
Finding
Heaven
Here
One Moment of Love
at a Time
ROSS HARVEY

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Part One — Discovering Heaven

Chapter One — Finding Heaven Here

I love my life!

I love our lives!

These are words I say every day, and I mean them with all my heart.

My wife, Christy, and I have discovered something wonderful. Heaven on Earth isn't necessarily a place we must travel to or a destination we must wait to reach. It is something we can experience right here, right now.

And we are experiencing it more and more!

It happens when I kiss Christy in the morning. When she shares a taste of her delicious Heaven on Earth bagel. When I greet my friends at my little outdoor office near the Metro grocery store. When we enjoy a meal together at Express Indien or cuddle up to watch Jessica Fletcher solve another mystery.

Each of these experiences is what I call a Heaven on Earth moment.

Individually, they may last only seconds or minutes. But something remarkable happens when we begin recognizing and appreciating them.

They multiply.

One moment leads to another. Minutes become hours. And eventually, we discover that much of our day has been filled with love, joy, kindness, gratitude, and peace.

Our lives aren't without challenges. Christy experiences considerable physical pain, and we have lived with limited financial resources for many years.

Yet we are genuinely happy.

We have discovered that Heaven on Earth doesn't require perfect circumstances. It requires an openness to the love and beauty already available to us.

And here's the most wonderful part.

We can create these moments for others!

A smile, a kind word, a loving embrace, or a simple act of generosity can transform someone's day.

Imagine if we all began doing this consciously.

Imagine how beautiful our world could become.

This book is an invitation to discover that possibility.

Heaven is here. Heaven is now. And the next moment is waiting for us to fill it with love.

Chapter Two — The Miracle of an Ordinary Moment

What makes a moment extraordinary?

Is it something spectacular? A great achievement? A magnificent experience? A life-changing event?

Or could it be something as simple as a smile?

I have come to believe that some of life's greatest treasures are hidden within its most ordinary moments.

Every morning, I spend time at my little outdoor office near the Metro grocery store in NDG. I greet people heading to work, parents accompanying their children to school, and neighbours walking their dogs.

Sometimes our exchanges last only a few seconds.

"Good morning! Have a wonderful day!"

A smile comes back. Perhaps a friendly wave. Occasionally, a little conversation.

And there it is.

A Heaven on Earth moment!

Nothing spectacular has happened. No money has changed hands. No great accomplishment has been achieved.

Yet two people have shared a moment of genuine human warmth.

And both may leave feeling just a little happier.

The same thing happens at home.

Christy and I might share a kiss, a laugh, or a few quiet minutes cuddling together.

Sometimes we don't even need to speak.

The love is simply there.

What makes these experiences extraordinary isn't their duration or their importance in the eyes of the world.

It is the love they contain.

I wonder how many such moments pass through our lives unnoticed.

How many opportunities for happiness do we overlook because we are searching for something bigger?

Perhaps the secret to a beautiful life isn't experiencing more extraordinary events.

Perhaps it is learning to recognize how extraordinary our ordinary experiences already are.

And once we begin recognizing them, we may discover something wonderful.

Heaven on Earth has been visiting us all along.

We simply needed to notice.

Chapter Three — Love Is Something We Give and Receive

One of the most beautiful things about love is that it flows in both directions.

When we give love, we often receive love in return.

And sometimes, the simple act of receiving love is itself a gift to the person offering it.

I experience this every day with Christy.

When I embrace her, I feel tremendous love for her. But I also feel the warmth of her love coming back to me.

She has told me that our cuddles can bring her considerable relief from her physical pain.

Imagine how wonderful that makes me feel!

Something as simple as holding the woman I love can bring comfort to her life.

And knowing that brings tremendous happiness to mine.

We are both giving.

We are both receiving.

We are both experiencing Heaven on Earth.

The same principle applies beyond our home.

When I greet someone at my office, I am offering a little kindness. When that person smiles back, I receive a little kindness in return.

Neither of us has lost anything.

In fact, we have both gained something.

