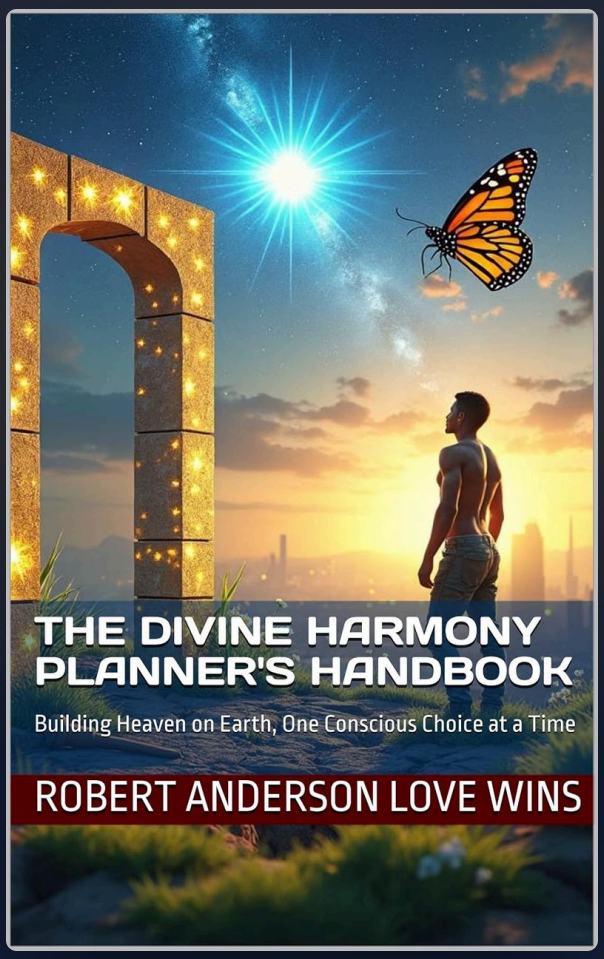
FREE SAMPLE



The Divine Harmony Planner's Handbook

Building Heaven on Earth, One Conscious Choice at a Time

ROBERT ANDERSON LOVE WINS

Includes the Introduction, Chapter 3 “The Two Paths,” and the first steps of Chapter 5, CBT for the Soul.



A PERSONAL NOTE

Before you begin

Dear friend,

Thank you for opening this sample of *The Divine Harmony Planner's Handbook*. If you've been feeling that the world is out of balance, and that you were meant to be part of the answer, this book was written for you.

It brings together ancient spiritual wisdom and practical tools, like the Thought Triage Journal you'll meet in these pages, so the big vision becomes something you can practice every single day.

In this sample you'll read the Introduction, the full chapter on the two paths in front of every one of us, and the first steps of "CBT for the Soul." It stops just as we begin installing a new, truth-aligned way of thinking.

I hope you'll keep going. Heaven on Earth is built one conscious choice at a time, and your next choice can start today.

With love,

Robert Anderson Love Wins

This sample is for you if...

- You feel the world is out of balance and want to be part of the healing, not just watch it.
- Fear, anxiety or negative self-talk drain your energy and cloud your judgment.
- You want spiritual wisdom you can put into daily practice, with real tools like CBT and NLP.
- You believe in living by Love, Kindness, Caring, Value, and Respect.
- You're ready to see your past pain as preparation for your purpose.

WHAT'S INSIDE

Contents of the full book

Every chapter of the book. Highlighted chapters are included (in part) in this free sample.

Introduction: The Urgent Invitation – Your Blueprint for a Golden Age ✓ IN THIS SAMPLE

Part 1: The Foundation – Understanding the Divine Harmony Blueprint

Chapter 1: The Divine Architects & The Grand Design

Chapter 2: Decoding the Prophecies: From Chaos to Clarity

Chapter 3: Koyaanisqatsi & The Choice: The Two Paths ✓ IN THIS SAMPLE

Chapter 4: Forging a Golden Heart: Your Personal Journey from Dust to Divine

Chapter 5: Deactivating 'Inner Parasites': Cognitive Behavioral Therapy (CBT) for the Soul ✓ IN THIS SAMPLE

Chapter 6: Rewriting Your Destiny: Neuro-Linguistic Programming (NLP) for Purpose

Chapter 7: The Universal Language of Love: Becoming Your Own 'Dr. Dolittle'

Chapter 8: Re-founding Governance: From Control to Collaborative Stewardship

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Chapter 10: Education Reimagined: Unfolding Holistic Potential

