

Tour of Heaven – Mini-Pop Ups

Pop-Up 2 White Plateau (31 minutes with 2 meditations)

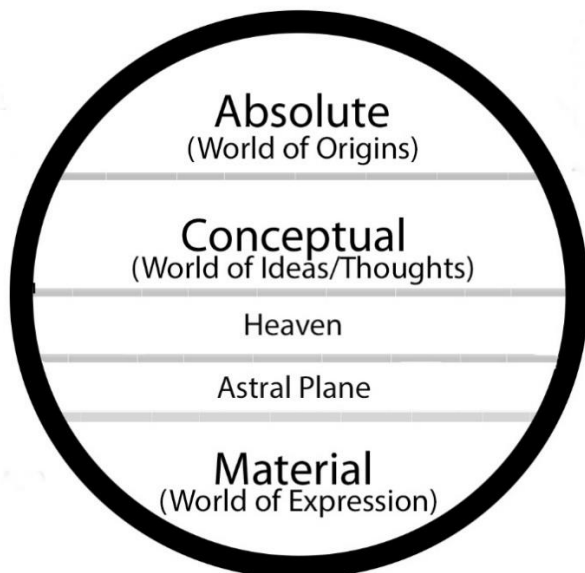
Welcome everyone. Last week we covered all of Creation to put Heaven into context and now you're back to discover more about Heaven – the gateway or entrance to Heaven to be specific.

I want to start this pop-up with a clarification from the 1st pop-up. In the discussion section I accidentally used the words “external” void when discussing the void that the Creator used to create everything as compared to the void within which we access through our superconscious mind. Instead I should have said, “The void created by our Creator to start the creation process is all encompassing and sometimes referred to as the “Universal Void”. Our internal voids are connected and part of that all encompassing void. Therefore that all encompassing void is NOT external. They are all connected, but the connection can't be explained to us 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.”

Are there any questions or comments from the 1st class?

Comment: The concepts and language from the first class are a lot to understand for someone who hasn't been a Julian student. My children are still working through that. I agree. But the fact that they are interested enough to do that is a good sign that they will be ready for the rest of the information later.

We are going to start this class with a meditation from an early Development class. To put it into context I am going to show you the drawing from the last pop-up. The World of Formation is divided into 2 segments that are commonly called the Astral plane and Heaven. So in the meditation we will pass through the Astral plane and observe the first plateau of Heaven. We will discuss the Astral plane in a future pop-up so don't be distracted by anything you see as you go through that plane.



Prepare class for meditation (4 deep breaths) – then play meditation (DC#1 The White Plateau – 7 minutes). Ask for comments.

Comment: It felt like “going home”. Several agreed.

Comment: Can you go into more details about what kind of future is discussed in the Evaluation session? Yes, I will be providing much more detail about what happens in the sleep state and in the evaluation. So this is a good segway question. But to answer your question, the discussions about the future in your evaluation session concern what areas you want to work on next to improve your understanding of areas that weren't handled well during your lifetime, and/or to enhance your abilities in certain areas that you felt were really meaningful in your lifetime. In other words, the kind of future discussed in the Evaluation session is about what you want to “work on” in Heaven to rise in consciousness.

This meditation provides an introductory idea of what it is like on the White Plateau, which is the gateway to Heaven. There is much research being done on what happens physically during the dying process. The dying person can “see” or hear loved ones who have died earlier. Mark Anthony recently gave a lecture sponsored by the Galileo Commission where he showed evidence that all the brain's frequencies (Alpha through Delta) spike just before death. This function is controlled by the pineal gland and he believes it is preparation for the Afterlife Entity to take with it all its experiences during that lifetime. He also believes that 8 hz is the frequency where the spiritual world can communicate with the physical world. My personal reading with Julian for a tour of Heaven, did not include any physical changes that would be experienced with dying. Instead 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 was more than light in that it had an energy of its own. There was a loud “whooshing” sound as we moved rapidly, higher and higher. I don't remember meeting any “beings” while going through the Astral plane. 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.

All communication was telepathic, so I am going to tell parts of my story as my brain translated the telepathic message into words. However, you should know that telepathic communication can be misleading, since the telepathic message has to be “translated” by the brain, so it can be expressed in words. Therefore the message can take on personal biases. So I am going to use Julian's own words from his workshops and my personal readings whenever possible.

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 in a Near Death Experience and returned, say that their spouse wasn't there to welcome them. They were upset. But the spouse could be in some situation so they can't come. For example, they could still be in the sleep state. When you die, a signal is automatically sent to all who loved you so they will come to greet you. If you are just "visiting," and will return to your lifetime, 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 physical 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. Part of their purpose is to greet you, but also they send enfolding love to you to make your transition to the much higher frequencies easier. My mother had endured 10 years of extreme pain because she had allergic reactions to all the pain medicines, so she couldn't use them. She finally died from a stroke at the age of 94. Justin had commented that she was just too "stubborn" to die earlier.

