Here’s some from another NDE

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**Sent:** April-20-11 9:33 PM
**To:** 'Ted Burns'
**Subject:** FW: love one's self

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**Subject:** love one's self

**From another nde**

**NDERF:  So if someone’s life was not working for them, how would you suggest they turn it around?**

**One of the most powerful things I got from my NDE is how loved I am.  Unconditionally loved.  So now, I continue to love myself unconditionally.  I would strongly suggest practicing unconditional self love.**

**Remember, I said that the universe is *only a reflection of me*.  If I am frustrated with the way life is working for me, it is futile to change the *external* elements without looking at what’s going on internally.  A lot of us are very negative towards ourselves.  We are our own worst enemies.  The first thing I would say is to stop judging yourself and stop beating yourself up for where you are in your life right now.  If I am finding that I am constantly frustrated with people, and judging them, it is because that is how I am internally treating myself all the time.  I am only expressing outward my own inner dialogue to myself.  The more I love *myself* unconditionally, the easier it is for me to see beauty in this world, and beauty in others.**

**If I can love myself and not judge myself, and see my own perfection, then I will automatically see all these in others!  And the more I love myself, the more love I will have for others.  It’s not possible to love another more than you love yourself.  Contrary to popular belief that it’s selfish to love yourself, this is just so not true.  We cannot give what we do not have.**

**No matter where you are, it is only the culmination of your thoughts and beliefs up to that point.  And you can change it.  Remember, I reversed my cancer at the 11th hour.  Even when the doctors said it was too late, it was still not too late.  So the first thing is to realize that it is *NEVER* too late to do something, or change anything.  It’s important to see the power that the present moment holds in turning our life around.**

**If you believe in things like “like attracts like” then the absolute best way to attract what’s best for you is to love yourself to the point where you are filled with love, and will only attract to your life everything that confirms this belief about yourself.  It’s actually very simple, really.**

**When you realize your own magnificence, you will only attract magnificence into your life.  That’s how I look at it.**

**NDERF: Can you tell me, how does one become unconditionally loving in a world that is not always loving?**

**First of all, remember that I feel that the universe is only a reflection of *me*. So the unconditional love is not extended *out to the world* (or universe), it is unconditional love that I extend inwardly, towards myself! Each day, I learn to love myself unconditionally.

Also, let me explain that there is a difference between “being *loving*” and “being *love*”.

Being loving means giving love to another whether you have any for yourself or not. It means giving what you yourself may or may not even have to give. This type of giving of love can eventually drain you, because we don¹t always have a limitless supply. And then we look to the other to replenish our pool of love, and if it is not forthcoming, we stop being loving ourselves, because we are exhausted.

Being love, on the other hand, means loving myself unconditionally so that it overflows, and anyone and everyone around me just becomes an automatic recipient of my love. The more I love myself, the more it flows out to others. It almost feels like being a vessel for love to flow through. When I am being love, I don¹t need people to behave a certain way in order for them to be a recipient of my love. They are automatically getting my love as a result of me loving myself. So to stop being love, to me, means to stop loving myself. Hence, I will *not stop* being love on account of another.**

**NDERF: So how would you suggest someone elevate their own loving energy?**

**I feel it’s my self-dialogue that either elevates or diminishes the energy I radiate outwards. When my inner dialogue turned against me, over time, it depleted my energy, and caused a downward spiral in my external circumstances. I was always really, really positive on the outside, effervescent, loving, etc. etc. and still my world was crumbling around me, and I was getting depleted, and sicker and sicker.**

**Sometimes, when we see someone who is really positive and effervescent and kind, yet their lives are crumbling around them we may think "see, this being positive thing doesn't work". But see, here's the thing. WE DON'T KNOW that person's own inner dialogue. We don¹t know what they are telling themselves, inside their own heads, day in and day out.**

**Remember, I am not advocating "thinking positive" in a Pollyanna-ish sort of way.  "Thinking positive" can be tiring, and to some people it can mean "suppressing" the negative stuff that happens.  And it ends up being more draining.**

**I am talking about my own mental dialogue to myself.  What am I telling myself, day in and day out inside my head.  I feel it¹s so very important not to have judgment and fear in my own mental dialogues to myself. When our own inner dialogue is telling us we are safe, unconditionally loved, accepted, we than radiate this energy outwards and change our external world accordingly.**