Chapter 11: Justice Transformed: Restorative Harmony & Truth

Chapter 12: Leading by Example: Authenticity, Transparency, and Service

Chapter 13: Sustaining the Vision: Persistence, Master Minds, and Divine Guidance

Conclusion: The Blue Star Shines – Your Legacy of Love

A Final Charge: Your Mission to Light the World

In this sample

Introduction: The Urgent Invitation · This is your call to remember who you are and why you are here · Chapter 3: Koyaanisqatsi & The Choice: The Two Paths · The Power of Your Conscious Choice · Chapter 5: CBT for the Soul, Step 1: The Thought Triage · Your Tool: The Thought Triage Journal · Step 2: The Courtroom of Your Mind

FREE SAMPLE

Begin reading



The pages that follow are taken word for word from *The Divine Harmony Planner's Handbook* by Robert Anderson Love Wins.

Have a notebook and pen nearby.

Introduction: The Urgent Invitation – Your Blueprint for a Golden Age

We stand at a precipice—not of destruction, but of divine emergence.

Across the globe, a profound unrest stirs in the human spirit. You feel it—a deep, resonant knowing that the world as we have known it is unraveling. Systems are straining, environments are shifting, and hearts are awakening to a truth long forgotten: that the chaos we see "out there" is a mirror of the imbalance within. The Hopi elders named this state of life out of balance Koyaanisqatsi—a world drowning in noise, disconnection, and fear, yet starving for meaning, authenticity, and love.

> ### But what if this breakdown is, in truth, a breakthrough?

For millennia, ancient prophecies from traditions as diverse as the Maya, the Hopi, Hinduism, and Biblical scripture have pointed to this exact moment in human history. They foretold a Great Cleansing, a planetary shift, and the birth of a Fifth World—a Golden Age built not on force, but on harmony; not on separation, but on sacred connection. These are not metaphors. They are a blueprint. And the upheavals we are now witnessing—from solar storms stirring geological and energetic change to societal structures trembling at their foundations—are the unmistakable signs of this prophecy unfolding in real time.

This is your call to remember who you are and why you are here.

You are not a victim of these times. You are a Divine Harmony Planner.

Your presence on Earth at this precise moment is no accident. You were designed for this—equipped with a heart capable of immense love, a mind capable of piercing clarity, and a spirit designed to co-create with the Divine. Heaven on Earth is not a distant fantasy or a post-death reward. It is a conscious, practical, and achievable reality waiting to be built—and it begins with one conscious choice at a time.

This handbook is your guide, your tool, and your companion on this most sacred of journeys. Within these pages, you will find:

- Clarity amid confusion,
- Purpose amid pain,
- Strategy amid chaos, and

- Unity amid separation.

You will learn to dissolve the inner and outer “parasites” of fear and limitation. You will reclaim sovereignty over your mind, your energy, and your destiny. And you will step into our collective purpose: to architect a new world rooted in the timeless principles of Love, Kindness, Caring, Value, and Respect.

The blueprint is here. The time is now. The choice is yours.

Let us begin.

✦

Chapter 3: Koyaanisqatsi & The Choice: The Two Paths

We have named the sickness. Now we must choose the cure.

There is a word, born from the wisdom of the Hopi elders, that names the deepest wound of our world: Koyaanisqatsi (koy-ah-nis-kaht-see). It translates to “a life of crazy corruption,” “a state of life that calls for another way of living,” or most accurately, “life out of balance.”

This is not a poetic concept. It is a spiritual diagnosis. Koyaanisqatsi is the root cause of all human suffering—the collective dissonance that arises when humanity lives in opposition to the natural laws of love, reciprocity, and reverence. It is the belief that we are separate—from the Divine, from each other, and from the Earth. This single, corrosive illusion has generated the world we see around us: a world of extraction, exhaustion, anxiety, and isolation.

But this imbalance is not a life sentence. It is a choice. And a choice, once seen clearly, can be unmade.

This chapter presents the two paths that now lie before every human soul. There is no middle road. There is no neutral ground. You are already walking one of them. The only question is: will you continue, or will you consciously choose to turn?

The Path of Fear and Separation: The World of Koyaanisqatsi

This is the familiar path. The path of the unconscious. It is characterized by:

- **The Illusion of Scarcity:** The belief that there is not enough—not enough love, money, power, or resources. This lie fuels relentless competition, hoarding, and the desperate need to control others and the environment.