This is one of love's most remarkable qualities.

Unlike money or possessions, love doesn't diminish when we share it.

It has the potential to grow.

A kind word can inspire another kind word. A smile can encourage another smile. An act of generosity can inspire someone else to be generous.

And the beautiful chain continues.

Imagine a world in which people consciously looked for opportunities to give and receive love throughout their days.

Not necessarily through grand gestures.

But through the little things.

A smile.

A hug.

A thoughtful word.

A moment of genuine attention.

Every act of love is an opportunity to create a little Heaven on Earth — for someone else and for ourselves.

And what a wonderful way to live!

Chapter Four — The Art of Noticing

Have you ever experienced something wonderful, only to realize afterward that you barely noticed it?

Perhaps someone smiled at you. A friend offered a kind word. You enjoyed a beautiful sunrise or heard a favourite song.

For a brief moment, life was absolutely lovely.

But your mind was somewhere else.

I believe one of the greatest secrets to experiencing Heaven on Earth is learning to notice the beauty already present in our lives.

Christy and I have developed a wonderful appreciation for the little things.

Her Heaven on Earth bagel. Our morning kisses. A delicious ice cream cone. An entertaining episode of *Murder, She Wrote*. A shared laugh.

None of these experiences requires extraordinary circumstances.

Yet each can bring us tremendous happiness.

And the more we notice these moments, the more precious they become.

I experience the same thing at my morning office.

A young child calls out my name. A neighbour stops to chat. Someone waves from across the street.

These little encounters might seem insignificant to someone passing by.

But to me, they are treasures.

They remind me that I am part of a community of people whose lives touch mine in beautiful ways.

And here's something remarkable.

The more I appreciate these experiences, the more I seem to discover.

It is almost as though Heaven on Earth becomes increasingly visible when we begin looking for it.

Perhaps nothing around us has changed.

Perhaps what has changed is our ability to recognize the love, kindness, and beauty that were there all along.

We don't necessarily need more wonderful things to happen in our lives.

Sometimes we simply need to notice the wonderful things that are already happening.

And that realization can change everything.

Chapter Five — Heaven Doesn't Require a Perfect Life

If there is one thing Christy and I have learned, it is that a beautiful life doesn't have to be an easy life.

Christy has experienced chronic physical pain for many years.

There are days when I wish more than anything that I could take her suffering away.

We have also lived with very limited financial resources, and many of my dreams and initiatives have yet to unfold as I hoped.

Yet I can say, with complete sincerity:

I love my life!

I love our lives!

How can that be?

Because we have discovered that happiness doesn't require everything to be perfect.

It requires recognizing and appreciating the love and goodness that exist alongside life's difficulties.

When Christy is hurting, a loving embrace can bring her comfort.

When I experience disappointment, a friendly conversation can brighten my day.

When circumstances seem uncertain, we can still enjoy a delicious meal, share a laugh, or cuddle together in front of the television.

These moments don't erase our challenges.

But they remind us that our challenges aren't the whole story.

There is still love.

There is still beauty.

There is still so much to be grateful for.

And there is still Heaven on Earth.

I believe this is an especially important message for anyone who feels that happiness must wait until something changes.

Until they have more money.

Until their health improves.

Until they find the right relationship.

Until all their problems are solved.

What if happiness doesn't have to wait?

What if, even in the midst of difficulties, we can begin experiencing little moments of Heaven today?

Christy and I are living examples of that possibility.

Our circumstances may not be perfect.

But the love we share makes our lives extraordinarily beautiful.

And for that, I am deeply grateful.

PART TWO — OUR HEAVEN ON EARTH LIFE

Chapter Six — Christy and the Heaven on Earth Bagel

Every morning, something wonderful happens in our home.

Christy has her Heaven on Earth bagel!

Now, you might wonder how something as ordinary as a bagel could possibly deserve such a magnificent name.

But this is no ordinary bagel.

It is a delicious poppy-seed bagel, generously prepared with butter, cream cheese, and raspberry jam.

And Christy absolutely loves it!