**I also think it is very important to see perfection in the moment.  The present moment is very powerful.  Each moment holds promise, and each moment can be a turning point for the rest of your life.**

**I am often misunderstood when I say that each moment is perfect.  And that everything is perfect.  People are afraid of seeing perfection in a situation that is not of their liking, thinking that seeing perfection means not changing it.  To me, seeing perfection does not mean keeping the situation static.  It means seeing perfection in exactly where you are in your journey right now, no matter where that may be.  Seeing perfection in the moment, wherever in the journey that moment might be.  *That* is seeing perfection.**

**NDERF: This is very powerful - being able to change the exterior in a very positive way, just by changing our internal world with a positive, self-loving, inner dialog. This is a very clear explanation of “The Universe is Just a Reflection of Me”. It also explains why there is so much negativity in the world. It must be a reflection of other people’s negative inner dialogs, being projected outwards. Is that what you feel?**

**Yes, that is exactly what I feel.  You want to know the best part about feeling this positive energy about yourself? I don’t feel I even have to say anything to anyone to uplift them, but just because of my own loving self talk to myself, people around me feel my positive presence. Without even having to say anything, you will start to notice people being attracted to your positive presence, and be energized by your energy. Your positive inner dialogue helps elevate others around you even when you are not saying anything to them, just thinking positive thoughts about yourself!!!! Because energy just radiates and flows out and touches others!! This is why this self loving inner dialogue is so very important in making a better world.**

**Have you noticed that there are people who just seem to light up a room when they walk in? Or people you just notice, even in a crowd because they are just radiating energy? You can bet that they have a very positive and strong self image and are running some very positive internal self dialogue programs.

What are we internally telling ourselves each and every day? Are we just beating ourselves up, and judging ourselves? Are we too hard on ourselves, and are we our own worst enemy? That’s the real work!! I feel we must start by changing that inner dialogue, by loving ourselves more and more, and then, even without having to say or do anything to anyone, the whole outer world changes to reflect that inner world. I have really noticed my physical world and others around me reflecting this.**

**NDERF: You’ve mentioned this feeling of oneness before.  The connection to everything and the all that is, which you felt while in the NDE state.  Can you elaborate a little more on this feeling?**

**In that NDE state, I felt like I was connected to everything.  I was everything, and everything was me.  It’s something that is so hard to explain, because the right words just don’t exist.  It felt like there is no separation, until we come into physical life and look at the world through the mind.  In fact, it felt like the separation IS the mind.**

**There was SO much clarity in that state, but somehow, it did not feel like the clarity came from the mind.  It’s as if something else was doing the understanding, and that something else was able to identify the mind as being separate, and the mind as being the cause for disconnection from the all that is.  It felt like the ego and the mind were one.  So in that state, which is beyond the mind, there was no ego and no attachment.  And all was one.  The connection was felt with EVERYTHING.  There was no discrimination and no judgment against ANYONE or ANYTHING.  It felt as if suffering was caused by our own mind turning against itself.  It felt as if, whether we are a criminal or a cancer patient, it all stems from the same thing.  It all stems from a sickness of, or separation from the mind.  Or from how the mind interprets separation.**

**If only we knew how perfect and magnificent we are, there would be no hospitals and no prisons.  It feels as if imperfection is the creation of the mind.  Judgment too.  EVERYTHING.  As physical human beings, we need to process information through our minds.  And all we perceive is separation, because that is how our minds process information.  But beyond the mind, we are one, we are totally interconnected.  We are actually not our mind.  We are something much, much more.**

**Yet, when in that state, even though I felt one with everything, I still seemed to recognize myself as a separate being from the oneness, as if I had *my own* evolution.  It was like I had this mind, which is not me, but I sort of ... had an obligation to "evolve" it as best as I could, but I was OUTSIDE of my mind looking at it.  When we are in the physical, we are INSIDE our mind looking out.  And the separation between all becomes more glaring and obvious.**

**It felt like *all* the problems and the issues of the world stemmed from our own, and the collective mind.  It felt like the collective mind is what creates the illusion which we live in, with all its collective thoughts and beliefs.**

**But I believe we always have the choice to see right through this, and create differently.  If I choose to do this, those around me are affected accordingly.  We can live in this world, but choose not to live in the illusion that has been created by everyone else.**