

**Heaven on Earth
Creation Manual
For
Law Enforcement**

Discovering Heaven on Earth for Law Enforcement

CREATED BY JUSTIN CRINER

No one makes a bigger mistake than the person who does nothing because they can only do a little. – Anonymous

If you had a magic wand and could create the ideal scene for law enforcement what would that be?

Hello, my name is Justin Criner and I am a full time police Corporal in Texas. I heard about Project Heaven on Earth from its creator Martin Rutte. The ideas behind it made me wonder what exactly is possible for the world and for law enforcement. Like many, I have always had a desire or gravitational pull to make this world a little better than I found it. One of my greatest joys in life is doing little things to make other people feel more self worth or to help them have a more joyful day. I do this in many ways. One of the ways that I have been working on over the past year is to meaningfully speak to strangers each day and make them feel important. I have found it takes very little to make this happen. When I go to the grocery store I look at the name tags of the workers, then look them in the eye, call them by name and just say hi. Their face lights up, softens, and they respond as if I am the only person that said their name that day. Can you imagine going a whole day with no one caring enough to say your name?

Another little thing I do is just saying hi to random strangers. I don't just say hi, but I insert it into their current realm or world of activities. When I pass by someone I don't know I look at them (even if they are not looking at me) and then in a voice a little louder than normal say "Hello, how are you?" Many times at first they look shocked. They seem to say, "This guy seems to care about me, and he doesn't even know me." After the initial shock they realize I'm not selling anything and they almost always respond back with a big smile. Again, I wonder if anyone really cared enough to say hi to them today.

I grew up in a small town where it was common to wave at every one you drive by on the street. I have carried this habit into my city and into my police world. I have a tendency to wave hundreds of times a day as I drive around the city. One day another officer came up to me and told me this story. He said that his mother was driving and I drove by her in my police car and waived to her. This made an impact on her and brightened her day. She went to her son and asked him who drove my police car number. She wanted him to thank me for making her feel special. My simple painless and free gesture brightened her day so much she went out of her way to let me know I had created a little Heaven in her life. How far did this little ripple of joy travel? Did she take her story home with her? Did her family hear about it? Were they inspired to make someone else's day better? We never know how far our actions, good or bad, will travel.

How this resonates for me

Small acts like this are the basis for what attracted me to Project Heaven on Earth. Small acts like this will change the world! We never know who we are going to effect and how we are going to effect them, or how far our good and bad choices will travel. If I wave to someone and they wave to someone and so on and so on pretty soon we've created a title wave of good. Who knows, your wave could spread all the way around the world.

What I thought when I heard about Project Heaven on Earth

Martin and I met in Hawaii over dinner. As we ate our conversation grew. We both then went back to our lives, but shortly after that, we had a chance to speak with each other on the phone. Because of the relationship that we had started to build, I was very interested in what Martin had to say. Martin asked me what Heaven on Earth would be for law enforcement I said "the end of crime and everyone helping each other in acts of kindness." Initially I thought about The End of Crime and how wonderful that would be. I thought it might be impossible in the current world, but then I thought, why not? Wouldn't it be fantastic if there was no crime? I then wondered if there were any other people or organizations that had similar ideas about ending a particular suffering in the world. This is the basis for why I have created this manual. I needed an easy and efficient way to give others an outline where they could grow their desires and creative powers in making this world what it really can be. I want to share this with you, so you can grow, I can grow, and the world can grow. I want you to see the possible and share this possible with others.

After I heard about the story that you can read on page 10, I felt that my idea of the end of crime was now a possibility.

Can this possibly change the world...? YES!

If you create heaven in your own little realm, your influence will change countless lives. What if you inspire just 2 people to create Heaven on Earth in their realm, and what if those 2 people inspire 2 more people? If each person then shared it with only 2 people, and those people each shared it with 2 people, and so on and so on, how long do you think it would take for all 6.6 billion people in the world to be spoken to? Would it take 5 years, 1 year, or maybe 6 months? In fact, it would take only 32 days. In 32 days everyone in the world would have been spoken to.

