**The Formula**

**for Creating Heaven on Earth**

*By David Sunfellow*

**Connect with God**
- Daily prayer – Daily meditation
- Reconnect throughout the day
- Spiritual retreats and vision quests
- Loving action builds a "container" for the Divine

**Feel God’s Love for Us**
- We are perfect as divine beings
- We are perfect as imperfect human beings
- We are completely loved, understood, forgiven
- Feeling God’s love allows us to love ourselves and others
- Lighten up; don’t take things so seriously
- God has a delightful sense of humor

**Love Others via Daily Acts of Kindness**
- The little things are the big things
- Reach out to the poor, the downtrodden, the ostracized
- Love our enemies
- Serve others, connect, be truly present; THEY ARE US
- Our needs are miraculously met through selfless giving

**Monitor & Direct Inner Dialogue**
- What are we thinking about?
- What are we feeling and emoting?
- Redirect inner impulses towards loving goals
- See and treat ourselves and others as God does

**See, Tell, Live The Truth**
- Re-examine all aspects of our lives and beliefs
- Question authorities (religious, scientific, medical)
- Be honest with ourselves – Be honest with others
- The world is a dream, but we’re here to get involved
- Stand up for truth, but try to see issues from all sides
- Avoid shallow, brainwashed, sleep inducing mass media

**Discover & Manifest Our Unique Purpose**
- Fearlessly be yourself – Ask God for help
- Use inner guidance, aptitudes, life patterns, friends
- Step by step – Learn new things – Change, grow, evolve
- Right livelihood

**Guidance from Spirit, Within & Without**
- Dreams – Intuition – Inner visions and voices
- Signs and synchronicities – VisionQuest Game
- Feedback from others

**Shadow Work**
- Shadows, invisible to us, are revealed in relationships
- Dreams (alone, partner, groups) – Other shadow work

**Healthy Lifestyle & Body Care**
- Eat organic food, especially vegetables and fruits
  (avoid processed foods, chemicals, pesticides)
- Breathe fresh air – Drink clean water – Get sunshine daily
- Exercise regularly, especially natural movements
- Get at least six hours of sleep; take naps
- Cultivate deep friendships – Be a part of a community
- Be positive – Be grateful – Pursue your heart’s callings

**Spend Time in Nature; Love the Earth**
- Nature helps us reconnect with God and the rest of life
- Nature promotes healing on all levels of our being
- Plant gardens – Make friends with animals – Care for the Earth

**Join Deeply with Other Human Beings**
- In intimate partnerships – With family and friends – In communities – In service

**Connect with Connected People**
- Study and spend time with people who have had spiritually transformative experiences
- Be near people who are dying – Be near children who are being born

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**Heaven – Vertical – Being**

It’s all about love, relationships, and embodying the Divine

**Learn through circling and daily practice**

"Unlike spiritual paths that arose from the ideas and inner experiences of love, 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."

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**Earth – Horizontal – Becoming**

"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."