

Ring of Light

A Newsletter for the Members of the Julian Community

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December 2025

"Just when I think I have learned the way to live, life changes." — Hugh Prather

In September, we mused about the feeling of chaos. So where are we now? Beyond chaos? There is a new, highly-regarded book with that title, by Oleg Kononov, published in September 2025. In the book, he writes about the nature of chaos and how to deal with it. He helps his readers prepare for chaos and manage it when it arrives. We are all feeling the chaos.

This winter, Aca'u reminds us that we are in the middle of vast changes occurring throughout the world; those external changes will require internal, personal ones, but we are in control: *"Flexibility, courage, and creativity are called for. A new path either has already been set before you or will be this year. You can make your life what you want it to be."*

"When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about." — Haruki Murakami

This winter is a quiet time where we can prepare ourselves for the changes to come. How? By setting the intention of what we want in our new life. If we are clear about that, we can determine what to release from our lives now that is no longer serving us. We can also focus on completing those important things that need our attention so that they can fully manifest.

"If we don't change, we don't grow. If we don't grow, we aren't really living." — Gail Sheehy

Maybe we see changes that we need to make in our lives now, but we are frozen, unable to act on them. Usually this is because we need to step out of our personal ruts.

"You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone." — Roy T. Bennett

In Temier's Healing Gathering on the winter solstice, he introduced us to the energy under the layer of chaos — a new, peaceful, balanced energy.

"When the chaos goes, beauty remains — a new perspective of the world." — Temier

He talked about the ability of this new energy to bring clarity to the chaos, and left us with a very important affirmation: *"I am the ability to transform the chaos."* What an empowering statement that can help us change our perspective of who is in charge.

"Change the way you look at things and the things you look at change." — Wayne W. Dyer

Just remember, you don't need to do this alone. There is help out there on both side of the veil. Make sure that your spiritual "swim buddies" have your back. And, if you don't have a buddy, now is the time to get one.

Remember that the global changes are being driven by the light workers on this planet. Don't forget to do your part.

"The people who are crazy enough to think they can change the world are the ones who do." — Steve Jobs

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This Season's Astrology

by Jessica Nelson

The Winter Solstice of 2025 begins on Sunday, December 21st with the Sun entering the stable sign of Capricorn. Hard work and structure color the season. If you know anything about numerology, we are beginning a new cycle in 2026 ($2+0+2+6=10=1$), a new 9-year cycle. Major shifts take place with planets moving to new signs, signaling monumental change. The overall theme this winter focuses on emotional growth and healing, restructuring of our physical environment to make our lives more stable, awakening our minds to the opportunities of transformation within our society, and strengthening our spirit before the birth of a new season.

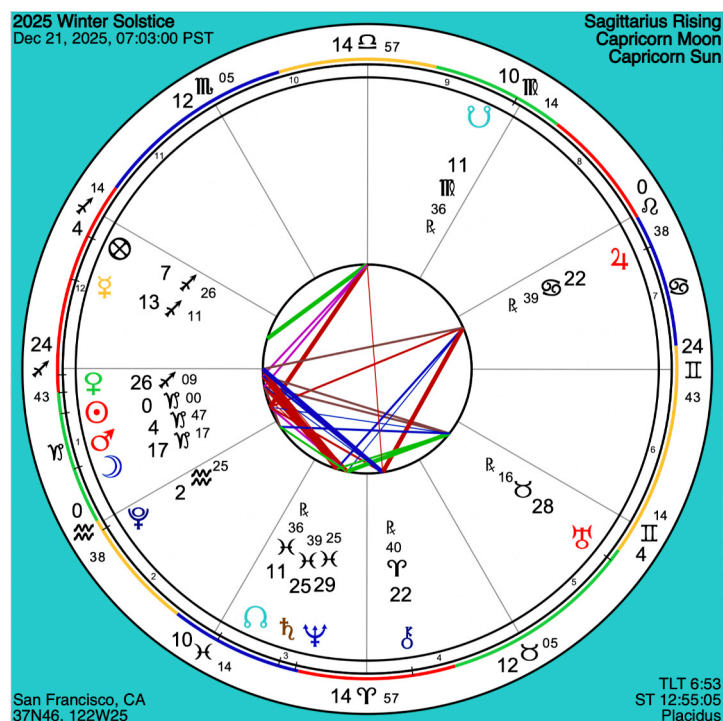
We will go through three full moons this winter season, one being on January 3rd in Cancer, then in Leo on February 1st, and again on March 3rd in Virgo. January's full moon in Cancer will bring emotional issues to the surface; we can spend time reflecting on our inner world. The full moon in Leo will be about embracing your fun side, finding joy in the small things, and freely expressing yourself. The full moon in Virgo turns the focus to practicality, making adjustments to our daily schedules. The full moons build upon each other, focusing on emotional health so you can build joy in your life, and then purposefully make it a daily habit.

Mercury begins the winter season in fiery Sagittarius. Our minds are pushed to expand in the areas of higher learning, belief systems, and education. On January 2nd Mercury enters Capricorn, joining the Sun. Here we can take what we learned while in Sagittarius and become disciplined in our quest for knowledge. On January 21st Mercury enters Aquarius, allowing us to think outside the box and open our mind up to "eureka" moments. On February 7th, Mercury enters Pisces. This will be a good time to quiet the mind and turn inward, pulling from the superconscious mind. Mercury will be retrograde from February 26 to March 20th in Pisces, allowing us to sit and ponder any new revelations.

Venus begins the season in Sagittarius and moves to Capricorn on December 25th. On January 18th it moves into Aquarius. Venus passes into Pisces on February 11th, and into Aries on March 7th. Venus is our love and creativity. As it passes through the signs it also builds. In Sagittarius, we love adventure and exploration in learning, while in Capricorn it brings

stability to all areas Venus. While in Aquarius we seek freedom and stray from the conventional. As it moves through Pisces, we are dreamy and romantic in our love pursuits, as well as our creative outlets.

Mars opens the season in Capricorn, moving to Aquarius on January 24th, and then into Pisces on March 3rd. Our energy and focus need a constructive outlet. Discipline for completing tasks should be readily available. The focus here is to go through things: What do I need or want in my life, and what can I do without? Mars in Aquarius gives a surge of rebellious energy. Our individuality shines through, and our fight is for our collective society. When Mars moves into Pisces our intuition is on fire. We are led by empathy and compassion.



