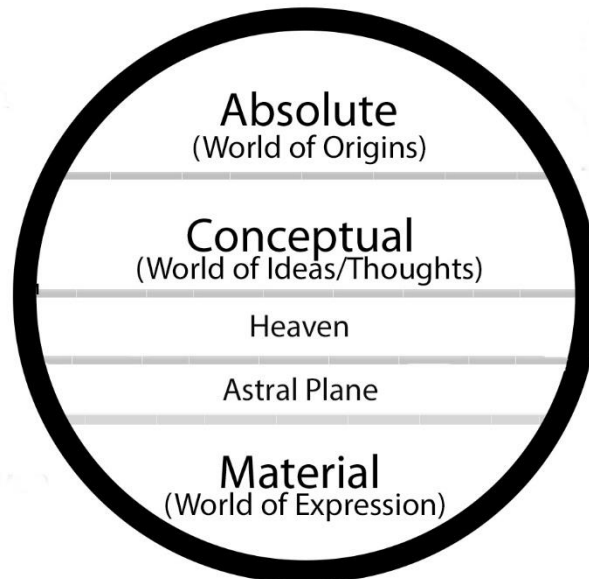


Tour of Heaven – Mini-Pop Ups

Pop-Up 4 Rescue Missions (34 minutes with 1 meditation)

While still on the White Plateau, (discussed and visited in Pop-up 2) I was asked if I wanted to participate in a rescue mission. Now what was I rescuing? Some humans die physically, but don't go to the White Plateau of Heaven because their ego-personality may still be "attached" to the energy of the Material World. They are caught in the "timeless" Astral plane. The rescue would involve listening carefully to the entity needing rescuing, so I could decide how best to convince them that they needed to see the light and move on to the White Plateau. It was an area where I needed more "growth", so I said yes. Spirits in Heaven can go to the lower levels of consciousness as needed, but can't go to the higher levels unless they are ready.

Here is a picture to remind you of where the Astral plane is in terms of level of consciousness. It is the lower half of the World of Formation.



When the physical body of a person dies, sometimes the person's ego-personality 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 and go to Heaven. Remember that Julian said that both the "Divine Self" (or soul in Julian's terms) and the ego-personality have to agree to the transition from Earth to Heaven in order for it to happen. Well, in these cases the ego-personality hasn't completely agreed yet. Less than 0.1% of humans 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 for the spirits who want to escort them to Heaven 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. Those that are

alcoholics stay near bars where they hope to share the experience with others who are drunk. The same for those who are addicted to drugs.

Comment from participant: June had a relative who didn't go to Heaven immediately. Instead his spirit was found at a race horse track where he was trying to make bets on the horses. This is an activity he loved to do while living, and he wanted to continue doing it. However, he couldn't really make bets and became very frustrated. He was eventually shown the light and is in Heaven.

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 or level of consciousness. That is why you didn't see it in the 4 worlds chart of all of Creation, or hear me mention it in the first Pop-up. For some people hell is on Earth while they are alive. If you have ever visited a mental institution, you would say that some of the patients are indeed in "hell" mentally. Unfortunately there are many examples where people are living in "hell" while alive on Earth. The spirits of those that have died physically but are still attached to the Earth energies 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 Heaven.

These volunteer "rescuers" from Heaven usually have gained expertise in helping others get out of unhealthy situations on Earth and go on to lead a more meaningful and joyful life. They usually were nuns, ministers, counselors and the like while on Earth. They do this service willingly, as the result of their service is a spirit who had been "tormented" by all its negativity or can't let go of some Earthly connection, that can now "see the light," go to the White Plateau, and gradually move up in consciousness in Heaven.

