

Tour of Heaven – Mini-Pop Ups

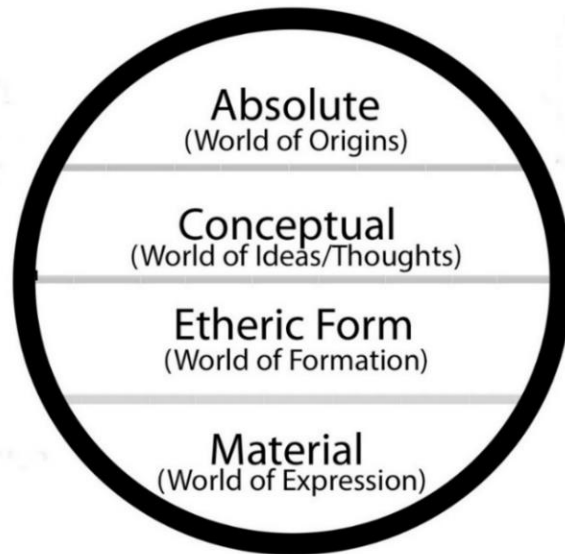
Pop-Up 1 Putting Heaven into Context (40 minutes including 2 meditations)

Welcome – I'm glad to see so many friendly faces and some new ones. Last year I tried to cover this material in 1 hour. Now we have 6 one-hour sessions- where each session will include about ½ hour of talk, 1-2 meditations and time for questions. On the Sundays that Sam Holland has his Healing Gatherings, Jan will make sure we are off the air 5 minutes before the hour, so you have time to go from our zoom link to his.

From an early age I knew I had to understand creation, why God had created us humans and me in particular. I asked lots of questions of ministers, priests, rabbis, whoever was available, and studied various religions in college. But I didn't get the understanding I needed until I was led to Julian. In particular I had a personal reading with Julian in the 1990s asking all sorts of questions about Heaven and about my father who had passed a few years earlier. I wanted a "roadmap" or conceptual structure to put Heaven into context for my spiritual understanding. Julian then enabled me to have a "tour of Heaven". At the time I couldn't find words to describe many of my experiences, so I continued to ask questions. A few years ago I felt the need to write down what I had learned from Julian about Heaven and Creation. These are available on the Julian website. In these pop-ups I am going to constrain myself to Julian's teachings from workshops, early lessons from the Development classes, my personal readings with Julian, and Julian's early Kabbalah lessons given personally to Robert Adamson. Meditations from advanced Julian classes are only suitable for those that have experienced the earlier lessons and not suitable for a general audience. I want to thank those in the Julian community who helped me pick meditations that are appropriate for a general audience and to Saul Srour who "cleaned-up" those audios from noisy environments. In my more general "booklet" called "My Tour of Heaven", which is available free from the Julian web site, I include my personal experiences in this realm. This booklet is being revised based on clarifications presented in these Pop-ups, but should be updated on the Julian web site by May 2025. These series of Pop-ups are meant to summarize Julian's teachings about Heaven and related topics and contain as little as possible about my personal experiences while touring Heaven. I will use Julian's words whenever possible in this series of "Pop-ups".

I also want to point out that it is almost impossible to compare one set of spiritual teachings to another. The terms cannot be compared one-to-one and relationships between concepts are expressed differently. So we will be establishing a set of terms and a conceptual relationship baseline used by Julian in his teachings in this Pop-up.

Here is a chart showing all of creation in two dimensions where the lowest part of the circle is the lowest level of consciousness in the Material World and the highest level is in the Absolute World. Since a circle has no beginning and no end, it is probably the best we can do to represent the "space" of Creation in 2 dimensions. It is important to remember that this is a "conceptual" idea of all of Creation to describe the energies involved, and should not be taken to be a literal representation with a precise structure.



