

Pop-Up session on Life after Death – My Tour of Heaven

April 21, 2024

I would like to start by explaining to this mostly “Julian” audience how the information I am going to present was obtained. A few years after my father died in 1984 I was able to get a reading with Julian. I asked many questions about life after death and what my father was doing, so Julian said, “I’ll take you there so you can ask your questions directly. Justin, your teacher will be your guide.” Those who have taken the TE classes will recognize Justin. I closed my eyes and had the experience I will describe to you. However, after I came back I was really “spaced out.” Even though I wrote down what I could remember, I found there were large segments of experience for which there were no words to express what had happened. Over the next 20 years I attended all of the Julian workshops that concerned Life after Death or Julian’s World and had a few other Julian readings where specific clarification was provided to me. It wasn’t until 2019 when I found that neighbors who had recently lost their spouse were searching for more information about what their spouses were experiencing in Heaven. I decided to write down my experience into a report to see if that would help. They each found what I had experienced helped them in their grieving. In the last years that initial version has been rewritten several times for clarification and to express the process more accurately. Whenever possible I would use Julian’s own words from the workshops or personal readings he gave on the subject. Also since I am basically a scientist, I was introduced to some concepts during my experience in the 1980’s that are now being explained more clearly by recent scientific discoveries. So some of the originally experienced concepts in the year 2000 era now have “words” to go with them. In 20 more years those same experiences will be able to be described more accurately as our awareness of our world will have expanded so much and a vocabulary to support that awareness will have been developed.

Several people in the Julian community supported my efforts to find the right “words” for the initial paper. In particular I would like to thank Camille Albrecht, Temier/Sam Holland, and Andrea Smith for helping me find the appropriate “words” to describe my experiences in the unseen world and to validate the “process.” They are all incredible teachers.

There are many sources of information available today that provide glimpses into what happens to humans after their physical body dies. Most of them focus on the first level of Heaven. I wrote this report because I wanted to provide a more structured understanding of the afterlife process 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.

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 those 2 later 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 presentation somewhat different from others, but not too "academic," I hope.

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 and differences between reports occur. So today I will be reading much of the information about the "Structure" of Heaven as I want to use Julian's words, not mine. In my much larger report on Julian's website, I used my own words to describe my personal experiences, so those are the ones where my interpretation and personal understanding have been "interpreted."

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. 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. However, my mother told me that both Jesus and Subhuti, a disciple of Buddha and her teacher in a prior life, met her.

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 brushed your teeth on May 10, 1962, 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 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. They invited me to join them to see their “projects” after my Evaluation. Then Justin indicated that it was time for my evaluation. 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 by energy compatibility 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 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. 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. 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

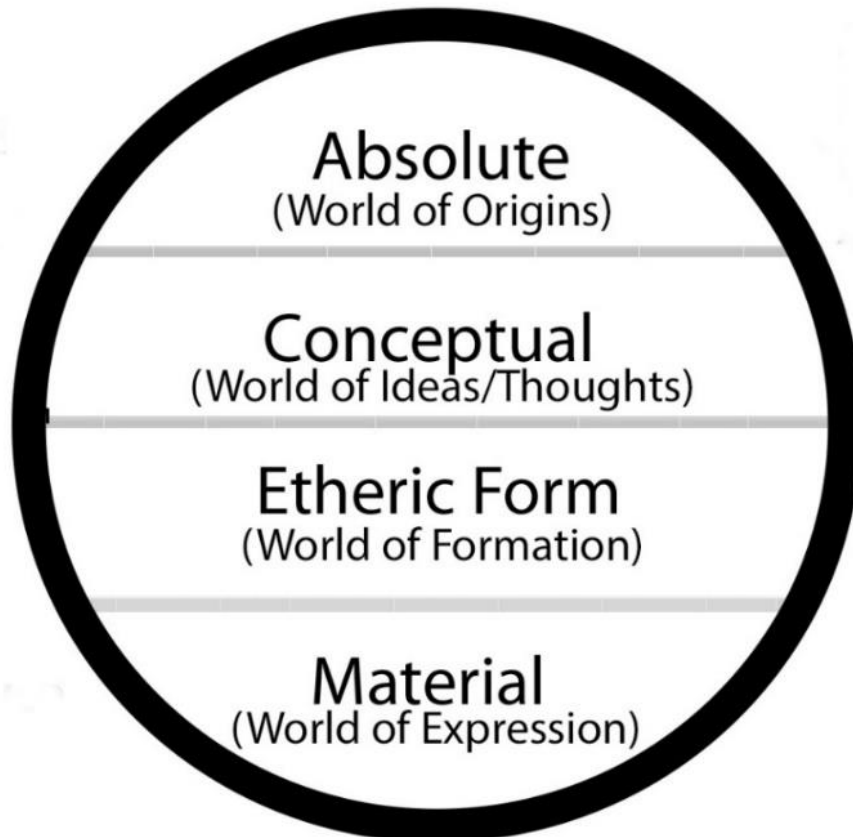
the memory of grass is enhanced significantly. Experiencing Heaven seems to be through osmosis, an understanding of the energies around you and their impact on you. During Orientation you understand that everything in Heaven is in the material world but in Heaven it is in ether form; the raw energy of 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 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. 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 father who has 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. (Jan puts following picture up now) 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. Anyway, 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. 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. Also Julian taught Robert Adamson an updated understanding of the Kabbalah which he shared with our group of Julian students. So what I will describe is Julian's explanation of the 4 "worlds" of Creation as conveyed to that group. You should note that the 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 about 10 years ago. [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.