What makes this little morning ritual especially wonderful for me is that I often get to share in the experience.

Not necessarily by having my own bagel.

But by receiving little tastes from Christy, usually accompanied by some delightful kisses.

Sometimes I am getting ready to leave for my morning office. Sometimes I have just returned home. Occasionally, Christy has already finished her bagel, and I have to settle for the kisses alone.

Believe me, I am not complaining!

These moments are filled with affection, tenderness, and happiness.

They require no special occasion.

No expensive gifts.

No elaborate plans.

Just two people who love each other, sharing something simple and beautiful.

And that is precisely what makes them Heaven on Earth moments.

I sometimes wonder how many couples experience similar little rituals without fully appreciating their significance.

A morning cup of coffee together.

A familiar smile across the breakfast table.

A kiss before leaving for work.

These are the little treasures from which beautiful lives are made.

Christy and I have learned to cherish them.

Because when love is present, even something as simple as a bagel can become a little taste of Heaven.

And what a delicious way to begin the day!

Chapter Seven — The Extraordinary Gift of a Kiss

I have come to believe that one of the most wonderful gifts we can give another person is a loving embrace.

And one of the most beautiful gifts we can receive is a kiss from someone we love.

Christy and I share many of both.

Sometimes I will come into the bedroom and find her looking especially beautiful. I will tell her how much I love her, and we will embrace.

Not hurriedly.

Not as something to check off a list.

But simply because we love being close to each other.

And sometimes we remain that way for quite a while.

Christy has told me that our cuddles can bring her tremendous relief from her physical pain.

That means more to me than I can adequately express.

I cannot always make her pain disappear.

I cannot solve every difficulty she faces.

But I can hold her.

I can kiss her.

I can remind her that she is loved.

And sometimes, that is exactly what she needs.

What a privilege it is to bring comfort to someone simply by loving them!

Of course, I receive something equally wonderful.

When Christy wraps her arms around me, I feel loved, appreciated, and completely at home.

For those precious moments, there is nowhere else I would rather be.

Nothing else I need to accomplish.

Nothing more important demanding my attention.

Just Christy and me.

Together.

In love.

In Heaven on Earth.

I believe we sometimes underestimate the extraordinary power of physical affection.

A hug can communicate what words cannot.

A kiss can transform an ordinary morning into something memorable.

And a loving embrace can remind us that, whatever difficulties life may bring, we do not have to face them alone.

Sometimes Heaven on Earth is simply being held by someone who loves you.

Chapter Eight — My Office — Where Strangers Become Friends

Most weekday mornings, I go to my office.

It is a rather unusual office.

There is no desk, no telephone, no computer, and no paperwork.

Just a bench outside the Metro grocery store in Notre-Dame-de-Grâce, Montreal.

And I absolutely love it!

I arrive early, often before six o'clock, and spend the next hour or so greeting people as they begin their days.

Over time, something beautiful has happened.

People who were once complete strangers have become familiar faces.

And many have become friends.

There is Darren, the assistant manager at Metro, who sometimes stops to chat.

There are the parents and children waiting for the school bus.

There is Samuel, who enjoys the little Rockets candies I occasionally share.

And there are Victoria and Julia, whose cheerful greetings brighten my mornings.

One day, Victoria asked me a wonderful question.

"Why do you come to the bench every day?"

I explained that I enjoy greeting people and hope that, in some small way, I can help them begin their days feeling happy.

That really is the whole reason.

I am not there to sell anything.

I am not seeking recognition.

I simply enjoy being there.

And what I receive in return is extraordinary.

Smiles.

Friendly waves.

Conversations.

Laughter.

And the wonderful feeling of belonging to a community.

Some mornings I greet thirty people or more.

Imagine that!

Thirty opportunities to share a little kindness before most people have even begun their workday.

Thirty possible Heaven on Earth moments.

And perhaps thirty people whose mornings have become just a little brighter.

My office may be the simplest office in the world, but the rewards are priceless.

