

Tour of Heaven – Mini-Pop Ups

Pop-Up 3 Working on the White Plateau (35 minutes with 1 meditation)

Welcome everyone! So glad to see all those smiling friendly faces.

In the last pop-up my explanation about how the decision for when the physical body should die and the spiritual body be released to Heaven was confusing as I said that I couldn't find what Julian had said on that subject and presented what I had gleaned through telepathy on my "Tour of Heaven". But 2 people in the Julian community did remember what Julian had said, so here is a clearer explanation. Remember that I told you that my mother endured 10 years of extreme pain and refused to even think about dying. 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. When she entered Heaven there were 2 religious figures greeting her, Jesus and a disciple of Buddha, who had been her teacher in a previous life. I was told that both were needed because they both wanted to welcome her to Heaven, but also because she was so "stubborn" about not wanting to die, that their extra energies were needed to make the transition easier. The question at the last class was that the questioner thought the High Self made the decision on when to die physically and not the ego-personality.

Now the clarified answer: In one Julian class, he said "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 Higher Self doesn't agree with the decision. Or vice versa, the Higher Self thinks it's time to go and the ego-personality doesn't.

In a reading the explanation was that the passing or transition 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

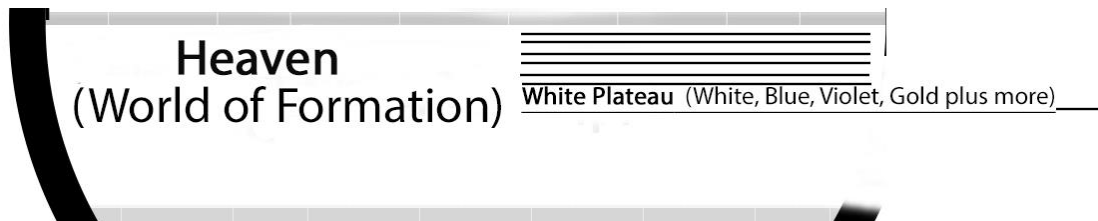
“loved” ones from Heaven visit and show them “the light”. There will be a little more on this subject when we discuss spirits “lost” in the Astral Plane in the next pop-up.

Many thanks to those in the Julian community who are helping me present the Julian’s teachings as accurately as possible. These series of Pop-ups are meant to summarize Julian’s teachings about Heaven and related topics and not be my understanding or experiences alone. My “booklet” called my Tour of Heaven is being revised, but it contains this information from Julian as well as personal experiences while in Heaven. But I’ve already explained that personal impressions received while in Heaven need to be processed by the physical brain before they can be expressed in words to others on Earth, so they are not as accurate as Julian’s own words.

I also want to note that Jan puts a “transcription” in pdf format on the Julian website under the pop-up title about 3 days after each session. I always liked reading the words after the workshop or class because my mind can’t always keep up with the words being spoken. Also if you have questions you can contact me via email at golden.cj@gmail.com.

Are there any other questions from previous pop-ups? (None)

Here is the chart from the last pop-up that shows what we have covered to date. It shows Heaven being in the upper half of the World of Formation and the White Plateau being the lowest level of Heaven – containing the gateway to Heaven. We have explained what happens in the first 4 levels of the White Plateau where you rise in consciousness from the denser physical world and into the spirit world where the material world influences, like your natal chart energies, no longer have influence on you. That lack of material world influence is complete by the second level in the White Plateau.



While rising in consciousness in the 4 levels on the White Plateau as explained in the last Pop-Up, there are opportunities presented for you to consider for your work in Heaven. For example, during your evaluation session you can see the need and interest for further growth in some areas. While on level 3 you can observe others doing service that you might like to do. You can interact with your family group members and better understand how they and you enabled the growth planned during your past lifetime. You can use the library to understand yourself better and needed further growth areas. On level 4 you start work in the area or areas that you want to explore. You can change your work focus whenever you decide to do so.

