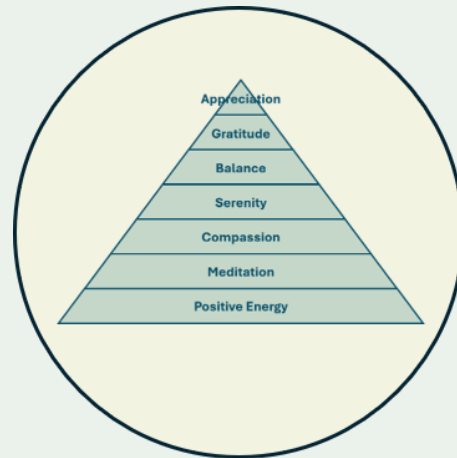


7 Steps to Heaven



WAYS TO WELLNESS FOR OUR WORLD

SANFORD HINDEN

7 Steps to the Higher Self & Heaven Within



Dear Friend,

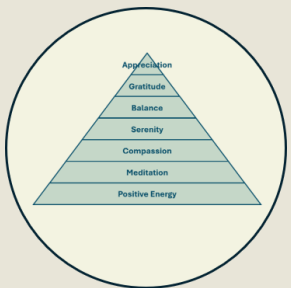
I have worked for 50 years to help the world. I was an idealistic person when I began, and really believed that with the creation of the League of Nations and then the United Nations, the long era of brutal leaders would close, and humanity could create a sustainable, thriving, wise planet for all.

In 2026, with brutal leaders creating chaos for humanity and nature, I now see that the long quest of religions to establish a moral code and a system of guiding values still has more work to do. For the human species to evolve and Earth to continue, humans need to evolve a higher consciousness.

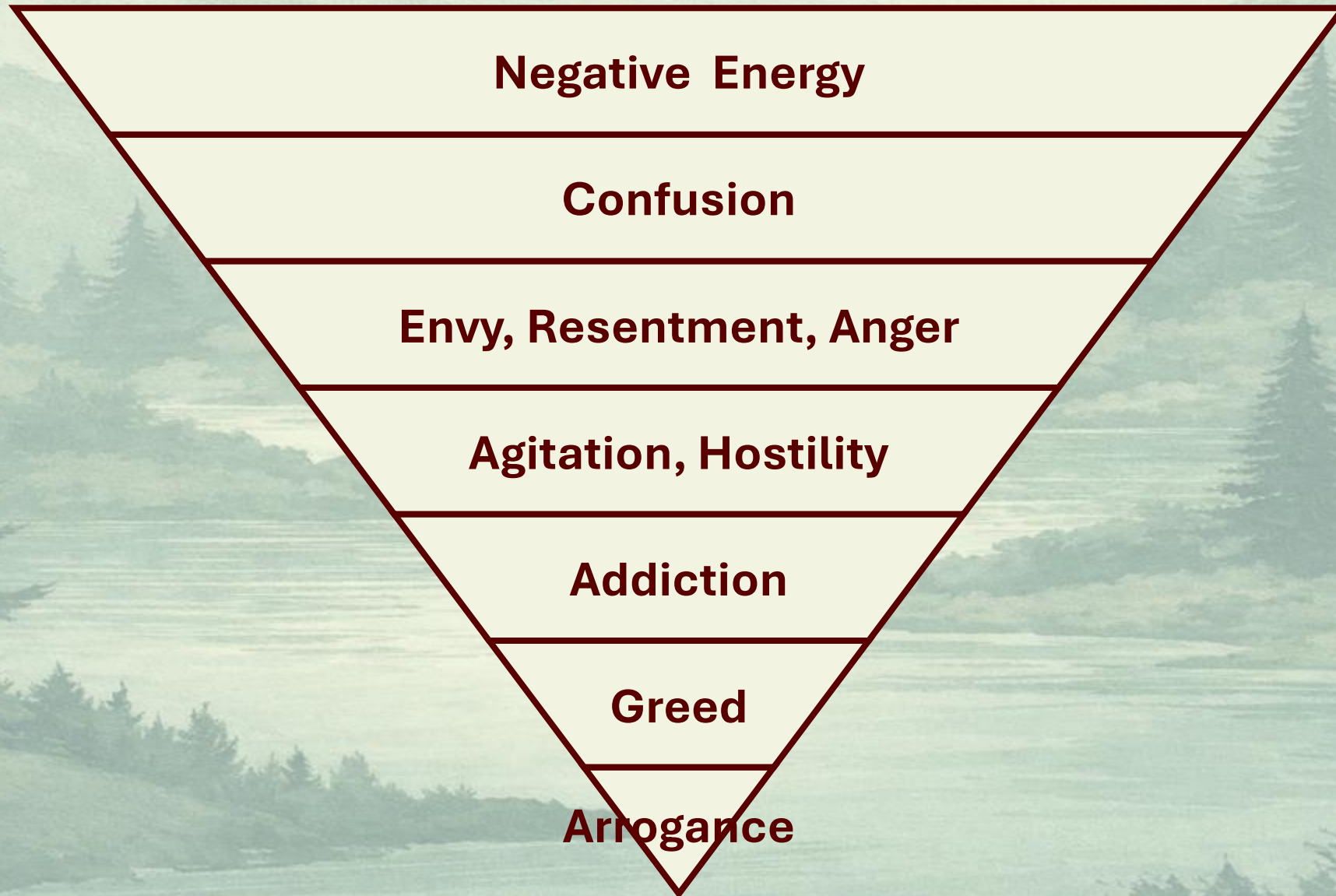
I created these *7 Steps to Heaven* to help us evolve. I hope they bring peace and wellness to your life.

