

Ring of Light

A Newsletter for the Members of the Julian Community

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Several members of our community have recently asked me what is going on. They are feeling strange emotions (fear, dread, uneasiness, sadness, loss, ...) but don't where they're coming from. Their lives are fine.

After a great deal of meditation on the subject, I have a hypothesis. These emotions are a reaction to the desperation of others — specifically, the desperation of those devoted to keeping the Piscean Age energies alive. Their desire to maintain power and control is causing them to lash out boldly, manipulate others, and smash societal norms.

As their desperation grows more extreme, it becomes difficult for the rest of us to stay balanced, but that is exactly what we need to do.

Recently, I have been teaching the Pathways classes about dealing with polarities. Temier presented several techniques for dealing with perspectives that are different from your own, a core skill in the age of polarities for getting along with others. The techniques require that we balance the two perspectives (yours and the one you don't agree with) within ourselves. That doesn't mean taking on the other perspective or agreeing with it. It just means understanding it.

This requires a willingness to perceive both sides of an issue, an equanimity of attitude between the two perspectives. Temier states: "You are looking inside for something that says, 'Okay, that is another perspective, and it is different than mine. But so what?' And it is the 'so what' that allows an interaction to occur."

When you balance the polarities within yourself, the polarities in your environment become better balanced. That includes family members, friends, neighbors, co-workers, and so on; and this is what the Earth needs right now.

There are two key points:

- Polarities are not solved by winning arguments, having wars, or pushing your own agenda. Polarities come into balance through understanding and

valuing both perspectives.

- To understand, one must be willing to listen; not to agree, but to listen.

Don't forget to send love, light, and peace to all during this time, especially to those with whom you don't agree.

As Aca'u stated this fall: "Trust your future. Evil is ultimately self-destructive. Light is always stronger. Light, love, and peace will prevail. Of this, have no doubt. And you help bring that future into being through your words, your thoughts, and your actions."

Julian emphasized that humanity is now in charge of its future. We can't afford to be passive, thinking that all will work itself out in the end. The more work we do now to bring in the Aquarian energies fully, the faster and more graceful the transition will be. What are you doing every day to help the transition?

This issue has some wonderful articles. A set of them ponder the words: bid-a-boo, free, and tickle.

Barry Burkan submitted a lovely remembrance of the events of 9/11/2001, and Michel Post describes his perspective on space and introduces his new book, *Infinity Grid*.

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This Season's Astrology

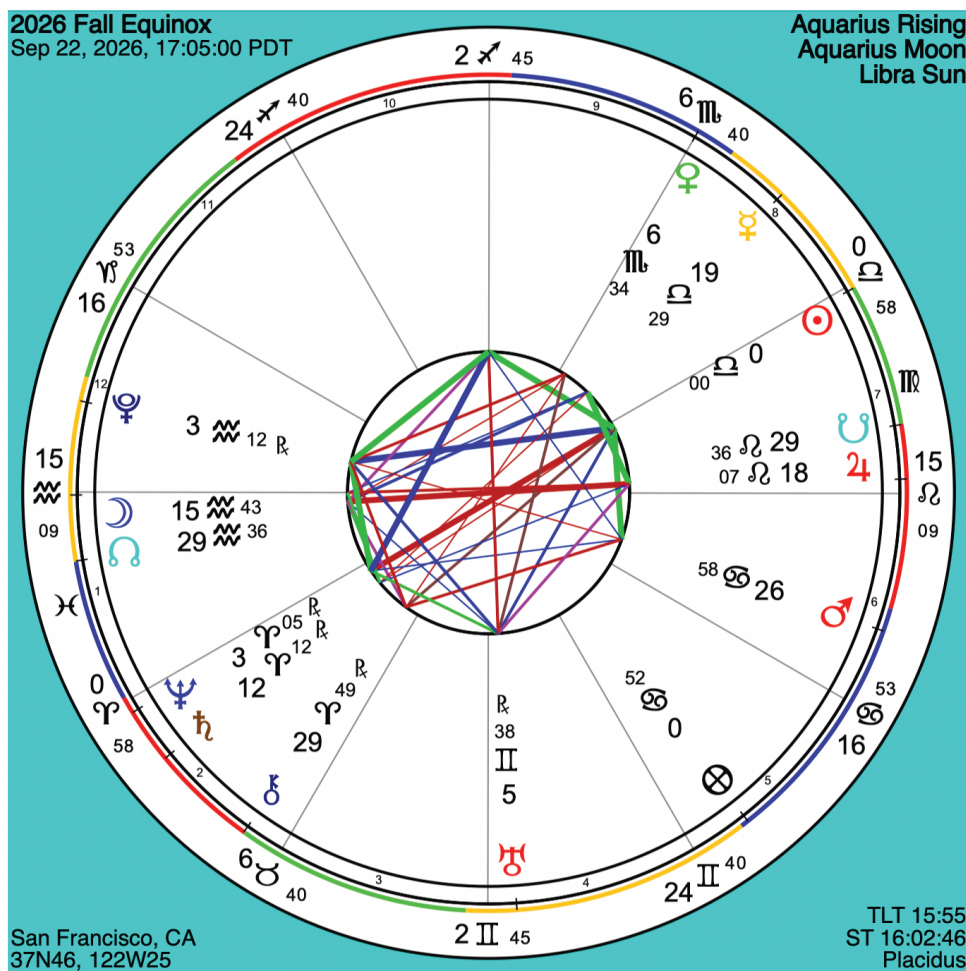
by Jessica Nelson

We pass into the fall equinox on September 22, 2026 as the Sun transitions into Libra. Our lives seek balance and comfort as we reflect on the busy summer season and turn our focus toward our bountiful harvest. Saturn, Uranus, Neptune, and Pluto are all in retrograde state — creating a strong inward focus as we look to re-balance our lives. Restructuring, clarifying dreams, deep transformations, and thoughts of freedom and innovation feel personal. What can we alter within ourselves to seek balance with the outside world? This season sees the majority of the focus on air and fire signs; highlighting our mental capacity and the drive behind it. Our thoughts create energy that are amplified in the world around us. This season we'll seek to remember the creator within.

The Moon begins the season in Aquarius. Our emotional flare is subtle as our mind focuses on the future. On September 26th, we experience the first full moon of Autumn in Aries, the harvest moon. This carries strongly charged energy at the forefront of the new season. When a new moon begins the moon cycle, we set our intention with the energy it allows. On October 10th, we have a new moon in Libra, setting the intention to seek stability. On October 26th, we have a full moon in Taurus; sparking thoughts of security and comfort. Here the moon cycle is wrapped up with energy that is more grounded and steady, with determination behind it. On November 9th, we have a new moon in Scorpio; setting up the mood to go deep and personal. Then a full moon in Gemini, on November 24th, rounds out the cycle and turns the energy towards curiosity and communication. On December 8th, we have a new moon in Sagittarius; with a focus on growth and learning, paired with the full moon in Cancer to wrap up that lunar cycle, and begins the Winter season.

