

WAKE UP! WE'RE IN HEAVEN

David McHugh

INTRODUCTION

When I was a child I noticed that many things annoyed me. As my awareness developed, I noticed, through interaction with other children, that they also had complaints. Their complaints ranged from siblings, to parents, and friends. My parents' complaints ranged from friends, to co-workers, relatives, each other, events in the news. As I got older I realized everyone complained about everything. In high school and later in college, teachers complained about students, students complained about teachers, other students, who they were dating, schoolwork, how things were run, after school jobs, movies, television, the price of clothes, food, living expenses, our values, our culture, our traditions, and on and on and on. We live in the richest nation in the world where people's lives are easier than in most other countries, where we enjoy freedom and opportunity, and yet do not most complain? The poor complain. The middle class complain. The rich complain. What is going on?

If nothing brings happiness to anyone regardless of the degree of wealth or freedom, something must be missing. For someone to be dissatisfied about something he must have an idea of what should be instead of what is. Think of something that you are dissatisfied with. Do you know what would satisfy you? Why are we disappointed by each other? What do we want each other to do in order to correct the situation? We tend to see the problem as one existing in the other person affecting us. But if everyone is complaining, we must all be doing something wrong to be letting each other down.

Each spring billions of plants break through the ground sending tiny shoots upward, after a few weeks flowers blossom. If you observe the flowers throughout a day, you will notice that they turn to continuously face the sun as it journeys from horizon to horizon. Each life, be it plant, animal, insect, fish, or single cell, behaves according to laws that assure its survival in an environment suited to support its life. In some cases survival depends also on instruction passed down from previous generations. Migratory routes of animals that winter in distant habitats are learned by following older animals, hunting skills are taught to the young of predators. Many species need to do nothing more to survive than to simply unfold as their DNA dictates. Plants, fish, snakes, and insects come to mind.

Humans are born with instincts for survival, but also need acquired skills. However, though we are taught language, customs, and survival skills, the possession of free-will makes it possible to act outside of our natural or nurtured programming. Great achievements in art, science and technology

II

result from this ability to dream outside of the box. Great as these achievements are, they often lead to actions performed in the interest of the self, to the detriment of the environment, as well as to one's fellow inhabitants of the planet.

Throughout human history man has repeatedly credited his existence to the power of a deity. Sometimes his god would be fashioned in human form, other times he would assign a spiritual dimension to everything that existed: the sun, the moon, the stars, clouds, the sky, the earth, creatures, plants, or simply to a power. Early man embraced a concept of oneness. He felt connected to everything. He saw his existence as dependent and inseparable from all other life. He acknowledged a power greater than himself. As man's knowledge of science grew, he concluded that we were products of chance events occurring in a mechanistic universe run by laws of physics: dry, predictable, and spiritless.

In recent years quantum physicists have challenged the mechanistic view. Observations have been made that imply connections between all matter. It appears that everything affects everything else. Behavior of sub-atomic particles affects other particles seemingly disconnected. The communication takes place faster than the speed of light. We appear to be heading back to the concept of "oneness."

As scientist realize that shammanistic traditions have long embodied these concepts, and operate in dimensions they explore in theory only, they are beginning to consider the existence of a spiritual dimension. Perhaps what we refer to as spiritual, is a term for events and laws that are outside the ability of science to observe or measure. One thing is for certain: regardless of one's beliefs, we are all in this together.

As man traveled beyond our planet, brought the globe together through communication, flight, and technology, and increased the average life span, a price has been paid. Levels of stress have increased, the environment has been compromised, and a feeling of alienation from one's fellow man has replaced the ancient traditions of cooperation, and mutual dependence on one another.

We live in a world where the rule seems to be "every man for himself." Corporations manipulate workers and the public for profit, governments are insensitive to the needs of the people, religious wars still rage, people randomly kill each other, children shoot classmates in school, abuse of the environment takes place on a global scale, racism and religious intolerance still exist. Without man, it would seem that the planet and all its life forms would exist in perfect harmony until the sun burned out, or some rogue

III

celestial body crashed into the planet. What do we do to create these problem?

The answer is very simple if one is willing to admit it. Through our ability to act with free will, we constantly put ourselves first at the expense of everything and everyone. Because we view ourselves as separate from other life, we are insensitive to the fact that our survival depends on the survival of all. If we truly embraced life as an expression of a spiritual dimension, would we behave in such a fashion? If we believed in an ever-watchful God, could we do the things we do?

We have lost sight of our spiritual nature. It is our destiny to recover it. It is the reason we are here. In this brief book I will try to present a simple interpretation of our existence. We will discuss what our challenges are, as well as the steps that I believe need to be

taken in order to realize our destiny. My beliefs have evolved from personal experiences, inner knowledge, ideas put forth by other authors, observations, and gifts received as a result of travel down various paths.

At times I will state an idea and refer the reader to a book that either introduced me to the idea, or one in which it is presented in greater depth. It is not my intention to reinvent the wheel. If you are reading this book, no doubt many concepts will be familiar to you. If your life has led you on a search, chances are you've read many books from many sources.

I have noticed great concurrence to the spiritual and shammanic concepts of the world. Since I am not promoting one path over another, I have nothing invested in making one right and another wrong. It is my intention to distill the information to its essential essence. I will point out that between a physically based life, and a strict spiritual one, there are many degrees that one can pass through on the journey. It is not an either or situation. As one adopts concepts of behavior that are inspired by higher consciousness, one approaches deeper and deeper states of spiritual reality.

Realizing God is a process that is gradual, should not be obsessed over, but approached as one perceives the dawn: if you pay attention and stay focused, the light appears, but you can't really discern an exact moment it does so. One perceives increasing degrees of light until one realizes, "Ah, it is light." Most religions are based on faith, not spiritual experience, with promises of rewards enjoyed in an afterlife. This is not so. As the bible says, "The kingdom of God is within you."

IV

The spiritual path begins with how one lives ones life. It is not meant that we reject our lives as physical beings. By being conscious of the effect we have on the environment and each other, we begin to approach the spirit in which we are created. We are meant to love, create, and to act with compassion and generosity to all, knowing that we are meant to share what we have been given, not indulge ourselves as others die of want.

As we practice this discipline, we approach the realm of God. The final step being the awareness of our God nature, that we are expressions of the infinite One, aligned with God's power and plan, living in cooperation, abundance, peace, love, and joy, in a heavenly realm while here on earth. For heaven is now, here, during your life. There is no separation between the life that you are aware of, and that which you imagine after death. There is only a change in the density of the matter you occupy.