Jupiter is retrograde in the sign of Cancer, going direct on March 11th and continuing the winter season in Cancer. Now is the time to reflect on personal beliefs and security. You may experience growth within your home and family dynamics. This may bring optimism to your inner world and strengthen relationships with women in your life. Our feminine energy is looking to expand.

On January 23th, we have a cluster in Aquarius: Mars, Pluto, the Sun, Mercury, and Venus. They will all be



within a spread of 8 degrees. This is powerful surge of Aquarian energy. Aquarius rules our collective consciousness, rebellion, innovation, technology, and social structures. With Pluto we get transformation, Mars brings the energy, the Sun illuminates, Mercury focuses our mind, and Venus brings values into the mix. This alignment is influential, and we may see major shifts in technological breakthroughs, new social justice ideas, major reform within our society, and exposure of a number of things: political control, technology suppression, or hidden knowledge. This will be a mighty force that we will feel on a collective level and shapes the overall theme of the season.

Saturn begins the season in Pisces, but enters Aries on February 14th, where it will spend the rest of the year. Saturn is all about structure, determination, and realignment. With its time in Pisces, we have been building up our spirit body, familiarizing ourselves with our inner soul. We are learning to listen, and trust our inner workings. This work has been important and lays a good foundation for the entering into the bold sign of Aries. With Saturn here we are learning to take back our power. Our energy and will become ours again, but we must work to stabilize it. It's important for us to strengthen our physical bodies and focus on independent work. We need to take responsibility for our own lives and structure them in a way that leads to stable action. It's time to integrate our spirit body with our physical body. By mastering self-discipline, we can learn to control our war-like energy, and put that energy towards problem solving. The only thing we can control is ourselves.

Uranus begins the season in retrograde, and will be until February 4th. Uranus will be in Taurus for the season, encouraging us to reflect on personal values and finances. Uranus attempts to free us from financial burdens. When we reassess our values we can alter what we spend our time and money on, setting us up for a better future. We have become a society of consumerism, and this energy will help us reevaluate our relationship to things. Another aspect of Taurus is earthly resources. Uranus is about innovation and thinking outside of the box. With this placement we could see a stronger desire to use nature's resources for our benefit. Not too long ago our entire health system was founded on natural remedies. We have seen a shift towards overall health and wellness. This may be a catalyst toward living a more harmonic life that compliments nature.

Neptune will be direct in the sign of Pisces and will enter Aries on January 27th. It will stay in Aries for the duration of 2026. This is again a major shift. Neptune symbolizes dreams, spirituality, illusion, imagination, and transcendence. Aries is all about impulse, individuality, action, courage, and new beginnings. This could be the dawn of a new spiritual identity, bringing up the questions: "Who are we?" and "Why are we here?" A drive for spirituality within each individual will be ignited! We can expect our motivations to be spurred by spiritual ideals. We could see a drive to create new art, music, and even films. Beware of self-delusion, confusion around personal identity, and spiritual saviors.

Pluto will continue its long journey through Aquarius. We have already talked about the new ideas this could stimulate, and the corruption that could be exposed. There is another side to Pluto in Aquarius. Aquarius is a fixed air sign; it's mental. New ideas cannot penetrate if you think you already know everything. We can't fall into the trap of allowing control over our awareness. Be open. Our world is constantly evolving and growing. You don't want to get left behind because you're not willing to be flexible. Aquarius can also be emotionally detached, stubborn, and rebellious. Realizing we don't have all the answers will benefit our collective society. Growing together and integrating our lives based on a beneficial outcome for all is the goal. The world may seem chaotic and messy, but Pluto is just shining a light on what we have been too distracted to see. A transformation of our collective mind is taking place. We are also reminded how much control we have over our own minds. You know how powerful you are when you realize how many things are vying for your attention. There's an urge to control the way society thinks. Everyone is taught the same thing. The same ideas are repeated enough that you believe them, and if you rebel, or think outside the box, you're an outcast, shunned from society and labeled as anti-something. You can see the way Pluto's energy is being pulled — light versus dark, truth versus lies.

Plato famously said, "No one is more hated than he who speaks the truth." We can look through history and see that his statement is proven true over and over again. But the Aquarian energy doesn't want to be boxed in, and as Pluto continues to shine its light into dark places, we become more aware of the truth hidden in plain sight. That awareness is what gets the ball rolling on our transformation. And once that ball starts, there's no stopping it.

The Sun will move from Capricorn to Aquarius on January 20th and into Pisces on February 19th. The Sun is illuminating our will. Each sign is colored by its own characteristics that overlay the time period it passes through. With Capricorn being one of the cardinal signs, we are poised with new ideas of how to build the life we want. Through dedication and hard work, we can build a solid structure for our life to branch out from. As

we solidify our individual lives, we hope to influence the world around us, adding to our communal existence. As we grow in our unconventional thinking, we realize just how connected we are to each other and everything around us, dissolving the lines of separateness. We complete the Sun's yearly sign cycle in Pisces, with an even stronger awareness of the connected energy we all share and guide together.

In Memoriam Eleanor Johnson

August 21, 1931 - October 16, 2025

A virtual obituary can be found at

<https://virtualmemorialgatherings.com/eleanor-johnson/>



**Do not stand at my grave and weep
I am not there. I do not sleep.
I am part of the thousand winds that blow.
I am part of the diamond glints of snow.
I am part of the sunlight on ripening grain,
I am part of the gentle Autumn rain.
When you wake in the morning's hush
I am the swift uplifting rush
Of quiet birds in circled flight.
I am part of the stars that shine at night.
Do not stand at my grave and cry.
I am not there. I did not die.**

— A version of Mary Elizabeth Frye's poem
found in Isabel Hickey's papers

Eleanor Johnson met June/Julian in the mid-1980s. She was one of June's best friends—part of “the four musketeers” (June, Eleanor, Joy Srour, and Judy Lakamp) who spent a significant amount of time together.

Eleanor was part of Julian's East Coast group and participated in all the classes and workshops that June/Julian put on starting in the 1980s. She was a certified Self-Development and Self-Awareness teacher.

Eleanor was also an extraordinary astrologer and Tarot card reader, and she was the only astrologer and Tarot card reader that June would consult with when she had questions. She wrote the astrology article for the Ring of Light newsletter from 2001 to June 2021 — nearly 80 articles. She did the calculations by hand using her ephemeris to calculate her clients chart, which took her many hours. Eleanor used a software program to print out the circular chart showing the positions of the planets in the individual's chart.