Mercury starts out in Libra as our mind constantly seeks balance and harmony. We allow ourselves to see

both sides of the story, but this can also make landing on a decision more difficult. On October 1st, Mercury enters Scorpio; it sends our mind into endless spirals of deep thoughts and inquisitive discernment. Retrograde happens on October 25th, which keeps Mercury in Scorpio for the rest of the season. It goes direct on November 14th. We can expect intensity as our minds search for secrets that are hidden beneath the surface. Be careful not to make everything a conspiracy as we find ourselves unafraid of the dark.



Venus is in Scorpio to begin the season. The energy here deepens with intense passion as we focus on themes of intimacy, trust, power dynamics and emotional depth. It retrogrades on October 3rd at 8° Scorpio. Venus steps back into Libra on October 25th, where it goes direct on November 14th. While in Libra we may find ourselves reviewing values, relationships, and the balance in our everyday lives. Finances are also an area



that we find ourselves reassessing. It jumps back into Scorpio on December 4th to finish the Autumn season with a deeper understanding of what we value.

Mars is in Cancer to begin the season. Our energy is focused on home and family; we are more protective and emotional. On September 28th, Mars moves into Leo where our energy becomes bold and creative. We are confident in our self-expression and determined to stand out. Mars dives into Virgo on November 25, giving us a practical drive that's detailed-oriented and helpful to others. We're finding our new routine with our energy focused on creating healthy habits. Lean into the ability to organize and analyze, while staying away from the need to critique. Mars experiences all-forward motion this season.

Jupiter starts the season in Leo and remains there for the entirety of Fall. The energy here remains larger than life. Our expression is bold, our creativity is expanding, and our leadership skills are ready to burst forth. When Mars conjuncts Jupiter in mid- to late-November, our enthusiasm, ambition, and expansive energy will amplify. As we grow into our new expression of self, we must focus on personal growth, the only thing we can control. Bold leadership is ready to emerge within our world. Jupiter will go retrograde on December 13th.

Saturn remains in Aries for the entire Autumn season. It is currently retrograde, but goes direct on December 10th at 7° Aries. Saturn here emphasizes themes of responsibility around independence and restructuring of our identity. The retrograde encourages us to review our self-identity. Who are we? Are we okay with who we are, or is it time to make some changes. Saturn is also working in the sign with Neptune, creating new visions of who we can become. This is a wonderful opportunity to reinvent ourselves, as stability, dreams, and force work together.

Uranus is retrograde in Gemini and will remain there for the fall season. Uranus in Gemini works to free us from our narrow thinking in terms of information, technology, and local environments. Thinking differently leads to different communication. Sudden shifts in our immediate environment set to shake us from our one-way thought process of how things are. The world is constantly changing and it's time our minds caught up with the shifts. Collective change and restructuring of outdated systems are happening on a daily basis. When Uranus is done with its work, the world around

us may never be the same. As long as our mindset stays focused on positive outcomes, we can influence that shift in a way that is beneficial for society as a whole.

Neptune is retrograde in Aries to start, and stations direct on December 12th at 1° Aries. Neptune here emphasizes spiritual work within the self. This gives potential for divine action to take place within ourselves. The retrograde encourages us to do an internal review of our beliefs, dreams versus reality, and self versus collective. Neptune represents visions, imagination, spirituality, and dissolution. Who do we want to be? What can we do to make our dreams a reality? What part of our beliefs about the world around us need to be dissolved so that we can grow spiritually? With Saturn and Neptune working together in the action sign of Aries, we have the opportunity to create a new reality based on spiritual connection to who we truly are and what action were willing to take to bring our dreams to fruition. Mars will trine Neptune on October 2nd, sending a wave of energy that amplifies these forces.

Pluto remains in Aquarius and begins the season in retrograde. Pluto will go direct on October 16th. Here Pluto focuses its long-term societal transformation. Digging into areas of power, technology, groups, and innovation. After the direct station in October, we may see a more outward expression of these themes. Mars opposes Pluto early October creating intense transformative energy that feels contentious. On November 19th Pluto will form a trine to Uranus in Gemini; this could potentially cause a sudden shift to take place within our society. Pluto looks to deepen its transformation within our mental process.

As the Sun goes from Libra to Scorpio on October 23rd and to Sagittarius on November 22nd, we find ourselves seeking external harmony with others and internal alignment with self; intense private exploration to collective transformation; and then expansion and growth through learning and forward thinking.

This is a wonderful time in our lives to alter the base of our existence by way of thought. Mind is all. Change your mind, change your life.

Reflections on a Word

From Development Class #127

Musings from current and previous students

At the August 1994 NY Development class, Julian came with a basket of rocks. Printed on the bottom of four of the rocks was a word. Each class member was asked to approach and pick a rock from the basket. Whoever picked a rock with a word would become one of four “leaders” in the following classes to speak about that word.

In addition, Julian asked the entire class to think about the word “bid-a-boo” without a correct spelling or any context. Leaders and other class members mused on their words in subsequent sessions.

This past August, Saul Srour started presenting the next Development lessons to his Tuesday morning class. (It’s an ongoing class that has met twice a month for over 3½ years.) Many of the reflections from the participants were outstanding. We thought that you all might be interested in the reflections that were written by some of these participants—all members of our community.

In this issue, we share the reflections on three of these words from both September 1994 and September 2026. We hope that you enjoy these extraordinary musings.

Reflections on “Bid-a-Boo”

Susan Happ, September 2026

In thinking about the meaning of “bit-a-boo”, I, first, was drawn to the idea of permanence and impermanence, as in the game of peek-a-boo. Change is one thing we can count on, an absolute, so to speak. Relationships, emotions, physical surroundings, perspectives, situations and the weather, as examples, are continually transforming. They are impermanent. We, in our humanness, may be frightened when this occurs. We may try to control what is happening. Our egos may try to exert power over what is changing, holding onto old patterns, routines, and familiar circumstances. We may try to cling onto the shores of the river of life we find ourselves in. We may lose sight of who we really are, feel out of control and alone, as we go through hardships, suffering and grief. Source Energy may seem to be hidden or uncertain. We may not sense the presence of Light anywhere or understand what is happening, as we go through these trials and tribulations, sometimes referred to as the “dark night of the soul.” But through all the changes and challenges that occur in this Earthly life, divinity remains constant and absolute, even if we do not feel or know it. This Divine Energy is not outside of who we are, but lives within us. We are not separate from Source. “God is, we are, we are One.” (Julian) We have the opportunity to regain this sense of awareness, trust, and connection.

Our lessons here on Earth include letting go of fear and control, dropping our defenses and allowing vulnerability, accepting the flow of life, lifting the veils and following our paths, our unique blueprints (that can be re-

vised), while gaining appreciation and trust in what is absolute and true. Grace is always available to help us during crises and challenging times. As we grow and evolve, our light grows and we have the opportunity to build more resolute trust and faith. Divine Source, that spark of Light, resides within each of us. We are afforded the opportunity to look within, to seek with our spiritual hearts and to trust that what is right and perfect will manifest. Source Energy is a constant. This connects all of us in the greater Oneness. As seekers, we have the opportunity to discover this connection and live in this consciousness.

