

Toward Heaven on Earth

by Mark R. Pitstick, MA, DC

Namaste is a traditional Hindu greeting that means 'I recognize the Divine Light within you: I honor the place within where you and I are one.' We were created and co-created ourselves - to live a relative utopia on Earth. For most of us, a long, healthy, successful, happy, and prosperous life is our birth right. I use the modifiers "relative" and "most" because some **souls** choose to experience a shortened life with tragedy, suffering, and illness. Such "bad" or "unfortunate" events, however, are spiritually beneficial and are designed to learn lessons, work out "bad karma" or to teach others. The information, techniques, materials, and personnel are available for all to reach their optimal physical, mental, and spiritual levels and **awaken** to their true nature and purpose in life.

In years past, humanity has suffered under the illusion that they were a lowly creation, born in sin, weak, evil, and prone to error and mediocrity. This age of darkness has passed; now is the time for more and more persons to realize their lofty calling and great possibilities. The ushering in of a new age is recognized cross-culturally as the second coming by "fundamentalist Christians"; the Age of Aquarius and Extra™terrestrial assistance by "New Agers"; the beginning of Itza — the age of knowledge — by Mayans; or more secularly, a global economy and "shrinking" of the world. Whatever ones particular viewpoint, it is evident that we live in an exciting time of rapid change and vast potential.

Each of us plays a part in the unfolding of these new possibilities — the movement toward a relative heaven on Earth. Some persons live in a veritable hell on Earth, suffering from largely self-chosen and self-induced factors. Others experience a heaven on Earth-like existence while many live somewhere along that continuum. As our individual and collective hearts open, we each hear a **call**, a pull toward contributing our special gift to assist this age of love and light. We each have a mission, vision, and dream.

The secret to inner peace is identifying that calling and acting upon it.

The solutions to all the world's problems already exist. We have everything we need to establish a relative utopia. The keys to demonstrating this truth are to awaken to our true nature, to cooperate and share information, to practice self-responsibility **and** be other-directed, to be sufficiently disciplined to practice techniques and do our part in reaching a heaven on Earth. My perceived calling is to be a generalist as Bucky Fuller encouraged. My training and experience in life and health care fields has prepared me to write, teach, and personally demonstrate what we need to remember and do to aid our personal and global transformations.

Awakening to our true nature means **remembering** that we are each souls, spirit, eternal energy, part of that great whole we call God/life/cosmos/one. We are all brothers and sisters — children of the Creator — each a precious and beloved part of the Great Spirit that underlies all creation. Certain techniques and practices help us **remember** this even when we're surrounded by doubt, darkness, and confusion. Knowing our real, eternal nature helps us be impeccable warriors so we can rightly discern our own best path and let our light shine.

Cooperation, rather than competition, also characterizes this new age of cosmic humanity. The contribution of persons from all walks of life is important — educators, parents, senior citizens, health care professionals, legislators, ministers, friends, family, and business persons. Doctors, in particular, have historically been especially fractious and egotistical. We must realize the importance of all health care providers. The past non-cooperative stranglehold on health care was exerted by a largely philosophical materialist, caucasian, male, analytical, western, and christian factions. While there are many strengths in these perspectives, 21st century holism recognizes the contributions

brain hemisphere dominance, and religious viewpoints.

Achieving heaven on earth in our lifetime also calls for increased self-responsibility and prioritizing our own health and happiness. This is not selfishness or narcissism, but vital for self-esteem and self-caring that enables us to really help others. From a strong foundation of self-love and wellness, we can best share ourselves with a compassionate heart to address the needs and problems of others. We all benefit when we love, serve, and remember ourselves, each other, and our source. Love ones neighbor as ones self because we're all one.

Techniques or methods exist to assist this unfolding. We should keep a right perspective, however, and remember we're not just working our way to heaven on Earth. **Salvation** from spiritual, emotional, and physical ignorance and di—ease is achieved both through grace and works. That is, reaching harmony is largely a matter of unleashing inner potentials, of listening to the still voice within and following our inner wisdom. Knowing — really knowing, and internalizing the good news of the Kingdom of heaven within and all around is 90% of the process. **Demonstrating** the bounty that flows from this knowing involves, in part, **sharpening the saw** — keeping body, mind, and spirit fit and balanced.

Recommended methods or practices are a very individual matter and depend on where a person is. For example, an overly disciplined and hard driving person may need to let go, kick back, and remember "easy does it." A person with too little drive may want to turn up the fires a notch, and add some disciplines to their regimen. Each of us, however, ultimately are responsible for our own practices and chosen path. Who can judge or determine what experiences will best result in **optimal spiritual growth** — which what life is all about — for a person and those in his or her circle of influence? Remember to keep a cosmic, eternal, and enlightened perspective. **Toward Heaven on Earth** is about much more than producing healthy and lean bodies. Thus, the need for spiritual, mental, and physical practices. Then each person can listen quietly for the Tao, the middle road, the way toward their optimal life and peace.

The techniques I teach, then, are offered as **tools** that one may use as they discern. Physical practices include proper nutrition, exercise, rest, body work (through chiropractic, massage, and energy work), and a holistic/preventive health care and wellness orientation. Mental techniques include relaxation, emotional catharsis, healthy

relationships, a balance between work and leisure, sound financial practices, and emotional energy work. Spiritual methods include meditation, prayer, group work/sharing, spiritual study and reading, knowing the truth of ones eternal nature. Help and assistance are available from angels, guides, God, Christ, masters, and the entire heavenly host. Although described separately, these are really one phenomena of love/energy/bliss, and we each are an inseparable, integral, and beloved part of it all!

The establishment of heaven on Earth seems like a far-fetched or impossible goal to some, but Jesus and other great teachers have taught us to pray for it and showed us how to demonstrate that reality. Observe how seemingly insurmountable problems like the Berlin Wall and communism quickly dissolved. All of humanity's challenges can likewise heal when enough of us lend our contributions to the cause. Like the hundredth monkey phenomena, we never know which one of us will be the one that turns the tide. The solutions will come from within and all around, from our vast inner potentials and from the outer worlds both visible and unseen.

Consider these words and read them over during a quiet moment. Then listen for your inner response. What can **you** change, improve, and contribute to transform yourself and our world for the better? The longest journey requires that first step, so start today; explore and experience the many potentials and joys that lie waiting for you. Let your shine and brighten the corner where you are. Act as if you can't fail because you can't.

Namaste

Note: Dr. Mark R. Pitstick has 23 years experience in the health care fields including respiratory therapy, crisis and suicide prevention counseling, theological training, Masters clinical psychologist, Doctor of Chiropractic, author, and lecturer. His first book, *Balanced Living: Realizing Your Fullest Potential*, was endorsed by Drs. Wayne Dyer, Bernie Siegel, Deepak Chopra, Elisabeth Kubler-Ross, Lendon H. Smith, and others. He is currently writing *Toward Heaven on Earth: Healing Body, Mind, and Spirit*.