

MY TOUR OF HEAVEN



## Acknowledgements

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## To the Reader

It will be apparent as you read this text that I have reported as fact what I experienced through my senses. I drew conclusions from these sensory impressions that are based on the knowledge and experience I have gained through the years and level of awareness that I now possess. You have the right of discernment to glean what truth is right for you from reading it. I hope that you find it reinforces a positive understanding of life after death.

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Julian students can download a copy at <https://julianteachings.com/wp-content/uploads/2024/04/My-Tour-of-Heaven-book.pdf>).

## Forward

There are many sources of information available that provide glimpses into what happens to humans after their physical body dies. I wrote this report because I wanted to provide a more structured understanding of the afterlife that is compatible with scientific theories today and the teachings of the ancient prophets. Because of my scientific training and lifelong research into understanding creation and its Creator, I was able to ask questions and receive answers to many of the “unknowns” about the afterlife during my excursion into my own afterlife. This information is contained in this report in the simplest form I can produce to try to provide a bridge to a more comprehensive understanding of the afterlife where a part of us lives “forever.”

The experience I describe took place in 1996. Even though I took copious notes afterwards, some of the experiences were “fuzzy,” especially those as I rose higher in consciousness. I met with my teacher, Julian, several times afterwards and asked for clarification. Sometimes that meant a revisit to the experience. In 2019 several close friends lost their spouses and even though they believed in Heaven, they wanted more specifics about what their spouse might be experiencing. When I told them of my experience, they said it comforted them. That was when I decided to write my experience down in the hopes it might also provide comfort to others. I have chosen to use the word “Creator” instead of “God” in most places as the concept of “God” is different in various religions, while “Creator” is a clearer concept.

I want to reinforce what most authors and speakers on this subject have told you. That is, we all experience the physical or material world through filters based on our physiological make-up, our life experiences and our beliefs. I was once at a lecture on the brain and how it functions. There were more than 100 in the audience. The lecture started with a movie. We were told to focus on one aspect of the skit being shown in the movie and whoever got the right answer at the end of the movie would get \$100. That’s a lot of money so I paid close attention. At the end of the movie one person had the right answer and she received \$100. Then the lecturer asked how many saw the gorilla walk by. TWO hands went up! I talked to them after the lecture and they said that they had been to the same lecture before. The movie was replayed and now we were all looking for the gorilla. This time we saw a person dressed in a gorilla suit walk right in front of us, wave at us and then leave. Why hadn’t we seen that gorilla the first time the movie was shown?

The Thalamus in the brain screens or filters out information that it thinks is not relevant to what you are focusing on at that time, so it doesn’t send that sensory information on to the cortex. Its function is to prevent information overload and allow the cortex to focus on what is important at that time. You don’t want to think about how beautiful a flower is when a tiger is chasing you! Dr. Taylor in her book, “My Stroke of Insight,” describes all sorts of sensory information coming in while her Thalamus was not functioning. There also has been significant research done to explain contradictory eye witness testimony in court that shows that what you expect to see or experience is what you see or experience even if the sensory input to your brain does not support that conclusion. So it is not surprising that we all experience and interpret the unseen world through those same filters that we use in the physical world. Some of us see and experience things that others don’t because our filters and focus are different. My focus was to understand the “process” as that is what physical scientists do. I also wanted to understand the “science” behind the unseen world as much as I could. That will make this book somewhat different from others, but not too “academic,” I hope.

# MY TOUR OF HEAVEN

One day in 1996 I was having an interactive session with Julian, my teacher. I had been asking lots of questions about life after the death of our physical body, so Julian said, "I'll let you experience your own death now. One of the best gifts we can give humans is to take away the fear of death and let them realize it is just like being born again in another world." My narrative implies that I am talking to another person as on the Earth plane. However, all exchange in the "unseen world" is telepathic, so I sent and received the information without words – just a "knowing" – an impression you receive like a "data dump" that must come to your conscious mind to be expressed in words, to hear sounds or see images if that is part of the message. That is where the interpretation occurs. However, other students with similar experiences in the unseen world have reviewed my explanations and even though they had different situations, they agreed that my interpretation of the process is accurate.

Picture yourself at church and the minister says, "Now let us pray together and send God's love and healing to the people who have been devastated by the hurricane." You close your eyes, bow your head, feel God's love enter into the congregation and focus your prayer that this love and healing energy be sent to help those in need. In a similar environment Julian put a warm, loving, protective environment around me for the tour, and then said that Justin would be my guide. I closed my eyes, focused my mind and detached from my physical body. It was dark. I was met by a radiant, glowing, loving being. It seemed familiar but wasn't a person I had known on Earth. If this had been a real death, the person in transition is met by a family member, or someone who loved them while on Earth, and has made the transition before them. But because this was a "tour" and not my real transition, one of my spiritual teachers named Justin was going to be my guide. This radiant being took me quickly from a dense energy to a much higher frequency, which I experienced as a column of light, but it had an energy of its own. There was a loud "whooshing" sound as we moved rapidly, higher and higher. When we reached the "White Plateau" or Jesus' "Kingdom of Heaven" or "The Garden of Eden," or Paradise, or whatever words you want to use to describe a very loving existence, I was almost overwhelmed by the intense love and bliss filling me. I hugged my loved ones that had passed earlier. There was some substance to each person even though they did not have physical bodies. They "looked" like I last remembered them. Our hugs felt like the uniting of two energies of love.

I asked, "Why can I easily recognize all my loved ones?"

Justin replied, "That is because each spirit conveys the image that they think the receiver will most easily recognize and communicate with. Each spirit has an energy that your spirit can recognize from your past association on Earth. You automatically picture that energy as you last remembered them, so it is easy for them to identify themselves to you."

Because my husband was alive and well on Earth, he was not there, but a loving spouse who has passed before you should be there to greet you. (Note: some who have gone to Heaven and returned say that their spouse wasn't there to welcome them. The spouse could be in some situation so they can't come. For example, still be in the sleep state, or be part of a mission to bring the spirits from a major disaster up to Heaven. When you die, a signal is automatically sent to all who loved you. If you are just "visiting", then that signal isn't sent.) Some people see religious figures when they first arrive. But that wasn't needed

because this was a tour of Heaven to understand what life after death was like, rather than a real death experience.

**Sleep State.** Then I went into a sleep state, which is like a dream state. You are aware of all the love that is being sent to you, but you don't participate. In this sleep state you slowly adapt to the higher frequency of the non-physical world and expand your consciousness so you can understand much more than you could while in a physical body. In the sleep state your vibration starts somewhere between your physical density and the light. During the semi-conscious state you reflect on your life. The mundane events, like the fact that you hated pickles when you were young, slowly dissolve and the ones that were important to your spiritual growth remain. Your conscious and subconscious minds slowly merge and your superconscious mind, or mind of your spirit body, slowly comes into control. This sleep state can last weeks, months or years in Earth time depending on the mental state at death or how rugged or peaceful the crossing was. The opening occurs when you become aware that your vibration has risen enough to leave that semi-conscious state. From that comes a "soaring" – being able to move in that new awareness. After you leave the sleep state you enter that which is called the invisible, which means you can be seen by others on the white plateau, but those on earth can't see you. After the sleep state you are officially a "spirit." You are beyond the physical and are able to be oriented to this new world and have your lifetime evaluation. The orientation includes communication and intellect. Now you are taught how to communicate again with the world you left and can travel so you can let your loved ones know that you are not gone, just not living on earth. You can control the energy structure of yourself to go up/down. You change frequency and visibility. After this process is complete you can go on to search out studies for your advancement and then work on those studies, all on the white plateau. But let's look at these processes in more detail.

**Evaluation Period.** After the sleep state there were grand reunions with my loved ones in the spirit world. It was like celebrating the birth of a baby, except that you are the one being born in a different environment from Earth's. My mother and father told me about all the things they were doing together, like going to concerts, dancing, and bowling. They invited me to join them to see their "projects" after my Evaluation. Alice, my first cousin who was like a sister to me, showed me her lovely art work. She hadn't had the opportunity to express her artistic talents during her lifetime, so she was developing new techniques and enjoying the uplifting effect they had on others. Then Justin indicated that it was time for my evaluation period. My guardian angel was to be my evaluator. It usually is one of your guides that has also been with you throughout your Earthly life. Angels have never been in human physical form. Instead, everything in existence but humans follow the Creator's purpose for their creation as only humans have free will. Our guides are spirits that were once physically incarnate as humans, but have raised their consciousness to such a high level that they can be assigned to a spirit that is going to have a physical experience on Earth. They help guide the person so they will learn the lessons they planned to learn when they entered Earth.

Once we started evaluating my lifetime, I found the evaluation period is NOT like being in court. Instead it is like being with a very loving, kind teacher. You see incidences in your life not only from your own perspective, but also from the perspective of those around you. When you identify the times you said or did things that hurt others, you feel their pain. However, the teacher also points out the times you went well beyond what was expected to help another. Since you are reviewing your life from the point of view of your

superconscious, you are not defensive, but accept that what you said once to a person in anger, hurt them so much that it set their life off track. You actually understand the pain you caused which leads you to feel deep regret. A sin is when you do something on purpose which is detrimental to you or to another person now or in the future. You are also shown the times you purposely helped others get their life back “on track” and feel the joy that brings. Throughout the evaluation the questions “What did you do in your life that helped others to help themselves?” and “What glorified you vs. how much have you loved others unconditionally and did things that would glorify them?” are asked. I still think about those questions today. I found this review was most painful at times but very joyful at others. Reflecting on it later, I was reminded of George Bernard Shaw’s quote “A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.” At least I had learned something from my mistakes.

“Is this what they call ‘Judgement Day’?” I asked Justin.

“Sort of,” was the answer, “There really isn’t just one day or time of judgement. It is a continuing process of growth, or rising in consciousness. During this evaluation process our positive and negative actions are put in the balance with our intent for each action taken into consideration.”

“What if you don’t regret doing something that hurt another?” I asked.

“If upon reflection you still don’t regret doing a harmful action, then further counseling is provided. As an example, one of your friends had publicly shamed a person who was saying hateful things. He enjoyed the grief that was brought on this hateful person as a consequence of his actions because it stopped that person from doing it in the future. He refused to regret it. He was counseled and shown the circumstances that had brought the hateful person into his current situation and what actions on his part would have produced a more positive result for all. Once he felt regret for shaming the hateful man, he went on with his evaluation. Compensation for all “sinful” actions can occur while you are still incarnate on Earth or be attained in some other way through service, living a life where you are the “victim” of a similar situation, or “forgiveness.” The opportunities to compensate and bring all into balance will come later, but must be completed before you can attain the goal of “perfection.” You understand that some things that you were meant to learn while in the physical body on Earth, still need more practice. (That’s most of us!) Activities are discussed that will help you advance in your understanding. You could sit on a cloud and play a harp if you wish, but that doesn’t help you rise in consciousness unless perfecting your ability to play the harp is needed for your advancement in consciousness. So you will choose one of the activities or come up with your own idea for advancement in consciousness. You have FREE WILL, even in Heaven.”

**Orientation Period.** The Orientation that follows helps you adjust to a world where “Mind is All.” You operate differently than in the physical world. If you just think about being somewhere, you are there. Yes, you can walk through the grass and feel the grass on your feet, but that is all in your mind from memories. If you really focus on the grass, you will understand that it is a vibration that has a melody. The flowers, trees, even buildings all are a vibration, each with its own purpose and sound. All work together to create the blissful environment you are in. Your 5 physical senses are there but operate on a higher level, so the memory of grass is enhanced significantly. Experiencing Heaven seems to be through

osmosis, an understanding of the energies around you and their impact on you. During Orientation you understand that everything in Heaven is in the material world but in Heaven it is in ether form; the raw energy of anything in the material world is in the spirit world. During the orientation you look at things you might like to do in Heaven, paint, play a musical instrument, find a cure for diseases, whatever. Negative emotions are not in Heaven or above as the higher frequencies burn them out. You are able to understand the emotion, but you don't participate in its impact on the body or spirit. All angers, resentment, jealousies and guilt are a form of feeling insecure. You can rise above negative emotions even while in a physical body. In the Astral plane below, it is easy to be in touch with the physical world. There are both negative and positive energies there. Some don't believe in an afterlife so they cling to the earth energy and are stuck. There are some who have accumulated great wealth and don't want to leave it. They are caught in the astral plane and are lost and confused. As you move above the white plateau, you become less and less involved with the material plane and earth.

During the orientation I asked, "I've noticed that everyone around me knows what I am thinking. That's a little unnerving. On the other hand I don't know what everyone around me is thinking. Is this just because I'm on tour and not really dead?"

Justin replied, "Every thought you have is known to those around you here. As you first enter this domain it is the same for all. But as you rise higher in consciousness you are taught how to protect some of your private thoughts. While on the lower levels every thought you have is known, so you CANNOT lie or deceive while in this world."

Even though the spirit body needs no food or rest, I saw "homes" of a sort for privacy and reflection. "I know my sister said that Heaven wouldn't be Heaven for her if she couldn't eat all she wanted and not gain weight. Is this true?"

