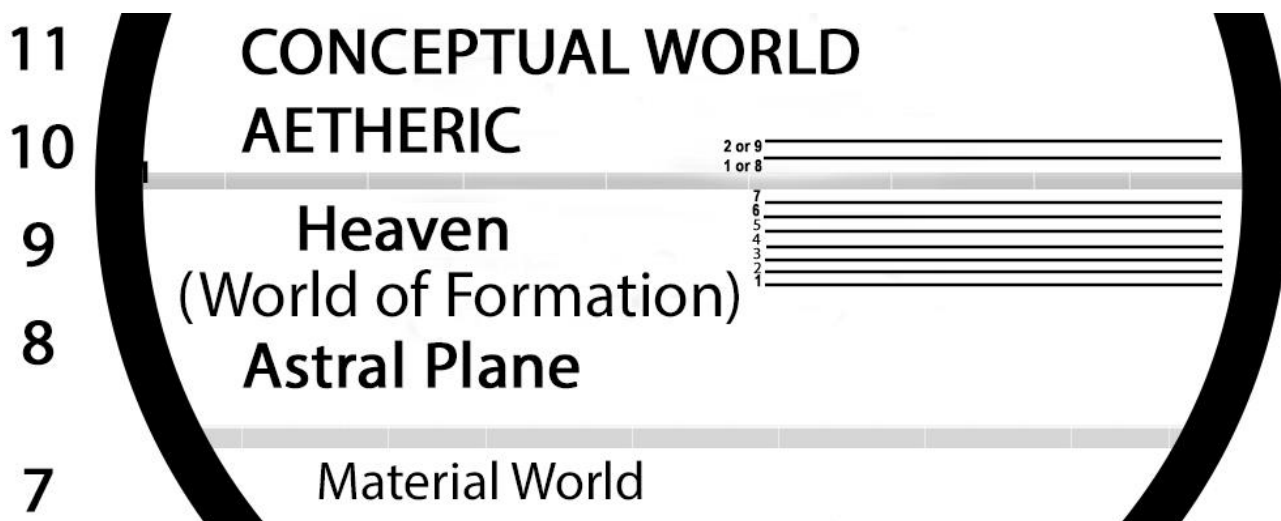


Tour of Heaven – Mini-Pop Ups

Pop-Up 6 Wrap up (Answer prior questions 32 minutes; meditation 9 minutes; final comments 1 minute = 42 minutes.)

This Pop-up was set aside so I could address questions raised during and between the previous pop-ups that needed a reply or a clarification. There are 2 questions that require long replies so if there is not time for all your questions during this pop-up, please send them to me via email. I will reply via email, but will also put the question and the reply in the “transcription” of Pop-up 6 on the website.

In the previous Pop-ups we have focused on the White Plateau in Heaven as it is most like what we know on Earth and therefore there are words to express what we experience. The two plateaus above the White Plateau allow you to understand and control the energies that are needed to bring ideas from the Conceptual World into the Material World. At the last Pop-up we were told in Julian’s words about what happens to the spirit as it rises up through the 7 plateaus in Heaven and the 2 in the Aether or Conceptual World above to merge with its Divine Self in the Conceptual World.