- **External Validation:** Deriving your sense of worth from status, possessions, and the approval of others. This creates a fragile, false self, perpetually threatened by criticism and change.
- **Ego as Commander:** Allowing the fearful, separate ego to dictate your thoughts and actions. This leads to judgment, blame, resentment, and the need to be right at all costs.
- **Resistance to What Is:** Struggling against the natural flow of life, clinging to the past, or fearing the future. This generates immense internal suffering and a sense of being victimized by circumstances.
- **Spiritual Disconnection:** Living as if the material world is the only reality, ignoring the whispers of intuition, synchronicity, and the divine presence within and around you.

This path feels like being lost in a hall of mirrors, seeing only distorted reflections of separation. It is the source of our personal anxiety, our relational conflicts, and our global crises. To continue on this path is to choose to remain asleep within the nightmare of Koyaanisqatsi.

The Path of Divine Harmony: The World of the Fifth Sun

This is the path of awakening. The path of the conscious co-creator. It is characterized by:

- **The Truth of Abundance:** Knowing that the Universe, rooted in a Divine source of infinite love and creativity, is inherently abundant. You operate from a trust that your needs will be met as you align with your purpose and serve the whole.
- **Internal Sovereignty:** Deriving your sense of worth from your inherent divinity and your connection to Source. You are unshakable because your value is not for sale.
- **Spirit as Guide:** Surrendering the ego's need to control and allowing your higher Self—your soul, guided by the Holy Spirit—to lead. This fosters compassion, forgiveness, and a deep desire for the highest good of all.
- **Harmonious Flow:** Accepting life as it is while consciously shaping it with love. You understand that challenges are not punishments but lessons and opportunities for growth, orchestrated by a loving intelligence for your ultimate benefit.
- **Conscious Connection:** Living with the constant awareness of your interconnectedness with all life. You see the Divine in nature, in others, and in yourself. You communicate with this intelligence through prayer, meditation, and acts of love.

This path feels like coming home. It is the dissolution of the illusion of separation and the joyful realization that you are an essential, beloved part of a magnificent, purposeful whole. To choose this path is to choose to wake up within the dream and become a lucid architect of a new reality.

The Power of Your Conscious Choice

The shift from Koyaanisqatsi to Divine Harmony does not happen to you; it happens through you. It begins with a single, powerful, internal declaration:

> **"I choose harmony over chaos. I choose love over fear. I choose connection over separation."**

This is not a one-time decision. It is a moment-by-moment practice. It is the choice to:

- Pause before reacting in anger.
- Give thanks instead of complaining.
- Offer kindness where none is expected.
- Trust the process when you cannot see the way.
- Take responsibility for your energy and your impact.

Your choice is the lever that moves the world. Each time you choose love, you weaken the hold of Koyaanisqatsi. Each time you choose forgiveness, you repair the web of connection. Each time you choose courage, you inspire others to remember their own power.

The Great Purification is not something to be feared. It is the natural consequence of humanity's collective choice to return to balance. The old world is not being "destroyed"; it is being outgrown. Its foundations, built on the sand of separation, can no longer support the weight of our expanding consciousness.

You are standing at the crossroads, and the choice is yours. One path leads to the continuation of the dream of separation. The other leads to the conscious co-creation of Heaven on Earth.

The Architects are waiting. The blueprint is in your hands.

Enjoying it so far?

The full Handbook goes on to Chapter 4, "Forging a Golden Heart," on why pain precedes purpose, and Chapter 6, where NLP helps you release the anchors of the past and craft a compelling future.

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Chapter 5: Deactivating 'Inner Parasites': Cognitive Behavioral Therapy (CBT) for the Soul

Your mind is a sacred garden. But it has been overrun by weeds.

These weeds are not your fault, but they are your responsibility to tend. They are the ‘inner parasites’—the ingrained patterns of negative self-talk, limiting beliefs, and cognitive distortions that drain your energy, cloud your judgment, and separate you from the experience of Divine Harmony. They are the mental echoes of Koyaanisqatsi.

This chapter is your practical guide to weeding your mental garden. We will apply the powerful, proven principles of Cognitive Behavioral Therapy (CBT)—not as a sterile clinical exercise, but as a spiritual practice for the soul. This is the sacred science of taking every thought captive and aligning it with the truth of who you are: a beloved, powerful, and purposeful co-creator.

