed. My thoughts were racing, one after another. Then, to my left — right where my empty teacup stood — I saw the butterfly had landed on my mug. My attention instantly shifted toward him. His wings slowly moved from half-closed to fully open. I was mesmerized by*

*the colors — black, brown, orange, and pure white — forming a magical palette.*

*His posture was proud and strong. He sat there, calm and composed, fully soaking in the warmth of the sun. And then, as if a thought suddenly floated in, I wondered: What would it feel like to fly like a butterfly?*

*Before I knew it, I heard a soft voice say, "Come fly with me."*

*I looked at the butterfly — and suddenly, I was on his back, just behind his head. His body was covered in soft down, and his antennae looked fragile, yet full of strength. I wondered what it would be like to sense*



*and experience the world through those antennae. The little bulbs at their tips felt like portals where all information entered.*

*And then, we flew.*

*What an incredible sensation! My legs dangled beneath me, yet I felt completely in balance. I didn't need to hold on. I simply was. One with the butterfly. It felt magical, familiar — like coming home. The air felt softer, the colors more vibrant, and I could see each insect engaged in its own quiet task. Everything was calm, harmonious. There was respect. Space. Beauty.*

*But something else caught my attention.*

*I could only see about three meters ahead. Everything beyond that was blurry — like flying through a thick, transparent bubble of air. It puzzled me. Why couldn't I see farther?*

*At that moment, the butterfly moved his head — and it felt like he looked at me. Or perhaps he spoke through me. One single word:*

*"See."*

*That one word touched something deep inside.*

*I closed my eyes and whispered it: See.*

*Slowly, I opened my eyes again. The blur was still there, but something had shifted. The tension in my*

*body began to ease. I felt energy flow. A light joy stirred within me — a gentle, inner sparkle.*

*And then, mid-flight, I saw it.*

*Light blue lines appeared in the sky ahead of us. Like tiny islands. As if someone had softly sketched a landscape — hills and peaks — using a pale blue pencil. The colors were unlike anything I had seen before. I couldn't name them, but I felt them.*

*Just before Mr. Butterfly landed, I felt him smile.*

*That smile... I felt it down to my toes. As if he whispered gently, "See. Truly."*

*I closed my eyes and let go of everything. In that moment, I was flooded with deep joy and love.*

*A feeling beyond words. No language could do it justice.*

*Then I opened my eyes once more. And suddenly, I saw.*

*We flew from point to point, but the next one only became visible just before we landed on it. And I felt it: This is it. This is what trust is. What being is.*

*It doesn't matter where you're going — as long as you dare to fly.*

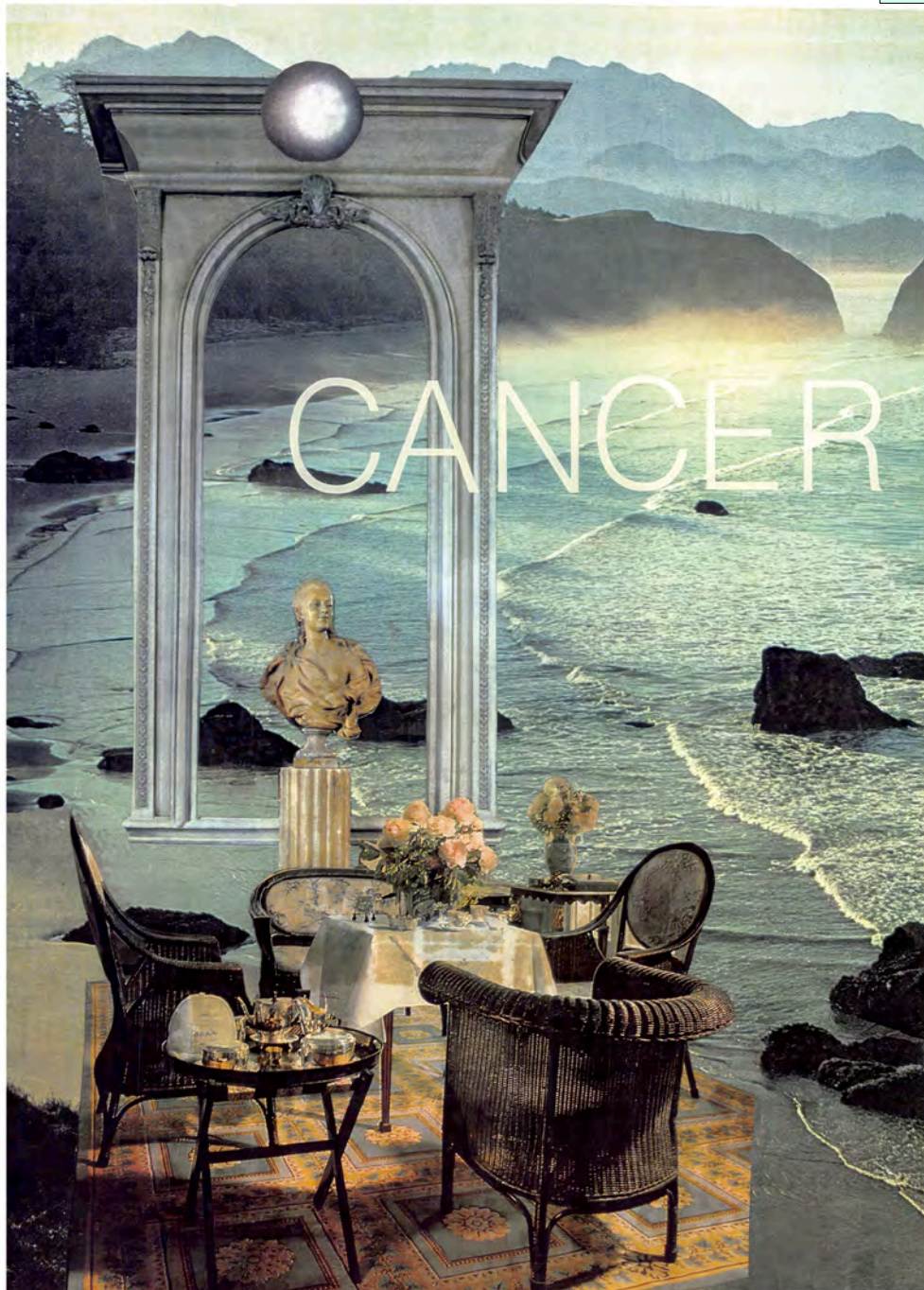
*Thank you, beautiful Mr. Butterfly.  
For your gentleness. Your strength.  
And this journey.*