Sandy Hinden

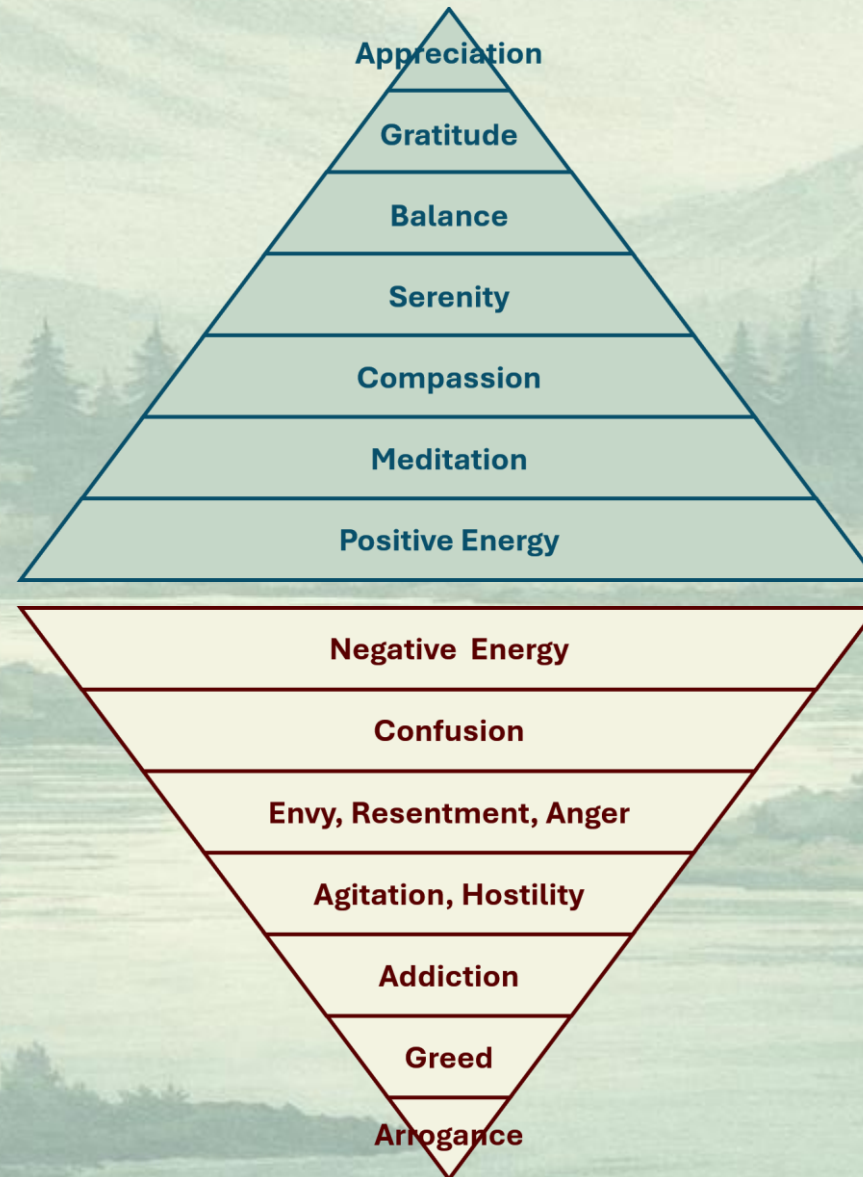
President, Wisocracy Univers*ty



7 Steps to the Lower Self & Hell on Earth

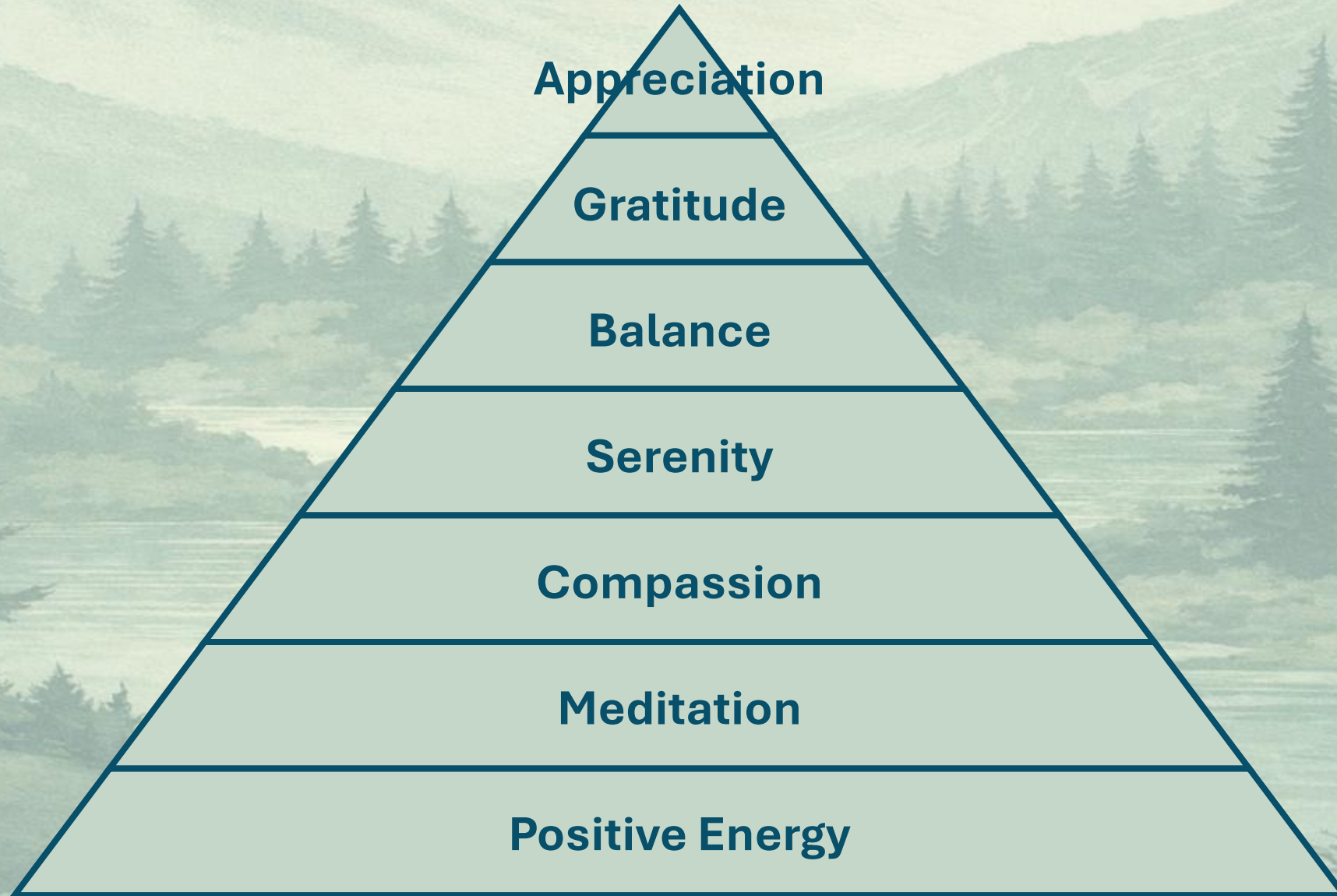


7 Steps to the Higher Self & Heaven Within

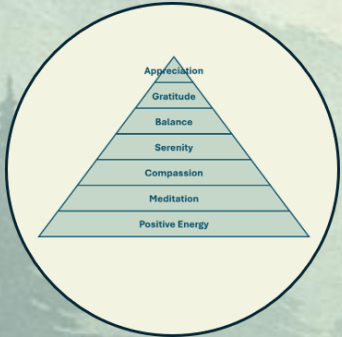


7 Steps to the Lower Self & Hell on Earth

7 Steps to the Higher Self & Heaven Within



7 Steps to the Higher Self & Heaven Within



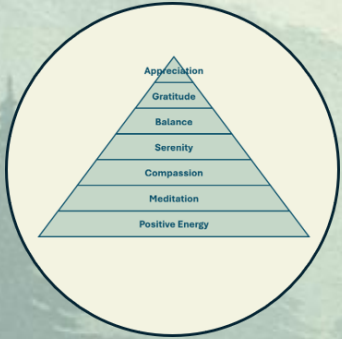
The term "Kingdom of Heaven" (Greek: *basileia tōn ouranōn*) is used exclusively in the [Gospel of Matthew](#) in the New Testament. It is primarily spoken by Jesus and John the Baptist.