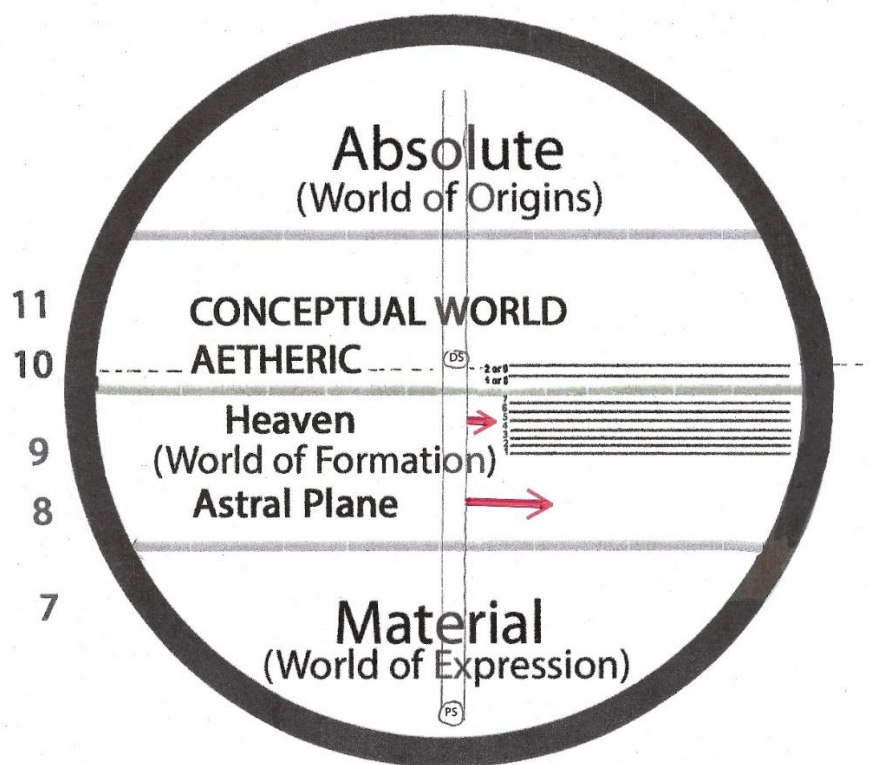


Now to answer the questions. Sometimes I received several questions about the same topic, so I have combined them. I’ll start with the two that are the most complicated to answer.

Question from Pop-up 4: At the first part of Pop-up 4 you said that in Heaven you can go down in level of consciousness, like to the Astral Plane, or from Plateau 3 or 2, down to 1, but you can’t go up to higher plateaus until you are ready. But we do go to those higher plateaus while living on Earth through meditation. Why is this possible and why are there levels that we can’t go to through meditation while living on Earth?

Answer: During that pop-up I answered that while you have an ego-personality, you can’t **participate** in the levels above your Divine Self (or soul) because your Divine Self has no personality. However, after that pop-up I was asked related questions so I consulted with some of those that I consider the Julian “gurus” to provide a clearer and more detailed answer to this complicated question. So here we go.