32 days to change the world (on day one 2 people would be spoken to. On day two those two people would speak to 4 people and the total number of people spoken to would be 6, and so on and so on. Here's the full chart)

Day	Number of people spoken to
Day 1	2
Day 2	6
Day 3	14
Day 4	30
Day 5	62
Day 6	126
Day 7	254
Day 8	510
Day 9	1,022
Day 10	2,046
Day 11	4,094
Day 12	8,190
Day 13	16,382
Day 14	32,766
Day 15	65,534
Day 16	131,070
Day 17	262,142
Day 18	524,286
Day 19	1,048,574
Day 20	2,097,150
Day 21	4,194,302
Day 22	8,388,606
Day 23	16,777,214
Day 24	33,554,430
Day 25	67,108,862
Day 26	134,217,726
Day 27	268,435,454
Day 28	536,870,910
Day 29	1,073,741,822
Day 30	2,147,483,646
Day 31	4,294,967,294
Day 32	8,589,934,590

What is Project Heaven On Earth? This short manual will explain what this Project is, and how you can literally change the world. It might seem impossible, or outrageous, however, if it really is possible then it is extremely exciting. I invite you to investigate how, with an open mind and a willing heart, you will change the world.

Have you ever dreamed of making the world better

Those who say it cannot be done should not interrupt the person doing it.

- Chinese Proverb

Have you ever wanted to teach or help others improve their living conditions? Did this seem impossible to do? In this manual you will have 6 short assignments. Each assignment asks a simple question. At the end of the manual you will be blessed with a few short articles detailing how other people asked similar questions and actually began changing the world.

Smooth Sailing

This world is like one big boat on one big ocean and we are all in that same boat. If the world fails, we all fail. If one person suffers, we all suffer. However, the opposite is also true. If we make just one person's life more fulfilled, if we increase their standard of living, if we decrease crime, fear, poverty, and hate, we all benefit. And here's the secret – it may seem like an impossible task, but it's not, it's really quite easy. It can be as simple as taking one small action every day. So, let's get started!

Why is this important

You can get anything in life that you want, if you help enough other people get what they want.
– Zig Zigler

If the majority of the 6.6 billion people in the world believe we can't make life better then we can't. But if we get a small critical mass of people to change that, if we begin embarking on the journey of creating heaven on earth then eventually we will turn it around, we will have a new world more in line with how we would like it to be.

What you can do Starting Now

You are about to be asked 3 questions.... answer them openly and authentically. Then, after answering the questions implement the answers in your life. You will remember to act on these things daily because your life, your family's lives, and everyone on our boat depends on you. Please return a copy (if you would like) of your completed manual so that we can understand how you will change the world and so that we can help others to see your vision. You'll be inspiring others and others will be inspiring you.

The fine print

There really isn't any. This does not cost anything and it has the possibility to change your life, to change law enforcement, and to change the world.

You will benefit in an expanded way of looking at the world. Our hope is that you take this expanded view and use it to better our world.

Privacy

If you would like to remain anonymous that is fine. Either way please share how this project made your world more like Heaven on Earth by visiting:

<http://www.projectheavenonearth.com/heaven/participate/volunteer-2.shtml>

If you desire you can send updates on the changes that you have seen and how it has affected you, your family, your community, your job, and the world.

If you would like to contact me personally visit www.AlwaysDeveloping.com and click on the contact us link.

So Lets Begin

I am only one; but still I am one. I cannot do everything, but still I can do something; I will not refuse to do something I can do.
– Hellen Keller

Your world changing questions are next. These questions are intended to help frame your thoughts into actions.

P.S. If you do not feel ready to begin changing the world skip to page 10 and acquire belief.

Question 2

Here's a magic wand and you can have Heaven on Earth.

What is Heaven on Earth for you as a law enforcement officer?

What is Heaven on Earth for law enforcement?

The actions you take can and will change the world.

You can do this, will you?

We are all co-responsible for the state of the world.
– Ashleigh Brilliant

Please answer this question out loud now.

Will you ask these questions to at least 2 people in law enforcement in the next 24 hours?

Imagine this global conversation put into motion. You might think your worldwide contribution is small, but that's not accurate – it's huge, it's vital. As Frances Hodgson Burnett said; *“At first people refuse to believe that a strange new thing can be done, then they begin to hope it can be done, then they see it can be done – then it is done and all the world wonders why it was not done centuries ago.”*

Story #1

A Penny a Day To End Violence Against Women - by Sue Bookchin

A “Penny a Day.” It seems such a small option for ending such an entrenched problem. A problem that exists not just in my little corner of the world in Nova Scotia, Canada, but plagues the world in so many visible and invisible ways. Here's a small idea with potentially huge impact.