The phrase appears 32 times in Matthew's writings, but scholars generally agree on the following historical and theological context:

Synonymous with the Kingdom of God: The other Gospel writers (Mark, Luke, and John) consistently use the phrase "Kingdom of God" in the exact same contexts where Matthew uses "Kingdom of Heaven".

Cultural Reverence: Most biblical scholars, including dictionaries like the [Wycliffe Bible Dictionary](#), note that Matthew was writing primarily to a Jewish audience that respected the custom of avoiding direct use of the divine name (God).

7 Steps to the Higher Self & Heaven Within



Theological Contrast: The use of "heaven" highlights the divine, spiritual, and future-oriented reality of God's reign as opposed to human, earthly kingdoms.

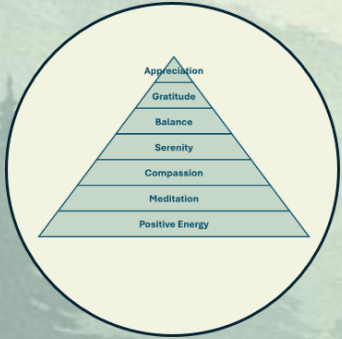
Kingdom of Heaven Within

The specific phrase "**the Kingdom of Heaven is within you**" does not appear in the Bible.

A slightly different phrase is found in **Luke 17:21**, where **Jesus** says "*For indeed, the **Kingdom of God** is within you*" (or "*in your midst*").

The distinction between how these two terms are paired with the word "within" involves a specific breakdown of biblical phrasing:

7 Steps to the Higher Self & Heaven Within



Phrase Breakdown

The Term Translation:

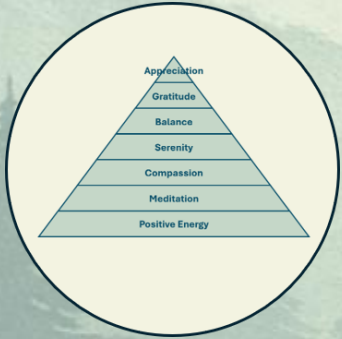
As noted previously, Matthew uniquely used "Kingdom of Heaven," while Luke used "Kingdom of God".

Because Luke is the author who recorded the statement about the kingdom being "within," the text naturally reads "Kingdom of God".

The Greek Meaning:

The Greek word used for "within" is *entos*. Biblical scholars often debate its exact translation. In the context of Luke 17, Jesus was speaking to the Pharisees. Many modern translations suggest *entos* means **"in your midst"** or **"among you,"** implying that the Kingdom was present right then because Jesus, the King, was standing right there with them.

7 Steps to the Higher Self & Heaven Within



Gnostic Texts (Alternative Usage)

If you have heard a phrase closer to "the Kingdom of Heaven is within you," it may stem from early outside writings like the apocryphal **Gospel of Thomas** (Saying 3), a non-canonical text discovered in 1945, which states: *"The Kingdom is inside of you, and it is outside of you."*

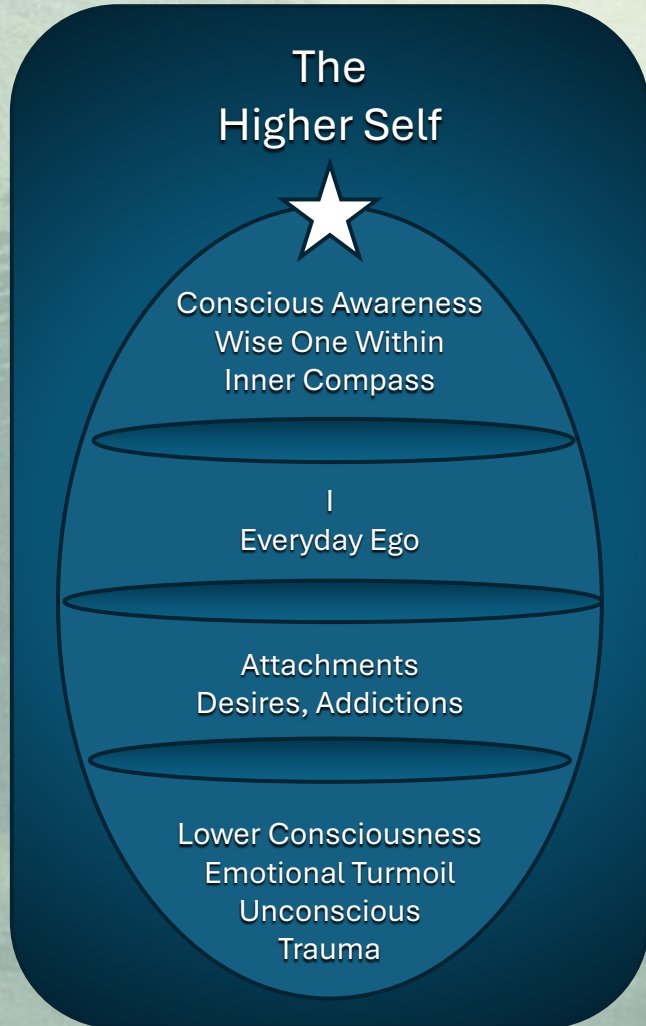
Higher Self, Inner Wise One, Pure Land, Nirvana, and Elevated States of Consciousness and Heart

Connecting the mystical "interiority" of early Christian teachings with transpersonal psychology and Eastern traditions provides a rich foundation that the idea of a divine, unshakeable core — whether viewed as psychological, spiritual, or a state of consciousness — can unify the self and society.

Many theologians and readers emphasize *Kingdom of God* or the *Kingdom of Heaven* is a *transformative, internal state*.

It represents
God's rule or an Enlightened rule
established in the *minds and hearts*
of individuals who align with
a higher-sacred consciousness
rather than an external space,
or a physical or political territory

7 Steps to the Higher Self & Heaven Within

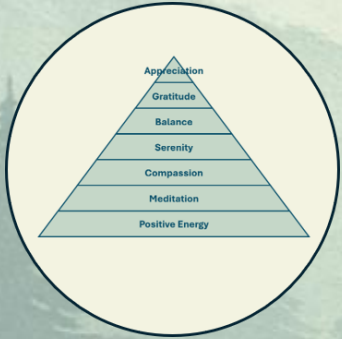


The Psychological Core

Roberto Assagioli, the founder of Psychosynthesis, mapped out the human psyche in a way that perfectly bridges science and mysticism.