Change, which is seeming impermanence, an interesting paradox, as change is something that is certain, affords us the opportunity to grow, learn, and manifest new possibilities. Through acceptance, curiosity, and open perspective these *possibilities* become true *probabilities*. With acceptance and allowing, we are able to create peace and harmony and find achievable solutions. We have the opportunity to love and nurture ourselves, to build resilience, greater strength, and gain greater clarity. We have the opportunity to move from dwelling in the past and worrying about the future, to focusing on the present moment. We have the opportunity to embrace the teachings of the Serenity Prayer, where we can ask a higher power to help us find peace in accepting things that are out of our control, to find bravery to fix the things we are able to mend, and to gain greater wisdom in knowing the difference between the two. Impermanence and those truths we know to be permanent, are both in perfect alignment with what is

right and perfect for our soul journeys on the Earth plane. There are no coincidences and so many opportunities to learn and grow here!

In further reflection upon the word Julian had given to the original Development Class, I began thinking about the word “bit” along with the word “boo”. (Like bug-a-boo or peek-a-boo.) As humans, we often may think of ourselves as tiny specks or little “bits” in a much larger Universe. This may be an easy judgment to make or conclusion to draw, but, in my opinion, it is illusionary. We may minimize our significance, feel disempowered, and see ourselves as small and unimportant in the larger world. As we face challenges, deal with loss and changes, and face the hurdles of life here on Earth, we may forget our connection with Source, our own internal Light and our spiritual sovereignty. We may feel powerless, alone and inconsequential. In our choice to incarnate on Earth, we are afforded the opportunity to remember who we really are and are able to move out of a state of “bit-a-boo”, which creates limitations on our existence, learning, and expansion. Rather we are given the opportunity to seek and find greater health, balance, and harmony, claim our connection with Divine Energy, and trust the significance of who we really are and the contributions we are able to make as we explore life and evolve. We are co-creators of our reality. We have the opportunity to trust in the Light, share our Light and connect our Lights, creating compassionate and loving community with others, and then having the opportunity to make significant contributions to the larger whole. May we know our Divine connection, not minimizing our worth and judging ourselves to be small and insignificant. May we know who we really are and our Oneness with all that is.

The common threads or overarching theme in these two reflections on the meaning of “bit-a-boo” is trusting that we have the opportunity to expand our consciousness and that we are eternally connected with Divine Energy, as our souls make our unique journeys back to Source. We have the opportunity to illuminate, brighten and enhance our own paths and the greater world and Universe, with significance. This Earth school and our inviolable connections with Source provide us with so many blessings and probabilities!

If my contemplations and insights about the meaning(s) of “bit-a-boo” are not hitting the mark, notwithstanding I have appreciated having this opportunity go within and to ponder, reflect and then write about my reflections. I have found this exercise to be meaningful, centering, validating and up-lifting. I am most grateful for this opportunity!

Judy LaKamp, September 1994

Bit-a-Boo, Bit-a-Boo, who are you?
 Are you Julian's sidekick, a cherubic cutie?
 Or perhaps a universal law about karmic duty.
 A cosmic elf too clever to catch?
 A piece of wood used as a patch?
 A magic land with clouds and toys,
 Or perhaps those feelings between girls and boys.
 Could you be a child's tear?
 Could you be an empty fear?
 Are you St. Peter's greeting at the pearly gates?
 Or perhaps the glow we see that the firefly makes.
 A kitten's whisker, a horse's hoof, the chimney that rises or the roof?
 The taste of mint, the scent of a rose, the very, very tip of each and every nose?
 An eyelash, a football, a lamp, a towel,
 The sound in the night made, perhaps, by an owl.
 Or are you Christmas, or Easter, a Bar Mitzvah
 A wave, or a nod, or even a kiss?
 Are you Piscean or Aquarian, Irish or Dutch?
 You have my poor brain in your fascinating clutch.
 What is your gender, what color your hair?
 Are you young or old, do you play fair?
 A triangle, a circle, a snake or a bear?
 The answer is here, but I need a hint — where?
 Do you come, do you go, do you stay, are you slow?
 Are you with me always, like a finger or toe?
 Or last only as long as winter's last snow?
 Have I met you before in body or spirit?
 Are you my future? If so, I don't fear it.
 Illusive you are, mysterious too.
 I know, I know, you're Winnie the Poo.
 Are you polarity, spirituality, or love?
 Are you the down on the breast of a dove?
 I've tried to hum you and rhyme you with AUM,
 But try as I may, I can't find you home.
 Well, Bit-a-Boo, dear Bit-a-Boo, my enchanting new friend,
 You didn't make me break, but you did make me bend.
 From the look on the instrument's face when you trip lightly off her tongue,
 Perhaps you are Julian's gift to us to remind us to laugh and have fun.

Beverly Stern, September 2026

Bid-a-Boo

(from the depths of my Scorpio Essence)

**Bid-a-Boo, I love you
Bid-a-Boo, and You love Me.
Bid-a-Boo, We Laugh and Giggle
Bid-a-Boo, so Good to Be!**

**Bid-a-Boo, You are my Smile,
Bid-a-Boo, You are my Delight,
Bid-a-Boo, You are my Wonder,
Bid-a-Boo, through Day and Night.**

**Bid-a-Boo, such a Joy
Bid-a-Boo, so Fun to say.
Bid-a-Boo-Bit-a-Boo,
Bid-a-Boo-Bit-a-Boo,
Bid-a-Boo. Come. Let's Play!**

Barry Burkan, September 1994

Bitty-Boo

Bitty-Boo woke up with a start. The warmth of the sun upon her sleepy face enticed her to arise to start another day of adventure and discovery. But this was destined to be a day like none she had ever experienced before.

Bitty-Boo grabbed the bathrobe at the edge of her bed, relishing the way the fuzzy fabric tickled her arms as she slid into the robe's warm embrace. Unaware that she had put on the robe inside out, she set off for her older sister's room.

Bitty-Boo often put her clothes on wrong. Her socks seldom matched. Of course, she never noticed, because Bit-a-Boo was blind. Blind was a concept that was foreign to her, however. Since she had never been able to see, she would hardly regret its loss.

Pushing open the door, Bitty-Boo tiptoed to the bed of her sister Betty-Boo. She bent down and licked her sister's face. "Yuk!" said Betty-Boo good-naturedly. Betty-

Boo loved her sister and knew that Bitty-Boo was simply saying good morning in her own unique way. Bitty-Boo was tasting her sister's essence. Her special flavor told Bitty-Boo everything she wanted to know. She could tell if her sister was happy or sad, sick or healthy, but mostly the taste told her that her sister was delicious.

You see, Bitty-Boo could only rely on two senses, and she used them with the joy of an artist wielding a brush and the precision of a surgeon's cutting blade. Her world was perceived solely through taste and touch.

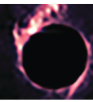
Betty-Boo recalled how a car crash had left the yet-to-be-born Bitty-Boo with a unique brain injury. The accident robbed her of the ability to see, hear, and even of her sense of smell. Most importantly, it robbed her of her mother. None of these things had Bitty-Boo ever known or seemed to miss.