One moment you have a physical body, the next you are without it. You continue to be aware; to exist in a dimension of infinite grace, love, and peace. However, that condition is possible while here on earth. Our distortions of existence lead us to think otherwise. Your birthright is to exist in heaven, weather on a physical plane or ethereal one. Simply take the path and go to your destiny.

PREFACE

I was born in New York city during WW II. I attended Catholic schools. I experienced and witnessed beatings administered to children every day by the clergy in the name of god. I couldn't understand why they were so angry. I felt great love in my heart for everyone. Why did they tell me I was a sinner? I didn't feel that way. Their behavior seemed sinful, not mine.

At night I had strange experiences. At times I felt like my body expanded beyond the size of the city. Other times I would leave my body while in bed and walk through our apartment, or fly out the window. There were times I recall being visited by angels and biblical looking figures who radiated love and wisdom. They brought me great comfort. I never mentioned these experiences.

Access to God has always been controlled by religious leaders. In the past, if someone claimed to have a vision, they were accused of being a heretic and killed. Religious leaders have always claimed that the only way to God was through them. Having a spiritual experience without them was a subversion of their power. In spite of taking vows the clergy often abused their positions. How is one to explain a priest taking a vow of poverty and living in a palace, or taking a vow of chastity and seducing followers and children, or taking a vow of obedience and acting outside the commandments they instruct their followers to obey?

In later years I listened to new age gurus who said that God was present in everyone and everything, and that the world is unfolding perfectly according to God's will. But then many would instruct their followers to surrender everything to them in exchange for instruction in finding the way. What way?

If all is perfect, what needs to be done? If we are all God, who is doing the judging? It all becomes very confusing and in the extreme, can lead to incidents like the Jonestown cult suicide. It seems to inevitably lead to someone in power claiming to hold the only key to God.

Having been disillusioned, I turned away from religion for many years. However, as time went by I felt a pull toward a spiritual life. I could not shake the feeling that there was a source of great power and love that I was meant to access. I began reading books on spirituality. I discovered that my experiences were not uncommon. There were descriptions of

everything I had experienced. As I became deeply immersed in the information, I began to have these experiences again. My life became effortless, my intentions led to desired events. My life became filled with love, peace, abundance, and joy, shared with my wife and three children.

As my contact with this vast power became greater, my attraction to the activities of everyday life lessened. One morning I had a vision of seeing the unfolding of all life as a process of absolute perfection, inevitable and divine. I saw an inherent beauty in all events, detached from value judgements of good or bad, taking place outside of time, existing solely as a process of becoming, in an infinite moment.

BECOMING WHAT?

Simply becoming aware of our destiny as children of God, in possession of His power, here to create lovingly, interacting with all compassionately, sharing God's abundance, taking only what we need, comforting all who need us, living in joy and gratitude, and acknowledging God as He acknowledges us.

I now understand that a channel to God has been ever present in my life. I am not unique. This channel exists in all of us. I've come to realize that my greatest gift is the awareness and connection to this power. Our lives are projections of our thoughts. We can choose to create heaven or hell. We are meant to create heaven, but it can only be so if one is willing to surrender the ego in exchange. Heaven exists now, within your grasp, within your heart, within your mind. WAKE UP! We ARE in heaven!

David McHugh

Chapter 1

THE PATH TO HEAVEN

There are two realities: 1. physical existence; 2. that which physical existence springs from. The first is obvious, solid, and perceived through the physical senses. The second is subtle, beyond the senses, and easily missed. As long as one concentrates on input from the senses, and the resultant stream of thought, the subtle realm remains beyond perception. The material realm is fraught with problems. The subtle realm is one of infinite peace.

Believing that the two realities are separate creates an artificial barrier that excludes us from spiritual experience while on earth. This division does not really exist. It is of our own making. The conditions of the spiritual realm can be accessed while in the physical realm. Doing so results in peace, joy, and love. However, we are living in a world focused on material objects. We have lost sight of our true selves. Whether one credits evolution or a divine hand with one's existence, the distortion results in problems ranging from the inability to co-exist with other life, to the destruction of the very medium that supports life, the environment.

On an arbitrary scale from one to one-hundred, one representing the furthest one can be from a spiritual state of mind, one-hundred representing a fully realized master, there are ninety-eight places on the scale that represent degrees one can occupy between the extremes. Everyone is somewhere on the scale. Most register on the lower end.

Majorities of people either do not participate in a spiritual way of life, or practice a religion that teaches them that the rewards of living a good life await them in another place. Many religions teach meditation as a way of accessing God. Some teach the discipline of transcending earthly life and the denial of the body. Most paths are rigorous and require saintly willpower to practice. There is a simpler way. The division between the two realities can be dissolved. We can live peaceful, creative, loving lives on earth, and experience divine grace as one aligns oneself with the ways of God. For the turning away from that path is the origin of all suffering.

All life exists in a state of grace. What does that mean? It means we were created in a state of perfection, with everything we need provided. We were meant to be in contact with that which created us, knowing our origin, with nothing more to do than to live creative, loving lives in peace and harmony with all other life. If our lives existed in that state, we would appear to be living in heaven. However, as we focus more and more on ourselves, we begin to lose touch with our fellowmen, other life forms, and the environment, with a corresponding descent down the scale as we

lose touch with higher states of mind. We still exist in a state of grace, but lose touch with that state, as we seek to gain power, and eventually find ourselves in a hell created by our own efforts. As our lives become more and more of a struggle, we project our belief of life being a jungle onto the exterior world, justifying our aggressive actions, furthering our distance from the Source, and create a living hell of war, poverty, alienation from each other, and the destruction of the environment.

At any time, we can alter our behavior. We need to overcome focusing on the self, and begin the journey to a higher state of mind. No one is fixed at one place or another. Our actions are not being judged. Our experiences are meant to teach us to use our God-given power to create with responsibility, while considering the effect of our actions on all other life. It means surrendering the need to be right out of pride, or to impose one's will on others for selfish gains. It is a way of living with compassion and being sensitive to the effect we have on others, being careful not to inflict pain on anyone or anything. In doing so, we fulfill our destinies as children of God, living creative lives, in love and peace, existing in a heavenly state, here, now; not waiting for an afterlife. It is our destiny. I

- The path to Heaven is meant for everyone
- It can be taken on one's own
- It will change every aspect of one's life, bringing peace, love, joy, freedom, and abundance.
- It is a simple path. It requires only honesty, and the ability to make a commitment.

