



A Messenger Mini-Book



UNLOCKING HEAVEN'S GATE



How to Remove the Labels and
the Lies that Locked Heaven's Gate
and Hid the Key

Cathy Eck, Ph.D.

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Heaven on Earth

It is time to resurrect heaven on earth--a beautiful paradise that is right here, right now. We never fell from Eden, and we did not do anything wrong. We do not return to heaven by dying, ascending into the clouds, or doing good deeds. We return by removing the veil of labels and lies that conceals our heavenly point of view.

We are told that the story of Adam and Eve is the reason that we no longer live in Eden. The fall is treated as a crime with eternal punishment. Adam and Eve's story is not historical; it is a symbolic allegory. Ancient storytellers used symbols to teach and to share wisdom about the right use of thought. But over time, we changed the story's message from parable to paradigm.

It appears that we fell from Eden because we lost our discrimination. We began to believe that false, impotent thoughts were actually real and powerful. Once false thoughts are mislabeled as truth, they color our point of view and alter our life experience.

Heaven symbolizes the true Earth. When we see something other than heaven, we are seeing an impostor world that mirrors our false thoughts and beliefs. We excavate heaven on earth by letting go of our belief in the illusory world. The false world can only survive as long as we believe it is true.

The word God represents the pure essence or frequency of heaven on earth. That frequency is available to us at all times. It is infinite and eternal. The true Earth resonates with this immaculate life force and so does our true Self. This

essence is also called divinity, source, spirit, Tao, or élan vital. You can call it Buddha, Christ, or Krishna. This force is not religious. It is our natural, perfect state of being; and it cannot be lost, damaged, or destroyed.

The blueprint for heaven on earth exists within our heart. Mix up the letters of the word earth, and you get the word heart. Our heart's desires fit perfectly within God's plan for heaven on earth.

When we let go of our false view of any subject or situation, we immediately regain a little piece of paradise. The purpose of life is to make our way back to Eden. Our return trip to Eden is not paved with outer choices and decisions. No, Eden must be revealed by removing the false ideas from our mind. When we finally find heaven on the inside, it magically appears on the outside.

This is the secret of the alchemists. When you find gold (God, pure love, or heaven) inside of you, it instantly manifests in your outer world. The alchemist uses the quest for gold as feedback. As they clear their mental and emotional dross, they move closer to their goal. Eventually, their thoughts and energetic frequency match that of pure gold; and they easily manifest it in the material world.

Heaven is our natural home. Our authentic Self is hard-wired for a heavenly life. This Self loves and gives unconditionally, knows only truth, and creates effortlessly. We don't need to learn the truth; we only need to remove the false thoughts that hide it. Likewise, we don't need to learn to be positive; our true Self is entirely positive. In fact, if we put truth on top of lies, we find ourselves even further from heaven.

The Illusion of Hell

Every false thought that we believe veils our true Self, God, and Eden. This is hard to see because our false beliefs project an artificial reality that appears to be true. Over time, we create a complex matrix of false beliefs, also referred to as the false self or hell. These beliefs are fragile and temporary. They continue to exist only because we don't challenge them.

We acquired our false self by borrowing and accepting the beliefs of trusted authority figures. We thought they were wiser because they were older, more educated, or in a position of power. But they also borrowed a false self from their authority figures. They were only passing on their point of view, which was their hellacious, illusory reality.

False thoughts always generate emotions, or nervous agitation. The emotions are not bad; they are the effect of false thinking, a divine warning signal that we have fallen out of Eden.

Emotions are needed for discrimination. But people taught us that emotions are wrong or bad; so we try very hard to ignore or hide them. If you got lost in the middle of the desert, would you discard your map? No, you clearly need your map to get out of the desert. Likewise, we need our emotions to find our way out of hell. Sadly, most people travel in circles; and they die of thirst because what looks like a beautiful, green oasis is actually a barren mirage.

We return to Eden by discriminating between true thoughts and false thoughts. When we no longer believe the false thoughts, they disappear.

There are two ways to discriminate truth from falsehood. One method is masculine in nature and one is feminine. We can use either method regardless of whether we are male or female. When one works, the other must also work.

The masculine method of discernment is based on logic. A thought is true if it is win-win for everyone involved and if it comes from an intention of unconditional love. For example, I need you to call me. However, you don't want to talk. This is not win-win; therefore, my needy thought is false. I need to drop it.