- **The Higher Self:** Assagioli viewed this as the true, permanent center of identity. It sits above the everyday ego and remains untouched by emotional turmoil or trauma.
- **The Inner Wise One:** This is the personification or voice of that Higher Self. It acts as **an internal compass**, offering **intuitive wisdom** rather than intellectual logic. It can be accessed only by quieting down the chattering mind. Thus, meditation is needed to quiet the mind and engage in an inner dialogue with the Inner Wise One.

7 Steps to the Higher Self & Heaven Within

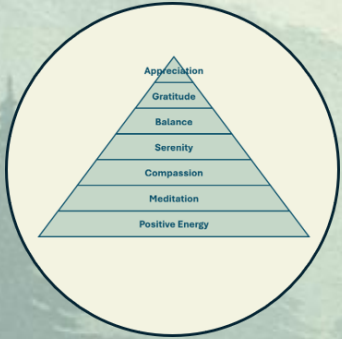


The Eastern Destinations (Pure Land & Nirvana)

While Assagioli provides the psychological map, Eastern traditions describe the ultimate landscapes or states of this inner reality.

- **Nirvana:** In Buddhism, this is not a physical place, but the total extinction of the **fires of greed, hatred, and delusion**. It is the realization of absolute **peace and unconditioned, non-attached consciousness**.
- **Pure Land:** In Pure Land Buddhism, this is often visualized as a celestial paradise. However, many esoteric masters teach that the Pure Land is actually a metaphor for the **purified mind and the radiant, compassionate nature of the heart**.
- **Our Connection:** In 7 Steps to Heaven, entering the "Pure Land" or achieving "Nirvana" is the experiential result of **fully aligning with the Higher Self**.

7 Steps to the Higher Self & Heaven Within



Elevated States of Consciousness and Heart

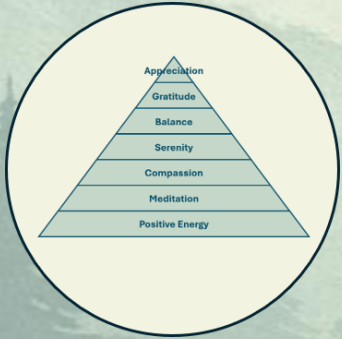
We tie these together when we shift from head-centered thinking to a heart-centered being.

The Heart as a Portal

In many traditions, the spiritual heart (*Anahata* in Sanskrit, or *Cardia* in Hesychasm) is the physical and energetic anchor for the Higher Self. It is where elevated states — **like unconditional love, deep empathy, a compassionate heart, and a timeless presence** — are felt.

The Divine Within: This brings us back to the Luke 17:21 quote. Whether it is the Kingdom of God, Nirvana, or the Higher Self, the common thread is that **the ultimate reality is an internal state, not an external destination.**

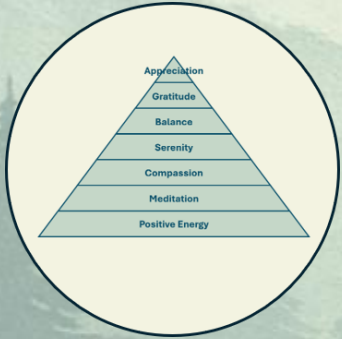
7 Steps to the Higher Self & Heaven Within



Mapping the Ascension to the Higher Self

- **The Foundation (Positive Energy & Meditation)**
These serve as the grounding practices required to quiet the everyday ego. In Roberto Assagioli's Psychosynthesis, meditation is the primary tool used for "disidentification" — separating our **true consciousness** from **temporary thoughts and emotions** to reveal the **observer within**.
- **The Heart Center (Compassion & Serenity)**
These mid-tier steps represent the awakening of the spiritual heart. **Compassion** is the bridge that links our **internal peace (Serenity)** with the outside world. In Buddhism, this aligns with *Bodhicitta* (the awakened heart-mind) and the compassion of the Bodhisattvas.
- **The Peak States (Gratitude & Appreciation)**
At the very top, **appreciation and gratitude** act as the frequencies of the "Kingdom Within" or the "Pure Land." They represent a state of consciousness that **no longer lacks or demands anything** from the external world, **experiencing reality as inherently whole and divine**.

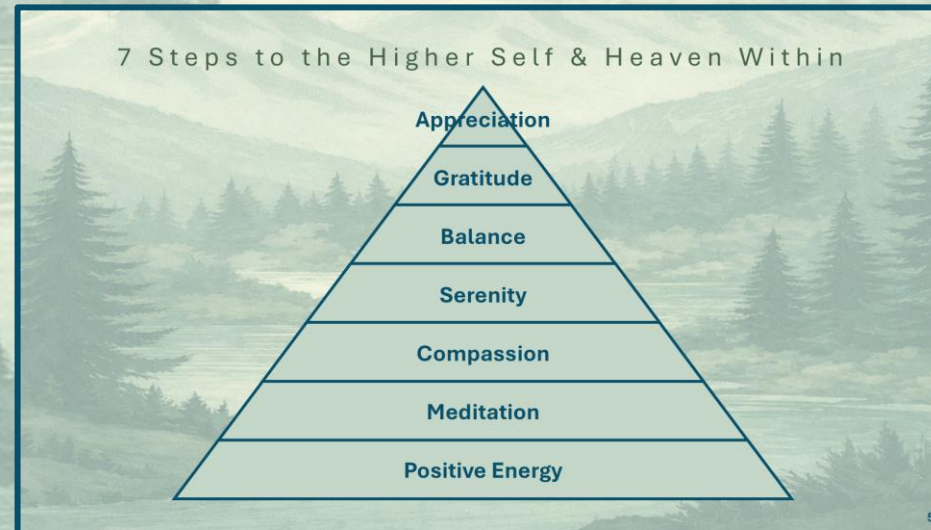
7 Steps to the Higher Self & Heaven Within