Outrage Becoming

“Fifth Assault Lands Man in Jail,” “Husband Threatens to Burn House with Wife Inside,” “Man Went After Girlfriend with Battery-Operated Saw.” These are just some of the headlines that routinely appear in my local newspaper - still, in 2009, in Lunenburg County, Nova Scotia, Canada. Although some weeks may go by without an article about domestic abuse or violence in relationships, it always comes back. And we close the newspaper and go on with our day.

We have become complacent about violence against women, in spite of its prevalence on so many fronts. I recently heard from the CEO of our local health authority that only 10% of sexual assaults are ever reported to police. So it's only that 10% that gets reported in the newspaper. Of the 90% that are *not* reported, a significant number of victims may wind up, at some point in their lives, in our mental health clinics and addictions services centers.

Our local shelters still house women and their children who have escaped abusive situations, peace bonds are routinely ignored, and provincial budgets continue to be at risk for both women's services

and programs for men who use violence. In his book, The War on Women, Brian Vallee reports the statistics: “From 2000-2006, the total number of front-line military and law enforcement deaths (of both hostile and non-hostile causes) in the U.S. was 4,588. In that same period, more than 8,000 U.S. women – nearly twice as many – were shot, stabbed, strangled, or beaten to death by the intimate males in their lives. In Canada, compared to the 101 Canadian soldiers and police officers killed, more than 500 women – nearly five times as many – met the same fate.” And that’s only the deaths. “In the United States, it’s conservatively estimated that in addition to the 1,200 to 1,300 women killed each year by intimate partners, another 5.3 million, age 18 and older, are victims of non-lethal domestic abuse.”

After nearly a century of women’s rights activities, initiatives and legislation, violence against women persists. Where is our collective outrage about this? I can no longer stand by in that complacency and wait for someone else to do something.

Project Heaven on Earth- Now is the Time

For the past several months, I have participated in a series of conference calls with an international group hosted by Martin Rutte founder of Project Heaven on Earth. “Tell me a time when you experienced Heaven on Earth,” he asks us. Interestingly enough, we all have an answer; we all somehow, intuitively know what Heaven on Earth means. And then Martin challenges us-- to create it, to take whatever small steps we can to manifest the Heaven on Earth we so desperately need as humans in these complex and challenging times. He challenges us to create it- within ourselves, with people we meet, in our local lives, and in our collective consciousness.

In one of those calls, Martin asked us to consider a list of the sufferings in the world: from hunger and malnutrition to illiteracy, to war, environmental degradation, poverty, AIDS, government corruption, etc. Two of them stopped me in my tracks: sexual abuse and slavery, also, violence against women and children. As I pondered and spoke to the group of why “suffering” affects me, I found myself trembling, my voice cracking, tears streaming down my face. When I think of rape as a systematic weapon of war, of the vulnerability and lifelong trauma of women and children in conflict zones, of young girls being forced and sold into sexual slavery, of the genital mutilation routinely committed on girls, of women serving in the US military, where “nearly a third of female troops are raped by their comrades, while some three quarters are sexually assaulted, and 90 percent are sexually harassed,”¹ it makes my blood boil. Where is our collective outrage that these things persist and remain invisible on our public and political radar?!

Ending Violence Against Women

“Think globally, act locally” is a well known phrase among social activists. Through our heartbreaking discussions on that conference call, our Heaven on Earth group discovered that we need to be present to the “hells” on earth if we are to co-create heaven on earth. And that presence, that willingness to not shrink away, will guide us to right action.

A Penny a Day was born among that collective discourse as an initiative to end violence against women in Lunenburg County.