Eleanor was a member of Marion's weekly Sunday morning healing group and when the pandemic occurred, the Sunday meetings migrated to online Zoom meetings. Eleanor provided her weekly astrological information to that group until November 2024. This weekly astrological information was recorded and shared with over 65 people in the Netherlands, the UK, Canada, and throughout the US.

Eleanor was a cornerstone of the East Coast group, and as you will tell from the following messages from her friends, she will be greatly missed.

I met Eleanor in the early eighties when she joined our Julian Development Class. Eleanor, Joy, and I became close friends.

Our group prayed for her to sell the farm. And when she finally did, she purchased her adorable mobile home, which was less than 10 minutes from June.

Joy and I spent several Friday nights with Eleanor when we had our Development and Working Magus classes. I occasionally fixed minor issues in her home. Eleanor was a fantastic cook, and we shared many meals together, especially her fantastic spaghetti and meatballs.

After each Development class, the class would share a potluck lunch together, with much laughter, joy and joke telling. Julian once referred to our potluck sharing as a feeding frenzy. When June decided to purchase a barbecue grill, our group would chip in to purchase hotdogs and chopped meat and an occasional London broil from Eleanor's butcher. The meats were fantastic.

When the four musketeers got together, June and Eleanor would drive to our home in NJ to meet Joy

and Judy Lakamp. Joy would then drive everyone to their annual girls weekend at Spring Lake on the Jersey shore. The get together would last from Friday morning until returning Sunday afternoon. They would always bring me a big supply of black licorice. The annual event lasted many years until Judy's passing.

I was in telephone contact with Eleanor often, even after I moved to CA. I engaged her annually to create my yearly chart reading. I never heard a cross word from her with anyone; but she always uplifted anyone who was upset. Eleanor had dramatic positive effects on those who had contact with her. Her smile and her laughter were always infectious and magical. Her sweet voice was always comforting.

With Eleanor's passing, the four musketeers were reunited with much laughter, joy, and happiness, probably discussing the future chapters of their next lifetimes.

She was a dear friend and coworker of the Light and she will be missed, but remains in our hearts forever.

— *Saul Srour*



Saul Srour & Eleanor Johnson

The first time I saw Eleanor, she was giving an astrology talk in Fishkill, NY. I met her through June and another friend of mine. I was immediately struck by her very kind, mellow voice.

We were together on different occasions and then after going our separate ways we reconnected. So glad we did. More time with this angel is just what I needed. Eleanor told me to come to the Julian Zoom group that she was in. She thought I would fit in. I love the group and I will always love her.

Eleanor is in my heart forever. Thank you Eleanor for enriching my soul. You are an angel.

— *Deborah Potter*



Our friendship started in the 1980s. Eleanor's personality was infectious — a bright light.

Astrology, compassion, empathy, listening, understanding, and laughter were her signature languages — all crowned by a great smile. Her astrology was considered “upper tier” with a very large following. I was surprised to learn how many of those “brought up in violence” would credit the empathy of her astrological guidance for improving their lives.

I met Eleanor at June Burke's home, and over time, we became part of June's extended family. With June, we shared not only years of Self-Development study, but also “playdays” when we would get lost in the countryside. And, like under the influence of some magnet, we would end up at a place for ice cream and a hot dog, all the while breathing laughter into our adventures.

I was frequently called to Eleanor's home to set up or fix the computer and internet. Trouble was always blamed on a “Mercury in retrograde” or some other astrological influence. The reward... a binge on her

tuna fish salad, egg salad, cheese, and crackers. She'd apologize for such simple food, but to me she gave the taste a special spirit. We'd top it off with a treat I discovered at a special bakery. Our joy was being together for a day, all the while laughing and carrying on. And, of course, she had to set aside time to update my astrology chart.

The big treat was her cooking. When she made “shells and sauce”, as she called it, it was a trip into a most delicious Italian heritage. And her clam sauce with linguine! Better than any restaurant.

We were great shopping partners, discovering needed furnishings for the home. Their contribution to her home elevated its joy and pleasure for both of us. Of course, I had to add flowers, earning my name of “Flower Jerry.”

In memory, when together for whatever reason, the sky opened and the sun shined radiantly.

— *Jerry Gross*

I remember Eleanor from as far back as 1980. Before I knew her well, she would always have a welcoming smile and a kind word when we ran into each other.

I laughed when she told me the story of her first finding out that June was a trance channeler. “June? June Burke?” She told me that she responded incredulously. She knew June as a Girl Scout leader. At that time, Eleanor didn't even know what a trance channeler was.

Over the years, I grew to know Eleanor very well. During our Sunday meetings at Marion Bauer's, her insights were astounding. If we encountered a situation that we grappled with, Eleanor would, inevitably, bring clarity to it.

She did a number of readings for me. Her wisdom was of great help to me as I learned what I needed to. Her recording would always start with, “Jim, thank you for having me do this reading for you.” I would think to myself, as I listened, “Thank you, Eleanor.”

She held development classes in her mobile home on the top of a hill in LaGrange. I would drive up and up to get there. Inside her home, there were wonderful moments of learning the Julian teachings. Her mobile home seemed like a cathedral to me. It was like walking into Notre Dame in Paris.

It was there that I first stared at a cloud until it disappeared. “It's to show you the energy that comes from your eyes,” I remember her saying. One of her exercises was to sit opposite another and stare into the eyes. My partner explained things about me that only I knew. I learned from Eleanor that “the eyes are the windows to the soul.”

She once told me that learning to manage money was part of her lessons in this life. She didn't have too much money, she told me. When I would pay her for a reading, I would say, “Eleanor, you're worth a million dollars.” Then I would quickly say, “But I don't have it!” We'd both laugh.

Several years ago, I took her to the farm where I helped manage the bee hives. Eleanor wanted to buy honey there. Eleanor was a Queen Bee, as sweet as the honey she took home with her that day.

She was a wonderful woman and a brilliant astrologer. She helped many people, including me.

I will always miss her, but I know she's safe at home.

— *James O'Brien*



Eleanor was very kind. Eleanor had a good thing to say about everyone. To me, Eleanor embodied kindness and compassion. It is a privilege to have known her.

