



Heaven is Within.....And So is Hell

This brings us to a discussion on the mythology of Heaven and Hell and the fantasy of going to a 'better place' in the future. There is no heaven 'up there', nor a hell 'down there'. I know that's a bold statement that is likely to be met with angry protests, but this isn't my idea – it's what the great spiritual leaders taught. Jesus said that the Kingdom of Heaven was at hand, but eyes could not see it nor ears hear it — and that Heaven was within us.

Buddha described a similar here-and-now state that was available by turning within, but called it Nirvana. Heaven, Paradise, Nirvana — these are all a state of consciousness where duality has dissolved and the essential peace and harmony of our being is realized. This isn't in the future, it's here now, waiting to emerge when the conditions are right. Likewise, hell is a state of mind, the ultimate sense of feeling separate from our essential nature or God.

This is an important piece, because we are all, to some extent, waiting to arrive at a future paradise; the paradise of a perfect relationship, a perfect job, a perfect car, house, or literally the pearly gates beyond. And most of us also fear, to some extent, a future hell; the hell of losing the love of our life, losing our dream job, going broke, getting sick, or dying and sucking on sulfur in the eternal fires! Both positions keep us stuck in a fantasy of the future, putting our good on the layaway plan or keeping us fearful about living fully. All the power and joy we'll ever need are right here. But we can't experience it as long as we're stuck in the past, anticipating the future, or lost in fantasy. Therefore, a key step in cultivating the conditions for emergence is moving from anticipating to participating in our good.

Participation versus Anticipation

Because of these myths, fantasies, and false concepts about the way life works, we are often in a state of anticipating something in the future – good or bad. From this state, activating the law of mind, we find ourselves either running right into the bad we expect or forever waiting for the hoped-for good. Neither states of consciousness create the ideal conditions for the emergence of our full potential in the only time and place it can happen – Here and Now.

We must re-train ourselves to remember that all the good we could ever want, all the joy, peace, love, freedom, fulfillment, creativity, and inspiration, is happening right here and now, within us and all around us. We are literally swimming in a sea of well-being and abundance and don't often know it. And all of our effort to 'get it' and anticipation for it in the future, creates mental blocks to experiencing it now. So stop it already!

Your good is here now. It will never come in the future. But you must start participating in it, which is a big part of activating the Law of Emergence. This begins by accepting that it's here, then looking for the evidence of it in your current conditions. I like to think of it like playing that game from the magazine Highlights, where you have to look for all the hidden objects that are disguised or obscured or peeking out behind corners. The same is true here. Heaven is literally peeking out all over the place!

EXERCISE

The love, peace, joy, and fulfillment you're seeking is seeking you, like a game of mutual hide-and-seek. And as you look for it, you'll start catching it – ah, there you are! I see the joy in that child playing, and it makes me happy to recognize it; aha, there you are again! I see the love and support of the universe in that person who just held the door open for me and smiled, and when I take that in, I feel loved and supported now. Aha, caught you again! I recognize all the abundance around me in paved roads, running water, libraries full of wisdom, friends, family, I'm literally surrounded by more wealth and abundance than I can use all at once. I'm abundant now and I didn't even realize it!

The next way is to think back to times when you had actual experiences of the good things you are wanting more of now. Tune back into that feeling state, and let go of the picture. Then take a breath and let it magnify several times until that feeling is filling your body; that sense of abundance, joy, love, support. You're feeling it now, participating in it now, not expecting it in the future or waiting for conditions to change before you can feel it – and thereby creating the conditions, through the law of mind, for it to become clothed in material form.

You can also use your imagination, as we've talked about, and visualize the good here now, then let go of the picture and soak in the good feelings (you're not visualizing to try to make that picture come true, like most visualizations, you're using it as a tool to get in touch with the essence behind the image). Finally, from these good feeling states, you can ask yourself what actions you can take 'as if' the good is already here, 'as if' you are abundant, healthy, in love, successful, or enlightened now. Then take that action. All of these are ways of participating in the good now. Feel free to come up with your own. The key is to walk around, as often as possible, participating in the good that is here physically, generating it mentally and emotionally, and then taking actions that are in alignment with that; acting 'as if' the good is here now.

Journal about your experience and insights. Contemplate them throughout the day and week. Ask your higher Self to illuminate you further on these ideas; all the wisdom and genius is already in you, you might as well tap into it. Then remain open to any other actions you're being compelled to take, even if they seem 'out of the box' – not to 'make something happen' out there but to 'make it welcome' to emerge from within.

This is part of a FREE high-content audio course offered by Derek Rydall. Derek has trained top executives at Fortune 500 companies in communication and relationship skills. His work with *The Law of Emergence* and the process of *Emerginengineering* ends the struggle of self-improvement and helps people effortlessly achieve their full potential.

If you are interested in booking Derek Rydall to speak at your event, please contact Jan Jones Worldwide at +1-760-431-8692.