# CANCER

June 21 to July 21

A water sign ruled by the Moon. Your acute sensitivity leads to creative endeavors that are deeply related to your family and friends. You need privacy and alone time to develop your inner desires. You'll find yourself drawn to areas of water. You appreciate history and nature. Use white like the moon to accent antiques, silver and art.

*We are honored to feature astrological designs and texts by Jeannie Livingston (with help from Jerry Gross). These designs are available as beautiful greeting cards. If you are interested in finding out more, please contact Jerry at [jerrygrossny@gmail.com](mailto:jerrygrossny@gmail.com)*



## In Memoriam

### Shesta Hartley Ross

10/21/1948-4/9/2025

Visit <https://www.shestaross.com/>  
to see her artwork



In April, a beloved member of the Julian Community passed on. Shesta Ross started studying the Julian Teachings in the early 1980s, and she completed the studies for all four of the main classes: Self-development, Transition Energy, Mystical Magus, and Practical Magus. After Sam, Shesta became the first teacher certified to teach Transition Energy in its entirety, and she taught TE to seven groups of students in the 1980s and 1990s. She was also a part of the Records Group.

Shesta was born in Royal Oak, Michigan but spent her early childhood in Montreal speaking French. She spent her teenage years in Southern California. Shesta received an MA in Instructional Technology from San Jose State University. She was a Waldorf School teacher, a massage therapist, and a homeopathic practitioner. In 1986, Shesta married David Ross and in 1991 gave birth to their son, Sean. She is greatly missed by many.

#### Remembrance from David Ross

Shesta's soul name is *Aleam*, which means "bridge." It is sounded "ahh leyahh leyahh leyahh leyahhh." If you sound her soul name, she will come.

Shesta has been a bridge between the worlds in every lifetime I am aware of—whether as a devout Catholic nun, an oracle at Delphi, or a member of the Essene community who, per Julian, was a teacher of Jesus when he was a child. (The joke in the family is that teaching Jesus was nothing next to teaching our son, Sean!)

Julian also said that Shesta was a nature spirit. Her guides were Cloud Walker, Sky Walker, and Thunder. Shesta's connection to the impersonal spiral of creation, to nature, to the elements and the winds, to patience and perseverance, to the resolve that succeeds . . . to meeting an energy where it is at, and then opening a door to transformation, these are what made her a teacher of

worth and a window to creation, in her art and in the art of her life.

I (and we all) have, in this dense plane, "lost" Sean, and now Shesta. Yet Shesta's power as a bridge, and Sean's influence on those who are close to him, in dreams, manifestations in nature, and direct (if rare) messages, remains. Soon after Sean's departure, in one of the waves of sadness that kept overwhelming me for a spell (then relief, then another wave...) I cried out to our son "Oh Sean, I'm so sorry to have lost you." He replied "You didn't lose me, you found yourself."

On the level of being, nothing is ever lost. For both Sean and now Shesta, the release—in both cases, evidently the well-timed release—from this physical plane has meant a vast expansion of their power through expression. I have never felt the peace I now feel, with the rain of light that surrounded me for weeks from Aleam, and which I can call upon at any time.

Sean laughed at death when he was here. He said we're all going to die. There is no separation; there is no beginning and no end. Many of you never met Sean, but most of you knew Shesta, and even when her light was cloaked with Parkinson's Disease, I'm sure you felt and experienced and knew her energy. You can touch her energy now. In my life, there was no greater loss than her and Sean's departures, and in their continuity in spirit, and its felt expression here and now, no greater blessing.

#### Remembrance from Andrea Smith

Shesta and I have been family for many lifetimes, and the energies of my memories are not limited to our current identities, but I will stick to this one. My two children view her as a second mom and Sean Orion as a little brother. Uncle David — ah how they love and enjoy



him (as do I). Our trips as an extended family unit to Disneyland for Stephen's high school graduation and Christmas at the Oregon coast are among my most fond holiday memories. Countless family dinners, trips to the beach, Medicine Wheel rituals, meditations together, and talking into the wee hours — with so much tugging at my heart, it is hard to focus on something for this honoring of her most recent incarnation.