— *Cindi Frank*

Eleanor Johnson was a humble woman, devoted to walking a path of Light, and a brilliant astrologer. I had the great honor and joy of knowing Eleanor for many years. During my annual visits to June's home, Eleanor would come over, and the three of us would spend hours working, laughing, sharing lively dinners, and simply delighting in each other's company.

For years, Eleanor and I spoke by phone every month or so to explore the latest astrological trends and their deeper meanings. We would pour over each other's charts, opening our hearts and souls about how the planets had shaped our lives — reflecting on the past, and looking ahead to the challenges and opportunities yet to come.

I loved this woman with all my heart and soul. I respected her deeply and will be forever grateful for the profound impact she had on my life. When I think of the most remarkable people I have ever known, Eleanor stands among them.

You will be missed, my dear friend — always, and with love.

— *Camille Albrecht*



Camille Albrecht & Eleanor Johnson

I met Eleanor shortly after I started working with June (and Julian) developing a manuscript for the first book, *Manifestation and Self Discovery*. Eleanor was very close to June and helped clean her house. Bill was also present during all these times. She was a quiet and totally respectful person as June and I worked on the manuscript at her kitchen table.

Lunch was always grilled cheese sandwiches (which were a favorite of mine). I later came to know her for her deep commitment to astrology.

Since I was traveling up to see June on a regular basis, I sometimes saw Eleanor but not always. It was quite apparent that the two of them were extremely close.

Eleanor was always warm and welcoming. We never had any deep conversations, as June was totally focused on the work of the manuscript. This was a very, very important goal for her personally.

Being in the presence of June, Eleanor, and Bill was a deeply grounding experience for me, and I have only the greatest respect for them as individuals. As the years went by, I came to deeply appreciate the kindness, respect, and love which they shared with me. It really helped me grow and develop as an individual. It was also a value that had been lacking in my own life, and it greatly helped me grow and evolve.

— *Daniel Kitchen*

Eleanor was an amazing person and she will be missed.

— *Sondra Creary*



Lynn Chandler & Eleanor Johnson

Eleanor was a very special part of my life. I am guessing that I have known her for 50 years. I am honored to share a few memories.

1. I remember after my dad passed, Eleanor, Jerry, Joy, and Saul came to visit me in Exeter, NH. Their car trips often started at my mom's house, about an hour later stopping for breakfast at a diner and then lunch along the route. I imagine there was laughter and conversation the entire trip, and it continued through their weekend visit. I remember thinking how very fortunate I was to have my mom, now alone, surrounded by such loving friends. For the 20 years after my mom passed, Eleanor and I continued to be "pen pals," even though Eleanor in the past year could no longer reply.
2. Eleanor was always a comfort for me. When my dad passed, she brought a large pot of meatballs (best comfort food ever). She did the same when my mom passed. Years later, Robbie and I were driving to NY to visit Eleanor. It was pouring rain, a raw dark day. During the trip we turned to each other and said, "Hope Eleanor made meatballs," and, of course, she did.
3. Truth be told, I listened to the Sunday astrology report more to hear Eleanor's voice than to hear the astrology. Her wonderful old New York accent always made me smile.

I can easily imagine the joyful reunion between Mom, Dad, Joy, and Eleanor, and of course, a heavenly serving of Eleanor's meatballs.

— *Ellen Burke*



June Burke, Ellen Burke, & Eleanor Johnson

Thanks to Eleanor, love has grown to become the foundation of my being, in my work and in my daily life.

Growing up in a family of domestic violence — a family who had no concept of love. Eleanor opened a door to a world of love, a world in love, plus plus plus... in animals, nature, and humanity. She was a very special Light and a dear dear beloved friend.

— *Gerry Gallagher*



A surprising characteristic most people did not know about Eleanor was that she was a lively and rhythmic dancer.

One year the Gathering was held at Lake George, NY, an enjoyable activity popular with all was the dinner cruise — band included — on the Steamboat. When the band started playing salsa music, Eleanor and I took to the dance floor. She patiently demonstrated some simple spins and turns for me so I could improvise with her.

Eleanor was a very energetic and vibrant dancer. She truly enjoyed herself and had fun, as was evident by her sparkling and twinkling eyes, and her radiant smile!

— *Robbie Hewitt*

To all of those who were blessed to know the essence of Eleanor Johnson, it can be declared that Eleanor personified the beauty and wisdom of living from the Heart Temple. At least 30 years ago, Reverend June K. Burke suggested I consider working with Eleanor to gain deeper awareness and knowledge of my path relating to the astrology of the birth chart. We knew virtually nothing about each other at our first meeting at her home on County RT 21 in Wappingers Falls, NY. The way in which she worked with her gift was something in itself.

Eleanor having studied the person's birth chart, handed them a deck of the Egyptian minor arcana. She asked that they sit with and contemplate the cards, shuffle them, and then divide the deck. She would spread the deck between herself and the student next to the chart. This was a revelation for this somewhat skeptical person. Those doubts would cease days and weeks after reflecting upon the reading and helpful recording Eleanor would give to us all.

My wife Lisa had accompanied me nearly a year later, experiencing her own reading separately. Upon leaving Eleanor's home I said, "May we work with you again in 6 months?" Her reply was, "Oh no, Honey, your part is to work with and experience your life as it unfolds. Astrology is a guide; the Soul must live its way." Lisa and I received these words with the recognition of the ethic and values Eleanor lived by.

In the immediate ensuing years, Lisa and I would recommend Eleanor's gift to many family members and friends, many of whom lived abroad, and would work over the phone with Eleanor. Each person would share their respect and gratitude for Eleanor's sincere warmth, kindness, and the depth of knowledge and counseling received. I asked my sister Elisabeth to join me in prayers for the wellbeing and at the eventual return home of Eleanor's essence. When I shared that Eleanor had passed into the Light, Elisabeth said, "Do you remember one of the significant things Eleanor had told me the first time we worked together?" which I

(Left to right)

*Eleanor Johnson,
Saul Srour,
Roberta Costisick,
Frank De Sotto,
Barry Burkan,
Leela Burkan,
Dorothy De Sotto,
& Blanche Duffy*

hadn't. Giving the reading to Elisabeth at one point Eleanor paused, then said, "There is a person who will be of great significance in your life who appears to enter soon." Eleanor, looking confused, sat quietly for a minute or two, then said, "That person appears to live very close to where we presently are here now." In less than 6 months, my sister met her future and present husband (of 28 years) in NYC, whose family lived at the other end of Eleanor's road.