The path is a journey of remembering who you are. These simple ideas are offered to point you on your way. All that you dream of awaits you. May you know that God is always with you and waiting for you to join Him in love and peace. The path leads you home.

Join me in Heaven.

Meditation is the act of stilling the mind, quieting the ego, focusing on a thought or object to perceive its essence, or to enter a spiritual state of being. Though this practice is of great value, it separates one's life into two states: when you are meditating, and when you are not meditating.

What would happen if the state of mind one enters while meditating was maintained when one is not in meditation? What would happen if one were able to interact with one's fellowmen and everything that one encountered, without processing the experience through one's ego? Try the following exercise.

EXERCISE 1

D. Quiet the mind

R. How?

D. Stop thinking.

R. I can't.

D. Concentrate on a blank wall, a blank piece of paper, the sky, anything that won't require thought.

R. Thoughts immediately intrude. What good will this do?

D. By learning to quiet the mind you will start to see the essence of all that makes up your life. By doing so you will be able to evaluate clearly the impact the events you create in your life will have on yourself, as well as everyone and everything you come in contact with.

R. It's very hard to shut the mind off.

D. You will learn how. Turn to Chapter 2. A TOOL is described that will assist you.

Chapter 2

A TOOL TO GUIDE YOU

All matter in the physical realm is comprised of energy and is aware of its existence on a level relative to its composition. With the exception of humans, all life behaves in a predictable fashion, since it is governed by instincts that assure a relationship of balance with the environment. If one observes the planet from space, it appears as one event. The separation between living organisms, or for that matter, energy, is a condition that we impose onto existence, since we perceive ourselves as separate from all other existence. This perception is a result of the unique ability humans possess: self awareness. Self awareness gives birth to the ego: that part of a human that gives one the sense of "I." The ego is formed by one's experiences, emotions, and reactions to and in the world.

A human can act outside of the dictates of instinct, can create objects that do not occur in nature, and can express itself through language and art. Though our greatest accomplishments as a species are a result of this unique ability of being aware, we have a tendency to put ourselves before the environment, and our fellow inhabitants regardless of the consequences.

If, as your senses perceived, the input circumvented the process of interpretation by the ego, you would lose your ability to judge. One color would possess no greater or lesser value than any other. Music would be but sound, no preference for one style over another. Dress, architecture, food, art, culture would simply represent the organization of matter. Differences of skin color (the result of an organism's adaptation to the environment's availability of sunlight) would be perceived, but not cause any emotional response. Religion would consist of various rituals with no meaning.

Experiences of the past, present or future would be events that could be pondered, but to what end? Having no emotional value, they would be nothing more than images stored in the brain. The mind would be blank and in a state of peace. It would be akin to a radar machine with a blank screen, occasionally picking up images, but not experiencing emotional responses to them.

The TOOL we will use to help us on the path to Heaven is an imaginary lens mounted in a handle, something similar in appearance to a magnifying glass. However, instead of magnifying an image, when you look through this lens you will see objective reality, or reality not

processed through your ego. The intention will be to NOT register an emotional response. Simply view an action, word, deed, event, or interaction with another person, and try to imagine the effect it will have on your life, the life of the other person, a situation, or the world. Think of this for a moment.

* * *

You are at the doorway of Heaven.

Chapter 3

DEGREES OF CONTACT

Man's problems began with the development of free-will, or acting outside of instinct. We behave as if life is a challenge of survival, and the solution is the accumulation of material possessions.

Consider the following alternate scenario:

- The existence of one entity (God) >
- Physical manifestation >
- Life appears and functions according to instinct >
- Man evolves awareness and free-will>
- Problems occur that threaten existence >
- Man, instead, aligns himself with aspects of God: love, peace, abundance, compassion, joy

A level of awareness is achieved based on creativity with responsibility, respect for all that exists, an embracing of the concept of oneness based on the connectedness of All That Is.

Man would realize his true nature as a child of God, understanding that Heaven had always been present, if only he was willing to participate in its creation.

One of the misconceptions of the spiritual path is the expectation that something other worldly is going to happen at some point. The reality one encounters is that subtle change will occur very soon, but on a physical level. Stress decreases, joy begins to enter one's life, problems are dealt with easily. The process is ongoing and endless.

Once physical existence becomes effortless, deeper and deeper levels can be accessed, and it is possible to encounter great energy, visit spiritual planes, and Masters. That's all very nice, but it's not the point. The benefits begin here on earth. Spiritual evolution while on a physical plane is still about living one's life here and now. The benefits are meant for physical existence. If one's devotion is so deep that you are drawn to other realms, it is only an indication of your commitment.

We spend our entire lives thinking of ourselves. Each day that we awake, all that's on our minds is how we are going to please our-selves. Whether through love, sex, drugs, career, fame, amassing material possessions, or whatever our fantasies are, we pursue our pleasures. When we encounter

obstacles, we become frustrated and often have temper tantrums. This process begins as infants, and extends throughout our lives.

Larger and larger organizations of people manifest this behavior until whole countries have tantrums and attack each other to impose their will. The dynamic is the same. "This is what I want. If you don't agree, I will kill you."

This attitude excuses any and all behavior in the service of getting one's way. Individuals stop at no end to assure their own survival. This is the way of the ego. This way is not working. Though technology has exacerbated the effects of selfish behavior, it has also provided a clearer picture than ever before of the adverse effects our behavior has on each other and the environment. Religions pretend to offer guidance, but are distortions of the simple concepts of love and peace. Since organized religion is run by humans who are subject to the same traps of ego, they become organizations of manipulation, guilt and aggression.

This will not lead to peace and love, but only to business as usual: guilt, concepts of sin, accusations against those with differing points of view, religious wars, exploitation of followers for personal gain, and on and on. Spiritual truth is simple: live with compassion, in peace, loving all unconditionally, and sharing God's abundance here, in Heaven.

The more one acts from compassion and concern for the consequences of one's actions, being careful to avoid causing harm to others, the more one will begin to live life as an experience of love and peace. The Garden of Eden still exists. It is we who lock ourselves out.

Chapter 4

BEGINNING THE DAY

As you awake, stretch, and relax. Before your mind races off in so many directions, reflect on how you begin your day.

If you fight time and your alarm clock, trying to enjoy a few moments more in bed and then rushing in a panic, take your TOOL and look at how that habit starts your day. It puts you in a state of stress immediately. If you have a responsibility to get to a job, or wake the children, you feel driven by that responsibility. You give up your sense of self determination. Events are pulling you along.