Because the White Plateau is closest in frequency to the Material World and Earth, there are lots of examples for service and work on this plateau that resemble what is available and what is done on Earth. As the level of consciousness rises and you go to the higher plateaus, the service and work are harder to describe in physical terms. That is probably why most religions

focus on the White Plateau in Heaven. That plateau resembles our Earthly environment so closely that it is easy to talk about. Most religions have a small group that explores the higher levels as we will do, but since the concepts don't relate directly to our Earthly experience, they are much harder to describe and the interest is limited. Now let's look at some of these work areas on the White Plateau in more detail.

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. So the word "family" in Heaven means a group of spirits that support each other during various lifetimes, rather than blood relations as on Earth. Some people call this group "Cycle Mates" as they tend to incarnate as a group at about the same linear time on Earth to support each others' lifetime objectives. Each spirit looked like I remembered them. Since I was now using my superconscious mind, 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 this 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. I'm really reluctant to change direction in my life if I think all is going well.

Learning experiences. While spending time with my "Family" and after orientation, I learned about some of the ways that a spirit can continue to learn and "work" in the White Plateau. Teaching in heaven is through osmosis and immersion. 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 World.
- 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 for humanity to use responsibly.
- 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. Scientific discoveries are neither good nor bad. It is up to humans as to how it will be used.
- trade centers where, a carpenter for example, might study stress-form factors dealing with futuristic building. Understanding it totally, so that when the human incarnates into a lifetime on Earth, they may choose to bring that understanding with them, rediscover it once they're on Earth and begin to work with it in their lifetime.
- occasional trips to visit "life forms" on non-Earth planets to better put themselves in context with all of creation, and to understand the evolution of humanity toward "oneness" with the Creator.

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 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 in the process of dying, 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 and lead a purposeful life.

He and others were also 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 that there have been many times in Earth's past when it had very high CO₂ levels and plants and hominins/humans thrived. When the CO₂ levels dropped significantly during the ice age that started about 26,000 years ago, those plants and the animals dependent on them died. He wants to focus on providing a food source from currently unusable land and will do that in his 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, but it could have been much different if you had made different decisions at key points of your lifetime.

Past Lives. There were several ways you can experience past lives to better understand how they might influence what areas you need to work on further. While in a current lifetime you can experience them as an observer, which is the safest way to do that, or actually re-experience

them as you were living them at that time. Re-experiencing the life directly can be dangerous if you are not with an experienced teacher, as the situation you experience may be extremely traumatic. It is usually better to observe the past life as an observer than re-experience it directly. Also, experiencing prior lives is not meant to be entertainment. Your current life is the most important for you and should be your primary focus. Experiencing prior lives to better understand who you are now and what growth experiences are needed to increase in consciousness, is the main reason to do so. Understanding yourself so you can better work with others in cooperation is key to your current life. I should note here that you do NOT have to reincarnate into a different lifetime. There is no wheel of incarnations that are mandated as taught in some religions. Instead your higher self wants to rise in consciousness to be nearer to the Creator, and if reincarnating is needed, then it will do so.

Evil. “I noticed that throughout my tour of Heaven, there was no “evil.” No one tried to hurt or take advantage of another. Everyone tried to help each other and to learn from their experiences. Is the “devil” not allowed in Heaven?” Now Julian, in many Potpourri classes, was asked this same question, so Justin’s answer to me reflects Julian’s answer in those classes.

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

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

their humanity and right to have their own opinion. I should add that negative emotions like anger, envy, greed are “burnt out” by the higher frequencies of heaven.

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.”

Moving up in Consciousness. Between previous past lives I had been working on “faster than light travel” so humanity can travel to other star systems in a reasonable time period. Justin explained, “When new ideas that will help humanity 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 in Heaven, when the level of consciousness is high enough, we are allowed to go to higher levels and plateaus. We work on the same project, but at a higher level of consciousness, where you can see more interconnections and consequences to implement it physically. Then we move back to the White Plateau to find a way to implement it so it can be brought down to the physical world.