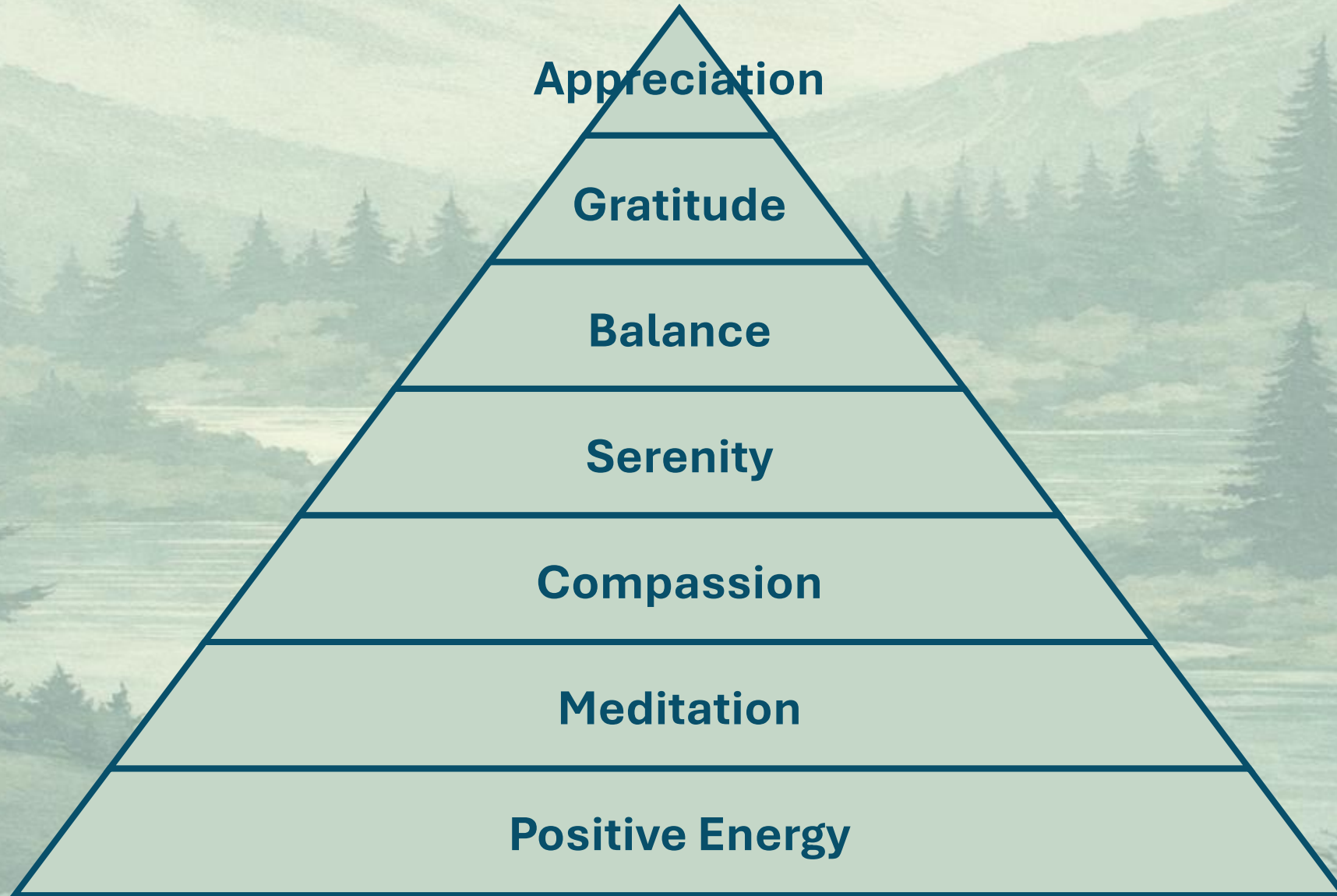
Structural Integration for Our Writing

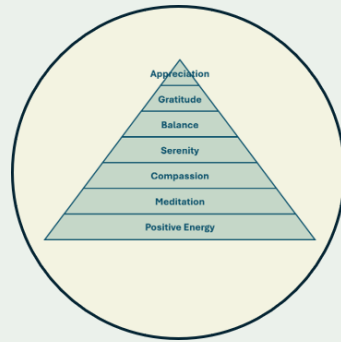
We use our 7-step structure as a ready-made outline or a visual anchor.

"Heaven" (or the Higher Self) is not a physical place you travel to, but an **internal summit built step-by-step** through **conscious practice** and **emotional refinement**, when we transition out of the **ego-mind** and into the perspective of Assagioli's **Higher Self**.

