

THE FORMULA^{v1.0} for Creating Heaven on Earth

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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