Try waking up thirty minutes earlier. Take a leisurely shower, sit with a morning drink, plan your day, and at some point, address what needs to be done

Instead of an "event" dictating your behavior, you're fitting it into your day, which is already in progress. The day becomes yours, with responsibilities that you chose to assume, not intrusions taking control of you.

Everything that exists in the world was an idea before its manifestation into physical reality, including life itself. Look around your room. Everything in your room was put there by choice. If you live alone, every choice was yours. Is the room tidy or cluttered? Either way, it's a projection of your mind. Our lives are projections of our thoughts. We create our individual lives ourselves, while creating our culture and the conditions of the world, en masse. Everything is a manifestation of our thoughts and values. We are what we think.

As you go through your day, observe every event from the point of view of it being a projection of your psyche, a choice of yours, doing so with an awareness of the impact each choice has on those you are interacting with, as well as on the world at large.

Chapter 5

DIET

Everything that goes into our bodies has an effect. The further we travel from a natural diet of raw food, nuts, seeds, small amounts of protein, fruits and vegetables, the more we adversely stimulate our bodies and cause problems, least of which is loss of the ability to sit still and quiet the mind. Our culture jump starts its day with coffee, and releases the tension of the day with drugs and alcohol. There is a great problem of overeating creating an overweight population with health problems ranging from diabetes, to heart disease, and cancer.

Take your TOOL and view your breakfast. What effect will the food you choose have on you? How will eggs, pancakes, syrup, butter, ham, or bacon, affect your body? What will a Danish and a cup of coffee offer in way of nutrition?

The fat will eventually tax your heart, the coffee and sugar will jump start your body, giving the impression of energy, while really being a stimulant that has nothing to do with the body's natural process of energizing itself for activity. In a few hours another dose will be needed. The roller coaster of stimulant followed by crash will be set in motion.

Each culture has its language and customs. Each feels like what it is. A morning in Tahiti does not feel like a morning in New York City. Habits are widespread within cultures, and people practice rituals that unite them. Coffee is the beverage of choice in America. When one goes out into the street, one runs into a wall of energy. The pace is frenetic, hurried and stressful. One races to catch a subway or bus or cab, or sits in traffic, fighting time and crowds in pursuit of that which runs us.

What is the effect of this pace on a human being? We are increasingly addicted to speed. Images come at us at the speed of light from TV screens, computers, and movies as life races forward. We are losing our ability to sit quietly and relax. Our food is killing us, our lifestyle is killing us.

Look through the TOOL at how you eat, and the way you go about your life. From an objective point of view, are you serving our best interests? If you are unhappy about your weight, look at the relationship of food choices and your body. Look through the TOOL at what you are about to eat. Will it serve your ideal or exacerbate the problem?

At the end of the day the nerves are so rattled that alcohol, pot or some other drug seem to be the only means of taking the edge off.

During sleep the body has to work throughout the night processing and cleansing, eliminating the substances that were ingested during the day. By morning there is a fatigue that one feels that is attributed to one's work load or frenetic lifestyle, but in most cases is a result of diet. More stimulants are needed to carry on, and the pattern is repeated.

Chapter 6

WORK

Work in the modern world is simply what we do to generate the means with which to live. If we are aligned with what we feel we are capable of doing, we are satisfied. If we feel we are working below our potential, we feel a lack of fulfillment. If we are performing a job based on an ambition to earn large sums of money, not a love of the work, stress will be experienced and no amount of money will ever be sufficient to eliminate it. Work that we believe in, that also provides the means to satisfy our needs, will be infinitely more rewarding. The concept of one's lifestyle will be a determining factor in choosing one's job. Do you value material possessions or peace of mind? If you work at something you love and enjoy a good income, you have the opportunity to be at peace in that area of your life. All too often, however, when a level of comfort is attained, a desire for greater wealth follows. Peace of mind is replaced with a self-imposed pressure to increase one's income.

Take your TOOL and look at what you do. What do you value more: peace of mind or greater wealth? If you choose material wealth, what is the price you are paying? How does what you do influence your state of mind? Does what you do bring you satisfaction? Are you working at your potential? Do you strive to increase your income although your material needs are met? Look at your answers and note what the results are of each of your choices.

THE PATH THUS FAR:

1. The PATH. Make a commitment to the PATH
2. The TOOL. Construct your mental TOOL
3. ONENESS. See yourself as one of many comprising ONE
4. STARTING THE DAY. Begin your day in peace, viewing your actions as choices
5. DIET. Eat that which will create health and the self-concept of self you envision
6. WORK. Perform work that brings you satisfaction and peace without exploiting others.

Chapter 7

**THE TRANSFORMATION OF MATTER
FROM ONE STATE TO ANOTHER**

One of the most powerful techniques for dissolving fear is learning to understand the origin of attachment to our bodies. If one views life as a spiritual process, the body is the suit that the spirit wears while on the physical plane. If one views life simply as physical existence, attachment to physical matter follows. We want terribly for things to exist forever. We don't want our loved ones to die. We don't want our pets to die. We detest aging. We don't want our possessions to age. We don't want anything to change. We imagine suspension of change as an ideal state.

Take your TOOL and imagine life before you were born. As events unfolded, you came into existence and attained awareness.

You were born into heaven.

We quickly figure out that there will be a point when we will not exist. This results in the fear of death. However, the fear can only take hold if existence is viewed solely as a physical process. It is not. Existence is based on spiritual perception. Each of us is a spark of Divine consciousness. By viewing life as a physical process interpreted through our egos, we blind ourselves to that fact, and cut ourselves off from our true reality: spirits in flesh.

All drama originates by the ego not accepting things as they are. Just as a child has a temper tantrum when it doesn't get its way, we as adults rant and rave when things do not unfold as we wish.

The next few chapters will explore how this desire for control stemming from attachment, causes the problems we encounter, as well as the difficulties we experience with each other in our everyday lives that lock us out from where we belong, Heaven.

Chapter 8

CASUAL INTERACTION

Every time we interact with another person we have the opportunity to create a friendly, loving exchange, if not in words, in attitude. Our responses to each other occur so quickly that we fail to realize them as snap judgements based on physical appearances, age, economic status, mental and emotional states of the person, or simply the energy they are projecting. When one suspends judgement and works at maintaining objectivity, our egos cannot stand in the way of our exuding love and peace. Being judgmental stems from fear. Most people live their lives fearing each other and the circumstances they find themselves in. Instead of viewing life as an expression of ONE, we see situations and people as apart from ourselves which results in feelings of threat.