Question: Why did your mother need 2 strong religious figures to draw her up to Heaven? I thought that once your "higher self" decides it is time for you to physically die, then that was it – you physically die in some way. In one Julian class he said that the decision of when a person makes transition is made by the High Self AND the ego-personality - the two make this decision together. No one else. That's important for people to know because some people say that they had wished for someone to die and then that person died. They were very concerned that their thoughtform instigated the death or had something to do with the timing of that person's death. No, it didn't. Julian was very clear about that. However, in that class Julian didn't go into detail explaining what takes place when the personality wants to die but the High Self doesn't agree with the decision. Or vice versa, the High Self thinks it's time to go and the ego personality doesn't.

In a reading the explanation was that the passing is somewhat different for each person. Some people resist death until they see the "tunnel of light" that usually has known and /or respected individuals helping to get the person unto the light. The High Self and ego personality do indeed need to agree, however that agreement is not always apparent to the person that may be resisting the process.

Also, let's look at this logically. Your ego-personality develops on Earth with free will as you encounter the various experiences that a lifetime on Earth presents to you. However, the intended lessons to be learned and purpose for that lifetime were planned while in Heaven and don't necessarily happen when you are on Earth as your ego-personality has free will and can be distracted. An example is a spirit who intended to develop a new chemical composition that would cure some disease, but he becomes addicted to drugs as a teen-ager and never has the focus, education or energy to take on what was intended. So the "higher-self" may know that having the physical body die at a certain time is "best" for the individual, but the ego-personality can decide to stay longer, and it can until it is convinced otherwise, sometimes by having "loved" ones from Heaven visit and show them "the light". A little more on this when we talk about those "lost" on the Astral plane in Pop-up 4.

Sleep State. After greeting my loved ones, 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 this 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. You remember those you cared about in that lifetime, but "forget" the formulas you developed to explain a scientific event. 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 in frequency. You can 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 entry level 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 orientation. Then Justin indicated that it was time for my evaluation. My guardian angel was to be my evaluator. The evaluator usually is one of your guides that has 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, however, 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 are shown incidences in your life not only from your own perspective, but also from the perspective of those around you at that time. 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 at all, 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 did you do that 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.

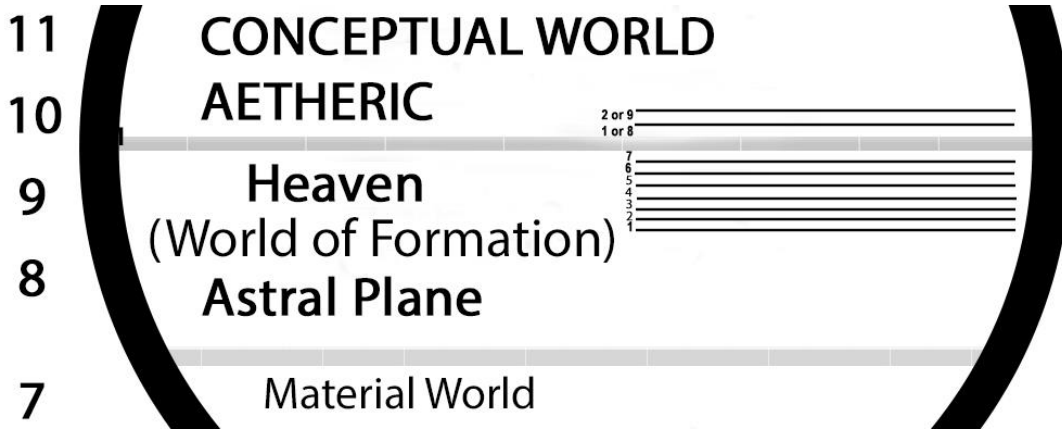
“Sort of,” was the answer, “There really isn’t just one day or time of judgement. It is a continuing process of growth, or rising in consciousness. During this evaluation process our positive and negative actions are put in the balance with our intent for each action taken into consideration.”

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

“Your higher self (super conscious mind) is in control at the time of the Evaluation. Therefore your higher self will understand that you really did something harmful. However further counseling can be provided to help you understand how better to handle a similar situation. Compensation for all “sinful” actions can occur while you are still living on Earth or be attained in some other way through service, living another life where you are the “victim” of a similar situation, or “forgiveness.”

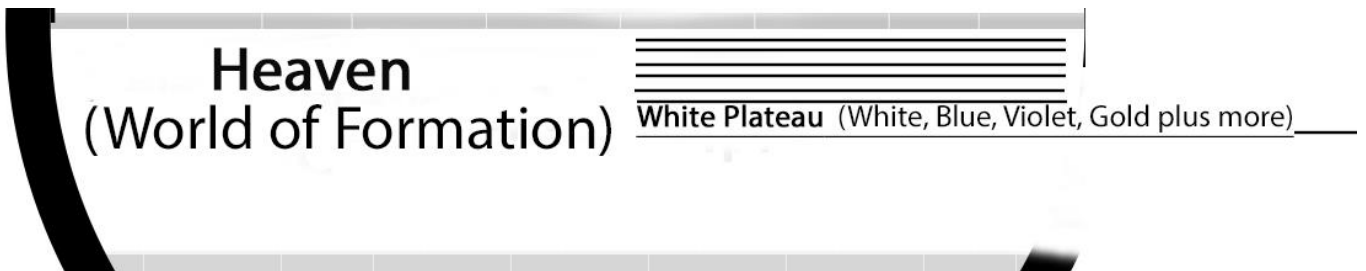
Orientation Period. The Orientation that follows helps you adjust to a world where “Mind is All.” You operate differently than in the Material World. If you just think about being somewhere, you are there. Yes, you can walk through the grass and feel the grass on your feet, but that is all in your mind 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 are all 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 they 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 a disease, 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 Material 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. We will discuss this more in a future pop-up about the Astral plane. As you move above the White Plateau, you become less and less involved with the Material World and Earth.