The feminine method of discernment focuses on the feeling surrounding a thought. Truth is free of emotion; it feels peaceful and calm. All false thoughts generate emotion. For example, someone is diagnosed, or labeled, with a disease. That feels terrible! The label matches

the current reality, but it is false. Our true Body is a reflection of our authentic Self, which is always perfect and healthy. The right action is to listen to the emotional warning, and let go of the thoughts that have created this illusory problem.

Often, we mislabel our nervous anxiety (or emotion) as good. We do this with pride, hope, or excitement. Underneath pride is a belief in hard work or the need to struggle for success. Excitement and hope contain an element of surprise that we might actually get what we want. In truth, fulfillment of our heart's desires is natural, not miraculous.

We have labels and lies about others, the planet, and ourselves. These two methods of discrimination apply to every single thought regardless of whether the thought is personal or impersonal.

Good vs. Evil

Labeling thoughts, words, and deeds either good or evil confuses our innate sense of discrimination. This confusion came about, according to the Bible, when the serpent guided Adam and Eve to eat the apple from the tree of the knowledge of good and evil.

Good and evil are the raw materials of the collective impostor world. Both good and evil are equally false. They are two sides of the same coin. However, good is presented as true, positive, and right. Whatever is considered wrong or bad is labeled evil. We get approval from others if we are good and serve their needs. But, our authentic Self's blueprint for a heavenly life is often 180 degrees from the other person's needs.

People try hard to be good; they believe it will get them into paradise. They fear pain, punishment, or hell if they are bad. They don't realize that it is their very belief in good and evil that sustains hell.

The authentic Self, which only knows heaven, doesn't care about pleasing others or following the rules. Our true Self only wants to express our love, joy, and creativity. When we operate from our true Self, we would never do harm to anyone or anything. Rules and morals only make sense if we believe that we are the imperfect, false self.

In truth, all misdeeds are learned behaviors. They are born when someone tells us that we are bad or wrong. We become flawed or sinful the moment that we believe their label. Then we spend our entire life trying to hide a defect that is only an illusion.

The authentic Self has no rules, religion, or rituals—no death, disease, or decay. Its win-win nature consists of love, peace, abundance, joy, harmony, truth, and freedom. The false self is win-lose or lose-lose in nature; it is made of lies, pain, suffering, fear, and hatred.

The true Self is eternal. Only the false self can be destroyed. Therefore, we cannot accidentally let go of our true Self; we can never err by letting go.

The greatest lie that we were ever told is that beliefs, which were not win-win and didn't feel good, were true; and we could not let those beliefs go because they were reality. Beliefs naturally dissolve if we know that they are false. If I tell you that you are an elephant, you laugh. You know I am lying. You don't grow a trunk and gain ten thousand pounds.

On the other hand, if I say that you must follow my rules or be punished and you believe me, you will reap the consequences of that belief. You have accepted my lies as true; therefore, my rules will become part of your false self. Your heavenly life will disappear because it has been concealed by my artificial reality. Likewise, if I say, “You are stupid,” and you believe me because I’m a parent or teacher, my label has now tainted your reality. You will prove me right by finding many more opportunities to be stupid.

Our beliefs or lies create a virtual prison without parole. Our world reflects our limiting beliefs perfectly. Because they look very real, we continue to believe them; and we remain stuck in hell. But, hell is not our destiny. Letting go of our beliefs is the key that unlocks heaven’s gate, and everyone possesses that key.

The “Lie” in Belief

The word belief has the word “lie” within it, hinting at its purpose. Beliefs are not inherently bad; they are creative tools. We create a belief in order to have an experience. Let’s say that you and I each create a belief that you will buy my house; we magnetically come together to complete the transaction. We don’t keep our beliefs after you have purchased my house. You don’t keep purchasing my house over and over again. We know that we are complete, and we each drop our belief easily.

However, if someone wants to control or possess us, they convince us that a belief (or lie) is the truth. Others have good intentions; but they speak from their own fearful conviction as they warn us of something terrible that could happen. If

we see their belief as true, we hold on to it. Whenever we think their belief, we will instantly feel emotion. The emotion is exposing the thought or belief as a lie; it is warning us to ignore the person.

However, most of us have been taught that emotions are proof that what we are hearing or experiencing is real and true. We don't even question thoughts that feel bad. We may even believe that fear or worry is somehow protecting us.

If we don't let the causal belief go, the related emotions behave like magnets. Whatever we fear or hate gets pulled into our reality. We don't recognize this cause-and-effect relationship because things manifest slowly when we operate from the false self. Fortunately, the false self has very little power. Correction produces instant results; and it is never too late to drop our beliefs.