A Penny A Day

For 4 years, I have served on the Board of Second Story Women’s Centre in Lunenburg County. Every year we commemorate December 6th as a day to end violence against women, by putting displays of purple ribbons out in the community. What if, I thought, we had similar displays, in the form of jars, with labels that said, “A Penny a Day to End Violence Against Women in Lunenburg

County” or “A Penny A Day to Make Lunenburg County the Safest Place on Earth for Women and Girls?” What if these jars were distributed to countless people to keep in their homes to throw their errant pennies into at the end of a day, and on the counters at drug stores, supermarkets, banks, post offices, shops, restaurants? What if “A Penny A Day” became a school project, (even in school young teenage girls experience abusive and controlling relationships with nowhere to turn for advice and support)? What if we could collect the pennies when the jars get full and use the money for a variety of projects raising awareness about the issue? We could compile women’s stories into a book, or fund a support person for women to report sexual assault crimes, or improve services to women who experience violence, or teach young boys and girls how to develop healthy, respectful relationships? So many possibilities for pennies amassed.

Why Pennies?

Pennies seem so dispensable in our current culture. Many of us no longer even stoop down to the sidewalk to pick up that ‘lucky’ penny. We leave our pennies in the penny pot at the drug store. We fill a jar at home and then wonder who’s going to roll all those pennies to take them to the bank. A simple penny a day is affordable for most people, even school children, and they add up quickly. Many others may leave nickels, dimes, or dollars, in order to make a contribution to a meaningful cause. As long as it’s a little bit everyday, keeping the matter in our daily consciousness, on our radar. It is the daily focus or practice of depositing that coin that can magnetize collective action, commitment and social change.

Partnerships

Nothing great in this world happens alone. Partnerships are essential for broad and sustainable impact. Already there is interest from a police officer in Texas, a Vice President at a large company in Ontario, and countless others around the world as Martin Rutte spreads the Penny A Day idea as an example of co-creating Heaven on Earth.

In Lunenburg County, potential partners abound. There is a women’s shelter, family support centers, a program for men who have behaved violently, a restorative justice program, and a multispectral group looking at services for victims of sexual assault at the local health authority. There is a provincial Office for the Status of Women. The Royal Canadian Mounted Police, the courts, prosecutors and judges are all part of the system that remains pivotal in dealing with issues of violence against women. Partnerships with all these groups and with interested individuals, both women and men, will be solicited for a variety of purposes:

- To gather baseline information/statistics about violence against women in Lunenburg County, and to formulate methods for compilation and tracking of statistics as the project goes along
- To devise an evaluation framework for the initiative
- To seek a source of seed money for jars, labels, promotion, start-up funds
- To determine how the fund of pennies will be used
- To develop a cadre of interested people to guide and enact the projects

With committed partners a clear purpose, vision, leadership and management of the project will be developed as we co-create a safe place for women and girls to rise to their full potential.

Interested?

Please feel free to contact:
Sue Bookchin
902 624-8011

Story 2

Story 2 could be your story. Story 2 can be how you started a movement that made this world more wonderful. Story 2 can be your snowball, rolling down a mountain, gaining momentum, gaining mass, as more and more people latch on to your enthusiasm and commitment to life. If you want your story here there are three steps required. First, you must decide on what Heaven on earth is to you. Second, you must focus your energy and actions on simple and small steps to bring your dream alive. This step includes you telling and motivating others to your commitment of Heaven. Third, you must share your success with us. It's that easy once you decide to do it.

Others like you

If you would like to be in contact with other law enforcement professionals like you to help realize and create Heaven on Earth for Law Enforcement then you may visit our facebook page titled "The end of crime" at <http://tinyurl.com/2w9hfdg>

Turning Our Dream of Heaven on Earth into Reality

by Martin Rutte

There is a desire, a longing, in each of us for a world that works. We want to end the immoral and recurring problems of the planet like war, hunger, disease and hatred. We want our soul's dream of a world that inspires hope, engagement and creativity to flourish. We want Heaven on Earth.

We've already proven that humanity can accomplish the extraordinary. We've returned a human from the moon, we've extended life by transplanting hearts, and we've brought democracy to South Africa.

But our human story also contains suffering, fear, prejudice and horror. The apparent strength of these negatives contribute to our feeling powerless and believing that we are unable to make a true, deep and lasting difference in the world. Yet even through these sufferings, times of Heaven on Earth, times of beauty, love and tranquility still flower. We long for more of this, for more and more of Heaven on Earth.

