

Please come along with me, a regular person who was suddenly catapulted into a wondrous new world by a series of unexpected events. A world that brings greater meaning, deeper love and a happy ending. The future is bright and can be trusted.

Reaching Heaven on Earth: A Soul's Journey Home

By Scott Hiegel

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A serene sunset over a body of water. The sun is a large, bright yellow orb on the right side of the horizon, casting a shimmering reflection on the water. The sky is a mix of blue and orange, with large, white, fluffy clouds on the left side. The water is dark with a golden glow from the sun. The overall mood is peaceful and contemplative.

REACHING
HEAVEN
ON EARTH

A Soul's Journey Home

SCOTT HIEGEL

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Foreword

by Sarah G. Schwartz

Which of us hasn't longed for an experience of Heaven on Earth? Is such a thing even possible and how do we get there? These are questions I have asked myself over the years. The journey to Self-discovery it is said, begins with a single step and the burning question: Who am I?

Through a mutual acquaintance, I had the privilege of meeting Scott Hiegel and reading this manuscript of his life journey to find the pearl of great price. Known by many names across cultures, this gem may be revealed through the living of our lives if we are willing to take the time to open the door, to look within and to learn and grow. When a Kundalini experience arrives, if we are not prepared it can be a frightening experience that we have no frame of reference for and find difficult to integrate into our understanding. Yet it can be a jewel beyond compare, bathing us in its living light of love, wonder and grace! How can we invite this experience into our lives safely so that we each may discover this great pearl? For me it involved an ongoing process of seeking and searching, self-examination, meditation, prayer and the study of my dreams.

Through a series of unexpected transformational events in his life, a rigorous practice of spiritual and personal disciplines, as well as making an effort to live a more simple, noble, less materialistic life, Scott came to have ongoing experiences of this wondrous and glorious new state of consciousness. Perhaps many of us have "glimpses" into an awareness beyond ordinary reality. But in our culture, we have little understanding of how to anchor, integrate and grow from them.

Is humanity really graced with an opportunity to evolve into more mature human beings, truly wise men and women “homo sapiens,” where we can work together to create peace, compassion, and greater joy and love, not only in our personal lives but for the sake of Mother Earth and all Her kin? There was a man who lived in India who thought so named Gopi Krishna. Mr. Krishna believed that experiencing Kundalini is a common biological potential in every human being and that by conducting experiments on the brain, this hypothesis could be proven. It was his life mission that has deeply moved Scott Hiegel. And a worthy mission it is!

Not only will this story and its implications extend the opportunity to the reader to be inspired to grow in new ways of being, but also to usher in a kingdom of wonder on Earth, where all may evolve and be restored. I am reminded of Beethoven's finale to his 9th Symphony, Ode to Joy and the lyrics of the poem written by the German poet Friedrich von Schiller...

...Joy!

Joy, bright spark of divinity,
Daughter of Elysium,
Fire-inspired we tread
Within thy sanctuary.
Thy magic power re-unites
All that custom has divided,
All men become brothers,
Under the sway of thy gentle wings....

Sarah G. Schwartz is a Music Educator, Cellist and Certified Therapeutic Harpist

Foreword

by Marc Vaccaro

It was December 17, 2004, the day that our company was to do an Initial Public Offering (IPO) of stock. I was 41 years old, cofounder of the business, and at the top of my business career. Everything went according to plan, in fact better than plan. My partners and I rang the bell opening Nasdaq as the headline IPO that day. We had our 10 seconds of fame. The images of us opening the exchange flashed across the screens of CNBC and CNN, with relatives calling to share in the excitement of witnessing our exalted victory.

My wife and I literally stood in the median strip of New York's Times Square, watching the electronic ticker tape dance along until finally our stock revealed its first trade. It was UP 50% in its first trade! My first thought was "Oh my God, I'm rich" (at least on paper). My second thought without even a second of hesitation was "I am still just as miserable inside."

There was a hole in me I thought money, status and all the freedoms that come with it would provide. But I instinctively and immediately knew that was not to be the case. It was almost as if I had climbed K2 and God said, "You have climbed the wrong mountain; Mount Everest is over here". And so, it has been ever since.

Since that time, almost 18 years now, I have been on a profound spiritual journey. I am a member of a Twelve-Step program. My heroes used to be the likes of Warren Buffett and Bill Gates. Now they include Krishnamurti, Ramana Maharshi, Gopi Krishna, Bill W., and others who have seen beyond the human intellect to a reality sublime.