Inexplicably, to this day, no one has ever been able to make Bitty-Boo ride in the car. It was the only thing that could make her cry. If she felt the distant rumbling of a car pass down the rode, she would become sad. Strange images and sensations would flash before her mind's eye. Memories of senses that she had lost confused and frightened her. She would quickly shake off the feeling and return to more pleasant matters such as rolling in the dirt or hugging a tree.

After the girls got dressed and went into the kitchen, Betty-Boo made Bitty-Boo's favorite breakfast — blueberry pancakes with orange marmalade. It made Betty-Boo laugh to watch her sister eat. She would take the food and explore it with great seriousness. Sometimes she would handle it delicately as though it was made of expensive chine. Today, however, Bitty-Boo beamed and laughed as she ate. Her grin was contagious. It was as though she and her pancakes were sharing a wonderful joke that only they could understand.

This was, in fact, quite true. Her keen sense of touch literally communicated with her food. The pancake batter told Bitty-Boo remarkable tales of how it delighted in the fields while it was still growing as wheat. Through its eyes, Bitty-Boo came to know what it was like to draw your nourishment from the sun and the Earth.

Her sense of taste delighted most especially in the blueberry experience, for they were full of joy and gave their sweetness freely. They told the stories of the men,



women, and children who picked them carefully so they would not get squished. Bitty-Boo truly loved her food and treated it with great respect.

After doing the dishes, the two girls went out to play. They took a large red ball (Bitty-Boo could taste its color) and walked hand-in-hand to the cul-de-sac at the end of their street.

You might think that Betty-Boo might have the advantage in a game of catch, but that was not the case. Bitty-Boo's reflexes were astounding. It was not mysterious to Bitty-Boo, however. She understood that it was not only her and her sister that were playing catch, the wind liked to frequently join in the fun, and the wind was her friend. When the ball was thrown her way, she could feel the texture of the air change and would unerringly reach up and snatch the ball. Everyone knew that the East Wind tastes distinctly different from the West Wind, so it was easy for Bitty-Boo to anticipate the wind's ploy and reach out to where the ball was being blown. She never missed.

Not so with Betty-Boo, however. She would often find herself chasing after the ball. On one such occasion, Betty-Boo hurriedly tried to stop the ball from rolling down the sewer. All of a sudden, Bitty-Boo stood rigid in alarm. She felt the hard shutter of a car coming down the street, and it was coming fast. "Betty-Boo, watch out," thought Bitty-Boo in silent despair, but she could not shout to warn her sister. She could taste her own fear as she felt the car hurtling at her sister like a demon in the night.

Betty-Boo had perfect vision, but she did not see the thing that her blind sister so easily detected. Bitty-Boo sprang forward and called on the wind to help her move fast. She did not feel the impact. Her first thought was that Betty-Boo was safe, and that was all that mattered, and then she noticed how dark it was and she was scared. This is unlike any darkness she had ever known.

After a while, she felt a cool rustling by her side like a breeze that blows off a lake on an autumn day. Soft delicate hand stroked her face, and immediately she felt safe. This must be the driver of the car, she thought, but even as she thought it, she knew this was not so. Still the taste of this person was familiar and good, better than pancakes or pudding, but different. Who is this?

Bitty-Boo felt soft lips kiss her forehead. She was suddenly happy.

Turning to face this woman, she was shocked to find that she could actually see her. She turned her head in amazement and was also able to clearly see Betty-Boo — so that's what she looked like—kneeling down by the car crying. "Don't cry," thought Bitty-Boo, "I'm fine."

She looked up and saw that the man was talking on the car phone, yelling urgently. Bitty-Boo could really hear the sound of his voice. "Get someone over here now!" he ordered. Bitty-Boo was not sure whether or not she liked hearing things. Was it always this loud?

Suddenly, the light of her new-found vision grew much brighter, and the beautiful woman next to her seemed to grow tall. "We can't stay here," the woman said sadly. The woman took Bitty-Boo by the hand and walked to the car. She wistfully stroked Bitty-Boo's hair, but Bitty-Boo did not seem to notice. Bitty-Boo looked up with a shock of sudden recognition. She said falteringly, "Are you my mother?" These are the first words that Bitty-Boo had ever spoken. No reply was needed.

As the world grew brighter still, the woman held Bitty-Boo close to her side. Her face spoke of great joy and great sorrow, and Bitty-Boo now understood why. Although she never could name what it was that she had lacked, some deep part of her was always sure that something was missing from her life, something that her sharp, unlimited senses could not provide. Her spirit was not set free. Now she could fly with her friend the wind, or flow with the rushing water of the stream. Her senses took on new dimensions. Still Bitty-Boo could not bring herself to leave Betty-Boo behind. Her mother said, "Now you can be her eyes and ears. You can whisper great secrets to her in the night and show Betty-Boo the freedom that she too can claim." Bitty-Boo blinked tears from her eyes, and when she reopened them, Betty-Boo was gone.

Of course, Bitty-Boo never really left her sister at all. She simply saw her sister more fully than she had ever perceived before. Her senses now transcended any physical limitation. Bitty-Boo was simply awake.

Barry received a resounding applause from the class and a very big wonderful statement from Julian suggesting he submit his writing for publication.

Reflections on FREE

Denise Hall, September 2026

What Free Means to Me

When I first started thinking about the word “free,” I thought about freedom as being able to make my own choices—to do what I want, when I want. But the more I sat with the word, the more I realized that, for me, freedom feels much more visceral than that.

I feel free when I am in the elements. I remember the feeling of the wind in my face when roller skating and riding my bike. I love walking in the rain or even walking in a snowstorm or a strong wind—not protecting myself from the elements, but allowing myself to really be in them.

I feel free walking through a forest, especially among the redwoods. The sun coming through the trees. The smell of the earth. The sound of water moving over rocks. And I find myself wondering, What are the trees saying? What is the wind whispering? What is Nature communicating to me?

There is a kind of freedom in using all of my senses and trusting what I intuitively receive.

I think about a hawk soaring on the thermals. It isn't struggling to fly. It spreads its wings and allows the air to carry it. Looking through his eyes, I feel free.

I've experienced that same feeling in dreams—actually flying. Dancing through the air with joy and grace and wild abandon.

And then I remembered the horses. Years ago, I watched two horses running across a green hillside in Wales. Their manes and tails were flying in the wind. They were powerful and beautiful and completely alive. I could feel their joy. And I realized that perhaps this is what freedom means to me: being fully alive.

It's movement. It's beauty. It's expression.

That's also why I love music and how it can carry me into other states of being. I appreciate someone who has mastered an artistic or creative skill. When someone can express themselves and their heart fully through what they do, there is something incredibly freeing about witnessing that.

But as I continued thinking about the word, I realized there is another kind of freedom that is even more personal.

Trusting myself is freedom.

Being able to express myself honestly, with integrity, and to be authentic — even when that might make me vulnerable — is freedom.

Loving unconditionally, and allowing myself to be loved unconditionally, is freedom.

And perhaps most importantly, releasing fear is freedom. But I've learned that releasing fear doesn't necessarily mean that I'm no longer afraid.

Sometimes freedom means feeling the fear—and doing it anyway.

Finding the courage.

Freedom is allowing myself to be vulnerable. Allowing myself to make mistakes. Accepting my humanness. Being able to laugh at myself.