Identification of life as solely a physical process can only lead to great anxiety, since it invariably leads to death. Life becomes a struggle as we battle everyone we meet in order to have things our way. It is a futile, desperate attempt to stay the end of physical existence that the body will inevitably encounter. Consider the following alternative interaction:

You meet another person.

You acknowledge that you are both spiritual beings.

You feel no threat from the other person.

Feeling no threat, you experience love and compassion.

Feeling love and compassion you are unable to be dishonest in your dealings with them.

Feeling a sense of connection, you are unable to manipulate them for your own gain.

As you adopt this mind-set, you will find it increasingly easy to express an opinion, while tolerating a difference of opinion. When you reach an impasse, you will approach the solution in a reasonable fashion, seeking a mutually satisfying resolution. Manipulation and aggression are not considered options. When you depart, you'll both feel at peace with the interaction.

Take your TOOL and consider how you react when passing strangers, or when you engage in simple interactions as with a clerk in a shop, or co-workers, or guests at a party. Since thoughts trigger emotional responses, you can mentally play any of the aforementioned scenes, register and observe an emotional response, gaining an insight into how you usually react in each situation

We constantly close ourselves off to others in response to threats that, in most cases, do not exist. In doing so we miss the opportunity to be close to one another, to feel empathy, to feel love, to feel at peace.

Chapter 9

PROFESSIONAL INTERACTION

As the industrialized world makes greater and greater demands on the environment, burning fossil fuels, draining marshes and swamps, cutting down huge tracts of rain forest, developing chemicals that are outside nature's ability to process and absorb, eliminating millions of species, affecting temperature, creating drought and severe weather, the level of awareness necessary to survive has had to increase. Take the simple act of having a drink of water. Our ancestors had one question to ask: is it fresh or salt water? Today we must avoid most fresh water. Streams carry toxic industrial wastes, lakes are saturated with fertilizers from farms, and rain is laced with pollutants bringing death instead of nurturing life.

What has created this situation?

If one invents something that will aid survival, a tool, or a medical technique, it is rarely questioned. All but a few embrace it. But almost every new convenience also has an unforeseen negative impact. If a vaccine is created that prevents a deadly disease, it tampers with nature's mechanism of balance that prevents one species from overrunning others. Because of our attachment to our bodies, our loved ones, our possessions, we think not of the consequences of our actions, but only that we can trick nature and prevent the inevitable. Of course, in the long run, we are bringing on the demise of the whole.

We are in a constant battle between the gift of awareness that makes it possible for us to be cognizant of our existence, and the reality that our deaths are imminent. We conquer, invent, manipulate nature, extend life through science, hoard resources, create differences between each other where none exist, and justify war, exploitation, and the destruction of each other's cultures.

Before man took the path of technology, he was in awe of the mystery of life, in touch with the spirit world, with great reverence for nature. With the intelligence and awareness of homo sapiens, it was inevitable that man create sophisticated tools, imitating nature in his creative endeavors. We've been to the moon, we fly around our planet, we communicate on a global scale, we have extended life through science.

But the price we pay is seemingly greater than we can afford. It looks very much like we are in the process of altering the environment to the point where it will be unable to support human life.

If we place our species on an emotional scale with a range corresponding to a human's life from birth to advanced old age, our overall behavior, our self centeredness, our lack of concern for the impact our actions have on the environment, our insensitivity to the feelings of others would result in our registering on the lower end of the scale at about age three. Just as a human is expected to develop empathy and maturity, our species must go through the same process if it is to survive. It's not necessary to return to living in jungles or caves. It is necessary to admit that the emphasis of modern technologically minded man has been on himself, the individual, rather than on the whole.

Until man sees himself as an inseparable part of the whole, he will not be able to place concern for the whole above his own, which, ironically, is one in the same. We must realize that everything we do, good or bad, will have an equal impact on everyone as well.

The government of Brazil recently put a ban on the relinquishing of its vast knowledge of the pharmacological use of rain forest plants. A foreign company researched some compounds that were openly given them by some natives from a rain forest tribe. They analyzed the plants and began manufacturing drugs based on the chemistry. None of the profits were returned to the tribe or the Brazilian government. This kind of business is not in the interest of the whole. We can not continue this kind of exploitation of one another.

With your TOOL, view the work you do. Do you think beyond yourself? Does your work impact the world and your fellowman favorably or negatively? Do you derive feelings of peace from performing the work you do? Do you view your fellowman as an adversary or as a brother in your business dealings?

If you believe the task of healing our world is too great, have you already given up? The responsibility for healing falls on each of us, but don't be intimidated by the magnitude of the task. The portion you are responsible for is yourself. As you view your life objectively, soberly acknowledging the impact your actions have, adopt a compassionate mind-set. If you perform your work from that frame of mind, you will contribute greatly to the healing of our world, for the positive actions of even one person are greatly felt.

One of the most intriguing concepts that physicists and inventors have played with throughout the ages is the perpetual motion machine; the Holy Grail of physics. To solve the challenge of creating more energy from a system than one puts in appears to be an impossible achievement. The transformation of energy from one state to another results in a loss of a small amount of energy from its original state. Simple inventions like windmills or waterwheels along streams have created energy sources that utilize the motion of air or water to create energy without having to use fossil fuel. Of course this is only possible in a few places, and are impractical for use by large, urban centers. The next generation of natural energy requiring little or no energy expense is solar and thermal energy. Up to this point, however, we have not been able to create materials inexpensive enough to manufacture, or solved storage issues to make these viable options.

Nature constantly demonstrates the terms of behavior necessary for maintaining life in a balanced state. We but have to observe nature to find our cues of how to carry on. The concept of business as a means of amassing great wealth is based on the belief that one can indeed create a greater return on what one invests. What we fail to admit or even notice, is that the process is flawed and what one wishes to believe is taking place is really not happening at all.

Think of each person as one unit of energy. Each life can be used to maintain itself. If a model is created where many lives go into the manufacturing of a product, let's say a sneaker, and the owner of the company sells his product and considers the net gain as his profit, while he is paying his employees subsistence level wages earned in poor or dangerous working conditions, offering no health or retirement benefits, he is taking the output of each person's life, and keeping it for his own.

He is not only creating a perpetual energy machine, but one that creates vastly more than he put into it. But that's only an illusion. He is simply keeping for himself the results of the efforts of others. He justifies this by insisting it is his right, since he started the company.