Chapter Nine — The Lobby — A Community of Love

When I return home from my morning office, I often make myself another mug of tea and head downstairs to our apartment building lobby.

And there, another little world of Heaven on Earth awaits.

People come and go throughout the morning.

Some are heading to work.

Others are walking their dogs.

Some are returning from errands, while others are simply passing through.

I greet them all.

Over time, I have come to know many of my neighbours.

There is Susan, who often appears with her delightful little dog.

There is Maria, who comes and goes with her little ones.

There are neighbours whose names I know, and others whose names I am still learning.

But names aren't always necessary for kindness.

A smile is enough.

A friendly greeting is enough.

A few moments of genuine interest in another person's day can be enough.

Sometimes someone stops to talk.

Sometimes we share a laugh.

Occasionally, a conversation becomes more meaningful, and someone shares a little of what is happening in their life.

I consider these encounters gifts.

What makes the experience especially beautiful is that nothing is expected.

There is no agenda.

No transaction.

No obligation.

Just people sharing a little time and attention.

I sometimes imagine what our world would be like if every apartment building, every neighbourhood, and every community had places where people felt genuinely welcomed and appreciated.

Where strangers became acquaintances.

Acquaintances became friends.

And friendship gradually created a sense of belonging.

Perhaps we don't need elaborate programs to begin transforming our communities.

Perhaps we simply need to start noticing one another.

Offering a smile.

Remembering a name.

Taking a moment to care.

Heaven on Earth can begin in something as ordinary as an apartment building lobby.

And I am delighted to be discovering that every day.

Chapter Ten — The Gathering at Express Indien

One of the wonderful pleasures Christy and I enjoy is visiting Express Indien, a little Indian restaurant in our neighbourhood.

The owner and chef, Shri Ram, prepares delicious food, and we love spending time there.

But our visits have become about much more than enjoying a meal.

I have been working with Ram to help introduce more people to his restaurant and encourage a sense of community around it.

We call the initiative The Gathering.

My hope has been to create a welcoming place where neighbours, friends, and people from different walks of life can come together.

Not simply to eat.

But to connect.

To talk.

To laugh.

To enjoy one another's company.

Some days the dining room is quiet.

Other days there are more people, and Christy and I are delighted for Ram.

Recently, we visited and found nine people in the dining room, including ourselves.

We were genuinely happy!

Not because we had achieved some great personal success.

But because someone we care about was enjoying a little more business.

His happiness mattered to us.

And that made us happy too.

Isn't that a wonderful thing?

We can experience joy through the good fortune of others.

We don't have to be the centre of every happy experience.

Sometimes Heaven on Earth comes from simply being pleased that something good is happening for someone else.

Of course, we also enjoy our meals!

The delicious food, the familiar surroundings, the friendly atmosphere, and the pleasure of being together all contribute to the experience.

And when we leave, we often feel that we have enjoyed far more than lunch.

We have shared another little piece of Heaven.

A meal can nourish the body. But love, friendship, and community nourish the heart.

Chapter Eleven — Jessica Fletcher, Ice Cream, and Other Delights

Christy and I have some wonderfully simple pleasures.

One of our favourites is watching *Murder, She Wrote*.

We love Jessica Fletcher!

There is something delightful about settling down together, enjoying a good mystery, and watching Jessica once again uncover the truth.

Sometimes we cuddle.

Sometimes we laugh.

Sometimes we simply enjoy being together.

And when the episode ends, we often feel that we have spent another lovely hour in Heaven on Earth.

Then there are our ice cream cones!

I don't know about you, but I think a really good ice cream cone is one of life's great pleasures.

Especially when enjoyed with someone you love.

There is something almost magical about taking a simple experience and allowing yourself to enjoy it completely.

The taste.

The company.

The moment.

Nothing more is required.

We also enjoy music, watching sports, sharing meals, and simply spending time together at home.

Sometimes Christy plays one of her favourite games while I watch tennis or basketball.

We don't have to be doing exactly the same thing to enjoy being together.

There is comfort in sharing a home and knowing that someone you love is nearby.