Breaking all of creation into 4 divisions that are sometimes called “worlds”, is very important to understanding what happens after the death of the physical body. The four described in the picture are documented in Julian’s teachings on the Kabbalah and Creation and in the ancient texts from the major religions. Those texts were all transcribed from the original religious symbolism received by various master teachers and so the names and descriptions vary according to the culture. These four divisions of Creation are also described in the original scrolls that became Genesis 1 and 2. So what I will describe is Julian’s explanation of the 4 “worlds” of Creation as conveyed in everyday English in various classes. You should note that the 4 worlds encompass the “tree of life” and all the paths and portals therein. There is also a tree of life within each world and within each of us so there are many attributes, paths and portals within and between the worlds. You don’t just start at the bottom level of consciousness and work your way straight up.

Before I get into a description of each of these worlds, I should explain what is meant by the word “conscious.” Currently the official position of neuroscientists is that the conscious is created by chemical reactions and electrical impulses in the brain, but they can’t find the source in the brain or explain how it happens. We don’t have the concepts or supporting vocabulary to understand consciousness at this time. I note here that at the World Science Festival in July 2024 on Consciousness, the opening statement was “We do NOT know what consciousness is.” That’s a bold statement at a conference on that subject! They went on further to discuss how they can’t figure out how a configuration of particles can create consciousness or the possibility that mind creates consciousness. One comment was “Does mind make matter or does matter make mind?” The latest research seems to indicate that the physical brain is merely a very adaptive, self-healing, logical computer. Brain waves are at different frequencies depending on what brain function is being performed. Originally the word “conscious” meant “to look at or to behold.” But it is more than that. So to keep things simple Julian gave us 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. In one of Julian’s TE classes we were taken to Julian’s “home” in the Conceptual World, right below the Absolute

World. But it was later explained that we were “observers” of that world and not participants able to move and act upon the energies in that world.

I will start with a very abbreviated description of Creation from Julian’s workshop in 1999 for those interested in the more “esoteric” explanation of the 4 worlds. The displayed worlds include the levels that energy goes through to create the physical world. These levels are not separate and distinct worlds, but merge, one into the other and one becomes a part of the other as the movement and flow occurs. When we speak of ‘active’ energy, we mean positive or male energy and ‘receptive’ is negative or female energy. Above the Absolute World on this chart, is where the instigating pulse lies. Some refer to this pulse as Mind with a capital M. “There was movement in the void”. Those words or similar ones are typical when various religions start to describe creation. That movement was pulsation - the first movement toward creation. Pulsation is in every single thing that is created. As creation unfolded, the imprint of the origin energies -- meaning the pulse, vibration and rhythm -- have always been there and are replicated in every single being and anything that is created. The Absolute World has the potential to become. It is sometimes referred to as the “Void”, but it is NOT empty. It sits there waiting to become. The first movement in this world is pure potential activated by the Receptive and Active pulsation energies. The receptive pulsation energy provides awareness to where it is going – that is, the inner drive to be reunited with its Creator. The active pulsation energy provides the spiritual qualities so that the reunification can be achieved. That which was pulsated, that is contracted and expanded, then begins to bring the energy to the Conceptual World or Aether, which is receptive potential on a new plane. Receptive, negative spirit potential is moving now in an inward motion, that is a counter clockwise motion. The unfoldment evolves into the upper half of the Formation World or Ether, which is spirit directed energy. Ether is the active, positive directed potential moving in both a clockwise and counter clockwise motion. This energy moving in both directions is the polarity being activated to bring balance so form can begin. It is at this point that the etheric lemniscate begins to form. The unfoldment evolves into the lower half of the Formation World or Astral and that is spirit space. This has the quality of space which humanity begins to recognize. It is in these spaces, the Ether and the Astral spaces of spirit directed energy and spirit space that humans begin to touch that energy and feel it. This is where humanity releases the physical aspect, the elemental self, and moves into an energy that has the ability to merge with the higher energies. It is at this level that humans begin to personalize the energy and it now becomes touchable. This is where the actual lemniscate is formed. Space and spirit are where the energy is brought to, so that the physical and matter can form. Humanity’s higher self, the mind (with a small m), touches the lemniscate, so the etheric world is expressed below in the denser material plane which is matter. The triad of mind, body and spirit forms the triangle. Spirit and matter interact, guided from the higher planes. All densification comes from altered vibration. The lower the vibration, the denser it is. The Material World is the Creator’s vision expressed in its lowest density – matter. So Creation is complete. My transcription of key parts of this 1999 workshop on Creation is available on the Julian website under my pop-up title if you want to read all the details. Julian’s workshop #201 History of the Universe describes the void and all of creation. Julian also has a book called “Creation, Its Laws and You” for those that want to really delve into the subject.