If you are going to create a situation where others come into your world to work and earn a living, is it not your responsibility to create an environment and system that provides for the workers, and returns to them earnings in proportion to their contributions?

Take your TOOL and look at nature. Does nature create any life, from a one celled organism to the most complex species, and not assure it will have everything it needs to flourish?

It is only man who puts selfish interests before all else, playing a shell game with the lives of others, justifying his right to exploit, stealing the life energy of his fellowmen in the service of self. Any and all negative conditions on our planet result from this way of thinking. The enemy is within the gates, and it is the self. Correct the self, and the world is healed.

Enter Heaven.

Chapter 10

PERSONAL INTERACTION

To experience the attraction between man and women is to feel the dynamic force of existence directing us to create life. Humans are the only species that prevent procreation upon reaching sexual maturity, with the exception of animals in captivity.

In keeping with the modern obsession of self, we put off having children until we receive lengthy educations, experience years as a single person, or endeavor to earn large sums of money to ease the inconvenience of the financial burdens of having children. When the conditions are just right, we may decide to have a child, but often too much time has passed, the habits of self-indulgence have taken over, or time on the biological clock expired.

We have become mesmerized by our clever toys and often lose touch with the basic drives of life: to preserve the self, and to create new life. One may argue that the world is over-populated, but this is a result of our cleverness in sustaining human life at the cost of the environment and the welfare of our neighbor species. It all revolves around ego. We can't bear the reality of death. Oddly though, the act of creating new life, the act that sustains our existence through passing along our DNA, is rejected by many once a level of excessive wealth is achieved.

Are we creating conditions in the modern world that cause us to inhibit procreation on a very deep level, sensing the environment is not ideal, very much like the aforementioned animals in zoos that refuse to reproduce in captivity?

Since the world is not about to surrender its technology, the way out of the dilemma is to further depend on technology to solve the problems that were created by our drive to improve the way life works. It is a daunting task, since almost every "new" breakthrough seems to have a negative consequence equal or greater than that of the positive. If man continues on his present course, the conditions that support human life may well be destroyed. In time nature will simply establish new life and continue on its way.

What can an individual do to contribute to the healing of our world?

Begin with the self.

Take your TOOL and look at the dynamics of interaction that exist in your most intimate relationships. The closest relationship we begin life with is with our parents. Once you are an adult the rules of engagement are set. If there is going to be evolution toward clearer communication, it will come as a result of you as a parent establishing a new paradigm with your children. What will that entail?

To begin with you must endeavor to instill and maintain in your children's minds and hearts the concept of being one with all life. Children do not view themselves as separate from the environment.

The process of individuation is learned as we promote the sense of self: your body, your room, your toys, your name, your "special" gifts, your great achievements, backed by a stream of photos framing the child against a background of world, not as an inseparable part of it. If a child is raised with a sense of being a part of All That Is, he or she will think twice about injuring the environment, since he will identify with it. This would extend also to playmates and later on, to every other person interacted with.

Maintaining a dialogue with your child, explaining why things must be done from the perspective of the whole, not from the individual, instilling a sense of empathy, sensitivity to others, and compassion for all is crucial. Battles will rage in opposition to concepts of sharing, since the individual is very self-centered during childhood.

As the child matures, the lessons will root, and the emerging adult will not view himself as the center of the universe, but as a part of the whole.

Take your TOOL and consider the methods of interaction you employ with your loved ones. Do you instruct or command? Do you use anger as a means of intimidation to get your way? Do you close off to opinions that contradict your own? Is your point of view based on concern for your own interests, or are you thinking beyond yourself? Do you naturally assume things are going to be your way? Do you resist others acting outside of your prescribed dictates? Do you feel that you're being manipulated by your child, parent, or mate or close friends?

Do you consider the impact your desires have on your loved ones? Do you approach decision making with an attitude of fairness? Do you see yourself as a part of the whole?

Our habits are so imbedded in our way of acting that we rarely question how we're going about our lives. If we simply wake up in a time and

place, observe how things are done, and go about our business, we will never experience the possibility that there might be a better way to live our lives.

Did you ever question the fact that you spoke the language you found yourself using as a child? No. We simply adopt the language we're exposed to without question. That process extends to every aspect of the culture we're born into. The only way we can view culture objectively is if it's not our own, but all too often, when we encounter differences, we attack them. How could some cultures painfully remove a young girl's clitoris, or young men insert hooks through their flesh and hang from ropes as part of a rite of passage? They perform these acts without question. It takes the objective eye of the outsider to see that they may be causing great pain unnecessarily.

Your TOOL can aid you in rooting out those habits that are counterproductive to your relationships. You must be constantly vigilant to spot them. Fifty or more percent of marriages would not end in divorce if husband and wife were sensitive to each other and did not deal from the 'me first' point of view. It takes great effort to be aware at all times, but what is the alternative?

Before you proceed into a relationship, take your TOOL and consider what you want from it? What drives you toward a relationship?

Many people who come from dysfunctional families marry and plan families only to end up recreating the nightmares they came from. We can't simply assume we're aiming for that which will create love and harmony. There are deep rooted self-concepts that are actually the scripts from which we create our lives. Unless you look carefully at what you are intending to create, you'll find yourself in the same dilemma your parents were in.

If you go about with an alert mind, watching your actions, being sensitive to the impact your actions have on your loved ones, you can start to create your life from awareness, love and compassion. Soon you will begin to experience love and compassion directed toward you.

Your life is a result of what you think and do.

If you want love, you must be loving

If you want someone to be caring toward you, you must be caring

If you want to be treated kindly, you must be kind

If you don't want to be hurt, be careful not to hurt

As you adopt a compassionate way of living, you will start to see all life around you mirroring your actions.

Be ever alert to how your actions impact your loved ones. Constantly question what your motives are when you ask for something from another. Be on guard against your ego taking over and wanting to be indulged before the needs of others. If you can achieve these goals your life will be filled with an abundance of love.

You are in Heaven.

Chapter 11

CREATING YOUR LIFE

Throughout our lives we are exposed to advertisements depicting romantic vacation getaways ranging from South Pacific islands with vast secluded beaches, to mountain retreats complete with waterfalls, streams, meadows and snow-capped mountain vistas. The favorable response to these ads by the target consumer is based on a couple of assumptions held by the advertiser. The first is that natural beauty is appealing; and secondly, once there you will be moved to have sex.

What is behind these assumptions and why are they correct?

