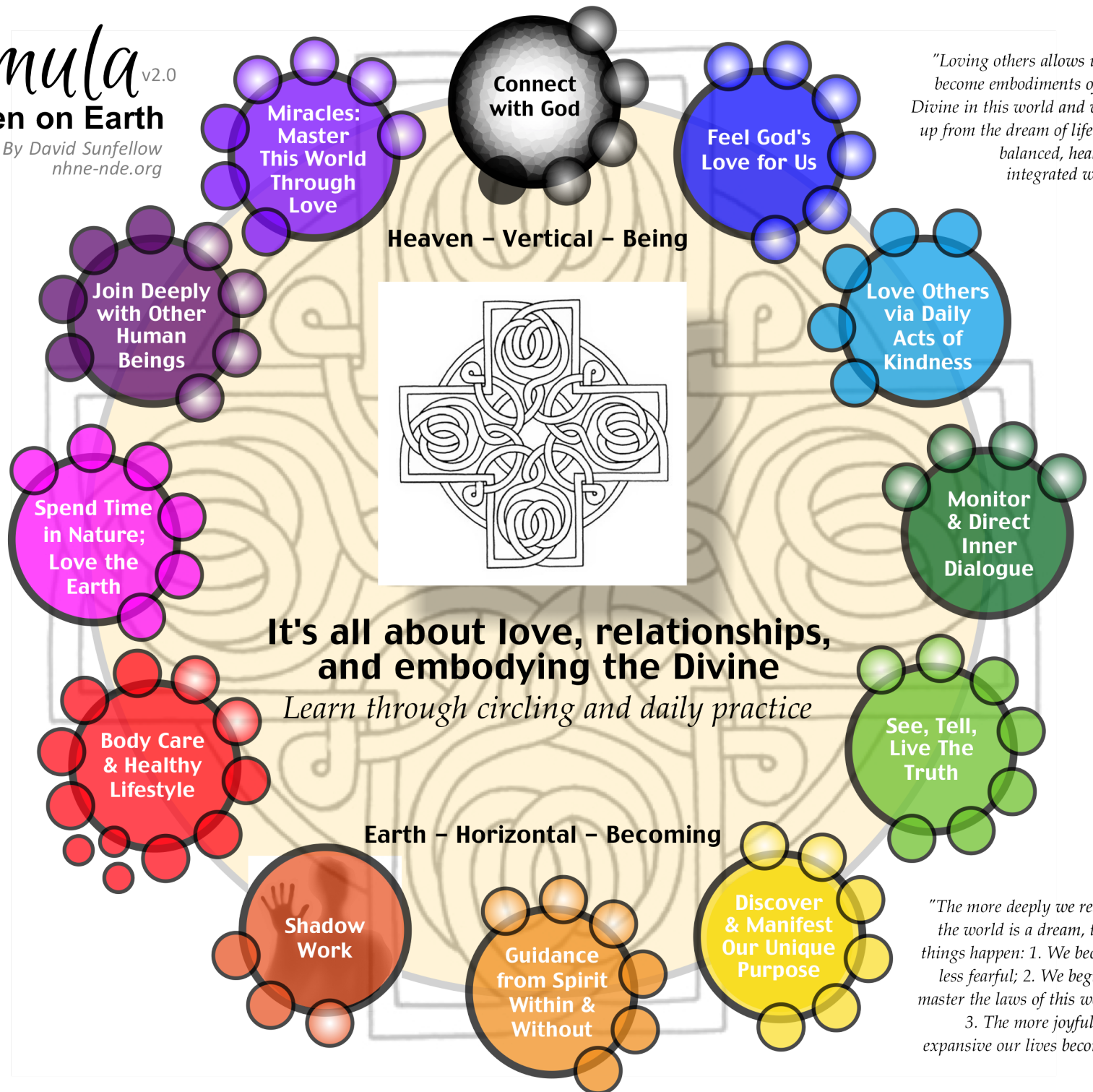


The Formula^{v2.0} for Creating Heaven on Earth

By David Sunfellow
nhne-nde.org

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



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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 (slow down, be present)
- Reach out to the poor, the downtrodden, the ostracized
- Love our enemies (within and without)
- Serve others, connect, be truly present (WE ARE THEM)
- 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 higher, healthier, more 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, other)
- Be honest with ourselves
- Be honest with others
- The world is a dream, but what we do here has great significance; we're here to get involved; to manifest Heaven on Earth
- Stand up for healthier, more loving paths, but honor all perspectives
- Avoid shallow, brainwashed, sleep-inducing mass media

Discover & Manifest Our Unique Purpose

- Ask God for help
- Use inner guidance, aptitudes, life patterns, family, friends, partners
- Step by step (be patient and persistent; avoid short cuts)
- Learn new things (change, grow, evolve, deepen, mature)
- Right livelihood (support ourselves via work that is moral/ethical)
- 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

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

Shadow Work

- 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)
- Work with dreams, which reveal the unconscious, immature, destructive forces within and show us the path to true healing (alone, with partners, in groups)
- Engage in other shadow work (psychotherapy, Pathwork, Integral Deep Listening...)

Body Care & Healthy Lifestyle

- Love and take care of our bodies
- Eat organic food, especially vegetables and fruits (when possible, choose fresh, locally-grown living foods; avoid processed foods, chemicals, pesticides, GMOs)
- 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 and grateful
- Pursue our 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
- Earthing (make direct, physical contact with the Earth)
- Plant gardens
- Make friends with animals
- Care for the Earth

Join Deeply with Other Human Beings

- In intimate partnerships
- With children, teenagers, grandparents, family, extended family, friends, strangers
- In communities
- In service
- Study and spend time with people who have had spiritually transformative experiences
- Be near children who are being born
- Be near people who are dying
- 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 This World Through Love

- The power of prayer
- The power of gratitude
- Bend time (slow down, be present, get more things done more efficiently without rushing)
- Supply and manifestation (learn how to manifest everything we need while being guided by God/Spirit and the deeper callings of our souls versus the egoic, superficial impulses of our earthly personalities)
- Synchronicities
- Miracle healings (study the miracle healings of others; believe miracles can happen for us and those we love)
- Communicate with, learn from, and heal past, present, and future lives/realities