And that brings me to something important.

I believe many people postpone happiness because they imagine it must come from extraordinary experiences.

A magnificent vacation.

A new car.

A major achievement.

A special celebration.

Those things can certainly be wonderful.

But so can an ice cream cone.

So can a favourite television program.

So can a quiet afternoon at home.

The secret isn't always finding something extraordinary to do.

It is discovering how extraordinary it can be simply to enjoy what we are doing.

Chapter Twelve — Finding Joy Even When Life Hurts

I wish I could tell you that Christy and I never experience difficulties.

But that wouldn't be true.

Christy has lived with chronic physical pain for many years.

There are times when her suffering is considerable, and I would give almost anything to see her free from it.

We have also experienced financial challenges, disappointments, and periods when life has not unfolded as we hoped.

Yet through it all, we have discovered something precious.

Joy and difficulty can exist in the same life.

Sometimes even in the same hour.

Christy may be hurting, but we can still share a loving embrace.

I may feel disappointed about something, but a friendly conversation can lift my spirits.

We may face uncertainty about tomorrow, but we can still appreciate the blessings of today.

This doesn't mean ignoring our problems.

It doesn't mean pretending that pain isn't real.

And it certainly doesn't mean that people who are suffering should somehow be able to make themselves happy simply by thinking differently.

It means recognizing that even when life is difficult, moments of beauty and love may still be available to us.

Sometimes those moments are very small.

A reassuring touch.

A gentle word.

A shared smile.

A few minutes of peace.

But small doesn't mean insignificant.

For someone experiencing pain or sadness, a little kindness can mean the world.

And sometimes, being able to offer that kindness becomes a source of happiness in itself.

I have come to understand that Heaven on Earth is not necessarily the absence of suffering.

It can also be the presence of love in the midst of suffering.

Christy and I don't know what tomorrow will bring.

But we know that today we can love each other.

We can appreciate one another.

We can share whatever happiness is available to us.

And we can be grateful for every beautiful moment.

A perfect life may be beyond our control.

But a moment filled with love can be ours right here, right now.

And sometimes, one beautiful moment is enough to make all the difference.

PART THREE — STRINGING TOGETHER HEAVEN

Chapter Thirteen — Thirty Seconds of Heaven

How long does it take to experience Heaven on Earth?

An hour? A day? A lifetime?

What if it takes only thirty seconds?

Think about what can happen in half a minute.

You can give someone a warm embrace.

You can tell a friend how much you appreciate them.

You can smile at a stranger and wish them a wonderful day.

You can kiss someone you love.

And in those few seconds, something beautiful can happen.

Love is given.

Love is received.

And for that brief moment, life can feel absolutely wonderful.

I experience these little moments every day.

At my morning office, a friendly greeting might last only ten seconds.

A kiss from Christy might last a little longer!

A conversation with a neighbour might take half a minute.

Yet each experience can leave me feeling happier than I did before.

And perhaps the person I shared it with feels happier too.

What fascinates me is that these moments require so little.

No money.

No special equipment.

No elaborate preparation.

Just a willingness to connect with another person.

Imagine consciously creating ten thirty-second Heaven on Earth moments throughout your day.

That's five minutes of love, kindness, and happiness.

Now imagine twenty.

Or fifty.

The possibilities are extraordinary!

And the most wonderful part is that we can begin immediately.

We don't have to wait for our circumstances to change.

We don't need anyone's permission.

We simply need to recognize the next opportunity to give or receive a little love.

Thirty seconds may seem insignificant in the course of a lifetime.

But thirty seconds of Heaven on Earth is thirty seconds beautifully lived.

And every beautiful moment matters.

Chapter Fourteen — From Moments to Minutes

Something remarkable happens when we begin recognizing our Heaven on Earth moments.

We start looking forward to them.

And often, we begin creating more of them.

A smile leads to a conversation.

A conversation leads to laughter.

A loving embrace becomes a few minutes of peaceful closeness.

And suddenly, what began as a brief moment has become something much more.