"Yes, in some parts of Heaven the spirit has access to any food and drink it desires and it won't put on weight or get sick! Also creative chefs need a place to "create" and bring new ideas into the world below. But gradually the spirit realizes that food is not necessary, and they want to move to the higher realms where they can get on with their lessons and understanding. I should remind you that the craving for food that isn't healthy for your physical body is really an addiction. Food that is essential to keeping your physical body functioning properly is important. The physical body is your "temple" while on Earth and you need to take care of it. But each individual body is different, so what is healthy for one is not necessarily healthy for another. You will remember the time that you decided to become a vegetarian and found out that your body was allergic to the soy, quinoa and other vegetables and grains that vegetarians use for protein. That hospital experience was a good lesson for you. Your mother was told by her doctor to avoid dairy products, but she was of Norwegian descent and so that caused her severe problems. Her body thrived on dairy products. Many people are lactose or glucose intolerant so they need to avoid certain foods. People need an amino acid to build and maintain strong muscles and bones that is primarily found in red meat from cows, deer and the like. Some need more than others. You remember that June Burke had to eat meat regularly to maintain her strength. Everything on Earth was put there because it has a positive benefit for humans and was meant to be used respectfully by humans. So be sure to thank the animal, fish or vegetable before you eat them, but be in tune with what is beneficial for your body as that can be different for each person."

“I observed some areas where there was a church or mosque or some sort of religious structure in the middle of the dwellings. At one several people were praying. Do people still go to religious ceremonies in heaven?”

“Some religions claim that you must be a member of their religion or you won’t go to Heaven. Their members still believe that when they die, so they go to an area where only people of their faith interface. At the lower levels the aspects of their faith that exclude others are more evident. But as these spirits evolve they realize that bathing in God’s love makes them focus more on the positive aspects of their religion and they move up in frequency and consciousness. The higher frequencies “burn out” negativity. Eventually they join the other spirits whose lifetime on Earth did not include being a member of their religion. Part of the reason there are so many different religions on Earth is because each person learns differently and was brought up in a different culture. All religions that teach love and encourage you to draw closer to God by understanding yourself and your personal path for growth are good. But not all truths will resonate with all people. They need a different description to even begin to comprehend their path to be closer to God. So the teachings of one religion may be preferred over another. Your understanding of God while on Earth depends on how you prefer to learn new ideas and your experiences. As you are immersed in God’s love and have new experiences in Heaven, those differences between religions fade and a common appreciation and understanding of God’s love emerges.”

During the orientation period I was told that the spirit is used to protect the “light body” which operates at a much higher frequency, while the physical body protects the spirit body while on Earth. It is the light body that lives “forever” with the experiences and personality of the spirit body accessible within. Our physical body is the only body that “dies.” I asked more questions about that later on the “tour” as I found this confusing.

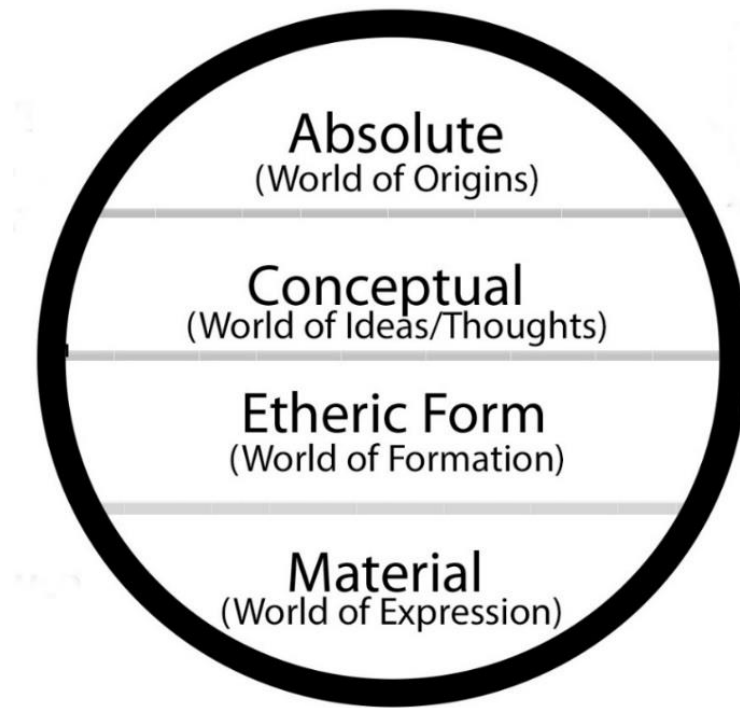
**Where was I?** During the Orientation I asked Justin if he could explain “where” I was in the unseen world and how it related to the Earth where I physically lived.

Justin replied, “the word ‘where’ really has no meaning in the unseen (non-material) world, but using words and diagrams familiar to you can help. Instead of asking ‘where are you?’ it is more appropriate to ask at what level of consciousness are you functioning? All levels of consciousness are with us, but they can’t be experienced by humans on Earth unless that human is functioning at a higher level, like in focused prayer or meditation. I know you are going to ask what I mean by ‘consciousness,’ but your world’s greatest scientists are still struggling to define that term. You and your world currently don’t have the concepts or supporting vocabulary to understand consciousness. I’ll give you an example. When you starting working on developing AI software in the 1980’s someone put the words from Matthew 26:41: “the spirit indeed is willing, but the flesh is weak” in Hebrew into the AI translator. The English translation came out “the wine is good but the meat is spoiled.” Your AI software had no understanding of the underlying concepts of a human “spirit” or human “flesh.” Your lifetime’s latest research seems to indicate that the physical brain is merely a very adaptive, self-healing, logical computer as that is all they are capable of understanding in your lifetime. They know that something drives the physical brain but can’t conceive what that is yet, so they just call it consciousness. Originally the word “conscious” meant “to look at or to behold.” But it is more than that. So to keep things simple I’m going to give you a ‘working level’ definition that consciousness is a state of being aware of and



responsive to one's surrounding. Being responsive at a certain level of consciousness means the human has the powers to move and act upon the energies around it at that level. Being able to move and act upon the energies at each level is important, as otherwise you are merely an observer. Right now you are aware of me and your parents who have made the transition to the unseen world and you are functioning at this level of consciousness. If you look, you can be aware of the Material world and what is happening on the Earth, but you are not functioning or interacting there now, so you are not at that lower frequency or lower level of consciousness now. You are just an observer of the Material world now."

Justin transmitted a picture to me that I interpreted to cover all of creation. I am really oversimplifying the subject by showing all of creation in two dimensions where the lowest part of the circle is the lowest level of consciousness in the material plane/world. But a circle has no beginning and no end, and so probably is the best we can do to represent the "space" of Creation in 2 dimensions. Also this is how I "saw" it. Breaking all of creation into 4 levels is very important to understanding what happens after the death of the physical body. The four described in the picture are documented in the ancient texts from the major religions that I had studied with various groups previously and Julian's teachings on the Kabbalah. These texts were all transcribed from the original religious symbolism received by various prophets and so the names and concepts vary according to the culture. These four levels are also described in the original scrolls that became Genesis 1 and 2, but that original material was also written in religious symbolism and during the translations much of the meaning has been hidden from those that don't understand the religious symbolism. This is where Z'ev ben Shimon Halevi's understanding of the original ancient symbols was useful. He has interpreted what is written in English in Genesis 1 and 2, using the meaning contained in the original ancient texts, and made the significance of these 4 levels much clearer. What I will describe to you is Julian's explanation of the 4 worlds of Creation as conveyed to our Kabbalah group. These 4 worlds contain "the tree of life".



Justin explained that the lines between each of the planes – sometimes called “worlds” - are not barriers. Instead the planes actually overlap and there is a gradual transition between them. The **Material plane** includes our physical universe and any others that exist. It is sometimes called the World of Expression because all the “concepts” and “forms” on the higher planes are expressed in the material world. One thing that makes the material plane different from the others is that when matter exists, then linear time exists. Linear time has a past, present and future where you can only go forward, not backward in time. Note: The fact that the existence of linear time is a result of quantum entanglement, that is, it requires particles to be entangled to exist, has been proven by physicists [Seth Lloyd, MIT professor first proposed the concept and Don Page and William Wootters did experiments to prove it]. This makes quantum physics so interesting, as two particles can be thousands of miles apart, yet what you do to one of them instantaneously influences the other. Much of what happens at the quantum level can NOT be explained using linear time. Einstein referred to it as “spooky science.”

The **Etheric Form plane**, also called the World of Formation, contains an evolution of activities and states of spiritual being, but does not have linear time. This is hard for us to understand while we are in the physical body. The form for everything in the Material plane must exist in the Etheric Form plane before it can exist in the Material plane. The World of Formation contains the “White Plateau” or Jesus’ “Kingdom of Heaven” or “The Garden of Eden,” or Paradise, or whatever words you want to use to describe a very loving, non-physical existence. This White Plateau is the entry or gateway to the upper half of the Etheric Form plane/world. It isn’t at one specific level of consciousness, but is a band of consciousnesses that includes the mid-point of the Etheric Form Plane. This upper half of the Etheric Form Plane/world is usually referred to as “Heaven” in many religions. There are 7 major plateaus of consciousness in “Heaven” which will be described later on the tour. The bottom half of the Etheric Form plane is sometimes called the Astral Plane. The 2 planes above the Etheric Form plane have aware energies, but there is no form, just radiant conscious energies. The **Absolute plane** is sometimes called the World of Origins as that is where humanity as a whole was first created and to which it will return. I’ll explain more about this later in the tour.

Justin explained that the first 7 chakras are experienced in the material world, the 8<sup>th</sup> chakra in the Astral, the 9<sup>th</sup> chakra in the upper half of the World of Formation or “Heaven”, the 10<sup>th</sup> and 11<sup>th</sup> in the Aether or Conceptual world. Those above are in the Absolute plane/world. There are 7 layers in each chakra and 7 within each of those sub-layers, etc., etc. So we will be exploring the 7 layers or plateaus in the 9<sup>th</sup> chakra or “Heaven”. Most religions focus on the Material Plane and the upper part of the Etheric Form plane because they want their members to lead a life that will allow them to go to Heaven when the physical body dies. I personally wanted to see the “total picture” to put my life on Earth and my purpose for being here in context. That was what was missing when I discussed creation with various religious leaders in my youth. The picture helped me have a “structure” to better understand my experiences.

**Understanding what word to use and what laws apply.** Justin pointed out to me that one of the reasons I was so confused by the religious teachings I had studied is that humans really don’t have a common vocabulary for the unseen world. An example is the word “soul.” My teacher Julian used the word “soul” to mean the unique individual human on the Conceptual plane. But many religions use the word “soul” to mean the human spirit that

exists on the Etheric Form plane after it has entered the physical body on Earth. Others use the term “soul” to refer to the human spirit on the Etheric Form plane and refer to “soul-mates” at that level. Hence I will try to refrain from using the term “soul;” as it has too many different interpretations. Instead I will refer to the unique individual human on the Conceptual Plane as a “light body,” a “spirit” on the Etheric Form plane and a physical being on the Material plane even though they are all interconnected.

Justin also noted that 3 of the 7 laws put in place by the Creator to control everything in existence will be especially important as we travel through Heaven. Most religions recognize them, but don't always call them “laws.” The 3 he wanted me to look for were:

- 1. The Principle of Correspondence:** As Above So Below - As Below, So Above: The attunement of two spaces, one above in higher comprehension of the intent of the Creator and one at a denser level. Thoughts, words and actions taken at any level of creation impact the other levels.
- 2. The Principle of Cause and Effect:** Every Cause has its Effect; Every Effect has its Cause; Become the careful guardian of your thoughts and actions, as negativity sent out will come back to you. Some religions refer to this law as Karma (Dharma), or what you sow, so you reap. The law of attraction is a variation of this more general law.
- 3. The Principle of Gender:** Gender is in everything which means everything contains both active and receptive principles: Active (sometimes called protective, positive, electrical or masculine) and Receptive (sometimes called nurturing, negative, magnetic or feminine). Gender manifests on all planes. Nothing can be created or manifested, be it thought, word or deed, without both the active and receptive principles working together. On earth we tend to think of gender only in terms of the physical body, but it has a much more general meaning throughout existence since there is no physical matter at the higher levels. Both principles need to be in balance if we are to rise in consciousness. When people refer to the Creator as “father,” they are referring to the protective aspect of the Creator. When they refer to the Creator as “mother,” they are referring to the nurturing aspect of the Creator.

**Family Group.** During the evaluation and orientation periods I joined my “Family” group periodically. There is flexibility in the order of events after the sleep state. My parents and some other relatives were there as expected, but there were others in the group that were not related to me during my current lifetime on Earth. Each spirit looked like I remembered them. This is because you are not “seeing” with your physical eyes, but instead are feeling their energy and that energy identification projects what your mind remembers that they looked like when you last saw them or how you remember them. Since I was now using my superconscious mind more fully, I knew what I was supposed to have learned in my current lifetime and realized that everyone in my “Family” group had participated in some way so I could achieve the purpose of my lifetime on Earth. Not all these relationships were “friendly” however, as some of these “family” members had forced me to get back on my path when I was straying due to being too lazy or too “comfortable” to change direction. Your family group can reincarnate together many times to support each other's spiritual growth. They may not be blood relatives in each lifetime however, and may not have the same gender in different lifetimes. (Note: I can't explain why I thought I saw some family members in this group in Heaven who were still living on Earth. I didn't ask Justin, but I think that the “spirit” which is mind-energy, can be split into pieces. One piece can attach itself to the pineal gland of a human form on Earth during the birth process and have that material experience,



but another piece can stay in Heaven to further experience what is needed for elevation of consciousness.)