And the Serenity Prayer speaks to another part of that freedom: accepting what I cannot change, having the courage to change what I can, and developing the wisdom to know the difference.

So I've come to think of freedom less as “nothing can constrain me” and more as, “I trust myself enough to meet life fully.”

I can feel the wind.

I can walk in the rain.

I can listen to the trees.

I can sing.

I can love.

I can be vulnerable.

I can be afraid and still move forward.

I can make mistakes and still be okay.

And maybe, ultimately, being free means allowing myself to be fully, authentically, and imperfectly human—and fully alive.

Saul Srour, September 1994

At the August 1994 NY Development class, Julian had a basket with rocks. On the bottom of 4 rocks was a word. Each member was asked to approach and pick a rock. Whoever picked a rock with a word would become one of four “leaders” in the next class, to speak about that word.

However, when I approached to pick a rock Julian handed me a rock, with the word “Free,” making me one of the four “leaders” to speak at the September 1994 Development class. Below is my statement about “free” from the class.

I volunteer. This is truly my free will that I am volunteering. As a matter of fact, I was not free to volunteer to be a teacher; I was chosen. It was rigged.

“Free” is the word that I am to speak about. Come to think of it, I was not free to choose the word it was chosen for me.

What does free mean? Some of the definitions from the dictionary are:

- having the legal and political rights of a citizen;
- enjoying civil and political liberty;
- enjoying political independence or freedom from outside domination

I'm not going to read the whole thing, so don't get worried, just the highlighted parts...

- enjoying personal freedom;
- not subject to control or domination of another;
- choosing or capable of choosing for itself;
- not subject to the rule or control of another;
- the complete absence of external rule and the full right to make all of one's own decisions.

Those are basically some of the more important definitions of “free.”

We live in a wonderful country where we are really free people. We have the ability to choose how we earn our livelihood, what we want to speak about, who we want to associate with, what temples we want to worship in, how and when and who — how we dress, how we eat, how we play. We're free to choose all of these things, but are we really free?

People speak about animals that live in the wild — in the jungles and the mountains. We say that they are free — the lions and tigers that roam, the mountain goats that scamper across the high cliffs, the eagles who soar in the air — but are they really free?

People who are involved in unhappy marriages look to get divorced from one another, and when they finally get divorced, they say they are free from one another, but are they really free?

One example of freedom that I personally went through was my desire to be free from my family, and after many, many years we split because of their dogmatic beliefs. I felt that I was free — or was I?

Joy and I were free to take our vacation whenever we wanted to and wherever we wanted to go. But were we really free to go at any time?

When I was going to graduate school at night, I counted the number of years, the number of months, and the number of days that I had to go until I would be free, but was I free when I finished?

In business, there is no such thing as a free lunch. You may not pay in money, but you certainly have to sacrifice your time and your energy to be with that other individual.

When I spoke about the freedom that Americans have, in principle, we are free people; but we gave up our freedom to live within — and have to live within — our cultural restrictions that our laws have set upon ourselves.

The animals that live free in the wilds are also locked into instinctive behavior. They have to hunt, they have to eat, mate, and raise their young.

When we make the transition from the material world to the spirit world, we are free. But are we? We may be the closest to being free in the spirit world. I do not think that we are really free. When we are in the spirit world, we see where we are and where we have to go to become one with the Creator. That is where we have to evolve to and that is really when we will be free.

Reflections on Tickle

Joy Srour, September 1994

I had to chuckle when I wrote this. It's on tickle and it goes like this.

Hello, I'm Elf Tickle, and I'll introduce you to my line of work. I've been out on the sensation list for a long time, a very long time. I do have a few credits to my name. It tickles me to know that I am a titillation to a caress, a tingling sensation that runs across your back — no, I mean off your back and down your toes.

It seems like a long journey on some bodies. If you look closely, you will see my footprints. Better hurry, they get lost in the goose bumps.

Sometimes I find myself in some pretty dark places, like someone's nose or throat, but in no time I see the light. I'm traveling at such a high rate of sneeze in people in no time at all. I'm really cleaning house, you know.

I like the times when I'm the tickle that gladdens someone's heart with laughter, or the child that is tickled by a dog's kiss — slurp, ick! Or those times that I tickle someone pink — love that color.

I'm also that tingling sensation that fills your mouth like a cool breeze on a hot day and who's responsible for that? A thing called a York Peppermint Patty.

With the line of work that I do, I could go on and on, for it is true, I am tickle. I am a vibration, a tingle, and a pleasure, and an itch. I can enthrall, entrance, and delight.

I can even be delicious, for I am the sensation, would you not say?

Yours in love,

Elf Tickle

Andrea Smith, September 2026

My assignment was the word tickle. I could write many pages (and actually did) on this subject but am going to present what seems to be the biggest impact of "tickle" in my life.

As a small child, I had a favorite game called Tickle Bee. Using a magnetic wand, a person moved a small bee in an enclosed case from the flower to the hive. It required finesse, or the bee would jump and "sting" you. In retrospect, I realize this game was a beginning of constructively using my Aries rising. What I learned is that if I wanted to effectively create movement, in myself or externally, I needed to tickle gently and interact with what I am trying to move in a manner that is not irritating to me or what I am moving.

The word tickle is closely related to itch. We speak of tickling one's fancy, the seven-year itch, and an itch to do something. We have specific omens attached to the itching of various body parts. Tickling, and its friend, itching, are related to movement. And movement is something upon which the universe appears to be insisting.

Looking at the impact, for better or for worse, of specific words in our lives may enhance understanding of ourselves. As we've shared before in the ROL, knowing ourselves is one of the two criteria for creating the tipping point. The other is getting along with everyone else. I certainly know myself better as a result of working with the word "tickle."

The Julian Teachings Store

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Grief, Fear, and Spiritual Growth

By Barry Burkan

(In memory of all those affected by the events of 9/11/2001)

Experience is not what happens to a man; it is what a man does with what happens to him." — Aldous Huxley

September 11, 2001 6:30 a.m. New York, New York

Most days are typical. Some are not. Today I woke up, showered and shaved. All the usual routines that allow me to face another day with a minimal amount of thought. I put on my right shoe before the left, and took the same route to work as I do every other day. Routines are comforting and give a sense of security and continuity. Each day flows into the next, and the very sameness of it all is calming like the sound of an ocean lapping gently on the shore.

September 11, 2001 8:00 a.m. New York, New York

My class started on time, because I insist on punctuality. Holding my mug of coffee, I sat on the edge of the desk facing my students. I felt the usual excitement suffusing through me as we began, because I love to teach. Even though they are adults, it warms me to know that I can make a difference in someone's life. Most can feel my passion and respond to it, others not. My job is to reach them all, and so another day begins.

September 11, 2001 8:15 a.m. New York, New York

The lesson has begun in earnest now, and I began describing the practical effects of electromagnetism in refrigeration. I face the class, laughing at a joke I just made. Humor is essential to good teaching, and breaks the tedium of what could be a dry lesson. The sun is spilling through the large picture windows that dominate the rear of the classroom. A breathtaking view of New York skyscrapers overshadow the local streets clogged with commuters and pedestrians. A droning sound in the distance slowly builds to a crescendo. I find myself speaking louder to be heard.