I was one of Shesta's scores of TE students. David and I were in the same class. Since she and I are both educators as well as bridges, I will focus on that. As a teacher, guide, and advisor, Shesta understood where others were and where they wanted at a higher level to go, and like a most excellent bridge, she created a space to assist in spanning the two.

Shesta, I am at this moment having another cappuccino with you at a cafe that looks a little like Disneyland while Dave and the kids enjoy yet another roller coaster ride. I love you through all eternity, and that is a long time.

### Remembrance from Diana Dunkelmann

**Expressions of light, beauty, equanimity, goddess, and graciousness.** These are the words that most come to mind, in remembering my friend of nearly 40 years, and countless lifetimes.

So many years of memories: of classes, workshops, travels all over the world, her life with David, watching her with Sean as one of most extraordinary mothers I have ever witnessed, artist, and beloved friend. One aspect of Shesta's life that particularly caught my interest in the last 10 years or so, was her as an artist, where all of her gifts came together in an incredibly curious, elegant, and nuanced way.

She took classes for years in drawing, oils, acrylics, and water colors. She would often have whatever piece she was working on out in the kitchen or in her studio. It wasn't until fairly recently, when she and David had a photographer come in to catalogue her work and then create her website [shestaross.com](http://shestaross.com), did the full impact of her journey as an artist become apparent. Being able to see the chronology and evolution of her pieces was a profound experience for me. In a class assignment to paint a still life vase, you could see her subsequent pieces morph from the representational to the boundless view of the artist: a snippet of the form, the liquid pouring from the container, the beauty and energy behind it that she saw with her other worldly, artist's perception.

There was an art class that she and Karen Lane attended that she invited me to a few years ago, held in a local church. Different from a traditional offering, the premise was that you couldn't use regular paint brushes to apply the paint and whatever ended up on the canvas could not be obviously representative. Not having any formal training myself, it was right up my alley. Along with other participants, the three of us worked alongside each other for years, encouraging, inspiring, reflecting. I learned so much from her, most profoundly about how to be in relationship with my artistic expression: how to listen to what was being revealed in the creative process, to play with the colors and methods of applying paint, when to stop or take a break, how to take my time, and that it was okay to make mistakes and paint over and start again.

Those lessons carried forward in our appreciation of art as well. When we were in Amsterdam a few years ago, before one of Sam's workshop, David, Shesta and I stayed in a wonderful Airbnb in the Jordaan. That trip was a turning point in her illness, in that she was starting to have more difficulty walking. As we arrived at the Van Gogh museum for our much anticipated return, it was obvious that she would need a wheelchair. Luckily, they were able to provide one, and I pushed her chair and we had the most magical time. Similar to our own creative process — and aspirationally, to our daily lives(!), it was an exercise in being present, slowing down and savoring. We approached each painting from some distance, seeing the whole. As other visitors noticed her in her chair, time and time again, the "seas would part," opening the way to closer inspection of each work. From afar the works were identifiable. From close up, viewing a small section of brush strokes and random colors of the impressionist master, they became works in themselves, in just a six-by-six-inch section. We took our time, in delight and inspiration, there was no rush to complete any route, but only to savor the moments we were in, see life and art in a new way, and to appreciate the master's creative process.

Whether it was creating her own work, appreciating the nuances of another artist, or how she lived her life, for me, she always embodied beauty, creativity, equanimity, the goddess and graciousness. I am so grateful to have been your beloved friend, and that all of us in the Julian community, who knew and loved her, were as well. Fare thee well, fare thee well.

## Saul's Corner

### Transitions & After, Part 3

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

*(continued from March 2025 Ring of Light)*

In a drowning, the spirit will not register in my world until the body is either found or returns to the elements, then it will leave it. It will hover with it until that happens. It will show respect for the temple that has housed it in all its living years in the Earth plane. So that is why sometimes you will hear a death of some kind where the body is not found and people will be concerned that the spirit of that person is stuck in the interim. It will not register in my world and go into sleep state until that body has either returned to the elements of its own volition, or been found and taken care of.

**Participant:** *What's your minimum/maximum time to return to the elements?*

It's according to the kind of place it is. If you're in the sea, it will probably be quite rapidly because you'll have the help of the wee beasties, and so on. It's according to what's there.

In some countries, they put the body out for nature to take its course, or for the animals to feed upon, which is the final gift of that person to the animal kingdom.

**Participant:** *What about a frozen body?*

Frozen is a little harder. But if that spirit becomes aware of the fact that this body is safe, it will then leave it. It will know that it's in a natural element and will, in the spring, go to its natural place. It will, at times, leave. At other times, it will wait.

So sometimes someone says, "I want to talk to my grandmother who drowned in a boating accident and we haven't found her."

**Participant:** *You said early that as time goes on after the transition occurs that the personality kind of fades away and the soul may not remember that particular little bits and pieces of whatever happened in that lifetime. If that transition time has been sufficient to where someone else dies, how does that personality come back to meet them?*

Because it is on a soul level that you meet on, and a soul does not forget the love. The love of that individual is there. Or let's say, I'm in my world and I wanted to appear to you and I had been in a physical body, I would appear to you as you know me, as your memory.

Your remembering, and I'm picking up on your memory and becoming that. What is forgotten by that when

it fades is not the love or the interaction, but the things that belong strictly to that life, such as nicknames, pet cats, favorite jewelry, poetry book, this sort of thing.