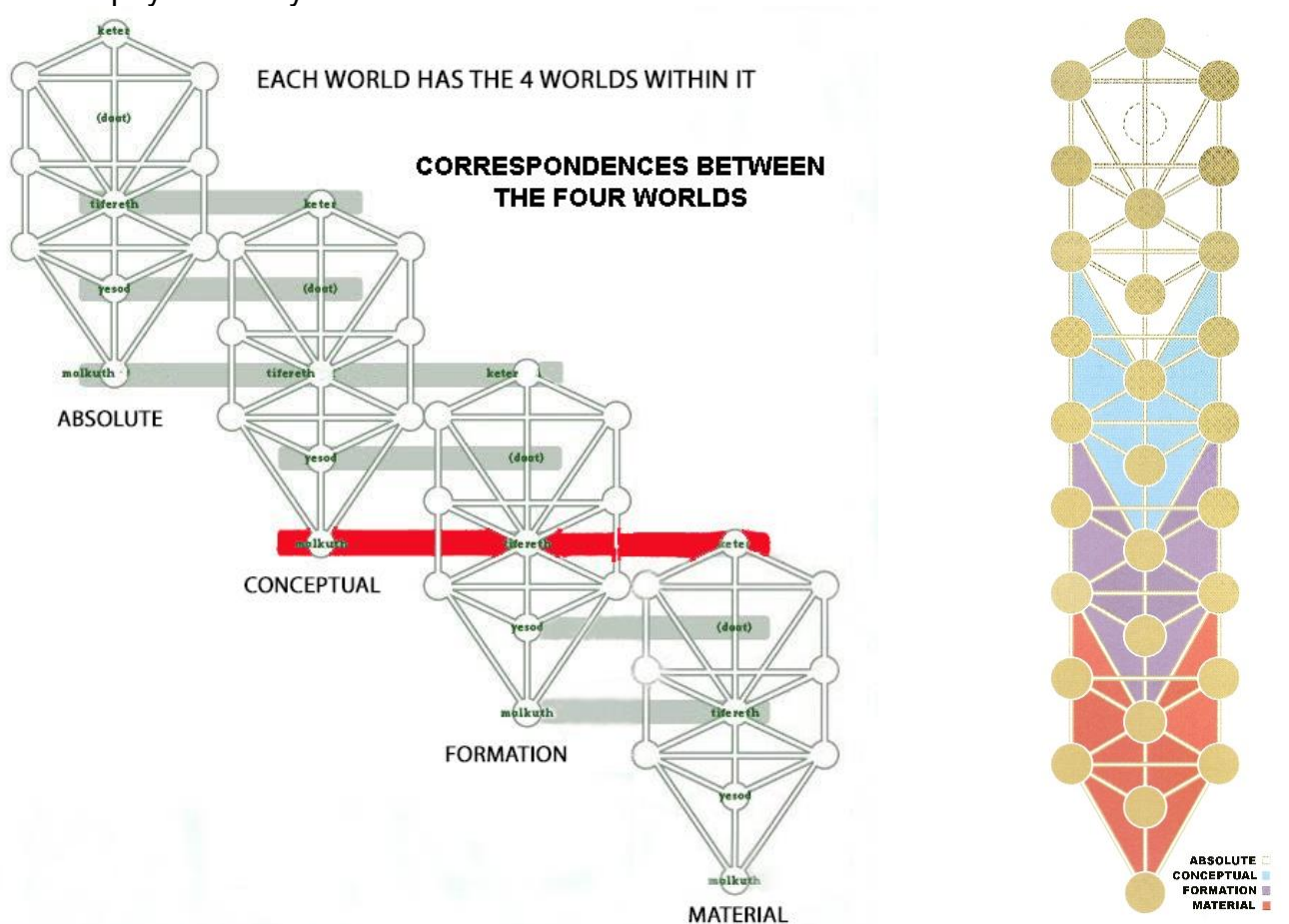
During Creation the energies of Creation from the Absolute World or Void moved into the Conceptual, Formation and Material Worlds to create everything – that is, the Universal or all encompassing Creation. In the process everything created has all of those same energies within it. So each unique human has access to their own personal 4 worlds of awareness. Their access is through their “higher self” or superconscious or spirit mind or mind of your Divine Self; all terms for basically the same mind. I have drawn a very conceptual picture of that access. I want to remind you that showing all of creation in 2 dimensions is a VERY SIMPLE representation of a highly complex system. So don’t take it literally. However, I like to have a picture to express my ideas, so this is it. Remember that a picture is worth 1000 words, so I’ll give you both!



This chart showing the 4 Universal Worlds of Creation, should be familiar to you, but it has some new items added. The PS in the small circle in the Material World represents you with an ego-personality. The column going up from the personal self (PS) is your personal gateway to the 4 worlds within you. It goes up to your Divine Self (DS in another small circle) and then on up to the Absolute World or the Void. Now if we meditate and stay within our personal 4 worlds of awareness, we can gain insight into issues we are experiencing personally or manifest things in our personal life, but we don’t access the more Universal energies in all of Creation. However we can access the more Universal energies by going through our personal levels of awareness to the appropriate level and then accessing the Universal energies at first by being protected and only being an observer. Then with practice we can access them by being protected and being a “participant”, that is we can function in that environment. Usually a teacher (that may be physical or etheric) enables this protection and access. I am making this sound easier than it is as there are “guardians” or sentries who protect spaces from those that aren’t ready to function in them responsibly. Being “ready” means that you possess the energy and frequency compatible with that part of Creation. These forays into the Universal energies at each level are indicated by the red arrows on my chart. I only show 2 arrows but they represent those

available at all levels of consciousness at or below the level of the Divine Self in the Conceptual World.

Now I need to indicate some of the complexities beneath my very simple charts to better explain why we can't participate in the Worlds above the Divine Self in the Conceptual World while we are in a physical body in the Material World. See chart below.