The last conversation of length I was privileged to share with Eleanor, was around Thanksgiving in 2022. I had called her with gratitude for giving a reading for two relatives in Germany, who each said how profoundly helpful the work was (and continues to be) for them. Typical joyful, charming Eleanor, sharing her present gratitude for life, suddenly became very serious. "Now, Paul, Honey, I ask you if you are working daily to bring Light into the planet?" "Yes Eleanor, I am." "Are you sure?" "Yes, Eleanor, and I am deepening that practice." "It's very important that we do this work in service to the Light and for the world," she replied.

What a marvelous gift to have known Eleanor. Her outer and inner beauty. The lovely, constant frequency of her laughter. When she had something serious to say, one listened fully. Eleanor shared many personal things with me. I drew strength, faith, and definition for the Path by her example. The ability to be in the center of our being no matter what is unfolding. The joy and commitment of Eleanor's time and place here. It was such an honor to be present for the celebration of her life. To see her loved ones and witness their threads of testimony to a soul and Master Teacher we shall always hold in our hearts, and one moment in time and space shall know again in the internal worlds. In accordance with the Laws of Correspondence and As above, so below, Eleanor is another point of Light for us to work with until we meet again.

Love discovers itself incessantly. — *Paul Church*



The Parable of Eleanor Johnson

Dear Eleanor,

I'm sure you're busy settling into your new surroundings and getting the lay of the land, but I keep thinking about you more and more every day. I'll bet that even now you are visiting with those special friends of yours in heaven known as "The Four J's" (Joy, Judy, June, and Julian).

On this side of the veil, so many people are missing the wondrous person you are, and since I am one of those people I thought about how to best express my feelings. I could try to sing you a song, but I love you far too much to inflict that upon you. And since I can't paint a picture or write a poem, I will tell a short parable that illustrates your innate beauty and wisdom. So here goes...

Once upon a time Barry was at a Julian class clumsily walking along with his head in the clouds. Not a very good idea since he was also carrying a cup of hot coffee. Not watching where he was going, Barry brushed up against Eleanor and spilled his precious drink on the floor. Barry was aghast! Eleanor looked at him and said, "Barry darling, do you realize what just happened?"

After he mumbled some abject apologies, Eleanor simply smiled and said, "Darling, you spilled coffee because that was what was in your cup. If it contained water, that's what would have spilled. Whenever life bumps into you, whatever you have inside is what will spill out." And with that Eleanor smiled and walked on.

Eleanor, what you had inside of you was a wellspring of peace, joy, and love that spilled out to everyone around that had the good fortune of bumping into you. It permeated the entire world and beyond. Every person you touched can attest to this. You were like a candle in the night and always freely gave of your Light. And now your Light is in the heavens where you can shine down as inspiration to all of the astrologers on earth. No doubt they will wonder where this beautiful bright star has come from — but we know.

Love,

Barry Burkan

Barry created a beautiful song in Eleanor's memory with the help of AI, called "Eleanor's Light". You can listen to it at

<https://suno.com/s/esBajrQAG6SGbbZr>



(Top left to right) Gerry Gallagher, Leela Burkan, Barry Burkan, Saul Srour
(Bottom left to right) Jerry Gross, Joy Srour, & Eleanor Johnson

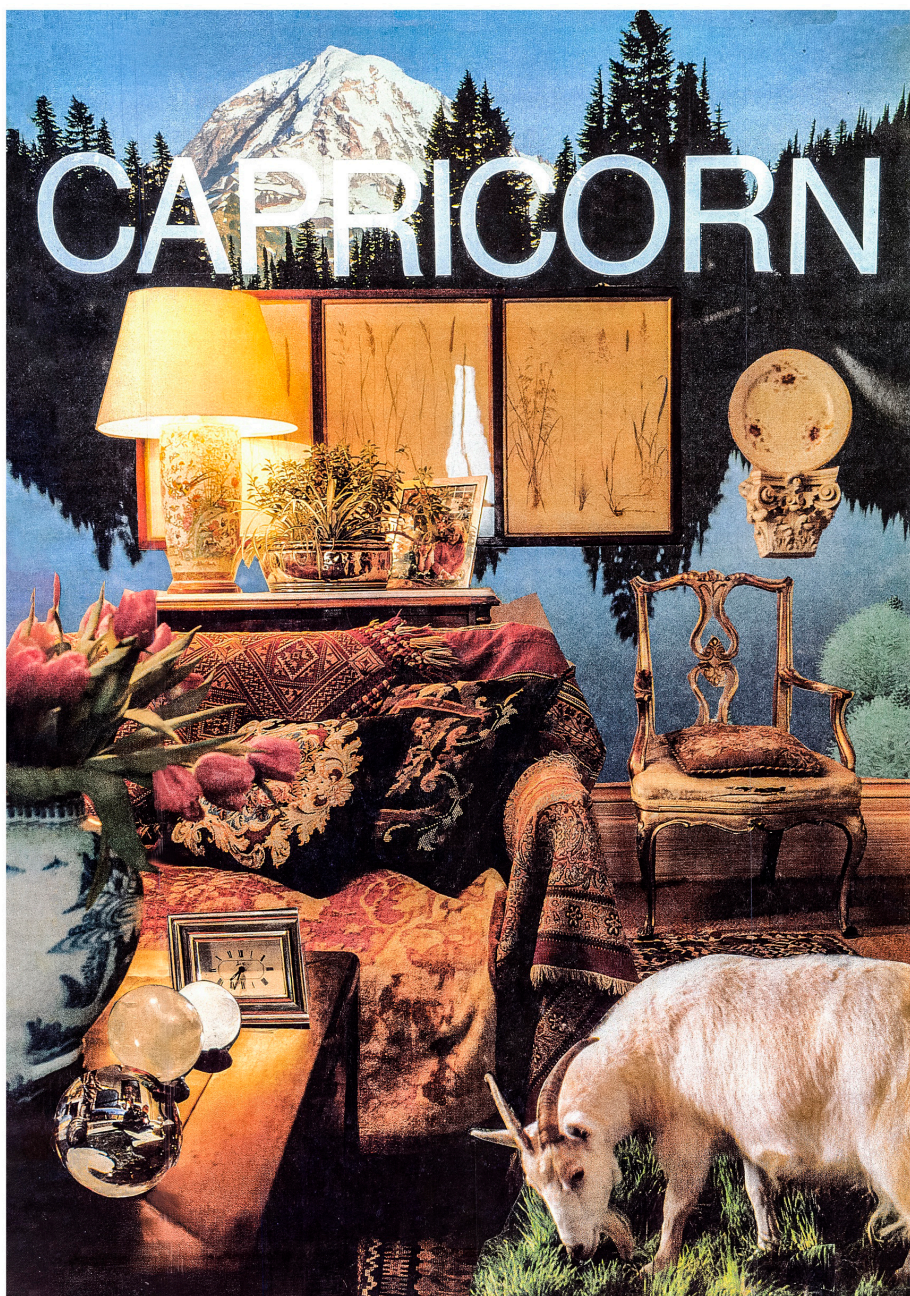
CAPRICORN

December 21 to January 21

An earth sign. You excel at what you put your mind to.
Climbing to the top is your natural inclination.