Those are the nitty-gritties of an individual, personality life, and they're not essential to the soul, but the soul will remember the love and the interaction, and so on, so you'll recognize each other by that love principle in my world.

**Participant:** *I heard a very haunting tape that was by the Monroe Institute about an out-of-body experience, where there was a young boy about twelve or thirteen who had died in a sea accident, and it was some time in the seventeenth or eighteenth century, I guess. And apparently, according to this tape, he never went on to the other world.*

Yes. Sometimes this will occur, not many, but sometimes this occurs. If a person has had no belief principle in another world, they may become confused and refused to go with someone. They'll still be attached to the Earth world.

In other words, if they're worried about their possessions, and that was what they concentrated most in life, they're not going to want to go away from them, because they're afraid someone's going to take them.

They'll hover and hang to what they know, and if this child did not have any preparation and had no realization of where to go, he might have not chosen to go. Eventually, he'll be found, because there is a constant rescue committee out of the astral plane, asking them to turn to light.

If you have a ghost on your hands—what you call a ghost—bless it, love it, and ask it to turn to the light. If it turns and sees the light, it will follow it, and that's the rescue committee bringing them home. And they will then, eventually, get there.

**Participant:** *Is there a time after death that the soul, or the etheric body, hangs in there to clear up loose ends? Like my father came to me after cremation. I didn't exactly know what he was doing, but he came to me very, very strong.*

Very often they send messages or come to you to let you know they're all right.

**Participant:** *And recently, a young man where I work died and I felt his presence.*



The object is, when most people make a transition, some of them, for the first time, are really convinced that there is some place to go. They may have talked it all their life, but, son of a gun, it's real, you know? And so, they want to let people know they're whole, especially if they've had a hard time at the end — where they suffered. They want you to know they're whole, because in my world, they are. All that deformity, all that lack of energy is gone.

**Participant:** *Yes. What are the names of some of those people who have come back as teachers?*

We don't go into that. You must find them.

**Participant:** *What are some of the rules for looking in the right places?*

Not the local bar. I lie, because sometimes they're there too. No, when you find the right teacher, someone you can listen to, you will know two things: 1. You're comfortable with them, and 2. They make you think.

You hear things you don't want to hear as well as the things you do want to hear, especially if you're working with one of them on a personal basis. They're not going to pat you on the head and say, you're wonderful. They're going to say, you're wonderful, but you need to do this. There's no doubt that you're wonderful, but this is something that you have to look at in yourself.

You know, in your world, you're so trained to be afraid of doing something wrong or being afraid that there's something wrong with you that you don't want to look at it because it makes you feel uncomfortable. And the truth of the matter is, if you look at a negative in yourself, you say, here is something I can work with. Here is something I can make into a positive. How I handle it makes all the difference in the world, you see?

So, don't be afraid to look at yourself. Don't be afraid to say, "Hey, I've got a temper." Don't be afraid to say, "You know, I really haven't used all my potential. I've really been lazy about it." Because if that has happened, it has happened up to the moment you discovered it. From that moment on, it doesn't have to be the same. From that moment on, you can say, "I'm going out and take a chance. I'm going to use my potential."

And another thing, if you have a creative force in you that you want to express, express it for the joy of expressing. Do not express it because somebody is going to say it's nice or not nice, which makes you not do it at all. You see what I'm saying? Don't do it for someone else; do it for yourself. Most people spend they're lives doing things for other people.

In other words, they're going to do this because somebody's going to say, "That's a good thing you didn't," or

say, "Yes, that's right, you're a good person." You decide to paint a picture, and immediately fear sets in. Suppose they don't like it? Suppose it's not good enough? So, what do you do? You start using those words: "This isn't really very good, but I'll show it to you, but it's not very good." Well, the next one is apt to get worse because you're programming your subconscious with the inability to make a picture. So you've got to say, "This is as good as I can do at this moment, but wait 'til you see the next one, it's going to be better." Watch the words. Don't negate yourselves. But above all, ask yourself every time you go to do something am I doing it because I want to do it, or because I think I'm supposed to want to do it. There's a big difference.

This is how you get caught in the trap of "everybody does." Because you say, "I'm this age, therefore, I'm supposed to experience this," whether it's the age where you say, "I'm supposed to start falling apart," or whether it's the age where you say, "This is where I'm supposed to find an interest in the opposite sex," or "This is the age where I'm supposed to" whatever.

Ask yourself, do I really want to, and if I don't, I don't have to. You see? Because that's where your soul growth comes in, making decisions for yourself.

**Participant:** *No, you just kind of answered the question I was going to ask about people who start to look old, or don't look, depending on how they feel. Like, my younger brother is two years younger than I am, he looks a lot older than I do.*

Well, bless him. The object is this, looking good comes from inside. If you feel good about yourself, you look good. It doesn't matter what you have on. If you don't feel good about yourself, you don't.

**Participant:** *Could you explain why there's so many mentally disturbed... I don't mean handicapped people. Not just children. Not a physical handicap, but mental one. It seems like there's more of them now than there has been. They're not playing with a full deck.*

I like that expression.

If you are talking about emotionally disturbed people or mentally insufficient people, or people who just don't think there's a difference. Some people have excellent minds and never wear them out because they don't use them.