The 4 Worlds that I described in my simple diagram in Pop-up 1 are actually also in each of the Universal 4 Worlds. That is, during Creation the Creation energies were brought down into each lower world and are within everything that was created. They are represented on the chart by the 4 worlds within each "Universal" world. These Worlds are not separated as shown in the chart above, but actually overlap and are connected with areas that correspond with each other and are aligned. That is, the Universal Absolute World lies above the Universal Conceptual World and so on. In the picture you just slide the Absolute World directly to the right until it is over the Conceptual World. The upper part of the Conceptual World is covered by the lower part of the Absolute World. Then you move the combined Absolute and Conceptual Worlds directly to the right until the upper part of the Formation World is covered by the lower part of the Conceptual World. You move all of these combined worlds to the right until they are all above the Material World. One-half of each world is over/under the world below/above. The picture on the right above shows these worlds as they are overlapped. Now look at that red band between 3 of the Universal Worlds. The energies in this band are actually over each other in the picture on the right, that is, they are aligned and have a close correspondence. The one on the right on the red band includes the highest level that can be attained in the Material world. That is, while you are a person living in the Material world you can experience all of the 4 worlds within you

and within the Universal Material World. Now that highest area in the Material world corresponds to the White Plateau in Heaven in the World of Formation and then continues to correspond to the 1st two plateaus in the Conceptual world. This is the level of awareness of your Conceptual Divine Self. Note that the information accessible to this Conceptual Divine Self can be made available to the person in the Material World through these correspondences. Some people call these correspondences different levels of the Divine Self or “soul”. Again, don’t take this all too literally as there are many books written on how all these correspondences work and where they are located. And this class is on Heaven and not on the Kabbalah.

In his teachings, Julian just said that relating the “soul” (his term) or Divine Self (my term) in the Conceptual World or Aether, to the spirit in Heaven in the Formation World, to the physical body which contains them all, can’t be explained now as we don’t have the concepts or words to do so. Julian also said, “The soul evolves. The soul is like a kernel which is immortal, which surrounds itself with energy, which is referred to as spirit. And then spirit develops emotion, ego personality, that sort of aspect, through its training in the physical world. You know, you develop a personality by your environment, your interactions, and this sort of thing.” I just show this chart to indicate more clearly that while in a physical body, we can’t function above that 2nd plateau in the Universal Conceptual World. (take down this correspondence chart and put up 1st chart (no red arrows))

People who meditate and don’t have an appropriate teacher, either physically or in the unseen world, to help them reach out from their personal 4 worlds, still benefit greatly from their meditations. Their Divine Self has access to any Universal knowledge that would benefit the ego-personality and can pass it on through their superconscious or spirit mind.

Now while in Heaven, the same energy and frequency compatibility restrictions on moving up in awareness while in a physical body are there. But in Heaven, moving up from one plateau to another also requires mastering the understanding presented on each plateau, before you can even start to comprehend what is on the next plateau. I described the types of comprehension that need to be mastered at each of these plateaus in Pop-up 5. The chart from that pop-up is now on the screen. An analogy would be the training that a doctor goes through to become a specialist in open heart surgery or brain surgery. The premed has to understand the physical body conceptually first. Then comes more “hands on” training, including practicing on cadavers. As an intern they work with experienced doctors to learn how to treat real people on simple problems. Then they go on to train in their specialty. You wouldn’t want a premed operating on your heart!!

So in Heaven you start on the White Plateau. When ready, you go to the 2nd plateau where you learn about the component energies that create the energy that densifies. You have to understand that completely before you can move up to the 3rd plateau. On the 3rd plateau you have to master how you take a creative idea and stimulate the movement of energy so it is right and proper for the Material world. You need the abilities learned on the 2nd plateau before you can even start comprehending what is on the 3rd plateau. The need to master something before you move up is more obvious between Plateaus 4 and 5. On Plateau 4 you master the understanding of the trinity and how this becomes an expression of you. This understanding is needed before you can go up to Plateau 5 where that trinity is transformed.