Whether you can afford to buy the best
or "trash pick" at the town dump, your home will be attractive.
Good with ideas, you know how to use space to its best,
and when necessary, can be spontaneous as well.
You respect tradition and shine at creating it.

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



Saul's Corner

Transitions & After, Part 5

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

(continued from September 2025 Ring of Light)

Q. What is your feeling about the religion of spiritualism?

The essence of spiritualism is to prove life after death through communication. Nothing wrong with that as long as they're not holding poor Aunt Jane there for their weekly telephone conversation so she can't get on with other things.

You see, because you have to believe is to accept, and if what you need is Aunt Jane's message about what was in her secret letter to you tells you she's still there, that's fine, but then, for heaven's sakes, let go of Aunt Jane. You've had your proof.

The trouble with proof in the form that we're talking about is that if I were to levitate somebody today, tomorrow you'd want me to levitate two, because you've got a friend you brought tomorrow who didn't see it yesterday, so do the parlor trick again, and it gets all out of balance. So when you've had your proof, accept it, let your faith grow from it, and move on. There's nothing wrong with spiritualism.

However, I do want to say something: To be a spiritual being is different from being a spiritualist. Not all psychic people are spiritual, not all spiritualists are spiritual.

The spiritual path we talk about is the path of your own growth and essence to the beauty of you and the use of that in the world.

Q. You were touching on something a couple of minutes ago, and you almost got into the realm of a *deja vu* type thing where you think you see something, you think you feel something, you're not sure, and then kind of lose touch with it. I was wondering what causes the feeling of *deja vu*.

Deja vu is an emotional memory of the soul. In other words, an imprint of some point in time in the soul is triggered and remembered again as it occurs again in this point in time.

It's like, didn't this happen before. You see? It's actually a rerun emotionally because something has happened that has triggered it. Anything that happens to you in life registers in the self in all senses, and so when you sense that same thing again, it brings the whole thing

back and you become again in that space of energy that you were before.

Q. You talked a little bit about the idea of permission giving and death, and I'm wondering if the context of that could be used where I can help to give permission to someone to let go, or at least not be an obstacle to them. I'm a social worker and I work with older people.

So you work with older people. It is good to help people understand that death is a gentle thing, that they do not cross alone, that there is another world, and you can state it as your belief. In other words, if you give the seed thought, they'll nurture it by themselves alone. Just as you said to me now, "This morning you talked about something..." you were thinking about it.

You've been trying to see how to put it into use. If you say to someone, "I believe that there is another world that is free of pain, full of love, and ready to accept anyone. I believe that we never cross alone." That gives them food for thought and, through that thought, can bring them to a comfortable acceptance of the fact that maybe this is different than they thought it was.

If you're working with the family of someone dying, you can tell them that it is best to show them love but not to try to hold them when they're trying to make a decision. Because he who is leaving this Earth is deciding whether to let go or to hang on. And when you say to them, "It's all right to let go," they stop feeling guilty about leaving.

Because, you see, without realizing it, families very often make people feel guilty about dying. Don't go and leave me, I need you. You see? They think they're saying it out of love. They think they're demonstrating to that person that their love is so great they can't exist without them. They mean well, but in reality, it is putting a burden on that person that that person really shouldn't have to bear. That person should be free to go if they're ready to go. So by talking about it to people, you can help them think a little differently from the way they were thinking before.

Q. What about the person who's in a coma?

You talk to them just the same. The hearing was the first thing given to you and that hearing is the last thing to go.

Please don't make funeral arrangements in the presence of someone in a coma. Don't sit and talk about what a nasty little cuss they were. Speak to them as if they were there. Speak to them lovingly and openly, because they're still hearing even though they can't respond.

Q. If they say you are the reincarnation of your great, great grandfather or your great, great grandmother, when you pass to the other side, are you the totality or a fragment?

You are the totality all that you were as that person and yourself. You're one soul doing many things, and you will be the totality of the essence of those experiences, because they are the one soul's collective experience.

Q. Then you go back into your next life with that totality?

That's right.

Q. Julian, if one is in just total terror of passing on, regardless of their age or other reasons, is there not help that comes through the soul from the other side to help ease that? Outside of the family, I'm talking about the other side.

Of course, there is, but many times when that easement is there, the family is still trying to hold onto them. So it has to be dual. The family has to say it's okay as well as the help from the other side.

Q. What I was thinking about was if the person was alone.

If a person is alone, what happens is, as they become frightened, they call for help literally inside and then the help comes and there will be a great peace that comes over them, a sense of, well, this is it. And then they will begin, usually, to experience some of the beauty surrounding the actual thing.

Q. The pain that they could be experiencing would start to ease?

That's right.

Q. And in place of that would be inner knowledge?

That's right. When we're working from our side to help you and escort you, we have to help you where you need it. It's not a set thing that says, "Okay, phase I, phase II, phase III." We are there to answer the need of the individual and if the individual is alone and frightened, then that is the first thing to be taken care of.

There was a young girl who died on her twentieth birthday, and her parents, her mother, came to speak with her when she was in sleep state and could not respond at that time.

She came back six months later and the girl talked about poetry she'd written and left in a book on a shelf and her jewelry and her sister and her friends, that sort of thing. She came back six months later to talk to her, and she talked about poetry she was writing now, and the love for the family. She came back the next time and she spoke about love and poetry, and she described some of her passing in poetry. So that was an opportunity for a parent to see the personality beginning to drop away and the pure being there. But we're always going to help them in all those phases.