I see this happening in my own life.

When I arrive at my morning office, I might begin by greeting someone passing by.

A few minutes later, another familiar face appears.

Then someone stops to chat.

Soon the school bus gang begins gathering, and the morning becomes filled with greetings, smiles, and friendly exchanges.

What might have been a collection of isolated moments gradually becomes a continuous experience of warmth and connection.

The same thing happens with Christy.

A morning kiss becomes a cuddle.

A cuddle becomes a conversation.

A conversation becomes shared laughter.

And before we know it, we have spent a lovely stretch of time simply enjoying each other.

Of course, not every minute needs to be filled with activity.

Sometimes the most beautiful experiences happen in silence.

Sitting peacefully together.

Listening to music.

Watching the world go by.

Simply being.

I believe that one of the keys to living more fully in Heaven on Earth is learning not to rush away from these experiences.

When something beautiful is happening, why not enjoy it?

Why not allow it to continue?

Why not savour the love, peace, or happiness for as long as it naturally lasts?

A Heaven on Earth moment doesn't have to end simply because we have noticed it.

Sometimes, when we give it room to grow, a moment becomes a beautiful collection of minutes.

And those minutes can become the foundation of something even more wonderful.

Chapter Fifteen — From Minutes to Hours

There was a time when I thought of happiness as something that happened occasionally.

A wonderful event.

A special achievement.

An unforgettable experience.

But I have come to see happiness differently.

It can become the prevailing atmosphere of our lives.

Not because everything is perfect, but because we increasingly fill our days with experiences that bring us love, peace, and joy.

Consider my mornings.

I begin at home with Christy.

A kiss, a few loving words, perhaps a taste of her Heaven on Earth bagel.

Then I head to my outdoor office, where I spend time greeting friends, neighbours, parents, and children.

Afterward, I often return home, enjoy another little moment with Christy, make myself a mug of tea, and head down to our building lobby.

There, another collection of friendly encounters awaits.

By the time I return upstairs, several hours may have passed.

And much of that time has been filled with happiness!

Not because something spectacular happened.

But because so many simple, beautiful experiences followed one another.

This is what I mean by stringing together Heaven on Earth moments.

We begin with individual moments.

Then we recognize how naturally they can connect.

Eventually, we discover that we have spent an entire morning enjoying life.

And there is no reason the experience must end there.

Perhaps lunch with a friend follows.

Perhaps an afternoon walk.

Perhaps a quiet hour enjoying music or a favourite television program.

Heaven on Earth doesn't require constant excitement.

It can be peaceful.

Gentle.

Comfortable.

Contented.

Sometimes the greatest luxury in life is simply spending several hours feeling grateful to be alive.

And that is a luxury available to far more people than we might imagine.

Chapter Sixteen — When an Entire Day Becomes Heaven

Imagine waking up in the morning and looking forward to your day.

Not because something extraordinary is planned.

But simply because you love being alive.

That is increasingly how I experience my mornings.

I look forward to seeing Christy.

I look forward to my tea.

I look forward to greeting my friends at the office.

I look forward to the familiar faces in our building lobby.

And I look forward to whatever little surprises the day may bring.

Sometimes Christy and I go to Express Indien for lunch.

Sometimes we enjoy a delicious ice cream cone.

Sometimes we watch Jessica Fletcher solve another mystery.

Sometimes I watch tennis or basketball while Christy enjoys one of her games.

And sometimes we simply spend a quiet afternoon together.

None of these experiences is particularly remarkable by conventional standards.

Yet together, they can create an extraordinarily beautiful day.

Of course, not every moment is filled with joy.

There may be concerns, disappointments, or physical discomfort.

But I have discovered that a difficult moment doesn't have to define the entire day.

It can simply be one part of a much larger experience.

And when we look back in the evening, we may realize that the love, happiness, and peace far outweighed the difficulties.

What a wonderful discovery!

We don't have to wait until the end of our lives to experience Heaven.

We don't have to achieve every goal or solve every problem.