I found that spirits moved between Plateaus 1, 2 and 3 often as being in the White Plateau helped them to understand the application they were working on in the higher plateaus, in more

Material World terms. However, once the spirit moved up to Plateau 4 and above, they only seemed to appear on the White Plateau when needed, like as a “protector” for a group on a rescue mission.

The 2 meditations in the first Pop-up took us through all 4 worlds, but they were our personal 4 worlds, which are only a part of the more expansive Universal Worlds of Creation. In many of Julian’s classes and specifically in the later classes in TE, we experienced the “rim” where the Ether and Aether worlds overlap. The Aether is Julian’s World and we were told we were “observers” of his world, the Universal Conceptual World. We kept asking to go “higher”, but Julian said that it wasn’t possible to “function” in those higher realms while we were in a physical body.

Question: If everything is happening at the same time... even the availability of technology of ‘the future’... why do we have to work on things in Heaven to be used in the future?

It is very easy to incarnate into ‘the future’ where faster than light travel is a reality, and therefore it is known knowledge in Heaven as it has to be available in Heaven before it is implemented in the Material World. So in Heaven why work in that area or any area that is in the future when in Heaven it is already available, possibly by having the spirit, who worked with it in a future lifetime, bring it back with him?

Answer: This is a multi-faceted question. First let’s address the bringing back of knowledge from a lifetime and incarnating.

When incarnating, you choose your goals for the incarnation in general terms, like becoming more compassionate in the next lifetime; not I was mean to Aunt Helen last lifetime so I need to be nicer to whatever her name is in that next lifetime. Then the timing of energies is considered so you will have the necessary physical, mental and emotional attributes in the right environment to accomplish those goals. That could be in any linear timeframe. While in that incarnation, linear time is invariant. But in Heaven, time is based on energy and there is NO correlation to linear time. This is almost impossible for us, living in linear time, to understand. In Heaven the process is there to impact the Material World, but it is not based on memory from past or “future” lives. The details of what you did in your lifetime on Earth is gradually lost in the process of moving away from the Material World influences, to being a “pure” spirit on the White Plateau. On the White Plateau in Heaven you remember the people important in your lifetime, major events that shaped your life and the like. But details like you brushed your teeth on a specific day and even the details of a scientific breakthrough you achieved, that won you a Nobel prize are lost. The general information about any life changing event like that one, can be remembered when you first arrive in Heaven, and discussed in the Evaluation, because the interactions with others and the events that led to your scientific discovery were part of your growth process. But the details of the scientific breakthrough are not important in the Evaluation or to your spiritual development and growth. So the journey you took to accomplish a major scientific advancement is more important than the details of the advancement itself.

Now let’s consider the word “future”. The worlds above the Material World do not have "linear time" but they do have an evolution of energies that continually rise to move humanity toward its intended objective, that is, returning to the Creator. Technology of the “future” is an example of how humanity will instantiate those higher-level energies in linear time into the Material World. Several times Julian has said that in the "unseen world" and Material World, there is an overall movement in the direction that the future takes due to the creation energies involved. That is, Creation shapes the future. But the specifics of how it is accomplished is up to humans to

decide. There is the energy escalation throughout Creation brought about each Age which happens about every 2600 years. There is the Round change each 3000 years where the Earth replenishes itself through changes in the Earth's crust. These Earth changes are to enable the growth of humans on Earth. These changes are general movements, but the extent and results of these movements can and are changed by mankind in linear time. In the Earth Changes workshop Julian gave examples of changes to the Earth that could have taken place, but didn't, because humans in the area had changed their attitude and actions to reduce the magnitude of the changes. He also said "We should bring our highest power and force to all of life so it can alter the future." When talking about revelations, Julian said that revelations were meant to warn us that what was predicted would happen unless we changed course and didn't keep doing what we were doing. So the details of the future in the Material World are NOT known, even in Heaven.