You see, we have jobs too. We're here to be the brothers of man, not the brother of man, not separate from man. Man separates himself from angelic force. He puts them on pedestals and says they're separate.

Angelic force is one in energy with you. It is simply just a different vibration with a different assignment. Always reach out to angelic force; they will never refuse to help you.

(to be continued in the March 2025 ROL)

Sam and Temier have recently published a number of small books with huge amounts of inspiration, motivation, and wisdom. Below is a partial list of available books. Contact Sam at samholland7@gmail.com if you want more information or are interested in getting copies.

- Bedtime Stories for Curious Children (English & Dutch)
- Meaning of Life for Teenagers
- The 7 Currents
- Whispers of the Unseen
- Unavoidable Healing
- When Love Becomes Light
- When Unconditional Love...
- The Path of Women
- The Path of Men
- Becoming
- Bedtime Stories for the Young at Heart(English & Dutch)
- Life Evolves
- Searching
- Help Along the Way
- A Bit of Wisdom
- Insights
- Interesting Thoughts
- Beneath the Surface
- Collaborations

AQUARIUS

January 21 to February 21

An air sign with an eye toward the future.
You'll consider the world as your home.
Since you love electronics, you'll need to adapt furnishings
around the latest machines.
Royal blue and silver plus black will help accommodate your equipment
so it's a friendly place where all are welcome when you're not alone working.

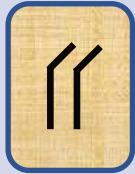


A Season of Runes

by David Ross

What is the situation energies with the energies of the coming winter?

Situation Developing



PEYAH

To Govern, Rule

Course of Action



FOUM

Solidity, Strength,
Foundation

Situation Now



AUM

The Yet To Be

With the winter solstice (which according to Julian includes the three days before and after the indicated day — a 7-day transition), AUM, the Yet To Be, is upon us. This indicates that there is “movement in the void. Unseen forces are at work.” This is a perfect beginning to the contemplative time of winter.

“Divine power rules, and time will reveal its plan.” What more can be said? Well, this: God is, I am, and we are one. Neither the movement in the void, nor the unseen forces, nor the barrier of linear time are unknown to my philosophy. That of God is within me. Through intuition, not intellect, I sense, I feel, I experience, I know. As Julian said, “You don’t need to know that you know. You just need to know that you know.”

And then the Universal Runes reveal: the course of action this winter is FOUM: Solidity, Strength, Foundation. “The underlying strength and structure of the universe. The divine forces that direct the rhythm of flow of all things.”

Let that sink in. The Universal Runes are not dealing with small things. “Individually, FOUM denotes direction and purpose within.” That is what we will find this winter. Direction and purpose within. Through intuition, I sense, I feel, I experience, and I know. And what supports what we will discover, is the underlying strength and structure of the universe. Take that in. We are not alone.

In the conclusion to *Creation, It’s Laws, and You*, Julian references Hermes’ teaching of the principles of the Seven Universal Laws:

“Hermes taught the principles of Universal Law from the view of trying to understand the composition of the Universe, perhaps coming closest to the reality. Various teachers have personalized these energies to try to help man recognize the need to pay attention to them. In doing so, the most important fact was lost or, at least, not clearly defined, that creation in movement cannot be stopped. It is a perpetual motion machine. The Laws are here to stay.”

According to Julian then, the most important fact in trying to understand the composition of the universe is that **CREATION IN MOVEMENT CANNOT BE STOPPED!**

The evolution of the universe, including the elevation of the universe’s vibration at every equinox and solstice, cannot be stopped.

In *Creation, It’s Laws, and You*, Julian defines the number 11, the final number of the Creation Numbers of Numerical Formation, as “Two worlds empowered by creation’s imprint. When spirit “(infinite) and physical (finite) worlds unite, they become one—God in movement, which becomes man in the physical world. Man and God spiritually united. The mystic number.”

God in movement becomes man in the physical world, and creation in movement cannot be stopped. What this means, my friends, is that the underlying strength and structure of the universe, the divine forces, the God within us all, is unstoppable in its evolution. Who you are, who you really are, is unstoppable. It is a hard thing to accept, that immortality means it simply doesn’t mat-

ter how many times we as humans screw up — we do, in fact, eventually learn from our mistakes — or how long it takes for us to rejoin the flow. There is an infinite amount of time. Nothing actually goes backwards for long.

Rejoice in the glories of the universe, of nature, and even of what we humans do and have done as well! We can feel lost, abandoned, afraid, and we are wrong. No one can actually die. No setback is irreversible. There is a power beyond all appearances, and we will — we will — become God in movement, in the physical world. Such realities await. They are actually here now.

The situation developing is PEYAH, To Govern, Rule. First, to govern myself. God is, I am, and we are one. Is God not glad? Are God's resources exhausted? Am I a mistake? Or, does the Great Mystery await, the dragon within, the peace beyond understanding, the resonant illuminating wonder of our own actually divine beings. Actually divine. Do you realize, do I realize, that you and I will know each other forever? That we are destined to the eternal unfoldment of the great wonder and glory of God, to actually being children of God, together, in an infinitely and eternally expanding evolution of being?

Does the plant not seek the sun? Does the animal not accept when its time has come? Does the Goddess of Earth not still love us, both in our divinity and our incarnation? Is there actually any separation?

Julian said that once our energies touch, we can never again truly be separate. Touch the energy of the light of your own being, and you can never again truly be separate from God.

Many blessings, my friends. PEYAH is the universal rune of leadership. The ship in front is the leadership. Where that ship faces, is the unknown. In the unknown, is the truth of being.

For all the Universal Runes source materials the authors are Rev. June K. Burke & the Seraph Julian. Copyright © 1985, 2018 Saul Srour. All rights reserved.

AUM (OhUm): The Yet to Be



Glyph: The symbol represents the energies yet unfolding

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

Reversed: There is no reversal of this rune.

FOUM (Um, as in hum) Solidity, Strength, Foundation



Glyph: Man receptive both to the earth and to the ether. Thus, the strength of balance is achieved. The two crescents joined represent a desire, or an ability, to be receptive. The straight line represents man supporting these abilities within himself. Thus, the crescents of receptivity are within man's ability to receive.

Universally: FOUM represents the underlying strength and structure of the universe, the Divine Forces that direct the rhythm of the flow of all things. It indicates secure energy and solid foundation.

Individually: Where FOUM appears in the spread, it denotes direction and purpose within. Used well it can create tremendous ability to bring a successful conclusion to that which is already planned.