We can begin enjoying Heaven on Earth today.

One moment at a time.

One experience at a time.

One loving encounter at a time.

Until eventually, we find ourselves saying:

What a wonderful day!

And perhaps tomorrow will be even better.

Chapter Seventeen — The Art of Being Rather Than Doing

For much of my life, I was a doer.

I competed in sports, built businesses, taught, created programs, and pursued ambitious goals.

I enjoyed accomplishing things.

And I still do!

But in recent years, I have discovered something that has profoundly changed my understanding of happiness.

I don't have to accomplish something to justify enjoying my life.

I can simply be.

I can sit on a bench and greet people.

I can spend time with Christy.

I can enjoy a beautiful morning.

I can watch a tennis match.

I can share a meal with someone I love.

And these experiences can be every bit as meaningful as any achievement.

In fact, some of the happiest hours of my life have involved accomplishing absolutely nothing by conventional standards.

Yet I wouldn't trade them for anything.

Our society often places tremendous emphasis on productivity.

What did you accomplish today?

How much did you earn?

What progress did you make?

What goals did you achieve?

Those questions have their place.

But I believe we should also ask ourselves something else.

How much love did I experience today?

How much kindness did I share?

How often did I feel peaceful, grateful, or genuinely happy?

Did I make someone smile?

Did I enjoy being alive?

These questions reveal a different kind of success.

A success measured not only by what we produce, but by the quality of the lives we experience.

Christy and I are discovering that being together, loving each other, and enjoying our days can be enough.

More than enough.

Doing may help us create a living.

But being allows us to experience the wonder of being alive.

And perhaps the greatest art of all is learning to enjoy both.

Chapter Eighteen — Let Go and Let God

There is a little expression that has become increasingly meaningful in my life.

Let go and let God.

For many years, I worked tirelessly to make things happen.

I developed ideas, created businesses, pursued opportunities, and tried to bring ambitious visions into reality.

Sometimes things unfolded beautifully.

Other times, despite my best efforts, very little happened.

I have learned that I cannot control everything.

I cannot make people respond to an invitation.

I cannot force an idea to become successful.

I cannot determine exactly how tomorrow will unfold.

But I can choose how I live today.

I can act with love.

I can treat people kindly.

I can appreciate the blessings already present in my life.

And I can trust God with the things that are beyond my control.

This has brought me a wonderful sense of peace.

When I think about my dreams for A NuVo World, Imagine NDG, and the many projects I have created, I still hope they will flourish.

But I no longer want my happiness to depend entirely on their success.

I have already been given so much to appreciate.

Christy.

Our home.

Our friends.

Our little daily routines.

The joy of giving and receiving love.

The opportunity to wake up each morning and experience another beautiful day.

And I don't want to miss those gifts because I am worrying about something that hasn't happened yet.

Letting go doesn't mean giving up.

It means doing what we can, accepting what we cannot control, and remaining open to whatever possibilities tomorrow may bring.

For me, it is an expression of faith.

A reminder that I don't have to carry the weight of the entire world on my shoulders.

I can love.

I can trust.

I can be grateful.

And I can enjoy this moment.

Let go and let God.

And allow Heaven on Earth to unfold, one beautiful moment at a time.

PART FOUR — HEAVEN IS MEANT TO BE SHARED

Chapter Nineteen — Becoming Someone Else's Heaven on Earth Moment

One of the most wonderful discoveries I have made is that Heaven on Earth isn't something we experience only for ourselves.

We can create it for others!

Every morning at my little outdoor office, I have dozens of opportunities to do exactly that.

A cheerful greeting.

A friendly smile.

A kind word.

A little conversation.

Sometimes I give the children waiting for their school bus a few Rockets candies.

Their smiles are delightful!

But the greatest gift isn't the candy.

It is the connection.

It is the feeling that someone notices them, appreciates them, and is happy to see them.

And what a wonderful feeling that is to share!

I have come to believe that every person we encounter offers us an opportunity to contribute something positive to their day.

We may never know how much our kindness matters.