To look at what is meant by "future", from another point of view, let's go through the process of creation through the 4 worlds again. Each part of humanity that is created has the potential to achieve the same consciousness as the Creator. The pulse of active and receptive energies enters the void, or Absolute World, and activates an inner awareness and ability that impels humanity as a whole to evolve, returning to the Creator fully actualized. The Law of Cause and Effect, along with the other Universal Laws teaches humanity to be the divine co-creators they were meant to be. This world has no past and no future as it is just the potential for everything that is, was, or could be to accomplish the Creator's objective. Some say that at this level, the objective has already been achieved as the potential and all the energies enabling it to be achieved are present. These energies descend to the Conceptual World where the concepts and ideas of how this potential would evolve to enable the objective are developed. This is like a blueprint that includes information on how a Formation World and a Material World would be used by humans to elevate their spiritual level of consciousness. So in the Conceptual world the word "future" has no meaning as the concepts/ ideas and their planned interactions are independent of time as we know it. These concepts descend into the World of Formation where the etheric lemniscate begins to create a form that the concepts could take. In the World of Formation, energy is the only measure of time. The future only means a higher level of energy will arise which brings about possibilities that weren't available at the lower levels of energy. The concept of humans interacting and having experiences in a Material World to increase their spiritual awareness, where the forms for the Material World are created in the World of Formation has no time relationship. The specific experiences for any human and how many will be required are not defined, as humans have free will. There is no way to correlate the energy levels in Heaven to the linear time which is experienced in the Material World. Therefore the word "future", in the worlds above the Material World, has no meaning that relate to the world we live in. "Everything does NOT happen in the same time."

The future is not fixed. Even when Julian went into the Akashic records to look at the future of an individual, it was nebulous. If the individual made different major decisions than they had in their past, their future during their lifetime could be changed. However, the underlying future of humanity, as a whole, reaching the same level of consciousness as the Creator, cannot be changed and is fixed.

Now some questions that have much shorter answers.

Question: I have seen a documentary "Unmistaken Child" where they show how Buddhist monks find the reincarnated soul of a master that has made his transition, just a few years after

his passing. In this movie they say that a master always reincarnates to become the same master again... to help teach others how to become enlightened. To me that sounds contradictory to what we have been taught by Julian.

Answer: I believe that documentary was about the Dalai Lama. Actually, Sam once hosted the monks supporting the Dalai Lama, when the Dalai Lama visited San Francisco to speak. We learned that once the Dalai Lama has made his transition, that the replacement is "born" soon afterwards. The Monks know approximately where, so they search him out about 2 years later when the child is aware enough to be able to verify that they are the previous master and ready to be trained to take on his responsibilities. When asked about the "quick rebirth" they responded that the previous master might have been in Heaven receiving more training and advancement for many of Earth's years, but then was reborn just minutes after the death of the previous Dalai Lama. Remember that there is no linear time above the Material World. So I don't see anything contradictory to Julian's teachings here.

Regarding your question about the same spirit being reincarnated repeatedly into the same role in a religion, as they claim for the Dalai Lama. I believe it is unlikely according to the Julian teachings. If the spirit has not attained the highest plateau in Heaven (Plateau 7), as we discussed in Pop-up 5, then it needs to incarnate in a variety of experiences on Earth, or advance without returning to Earth, to be able to move up to that high plateau. So that would not be the same spirit entering to become the next Dalai Lama each time. On the other hand if that spirit has attained that high level of spiritual evolution in Heaven, (Plateau 7), the spirit would have risen above the need for repeated reincarnations. Instead, another spirit whose energy is aligned with the previous spirit of the Dalai Lama, but hasn't attained that high level of spiritual evolution in Heaven, could return in its place, and the monks wouldn't recognize any difference. When the spirit has attained the highest plateau in Heaven, any ego personality it would develop during an incarnation would know that recognition is not necessary. In other words, their spirit has no desire or need for humanity to acknowledge their identity in a specific role in a religion. Fulfilling their purpose is what is important, regardless of the title they are called.

Question: You mentioned that when a person crosses over, that person is reaching a certain level... but who decides this?

Answer: When a person crosses over, they MUST go through the first 4 levels on the White Plateau which raises their level of consciousness from the denseness of the Material World to that of the White Plateau and releases all Material World influences on them. After that, the level of consciousness that that person has achieved throughout all their experiences determines what plateau in Heaven they can go to, to continue their "work". In the case of someone like Jesus, his spirit could go back to the 7th Plateau or any lower one if needed there.