September 11, 2001 9:30 a.m. New York, New York

In the blink of an eye our world can change. Events can happen faster than we can process, and in moments of

stress our sense of time distorts in proportion to our normal view of the world. Planes don't simply dissolve into buildings, and the sudden loss of life is more than we can possibly understand. When the Trade Towers finally collapsed, I couldn't cry and my heart never skipped a beat. I was numb, and was grasping onto the primeval question — "why"?

September 11, 2026 8:05 p.m. New York, New York

Most days are typical. Some are not. This knowledge is empowering, and fills me with a renewed sense of passion to make use of every minute God gives me. Like most of us after September 11th, I went through a process of shock, grief, and vulnerability.

And from the rubble of that day came a single understanding. It was a lesson taught by Julian again and again. The only thing that is constant is the certainty of change! Our suffering doesn't come from the loss of life. Not really. It comes from clinging to life as we have known it. Our world has changed, perhaps irrevocably. But *we* haven't changed. Our spirits our shining and powerful. The rough edges of our lives are smelted by the furnaces of Planet Earth, and something wonderful is being forged by the process.

But the choice is always ours, free will allows us to wail and lament — or to be filled with awe and joy. And so, through the most painful of all events imaginable, I have learned a valuable lesson. Most days seem typical, but in truth they are not. Life is special, precious and unique. We honor God and Life by making each day count, with each smile that we share and every sunset that we appreciate. Today is always a new day, as different and special from yesterday as any two people you might meet. Today my vow is to cherish my very existence, and to thank God for life's diversity. Not just the beautiful, but the whole package. Joy comes from the very fullness of life, not simply from an absence of pain.

"I will not live my life in fear. I will live my life with as much kindness as I can, and accept that there is a future that is good." — June K. Burke

What If Space Is Not Neutral?

By Michel Post

For more than twenty-five years, I have worked as an architect. During the first part of my career, my attention was mainly focused on organic architecture, natural materials, and the relationship between a building and its surroundings. I wanted buildings to feel connected to the Earth and to the people who use them.

Over time, another question became increasingly important to me: what actually causes one space to feel calm and supportive, while another feels restless or uncomfortable?

The answer cannot always be found in appearance, materials, light, or function. Sometimes a room appears to have everything it needs and yet something does not feel right. Another room may be very simple, but immediately offers a sense of balance.

This led me to explore the less visible qualities of architecture.

The energy carried by numbers

As an architect, I work with numbers every day. Every building is defined by dimensions: length, width, height, surface area, volume, and proportion. In conventional architectural practice, these numbers are generally treated as practical or mathematical values. Through the Julian Teachings, I learned that numbers also carry energetic qualities.

Zero represents the Creator: the all-encompassing source from which everything arises. The numbers that follow express different stages and qualities within creation. One carries human potential. Two represents guidance from above. Three brings balance, openness, and the recognition of divine energy. Four provides foundation, while five relates to manifestation.

The cycle continues through transformation, the relationship between Heaven and Earth, the recognition of the divine within ourselves, and ultimately the completeness of twelve. After twelve, the cycle begins again. Thirteen returns to the energetic quality of one, fourteen to two, and fifteen to three.

I do not regard these qualities as a form of numerology. They describe different expressions of universal energy.

The energy of the numbers was given through Julian. Through my work with Sam Holland, I later learned about Base 13 and how these numerical energies relate to the energetic quality of a space. This became an important bridge between the teachings and my work as an architect.

Until then, I had used dimensions primarily to determine the physical size of a building. Gradually, I began to understand that every dimension also introduces an energetic quality into that building.

Everything begins with a pulse

At the foundation of my research lies a simple principle: Everything begins with a pulse.

A pulse creates movement. Movement creates direction. Direction establishes relationships, and through those relationships, space can emerge.

During workshops in Cornwall with Sam Holland and AnneClaire Venemans, I experienced this pulse as a movement working in three directions: two horizontal directions and a vertical connection between the Universe and the Earth.

At that time, it was primarily an energetic experience. Later, I began to search for a geometric language that could make this movement visible.

The intersection between two circles creates the Vesica Piscis. From this relationship, axes, directions, and new points of connection emerge. As the movement continues, lemniscates appear, and a rhythmic, pulsating spatial order begins to unfold.

The four elements—Earth, Water, Fire, and Air—are part of this ordering. Through their relationship with direction and with each other, they contribute to the movement from universal energy toward physical creation.

The Julian Teachings also offered me a wider universal view in which creation is already present energetically before it becomes physically visible. The Cube of Space is part of that larger understanding. It is present in the background of my work, although I do not use it as an

architectural design method. Its importance for me lies in the realization that the physical world is part of a much larger process.

From energetic quality to physical space

As I explored these principles, I began to apply them to architecture. A building is more than an arrangement of walls, floors, and roofs. Its length, width, and height create relationships. These relationships establish rhythm and direction. When dimensions are chosen, energetic qualities are introduced into the space, whether the architect is aware of them or not.

This does not mean that one particular number will automatically create a good building. Architecture always arises from many conditions: the people who will use it, the qualities of the site, daylight, materials, construction, function, and the intention behind the design.

The energy of numbers adds another layer of awareness. Sometimes this layer confirms a decision I had already made intuitively. At other times, it helps me understand why a particular room or proportion does not yet feel balanced. A small adjustment in dimension can change more than the physical size of a space. It can change the quality carried by that space.

This is not something I ask others to believe. It is something that can be explored through observation and experience.

How does a room feel before and after a dimension changes? What happens when several dimensions carry qualities that support each other? Can a building offer more calm, clarity, or balance because its proportions are working together? These questions have gradually changed the way I design.

The development of Infinity Grid

Over many years, my experiences with architecture, geometry, energetic perception, and the Julian Teachings began to come together. I searched for an underlying order that could connect pulse, direction, number, proportion, and space. That exploration became Infinity Grid.

I do not see Infinity Grid as an invention that replaces existing teachings. The energetic qualities of the numbers come from Julian. I learned Base 13 and its relationship with the energy of space from Sam Holland. My own contribution has been to investigate how these principles can be translated into architectural dimen-

sions, geometric relationships, and the experience of physical space.

Infinity Grid is the result of that translation. It offers architects, designers, and others who work with space a way to become more conscious of the energetic consequences of their choices. At the same time, it invites everyone to look differently at the spaces in which we live and work.

Space is never simply empty. It carries movement, relationship, rhythm, intention, and information. Architecture can strengthen these qualities, disturb them, or help bring them into balance.