**Learning experiences.** While spending time with my “Family” I learned about some of the ways that a spirit can continue to learn in the White Plateau. Teaching in heaven is through osmosis. You are NOT just talked to or read about things. They included

- many “libraries” or learning centers where simulations that are like living on Earth are available and “historical” events can be replayed where you feel like you were really there and interacting with others as they actually happened,
- orchestras whose musicians play on instruments that we haven’t ever seen and create edifices using the energy from their music. The music did not use the scales we use, but seemed to play sounds “between the keys.” Each musician was furthering the path that they had been taking on Earth and eventually what they developed would be brought down to the material plane,
- nurseries where children who die before they are 7 years old on Earth are raised with some understanding of Earth and the culture that they had been born into, but didn’t survive long enough to fully understand,
- gardens where food is being developed that will survive the climate changes that the Earth periodically undergoes to sustain itself,
- scientific laboratories that are inventing all sorts of advancements that will help humanity when they are ready to accept them and use them in a positive manner. Technology is neither good nor bad. It is up to humans as to how it will be used.

**My father’s story.** My father wanted to show me the “projects” he was working on. He had gone to work as a mechanic in his family’s business after 8<sup>th</sup> grade because his family needed his income to support their basic needs. During his lifetime he was known to be an excellent auto mechanic and people would drive over 50 miles so he would maintain their vehicle. When the Boy Scouts were looking for someone to help the boys with their mechanics badge, he stepped up to help. On weekends he would be surrounded by 15-20 boys all wanting to know how to build or fix a car. After a few years the Navy came in with an offer the Boy Scouts couldn’t refuse. The Navy would supply all the equipment and training if the boys would sign up for a sort-of pre-ROTC program. Dad had served in the Navy in WW II so he thought it was a good idea. But even though the boys were now trained on how to fix motors, albeit the motors on ships and not their own “jalopy,” and were given vacations boating on Lake Michigan, there was lots of marching and memorizing of regulations that caused many of the boys to drop out. My father became disillusioned and dropped out of the program also.

In Heaven, during his life evaluation, he found out that many of the boys that my father had helped came from negative environments and had considered suicide. He had helped them get through those situations so they could go on to live useful, happy lives. His guide asked if he would like to continue this service in the suicide unit. He enthusiastically said “yes.” When a person commits suicide, they almost immediately know that they shouldn’t have done it. That realization comes when the superconscious mind takes over during the death process, and the conscious mind is shown alternatives that that person could have taken to get out of their desperate situation. Depression affects you mentally, emotionally and physically, so understanding alternatives to getting out of the situation you are in aren’t

apparent, or you don't have the energy to pursue them. He was working with those spirits who had shown an interest in fixing mechanical things while on Earth.



**Dad with his Sea Scouts.**

In Heaven he would involve them in projects that would be useful on Earth in the future and helped them gain the enthusiasm and confidence to “try again.” Every situation that results in suicide must be experienced by that spirit again in some way, but more preparation on the spirit level can help the person get through the bad situation without committing suicide. I asked him about the people who tried to commit suicide, but were not successful. They report having very negative experiences while in the process of “dying.” He explained that those who are committing suicide are filled with negative energy and that is what they are experiencing, not the bliss of Heaven. Sometimes the unsuccessful suicide will lead to a drastic change in that person’s state of mind so they will end up getting past the negativity.

I asked my father about his transition. “I was ready to go, not tied to Earth,” he responded. “But it turns out I was in the dark for a very long time and didn’t see any light at all. I thought I was lost in some cold, dark space, but then my father showed up and took me to the light. That long time in the dark was probably when I was in the coma and wasn’t dead yet. Someone must draw you to the light if you aren’t ready.”

“Yes,” I replied. “There is much written about the afterlife, but most of it is based on the feeling of joy and bliss in Heaven. Sometimes the author comes back with advice on how to put your current lifetime in perspective so you will feel more fulfilled and motivated, which is helpful. But I’m more interested in the process of evolution once you are in heaven.”

“I want you to see the plant project I’m working on.” He and others were developing plants that could grow using salt water but needed high CO<sub>2</sub> to thrive. He told me that they would serve Earth’s population as a food source. I asked, “What about the high CO<sub>2</sub> levels?” He replied, “Years before the time you are living in, Earth had much more CO<sub>2</sub> in its atmosphere (10X as much) and plants, animals and early humans flourished during that time. The water level was higher also. The latest Glacier age brought the CO<sub>2</sub> level down to only 180 ppm. Plants were stressed and many species of plants and the animal’s dependent on them became extinct. Every good scientist knows that heat drives up the amount of CO<sub>2</sub> in the atmosphere, since it takes it out of storage in the soil and water. So people in your lifetime are reacting to a symptom, rather than the cause of the problem. What people are afraid of is that the earth will be too hot for them to survive, or there will be more devastating weather events. Most of the changes they are forecasting are normal fluctuations in Earth’s climate or based on bad data or inadequate modelling parameters. Humans will have to sort out how they want to deal with the natural Earth climate changes that take place. Some of your scientists are already discovering that reducing the CO<sub>2</sub> levels just by itself will do more harm than good to humans. A more comprehensive and objective understanding of the consequences of proposed actions is needed to develop more helpful solutions. Humans want simple solutions to complex problems, so they try to fix symptoms, before understanding the causes or the consequences of their “solution.” Sometimes powerful people take advantage of that to become richer and more powerful,” he added with a smile. “I want to focus on providing a food source from currently unusable land and will do that in my next life.”

I asked him, “When will that be?”

He replied, “There is a lot involved. The appropriate parents to pass on the needed genetic characteristics, cultural and family environment is needed, of course, and timing so I’ll have the internal energy and drive to accomplish what I want to accomplish and the world will be ready to use it in a positive way. All must be considered. But that will be my focus.”

**My mother’s story.** My mother had been born on a farm in Wisconsin. Her mother died when she was only 5. Then she was treated badly by her father and step-mother, including physical abuse. They literally “threw her out of the home” when she was only 16. My mother was the “perfect wife” of the time (1930-50’s). She was pretty, kept the home immaculate, fixed 3 healthy meals a day of my dad’s favorite foods, cared about and for everyone, including free care for our elderly neighbors who needed assistance, washed our sheets and IRONED them so there would be no wrinkles, kept a garden where she grew our vegetables and fruit trees and canned the produce for use in the winter, and made all our clothes, as my father only made \$10 per 6-day work WEEK as an auto mechanic. She shared my father’s activities of supporting veterans and bowling and was the perfect hostess when their many friends and relatives would come to visit. Of course she had two wonderful children, but I’m a little prejudiced about that.

However, she felt very insecure as she only had a 7<sup>th</sup> grade education and she was a devout Lutheran and dad was a Catholic. The Catholic Church would call on her regularly and insist that she was sending her husband and children to hell because she refused to sign a paper that their children be raised Catholic. She was always depressed for a long time after their visits and to her dying day said the Catholic Church had made her life a “living hell.” I asked her what happened after she died. She said that her maternal



grandmother had come and shown her the light. As she was pulled up through the tunnel by indescribable love, she saw lots of loved ones and Jesus and Subhuti were waiting for her. They both emanated strong love for her, as I was told that she didn't want to die and needed both to pull her up to heaven. She remembered Subhuti from a previous life where she had been a religious disciple of his. I was surprised as I didn't know that she even knew about the Buddhist religion. As my mom she was a very strict Lutheran and didn't talk about interest in other religions.

When she first got to Heaven she found it hard to adjust to having no rules to follow. She had been very conscious of what a woman could and could not do when living on Earth. Now she could do anything and was working on developing living, organic structures. She had had a "green thumb" while on Earth. She could pinch off a leaf or twig from almost any plant and then just stick it into the soil and in a month or so there would be a new healthy plant. (See picture) These living structures are not just a large tree with the inside hollowed out for living space. Instead they are colonies of plants that grow so there are separate rooms with access between them. "Bringing the outside, inside," she said.



I mentioned to her that her house rule of "NO ARGUING" but instead if there is disagreement on something, voicing your opinion calmly and then carefully listening to others who have different opinions was one rule of hers that I appreciated better now than I did as a child. You don't have to try to force your opinion on others. Instead you can calmly listen to their point of view and even learn something you didn't know before or better understand why some people have a different opinion than yours. At the very least you can agree to disagree and then work forward from that basis. She and I both would like to see everyone follow this rule. We could all work together to make the world a more peaceful and pleasant place. I thought about Mark Twain's quote, "An open mind leaves a chance for someone to drop a worthwhile thought in it" She would like to come back and work in the area of organic structures but wasn't ready yet.

"But Dad is planning on returning to Earth soon. Won't you be together in some way?" I responded.

She explained, "It is all coordinated. You have to remember that there is no linear time here. When I am ready to return, they can arrange for me to be born at the right time on earth for me to learn the lessons I need to learn while helping your "Dad" fulfill his life's mission as well as others in our" family". I could even be born before he is born on Earth. We might be mother and son, or brother and brother, or whatever is needed to fulfill that life's learning plan."

**Using the Library.** I wanted to know what my life would have been like if I had married Bill instead of Chuck. I went to the library and was given a book that takes you into your simulated lives if you had made different major decisions. I opened the book and thought my question and was taken into the page where I had to decide between the two. When I came home for the Christmas holiday, I sadly told Chuck that I had decided to accept a job

in California and intended to marry someone else. It was a sad holiday for both of us. I loved both of them, but thought that an intellectually stimulating relationship would be better for me. When I returned to Harvard after the holidays, I told Bill what had happened. He immediately proposed to me and I said "yes." The following June I received my Master's degree from Harvard and moved to California where I had already accepted a scientist/engineer position at an aerospace company in Sunnyvale. I knew that Bill's family lived 25 miles from Sunnyvale and he would be attending the University of California - Berkeley for his PhD. He wanted us to get married that summer but Berkeley is about 50 miles from Sunnyvale and neither of us wanted to commute 50 miles each way to work or school. His parents lived between the 2 locations and offered us space in their home until Bill got his Ph. D. but Bill wanted to live on campus and build a close relationship with his professors. So we decided to wait for a year and then reconsider because of the terrible traffic congestion in the whole area. Even driving 25 miles each way for each of us would be a nightmare and Bill would miss the evening sessions with professors that are so important to an education and a future career. Every week-end we would get together in his room at Berkeley because my small apartment wasn't suitable. The only apartment I could afford was in East Palo Alto, an integrated community near where I worked. But drug dealers were moving in and every Saturday night there were knifings about 2 blocks from my apartment and the police had to put down the violence. Berkeley had many exciting activities so we spent our time there on weekends. Bill joined a group that decided to promote "free speech" in the city. There were many meetings and "public readings" on the weekends. I supported his ideal of "free speech" as the US is the only country that I knew of that allowed free speech. Without free speech a dictator could take over by withholding important information. Everyone knew what happened in Germany in the 1930's and even England doesn't allow free speech and citizens are thrown in jail if they say things the government doesn't want heard.

One year grew into two as the following year Bill could live almost anywhere to finish his Ph.D. thesis and Stanford University, near where I worked, was interested in hiring him. On 2 salaries we could afford an apartment in a nicer and safer neighborhood. We continued weekends together and the work week separate but on the phone each evening. Because computers were still in their infancy, NASA wanted me to solve a specialized 3-body problem and the math was very difficult. Bill was a big help in finding a practical solution. Then one day I got a call from Bill's best friend that Bill had been accidentally killed during a confrontation over "free speech." Bill was speaking and someone in the crowd had a broken bottle and threw it at Bill. The bottle cut his neck and he "bled out" before help could get to him. I was devastated, but knew that people in mobs don't act rationally and anything could happen. After that I continued with my career and interest in space, science and understanding creation so that knowledge could be passed on to others, but I didn't get married. At the end of that "alternative" life, I had accomplished most of my intended life goals but without the joy of having a close companion to share my joys and sorrows and a wonderful child and grandchild.

I then found myself back in the library. I asked Justin, "One of our current ideas based on what we know about quantum physics and string theory is that there are an infinite number of alternative real lives for each person, each based on alternative decisions made during this lifetime. You know - the Schrödinger cat experiment – and multi-universes. This simulated life with Bill seemed so real to me. Was it an alternative real life for me?"

He replied, “No, alternative lives aren’t real lives. If you had made that alternative decision in your current lifetime, however, your lifetime would have been much like the one you experienced through the simulation. The key events would have been the same as what you experienced in the simulation, not necessarily the details, but it was not a real life for you.”

