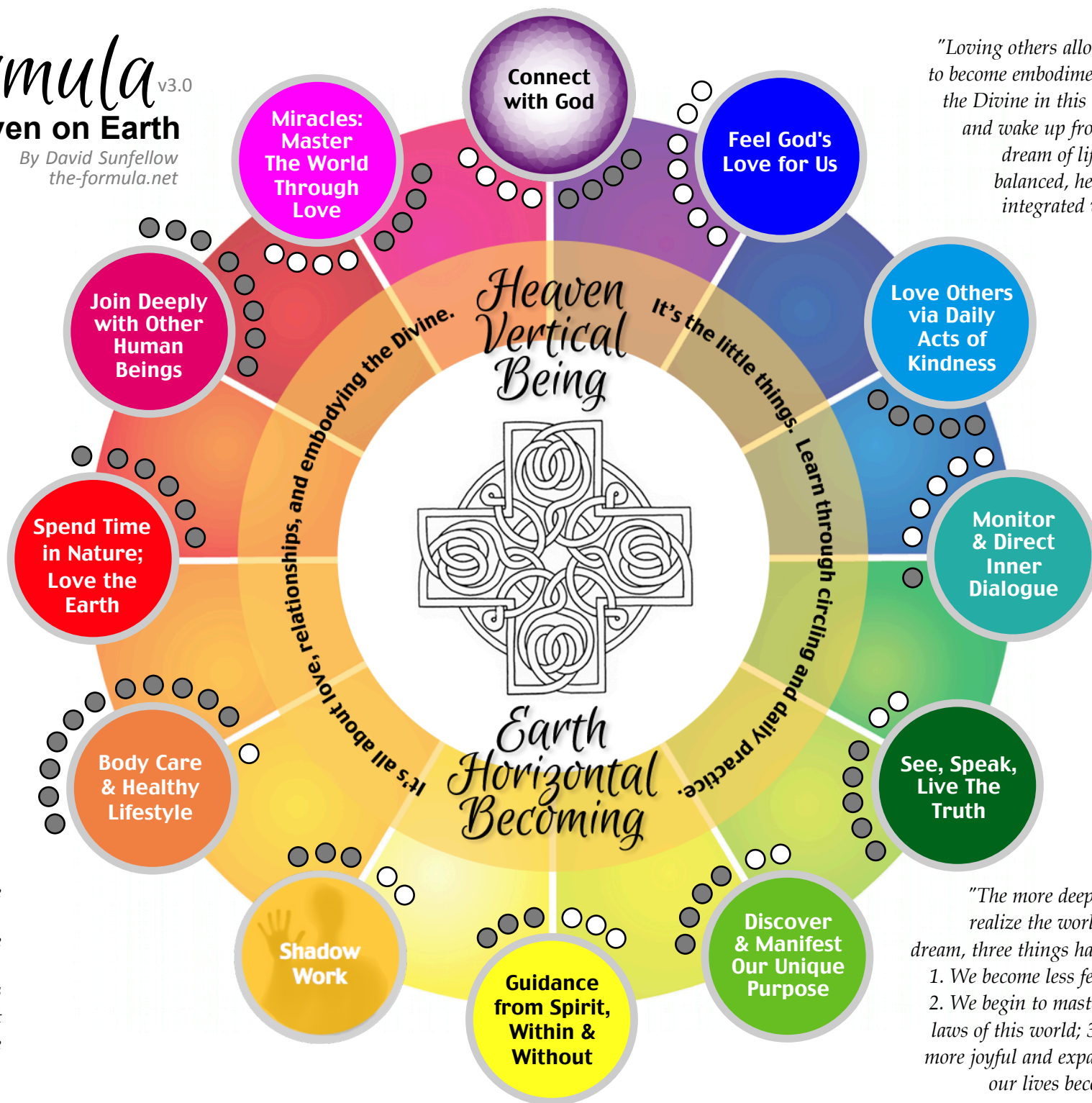


# The Formula<sup>v3.0</sup> for Creating Heaven on Earth

By David Sunfellow  
the-formula.net

Unlike spiritual paths that arose from the ideas and inner experiences of lone, isolated human beings, the path presented by near-death experiences is emerging as a direct, grassroots revelation that millions of people from all over the world are receiving and sharing. If we explore this newly emerging path deeply enough, we discover that all religions, philosophies, and cultures are honored; that science and spirituality are celebrated; that both the human and spiritual side of our natures are cherished and embraced. In short, near-death experiences present us with a universal, all-inclusive, perfectly integrated spiritual path that revolves around three core truths:

1. We are all one
2. Love is the essence of life
3. We are here, in this world, to become perfect embodiments of the Divine

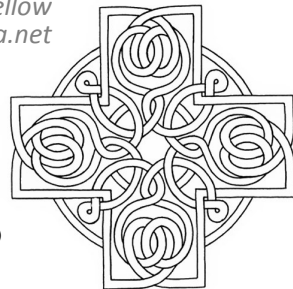


*"Loving others allows us to become embodiments of the Divine in this world and wake up from the dream of life in a balanced, healthy, integrated way."*

*"The more deeply we realize the world is a dream, three things happen:*  
 1. We become less fearful;  
 2. We begin to master the laws of this world; 3. The more joyful and expansive our lives become."