Question: Who decides that you have reached a certain level of awareness?

Answer: No one decides this. You operate at a certain level of consciousness as a spirit. Through experiences, and the growth that occurs from each experience, your level increases and allows you to move up to a compatible level. It is all energy and frequency compatibility.

Meditation: During your lifetime evaluation on the White Plateau, all the activities that you regret doing are evaluated to better understand what was learned or how they could have been handled better. However, all that negative, emotional "baggage" can keep you from moving on to a more positive future in this lifetime. So once you have learned what you can from a negative situation that made you irritated, guilty, afraid, or whatever, it is best to release the

emotional attachment to it and let it go. Julian said that doing one of the meditations to “release this baggage” should be done at least once a year. This meditation is one of the simplest Julian provided to do just that. However, some of the class participants provided Julian meditations that they use to release their emotional “baggage”. They are listed at the end of this transcription and will be available on the Julian website under Pop-up 6.

Play meditation from #200 Levels of the Mind #4 1:03:00 – 1:12:15 (9 minutes) Cleansing out garbage in your mind, then divine light of you fills you to fill in the empty spaces.

Ask for questions after meditation. Many felt lighter and offered access to their Julian meditations that they use annually. These alternative meditations are listed at the end of this transcription.

My husband, Chuck, made the transition about 2 years ago. When he was very young he loved to ride his bike to see what was at the other end of the road. That evolved to wanting to see what was on the other side of the mountain, the other side of the country and then the other side of the Ocean. He joined the military when he was only 17 so he could “see the world”. Eventually he was curious about what the unseen world was like, and we were led to Julian. At his memorial I summarized his “adventurous” philosophy to life and on his tombstone is the epitaph “Another Adventure Begins”.

That’s the message I heard all through Heaven. We are on a grand adventure together, so enjoy it! Now every adventure has parts of it that don’t go as you planned. In fact sometimes there are events that we call “disasters”. But you learn from them and move on. I once asked Julian, “Some religions say that once all of humanity has risen to be a “companion” to our Creator, then everything will dissolve as the Creator’s purpose for creation will have been achieved. Other religions say that at that point, humans will go back to their planet to live in peace – like Heaven is on Earth. What really will happen?” Julian replied, “Well, that’s a little way off, but maybe the combined “you” and the Creator will together imagine a whole new adventure!”

NOTE: Here are alternative meditations to accomplish the same objective of cleansing out what is not needed anymore in your mind.

1. An alternative meditation with the same purpose as that presented in Pop-up 6 is S5C1-1 Attic Meditation from Development Class #152 (10 minutes)

2. Development Class 77-1, the unload wheelbarrow exercise.

3. Development class 93-1, Unload semi truck in Neutral zone (so detached attitude) to eliminate what is not needed anymore.

4. For those that want to read a meditation (and possibly personalize it to be their own), the following meditation is offered:

“This is a guided meditation to take you to your subconscious where you’ll be able to do some housecleaning. You’ll be able to replace thoughts and feelings you no longer need and replace them with those that can serve you well.

Take a few deep breaths at your own pace, breathe in peace and harmony and breathe out all doubts, all fears. Breathing in peace and harmony, and breathing out all tensions. Breathing in peace and harmony and breathing out peace and harmony.

Now, I ask you to take a deep breath, and as you do, draw into you, Light.

Feel the Light filling you. It is not only filling you, but moving through every cell of your body and out every pore of your body. And as fast as it moves in, it pushes out.

And you can actually begin to feel yourself feel lighter, as Light cleanses you, as Light takes away the doubts and the fears. Being of Light, Instrument of Light, hold yourself in Light.

And as that Light permeates the mind, I want you to think of your mind as an attic in which has been stored all the things that at one time took your time and energy; some of them outmoded, some of them broken, some sentimental and some, you can't even remember why you tucked it there.