Justin further explained, “Do you remember when Chuck was 60 and he started looking back over his life when you both were doing your genealogy research and writing your memoirs? He realized that there were about 7 major decisions he had made in his life that were major influences in achieving what he wanted in life. He tells the story about meeting you and getting married. He enlisted in the Army when he was 17 and while waiting to be shipped to Korea, he and his buddies decided to get tattoos. He got a beautiful blue bird with the name ‘Connie’ tattooed on his forearm. This was in 1952. In 1959 when he decided to get out of the Army, he came home to Northern Illinois and the first job he could find was at ‘Connie’s’ restaurant. He ‘knew’ that he wanted to marry an intelligent and well-educated woman. So when his high school best friend asked if he would ‘double date’ his girl-friend’s sister as that was the only way he could see his girl-friend, Chuck said ‘sure’ once he found out that the girl-friend’s sister was home from college for the summer and her name was ‘Connie.’ Three years later you were married, the same day that you received your Master’s degree from Harvard. Those events were there on purpose to remind him of a major decision point he had planned to make before he incarnated. Many people would call them “coincidences,” but you know there really is no such thing as a coincidence. You also instinctively knew that most of your previous boy-friends weren’t the right ones to marry for your lifetime path. They were very nice people and intelligent, but most were looking for a wife that would be a stay-at-home mom. But you knew that wasn’t the path you were on in this lifetime. The others, that would have supported your career, wouldn’t have worked out so well as you saw with the Bill lifetime. So you also made the decisions you needed to achieve your life objectives as pre-planned. The alternative lives you each could have led would also have allowed you each to achieve your major life objectives, but would not have been as fulfilling as the ones you chose.”

I continued, “I’ve always wondered why some religions believe that your ‘fate’ while living on Earth is predestined and nothing you do can change your life. Is the fact that you planned your life before you were born to accomplish certain things, where that idea came from?”

Justin responded, “Prophets must process the information they receive through their conscious mind so it can be put into words understood by their followers. Fatalist ideas arise from a misunderstanding of the basic teachings. A lifetime planned before you were born on Earth with major milestones to accomplish in that lifetime is not “Fate.” Humans have free will. After they are born they don’t have to make the decisions needed to accomplish those milestones while living that lifetime. Many people ‘waste’ their lifetimes by being tempted to do something else that makes them temporarily happier. An example is a person who planned to lead a group with a noble cause to advance freedom of the people from a dictator government. Instead he used his charismatic leadership qualities to cheat people and become very wealthy and powerful as a supporter of that government. Another example is a person who is enticed to try drugs and becomes dependent on them so he doesn’t have the energy or mental focus to accomplish what was planned.”

**Further growth – Saving Lost Spirits.** One of my opportunities for further growth was to do service in the lower realms of the Formation plane (Astral plane). Justin explained to me



that when the physical body of a person dies, sometimes the person's mind is so attached to something on Earth or there is an emotional or mental energy that locks it into the Earth influence that the spirit can't see the light. Less than 0.1% of people have this problem, but that is still a lot. These "lost spirits" are trapped in the Astral plane where time stops for them. The spirit is in the state of mind that it was in when the individual's physical body died and can't see the etheric beings waiting to help guide them to see the light. They may just be focused on the material object or issue to which they are attached, or they may be continually experiencing their own negative state of mind so it can be difficult to even get their attention. They have no physical body, but crave to be able to do what they did when alive and to have contact and interaction with other people. In this state the spirit has no choice but to endure its misery until they are helped to see the light. Hell exists in a person's mind; it is not a place. For some people hell is on Earth while they are alive. These spirits need to be "rescued." The "rescuers" may be people still living on Earth as their energies are closest to the spirit needing rescue and the spirit needing the rescue is not responding to the spiritual help surrounding them. The physical rescuer is assisted by volunteers from the Etheric Form plane (those in spirit). These "rescuers" usually have gained expertise in helping others get out of unhealthy situations on Earth and to go on to lead a more meaningful and joyful life. They usually were nuns, ministers, counselors and the like while on Earth. They do this service willingly, as the result of their service is a spirit who had been "tormented" by all its negativity or can't let go of some Earthly connection, that can now "see the light," go to the White Plateau and gradually move up in consciousness. I had had no such training, but during my lifetime I was supposed to learn to really LISTEN to others with different viewpoints and not immediately provide all the facts that would show that the other person's viewpoint was wrong. I was not as successful learning this lesson as I should have been while on Earth, so this would be an opportunity for me to learn more about really listening and putting myself in the other person's place to understand where they are coming from. It was pointed out that humans on Earth won't reach the desired state of "brotherhood" or "kinship" until each person really listens to others with different viewpoints and works from a common base of agreement to find a solution. Instead we just shout at each other, which creates a thicker wall between the two sides and makes each person more determined to "protect" its own viewpoint and not listen to other viewpoints. So I volunteered for this service.

I met with a group of women. One still wore her habit as that was how she liked to be identified. They told me that the spirits who were trapped in the realm where we would be working were not necessarily "bad people" but instead had been fixated on something material when they died or were in a very negative state of mind. Extreme anger, hatred or fear can block the transition. To get the attention of a spirit with a very negative or fixed state of mind, they had to reduce their own consciousness to that of the spirit and then do sort of a "mind meld." The spirit would recognize that something was reducing the negativity they were experiencing and take notice. Eventually the spirit would come around to realizing that there was a light, see it and then instantly go to the White Plateau. The "nun" offered to take me down and show me how it was done for an "easy" case. We descended lower and lower in consciousness and the light became dimmer and dimmer. Then we "saw" a woman who was hanging onto a piece of wrecked ship in the middle of an ocean. She was waiting for someone to rescue her and was entirely focused on holding onto that piece of wood so she wouldn't drown. She was very cold and miserable. The nun had prearranged for Robert, a living human, to help her get the woman's attention as the woman couldn't see or hear the nun or other spirits from the higher realms. Robert had adjusted his

consciousness to be at the same level as the “lost” woman. He told her mentally that he was there to help her as he could hear her cries for help. Robert asked about her life and family. The woman couldn’t see him, everything was dark around her, but she answered his questions and we found out that the ship had exploded more than 100 years earlier, and she had grabbed some debris to save herself. She didn’t know where her husband was, but assumed he was dead as he had been in the engine room when the ship blew up. Robert told her that she was dead also and her husband wanted her to join him in Heaven. With lots of love being emanated into her thought space, she rose in consciousness and let go of the wooden plank. By letting go of the wooden plank, she acknowledged that she was dead and her ties to the physical world were released. The nun then called for one of the spirits that had come down with us. It was the woman’s husband. He appeared and the woman was able to see his hand reaching for her. She then rose, took her husband’s hand and went to the White Plateau.

So the “rescue” process was:

1. to have the “lost spirit” realize that she was dead, (this and steps 2-3 may be done by a person living on earth who contacts the spirit via a “mind meld”)
2. to release the strong tie to the Earth (or the emotional or mental energy that was holding the spirit to the Earth), so she can feel the love from those helping her,
3. to raise her consciousness so she feels like she is floating above the Earth/ocean,
4. to see a loved one, or the hand of a loved one reaching out so she can join them,
5. immediately go to appropriate place in Heaven.

After we came back the nun said, “Most rescues are as easy to do, as this one was. There are variations, of course, but most follow this process. Most people see their loved one(s) before or soon after they are dead. But they are ready to go to Heaven and the transition is easy. So they don’t need rescuing. There are many humans on Earth who volunteer their time to help us in these rescues as their level of consciousness is closer to that of the person needing rescuing. However, the spirits we are going to “rescue” in this group effort have a very strong negative energy holding them to Earth. We have been able to contact them and they know they are dead. But they can’t get rid of some blockage of a firmly believed idea that is holding them back from seeing the light. One such spirit has been assigned to you, but you will have help.”

We joined the group of women gathering to go down to “save” those trapped in the astral plane. A very powerful, radiant man descended from above to lead and protect us as we entered the lower realms. I naively noted that all those doing the service mission were women, but a man was our protector. I felt Justin smile. He explained, “When we ‘see’ entities from the higher realms, what we ‘see’ is what that entity wants us to see so the entity can work with us most effectively. On Earth when humans decided to live in an animal body, the nurturing principle was predominant in the female and the protective principle was predominant in the male. However, your spirit is both nurturing and protective. Everything in existence is both nurturing and protective or receptive and active, depending on how you want to describe the difference. Both are needed to create anything. You see our protector as a man because that is its role for this mission and you are relating the energy you feel to what you experienced on Earth. The protector may have been a woman when it last lived on Earth. You see the service workers as women because they are in a nurturing role for this mission. However, they might have been men while last living on

Earth. You are still seeing men as being different from women here because you are identifying a physical image from Earth with the aspect that is being presented here.”

With that understanding we followed the protector down into the lower half of the Etheric Form plane. We kept going further and further down, much further down than my earlier experience with the nun. Our environment went from radiant light, to dimmer light to being very dark and cold. Finally we entered a highly restricted area in the lower half of the Formation plane where spirits of lower vibration were trapped. Some of these spirits were still experiencing the negative state of mind they had when they died. With our protector keeping our area lit and feeling his loving strength, we each would enter an area around the spirit we were to help. The woman who had worked with this spirit before came with me and he acknowledged her and then looked at me for a long time. She had broken through his negative state of mind to finally get his attention, but he was so focused on the bitterness and anger he felt because he had been denied his life’s goal, that he couldn’t “see the light.”

She introduced me to Reynold who was obviously very angry. I asked him to tell me about himself. He did. His country’s capital and most of its prime land was on a large island formed when the mighty river coursing down from the mountains split when it hit several large boulders. The two river segments joined again at the far end of the island. The people lived an idyllic life with plenty of rich soil to grow their crops to feed themselves and their animals. Reynold felt he was smarter and stronger than the others and wanted to rule the country. He was successful in getting a significant following when the river started rising and running faster. The boulders started to give way and the river was threatening to wash out and destroy the whole island. He immediately called everyone to make him the leader and he would save the island. That involved some skullduggery as he had to eliminate the current leader and convince the people that the problem was immense and they should be in fear of losing everything while the current leader was minimizing the problem. Once established as the new leader, he immediately set up a program where “everyone” had to be part of the solution, which was to reinforce the large boulders. The people, fearing the worst, all dropped what they were doing and prepared, hauled and set up the reinforcements. Initially that seemed to help, but then the reinforcements gave out, more boulders became unstable, and he had them install more reinforcements over a wider area. Those that weren’t supporting his plan as well as he expected were dealt with harshly. Since no one was farming anymore or caring for animals, or maintaining equipment, the people started to notice the lack of food and other necessities of life. He was still convinced that his idea was sound and redoubled all resources on putting in reinforcements that certainly would keep the remaining boulders in place. That was when one of his trusted followers killed him. **HOW DARE HE!!!!**

Reynold constantly emphasized the importance of him being the natural leader, since he knew better than the others what was best for them. Since his plan had not been completed and his goal never realized because someone he trusted had killed him, he thought that all the pain and suffering he had caused was justified because his dream objective had been worth it. That is, the end justifies the means. He was enraged because he was killed before his plan was completed and he couldn’t focus on anything else but revenge for his killer. During his tirade, he admitted that no one loved him, not even his parents who had died years earlier. That meant that the loving attachment that worked with the drowning woman and her husband wouldn’t work in this situation. I had been told to just give him something

to think about until our next visit, so I suggested that he assume his dream had been realized and to see how he would feel then.

We left for the higher realms and the wonderful feeling of enfolding love and light. I was exhausted; my energy level was very low. The lack of light and enfolding love in that lower realm was really draining.

I asked Justin, "What happens if a spirit doesn't 'see the light' and eventually move up in consciousness?"

Justin replied, "Through reflection and guidance, enlightenment is always gained and once the spirit sees the light, they are immediately taken to the white plateau where they can move on to higher levels of consciousness. No soul/spirit is left behind. You are all in this together. All light bodies were created at one time with the potential to rise in consciousness to the Absolute level and no new ones are created. Those that get 'stuck' in the lower levels of consciousness through a negative state of mind, can have the drossness burnt out of them through the 'fire' of enlightenment." I realized that the words, "drossness is burnt out of the spirit," and "Fire purifies" were in some of the religious texts I had read and are probably why some people think that hell is eternal damnation in fire and brimstone. This time the phrases made more sense to me.

I commented, "A friend gave me a book to read many years ago about what a person should do while living on Earth to ensure that they go to Heaven after the death of their physical body. The book is 'How GOOD is good enough?' by Andy Stanley. The author asks 'since nobody is perfect, what are the rules so you can go to Heaven?' He had researched every major and minor religion and the formula each gives to ensure you go to Heaven is different, even among religions with the same name but different sects! Stanley notes that the 10 commandments are found in the book of Exodus and do not promise Heaven for people who keep them. None of the writings by Moses even mention the afterlife. The author did note that some variation of the Golden Rule was the highest expression of spiritual thought in all the major religions. (See last pages) but following it does not promise that you will go to Heaven. From what you have just told me, everyone eventually goes to the White Plateau and rises in consciousness as they compensate for past actions and thoughts."

"That's correct," Justin responded.