The first assumption deals with our innate response to natural beauty. Why do we respond to and perceive as beautiful, sunrises, sunsets, ocean waves, mountains, snow falling, streams, spring flowers, sandy beaches lined with tropical trees, geese flying south, the quiet of deep woods, falling rain, autumn colors, and the myriad of other natural sights? The answer is simple: though we may not embrace the concept of oneness with All That Is, the feeling of being connected is inescapable. We subliminally sense that what is before us is also in us. We are one with what we view.

In a way, we are gazing at ourselves. It's similar to the feeling we experience when we view ourselves in a mirror, except on a grand scale. We identify with the person reflected in the glass just as we identify with the reflection of self that we perceive in nature.

When we are surrounded by natural beauty we are detached from man-made objects that overwhelm us with the imposing presence of man's ego. Once we leave civilization, peace, balance, tranquility, and harmony fill us. Why is camping so popular? We leave the comfort of our homes to sleep on the ground, fish or hunt for our food, cook our meals over fires, relieve ourselves outdoors, hike through mountain, desert, or wooded trails and subject ourselves to snakes, bears, mosquitos, and ticks. We seek to reconnect with our true condition: to be one with nature on the simplest terms.

The second assumption, you will engage in sex if you visit one of these beautiful places, is also true. When man is away from his frenetic cities and stressful lifestyles, and finds himself in a natural setting, the sex urge immediately surfaces.

The image of having sex under the stars on a warm, sandy beach, or in a mountain meadow of wild flowers is very appealing. Whenever we are in a natural setting, we are moved to procreate. As we move further and further toward civilization, its complexities, and accompanying stress, the desire to procreate diminishes.

Take your TOOL and imagine how living in a crowded city affects your life and the choices you make. How would you feel different in a natural setting?

There are two mind sets one can adopt as you make your way in the world: 1 You can see yourself as a victim; 2 You can view your life as a result of your thinking and actions. The first implies events occurring in your life over which you have no control; the second empowers you. Which is more appealing?

It's very easy to make an argument against personal responsibility by looking at all the unfortunate people in the world, and asking if they created the conditions of their lives. That can only be answered by you after you've explored, and personally experienced events that support alternate views of existence. Western civilization embraces Darwinian/Newtonian concepts of existence based on theories of random events occurring as a result of energy suddenly coming into existence, and forming itself into greater and greater organizations of matter until human thought resulted.

There are many books written by serious thinkers who have explored these concepts and present clear arguments in support of radically different views of the nature of existence. There is an appendix at the end of this book listing a number of titles that clearly explore these viewpoints, with a brief explanation of the contents of each book.

Shamans the world over have long believed and practiced the art of creating and manipulating matter by visiting alternate realities, understanding that the universe is entirely connected, and that thought as energy is a creative force that acts in a non-physical medium, that finally manifests in the physical dimension. Quantum physicists are arriving at a very similar concept. It has been observed that particles affect other particles simultaneously, though separated by vast distances.

It is not far fetched to believe that humanity shares a common consciousness that decides on the course of human endeavors with the experiences of individual lives as the details of scenarios that involve and

include everyone. It is also quite feasible that each individual accepts their part while in a non-physical medium.

You ask, to what end? The answer is simply to arrive at the understanding, acknowledgement, and harnessing of the vast creative power at our disposal, to be used in a positive way, supporting all of existence, not for the sake of the individual, but for all. We are learning to exist, perceive, create, and function with responsibility, love and compassion in balance and harmony. The tragedy of the great world wars is not so much the loss of individual life, but that these losses may have been suffered without learning anything. We as individuals learn by experience. We as a species learn in exactly the same way.

If you proceed throughout life with the self-concept of victim, there is an implied belief that events are thrust upon you without any responsibility for those events. This concept is accompanied by a feeling of powerlessness. The only appropriate reaction is to defend oneself from the slings and arrows of life.

It is said that a strong offense is the best defense. The mind-set of victim justifies attack, exploitation, greed and selfishness, assuming that if one doesn't act aggressively, the world will overpower you.

Nature does not attack itself. Each organism intuitively understands the cooperative nature of all life. Each takes what it needs in a dance of energy exchange. Once again, our awareness often results in fear; fear causes one to disconnect from the natural order of life; aggression then seems justified. Eat or be eaten becomes the order of the day. But in truth, every life eventually ends, and the matter that comprises the organism returns to the organic soup from whence it came regardless of man's attempts to overcome death, though the non-physical portion of the self lives on.

Before you set out on your life's journey, take your TOOL look closely at your ambitions. How will the realization of your dreams affect others, and the environment? Can you truly enjoy life with the knowledge that what you are doing might injure all life?

Accepting responsibility for your actions, proceeding with the awareness that your activities affect all, will empower you. But In addition to a vision of what you wish to create, you must develop discipline: to bring to order and obedience by training and control. This means you must cultivate the ability to harness your talents by practicing the skills you wish to develop, and then applying them in a sustained effort until your goal is achieved.

You must cultivate vision, intention, sustained effort, and proceed with the wish to live your life lovingly, compassionately, respecting all other life, and offering comfort and generosity to those in need. In time you will see those qualities reflected back into your life, and will eventually live in peace, love, and harmony.

Heaven is not a place in an afterlife; it can exist here, now.

Chapter 12

ASPECTS OF CONTEMPORARY LIFE

The dominant component of modern life is electronic technology. We are no longer subject to periods of darkness as the planet faces away from the sun. We listen to music recorded by artists the world over, from every culture and period of human history. Computers have changed every aspect of how we live. We've made it possible to remain at home while carrying on business around the world. We have created instant communication on a global scale. The list goes on and on.

As we eliminate the necessity for face to face communication, we are in the process of reducing ourselves to electronic representation, appearing as symbols on a screen. Once again we move in a new direction, assuming we are making progress. Ironically, having developed the most miraculous network of communication ever dreamed, we are creating a world in which less and less physical contact is required. One of the most striking examples is the creation of life without the sex act.

Human contact is the most necessary ingredient in the creation of a healthy, emotionally stable human being. What will conception in a lab, isolation from each other, and electronic communication instead of face to face interaction lead to? The effects of this new culture are already noticeable. There is a trend toward unprovoked murder: children kill each other at school, workers shoot each other, individuals randomly shoot others at fast food restaurants, or day care centers from passing cars or rooftops. People poison food, send disease or bombs through the mail. Why are so many feeling so resentful?

Take your TOOL and consider if the lack of human contact combined with living in a world run by faceless corporations contribute to this dilemma.