I met with a group of women. One still wore her habit as that was how she liked to be identified from the others. They told me that the spirits who were trapped in the realm where we would be working were not necessarily "bad people", but instead had been fixated on something material when they died or were in a very negative state of mind. Extreme anger, hatred or fear can block the transition. To get the attention of a spirit with a very negative or fixed state of mind, they had to reduce their own consciousness to that of the spirit and then do sort of a "mind meld." The spirit would recognize that something was reducing the negativity they were experiencing and take notice. Eventually the spirit would come around to realizing that there was a light, see it, and then instantly go to the White Plateau. The "nun" offered to take me down and show me how it was done for an "easy" case. We descended lower and lower in consciousness and the light became dimmer and dimmer. Then we "saw" a young man who was hanging onto a piece of wrecked ship in the middle of a large body of water. He was waiting for someone to rescue him, and was entirely focused on holding onto that piece of wood so he wouldn't drown. He was very cold and miserable (which was his mental state as his physical body had been dead for a long time in Earth's measurements). The nun had prearranged for Robert, a living human, to help her get the boy's attention, as the boy couldn't see or hear the nun or other spirits from the higher realms since his focus was on that piece of wood. Robert had adjusted his consciousness to be at the same level as the "lost" boy. He told the boy mentally that he was there to help him as he could hear his cries for help. Robert asked about his life and family. The boy couldn't see him, everything was dark around him, but he answered Robert's questions. We found out that the ship had exploded in about 1817 near

Liverpool, and the boy had grabbed some debris to save himself. Robert told him that he was dead and his father wanted him to join him in Heaven. With lots of love being emanated into his mental space, he rose in consciousness and let go of the wooden plank. By letting go of the wooden plank, he acknowledged that he was dead and his ties to the physical world were released. The nun then called for one of the spirits that had come down with us. It was the boy's father. He appeared and the boy was able to see his hand reaching for him. He then rose, took his father's hand and went to the White Plateau.

So this "rescue" process was:

1. to have the "lost spirit" realize that he was dead, (this and steps 2-3 may be done by a person living on Earth who contacts the spirit via a "mind meld") This realization means the ego-personality has agreed fully to the physical death on Earth and the need to go to Heaven.
2. to release the strong tie to the Earth (or the emotional or mental energy that was holding the spirit to the Earth), so he can feel the love from those helping him, (some tell me that just insisting that the spirit "turn around" accomplishes this, as they lose their focus on the Earth and see the light. Also the first step releases most of this tie to the Earth).
3. to raise his consciousness so he feels like he is floating above the Earth. This is accomplished by pouring love into his mental awareness.
4. to see a loved one, or the hand of a loved one reaching out so he can join them, (this is a mental seeing – no physical body is there to "see")
5. immediately go to gateway to Heaven. (The White Plateau)

Once Step 1 – fully accepting they are dead is accomplished - the following steps can happen instantaneously except in some "hard" cases.

After we came back the nun said, "Most rescues are as easy to do as this one was, or easier. There are variations, of course, but most follow this process. Most people see their loved one(s) before or soon after they are physically dead. But they are ready to go to Heaven and the transition is easy. So they don't need rescuing. There are many humans on Earth who volunteer their time to help us in these rescues, as their level of consciousness is closer to that of the person needing rescuing. However, rescuing "lost souls" is risky and should not be done unless you are with an experienced teacher.

Afterward we went down to the lower Astral plane and rescued a man who was much harder to detach from his strong feelings that tied him to the Earth.

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

Justin replied, "Through reflection and guidance, enlightenment is always gained, and once the spirit sees the light, they are immediately taken to the White Plateau where they can move on to higher levels of consciousness. No spirit is left behind. You are all in this together. All Divine Selves were created at one time with the potential to rise in consciousness to the Absolute World, and return to the Creator. 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 purification 'fire' of enlightenment." I realized that the words, "drossness is

burnt out of the spirit,” and “Fire purifies” were in some of the religious texts I had read, and are probably why some people think that hell is eternal damnation in fire and brimstone. This time the phrases made more sense to me.