I and the other service workers would regularly go back down to the lower realms to listen and suggest ideas for reflection. Finally Reynold realized that his grand dream wouldn't have been so grand once implemented. After seeing his grand plan to save the island completely implemented, he saw himself wishing he had thought through the consequences more carefully. He knew he had been misleading people into supporting his cause and withheld information about some of the potential consequences, but he thought they could be dealt with later. He also had stamped out ideas that probably were better than his, because they weren't his ideas and would show that he didn't always have the best solutions. Once he changed his focus from bitter resentment of his Earthly treatment and hatred of the man who had murdered him, to being open to broader ideas, he lost his extreme attachment to earth. He rose enough in consciousness to see the light that we had been talking about and he went to the white plateau.



**Visit to an “alien” planet.** Every now and then the guide who assisted our “family group” in their various experiences, would say, “Let’s go on a trip.” We loved to hear that. One time we took a trip to a planet in the same universe as Earth. The beings looked “sort of” like Earthlings, but they were very tall and thin. Their buildings were tall and thin. Three beings glided toward us when we arrived and welcomed us, but they wore long robes, so I couldn’t tell if they had legs or not. They sort-of had arms, but their hands were more like paws. We were told not to touch them or else it would harm us and them. I didn’t really understand that, as we were in spirit form, not physical human form. They saw us as Earthlings. They would like to visit Earth but they are very spiritually evolved and know that Earthlings must learn to live together in peace, respecting others’ opinions and beliefs, before they will be allowed to “intrude.” They would also die if they lived on Earth as their whole physical body resonates with their own planet and nearby celestial bodies (the material world around them). Similarly physical bodies living on Earth resonate with Earth and its planetary system and would die on their planet. This life form is technologically advanced, but hasn’t developed a “shell” or suit that would protect their bodies while on Earth. There is time, they said, to accomplish that.

When we returned I asked if humankind on other planets looked like Earthlings. Justin answered, “Most are still etheric energy forms that move between the Etheric Form plane and the Material plane whenever it wants. Humankind that has taken a physical form has something like a hand to grasp things and has a way to move around the surface of their planet. Their evolution is much as it was and is on Earth. Everything created came from the same creative energy that produced waves of various energies. The specks of conscious light that would evolve eventually into humans were created as well as all the possibilities for the kingdoms of animals, plants and minerals. Through superposition and interference, matrices of oscillating fields evolved so the concept of density could manifest as the components of atoms which then could eventually become minerals. There was no ‘life’ as you know it. Then over billions of years single cells learned to multiply and consciousness went from just being aware of existing, to reacting to their environment, to instigating an action, to logical, ‘if this happens then that will happen’ thought. I am going to define ‘intelligence’ as being able to decide between 2 choices and remembering the consequences so it influences future decisions. For survival most everything alive has some degree of ‘intelligence.’

“Once some humans in spirit form chose to live like an animal on Earth, instead of just visiting it as etheric beings, they entered an animal form on Earth, already selected for humans to use. It was important that early humans in physical form survive the harsh Earth environment so the animal form that had evolved for humans to use was similar to that of an ape, which was prospering in that environment, but the human physical form would be able to evolve into a form better suited for humans to learn their lessons. The animal, vegetable, and mineral kingdoms have their own group spirits and their own evolutionary paths based on intuition and following the Creator’s plan. Humans are Humans and animals are animals and each kingdom evolves in their own species. There is no crossing of lines, so a separate animal form, an ape-like precursor, had evolved for humankind to use on Earth. This animal form had gone through the same evolutionary processes as other animal forms. Humankind was given free will, now that it had a will. That human animal form evolved slowly over millions of years. It was divinely modified several more times, primarily to increase its ability

to be aware of energies beyond itself and to be able to communicate complicated concepts for extensive cooperative efforts. The physical body that you have on Earth in your time has only been around about 50,000 years. It brings forward the heritage of other early hominin groups who had reached their limit of evolution. Your human physical body is still evolving.”

**Viewing history – Sermon on the Mount.** I was told that we could see what really happened at any time in the past on Earth by going to a viewing room in the library. My Mom and Dad had always been interested in the bible (King James version/English) and as I was growing up we would sometimes discuss what various statements meant as they didn't make sense to us. Various Christian churches had their own interpretations, none of which made sense to us. I had already done some research and knew that much of the original meaning of the speaker/writer in the bible had been lost in translations as there is no one-to-one translation of some languages like Aramaic to other languages and some languages like Latin and Greek have no words to express ideas presented in Aramaic. So we all went to the library and asked to experience Jesus' "Sermon on the Mount." The only translation required would be that we would receive what Jesus was saying as a thought and that thought had to be translated to words in our mind. So not a perfect situation, but still there would be less room for confusion.

After the viewing we all realized what a charismatic speaker Jesus was. We were hanging on every idea and understood better how all those people stayed much of the day in the heat to hear him. We also realized that much of the material we had read in the bible has been translated literally from the source document with little understanding of the culture in which those words were spoken or written. For example, the phrase "turn the other cheek" used more than 2000 years ago in the middle east, was an idiom meaning 'try a different approach'. The idiom came about because when you relate to someone, you are presenting your face or cheek to them – that is what they see and to what they respond. If the relationship isn't one you like (for example, they are hurting you), then you need to try a different approach, or present a different cheek to them.

Another revelation to us was what Jesus really said about the "higher-self" or "superconscious." Jesus said (in Aramaic) that those who have a calm, dignified bearing toward the Power of the Spirit, also referred to as a person's higher self, and a reverent submission to its guidance will be able to rise above the things temporal and of the material world. However, there were no words in Greek to properly express this idea, so the English translation from the Latin, which had been previously translated from the Greek, is "**Blessed are the meek; for they shall inherit the Earth.**" This translation is very misleading. His words did not mean a cowardly "meekness" toward other people. Jesus was always the Master and never sought to make his followers cringing creatures or whining and sniveling supplicants. What was meant is that the ego of the conscious mind should take its guidance from the superconscious mind, or the mind of the spirit. The mind, not the physical brain, has 3 distinct sections while we are in physical form. The conscious mind (ID or Ruach) deals with the physical world and is essential if we are to learn from the experiences we have on Earth. Our personality and ego develop in the conscious mind. The subconscious (lower unconscious or Nefesh) mind stores everything that happens to the person from the time of its attachment to the pituitary gland while in the womb and keeps the physical body functioning properly. This is the "body mind" that brings vitality to the body. It does not have a personality and does not judge. The superconscious mind (sometimes called the higher unconscious mind or "higher self" or Neshamah) is the mind of

the spirit body that attaches itself to the baby's pineal gland when the time is appropriate. Young children still have a strong connection between their superconscious and conscious minds, but most seem to lose it by the time they are 7 years old. Any guidance you receive from the "unseen world" comes through the superconscious, is stored as an "inner knowing" in the subconscious and then brought into the conscious mind where words, sounds, sight can be attached to that "knowing" so it can be understood consciously and even explained to others. It is during this process of converting the "knowing" to a conscious understanding of the "thought" or "idea" that the person's experience and beliefs are involved. Some can convert with little distortion, others distort the "knowing" significantly without being aware of it. The lesson then is to understand what your superconscious is telling you with as little distortion as possible, (try to be as open minded as possible about what is being conveyed to you) so you can be guided by its higher understanding of what is best for you.

**Viewing History – the early life of Jesus.** I wanted to know more about Jesus' life before he took on his ministry. So Justin suggested that I return to the library and ask to view that history. Jesus was a "normal" boy, getting dirty and playing games with other children, but spent a lot of time thinking and mulling over ideas. He was tall and sandy-haired and had lots of energy and a very short fuse early in his life. He angered easily as a young child. He would get frustrated with the attitudes of others and would vent his anger. Then he would repent and be very humble. It was not until he reached the age of twelve that he began to get his anger under control. At that time he realized that there was a universal law that said that what he gave out would come back, and being the wise child that he was, he decided he'd better be careful what he sent out.

By the time Jesus was 7, Joseph took him travelling with him to work as a carpenter, to see other trades that he could learn, and to the synagogue to study Hebrew. Jesus loved to travel and learn things from others. He graduated from the synagogue at 12 (usually you must be 13) as Jesus wanted to be part of the discussions at Passover and only those that have graduated were allowed to participate.

Jesus had 8 siblings; 5 brothers, James, 3 ½ years younger, Joseph, Simon, Jude and Amos and 3 sisters, Miriam, Martha and Ruth. (They each had multiple names, but these are the ones I remember them being called.) Mary was pregnant with Ruth before Joseph was killed in an accident while doing some carpentry work. Amos died at 5 so isn't mentioned in the biblical writings. According to Jewish tradition, the oldest son must support the family when the father dies, so it fell to Jesus, who was only 15, to become a full-time carpenter and be the father-figure to the other children after Joseph died. He had to curtail his studies and take care of the family. This was when Jesus wrote the Lord's prayer so his brothers and sisters could feel a closer connection to God and not just recite a ritualistic prayer or creed. I was particularly interested in the Lord's Prayer. The first words in Aramaic were Abwoon d'bwashmaya. They came through translation as "O Birther! Parent of the Cosmos, You create all that moves in light." There were other parts of the Prayer that translated quite differently from what we recite in church today.

At the age of 15 he gave his first presentation in the temple. He spoke of the Spirit being upon him and that this was then to be shared with mankind. Jesus and James insisted that their sisters become educated, even though it was not the custom at that time. So they did the home-schooling themselves. They decided that Simon should be apprenticed to a stonemason when he was old enough, so they wouldn't all be carpenters and would, as a

family, have the different skills needed to build a home. Eventually Jesus decided he needed to learn to be a black smith and the ways of the Gentiles. He could earn more money if he set up shop near the caravan route, so he gave James full control of the household and carpentry at the shop within the family home as Jesus would be gone much of the time. He loved to learn from the travelers. The three “wisemen” from Persia didn’t just leave the child Jesus after they had found him near Bethlehem. They set up a network of trusted people to make sure Jesus was protected and would be introduced to people who would help him later in his ministry. It was at this time that they became known personally to Jesus. Jesus was distressed to see how people lived under King Herod. There was graft, cheating, and no respect for others’ property or wives. The environment was so negative that Jesus only stayed in that area 6 months. When James was 17, young Joseph was able to take over responsibility for the family and James could work away from home to make more money to support the family. Jesus always thought that the family came first and his “ultimate spiritual calling” could wait. Jesus worked and studied hard. He felt he needed to do so because he was to show that the average person could attain what he could plus more when the inner divinity was sparked. “All this and more shall you do.” “I am the Way,” meaning, “Follow that which I am doing for I am teaching the father’s love. And if you follow that, you too will radiate and transmit it..”

So when Jesus was sure his family was properly supported, he starts his travels to visit the Divine teachers of the world. He first went to India with Ravana of Orissa where he was known as Josa. Lamaas Bramas protects Jesus from the priests who chase him out because he repudiates their doctrine of castes. In Benares he learns the art of healing. Ajainin, a priest from Lahora is a close colleague there. He goes on to Northern India (Barata) and visits the yogas there. He takes exception to the Buddhist doctrine of evolution, but Vidyapati, wisest of the Indian sages supports him. Jesus is 22. In Tibet Meng-ste lets him read the ancient manuscripts in Lahore. Jesus is almost 24 when he travels on to Persia where he was known as Issa. In Persepolis he meets the 3 wise men Hor, Lun and Mer who had given him gold, gum-thus (frankincense) and myrrh years earlier and set up a protective network around him. Kaspar, wisest Master of the Brahmans, meets Jesus and discusses good and evil. He teaches that faith is the most potent factor in healing. Jesus goes on to Assyria and meets Ashbina. They visit Ur, where Abraham was born, and Babylon. Then Jesus goes to his home to see his mother and his sister Miriam.

After a short visit he goes on to Greece and studies with the Masters in schools there and meets Apollo and the Delphi Oracle. After he has achieved mastery of their teachings he goes on to Egypt. He first visits Elihu and Salome in Zoan who had taught his mother Mary when she was a girl. Then he goes to Heliopolis, Temple of Sacred Brotherhood. He is admitted as a student and passes their 7 tests (Sincerity, Justice, Faith, Philanthropy, Heroism, Love Divine, The Real You (the Garb of Flesh is not the real you)). One lesson was that a human agrees to do a task on earth in a garb of flesh, he comes (is born), he does his work and then lays the flesh aside because it is not needed any more (physical death). At this point Jesus is crowned “The CHRIST” (which means incarnate Universal Love) or “CHRISTOS” (which means Anointed One of God) because he has completed all their lessons and overcome carnal desires. From all these teachers he learned how to heal, bring the dead back to life, astral travel, and how to perform the other “miraculous” acts he demonstrated during his ministry. He had achieved purity in thought, word and deed.



At each location, after mastering their inner teachings, he would go on to resist the established hierarchy because he opposed their ceremonies, formalism and restrictions which obscured the Light of the Truth. He wanted people to understand that they didn't need "intermediaries" to interpret the divine for them. Instead they needed to learn to be able to look within and follow their own divine guidance. He taught that all people are equal in the eyes of God and deserve the same respect. These teachings were passed on to his disciples so they could continue his service to humanity after he was gone. What surprised me was that all these Master teachers joined Jesus' disciples during his ministry at various times to learn more and to bring back that teaching in some form to their own religious community. There is no mention of this in the Christian bible.