Through all of my hard work and purification, I have had moments of this sort of peace and majesty. The kind of peace and majesty that passeth all understanding. But just momentary.

Scott and I have known each other for some 30 years. In fact, we grew up in the same idyllic village of Maple Bluff, less than two miles apart. Our age difference of eight years meant that we ran with different groups and lived worlds apart. His best friend was my best friend's older brother. But eight years apart is an eternity when you are a kid.

I really came to know Scott as an adult when we were both treading our paths toward "certain" success and stardom in our respective fields in business. In my few business-related interactions with him I sensed a kindred spirit. He was always very kind, soft spoken and humble; qualities which attracted me.

It was really in the last 18 plus years that we have become very close, as we realized we had common histories and were on similar paths. In my journey, I was on a search for people who had achieved authentic spiritual awakenings, even traveling to India to further that pursuit and my own growth. When Scott shared what had happened to him and what he was now experiencing, I just couldn't believe it.

What I was searching for had taken place within him and was fully formed. I can tell you from meeting hundreds of people from different cultures, and reading at least as many books, that a genuine spiritual awakening of Scott's magnitude is probably pretty rare; maybe like winning the Powerball, when the purse has grown to ridiculous proportions. From all the time I spent with him, I knew his was authentic. I would be less than truthful if I didn't also admit that I was envious of what he had achieved knowing that, in fact, his awakening

sought him, not the other way around. I wanted what he had and was willing to make it my life pursuit.

Like many of us, I am watching a world that feels like it is on the brink of a colossal disaster. Countries and institutions feel as broken and far apart in working together as I have witnessed in my lifetime. Within most countries one senses the same deep division, with maybe a harder edge than ever before. With almost eight billion of us on this earth, the stakes are much higher and costs to our precious planetary environment much starker.

What every great yogi, prophet, mystic and saint has always stated is the same: that positive change must start “within” each of us, before positive change can happen “outside” of us. They also often talked about how they had experienced a new and much more exalted state of awareness, using terms such as heaven, nirvana, cosmic consciousness, paradise, bliss, and samadhi to describe such a state.

Scott is one of a small group of people bringing forward Gopi Krishna’s transformative theory that the human brain is evolving, that there is a mechanism in the body responsible for this evolution, and that human beings are hard wired biologically for a much more glorious and exalted state of consciousness. Maybe the most exciting news is that we may be at the technological point to test this theory with our modern instruments, and possibly prove that what Scott shares in his book is real. If so, this could bring much hope and excitement to people and eventually be a unifying force for humankind. Frankly, it could change the direction of humankind’s thinking almost immediately to a more positive direction. God knows we could use such hope and positive change at this time. I firmly believe Scott’s book will provide much hope and inspiration to you.

Author's Note

Now that I have finished writing, I've had the time to reread my story and poetic verses. I realize they have profoundly good news to share. They are a summary of my lifelong journey from a normal state of mind to a new state of consciousness. I believe this new consciousness is the preordained next goal for human beings. It is a journey that has been filled with great challenges and many struggles, but also overwhelming joy, peace and love.

In the book I describe the pinnacle of this new state of mind, Cosmic Consciousness, and some of the ways we will need to live to attain this treasure that is within. I also describe the engine behind our evolutionary ascent to this new state of consciousness and heaven on earth. This engine is the Intelligent force and biological mechanism of Kundalini.

I believe my life experiences show evidence of a more powerful, peaceful, happy, and sublime state of mind. They also demonstrate the gifts of new knowledge, talents, healing, and love that can result from the Kundalini process and our spiritual unfoldment.

I'm hoping that sharing my story will help you realize you are not alone on this journey of life; that you come to understand that no matter what happens to you in life, and no matter how hopeless and difficult things may seem at times, there is a Guiding Light within each of us. This Guiding Light, a kind of Divine GPS system, can direct us through the turmoil and challenges of our lives and lead us to a life of greater promise and fulfillment. I will share how I came to find and strengthen my connection to this Inner Guidance.

I hope you will enjoy coming along on my journey. I am a regular person, who was suddenly catapulted into a new world by a series of unexpected events, into a mystery that defies imagination, but eventually brings greater meaning, deeper love, and a happy ending. May you have a sense of hope and wonder for what lies ahead. The future is bright, despite the many challenges now facing us.