Reversed: It is an improper plan. A reverse placement of FOUM denotes an improper base or faulty vision in direction. The direction and energies in operation are not in rhythm with each other. Action may be needed in order to redirect a plan.

PEYAH (Eyah): To govern, Rule



Glyph: This glyph has a rhythm. It is also a stairway. Therefore, it is stepping forth, growing, moving upward in your own rhythm and pattern.

Universally: PEYAH is the Universal Rune of leadership. It is an energy that leads and directs, points to something. Where PEYAH appears, the situation does not stand alone. It relates to other issues. PEYAH is a harbinger and indicates that there is more to come.

Individually: Where PEYAH is placed, it means an ability toward leadership and an ability to constructively govern others. It can also mean an ability to be directed in a most positive and progressive way.

Reversed: Control is lost. PEYAH reversed indicates a situation out of control. It means man being led by others and influenced by other energies rather than leading himself.

PISCES

February 21 to March 21

A water sign with a desire for extremes.
A soft palette can be met with neon accents.
Being the last sign of the zodiac
can make for grandeur in everything or stark simplicity.
Living near water is ideal.
You'll love entertaining everyone yet need plenty of solitude.





The Winter 2026 Calendar

(Events and classes open to the public)

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

Date	Time	Activity	Host or Presented by
Sunday, December 28	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	9:00-10:00 am PT	Pop-up: Winter Solstice Meditation	Camille Albrecht
JANUARY			
Sunday, January 5	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, January 11	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Saturday, January 17	9:00-10:00 am PT	Tipping Point Discussion Group	Andrea Smith
Sunday, January 18	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, January 28	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
FEBRUARY			
Sunday, February 1	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, February 8	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Sunday, February 15	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
Saturday, February 21	9:00-10:00 am PT	Tipping Point Discussion Group	Andrea Smith
Sunday, February 22	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
MARCH			
Sunday, March 1	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, March 8	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Sunday, March 14	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
Saturday, March 21	9:00-10:00 am PT	Tipping Point Discussion Group	Andrea Smith
Sunday, March 22	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Saturday, March 28	9:30-10:30 am PT	Pop-up: The Astrology of 2026	Camille Albrecht & Denise Hall
Sunday, March 29	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 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. Contact Jerry Gross at jerrygrossny@gmail.com
 10:15 am EST — Open chat time 11:00 am EST — Healing session begins

Temier's Healing Gathering — Join the Healing Gathering 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>

More Info About The Events

Tipping Point Round Table Discussion — Implementing a Personal 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 to register, for more information about the tipping point, and to check out the evolving resource list developed by participants.

Heal, Empower, and Thrive — Starting in January, Cindi Frank will be leading a regular study group focused on healing techniques. The discussions will be about the many Julian workshops about healing techniques; with time for healers to share their own knowledge and experience. Contact Cindi Frank at frank.cindi@gmail.com if you are interested.

Lemurian Wisdom Circle — On site in Portland, Oregon with Zoomed participation available, Saturday, May 30, 2026, 9 am to 12 noon Pacific. Advanced registration is strongly recommended. See andreamithtransitions.com for more information.

Long-term Studies that You Can Still Join or Are Coming Soon

Self-Development with Saul Srour — Saul has been teaching a twice a month class where he presents the sequential Julian's Development class from the beginning. In response to several requests, Saul is going to start a new Self-Development class. For a comprehensive explanation of the Julian Self-Development class; check out <https://julianteachings.com/classes/self-development/>

This new class will be taught at 3:30 pm PST/6:30 pm EST on the 2nd & 4th Wednesdays of each month; starting on January 14, 2026. All classes are conducted on Zoom at a fee of \$15 per class. Original class audio meditations and Julian commentaries are provided for each member's private use. If you are interested in joining this class or want to learn more, please contact Saul at s77aul@yahoo.com.

Beginning Astrology — Covers the basics: planets, signs, houses, aspects, and transits. The focus is on understanding your own chart: strengths, challenges, the cycles in your life, and your soul purpose. A *free* introductory class will be given on Saturday, January 21st at 11:00 am PDT. Price of non-introductory classes: \$15 per class. Contact Denise Hall, deniseh7@sbcglobal.net

Mystical Magus — A new Mystical Magus class via Zoom began September 2025. New members may be eligible to join with private catch-up classes. The class meets by Zoom the second Friday of each month at 9 am PST. This study attracts dedicated students interested in a long-term commitment. Pre-approval and prerequisite study within Julian's Transition Energy, Development, or Practical Magus courses are required. Former Mystical Magus students who would like to review the material can request approval to enroll. Expanded descriptions and additional information are provided on Andrea's website, <https://www.andreamithtransitions.com>, as well as the Julian website. Please let Andrea know if you are interested: (drandreamith77@gmail.com).

Transition Energy with Andrea Smith — A new section of Julian's Transition Energy (TE), offered through Zoom, began October 2025 and meets the third Thursday of each month at 11 am. New members may still be eligible to join. Former students of TE may also request approval to enroll. Expanded descriptions and additional information are provided on Andrea's website, <https://www.andreamithtransitions.com>, as well as at julianteachings.com. Contact Andrea: Andrea Smith, drandreamith77@gmail.com

Temier's Pathways Meetings — Jan Clayton plans to start another set of Pathways Meetings in January 2026. This is a unique bi-monthly meditation study that helps participants find and walk their life path. (Detailed info at: <https://janclayton.samling.us/temiers-pathways-meetings/>) Jan will teach free introductory classes on Thursday, January 20, 2026 at 11 am PDT and on Saturday, January 28, 2026 at 11 am. The days and times of the on-going classes will be selected by the participants. Contact Jan Clayton at jan.clayton@samling.us



About the Ring of Light

The Ring of Light is a quarterly publication serving the Julian Teachings Community. This newsletter is a tool to connect our community, — a place where we can share ideas, information, activities, and creative works. Thanks to the many writers, editors, and artists who contribute their words and ideas to this publication.

People who belong to the Julian Teachings Community mailing list automatically receive submission requests and links to new issues.

Current and previous issues are available at:
<https://julianteachings.com/resources/ring-of-light-newsletters/>.

Thank you for your support!

Thanks to all of you for the financial support that allows us to produce the Ring of Light. If you can't download an electronic version, we will mail a paper copy to US residents at an annual contribution of \$10. 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>.

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.