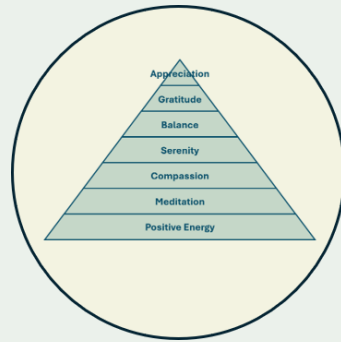


7 Steps to the Higher Self & Heaven Within

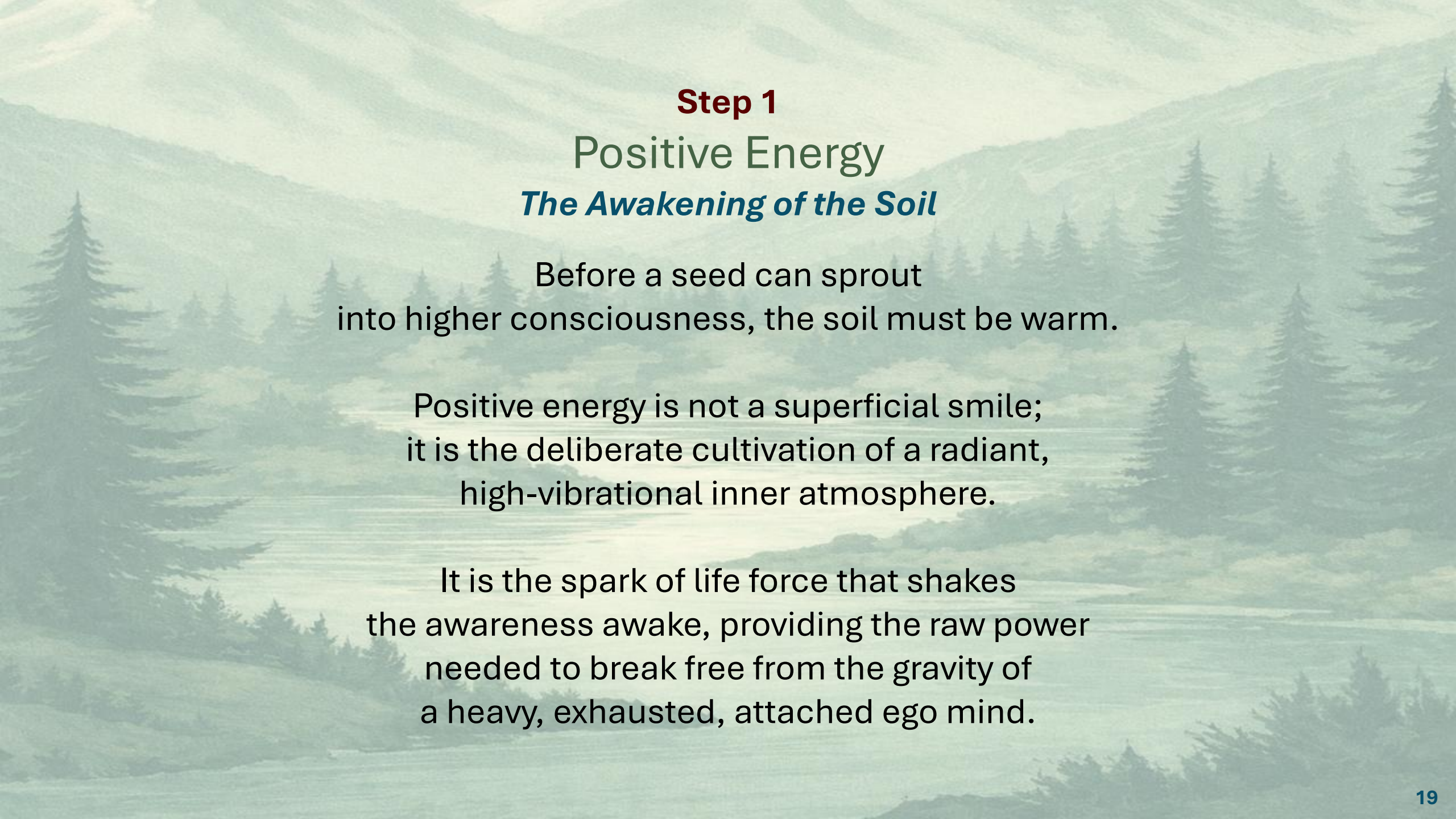




7 Steps to Heaven & The Higher Self



1. Positive Energy

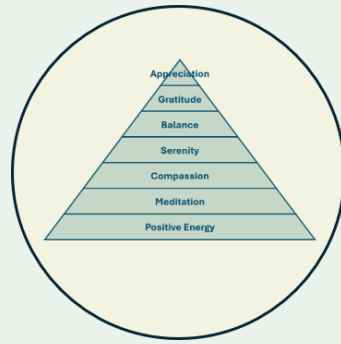


Step 1
Positive Energy
The Awakening of the Soil

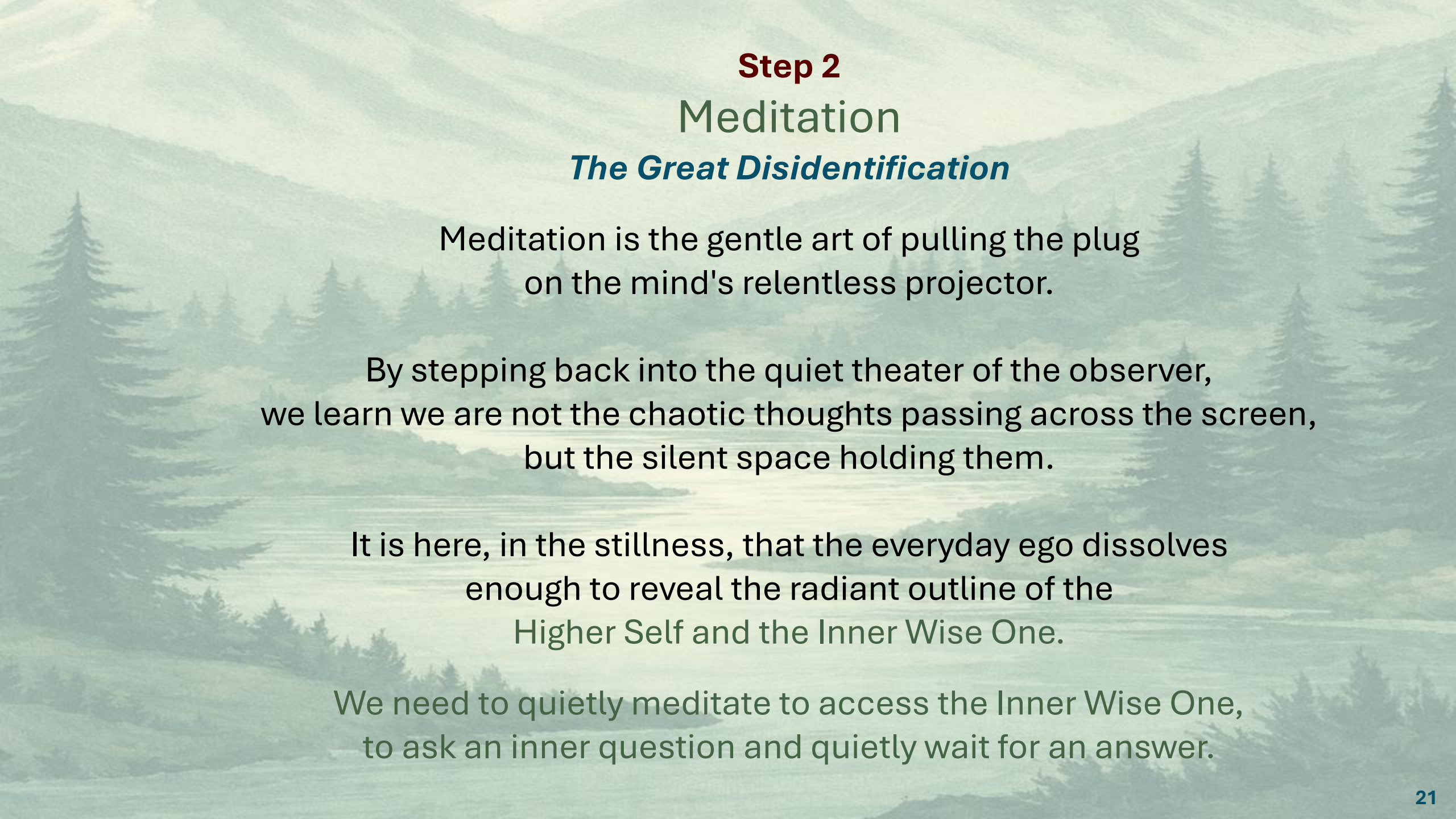
Before a seed can sprout into higher consciousness, the soil must be warm.

Positive energy is not a superficial smile; it is the deliberate cultivation of a radiant, high-vibrational inner atmosphere.

It is the spark of life force that shakes the awareness awake, providing the raw power needed to break free from the gravity of a heavy, exhausted, attached ego mind.



2. Meditation



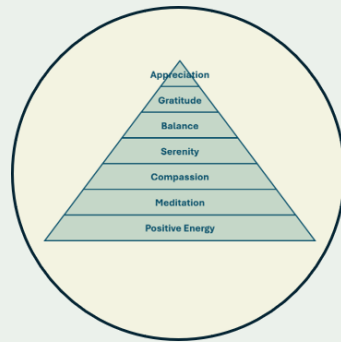
Step 2
Meditation
The Great Disidentification

Meditation is the gentle art of pulling the plug on the mind's relentless projector.