How do we nourish and support this collective project? We establish a new model of existence, a new collective purpose, a new civilization-fueling vision. We expand the idea of what is possible, focus on and multiply what works, and confront and reduce what doesn't work. We join with

others to make the creation of Heaven on Earth the new story of what it means to be human and what it means to be humanity.

I've asked many hundreds of people to tell me a time when they've experienced Heaven on Earth. People don't hesitate, or ask me what I mean: they immediately tell me about a moment when they've experienced it. They answer with clarity and certainty, sharing moments ranging from the birth of a child, to an appreciation of nature, to a moment of deep communion. Heaven on Earth, like love, peace and joy, is hard-wired into us, an eternal, innate truth, one that we want to extend from a moment to always. Ask yourself this question, "What is Heaven on Earth?" Just sit quietly now and answer.

The *Oxford English Dictionary* defines "heaven" as both a noun and a verb. It says that Heaven is not only an abstract concept of the afterlife, it is also a transitive verb, *to heaven*. This means we can go around heavening all day. We can heaven our relationship with problems. We can heaven our relationship with life itself.

Here's one simple way you can begin. Speak to two people in the next 24 hours about creating Heaven on Earth and ask each of them to speak to two new people the next day, and so on. If everyone does their part, it would take just 32 days to reach all 6.6 billion people on earth – a small act, a huge impact.

Your contribution is vital to this building process.

There are many other ways to bring about Heaven on Earth. Here are some:

- Discover and live your life's purpose and vision.
- Be true to your values.
- Express the beauty of life through music, art, writing, photography, dance, etc.
- Experience the Divine.
- Be aware of the presence of Heaven on Earth in every moment.
- Create enlivening affirmations.
- Build a better future by contributing your gifts.
- Take on one of the world's major sufferings and be part of ending it.
- Encourage our institutions to take their rightful place in creating Heaven on Earth.
- Identify an issue that needs resolving in your nation and help resolve it.
- Create a vision for your nation.
- Describe your vision for the world community.

I believe the vast majority of the world's people want to participate and play their part in a new global vision, a new human story of hope and momentum. United, we can and will create a grand and global planetary chorus, each person adding their voice, their gift, their inspiration. Through our intentions, our actions, and the circumstances that provide the opportunities to move in a more expansive world, Heaven on Earth can be created. This truly is the work of humanity. This truly is fulfilling the longing for the world we want.

About Martin Rutte

Martin is the creator of Project Heaven on Earth. Martin has also been key in many other world changing projects. Martin is an international speaker and consultant on spirituality in the workplace. He is committed to reconnecting business with its natural source of creativity, innovation and genius. As president of Livelihood, a management consulting firm in Santa Fe, New Mexico, he explores the deeper meaning of work and its contribution to society. The company's areas of service include: strategic vision, corporate spirit, performance management, and creative leadership.

Martin has served as a board member of Money Concepts Canada, Global Family, The Hunger Project Canada, and as a committee member of the Canadian Cancer Society.

You can check out this project's website by going to www.projectheavenonearth.com You can also view Martin's personal website at www.martinrutte.com

Inspiring Quotes about Heaven on Earth

- What's wrong with this world is, it's not finished yet. It is not completed to the point where man can put his final signature to the job and say, 'It is finished. We made it, and it works.'
– Suresh Pandit
- Your task is simple: Eliminate the difference between how things should be and how they really are.
– William Faulkner
- Be ashamed to die until you have won some victory for humanity.
– Vaclav Havel, former President, Czech Republic
- If we can't imagine, can't hold the image of what is good and pure and right for the world, we'll never get there.
– Carol Hegedus
- We are not here to do what has already been done.
–Robert Henri
- That is the vice – that no one feels himself called to act for man, but only as a fraction of man.
– Emerson
- What's more important to you, feeling overwhelmed and stopping, or feeling overwhelmed and getting on with helping create Heaven on Earth?
– Martin Rutte
- Courage is not the absence of fear, but rather the judgment that something else is more important than fear.
– Ambrose Redmoon
- We must be the change we wish to see in the world.
– Mahatma Gandhi
- You do not reform a world by ignoring it.– George Bush
- If we have not peace, it is because we have forgotten that we belong to each other.
– Mother Teresa
- Give me a lever and a fulcrum, and I will raise the world.
– Archimedes
- My face is set, my gait is fast, my goal is Heaven.
– Robert Moorehead



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