**Moving up in Consciousness.** Between previous past lives I had been working on "faster than light travel" so humankind can travel to other star systems in a reasonable time period. Since mass cannot travel faster than the speed of light, and particles interacting with the Higgs boson force field acquire mass, (the discovery of the existence of the Higgs boson field in 2012 supports this approach), we were working on approaches to compress space-time so the physical human was not travelling faster than the speed of light within the "vehicle," because the "vehicle" was able to compress the space to your intended destination to something much less than Earth's space-time environment. My team's approach used a "vehicle" shaped like a tear (like crying) with the flat part of the tear in the front in the direction of flight along the huge filaments or strands of what's called the cosmic web as the space most easily compressed. Justin explained, "When new ideas that will help mankind are developed in Heaven, they are passed on to individuals when the time is right for humanity to use them. They can be passed on by having the spirit in Heaven who has worked on that idea in Heaven incarnate to earth and make that their life's goal. That will be the path your father has chosen. On the other hand that approach is risky as the person being incarnated may not take the intended path. Each person has free will and can be distracted from their intended purpose in life. A more efficient approach is to bring the idea to those already on earth working in the field, usually through dreams." I immediately thought about the vitrectomy I had had for a retinal detachment commonly called a "macular hole." My doctor had told me that Dr. Steve Charles, a surgeon/engineer, was the one that had only recently developed the technique where a special gas is used to replace the gel in the vitreous body so that the macular hole can be flattened and held against the retinal tissue while it heals. In the face-down position, the bubble is in constant contact with the macula at the back of the eye. You must maintain a constant face-down position after surgery to keep the bubble in contact with the macula to allow effective healing. This can range from a few days to a few weeks, depending on your surgeon's recommendation and the size of the hole. A successful result often depends on how well this position is maintained. The bubble will then slowly dissolve on its own, or, in some cases, be removed by your ophthalmologist.

What was interesting to me was that Dr. Charles had been working for many years on an effective way to keep the vitreous body against the macula for the period of time needed to heal completely. One night, in a dream, he saw balloons being filled with a gas, then they would rise to fill the holes in the sky above. Upon awakening, he realized that if he filled the vitreous body with a suitable gas, and the patients maintained a head position so that the gas filled body was constantly against the macular hole, that the healing process could be completed successfully. Justin confirmed that my vitrectomy experience was typical of this transfer of knowledge from the spiritual plane to the earth.

When working on a project, when the level of consciousness is high enough, we are allowed to go to higher levels. We work on the same project, but at a higher level where you can see more interconnections and consequences to implement it physically. An analogy would be seeing the world as an industrious ant sees it. The ant goes out to search for food, it knows one location where there is sometimes lots of different food. It finds it and today there is lots of food but yesterday there was none. It notifies others where the food is, and brings it back to the ant hill. Sometimes the hill floods or the grasses around the hill die and food is scarce so it must search further, but it doesn't understand or care why; it just is. Now see the same situation from a person's point of view looking at the ant hill. That person can see that the one ant hill is one of many in that meadow. They see that families come and picnic at one shady location in the field every Saturday. They can see that a nearby creek has overflowed or that the grasses are dead. They see many interconnections and interdependencies that the ant can't from the lower level. Now put that person in a plane. They see the meadow where the ant hill is located but can't see individual ant hills or plants. They see the creek that has overflowed, but they also see that the snow is melting in the mountains that caused the lake to overflow into the creek and soon the whole meadow will be underwater. They may see people coming to spray the grasses so the weeds will be killed. They know that this will mean less food for the ants. Moving up into the higher consciousness levels enables the spirit to see everything below in a wider, more interconnected, view. When working on a project a spirit can move to a higher level of consciousness to understand what is needed to make the project successful and then move to the lower levels to find a way to implement it in detail so it can be brought down to the physical world.

In general there are 7 plateaus or levels in what we call "Heaven", the upper half of the Etheric Form plane/world. Within each plateau there are 7 levels of advancement from the basic to the "master" level. The first plateau, the white plateau, is for entry and adjustment. You keep the memory of things in your lifetime that are useful in the spirit world and discard the memories of things that aren't, like the fact that you hated pickles when you were young. You decide where you want to focus your energies and begin work on them. At the second plateau you start with visual enhancement and move on to learn physical comprehension, a total understanding of the physical world, but in the ether. You understand the components that create the energy that densifies. Those on the second plateau are ready to shape and form physical essences on earth and understand their evolution. The third plateau is of mentalism, of creative ideas. It has all the innovative thought that is, was, or will be. Being in that plateau stimulates the movement of energy so it is right and proper for the physical world. It includes audio enhancement as a means to move energy. Once you have reached the conscious level of the third plateau, you can go up/down between plateaus 1 and 3 at will. During my work on space travel, it was essential that I go between the 3 plateaus to understand what energies would work effectively in our material world.

**My call to reincarnate into this life.** I had been working in this scientific area prior to my current life incarnation. But when the call went out for people to incarnate into the early 1900's on Earth to help bring about the rise in consciousness that would be taking place in their next 100+ years, I felt obligated to respond to it and left this project. I remembered being drawn to an area where we viewed what was happening on Earth. We couldn't believe how gullible people were to what their leaders were telling them. We were reminded that in Heaven spirits have expanded consciousness and can sense what is going on from a much wider perspective. Once in a human physical body, that level of consciousness is

quite restricted. Humans want simple solutions to complex problems and so believe and vote for leaders that are charismatic and skilled in deception, as was Hitler. He promised almost unlimited resources for research to the scientists/engineers, a higher standard of living and education for the masses and national pride for all. He even told his staff that if you say something often enough, people will believe you. He also controlled what people were told, so nothing that disagreed with his message was heard. I felt obligated to go “down there” and help. Some who had also volunteered for another lifetime during this time period on Earth knew they would be going into a life where there was high likelihood of being killed in battle. I and many others were going to lives where women would have skills normally associated with careers where men were dominant. This preponderance of girls being born with math/science and trade skills would help promote the understanding that all people should serve humanity according to their skills and not just all men doing one set of careers and all women doing a different set of careers. “Separate but equal” is not a good criterium for judging the appropriateness of a career for someone. Some women would not make good mothers and some men are compassionate, nurturing fathers. I observed that inequalities seemed to be based on education inequality, caused by attitudes of religion/culture, not racial or gender. So I was determined to be born into a culture where women could get an excellent education and my family would value a good education.

**The Future of Humans on Earth.** As I moved up in consciousness I asked Justin to tell me what lay ahead for humans on Earth. “Humanity has free will so the future is up to them, but there are some general patterns that will be established because each individual **MUST** learn to know themselves and learn to live with each other in peace, respecting and considering others’ opinions, rights and points of view. Overall the future is good, but humans must be adaptable and willing to consider new perspectives. In general decisions will be made by the local ‘community’ and not by ‘big government’ because people are unique and only those who are close to the situation can determine what the best approach is to help the individual. Big government is too out of touch with the individual to provide effective approaches. What is good for the ‘average’ person (who is ‘average’ anyway?) can be harmful to a specific individual. When you go back to your lifetime, look at history. Communities will try new ideas and perspectives to solve a problem. Successful approaches are adapted by other communities to solve their similar problems. It sometimes takes a long time before a centralized, large government implements one successful approach and then it might not be the best approach for all communities. Big organizations try to solve problems by embedding values in algorithms which reflect those of the people who design and implement the algorithms. More often than not, those people are neither elected nor directly accountable to the citizens their decisions affect.

Also governments that make almost all the decisions for the individual do not provide the ‘teaching environment,’ or freedom, that is needed for humans to rise in consciousness while in an Earth lifetime. In a smaller community the individual can try new things and get the guidance and backing of the community to learn from their successes and mistakes.”

I interjected, “Then the US should be a good place to live for a person to rise in consciousness because the individual has so much freedom.”

“The place and environment where a person decides to be born can provide the needed opportunities to rise in consciousness for that lifetime. That was why it was selected. The location and culture of birth depend on what the person decided to learn in that lifetime.

However, you should think more about what you mean by 'freedom'. In general freedom recognizes the dignity of individuals and is defined by the absence of coercive constraint. Freedom thus implies that individuals have the right to lead their lives as they wish as long as they respect the equal rights of others. It's time for man to realize that freedom doesn't mean doing what you please, but being pleased with what you do. The US does not, during your lifetime, provide the most personal freedom for its residents. There are also other aspects of freedom, such as mental, emotional and economic freedoms. You can look into this further when you return to your lifetime." (I did investigate this further. I found that usually there is a strong correlation between personal freedom and economic prosperity, however Sweden is ranked high in the personal freedom category but relatively low for economic prosperity. Singapore ranks very high in economic prosperity but is near the bottom of the list for personal freedom. There are study groups (think tanks) that measure the amount of personal and economic freedom a citizen has in various parts of the world. Switzerland usually comes out on top followed by New Zealand, Denmark and Ireland. The US has been falling in its place on the list because of increased regulations and restrictions that reduce the choices a citizen can make. This limits their personal freedom and economic prosperity. For example, even though reputable medical research teams at Stanford, Harvard and Oxford found in 2021 that all the lockdowns in 2020 were not effective in reducing the resultant number of deaths, and these results were confirmed by Johns Hopkins in 2022 using a longer timeframe of data, some governments continued to impose severe restrictions on their population. Those restrictions led to increased deaths due to other medical issues not being addressed or deaths due to Covid that weren't counted because they died at home. These restrictions also led as well to extreme economic hardship on their general population.)

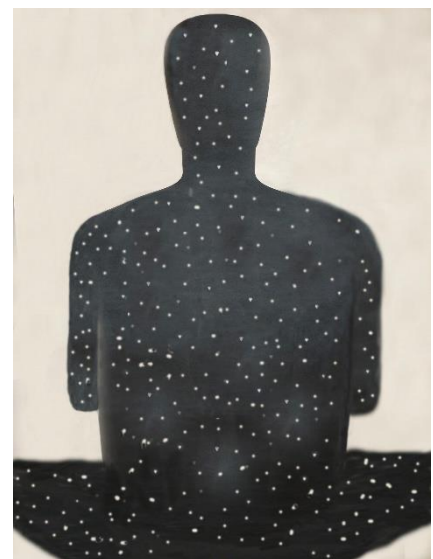
Justin continued, "Now to further answer your original question. Education will be more personalized and community directed. The "joy" of learning will be put back into public schools. Children will be taught how to analyze data/information for credibility, not told what to think. Students will experience a situation and then through questioning will understand and learn from that experience. They will express what they have learned in their own words, so will remember it. Better than having a student try to memorize the words of someone else who describes what they should have learned, or learning through rote. Some schools already do this. Population growth will be balanced through Natural forces. There will be less people in prison because non-violent crimes will be compensated for with service. At the same time effective ways of protecting the population from violent criminals will be developed. Also effective ways of preventing the crime from being committed in the first place will evolve. Humans are moving toward true brotherhood /kinship. The conflicts you see are people who only know how to express their anger and frustration through violence. They live with violence and don't know any other way of expressing their anger. This anger is like a boil that must be lanced to expose the hatred and then drained and allowed to heal or else the anger will fester and delay the process toward brotherhood. Only humanity can decide how soon they will learn to work together toward a more peaceful future, but it will happen. Violence is never a good solution."

**Reaching the Conceptual Plane.** Justin then had me move up in consciousness. After the third plateau, we entered the fourth plateau which brings the light body into relationship with the physical and mental senses and lets you experience and understand how this trinity works together to become an expression of you. Integration is the key to the 4<sup>th</sup> plateau. The fifth plateau provides a transformation of the trinity understood on the fourth level. It is



a transformation of the concept of you as a trinity where you continue to separate your spirit-personality from your light being. The first separation is when the spirit leaves the physical body. The second begins with the sleep state, but keeps working until at the fifth plateau, the density is separated from the light. Universal identification is the key to the 5<sup>th</sup> plateau. At the sixth plateau what is known is impersonalized. You can know an emotion without feeling it and you no longer are focused on earth. At the seventh plateau we spent more time in the world above. There you are taught how to be a Mover of Energy. You can function in one world, but see clearly from a higher space at the same time (peripheral understanding). If a spirit at this level incarnates on earth, it is to create a better understanding of concepts, that sort of thing, to help humanity as a whole. When you are at any plateau, you can move to any lower one and back again as you choose but at the 7<sup>th</sup> plateau you can focus on re-entry patterns. You can look at your warehouse of cosmic debt as part of that process, but you can decide to reincarnate at any plateau level. You move from building yourself at the lower levels to being a major change in the universe at these higher levels. The seventh plateau is the highest ether level. At the aether levels above it, you no longer physically return to the Earth or Material world. Guides have reached this level. At these higher levels you merge first with cosmic forces and energy and then the origin energy and then finally with the Creator. There is no shape or form in this Conceptual plane as you move through the 10<sup>th</sup> and 11<sup>th</sup> chakras. You are just “being”. In the ninth plateau (2nd plateau in the 10<sup>th</sup> chakra) you are in the raw energy form, which means anything that ever is, was or will be, is, and you have but to take it and form it. On the ninth plateau you self identify with your light body, your only real identity.