Step 1: Identify the Parasites – The Thought Triage

The first step to freedom is awareness. You must learn to catch the thought before it becomes a feeling, and the feeling before it becomes a action (or inaction).

The Common Parasites (Cognitive Distortions):

- **All-or-Nothing Thinking:** “If I’m not perfect, I’m a total failure.”
- **Catastrophizing:** “This one mistake is going to ruin everything.”
- **Emotional Reasoning:** “I feel afraid, so this must be a dangerous situation.”
- **Should Statements:** “I should be further along by now.” (Using “should” creates guilt and pressure, not motivation.)
- **Mind Reading:** “They probably think I’m incompetent.”
- **Labeling:** “I’m such an idiot.” (You are not a noun based on a single action.)

Your Tool: The Thought Triage Journal.

For one week, carry a small notebook or use a notes app. Whenever you feel a surge of anxiety, sadness, or frustration, pause and record:

1. **The Situation:** What just happened? (Just the facts.)
2. **The Automatic Thought:** What immediately went through my mind?
3. **The Feeling:** What emotion did that thought create? (e.g., Fear, Shame, Anger)
4. **The Cognitive Distortion:** Which parasite from the list above is this? (Name it.)

Example:

- **Situation:** My proposal received constructive feedback.
- **Automatic Thought:** "They hated it. I'm not good enough for this."
- **Feeling:** Worthlessness, shame.
- **Cognitive Distortion:** Catastrophizing, Labeling.

This act of observation alone begins to break the parasite's power. You are no longer the thought; you are the awareness witnessing the thought.

Step 2: Challenge the Parasite – The Courtroom of Your Mind

Once you've identified the parasitic thought, you must put it on trial. Do not accept it as truth. Cross-examine it with the ruthless compassion of a divine attorney.

Ask Your Thought These Questions:

- "What is the evidence that this thought is true? What is the evidence that it is not true?"
- "Is this thought helpful? Does it serve my peace and my purpose?"
- "Am I confusing a thought with a fact?"
- "What would I tell my best friend if they had this thought about themselves?"
- "What is a more balanced and truthful way to see this situation?"

From the example:

- **Evidence For:** They did suggest changes.
- **Evidence Against:** They said the core idea was "strong" and "innovative." They invested time to give feedback, which means they see potential.
- **Helpful?:** No, it makes me want to quit.
- **A Fact?:** No, it is an interpretation.
- **A Better Thought:** "Feedback is a gift that helps me improve. This is part of the process of creating something excellent. I am capable of integrating this."

Step 3: Replace with Truth – Installing the New Program

Challenging the old thought is not enough. Nature abhors a vacuum. You must consciously plant a new, truth-aligned thought in its place. This is where you actively choose to align your mind with Divine Harmony.

· · · END OF THE FREE SAMPLE · · ·

TO BE CONTINUED…

You've reached the end of the sample, but not the end of the story.

You've caught the parasite, put it on trial, and found a better thought. But challenging the old thought is not enough. The full book shows you how to plant the new one so it takes root, and how to make it a daily practice that gives you back your mental sovereignty.

Next, in the full book:

1. Step 3: Replace with Truth, and how to craft a truth-aligned affirmation that actually sticks
2. The Final Step: The Sacred Reframe, and The Daily Practice: Reclaiming Your Mental Sovereignty
3. Chapter 4: Forging a Golden Heart, and why pain precedes purpose
4. Chapter 6: NLP for Purpose, from Releasing the Anchors of the Past to Crafting Your Compelling Future
5. Chapter 7: Becoming Your Own 'Dr. Dolittle', the universal language of love
6. Chapters 8–11: new models for governance, economy, education and justice
7. Chapter 13 and the Final Charge: "Here is how you can act, right now"

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Imagine a week from now: a Thought Triage Journal in your pocket, the old inner voices losing their grip, and a clear sense that your daily choices are helping build something bigger than yourself. The full Handbook gives you the whole blueprint, from your own heart to your community.

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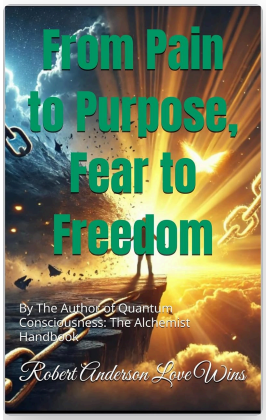
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P.S. Try the Thought Triage Journal from this sample for just one day. Then, when you're ready for Step 3, the Kindle edition is only $4.00, the easiest way to keep reading tonight.

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