Just like driving and brushing our teeth become automatic over time, beliefs can operate without conscious effort. This is why people with strong, long-standing beliefs seem robotic. Their false self stays alive by constant internal repetition of their lies. Similarly, people in power and large organizations use news and advertising to get fuel for the beliefs that serve their false needs.

Because thoughts become automatic and appear unconscious, our freedom depends upon courageously and honestly exposing what we believe. To do this, we only need to sit quietly and watch our mind as if we are watching a movie. One by one thoughts and the related emotions will arise. Those thoughts are our beliefs whether we want to admit it or not. They will match what we have witnessed in our world, and they will appear to be true.

The easiest way to remove a belief, label, or lie is to notice that it does not feel good and is not win-win. Therefore, it has not met the requirements for truth. It may be the current reality, but it is not true. When we are clear that a belief is false, our true Self will erase it from our mind; and our world will transform.

Often, we may be painfully aware of our emotions but cannot find the causal belief. If we observe our body as the emotions move through it, thoughts and beliefs will arise in our conscious mind. These are the causal thoughts, which will appear true. However, when we apply the criteria for truth, it will be obvious that the thoughts are in fact false. It may take some strong Self-talk to convince our mind that the beliefs are false. But once we are clear, the emotions dissolve because they are no longer necessary.

The Tree of Life

Each time we let go of a belief, we eat an apple from the Tree of Life. We move one step closer to Eden.

With a little practice, it becomes easier and easier to distinguish true from false. We no longer have to labor over decisions; the next step in our life is always logical, obvious, and relaxing. Emotional highs and lows become a thing of the past.

The void created by the loss of the labels and lies that once projected our earthly experience is replaced with our authentic Self's truth. Since our true Self is the keeper of our perfect life and heart's desires, our health improves, our bodies rejuvenate, our finances return to abundance, and our relationships mature. We feel safe and in control of

our life. We move forward with strength and power and succeed in every aspect of our life. Creative ideas flow easily, and we express those ideas in a world that honors and appreciates them.

All of our actions become inspired and joyous. We find ourselves doing only what we love. Often, hidden gifts and talents surface. We live the life that we previously imagined in our dreams; and now, we call it normal.

Our earth also returns to its true state of being. Mother Earth becomes calm and pure once again. She no longer needs to emote to get us to drop our beliefs about her. Earth is now heaven, and it becomes an incredible playground and a platform for our unique expressions, gifts, and talents. The illusion of hell ceases to exist.

The reward for taking this journey is profound, unconditional Self love. The goal is to achieve what the ancient ones called the alchemical marriage. It is the union of the true inner Male (unconditional love and win-win intention) with the true inner Female (wisdom and creative, inspired ideas).

That union allows our own true expression to come forth in a way that has never existed on earth before. Everyone is a unique piece of a giant puzzle, and every single piece of that puzzle is absolutely necessary for the picture to be complete and God's perfect plan to manifest on earth.

Now, we are back where we started; yet, we are enriched for having taken this journey. Earth and heaven, God and our authentic Self, are all one. We have unlocked heaven's gate.

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Why do I offer this information at low or no cost? Because it is priceless; we all deserve a great life. Wisdom is not just for those with a giant bank account or a Mensa IQ. The key to unlocking heaven's gate belongs to everyone. As more people let go of beliefs, the collective illusion will lose its power. Freedom or heaven will become normal.

No Labels, No Lies

The Gathering

Cathy Eck offers her live presentation of this material and much more free to your group. The full-day gathering is a unique, life-enhancing experience designed to flip people's minds 180 degrees, pointing them back to heaven.

An optional second day is available for participants who would like additional practice and guided mentorship. It is offered for a nominal charge.

Private mentoring sessions are available for people who have completed the free online program of *Unlocking Heaven's Gate* or attended a *No Labels, No Lies* live gathering. There is a fee for this service. For more details, see www.nolabelsnolies.com.

Religion and Spirituality

Heaven on Earth becomes reality once you know how to access it. The ancient initiates saw Heaven on Earth as normal. Anything less than paradise was an error to be corrected. But that information was lost. This book will put you on the express train back to Eden where you will fulfill your heart's desires, live free of mental and emotional anguish, and express your unique gifts and talents.

A FREE online classroom with hours of expanded content, supporting evidence, quotes, audio clips, and exercises is included with this book.

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