The thing is that there are many things now that are contributing to mental problems, chemistry changes, use of drugs, because they affect the body and they affect the body chemistry, and so they take away from the ability to use the mind.

So, because you are a society right now, at this point in time, that is self-indulgent, the self-indulgence expresses itself outwardly by the effects of those indulgences. Now sometimes it is genetic, sometimes it is from injury. There are many reasons why people will have mental deficiency.

The thing to remember is this, according to where you are in life, what your occupation is, where you're focusing, you will be aware of more.

For instance, if you are a counselor, you will be aware of many emotional problems that most people wouldn't even know existed. If you are working in police work, you would be aware of many negatives that most people wouldn't even be aware of, because the nature of your own work and that, bring you into contact with that other side.

You know, in your world, it is sometimes said that the greatest cynics in the world are police, and it's because they have to arm themselves against what they have to deal with and see and face day in and day out. The things that man does to himself, so to speak. Or if you work in a hospital, you'll become aware of many things that most people don't even know exist, because the nature of your work puts you in a proximity of being with those things. I don't think I got the question.

**Participant:** *People who hallucinate. I've seen people, you know, who thought they were the Messiah. "Once I was Moses." "I was the President of the United States." But they could function. They can take care of themselves and everything, but they're just not there. Now, what is that?*

They have chosen literally a different kind of escape route. They have taken someone and have decided they are that being, because, you see, in any form of role playing, you don't have to face the issues of yourself. So they may function in a job and everything else, but I see many with a messiah complex, who are sure they are the ones who are here to save the world.

In the meantime, they're doing nothing productive with their life whatsoever. I know one young man who had a messiah complex, was sure that he was different from everyone else. He was sure that when he drove down the road, other people stared at him because they knew he was different. In the meantime, he was not working, he was living off anybody he could live off of. In other words, he was doing nothing that anyone of messiah quality would have done, you see, but in a role playing that made them feel good and special without having to produce. So it very often is an escape route.

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



## The Magical Moment of the Numbers 3:43 and 3:44: An Energy Transition in Balance

By Michel Post

As an architect, I am always focused on structures, energy, and the way different elements come into balance. But recently, I was reminded in a special way that numbers are not just mathematical symbols, but also powerful energetic messengers. It all began one evening when I looked at the clock and saw that it was 3:43. It seemed like an ordinary time, but something in the energy of that moment spoke to me. When I looked again a minute later, it was 3:44 – and the energy felt completely different.

What happened in that short span of time?

### The Meaning of 3:43 – A Balance Between the Physical and the Spiritual

The 3 is often associated with the recognition and acceptance of the divine aspect on Earth. It is the number

of creation, expansion, and the balance between body, mind, and spirit. In this case, seeing the time 3:43 felt like a harmony was being formed between the inner and outer worlds — a deep acceptance of the Divine and a confirmation that it is present not only spiritually, but also physically in my life.

When I looked at the clock and saw 3:43, it felt like the foundation (the 4) was being embraced by the double 3s. It was a moment of acceptance and stability, but also of expansion and growth. The balance between the physical (the 4, which is related to the four elements, foundations, and directions) and the spiritual (the 3, which is all-encompassing) was complete in this combination. It was as if the energy of my Energy Seal was being strengthened and made visible in the world around me.



### **The Shift to 3:44 – A Double Foundation for the Future**

When I then saw 3:44 on the clock, the energy suddenly changed. What initially felt like a moment of acceptance turned into a powerful confirmation of the future. The 4 now appeared double, suggesting that stability and foundation (the 4) were being strengthened not only in my physical world, but also in my spiritual path. It felt like an invitation to deepen this balance further.

What I also found interesting was that the 3 was on the left of the 44. This brought forth the idea of the past — perhaps a reminder of earlier spiritual work, the insights I have gained, and the energies I have already integrated. The 44 on the right of the 3 made me feel that this was the foundation for the future. It was as if the energy of the past and the future were meeting in this moment, offering me deep reassurance that my path was both rooted in my past and fully open to the future.

### **The Lesson from the Numbers – A Reminder of Balance and Grounding**

What I learned from this experience with the numbers 3:43 and 3:44 is that there is always a balance between the physical and the spiritual – a balance that continuously manifests in my work, my life, and my energy. The numbers reminded me that it is important to strengthen my foundation, not only on the physical, but also on the

spiritual level. It is a continuous journey of grounding and expansion, in which the past supports me and the future unfolds.

In my work as an architect, I am becoming increasingly aware of the energies I bring into the spaces I design. These numbers gave me the inspiration to integrate this balance even more – to not only create buildings that are ecological and sustainable, but also those that resonate with the energetic layers that embrace both the physical and spiritual aspects of life.

### **Conclusion – What Do the Numbers Tell You?**

Numbers are not just abstract concepts. They carry energy and messages that resonate deeply within us, just like the buildings and spaces we create. The experience of 3:43 and 3:44 reminded me that everything is interconnected: the physical, the spiritual, and everything in between. It is an invitation to further ground, expand, and lay a foundation for the future – with full acceptance of the here and now.

So, when you notice the numbers around you, don't be surprised if they carry a deeper message. Perhaps it's a reminder to find balance between the physical and the spiritual, or to create a new foundation for the future.

What do the numbers tell you?