Now the **Material World or plane** includes our physical universe and any others that exist. It is sometimes called the World of Expression because all the “concepts” and “forms” in the higher worlds are expressed in the Material World. One thing that makes the Material World 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 World**, also called the World of Formation, contains an evolution of energies-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 etheric form for everything in the Material World must exist in the Etheric Form World before it can exist in the Material World. The upper half of the World of Formation is the 9th Chakra and most religions and Julian refer to it as “Heaven”. It contains the “White Plateau” which is the entry or gateway to Heaven. The entry is a band of consciousnesses that includes the mid-point of the World of Formation. In future pop-ups we will be addressing the 7 plateaus in Heaven and the 2 plateaus above Heaven in the Aetheric World. The bottom half of the World of Formation is usually referred to as the Astral Plane. The picture shows these levels.



The 2 worlds above the Etheric Form World 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, or Aether, but were constrained as to our participation. The **Absolute World** is sometimes called the World of Origins as that is where humanity as a whole was first created with the potential to have the same consciousness as (or become one with) the Creator. As we unfold our spirituality, we can return to this world after our inner light potential is fully realized. Julian explained that the first 7 chakras are experienced in the Material World, the 8th in the Astral, the 9th in Heaven or the upper half of the World of Formation, the 10th and 11th in the Aether or Conceptual World. Those above the Conceptual World are in the Absolute World. Julian always noted that there were 7 plateaus in each chakra and 7 divisions within each of those plateaus, and so on and so on. So we will be exploring the 7 plateaus in the 9th chakra or “Heaven”. The picture helped me have a conceptual “structure” to better understand my experiences in an evolving reality, while being aware of the pure divine consciousness behind it which is unchanging and always available to support us.

Julian used the word “soul” to refer to the unique human in the Conceptual World. But many religions use the word “soul” to refer to the human spirit that exists in the World of Formation

after it has entered the physical body on Earth. Others use the term “soul” to refer to the human spirit in the World of Formation and refer to “soul-mates” at that level. Hence I will refrain from using the term “soul” as it has too many different interpretations. Julian said that “when we are in the presence of our Higher Self, what is also called the Divine Self, we are in the presence of God, for they are one.” So I will refer to the unique human in the Conceptual World as your “Divine Self,” or your reality self. By capitalizing the words, “Divine Self”, I acknowledge its oneness with God. The Divine Self has no personality but is the entity that the Creator brought into being and never dies. The “spirit” in the Etheric Form World develops a personality which fades as the consciousness rises in Heaven and eventually imprints its “spiritual growth” on the Divine Self. I will refer to the human as a physical being in the Material World even though that physical being is connected to all aspects of itself above. Note that in the Julian teachings the term “Light body” refers to the Divine Self wrapped with a spirit, so the Light Body does have a personality aspect that can impact the physical self. So I use the words “Divine Self” to replace the word “soul” in the Julian teachings. This is the only major change in Julian terminology I have used. It should be noted that in various workshops Julian uses the terms, ‘level’, ‘plateau’ and ‘venue’ interchangeably to refer to divisions within each chakra or world. I have used the term “plateau” for the divisions within a chakra and the term “level” for the divisions within a “plateau” for consistency and clarification. But you will have to “translate” the terms used for divisions as appropriate when listening to Julian’s tapes.

To better experience the 4 worlds, we will have 2 meditations back-to-back. The first takes us to the Void of creation. The second will take us to the Absolute World which is also Raw Potential, and then continue down through the 4 worlds to take an idea or understanding you have and mold it so you can better use it in your life. The second meditation is from Julian’s Kabbalah teachings. You will be creating something in your life using your internal “void” and a process similar to that of the Creator creating the physical world we live in. The idea can be to create something physical or to better understand a relationship with another person or anything that you want to understand better and mold it to make it work in your life. Think about something to use in the 2nd meditation.