During this escalation, I became aware that more of my personality was dissolving. For example, I was curious about advancements in physics during my lifetime, but that gradually became a natural curiosity about how any system works and then just curiosity. People who have become great musicians will not lose that talent or interest, but it will become more generalized to include other instruments and other forms of music. People who died of drowning or fell to their death will keep their fear of water or heights until they release that emotion later in their development. I released all constraints I had on knowing. My spirit body became less distinct and more like a radiating flame. The color of the flame changed as I moved up in consciousness. Telepathy was the means of communication and I gained a clairvoyant energy of seeing clearly. As you rise further in consciousness you realize that you are part of a collective consciousness, but you retain your unique identity. While living as a physical being on Earth that awareness is experienced as intuition, when you “know” something that the logical conscious mind should have no way of knowing. At the higher levels of consciousness the experience is more like becoming one with everything and gaining access to the wisdom of the universe. There really are no words to express the experience. At the highest level in the Etheric Form plane there was a cosmic integration of me with the collective self that was non-personal. When I was shown humankind being created, I pictured something like the image to the right where each human was a speak of conscious, vibrating light entangled into one “body” that is the energy of all “humankind. I heard the words “The Creator, Its sons and the Spirit that makes us one.” I think that the message was



trying to convey the idea that the Holy Spirit is the “communication factor” or collective consciousness that ties all of humankind together with the Creator. When every individual light body has attained “perfection” (that is, has risen to the highest level of consciousness in the Conceptual Plane), then the Creator’s purpose will be fulfilled. After I asked a few more questions, a picture of a puzzle was shown to me to represent all of humankind in a giant puzzle. This giant puzzle is the image of the Creator with each of us an individual, unique piece of the puzzle. So we are all in this together. We retain our uniqueness throughout the process but this is a group adventure of humanity as a whole. The word “Adventure” kept being repeated with the aspects of curiosity and anticipation attached to it.

I also reflected on the words that Moses heard, “I am that I am”. The meaning came to me that God in an “Absolute” state had also become God in a manifested state (all of humankind combined on the Material Plane.)

I had to ask, “What happens when we all get to this highest point of consciousness? Some religions say that God will see its reflection in our group body and then we will all go away as the reason for us being brought into existence will be satisfied. Others say that we will return to Earth and live harmoniously as though we were in Heaven.”

I felt Justin smile when he replied, “Once the Creator has its companion, then it will be up to the collective ‘you’ what happens next. You might decide to go on another, even more exciting adventure. It’s a little beyond your comprehension to concern yourself with that.”

When I had reached the Conceptual level in consciousness, Justin asked me to sense the energy in front of us. I experienced a bright, radiating light that beamed enfolding love for me as I drew near. This light body exists on the Conceptual plane and has no form. It is a radiating thought, which is hard for us to imagine while we are in a physical body. I was told to merge with this energy and remember what I felt. I felt great peace and bliss because I knew this was “me,” my reality, but I also felt I had lost something. Even though the essence of my personality was still there, integrated into the whole, the details had dissolved. However, every thought, word and deed of my life was stored in the Akashic records which were forever accessible, so not completely lost.

After Justin told me to leave my light body, I had to ask about my past lives. “How are they accessible through the light body?”

Justin replied, “You have already experienced some of your past lives with Julian. You can experience them as an observer, which is the safest way to do that, or actually re-experience it as you were living it at that time. Re-experiencing the life directly can be dangerous if you are not with an experienced teacher, as the situation you experience may be extremely traumatic. It is usually better to observe the past life as an observer than re-experience it directly. Also, experiencing prior lives is not meant to be entertainment. Your current life is the most important for you and should be your primary focus. Experiencing prior lives to better understand who you are now and why you are having some of your specific experiences in this lifetime is the main reason to do so. Understanding yourself so you can better work with others in cooperation is key to your current life.

You have observed your previous life where you drowned as a young person. In your present life you were afraid of the water and didn’t learn to swim until you were 12. Now

you have overcome that innate fear of drowning. You also have experienced your life as a member of the Delphi community where you deeply resented the fact that caustic chemicals were used to keep the robes pure white and those chemicals ruined the hands of those doing the washing of the garments and polluted the surrounding waters. In this life you have been careful to only use compounds friendly to the environment and as a child constantly put cream on your hands to the great concern of your mother. In several past lives you were a nun or other member of a religious order. In some of those religious lives you received rigorous training to rise in consciousness to better understand this omniscient power called God. All those lives have helped you to find and join the Julian community and participate in presenting the ancient teachings using 20<sup>th</sup> century scientific thought and terms. Your Julian group has been together many lifetimes to help bring the ancient teachings into modern relevance and understanding.

You also have experienced the life where you were a young warrior in Egypt and were told by your commander there was a plot to kill the king. The commander needed someone to warn the king and to tell the king to come see him for the details, so you volunteered. What they didn't tell you, and you didn't ask for, was more detailed information so you could avoid telling the wrong person(s) and you could supply the king with more useful information. There was probably always someone wanting to kill him – so why should the king be interested in your message? Instead the commander wanted the king to come to him directly, or send a trusted messenger, and didn't want you to know the details. It was a power play on his part to gain influence with the king. What was important for you to know was that several men in the king's inner circle were part of that plot. In your zeal to protect the king, you rode to where he was staying in the desert. You couldn't see the king directly, as the guard didn't think you were important enough. Then you saw some of his inner circle talking nearby. You told this inner circle about that plot and were immediately stabbed to death in the back, as those members of his inner circle were part of that plot."

"What did I do in this life to reflect that learning experience?"

"Young people want to support a worthy cause and in their zeal to support that cause don't always ask relevant questions or think through the consequences of their actions. They don't have the ability or experience to discern what the negative consequences of doing what is proposed might be. That is, the leaders only show you the positive results of the actions, not the possible negative consequences. Sometimes the leaders don't even know the negative consequences themselves as they don't care about them. Focus on the positive is their motto to motivate others. Young people have the energy and zeal to make changes. Older people understand the consequences better, but have less energy and zeal to implement the change so the negative consequences are avoided or constrained. It takes more energy, resources and planning to avoid or constrain negative consequences, so it is harder to do. But everything balances out in the long run although in the process individuals can be irreparably hurt. During your career designing spacecraft, you always had everyone help the team understand the positive and negative consequences of each major decision. Putting in new, unproven technology vs. using older proven technology was always a major decision. The new technology usually would mean less weight and energy requirements and higher performance. But if it failed in the space environment, then the whole mission could be lost. A thorough understanding of the possible negative consequences leads to a successful result. In college you will remember that you convinced some of your friends not

to take LSD until more was known about its effects on the brain. That saved some of their lives.”

“Not Lila’s,” I interjected. “She went home for the Christmas holidays, went to a party in the city and ended up jumping off the balcony of an 8<sup>th</sup> floor hotel room because she thought she could fly. My advice didn’t help her.”

“Actually Lila had been heeding your advice. She didn’t know that there would be LSD at the party. After she arrived with friends and found out what was going on, she was going to call her parents so she could leave early. But then someone she didn’t know, but was very friendly, gave her some punch. She didn’t know it had LSD in it. Her so-called friends that brought her to the party should have watched her more closely because they knew that some people have strong reactions to drugs and can hurt themselves. But they were too distracted. If anyone is to blame, it was her willingness to trust strangers in an unsafe environment, not you. So your very cautious approach in this life is based on that past warrior experience plus several others like it.”

When I asked more questions about the relationship of this light body to the spirit body and to the physical body, I was told that humans don’t have the ability to comprehend this concept yet. Once humans understand dark matter and dark energy (which comprise 96% of our physical universe), then the concepts and associated vocabulary will be available for a better understanding of this relationship. I did get the impression that it had something to do with reflected energy, but the concept was too nebulous for me to understand.

**Reincarnation.** The next step in the process would be to plan my next experience on Earth. The decision to reincarnate can be done wherever you are in the 7 plateaus of Heaven. I would consider what activities still needed compensation for balance – the “what you sow, you reap” law had to be satisfied –, what spiritual growth did humanity need to which I could contribute, what lessons did I still need to learn, like learning to be more patient. Then the parents for needed genetic characteristics, culture, and timing to have the internal energy and drive to accomplish what I want to accomplish, all had to be considered. It sounded very complicated, but is done almost automatically once we decide what we want to accomplish in a new life on Earth.

I had to ask why some people are born with severe handicaps. Certainly they didn’t “plan” to be born that way – or did they? Justin explained, “As you know from your experience at Stanford Medical Center, the fetus growing into a human baby is a complicated process. Many things can go wrong and do. Usually if the problem will cause the fetus to be unable to be born alive, then it miscarries naturally. However, if it does survive birth then the spirit entering it does know that it will have a handicapped body and knew that in the spirit world when it planned to use that body. There are times when a person has done something terribly harmful to another in one lifetime, resulting in that person having to live the rest of their life severely handicapped. So the person doing the harm may choose to “compensate for” that past action by reincarnating as a very handicapped person to better understand the harm they caused. You have to remember that after you leave your physical body, your superconscious mind (or higher self) takes over and you see the need to do things that you wouldn’t consider doing if only using your conscious mind. Other times the culture needs to develop more empathy and compassion toward those that are disadvantaged in some way. So a highly conscious spirit will volunteer to reincarnate as a severely handicapped baby, or



into a situation where there is a high likelihood of becoming handicapped, to enable others to develop and expand their compassion for others. In general, compensation for past misdeeds is done through “service,” not through a life where that past mis-deed is done back to them. “An eye for an eye and a tooth for a tooth,” is not a desired compensation. Having a past mis-deed repeated by the prior victim toward the prior perpetrator, would just result in a never-ending series of mis-deeds. A preferred compensation example would be a person who in a prior life sold young women into slavery, as is being done in your country today. They could reincarnate and become a person who rescues these women at great risk to their own life.”

“I also want to remind you that all handicaps are not a disadvantage. Your friend Helen was born with only one hand. At that time most women in your culture were secretaries, nurses, or stay-at-home mothers. She quickly realized that she would need a good education to be able to support herself. She ended up designing some very innovative spacecraft, had two wonderful children and was a real inspiration to many young women. In her 90’s she told you that she found her handicap was one of the best things to happen to her. She couldn’t type or be a nurse with only one hand, so she had to find other career opportunities, find alternative ways to care for her babies, and always tried to turn an ‘obstruction’ into an opportunity.”

I had another question. “During my evaluation I was told that some negative actions can be compensated for through forgiveness. Is that me forgiving the person who wronged me, or the person that I wronged forgiving me or me forgiving myself?”

Justin replied, “It can be any or all of the above. Whenever you do something intentionally ‘wrong’ that hurts either yourself or others, then that action must be compensated for in some way. However, if the person you ‘wronged’ forgives you, then a karmic pattern between the 2 of you is not created and it becomes easier for the person you wronged to go on with their life. Forgiving someone does not mean you think what they did was right. It means that you don’t want that negativity that arises from anger and resentment to be with you the rest of your life. At the same time if you realize that you were wrong in your actions and apologize and in other ways try to right the wrong, then you should learn not to do it again and can forgive yourself. Otherwise you carry the ‘baggage’ of having wronged someone with you through your life.”

“I have been told that most people, including me, have a huge “bag of karma” needing compensation. Do I have to keep reincarnating until the bag is empty? It seems that I probably am adding to the bag each lifetime as I try to remove what is already there.”

Justin explained, “First you need to know that all karma isn’t bad. Karma is just an energy relationship between two or more people that needs to be satisfied to dissolve. You can use this karmic energy for transformation – to empower you to effect positive changes in your life or in the lives of others. Once you achieve a high enough level of consciousness and have “purified” your light body enough so that you can reside on the conceptual plane and not reside in Heaven or the material planes below, your “bag of karma” is dissolved through divine forgiveness.”

“I noticed that throughout my tour of Heaven, there was no “evil.” No one tried to hurt or take advantage of another. Everyone tried to help each other and to learn from their experiences. Is the “devil” not allowed in Heaven?”

Justin said that his response would require some word definitions before I could properly understand his answer. “First negative energies/emotions are not found at the higher levels of consciousness, so they are not in Heaven or above. Now on the earth plane you must understand that your culture confuses several concepts about evil. Also some of your religions have vivid stories about a war during creation where Satan/Lucifer disobeys God and is thrown out of Heaven. That is only one of the many stories used to try to convey a concept to a common person in terms that they could understand at the time, but the event didn’t really happen. Lucifer means Light, and a time will come when he will be discovered to be a sacrifice. Lucifer was the sacrifice - sacrificing himself and his followers - to take care of the darkness and the order within it. Satan/Lucifer is a powerful angelic force that does not have free will. Only humans were given free will. During creation when light was separated from darkness, Lucifer and his followers were put in charge of the darkness. His role is to control the darkness and use it to tempt humans to do things that will keep humans from the light. Humans can’t know the light without knowing the darkness also. Everyone will have temptations placed in front of them that could keep them from achieving what they planned to do in their lifetime. When we resist the temptations, we grow in consciousness. I’ll give you a simple example from your life. You fell and had to have your shoulder reconstructed. After the operation you couldn’t use your arm at all. You were in physical therapy for almost 2 years. During that time the therapist would say “No pain, no gain.” You pushed through the pain and now have almost full use of that arm. I think you would agree that the goal was worth the pain. The only way for each person to grow stronger is to face resistance. If life were too easy, we would never learn anything that would help us grow in consciousness.”