Section I - My Personal Story

Introduction

In the summer of 2008, I shared my personal story at a conference on spirituality and consciousness on a farm just north of Toronto. It was a small, intimate gathering. I felt at home. I began my story with the following:

“My life has not turned out anything like I thought it would. My vision when I was younger, was that at this time - age 50 - I would be happily married, have four or five kids, be a CEO for a large company, or an investment tycoon, live in a big house on a lake, have a country club membership, play golf on the weekends, go on incredible vacations, help the less fortunate, etc.

Instead, I became one of the less fortunate - or as I mistakenly thought them to be. I’m divorced, own very little materially, share an apartment, do not live on a lake, play minimal golf, and found out the hard way that God, not myself, is CEO and in charge. And yet today I do work that I love, and I’ve never been happier and more at peace.”

When I was a young boy growing up in Madison, Wisconsin, I dreamed of becoming a professional golfer or basketball player. Somewhat disappointingly, these dreams didn’t materialize, and, instead, I became an accountant, an investment professional, and entrepreneur. I eventually discovered these professions were not the

end of the road, but rather were stepping-stones to new dreams and my life purpose.

It is now 2021 and if somebody had told me thirty years ago when I was feverishly trying to climb the ladder in the financial industry, that one day this shy Catholic boy would be writing a book containing my personal story, inspired poetic verses, thoughts on a new theory of evolution, as well as sharing experiences of a new state of consciousness, I would have laughed and thought they were absolutely crazy. In fact, it wasn't even in the realm of possibility that something like this could ever happen because it just wasn't who I was or who I thought I'd ever be. Yet here I am today doing just that!

I have found that life will always have surprises. If you want to give the universe a good laugh, just tell it what the plan for your life is! One thing I believe you can ask the universe for guidance on, is how to fulfill your passion and dreams. I know this is one area that the universe has not let me down.

This is my story of personal and spiritual growth, which happened through a long healing, growing, and recovery process. This process eventually led to my entrance into a wholly new and unexpected world, a fascinating inner world of great majesty and glory; a world that I never knew existed; a world that I know one day awaits us all. It also led me to where I find myself today: a changed person, living a different, yet more happy, peaceful, and fulfilled life.

I'm also going to share some selected stanzas throughout the book, as well as 11 complete verses, from a collection of 48 poetic verses I composed over an 18-year time period ending in February of 2009*. The verses speak to the objective reality of our souls and the existence

of a Higher Intelligence. They include breathtaking descriptions of the majestic and glorious states of higher awareness that await humanity through the further evolution of the human mind and brain. The verses also speak of hidden wonders existing in the brain and the eternal nature of the soul. Finally, they share spiritual knowledge and insight and reveal answers to some of the big questions in life including:

- Why are we here?
- Is there a God or intelligence behind life?
- What happens when we die?
- Is humanity evolving toward a divine like state of awareness?
- What is the evolutionary agent responsible for humanity's ascent?
- What is the nature of our soul?
- Is life everlasting?

Finally, at the end of the book is an inspired composition I entitled *Inspired Prose - Creation, Life, Love and Our Future Path*, that I wrote in 2018, nine years after I had written my last poetic verse. It occurred at the culmination of a pinnacle phase in my spiritual journey. It describes the important pillars underlying the journey to a more glorious state of consciousness, the ongoing evolution of our mind and brain, the purpose of our existence, and our relationship to God and never-ending journey toward the Infinite. It also depicts the meaning of creation, the infinite number of creations that exist, and how they all eventually unite in one titanic jigsaw puzzle of Love. It is a truly hopeful and inspiring summary of what has been communicated to me through the living of my life.

During the time period in which the verses and inspired prose were written, I also experienced physiological changes in my body that

seemed to coincide with certain changes in my consciousness or awareness. As discussed previously in Part II of the Preface, an Indian sage by the name of Gopi Krishna advanced the theory that the human brain is still in a process of organic evolution. He said different stages of spiritual development or the growth of the human mind, as evidenced by changes in consciousness, are the result of a regular process of biological changes that occur in a person's body and brain. He further postulated that this ongoing process of evolution is bringing humanity to a more profound and expanded new state of consciousness. He termed the zenith of this expanded state of mind "Cosmic Consciousness". My experiences supported this.

As I discuss in this book, I eventually came to embrace this revolutionary new theory. This theory relates the ancient eastern concept of Kundalini to the evolution of human consciousness and the human brain. It also identifies Kundalini as the biological mechanism and Intelligent Life Energy that drives the evolutionary process in human beings.