Most people who leave their homes to work turn on their televisions as soon as they return. Children left on their own after school sit in front of their TVs and computers for hours every day. When we do have time to spend with each other movies and computer games are most often the entertainment of choice. If we go to a bar for a drink and to be around others, there is usually a TV playing. Humans take for granted the traditions and practices of culture, time and place they are born into. It is very difficult to question if the norm is best for one's self, as well as the population at large. If you feel dissatisfied, you must examine every aspect of your life and determine if your current path will contribute to your peace and happiness, or lead to stress, anxiety, and depression.

Try this exercise: visualize yourself in the following setting and notice the emotions it registers. See yourself with loved ones: mate, children, parents, or friends living in a forest, or by the ocean in a rustic hut or cabin. Imagine fishing, hunting, foraging for, or growing food. What is missing? While you hold onto this image, carefully add what you would need to function in the modern world. Limit your additions to the essential, choosing to live within your means, spending time with loved ones, and returning to nature as often as time allows. As stress is greatly reduced by your valuing the true riches of life imagine the calm that would envelop you. How does this contrast to the life you are leading now?

Humans have been able to develop culture because each new generation is imprinted with the previous generation's values, code of behavior, language, and customs. There is a period of rebellion that occurs in the teen years, but that too, is programmed into the new generation to serve a number of needs: the newest members of the community are able to assess the practices of the culture and challenge what they feel is not to the benefit of the group. Another possible reason is to ease the pain of leaving the group and setting out on one's own to start a new community. Perhaps when the environment around a community could not sustain great numbers, it was necessary for some to move on. Other animals instinctively make those adjustments.

In contemporary life most people do not exercise their imaginations to correct conditions that undermine balanced living. Instead they experience anger, resentment, and live in continuous stress. If the pressure becomes unbearable, they strike out at others.

We who are living at this time of human history are challenged in a far more dramatic way than any who have come before us. We are born into the world as it is, but have to develop the strength to stand back, disengage, evaluate, and discriminately choose those aspects of what is before us that will contribute to a life of fulfillment, peace, love, harmony, without exploiting others or the environment.

Each of us must wake up, observe, and admit what we are doing that contributes to the situation of the world, without accusing the world, or demanding someone or something "out there" change.

Each has the responsibility of the self. If we take responsibility for our lives and the impact they have on all else, live consciously without disregarding others, we will have done everything we could to make the world a better place. This is the beginning of the process of healing, and the journey to Heaven.

Chapter 13

PAST, PRESENT, FUTURE

The history of western civilization is one of exploration and conquest. We have never given a thought to the practice of going to foreign lands, conquering the indigenous people, destroying the culture, enslaving the population, establishing laws favoring the invading people, and exploiting the environment and people for material gain.

In the past this was justified by religious means, or the concept of life as a competitive experience with the strong overpowering the weak. To a large extent we have curbed the blatant pursuit of selfish interests imposed by violence, though we still exploit third world countries through legal means.

Capitalism has always depended on cheap labor. After the work force unionized in our country corporations looked to third world countries for cheap labor.

Though we no longer use slaves, we use the poor of third world countries as our labor force. Through collusion and corruption we set up governments that permit our corporations to enter foreign countries and exploit the labor force. This process has taken place on a global scale. It is a way of circumventing labor unions, laws, responsibility toward workers, a dissolving of pension plans, and medical benefits while funneling more and more profit to an ever diminishing number of very wealthy individuals.

In spite of large profits corporations are frequently exposed for manipulating books, and showing profits while losing billions of dollars. Unethical executives siphon millions of dollars while the common worker or stock holder loses huge sums of money from failed stock, or loss of retirement holdings. Who are these people? What drives them?

They are consumed by their egos. They have no regard for the impact their actions have on their fellowmen or the environment.

In the play, *All My Sons*, by Arthur Miller, a man who owns an aircraft parts company during WW II doesn't expose a defect in a part his company is manufacturing for the government, since it would result in the loss of a lucrative defense contract. The part is for a fighter plane which happens to be the plane his oldest son flies. Of course, the part is installed in his son's plane and results in his death. It's a chilling story of greed.

Since we view each other as anonymous strangers, we hide from the fact that we affect each other's lives. We manipulate, lie, and cheat for our own gain, hurting each other, but ultimately hurting ourselves. We share all of life together. Each act we perform is performed on ourselves.

The way we have carried out national or personal agendas has resulted in the world as we know it. Since existence is an evolution of ever increasing awareness leading to a greater understanding of the impact of our actions, we can no longer pretend to hide from the fact that we are in this life together, and each act affects all. The old paradigm no longer works.

The PAST is littered with civilizations that came and went. The conditions present in the world today are the result of shortsighted thinking and obsession with the self.

The PRESENT is currently experiencing great turmoil as those who have been exploited are rebelling at the practices that the powerful have always carried out. What is the difference between the American revolution and the rebellions that take place in third world countries against corrupt leaders?

With communication and technology available to all, it becomes increasingly difficult to continue to exploit weaker countries, since they have the ability to disrupt larger, more powerful countries through the use of terror. Of course the powerful countries strike back with brutal force, but it becomes a frustrating gesture of trying to attack a shadow. Until we begin to realize that nature will always correct imbalance, we will not be able to see that that law applies to the distribution of resources; that trying to siphon the energy of one group in favor of another will only result in conflict and the eventual collapse of everything.

What the FUTURE brings will depend on man's ability to take responsibility for his actions, and begin to see that every life deserves the same consideration, and that we cannot exploit the environment while assuming it will continue to support human life.

The path to healing is a journey that only takes one: each individual. It requires you to look at your life, your attitudes, your assumptions, your dreams, your relationships. Look soberly at them and envision the impact of your thoughts on the totality of life. The path is simple if we but endeavor to live and let live. If we make a commitment to not exploiting anyone or anything we will very quickly find ourselves living in Heaven. The option not to will lead to greater and greater difficulty. We are at a

point of awareness that makes it increasingly more difficult to bury our heads in the sand and pretend to not notice the great turmoil in the world due to the old habits of serving the self.

Every day more and more people are admitting that the old paradigm no longer works. In fact, it never did. It has taken us this long, with the aid of technology, to realize the errors of our ways.

The first step in the process of healing is to realize our part in creating the world as it is. The second step is for each of us to follow the path of responsibility and compassion to Heaven. It is a path leading to joy, brotherhood, love and peace. Do these concepts appeal to you? If they do,

WAKE UP! YOU'RE IN HEAVEN.

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