“On the other hand, evil is an energy that arises from humanity’s own collective negativity. Humans do have free will to do hateful things. This energy is powerful and entices other individuals to join. Have you ever been in a mob that wants to destroy something? The energy to join them is immense. The only way to get rid of evil is for humans to learn to respect each other’s opinions and rights and to calmly resolve differences. Negative emotions like hate and envy need to dissolve. The ‘golden rule’ should be consistently reinforced as the basic way to live with respect for all. That doesn’t mean you have to ‘like’ everyone, but you should respect their humanity and right to have their own opinion. I should add that negative emotions like anger, envy, greed are “burnt out” by the higher frequencies of heaven. While love, joy and happiness are increased and enhanced by the higher frequencies.”

Justin continued, “You see in your lifetime a tearing apart, dissension, violence, and discord. From our perspective, this is true, but there is an overlying evolution towards a future of peace. The violence and poison come to the surface to be purged, to teach that there is another way beyond greed for money and power. That pitting one against another will not lead you to success. The Creator loves all equally; not one group more or less than another. The Law of Cause and Effect is perfect in teaching a different way, a way that leads to well-being. Growth to peace and balance takes many lifetimes, yet that is where you are headed. Know this. Let go of anger, judgment and fear. Think ‘How can I help?’ Every day choose kindness and compassion. Look for places to bring comfort and aid, to

help the other person to be self-reliant. Right now in your lifetime, humans need to focus on respect for each other – to listen to other points of view – to build consensus from shared values. You need to bring down the walls that separate you and lead to more violence.”

I looked again at the chart Justin had shown me at my orientation. I realized that I had kept the essence of my current personality throughout all my experiences in Heaven. The decision to reincarnate or not as a different personality in a different time frame on Earth occurs only if your highest self understands the need for it. However, Justin did say that every “speck” of humanity has an inner drive to reunite with its Creator. That drive will overcome any reluctance you may have at reincarnating into a stressful or painful situation as you know the experience will take you closer to that unification objective.

So I asked, “will I always go back to Earth or will I go to another planet in the Material Plane when I reincarnate?” Justin replied, “Once you incarnate on Earth, you tend to always go back there. There are exceptions to going back to Earth, but they are rare. You can decide not to reincarnate at all and just learn your lessons in Heaven. Once a person has achieved a high enough level of consciousness, they stay in the Conceptual Plane unless they are needed for an activity at a lower level of consciousness or need to incarnate in the Material plane to encourage some desired outcome for humanity as a whole. Those that have achieved the highest level of consciousness in the Conceptual Plane are considered ‘perfect’ even though their ‘perfection’ can be enhanced and expanded.” “Now it’s time for you to return.”

I felt myself drifting “down” until I was above my body. Then I dropped into my body and slowly opened my eyes to see June sitting beside me. “Did that help answer your questions?” she asked. “I have to absorb what happened for a while,” I replied. “That was quite a tour. I’ll have to take notes and re-experience parts of it later.”

**Afterward.** My “tour” only lasted 20 minutes in Earth’s linear time, but would have lasted more than 50 years if it hadn’t been experienced on the higher-level plane where there is no linear time.

After this tour some, but not all, of my beliefs changed:

1. Key concepts that I believed before this tour were reinforced:
  - There is a spiritual life after the death of our physical body.
  - We have free will while on Earth and also in Heaven. All but humanity follow God’s intended plan for them, only humans have free will to do differently.
  - We are co-creators with God in this vast endeavor to go from a speck of light that yearns to reconnect with its Creator, to a fully conscious light being, connected to all other light beings, that together has achieved the same level of consciousness as its Creator. “As above, so below” is a fundamental law governing everything.
  - We willingly come to Earth and take on a physical body to experience “Separateness” from the light of our Creator. Satan may tempt us, but we can find the light of our Creator and live in bliss while on Earth if we seek that light.
  - Everyone had a personal set of reasons for being born on Earth at this time. By following your inner guidance, (being in touch with your superconscious mind), you can understand those reasons and work to fulfilling your mission.

2. My understanding of Heaven and hell changed considerably. There is a Heaven and everyone eventually goes to Heaven, but it has levels to accommodate the level of consciousness that the individual has achieved. All individuals have an inherent drive to rise in consciousness to be “one with the Creator.” This drive is what compels us to have experiences on Earth that might not be pleasant, but will enable us to learn what is needed to rise in consciousness. I had previously thought that hell was a “place” somewhere in the unseen world. But hell is not a place. Instead it is a state of mind. You can be in hell while living on Earth or after death if you are mentally focused on your own negativity or too attached to something on Earth.
3. Before I believed if you followed the 10 commandments and were considerate of others, then you went to Heaven. Afterward I found that if you follow the “golden rule” and do unto others as you would have them do unto you, then your life will be more satisfying, but all go to some area of Heaven eventually. (See attachment at end on how all the major religions include this rule as the foundation of their religion). Also, before I thought that some went to hell instead of Heaven to “pay for” their sins while on Earth. This tour of Heaven resulted in a major change in my understanding. Instead everyone who isn’t mentally attached to the Earth in some way goes to some part of Heaven immediately, but all go to some part of Heaven eventually. Everyone must compensate for negative thoughts and actions that occurred while living on Earth, but that comes later.
4. I still believe that all religions are good and provide support to their members when they need it. Each person is different and learns and accepts ideas differently. What is “truth” in one religion may not be understood by a person. They prefer the “truth” as presented in another religion. By going to “history” events at the libraries in heaven where we were shown what “really” happened in the Earth’s past and not necessarily what our history books say, I found that the core teachings to all the world’s religions were the same. The various prophets took the core teachings they received mentally and passed them on as they understood them, based on their past experiences and in cultural context. You must teach at the level that the student can understand. After the prophet died others would interpret the information in their own way to try to “clarify” what was meant. Moving “teachings” from one culture to another and from one time frame to another is needed for clarification and understanding, but even the best intended efforts can lead to misunderstandings.
5. My understanding of evil changed completely. Understanding the difference between Satan/Lucifer and the “devil” made it much easier to differentiate which was the cause of an unpleasant situation. When the “bad situation or event” resulted in a positive learning situation for one person or a much larger group, or even all of humanity, then it was probably caused by Satan. If the “bad situation” was the result of evil energy initiated by a person or group that spreads so others will join and support the “bad situation,” then there was no positive learning experience and only harm done to others. Unpleasant situations can have elements caused by Satan, but other elements caused by the evil in some people. There were a lot of positive learning experiences for all of humanity that resulted from the Covid 19 outbreak, but many evil activities also took place during its spread so a few people could increase

their power over others, which ended up restricting help or providing false information to those who were dying of the disease.

6. Based on archeological evidence it appears that “modern” humans came out of Africa about 70,000 years ago and spread throughout the Earth, even to corners of the Earth that never had a human-precursor before and their body adapted enough (including skin/eye color and body shape changes) to survive in climates extreme to that found in Africa, all within 35,000 years. Some archeologists describe this distribution throughout the world in such a short time as a “blitzkrieg” and don’t find it “reasonable.” After the tour my understanding of the evolution of physical humans on Earth was expanded in that I was shown that divine intervention has been used several times to first select an animal form whose DNA was based on one ape-precursor already prospering in Earth’s environment for humans to use while on Earth, and then to make changes periodically to that animal’s DNA to allow further evolution of this animal so humanity can more fully express its divine consciousness while on Earth. Therefore human-precursors, already existing and thriving throughout the Earth could be modified in a shorter time frame and skin/eye color, etc. changes would not be a problem as the human-precursor already had adapted to their climate. The spread of “modern man” to uninhabited parts of the Earth could naturally take place over 35,000 years with this scenario.

Much more important than the 5 points above was the HUGE change in perspective that I had on life in general and my life in particular. Whenever there was a problem, in addition to identifying all the “credible facts” about the problem that I could find, I would also try to contact those involved (the stakeholders) and understand the problem from their perspectives. Then I would work with them to get consensus on a solution or “work-around.” Usually everyone wants the same high-level results, like the goal of every person on Earth having enough food to eat to be healthy. But each will have different approaches to achieving that high level goal. As long as people were realistic about what really can be done without causing more harm than good, then we would end up with a win-win situation. Every solution/action has both good and bad consequences. It is necessary to be able to understand them unemotionally so the best “compromise” for all is implemented.

My career was very stressful, but by changing my perspective on life, I was able to handle those stressful situations more calmly and better understand that it was taking me to a new learning experience. I remembered the 2 questions constantly asked during my evaluation: “What did you do in your life that helped others to help themselves?” and “What did you do that glorified you vs. how much have you loved others unconditionally and did things that would glorify them?” I constantly re-ask them.

I found that the three major “take-aways” from my experience in Heaven that influenced the rest of my life were:

- to treat others as I would like to be treated (Golden Rule), was a good rule to follow. But I needed to understand its application to include helping others to help themselves. This implies that I will take care of myself so I can take care of others. It also means not just giving money to people in need. That often just keeps them dependent on others for more money. Usually helping them move to a better situation where they can take care of themselves is harder to do than just giving them cash, but results in a more permanent and positive solution.



- to take 10- 20 minutes each day to tune into my higher self (some call it meditation or focused prayer). Your higher self won't give you specific directions, but it provides an expanded overview of any situation you are going through and allows your conscious mind to find a better approach to deal with it.
- to try to live my life so the world will be a better place because I was there. You don't have to develop a cure for cancer, or be President of a country to achieve this goal. Try to do something kind and compassionate at least once a day. Look for the love of the Creator in everyone. Try to know yourself well enough so you can have an authentic relationship with all: family members, colleagues, everyone. Knowing yourself leads to a closer relationship with your "higher self" which will always guide you to what is needed to keep you on your intended life path.

### **Reinforcing what I learned during the tour.**

The years following my tour have only reinforced and clarified my understanding of this experience. Scientific understanding of our physical world keeps coming closer to what I was told during my experience. So I continue with my investigations. I have taken the chart that I visualized during the tour and placed around it some of the "teachings" that I found in books, classes and lectures that reinforced what I experienced on my tour of Heaven. The resources are "sort of" distributed around the chart based on which level(s) of the 4 worlds they best address. The scientific facts are most relevant to the Material World, while Master Teachers can address all the worlds through the Absolute but are most informative about the higher levels of consciousness. My Master teacher was Julian, whose teachings can be found at [julianteachings.com/about/](http://julianteachings.com/about/). However, when the student is ready, the appropriate teacher will be there, so take advantage of those available to you. I recommend these resources for your further exploration.



**SOURCES OF INFORMATION SUPPORTING MY DESCRIPTIONS**

## ***The Golden Rule***

The Golden Rule is the most succinct and all-embracing description of how every major religion believes individuals and nations should be treated. Every religion considers The Golden Rule to be the highest expression of spiritual thought. The founders of every major world religion--among them Jesus, Buddha, Krishna, Confucius, and Muhammad -- all taught that following the Golden Rule is the surest way for humans to fulfill its most cherished ideals.

*What is harmful to yourself do not to your fellow man. That is the whole of the Torah and the remainder is but commentary.*

Judaism

*Tzu-Kung asked: "Is there one principle upon which one's whole life may proceed?" The Master replied, "Is not Reciprocity such a principle? -- what you do not yourself desire, do not put before others."*

Confucianism

*Do unto all men as you would wish to have done unto you; and reject for others what you would reject for yourselves.*

Islam

*This is the sum of all true righteousness--  
Treat others, as thou wouldst thyself be treated.  
Do nothing to thy neighbor, which hereafter  
Thou wouldst not have thy neighbor do to thee.*

Hinduism

*Do unto others as you would have them do unto you, for this is the law and the prophecy.*

Christianity

*Hurt not others with that which pains yourself.*

Buddhism

## **THE LAW OF CAUSE AND EFFECT**

*It is nature's rule, that as we sow, we shall reap.*  
Buddhism

*Whatever a man sows, that he will also reap.*  
Christianity

*What proceeds from you will return to you.*  
Confucianism

*A liberal man will be enriched, and one who waters will himself be watered.*  
Judaism

*Thou canst not gather what thou dost not sow; as thou dost plant the tree so it  
will grow.*  
Confucianism

*Whatever man soweth, that shall he reap. If he soweth trouble, trouble shall be  
his harvest. If a man sow poison, he cannot expect ambrosia.*  
Sikhism

## **BETTER TO RULE THE SPIRIT**

*Difficult to conquer is one's self. But when that is conquered, everything is  
conquered.*  
Jainism

*He who overcomes others is strong; he who overcomes himself is mighty.*  
Taoism

*For what is a man profited, if he shall gain the whole world, and lose his own  
soul?*  
Christianity

*He who restrains his rage from bolting with him,  
He is true warrior and true charioteer,  
Not he who slays in battle many foes.*  
Hinduism

*If one were to conquer in battle a thousand times a thousand men,  
he who conquers himself is the greatest warrior.*  
Buddhism