What do I mean by the Cosmic Conscious mind (Cosmic Consciousness) or a more profound state of awareness? Let me describe it and the evolutionary process of Kundalini this way: the next goal of human evolution, working through biological evolutionary processes occurring in the body and brain, is to expand our awareness beyond the limitations of our five physical senses and intellect. The world of consciousness opens up, a new view of creation appears, and a new source of knowledge becomes directly accessible. The world looks and feels different to the transformed mind - more expansive, light, radiant, beautiful, and joyous.

This ongoing process of evolution to the Cosmic Conscious mind may expand the intellectual capacity of our minds, foster the development of new talents and genius-like abilities, and result in psychic and paranormal gifts. It also provides access to new intellectual and spiritual knowledge.

Finally, this process has the potential to result in a profound ongoing inner experience of love, light, beauty, melodious sound, joy, peace and happiness, as well as the loss of fear of death, an enhanced moral elevation and the realization of our eternal nature. In its highest transformation, the human mind may be able to perceive the unity underlying creation as well as the living, loving, conscious, and titanic intelligent presence behind life. **I share some of my own limited experiences of Cosmic Consciousness in Chapter 22 “New Consciousness: My Soul and Mind Awakened”.**

The concepts of “Kundalini”, “Cosmic Consciousness”, and “Intelligent Life Energy” are also discussed in more detail in Chapter 9 “Kundalini Awakening!”, and in other parts of the book.

Research on the human brain, consciousness, and the benefits of practices such as meditation, mindfulness, and prayer are particularly hot areas of scientific research today. Some new research, although not universally agreed upon, has shown that the human brain is not static and that it can develop new neurons or cells, even in adults. This process is called neurogenesis. Until the final decade of the last century, scientists had maintained that the adult brain can’t change. Furthermore, neuroplasticity refers to the ability of the brain to change its structure and function in response to experience. Recent research has also shown that meditation or prolonged and sustained attention can change the inner workings and circuitry of the brain. Professor

Richard Davidson at the University of Wisconsin, Madison found that mental training made it easier for the brain to activate circuits that underlie compassion and empathy implying that these positive states are skills that can be trained.

In addition, other important work has focused on the conceptual similarities of some ancient eastern doctrines and modern quantum physics. As Gopi Krishna wrote in his book Three Perspectives on Kundalini:

“...according to the latest concepts about matter, the observer and the observed phenomena cannot be isolated from each other, the conclusion becomes clear that the universe we see around, with all its color, light, shade, mass, speed, inertia, time and space is a product of the senses and the mind and has no reality apart and away from them.”

Finally, there is significant new research being done on the benefits of the practices of mindfulness and meditation, and other spiritual practices such as prayer. Time Inc. came out with a special edition issue in September of 2018 entitled *The New Mindfulness*. In the first paragraph it says:

“Mindfulness has become the goalpost of modern life, the answer to our high-paced, overstretched schedules. Do you know anyone who doesn't want to be “more mindful” in some aspect of their life?”

A few paragraphs later it states:

“For all the research showing the benefits of mindfulness in treating such conditions as anxiety, depression, and chronic pain, researchers still don’t know exactly how it works.”

These different research areas are revealing important new insights about how our mind and brain function and the benefits of mindfulness, meditation, and prayer and their impact on the human mind and brain. They are also sharing new information about our future potential as human beings and the real nature of the world we live in.

I believe these areas of research will yield even more important insights when they are recognized as important pieces of a much larger and interconnected puzzle. This larger puzzle has to do with the role of the Kundalini Intelligent Energy and mechanism in human evolution and humankind’s preordained ascent to the Cosmic Conscious mind.

There are still many surprises awaiting the human race as to who we are and why we exist. I will say more about these things and the concept of Kundalini as the book progresses. You may think at this point that Kundalini and a new theory of evolution has nothing to do with you and your everyday life, but it does, significantly so, and I will try to explain why in this book.

Although this is my story, I’m sure that some of it may also be yours. I believe the sharing of inspiring life stories like mine and others, will motivate people of all ages to embrace healthier lifestyles and to aim

for higher and more noble goals in life. Through sharing my story, I'm hoping it will touch places deep within your mind and heart and encourages you to discover your own story and share it with others. Everyone has a unique and important story to tell. I believe that sharing our stories can help us to see our common humanity and divinity, help us to see past our human dualities and divisions, help us to see ourselves as part of an undivided whole, and finally help us to see more clearly the love in each of us.