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## Connect with God

- 1 - Daily prayer
- 2 - Daily meditation
- 3 - Reconnect throughout the day
- 4 - Spiritual retreats and vision quests
- 5 - Daily expressions of gratitude
- 6 - Spend time in nature
- 7 - Loving others awakens the Divine in us (and them)
- 8 - Loving action builds a "container" for the Divine

## Feel God's Love for Us

- 1 - We are perfect as divine beings
- 2 - We are perfect as imperfect human beings
- 3 - We are completely loved, understood, forgiven
- 4 - Feeling God's love allows us to love ourselves and others
- 5 - Lighten up; don't take things so seriously
- 6 - God has a delightful sense of humor
- 7 - Life is a gift; every challenge has treasures

## Love Others via Daily Acts of Kindness

- 1 - The little things are the big things (slow down, be present)
- 2 - Reach out to the poor, the downtrodden, the ostracized
- 3 - Love our enemies (within and without)
- 4 - Serve others, connect, be truly present (WE ARE THEM)
- 5 - Our needs are miraculously met through selfless giving

## Monitor & Direct Inner Dialogue

- 1 - What are we thinking about?
- 2 - What are we feeling and emoting?
- 3 - Redirect inner impulses towards higher, healthier, more loving goals
- 4 - Hellish thoughts and actions create hellish experiences in this world and the next (ditto for heavenly ones)
- 5 - Our earthly thoughts and actions are magnified a thousandfold on the other side
- 6 - See and treat ourselves and others as God does

## See, Speak, Live The Truth

- 1 - Re-examine all aspects of our lives and beliefs
- 2 - Question authorities (religious, scientific, medical, political, other)
- 3 - Be honest with ourselves
- 4 - Be honest with others
- 5 - The world is a dream, but what we do here has great significance (we are here to get involved; to manifest Heaven on Earth)
- 6 - Support healthier, more loving and inclusive paths, but honor all perspectives
- 7 - Avoid shallow, brainwashed, sleep-inducing mass media

## Discover & Manifest Our Unique Purpose

- 1 - Ask God for help
- 2 - Use inner guidance, aptitudes, life patterns, family, friends, partners
- 3 - Step by step (be patient and persistent; avoid short cuts)
- 4 - Learn new things (change, grow, evolve, deepen, mature)
- 5 - Right livelihood (support ourselves via work that is moral/ethical)
- 6 - Be our true selves (we are all unique, essential, and born with special purposes; the more we are able to be our true selves, the happier, healthier, and more connected we feel)

## Guidance from Spirit, Within & Without

- 1 - Work with dreams, which access all the different parts of ourselves and offer extradordindarily helpful guidance, inspiration, and healing
- 2 - Develop and act on our intuition
- 3 - Pay attention to inner visions and voices
- 4 - Pay attention to signs and synchronicities
- 5 - Create our own VisionQuest Game and use it in times of need (alone and with friends)
- 6 - Ask others for their perspectives and suggestions

## Shadow Work

- 1 - The undeveloped, unhealed, disowned shadow forces within us are revealed -- and understood and healed -- in relationship with others (who can see what we do not)
- 2 - Work with dreams, which reveal the unconscious, immature, destructive forces within and show us the path to true healing (alone, with partners, in groups)
- 3 - Face fears calmly and objectively; be brave and curious; cultivate a witness perspective
- 4 - Monsters turn into angels when faced and befriended
- 5 - Use a variety of methods to identify and work on shadow issues

## Body Care & Healthy Lifestyle

- 1 - Love and take care of our bodies (they are truly the temples of God)
- 2 - Eat organic food, especially vegetables and fruits (avoid processed foods and artificial flavors, colors, additives, pesticides, herbicides, and other made-made chemicals)
- 3 - Fast when needed (fasting cleanses the body and helps restore health)
- 4 - Breathe fresh air
- 5 - Drink clean water
- 6 - Get sunshine daily
- 7 - Exercise regularly, especially natural movements
- 8 - Get at least six hours of sleep; take naps
- 9 - Cultivate deep friendships
- 10 - Be a part of a community
- 11 - Be positive and grateful
- 12 - Pursue our heart's callings

## Spend Time in Nature; Love the Earth

- 1 - Nature helps us reconnect with God, ourselves, and the rest of life
- 2 - Nature promotes healing on all levels of our being
- 3 - Make direct, physical contact with the Earth (walk barefoot, sit on the ground)
- 4 - Plant gardens
- 5 - Make friends with animals
- 6 - Care for the Earth

## Join Deeply with Other Human Beings

- 1 - In intimate partnerships
- 2 - With children, teenagers, grandparents, family, extended family, friends, strangers
- 3 - In communities
- 4 - In service
- 5 - Study and spend time with people who have had spiritually transformative experiences
- 6 - Be near children who are being born
- 7 - Be near people who are dying
- 8 - Embrace threshold experiences -- birth, death, illness, aging -- they encourage us to question reality, review our lives, and reconnect with soul knowings and callings

## Miracles: Master The World Through Love

- 1 - The power of prayer
- 2 - The power of gratitude
- 3 - The power of humor and taking things lightly
- 4 - Bend time (slow down, be present, get more things done more efficiently without rushing)
- 5 - Supply and manifestation (learn how to manifest our needs while being guided by God/Spirit versus the egoic, superficial impulses of our earthly personalities)
- 6 - Watch for synchronicities (they stretch our minds and help us see and tap unseen forces)
- 7 - Believe in miracles (study miracle stories; be open to miracles happening in our lives and the lives of others; ask the unseen forces of life for help)
- 8 - Communicate with, learn from, and heal past, present, and future lives/realities