Note: If you are not a regular meditator, then I suggest that you prepare for the meditations in the following way. First, I have already purified and protected the space for each participant. So to prepare take 1 deep breath to relax the body. Then take a 2nd deep breath to focus the mind. Some people like to feel that they are in a dark empty space waiting for impressions to come – like an empty, dark, movie theater where you are seated comfortably and focused on the stage or screen. Then take a 3rd deep breath where your consciousness rises to that required for the meditation. Don’t concern yourself about what level this is, as your higher self will automatically take you to the right level for you. Finally take a 4th deep breath and feel the energy of the group joining yours to support you during the meditation.

Ok, now close your eyes and prepare to meditate in your usual manner or with the 4 deep slow breaths to relax and elevate. (wait for group to prepare – about 15 seconds)
Play the 1st meditation. Development class #89 (2:25 – 11:05 or end) (At end wait 10 seconds)
Then say “Now take that understanding of the void into this next meditation” . Start 2nd meditation (Kabbalah 4 world meditation). The meditations take 9 mins each.

Questions and Discussion

The word “soul” is confusing. I picture the “Divine Self” or soul to be like a “mother ship” and each of our lifetimes are “shuttles” that are launched from the mother ship. Can you tell us more about how what you call the Divine Self relates to the personality we have on Earth? I think your analogy is very good. Julian sometimes said that we have one lifetime with many chapters, where each chapter has a different personality. Julian called the reality of ourselves that never dies our soul (I call it the Divine Self to be less confusing to non-Julian students) The Divine Self resides in the Conceptual World and above which is at a very high level of vibration and it has no “form”. It has no personality but is like a radiating thought. As the personality contained in your spirit rises through Heaven, it implants what it has learned on Earth and in Heaven in the Divine Self. Julian said that when the “soul” decides to incarnate again, it wraps a spirit around a portion of the “soul” (remember the “soul” is an energy, so it can be distributed) to protect it as it descends down through the Ether and into the Material World. The spirit takes the personality with it to Heaven when the physical body dies. However, we in the physical body can access this “soul” through meditation and get guidance from it through our higher self (superconscious mind). This is “a simplified understanding of the process, but good enough for now,” was a comment made in one of Julian’s classes as humanity doesn’t have the concepts or vocabulary yet to describe it more clearly. For those that worry about their lifetime being lost, both Julian and Temier say that the Akashic record holds every second of your lifetime so it is never lost and can be accessed if needed.

When we were given our “soul name”, is that the name for the “mother ship” as referenced in the previous question or for one of the “shuttles”? That is the name for the “mother ship” or Divine Self that “lives forever”. It really isn’t a name. Instead it is a sound or vibration that is unique to you – your reality.

The void within and Creation. Everyone has access to the 4 worlds within (Internal Void included). How does this relate to the Void created and used by the Creator to create humankind and all else? The void created by our Creator to start the process is all encompassing and sometimes referred to as the “Universal Void”. Our internal voids are connected and part of that all-encompassing void. They are all connected, but the connection can’t be explained now as humanity doesn’t have the concepts or vocabulary to understand at this time. All that is in existence can be tapped and accessed for our understanding and spiritual growth through our superconscious mind. There will be more information on this subject in the last Pop-ups.

Dimensions: Some writers about Heaven call the unseen world a different dimension. You will note that I said that the worlds above the Material World have a higher level of consciousness and I didn’t mention dimension. This is because the scientist has a specific definition of Dimension that does NOT match higher levels of consciousness. For example Dimension is a mathematical construct needed to describe something in the space of the physical world. It is the minimum number of coordinates needed to specify any point within the object. There are the 3 dimensions of size (length, width, height) where a point is one-dimensional. If you add time to space you get 4 dimensions, but that space-time consists of events that are known relative to the motion of the observer. Superstring theory has 10 dimensions (6D of hyperspace + 4D) but there is no physical proof that hyperspace exists. Quantum mechanics has an infinite

dimensional function space. So I prefer to use the measure going up in the 4 worlds to be levels of consciousness as stated by Julian.

We are moving into the Aquarian Age of flow from the Piscean Age of form and structure. These presentations show my need for structure in my meditations. However, Julian was able to provide both structure and flow in his teachings for those of us that still needed both.