A friend gave me a book to read many years ago about what a person should do while living on Earth to ensure that they go to Heaven after the death of their physical body. The book is ‘How GOOD is good enough?’ by Andy Stanley. The author asks ‘since nobody is perfect, what are the rules so you can make sure you go to Heaven?’ He had researched every major and minor religion. The formula each gives to ensure you go to Heaven is different, even among religions with the same name but have different subgroups! Stanley notes that the 10 commandments are found in the book of Exodus and do not promise Heaven for people who keep them. None of the writings by Moses even mention the afterlife. The author did note that some variation of the Golden Rule was the highest expression of spiritual thought in all the major religions, but following it does not promise that you will go to Heaven. I have put a document on Julian’s website (also at end of this transcription) that shows the statements from the various religions describing their version of the Golden Rule. It shows what common basis the various religions have. What was made clear to me was that EVERYONE eventually goes to the White Plateau in Heaven and rises in consciousness as they compensate for past actions and thoughts.”

In a prior Pop-up I noted that my mother did not want to die. But while in a coma, the love emanated from the 2 elevated beings in Heaven enabled her to “see” her maternal grandmother and she made the transition smoothly.

Are there questions about rescues?

Question: I saw my father in distress soon after his death. I wanted to help him, but didn’t know how. I think he is in Heaven now, but how could I have helped?

Answer: Julian said to send love when you want to help someone who has died physically. The love raises their awareness so if they are still attached to the Earth energies, then they can rise up enough in consciousness to see the spirits who want to lead them to heaven. Julian said that you NEVER die alone. There are spirits surrounding you and wanting to lead you to Heaven. Some are loved ones who have made the transition before you. If the person is already in Heaven and in the sleep state, then your love helps move their transition to the state where they are no longer tied to any Material World influences- that’s at about level 2 on the White Plateau.

Saul was very helpful in converting an old 1960’s tape I got from a student of Robert Monroe’s that recorded an early “rescue mission” that his group had supported. The total tape is over 1 hour in length and the narrator has a soft, monotone voice explaining what is happening. So Saul has captured the 13 minutes where the telepathy exchange between Monroe and the spirit needing rescuing can be heard from Monroe’s special equipment (I don’t know how he recorded the “rescue” as communication is done through telepathy.) The dialogue is much like what I explained earlier in this pop-up, so I’ll have Jan put it on the website so you can listen to it later from Julian’s web site if you want.

Now I'm going to add some information on mental travel here even though it was NOT part of my Tour of Heaven. You probably have noted that much of what is experienced on the White Plateau can be experienced through meditation while living here on Earth. I thought it would be interesting to include a very basic meditation from one of Julian's classes that uses mental travel to take your mind to other places to enhance your awareness of yourself and to get to know yourself and Heaven better.

Prepare class with 4 deep breaths for the meditation. Dev class #55 Meditation 1 Ball of Light - mental travel. (6 minutes) (Put color in a sealed envelope and put envelope in middle of table. Take picture of it and show it on screen during meditation)

What was experienced?

1. I saw a 1 ½" clear quartz crystal. It was shining brightly.

The object was actually a 1 ½" square of bright red paper. I used that because Julian said that the frequency of the color red is easiest to identify. So what you saw was the right size and maybe it was shining so brightly that you thought it was white instead of red.

Also in the workshop from which this meditation was taken, I don't remember what was in Julian's envelope, so it might have been a quartz crystal. That was more than 20 years ago.

2. I was taking notes after the meditation and instead of picking up my black pen, I took a red one.

Maybe your subconscious saw the red, but that information hadn't worked its way up into your conscious mind yet.

3. I saw a maroon color.

The table was brown, so maybe the red and brown merged into maroon. Try something like this again and work on precision and confidence that you can do it.

Here are Julian comments about this meditation in that workshop. "I want you to do this exercise again and again and again. It is mind over matter. You know, I emphasized in the beginning that the envelope was sealed, but none of you hesitated when I said go into the envelope with that light and see what was inside. You see, you were separating yourself from the blockage. The biggest blockage that man has is his intellect, because intellect is formed by preconceived ideas. It is lessons that you've learned, things you've been told, things you brought in from other points in time, but it's already preconceived. When you let mind, which is all, go out, it is not hampered by the preconceived ideas that create blockages and walls. You can send this point of mind anywhere.