By stepping back into the quiet theater of the observer, we learn we are not the chaotic thoughts passing across the screen, but the silent space holding them.

It is here, in the stillness, that the everyday ego dissolves enough to reveal the radiant outline of the Higher Self and the Inner Wise One.

We need to quietly meditate to access the Inner Wise One, to ask an inner question and quietly wait for an answer.



3. Compassion

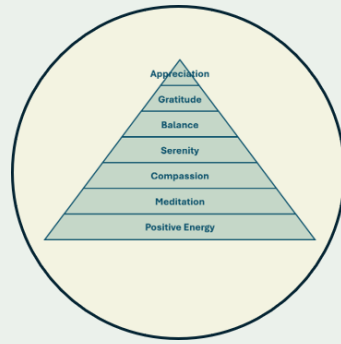
Step 3

Compassion *The Heart's Horizon*

Compassion is
the moment our internal peace
realizes it cannot exist in a vacuum.

It is the energetic softening
that opens the window in the spiritual heart (*Anahata*)
to see outward to touch the world's collective pain.

By viewing others through the lens
of shared human suffering, the ego's walls crumble,
and the voice of the Inner Wise One speaks.



4. Serenity



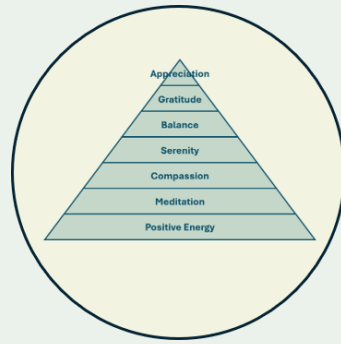
Step 4
Serenity

The Unshakable Sanctuary

Serenity is the deep, steady quiet that settles over the self when the storms of the outer world loses its power to hold our attention.

It is an internal sanctuary carved directly out of the present moment, a living embodiment of *Nirvana* where the burning, reactive fires of greed and delusion are permanently extinguished.

In this state, we remain completely anchored in the peaceful stillness at the center of life's cyclone.



5. Balance

Step 5

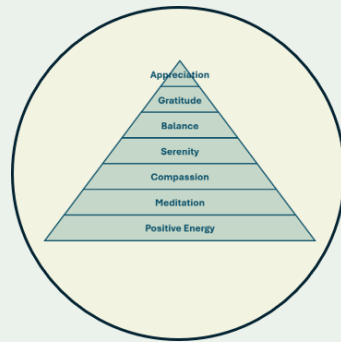
Balance

The Alchemical Center

Balance is the
sacred geometry of the psyche.

It is the point of perfect integration where your
everyday humanity and your soaring sacred aspirations
meet in an effortless embrace.

To walk in balance is to honor both your
physical existence and your elevated consciousness,
ensuring that your feet remain firmly
grounded on the earth, even as
your crown consciousness
touches heavenly states.



6. Gratitude

Step 6

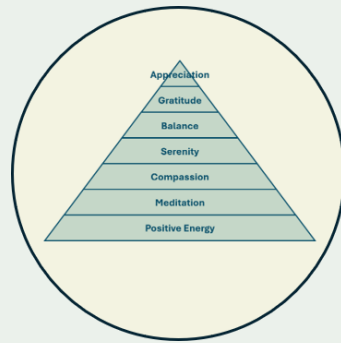
Gratitude

The Anthem of Abundance

Gratitude is a radical shift in perspective that refuses to acknowledge the concepts of comparison to others or lack.

It is the foundational frequency of the "Kingdom Within," a state of consciousness so rich with thankfulness that it ceases to bargain with or demand anything from external conditions.

When you stand in gratitude, you realize the treasure you have been searching for was already within, and you are grateful for the blessing of life itself.



7. Appreciation

Step 7

Appreciation

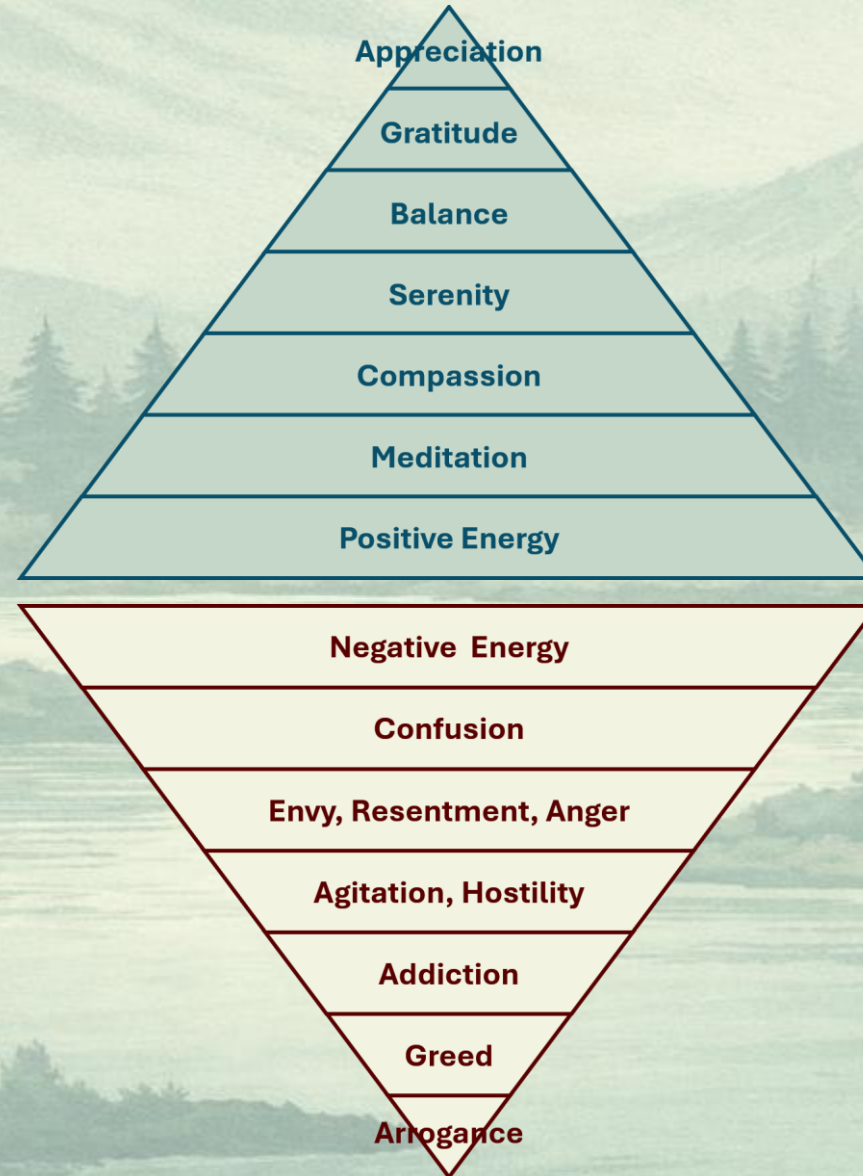
The Pure Land of Vision

Appreciation is
the summit of our ascension model.