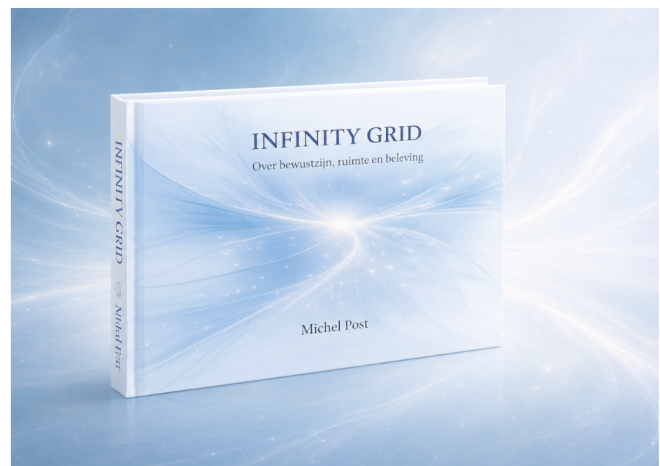
After years of research and practical application, I have brought this work together in the book, *Infinity Grid – On Consciousness, Space and Experience*. The book is richly illustrated and presents the development of the grid, the energetic qualities of numbers, and their application within architecture.

The Dutch hardcover edition will be presented on September 27, 2026, in a house in Maasdam, NL where many of these principles have been applied. An English digital edition is also available.

For me, the publication of this book does not mark the end of the research. It is an invitation to continue observing, experiencing, and discussing what space does — and how architecture can consciously participate in the larger field of creation.

*Michel Post is a Dutch architect, energetic designer, certified Transition Energy teacher, and founder of ORIO architecten. He is the author of **Infinity Grid – On Consciousness, Space and Experience**.*

More information: <https://infinity-grid.nl/>



A Season of Runes

by David Ross

Dedicated to June Burke, Julian, and the inner path which is opened by the Universal Runes

This moment in the evolution of all is meant to be a turning point. The key word is becoming. The purpose of the evolution of creation at this juncture per Julian in **Creation, It's Laws, and You** is that the infinite and finite realms, the impersonal and personal spirals of creation, become one. From the perspective of those of us in the personal spiral, conceiving of this is elusive. It is not beyond our ability to experience. Befriending the Universal Runes, in my experience, gives me a sense of what is possible.

The Universal Runes are a story, a bridge, and a path to the evolution of humanity and the Universe itself. The two are meant to become one. The Universal Runes are a spiral intended to merge the impersonal and personal spirals of creation. This spiral rises and tightens as it does, towards the point of light in the center of all beings.

The Universal Runes are also a series of initiations that show the way to become one's universal being. In reality they reveal ourselves to ourselves.

I would like to tell you a story of the path laid out by our friends, the Universal Runes. The story is a cycle, and it follows the sequence of the runes. It's reverberations and associations are limitless, as are each of us. Below, I pair universal meanings of the runes, with individual meanings. The two form a harmonic. *If you sound the phonetic of a Universal Rune (listed right after the name), you can join its energy.* Pick one! Give it a whirl! What do you have to lose?



AHN (AHN): *To Span, Bridge, Join.* AHN is the first step, and it represents the energy that permits a joining, in this case, the force which joins two ages. Individually, it is an inner realization towards change. Julian told us that the Aquarian Age is the age of spirit and flow, ruled by nature and polarity. In this age, we have the opportunity to join spirit.



BAHN (BAH): *Gathering, Banding.* The forces of the universe are gathering. Clear thinking is called for, to use the power of BAHN wisely.



BEHI (BEHI): *Falling Away, Letting Go.* BEHI is asking us to release old ideas, habits, and thought patterns. Clear the deck.

So, we have the bridge, the gathering of power, and the falling away. Now onto the building blocks:



EHMI (EHMI): *Elemental Forces in Action, Earth.* The earth plane is in movement, both material aspects and the physical body. Humanity begins here. "God in movement is man in the physical plane."



AUMI (AU-MI): *Elemental Forces in Action, Air.* The vehicle through which changes occur. Our mental powers, changing attitudes, and the ability to reach out. The mind of the individual is in control.



TAZH (AZ): *Elemental Force in Action, Fire.* TAZH is the Universal Rune of Spirit ruling the cosmic fires of creativity. It calls forth the creative being within.



LEHO (EHO): *Elemental Force in Action, Water.* Fire expands, water contracts. These are fundamental forces of the universe, and they conspire to create rhythm and the pulse. LEHO represents the energy and power of water, a movement and flow through receptive energies towards change and creativity. It is the emotional self — one's feeling and receptivity to life. LEHO brings it home.



DAHZ (AHZ): *The Magician, Transformation.* DAHZ is the power of changing elements and transformation, the ability to use the inner energies to achieve outer realization. What DAHZ bespeaks is the unity of inner and outer realms, and the power that comes when they become one. The key word is *becoming*. "I become a flow of energy in a moving force. I know no beginning and no end."



POUM (OUM): *To plant, Seed, Grow.* POUM represents nurturing forces, the cycle of growth, seasonal change, and the ability to grow and maintain growth to completion. Whew, we are now back to Earth and growing things! 😊



FEH (EH): *Divine Guidance.* FEH is the Divine Force in action, the Divine Power working from within and Divine guidance through intuition. Again with divine power and the within thing. Hmmm.



PEYAH (EYAH): *To Govern, Rule.* PEYAH is the Universal Rune of leadership, the forerunner, and the wisdom to see the whole picture. It provides “an ability to constructively govern others,” which I imagine evolves from constructively governing oneself.



DAAL (AAL): *Creative Release.* DAAL is the universal movement of creative thought and action. It represents a new expression of the self.



NUUH (UH): *Break, Sever, Cut.* NUUH breaks energy that binds. It helps us break old habits and redirect one's life. Julian also indicated that it is “the breaking of the untouchability.” Now we can touch the universe, and our own universal beings. We can break old habits and redirect our lives. NUUH's energy is knife like. The universe has given us a tool to sever the untouchability so we can touch.



BOANE (OANE): *Communication.* The Universe is signaling, helping us attune to the rhythms of the Universe and prepare for change. Take time alone with nature to understand it. “Befriend nature” is one of Julian's Eleven Commandments for the New Age. Befriend the universe. Befriend the Universal Runes. Befriend yourself. You contain the spirit of God, and therefore the spirit of all beings and energies (and Universal Runes!) within.



KHUCH (KHU): *Disruption.* As Julian said, just when you think you've got it all figured out, the universe throws you a curveball — “a necessary disruption such that good may come,” which forces us to decide when facing issues. We are here to grow, not to just be comfortable!



FOUM (OUM): *Solidity, Strength, Foundation.* It represents the underlying strength and structure of the universe, the Divine Forces that direct the rhythm of flow of all things. FOUM represents the direction and purpose within.



BEL (EL): *Conception, Ideas, Beginnings.* BEL represents the inner movement in all things, the energy merger that permits new beginning and new concepts to be born. Julian indicates that “the ether and space merge with the elements to create all things.” BEL can be the beginnings of a physical nature or the birth of a new idea in life. As a divine child of God with divine rights of your own, you can create, even as God can create. God is, I am, and we are one.



HACHAZ (A-HAZ): *Pattern Change, Orbital Influence.* HACHAZ represents elliptic energy. The ellipse brings the purity that is the circle into touchable form. Through inner energy cycles it brings changing patterns which alter existing states. HACHAZ assists man in his cyclic venture through time. Note: that the purpose of this Universal Rune is to bring purity into touchable form. Touch is the master sense. NUUH is the breaking of the untouchability. *The purpose of the Universal Runes is to put us in touch with who we are.* HACHAZ is, I am, and we are one. AUM is, I am, and we are one. Say it, write it, chant it, believe it. This is the point of no return.