I'm also hoping that sharing my story will help you realize you are not alone on this journey of life; that you come to understand that no matter what happens to you in life, and no matter how hopeless and difficult things may seem at times, there is a Guiding Light within each of us. This Guiding Light, a kind of Divine GPS system, can direct us through the turmoil and challenges of our lives and lead us to a life of greater promise and fulfillment. I will share how I came to find and strengthen my connection to this Inner Guidance.

Finally, I want to share my story and poetic verses with you because they reflect who I am and what I believe. I feel they contain my deepest essence and most authentic voice. In writing this, I felt a Higher Intelligence was speaking through me and wanted me to communicate hope and good news to people during these challenging times in the world.

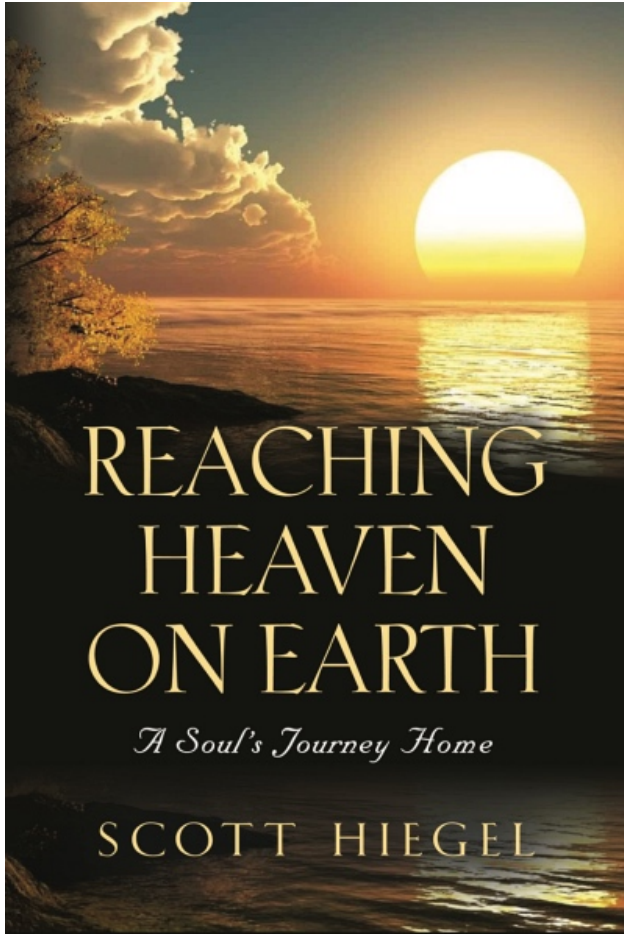
I also believe my life experiences, told here in my story and poetic verses, and my current state of being, show evidence of an expanded state of consciousness, a more peaceful, happy, and sublime state of mind, as well as the gifts of new knowledge, talents, healing, and love that can result from the Kundalini process and our spiritual unfoldment. I think they also provide confirmatory support for certain

key premises of Gopi Krishna's important theory of human evolution, which I believe has profound positive implications for the safety, survival, and future happiness of the human race.

When I speak of God in my writings, it is the God of my understanding, the Eternal Existence and Intelligence behind the universe, the Source of our Being. I use many terms in this book, including Higher Intelligence, Divine Intelligence, Higher Power, Inner Intelligence, Intelligent Life Energy/Force...to represent God or some form of the power of God working in this creation and in ourselves.

I have a deep knowing that we all have a *spark* of the Divine within us. I also know that this *spark* can be experienced directly. I've even come to believe that the existence of God or a Higher Intelligence can be proven eventually to each one of us in the laboratory of our own experiences. However, each one of us must take this journey in our own way and on our own time schedule. I also honor that your understanding of God may be very different than mine, or you may not believe in the concept of a God, or a Higher Intelligence at all. It is not necessary that you believe in a God or Higher Intelligence to experience the inspiration, hopefulness, power, beauty, and love conveyed in my story and poetic verses. Whatever your views, I sincerely hope that you enjoy this book and that it helps you to live a more happy, peaceful, and fulfilled life.

***The complete collection of 48 verses may be found in a soon to be published book entitled A Soul's Revelation of Heaven on Earth.**



Please come along with me, a regular person who was suddenly catapulted into a wondrous new world by a series of unexpected events. A world that brings greater meaning, deeper love and a happy ending. The future is bright and can be trusted.

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By Scott Hiegel

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