I now want you to throw open the shutters on the windows of your mind, and see the light pour in. And as you take a moment to look around the attic of the mind, you will see there are some things there that are taking up space that serve no purpose at all.

And over on the shelf, you see a box labeled, "Old Guilts" and another that reads, "Self-Doubt". And you know these have been filled with certain feelings, ideas and perspectives that no longer reflect who you are today. Look around the attic and see what other boxes you have there that no longer serve you...

And if you are willing, pick up a box that contains things that you are willing to let go of...

Remind yourself that it's okay to let things go.

Now, take that box to the open window and gently toss it out to the universe. See the box float away and be cleansed and dissolved by Divine Light.

Take the time to toss out any other boxes you are ready to remove.....

Now, dust off the shelf and place on it some new boxes. One is labeled, "New Joys" and another, "New Fulfillments". Add other boxes that you ready to add.....

And so it is.

You can work with this exercise again and again to release any worn out patterns of thoughts in any area of your life. For you'll need the room for the new ideas, the new adventures, and the new accomplishments available for you in this, the Aquarian Age.

Now, filled with Light and newfound freedom, take a deep breath and return."

Questions that were received and not answered previously.

Question: My uncle was in a coma for several days. Where was his mind? What could I do to help him make the transition?

Answer: My father went through the same experience. I had told him to “look for the light” when he passed. While on my Tour of Heaven he told me that he had searched for the light for what seemed like “forever”. It was dark. Then his father came to see him and led him to the light. My father was in a coma for 3 days and his mind was in the Astral Plane which is very dark at the low levels. When he finally died, his spirit mind had elevated enough so he could see his father and the light. The best thing to do while a loved one is in a coma is to send lots of love to them. That helps elevate their awareness so they can more easily see a loved one and the light.

Question: How do you reach a ‘higher’ level of consciousness while in an incarnation?

Answer: By

1. Successfully reacting to and learning from your experiences which you planned in Heaven before you incarnated, so you would learn what was needed for your spiritual advancement, and
2. Practicing the 2 directives of this time in humanity’s evolution:
 - learn to get along with everyone - you don’t have to like them, but you should respect them and their right to have different opinions than yourself, and
 - getting to know your "real" self better – (which comes from contemplation and meditation and having your ego-personality be "honest" with your real self).

Question: Jesus only had a few incarnations... yet he reached the 7th plateau in Heaven. Does karma play a role in this? Having fewer lifetimes could mean less karma because you build karma in each lifetime, but you have to resolve that karma in another lifetime... which might create more karma ...and so on. Therefore... is your focus more on eliminating karma, and needing more incarnations to reach a certain spiritual level?

Answer: First, your "work" in Heaven can raise your level of awareness. You don’t need to incarnate to elevate your level of consciousness. However, Julian said that it takes longer if you don’t incarnate, as there are no "temptations" and stressful situations that you have to deal with as on Earth. So you can elevate faster if you have physical lives in the Material World. Yes, the spirit of Jesus had only a few incarnations. How his spirit rose so "quickly" to the 7th plateau is unknown to me. However, at the start of Creation there were several entities who helped get the process started and he could have been influenced by them more than the rest of us. The number of incarnations you have is independent of the level of awareness you have attained. You can "waste" lives and learn nothing that you had planned to learn. There are even lives when you planned to do positive things and ended up being tempted to do great harm to others. Those can lower your level of awareness in Heaven until you have compensated in some way for the "sin". Your bag of karma will never be completely empty while you are in Heaven. But as you rise to the higher levels, the similar events, like you weren’t kind to your Aunt Laura in one lifetime and weren’t kind to Uncle Ben in another, etc., etc. can all be dissolved as you become more compassionate to everyone in general. In other words, specific karma events can be compensated for all together, by more general growth in that same area. Also I was told that above the 2nd plateau in the World of Concepts, that is, above the level of your Divine Self, you have no "bag of karma". It has been dissolved by the level of frequency and awareness you have achieved, so your Divine Self can move up in awareness in the Conceptual World. The Divine Self can’t rise up in consciousness in the Conceptual World until the karma constraints have dissolved. Some religions call this the “forgiveness” of God.