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 or 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 or world is usually referred to as “Heaven” in many religions. There are 7 major plateaus of consciousness in “Heaven”. 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. In the Julian studies we were taken to the “cusp” of the Conceptual world/plane but were constrained as to our participation. 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. Justin explained that the first 7 chakras are experienced in the material world, the 8th in the Astral, the 9th in the upper half of the World of Formation, the 10th and 11th in the Aether or Conceptual world. Those above are in the Absolute plane/world. Julian always said there were 7 layers in each chakra and 7 within each of those layers, etc. etc. So we will be exploring the plateaus or layers in the 9th chakra which is “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. 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.” 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 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, 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. 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.

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. During my father’s lifetime he had helped many young boys who were in negative environments and had considered committing suicide. He helped them turn around their lives and become adults with positive attitudes and futures. During his evaluation he decided to continue helping those that had committed suicide to be better prepared in their next lifetime. 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. 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 want you to see the plant project I'm working on." He and others were developing plants that could grow in salt water but needed high CO₂ to thrive. He told me that they would serve Earth's population as a food source. I asked, "What about the high CO₂ levels?" He replied, "There have been many times in earth's past when it had very high CO₂ levels and plants and humans thrived. When the CO₂ levels dropped during the ice age, those plants died. I want to focus on providing a food source from currently unusable land and will do that in my next life."

Using the Library. I used the library to find out how different my life would have been if I had made different major decisions in my lifetime. At the end of one simulation, 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 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. The lifetime you are experiencing is much like the one you planned before you entered the physical body.

Saving Lost Spirits: One of my opportunities for further growth was to do service in the lower realms of the Formation plane – the 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).

I asked Justin, "Do all spirits '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." Those words are found in some religious texts and are probably why some people think that hell is eternal damnation in fire and brimstone. Now I understood that everyone eventually goes to the White Plateau and rises in consciousness as they compensate for past actions and thoughts.

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. 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."

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. Then we move back to the lower levels to find a way to implement it 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. You decide where you want to focus your energies and begin work on them. On 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.

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 4th 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 5th plateau. At the sixth plateau what is known is impersonalized. You can know an emotion without feeling it and you are no longer 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 7th 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. 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 10th & 11th chakras. You are just “being.” In the ninth plateau (the 2nd plateau in the 10th 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 astro-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 shape of one person with lots of specks of light in it. Each individual human is a unique speck of conscious, vibrating light entangled into one “body” that is the energy of ALL humankind, not just one individual. 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. We were created with the potential of being perfect. We develop and uncover our perfection as we evolve spiritually. 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.

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 lifetime was stored in the Akashic records which were forever accessible, so not completely lost.

After I left my light body, 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. An important 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. But I think you need to rise to a higher level, like the 9th plateau, to make it happen. At least in Julian’s workshops we would merge with our light body before planning our reincarnation. 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 wanted 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. Justin explained that the decision to reincarnate or not only happens if your highest self understands the need for it. However, 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 close to that unification objective.

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.”

“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 with a smile.

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. This presentation focused on the “process” of elevation in Heaven. I have written a much longer version of my “trip” that includes personal experiences I had during the process. If you are interested you can obtain a digital copy via the Julian website (<https://julianteachings.com/wp-content/uploads/2024/04/My-Tour-of-Heaven-book.pdf>).

Play meditation from early development class where class goes to White Plateau.

Most of you know that Sam Holland/Temier plans on having a pop-up on life between lives. We have coordinated to make sure there was no overlap. You have seen that my presentation was very “lecture” oriented – telling you about the different plateaus in Heaven, etc. Sam/Temier will be focused on having the audience “experience” various aspects of these realms. I highly recommend that you watch for his announcement and attend his pop-up.



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