I have two charts that put the White Plateau in perspective. The first shows the 7 plateaus in Heaven, which is the 9th Chakra, plus the first 2 plateaus in the 10th Chakra, or the Conceptual World, which we will talk about in later Pop-ups. The bold numbers on the left are the Chakra levels.



The gateway to Heaven is on the first plateau in Heaven. That is where you went to observe in the first meditation. You were on the first level in the lowest Plateau – the White Plateau.

The second chart shows the lowest 4 levels within the White Plateau which include the sleep state, orientation, etc. that have been discussed above. After you have risen through the lowest 4 levels on the White Plateau, you are able to get on with your service or work in Heaven. You have dissolved all the density that held you to Earth and have increased your awareness of your Divine Self. You are a “spirit” now and your natal chart for when you were born on Earth is no longer influencing you. In the workshop Julian gave these first four levels a name of a color shown on the chart.



This next meditation takes you through the consciousness levels of the first 4 levels on the first plateau. It does NOT take you through the details of evaluation, orientation, invisibility, etc., but instead increases your level of consciousness through those first 4 levels so you can experience what is happening to you and feel being free of the energies that influenced your natal chart.

Prepare for Meditation #259 Julian’s World (play whole tape). Also called The Golden Meditation. (8 Minutes)

Comment: Jerry Gross and the Sunday Healing group have used this meditation many times. They refer to it as the Golden Meditation.

Question: In the Evaluation process do YOU decide whether something you did in your lifetime was a sin or not and needs compensation or are you TOLD by the evaluator?

Your higher self, a much expanded consciousness of the personality, is in control by the time you get to the evaluation. So your higher self knows the answer and makes the decision. However, the evaluator may have you consider things you could have done differently to avoid the bad situation, especially if you didn't learn a lesson from the situation and its outcome and continued to repeat the actions you took in that lifetime.

Question: Would you clarify why telepathic communication is unreliable? In the physical body, the telepathic message has to go through the subconscious and conscious minds to be brought into a form where words can express the message to others. This many-faceted translation is avoided in Heaven and above because the superconscious mind is in control. However, when I came back from Heaven, I had to try to communicate what happened in words using my conscious mind, and so the telepathic messages may have been influenced by my beliefs. Also words used on Earth relate to material things or ideas, and so experiences in the worlds above the Material World are hard to describe.

I also 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 so knew what to look for. 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 during the other activity that we were watching. 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 admire the beauty of a flower 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" of being in Heaven as that is what physical scientists do. I wanted to rely on my own personal interpretations as little as possible. These pop-ups therefore use as many of Julian's own words, rather than mine, whenever possible.

Note: After the second meditation above, Julian said the following in that class:.

This meditation takes you through the 4 lowest consciousness levels on the White Plateau which prepare you for service or work in Heaven and releases the material world's influences on

you. "Within that lowest level of the White Plateau (also called white) you have the frequency elevation of sleep, the frequencies of opening, soaring, and invisibility. In the sleep state you are semi-conscious. You are in a vibration or frequency between your physical density and light. In the opening is when you become aware that you are ready to leave that semi-conscious state. The opening is the realization that you are moving into a different frequency from that semi-frequency. From that comes a soaring, which means the ability to move. One is an opening awareness, and the next is the ability to move in that awareness. From that you leave the sleep state and enter that which is called the invisible, which means you can be with each other and see each other in that frequency, but others cannot see you. When you've gone through those four increases in frequency in that first level of the first plateau, you are now what you think of as spirit. You are now beyond physical.

So the second level in the White Plateau is what we call the blue level, because that is the frequency of invisibility. Now you know that the blues are communication in the chakras and the intellect in the chakras, and so the blue level deals with communication and intellect. It is here when you may learn how to communicate again with the world you've left. It is here where you recognize that spirit can travel. It is in this space that people on Earth begin to sense the people who have left around them again. It is now that they begin to feel that they are dreaming about their loved ones who have gone, or they sense them in the room, or they've found the odor of their pipe, or things of that nature, because they're trying to let the Earth know they are not gone. They are out visiting, but they are not gone. They are not what you call "dead." They have just transformed.

And so, when you enter the third level of the first plateau, you are entering that which we call violet. Here is where you begin to search out the studies you need to rise in consciousness. From that space, you move into the next one, the fourth level, which becomes the golden level, and in the golden, you start to work.