Now, there are several ways that you can practice this. One is to take a magazine, and when you open it, open it face down so you don't see what is on that page. And then you go through the exercise: you call forth the light, you let it come to a point and then you say, "This is my mind. Mind go forth beneath the cover of the magazine and tell me what is there." Eventually you'll know what the articles are about. You'll know if there's an ad on the page. Another way to do it is to take a deck of cards and turn them face down, say put five in a row and then say "Mind, go under card number one and tell me what color it is." Work first with the colors. Put paper with one color each in envelopes. Then mix them up and put one envelope on a table. Direct your mind to tell you what color is in the envelope on the table. Red is usually the easiest to identify because of its strong vibratory level. When you are getting very adept at identifying the colors, then go to the cards and their suits. Then go to the numbers. Don't try to do it all at

once because then you'll get confused. You let the mind go and tell you what's there - a single thing. Eventually it'll tell you collective things, and this is what you want to work towards.

If you let yourself, your mind can experience the most magnificent things and bring them back. You can go back or forward in time. You are sending the subconscious out in mind over matter. So you're going to practice that. This is another facet of yourself being awakened and that is the control of mind: letting mind flow and taking that flow and giving it a direction: mind over matter. There is only one catch. **You can never use this against another or for pure nosiness.**"

Practical Use: Here is an example where this skill can be used in a practical application. When we were traveling on narrow, windy roads in the mountains, I would send my mind out to see if a large 18 wheeler was going to come around an upcoming U curve and possibly hit us because that size truck is wider than his one lane. If my mind saw one, we would immediately slow down and pull to the side as far as possible to avoid a collision. Light body vs mental travel was addressed in later Julian classes.

Any other questions or discussion?

Question: At the first part of this Pop-up you said that in Heaven you can go down in level of consciousness, like to the Astral plane, but you can't go up to higher plateaus until you are ready. But we do go to these higher plateaus while living on Earth through meditation. Why is this possible and why are there levels that we can't go to while living on Earth?

Answer: (Note there was much discussion on how to answer this question. I am providing the best answer I can based on that discussion but will talk more about it in Pop-ups 5 and 6) In the first Pop-up I described the 4 worlds of Creation from Julian's Kabbalah and Creation teachings. I also said that those 4 worlds are within us. While living on Earth with a personality, we access those worlds within us through meditation. However, with an appropriate teacher we can access the more "all encompassing" 4 worlds of Creation within which our 4 worlds exist. I try to picture it this way: In the overall Creation, each of us was created with a unique vibration which included "knowing where we were going" (that is, returning to the Creator) and the spiritualness (Julian's word) that enables the entity to reach its objective of returning to the Creator fully actualized. As we develop further through the Conceptual world, Formation World and eventually through lifetimes in the Material World, that potential becomes realized by having us learn to access information we need for our growth through the "higher self", which Julian said was the mind of the spirit. That "higher self" is accessing the 4 worlds that came down with us from Creation. These are our "Divine Self" 4 worlds. So I picture our Divine Self's 4 worlds as segments of the larger "Universal" 4 worlds. Julian said in some classes that our worlds are connected to the more "universal" one, but that can't be explained yet as we don't have the concepts or words to do so. So we are constrained to just experiencing our own 4 worlds unless we have an appropriate teacher who initially protects us and takes us into experiencing the more Universal ones through our internal ones and then prepares us to be able to do so on our own without their overt protection.

In the next pop-up I'll talk more about the Divine Self (or soul, the term used by Julian) and the fact that the Divine Self has no personality. So while living on Earth with an ego-personality you can't go above the level of consciousness of the Divine self where the spirits from all lifetimes lived in the Material World and in Heaven have imprinted the growth they achieved in that lifetime.

The Golden Rule

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

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

Judaism

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

Confucianism

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

Islam

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

Hinduism

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

Christianity

Hurt not others with that which pains yourself.

Buddhism

THE LAW OF CAUSE AND EFFECT

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

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

What proceeds from you will return to you.
Confucianism

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

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

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

BETTER TO RULE THE SPIRIT

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

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

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

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

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