# LEO

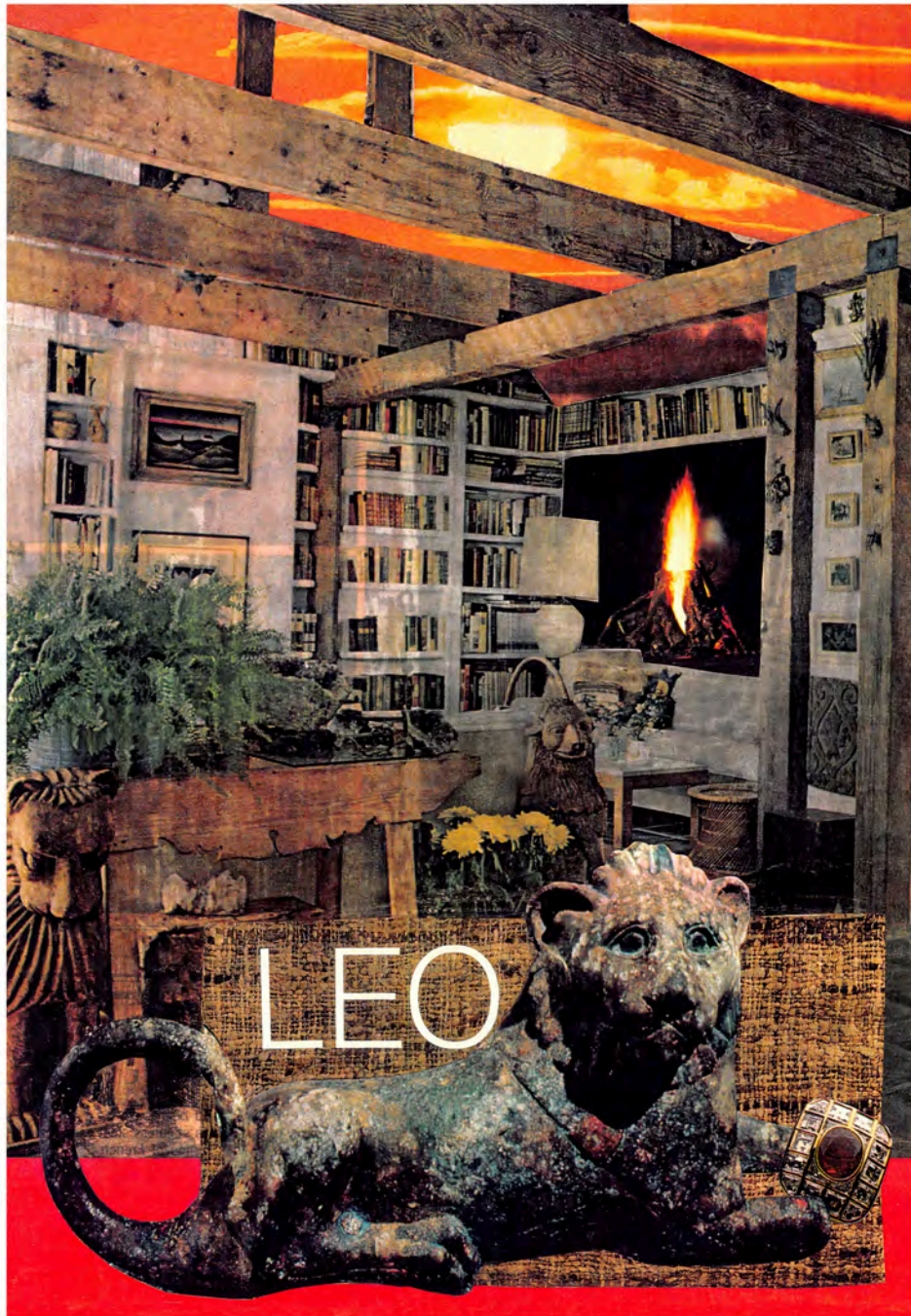
July 21 to August 21

Ruled by the Sun, make sure you can star at home, entertaining comfortably because you attract exciting people.

You are the fire of the hearth.

Drawn to the color red, use it for walls, upholstery, or carpeting as you wish. Mix crude and elegant furniture with fine art, marvelous books, and music.

A floor to ceiling mirror, somewhere, will help you look your best.



# Truth Moves

## And What to Do About It

By Andrea Smith and Jan Clayton

**"Luke, you're going to find that many of the truths we cling to depend greatly on our own point of view." — Obi-Wan Kenobi**

As children, our parents and teachers taught us that there is truth and there is falsehood. Telling the truth is essential to being a good person. For many of us, the religious teachings from our youth emphasized this by stating that there is a definitive truth (and suggested that the church possessed it). *"And ye shall know the truth, and the truth shall make you free."* (King James version, John 8:32). *"Sanctify them through thy truth: thy word is truth."* (King James version, John 17:17). At our church, we often sang the hymn, *"I know the Bible is True"* (Lyrics: Baylus Benjamin McKinney, 1926). All this information about truth is reinforced by popular culture. *"The X-Files"* uses the tagline *"The truth is out there."*

However, here and there, quotes about truth not being quite so simple would surface. The beloved 1970 protest song written and recorded by Johnny Cash, *"What is Truth,"* explored the complexities of truth and proposed that truth changes from generation to generation. But he still suggested that the youth were seeking truth as a constant on which they could rely. The wise and bold Obi-Wan Kenobi waffled on the solidity of truth by suggesting that many of our truths depend on our personal point of view. (Star Wars: Episode VI — Return of the Jedi, 1983.) Do *all* (not just many) of our truths depend on our point of view?