On the second plateau in Heaven (the one above the White Plateau) you start with visual enhancement and move on to learn physical comprehension, a total understanding of the physical world, but in the ether. You understand the components that create the energy that densifies. Those on the second plateau are ready to shape and form physical essences on Earth and understand their evolution. The third plateau is of mentalism, of creative ideas. It has all the innovative thought that is, was, or will be. Being in that plateau stimulates the movement of energy so it is right and proper for the physical world. It includes audio enhancement as a means to move energy. Once you have reached the conscious level of the third plateau, you can go up/down between plateaus 1 and 3 at will. During my work on space travel, it was essential that I go between the 3 plateaus to understand what energies would work effectively in our material world. My personal experience was that I found plateaus 2 and 3 to be much like the energy movements we did with Justin in TE10. On those plateaus in Heaven, however, the energies were much more powerful and distinctive.

While at the Heaven frequencies, you can observe your past lives to better understand what areas you worked on previously and what advancement is needed in future lives or experiences. Our Meditation from Development Class 42 will give you a “taste” of such a meditation. It will take you to a past life relevant to what you need to work on in this life. However, there are other more advanced meditations in Julian workshops and classes. (drawn to light of the source, current personality fades, and then visit a past life relevant to what you need to work on in this lifetime.)

Prepare for meditation: Play Dev. Class 42 #3 (6 minutes)

Any questions or comments?

Several participants commented on the past life that they had experienced.

1. 1796 Vienna where he worked with Beethoven. Had experienced this past life before.
2. Experienced “think tanks” on first Plateau working with mankind.
3. Noted that past life regressions done previously had released blockages in his current life.
4. Visited past life where situations similar to those she is facing today had created blockages. Wants to release those blockages. Possibly can revisit that past life, with spoken intent before the meditation, to better understand the situation in that lifetime and what happened that is causing the blockage today.
5. Visited Temple of Apollo at Delphi about 200 BCE and saw that hands were in terrible condition due to caustic solution being used to clean the white robes. This caused unusual focus on keeping hands soft with creams in early childhood in current life. Also the Castalian Spring used to purify everything became polluted from the caustic solution being dumped into it downstream. This created great interest in preventing pollution of air/water/ground in current lifetime.

What if someone like Hitler doesn’t agree that what he did was wrong during the Evaluation? Also, about how long in Earth years would someone like Hitler take to get through the Evaluation process? I was told that the higher self knows what was done by the ego-personality that caused others pain, was wrong and needs compensation. However, they also said that sometimes the spirit needs “counseling” to show them how situations could have been handled better for all involved – hence a learning lesson – not necessarily that the spirit disagrees with the need for an alternative approach or compensation in some form. The amount of “time” someone like Hitler would take to get through that process is hard to say, as there are many variables involved. Remember that Hitler’s ego-personality thought he was doing something “good” by trying to “purify” the race, so all would be blond and blue-eyed. I consider this a physical body mental disorder and his higher self might have quickly agreed that all the pain Hitler caused during his lifetime was a sin and needs compensation.

At one Gathering someone asked Julian if the radical Muslims, who wear bombs and blow up themselves and those around them, have this action added to their Karmic debt. Julian answered that these young boys have been brainwashed since birth. They don’t know of any alternative than what they did, as they were told that Allah wanted them to do it. The person who directed that young man to do what he did, probably did know alternatives. That person

would have to account for his actions during his own evaluation, and possibly have to compensate for them. What happens during the Evaluation depends on the pre-arranged purpose for that lifetime, and that was planned before the person was born. Julian said that we shouldn't judge another person as being inherently good or bad, but we CAN judge their actions as we do in courts of law.

The next pop-up is going to answer the question, "where is hell?" When we covered all of Creation in the first pop-up, I never mentioned the word "hell". Well in pop-up 4 we'll see why.