As Julian said, “Once our energies touch, we can never again truly be separate.” My stock phrase, “There is no separation” is aspirational. The light of God and the universe was seeded within is when our souls were born. However, until we, with the divine gift of our free will, decide to touch this light, there is some separation (my interpretation of Julian's statement). That reality, that experience of separation, is the basis of doubt, fear, and despair. (I don't believe angels despair, but at times I get pretty ticked off.) What saves me is that I remember the touch of spirit, and I reach for it again. I reach for it both within me, and through my oneness with God, within creation. This is reality.



DAR (AR): *Heavenly Bodies, Star, Planet, Goals.* DAR denotes the permeating energy in all futuristic things. Through tapping this energy, goals are brought into focus. DAR helps the individual see more clearly in relationship to the future.



NAA (AAH): *Controlled Plains, Mind Over Matter.* NAA is that which permits control. The divine mind directs the universe, and helps the individual accept his ability to control his life through his mental capacity. The divine mind directs the universe, but it is up to us to control our own lives through mind. What if the two minds worked together?



HOAM (HOA): *Balance Maintained.* HOAM tells us that the elements and the ether are merged in a harmonic to create peace. It creates the energy of realized peace, inner awareness, and the release of man. HOAM creates peace in the individual. These energies are not just working in the Universe, they are working within us. These energies can be used.



SHRIM (SHR): *Distance, Far Places, Space.* SHRIM denotes the energy of physical distances within the Earth plain as well as travel and attunement to far places within Earth's space.

All reversed meanings of the runes apply only to the individual; however, SHRIM is a rune that has a positive reversed meaning: SHRIM reversed represents inner space — look inward and see the manner in which you are relating to others' inner and outer space. SHRIM reversed can help you travel inwardly as well as toward a higher consciousness.



LHLA (LHA): *Completion, Finished Works.* LHLA maintains rhythms in time and space that assist in the proper culmination of any change within the universal pattern. For a person, it represents the energy of their inner clock; it creates urges for proper instigation and completion of growth patterns.



MAAUI (AI): *Man – His Race.* MAAUI represents the universal energy that influences evolution and unfoldment. It weaves the rhythm of all things universal into a compatible tapestry for man to evolve in. Individually, it is man's own evolution men-

tally, physically, and emotionally. Where this rune is placed in a spread indicates growth and evolution for the individual. The universe works to create compatibility for man's evolution and our individual evolution. And the energy that does this is the Universal Rune, MAAUI.



AUM (AUM): *The Yet To Be.* AUM denotes the movement in the void, changes that are in movement only in the ether and not yet available to man. It tell us of unseen forces at work.

If we are one with God, we are also one with the ether, and perhaps the above descriptions provide you with a clue or two as to how to touch these unseen forces at work. They are at work in ourselves — one with God.

Try sounding the phonetic of these Universal Runes. Reach out with your whole being and break the untouchability. It is the point of no return, and it takes courage, which one wise man said is the only virtue. Trust is love in action. Trust takes the courage to go with my intuitive force, which is really all I have. Many blessings!

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.

Info About Public 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 andreasmithtransitions.com to register, for more information about the Tipping Point, and to check out the evolving resource list developed by participants.

Long-term Studies that You Can Join

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. If you are interested, contact Denise Hall, deniseh7@sbcglobal.net

Study with Andrea Smith — Andrea offers ongoing classes in Julian's Mystical Magus and Transition Energy. Some classes may be available to new students through catch-up and private study. Andrea also offers personally designed one-on-one meditations specific to the needs of an individual student. For descriptions of Julian Teachings, see the Julian website, julianteachings.com. For expanded information on Andrea's offerings, see her website, <https://www.andreasmithtransitions.com> or contact her at drandreamsmith77@gmail.com.

The Summer 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, September 27	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
	10:00-10:30 am PT	Temier's Healing Gathering	Temier & Sam Holland
October			
Sunday, October 4	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Sunday, October 11	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, October 17	9:00-10:30 am PT	Tipping Point Discussion Group	Andrea Smith
Sunday, October 18	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Sunday, October 25	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
November			
Sunday, November 1	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Sunday, November 8	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, November 15	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Saturday, November 21	9:00-10:30 am PT	Tipping Point Discussion Group	Andrea Smith
Sunday, November 22	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, November 29	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
December			
Sunday, December 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, December 13	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross
Saturday, December 19	9:00-10:30 am PT	Tipping Point Discussion Group	Andrea Smith
Sunday, December 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, December 27	7:15-9:00 am PT	Sunday Morning Healing Group	Jerry Gross

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>

Communicating With Spirit: Creating Playgrounds

Workshop with Beverly Stern and Deb Huggins

Starting January 2027

Remember as a child the delight of imagining? Of watching the moon following you home? Hearing what butterflies were saying? Watching Disney/Marvel movies and knowing or wondering if those magical worlds were real? What if all that was/is *real*? What if that openness to the unseen world really is available to us even now?

Communicating with Spirit/Creating Playgrounds is a new workshop offered to those who are curious about meditation and who want to reclaim some of those earlier intuitions, past memories of spirits and imaginary beings, and all things possible.

The sessions will be participant-centered. Deb and Beverly, with Jonathon's guidance, will introduce topics and guide participants to manifest their own experiences using the media that works best for them, whether music, art, dance, or journaling. Spirit can communicate in all those forms and more.

These workshops will be delivered in four-session bundles with enrollment limited to maintain an intimate and supportive setting. Sessions will last up to 1½ hours.

There is no fee for this workshop and there are no prerequisites. If you are interested in joining us or finding out more, please contact us, we would love to hear from you. Also, if you know anyone who might be interested, please feel free to spread the word.

Beverly Stern (beverlygstern@gmail.com)

Deb Huggins (sdhuggs@gmail.com)

About Us

From Beverly

If I needed to describe my connection with Seraph Jonathon in one word it would be: "Always." Unlike June Burke, who became aware of the Seraph Julian during a near-death experience, or Sam Holland's personal story of his merger with Seraph Temier, I don't ever remember a time when I wasn't connected with Jonathon.

My life has been enriched by my relationship with Jonathon for over 79 years. Discovering the Julian organization was a major move toward realizing my full individual potential to share. Recently, Jonathon and I agreed: "It's time." Taking classes of the Julian teaching community, my own healing and working meditations, and all of the sharing by this precious community has made that decision easier.

From Deb

My mother died in 1983 when I was 28. Channeling her guidance has probably been going on for at least 30 years without my knowing who I was hearing. But "the voice" was identified to me recently when Beverly asked me, "Who's Helen? She's standing by your right shoulder and wants to work with you." Seraph Jonathon knew who she was, and now Beverly and I do, too. And now that I know it's her, I call on her and receive her help whenever I ask for it. Her presence is a wonderful gift and blessing to me, and I am grateful to Jonathon, Beverly, and Helen for helping me realize her presence.

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/>.

Submission Deadline for the next issue: 12/8/2026

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 subscription fee 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>.

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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.