It is the eyes of the
Higher Self
looking back out at the world.

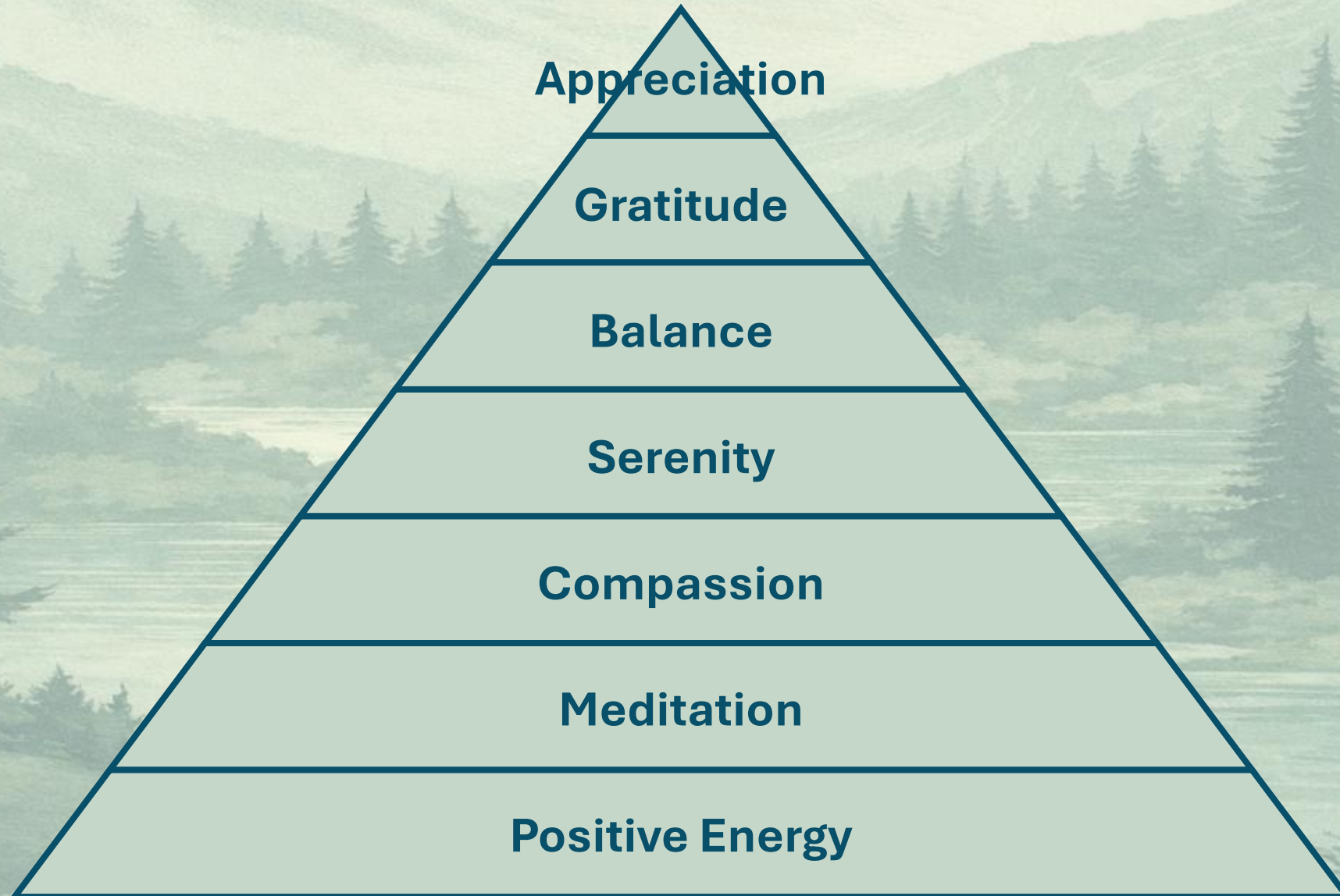
It is a
completely clear mind
gazing upon existence and
appreciating the kindness and good efforts
of all.

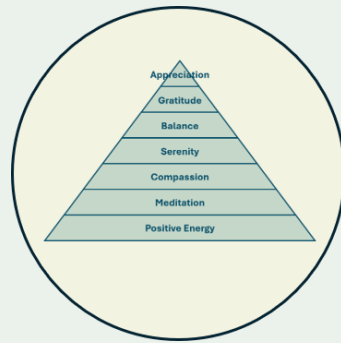
7 Steps to the Higher Self & Heaven Within



7 Steps to the Lower Self & Hell on Earth

7 Steps to the Higher Self & Heaven Within





About

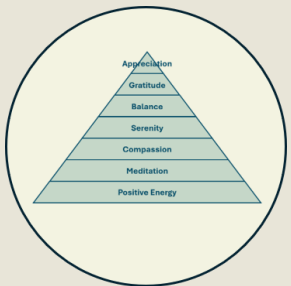


Sandy Hinden is a global educator, systems thinker, and organizational developer dedicated to advancing peace, justice, and stewardship of the Earth.

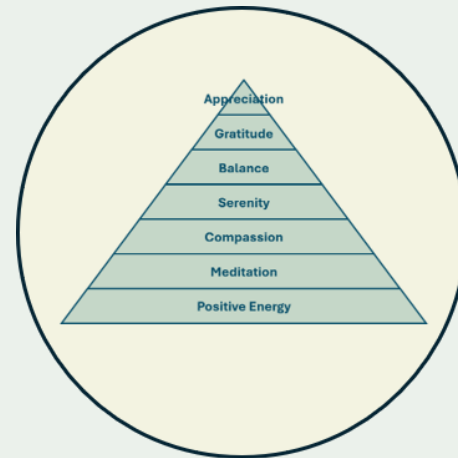
He has written on personal growth, leadership transformation, and systemic reform, and helped lead global movements in civic education, peacebuilding, and sustainable governance. He worked across five decades and continents, leading transformational programs for UN initiatives, Rotary-related groups, NGOs, educational institutions, and civic organizations.

Sandy developed and facilitated more than 200 interactive sessions, both locally and online, on habit improvement, meditation, meaning and purpose, wellbeing, relationships and communication, empathy, leadership, and community improvement.

His work has focused on helping people connect more deeply with themselves, each other, and the larger world through kindness, wisdom, and dialogue. He authored *The Sovereign Earth Fund & Council* (2026), *Education To Live Well* (2025), *7 Keys to Love* (2009), and founded Wisocracy.org (2022) to foster wise democracy and governance.



7 Steps to Heaven



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