

How To Love Ourselves

By David Sunfellow

Near-death experiences strongly champion the idea that we need to love ourselves. If we could see and love ourselves as God does our lives would be completely transformed. So would our relationships with everyone and everything else.

You would think that loving ourselves wouldn't be so difficult, especially for people who have had a direct experience of God's love. But that's not the case. Personally experiencing God's unconditional love makes loving ourselves easier, but we still slip in and out of loving states of consciousness. That's because we can't sustain higher states of consciousness until we have built leak-proof containers for the Divine.

In his book "My Decent Into Death," near-death experiencer Howard Storm writes:

"Without the love of God, it is impossible to love ourselves because every human being is aware of their flawed nature and sinfulness."

In other words, it's impossible to love ourselves in the perfect, all-knowing, all-forgiving way that God does until we can see ourselves as God does -- and sustain that higher vision.

Bottom line: we don't have the ability to love ourselves in a truly healthy, balanced, full blown way until we have connected with God and the deeper parts of ourselves. So what's a spiritual seeker to do?

What I've done is search near-death experiences for ideas and practices that help lift us into the presence of God. These ideas and practices also help us build a consciousness that can ground and maintain higher states of consciousness in every day life. Here's what I've come up with so far. These ideas and practices are more fully explained on NewHeavenNewEarth's Formula website:

What Near-Death Experiences Teach Us

<http://the-formula.org/resources/what-near-death-experiences-teach-us/>

The Formula for Creating Heaven on Earth

<http://the-formula.org/resources/the-formula-for-creating-heaven-on-earth/>

Activities that help lift us into the presence of God...

from the-formula.org v3.0

1. Imagine God loves us (and treat ourselves accordingly)
2. Form a personal relationship with the Divine and ask It (in whatever form appeals to us) to guide us
3. Be ourselves and follow our unique path (don't try to be like others)
4. Believe in the ultimate goodness of God, life, ourselves, and others
5. Remember we are eternal, indestructible beings and live our lives accordingly
6. Understand, accept, and celebrate our human weaknesses and shortcomings
7. Patiently, step-by-step, work our way to higher states consciousness (avoid short cuts and quick fixes)
8. Since our thoughts and feelings create our experiences in this world and the next, monitor and purify our thoughts and feelings
9. Work on shadow issues (stop blaming others for our problems; stop expecting others to save us)
10. Tell the truth (to ourselves and to others)
11. Question everything (don't be satisfied with pat, status quo, superficial answers)
12. Pray and meditate
13. Love and serve others (remember the little things are the big things)
14. Feel and express gratitude
15. Lighten up, don't take things so seriously, see the humor in life
16. Learn to think intuitively, in non-linear, non-time-based, non-rational ways
17. Spend quality time in nature
18. Spend time with others who have experienced The Light
19. Embrace threshold experiences (birth, death, and other portal-opening events)
20. Study near-death experiences (and related phenomena)

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