In the 1990s, the Julian-guided Records Group discovered a new component of Sacred Sites that they named the Wisdom Circle.\* Their minds were blown by one of the 12 perspectives of wisdom, Truth in Movement. What does "Truth in Movement" mean?

As we continued our studies, additional information came our way about truth. "If two people disagree, both are right." How can this be, if there is an absolute truth?

Recently, our spiritual teachers have obliterated our Piscean view of the truth, and we suggest that you consider adopting it. We believe that this new perspective is critical for us to move solidly into the Aquarian Age. For without it, it is difficult to really know ourselves, and it is nearly impossible to get along with others.

The first point made is that there is no such thing as absolute truth on Earth. Truth moves through time. We can see this pretty clearly from a humanistic point of view. The world was deemed flat for many hundreds, if not thousands, of years. In the 3rd century BC, Pythagoras calculated that the Earth had to be spherical. The understanding of a spherical Earth was only gradually adopted throughout the Old World during Late Antiquity and the Middle Ages, replacing the earlier belief. We can think of many additional examples of "truths" that humans have accepted that have changed over time.

But the Truth Moves concept goes beyond "humanity's truth." Upon questioning, Temier actually stated that Universal Truth also moves. How can that be? As the Universe learns, truth changes, albeit usually ever so slightly. If we accept this, we must accept that there is no absolute truth.

We presume that you find this challenging. We certainly did; it is actually mind-blowing. And it has caused us to look at truth and "facts" in a very different light.

Let us consider that each person has their own set of truths. Those truths are based upon logic. That logic can either be sound or flawed. In any case, our truths evolve over time, influenced by education, experience, and other factors. Our truths and beliefs change to support our personal identity and the life path that the Universe is guiding us toward. Therefore, our personal truths are crucial to our path, but the movement in those truths is just as important for our growth and path through life. Why do we get stuck? Julian constantly reminded us that our growth gets stuck when our attitudes and beliefs get stuck, therefore, when our personal truth gets stuck. Our ego wants to hold on to our "truths."

With this new perspective, let's look at what happens when two people who have different truths come together. The first thing to note is that no two people believe the same truths, at least not completely. Because we have different identities and different paths, our belief systems (or sets of truths) are at least somewhat

\* See *"The Universal Energies of Sacred Sites"*, 2003, by Samuel Holland and Anne Claire Venemans)

different. They have to be. So, who is right and who is wrong? Neither party.

How does this concept help us get along with others? When two people argue, they are both right (from their personal reality), and both of their truths are in motion. What Julian and Temier have taught us is that when we let our view of the truth fight with another person's viewpoint, the divisiveness in the Universe increases. However, if we can embrace the fact that neither party is right or wrong and that truth moves, then we can work to bring our two perspectives closer together,

which will result in a decrease in divisiveness.

How are we told to do this? Listen and understand. There is no need to agree with or adopt the other person's truth. Just listen and understand it. That action alone will bring the entire situation into greater balance.

What is the truth about truth? Is there an absolute truth? Does it move? We suggest that you consider utilizing the concept that truth is in movement. If nothing else, it will help you learn more about yourself, and it will help you get along better with others.

**“And that’s the truth!”** — Edith Ann

(as created and performed by Lily Tomlin for Rowan & Martin's Laugh-In, 1968-1973.)

## The Turning Point

Divisions occur so that the realization that change through transformation may be found...



The world may split like breaking stone,  
With lines drawn sharp in mind and bone.  
But cracks, though harsh, are not the end—  
They point to places we must mend.  
Divisions bloom where pain runs deep,  
Yet underneath, the roots still sleep.

From broken ground, new seeds take hold,  
The fire within reshapes the old.  
Each tear a sign, each scar a thread,  
That we are not what fear has said.  
Transformation waits in still decay,  
Like dawn concealed in dusk's display.

So let the walls of “them” and “we”  
Be thresholds where the soul breaks free.  
For only when we fall apart,  
Can we return with wiser heart.  
Change begins where comfort ends—  
And through that change, the spirit mends.

*Thank you to Temier, Sam, and ChatGPT for sharing.*

# VIRGO

August 21 to September 21

An earth sign ruled by Mercury.  
Good at analyzing, you'll need to have an orderly home  
and place for a cat, plants, or a garden.  
You give service in your work and family life  
so make home provide the privacy and quiet you require to express  
your many talents for music, research and healing.



# The Summer 2025 Calendar

(Events and classes open to the public)

See our new online calendar at <https://julianteachings.com/calendar>

Date	Time	Activity	Host or Presented by
Sunday, June 29	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
<b>JULY</b>			
Sunday, July 6	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	11:00-11:30 am PT	Temier's Healing Gathering	Temier & Sam Holland
Sunday, July 13	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Saturday, July 19	9:00-10:00 am PT	Tipping Point Discussion Group	Andrea Smith
Sunday, July 20	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	11:00-11:30 am PT	Temier's Healing Gathering	Temier & Sam Holland
Sunday, July 27	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
<b>AUGUST</b>			
Sunday, August 3	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	11:00-11:30 am PT	Temier's Healing Gathering	Temier & Sam Holland
Sunday, August 10	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Saturday, August 16	9:00-10:00 am PT	Tipping Point Discussion Group	Andrea Smith
Sunday, August 17	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	11:00-11:30 am PT	Temier's Healing Gathering	Temier & Sam Holland
Sunday, August 24	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Saturday, August 30	9:00 am-noon PT	Wisdom Circle 2025	Andrea Smith
Sunday, August 31	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	11:00-11:30 am PT	Temier's Healing Gathering	Temier & Sam Holland
<b>SEPTEMBER</b>			
Sunday, September 7	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	9:30-10:30 am PT	Heal, Empower & Thrive: With Color	Cindi Frank
Sunday, September 14	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	9:30-10:30 am PT	Heal, Empower & Thrive: With Color	Cindi Frank
	11:00-11:30 am PT	Temier's Healing Gathering	Temier & Sam Holland
Sunday, September 20	9:00-10:00 am PT	Tipping Point Discussion Group	Andrea Smith
Saturday, Sept. 21	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	9:30-10:30 am PT	Heal, Empower & Thrive: With Color	Cindi Frank
Sunday, September 28	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	11:00-11:30 am PT	Temier's Healing Gathering	Temier & Sam Holland

## Save the Dates! Heal, Empower, & Thrive: Healing with Color

Explore Julian's workshop titled, *Healing with Color*, with Cindi Frank. The group will discuss the content of this fascinating workshop and work through the wealth of exercises presented by Julian. Three sessions this coming September. No cost for attending. Purchase of the workshop transcript (\$5) is recommended. More info soon.

## More Info About The Events

### Sunday Morning Julian Healing Group

Join these 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

Contact Jerry Gross at [jerrygrossny@gmail.com](mailto:jerrygrossny@gmail.com)

### Temier's Healing Gatherings

Join the Healing Gatherings every other Sunday at 11 am PT (2 pm ET, 7 pm GMT, and 8 pm CET) by Sam Holland and Temier. They are free and are given via Zoom. They are very powerful and include both individual and global healing. Sign up at: <https://www.temier.com/HealingGatherings.html>

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

This group meets the third Saturday of each month at 9:00 am PT and is offered without charge. Action-oriented, the meeting supports personal and global transformation through discussion and guided meditations.

Visit [andreamithtransitions.com](http://andreamithtransitions.com) to register, for more information about the tipping point, and to check out the evolving resource list developed by participants.

Email: [drandreamith77@gmail.com](mailto:drandreamith77@gmail.com)

### Wisdom Circle 2025 (one day only)

This class has "2025" in its title to highlight that it builds on, but is not a repeat, of prior classes or written mate-

rial. The Wisdom Circle is a key component of all sacred sites, and like the rest of creation, it is evolving. The content and activities of this practicum utilize the energies of the Wisdom Circle through the perspective of this point in time.

We will, in the class, receive direct and wise guidance from these 12 unique perspectives of universal wisdom. We can get to know ourselves better, befriend change, calm divisions within our personal lives as well as our planet, and work with the movement of truth. As such, it supports the Tipping Point.

Physically, the 12 energies are a circle, a sacred space in which you will be able to work during and after the class. You could create a wisdom circle or discover an existing one to use! How far you want to take the material depends on you.

**When:** Saturday, August 30, 9 to 12 am PT via Zoom

**Cost:** \$30 including handouts and a recording. For those unable to attend, an audio will be available for \$10.

**Register:** To register, go to [https://us02web.zoom.us/meeting/register/ghwf7j\\_nR-CttzciVEVkcG](https://us02web.zoom.us/meeting/register/ghwf7j_nR-CttzciVEVkcG). Advance registration is strongly urged so that you will receive instructions to prepare your personal space prior to the workshop. In addition, because the class is highly interactive, its size will be limited.

For additional information on the Wisdom Circle or the class, visit Andrea's website. <https://www.andreamith-transitions.com>. If you have questions, drop Andrea a note — [drandreamith77@gmail.com](mailto:drandreamith77@gmail.com)

## Classes Coming Soon

Class	Teacher/Email
<b>Beginning Astrology</b> — Covers the basics: planets, signs, houses, aspects, and transits. Focuses on understanding your strengths, challenges, the cycles in your life, and your soul purpose. \$15 per class.	Denise Hall/ <a href="mailto:deniseh7@sbcglobal.net">deniseh7@sbcglobal.net</a>
<b>Mystical Magus</b> — A new class is scheduled to start in September 2025. See <a href="http://andreamithtransitions.com">andreamithtransitions.com</a> for more information.	Andrea Smith/ <a href="mailto:drandreamith77@gmail.com">drandreamith77@gmail.com</a>
<b>Transition Energy</b> — A new TE class taught online via Zoom is open to people around the globe starting in September 2025, every second Wednesday of the month at 8:00 pm CET. Info at: <a href="https://lightinbeing.nl/">https://lightinbeing.nl/</a>	Remco and Maria Sauter/ <a href="mailto:info@lightinbeing.nl">info@lightinbeing.nl</a>



### 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 a tool for members to share ideas, activities, and creative works. Thanks to the many writers, editors, and artists who contribute their words and ideas to this publication.

Submission Deadline for next issue: 9/8/2025

### Contact Us

Please send submissions for an issue, report a change in how you wish to receive your subscription, or suggest ways to improve the Ring of Light to [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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