Perhaps someone is feeling lonely.

Perhaps they are worried about something.

Perhaps they are simply having a difficult morning.

And then someone smiles at them.

Someone remembers their name.

Someone takes a moment to care.

Their day may become just a little brighter.

And perhaps they will carry that warmth into their next encounter.

Imagine the possibilities!

One little act of kindness can inspire another.

One smile can lead to another smile.

One Heaven on Earth moment can become the beginning of many more.

We don't have to change someone's entire life to make a meaningful difference.

Sometimes changing a single moment is enough.

And perhaps one of the greatest ways to experience Heaven on Earth is to become a little piece of Heaven in someone else's life.

Chapter Twenty — A Neighborhood Filled With Love

I love Notre-Dame-de-Grâce.

NDG is our home, and over the years I have come to appreciate the wonderful people who make up our community.

Every morning, I see a little of what makes neighbourhood life so special.

Parents accompanying their children to school.

Neighbours walking their dogs.

People heading to work.

Friends greeting friends.

And strangers gradually becoming familiar faces.

It has led me to imagine something extraordinary.

What if an entire neighbourhood began consciously creating Heaven on Earth moments?

What if everyone made a little extra effort to greet their neighbours?

What if we looked for opportunities to help one another?

What if we shared what we had, welcomed newcomers, and made certain that people who felt lonely knew they belonged?

Imagine how beautiful our community could become!

This is part of the inspiration behind Imagine NDG and my larger vision of A NuVo World.

I dream of communities where people care deeply about one another and where everyone has opportunities to live with dignity, purpose, and joy.

But I have come to realize that we don't need to wait for an elaborate plan to begin.

We can start today.

At the grocery store.

In our apartment buildings.

At the bus stop.

In a restaurant.

On the sidewalk.

Every friendly encounter is an opportunity to strengthen the invisible bonds that hold a community together.

And every act of kindness contributes something beautiful.

I believe communities are transformed not only through great initiatives, but through thousands of little expressions of love.

Imagine NDG becoming a community where Heaven on Earth moments are part of everyday life.

And then imagine that same spirit spreading from neighbourhood to neighbourhood.

What a wonderful world we could create!

Chapter Twenty-One — Imagine a World That Lives This Way

Now, let's imagine something truly extraordinary.

What if the simple principles we have explored throughout this book became part of everyday life across the world?

What if people everywhere began looking for opportunities to give and receive love?

What if kindness became our natural response to one another?

What if cooperation replaced much of our competition, and caring for others became as important as caring for ourselves?

Imagine communities where everyone felt welcome.

Where children grew up surrounded by encouragement and affection.

Where older people were appreciated and included.

Where nobody was forgotten simply because they had little money, limited abilities, or difficult circumstances.

Imagine a world where we measured success not only by wealth and accomplishments, but by happiness, health, friendship, generosity, and peace.

This is the world I envision through A NuVo World.

A world in which people have the opportunity to discover their gifts, develop their talents, and contribute to the happiness of others.

A world in which love becomes the foundation of how we live together.

Some might consider such a vision unrealistic.

But I wonder.

Isn't every great transformation made possible by people first imagining something better?

And doesn't every meaningful change begin somewhere?

Perhaps we cannot transform the entire world overnight.

But we can transform a moment.

We can brighten someone's day.

We can strengthen a friendship.

We can create a little more happiness in our homes and communities.

And when enough people begin doing these things, something remarkable becomes possible.

The world itself begins to change.

Heaven on Earth doesn't have to remain a beautiful dream.

We can begin creating it together, one day and one person at a time.

Chapter Twenty-Two — Heaven on Earth — Right Here, Right Now

As I bring this book toward its conclusion, I find myself returning to the words that inspired it.

I love my life!

I love our lives!

Christy and I have been blessed with a life filled with love, affection, laughter, friendship, and countless little pleasures.

Our circumstances aren't always easy.

We have challenges, uncertainties, and difficulties, just as everyone does.

But we have discovered something that makes our days extraordinarily beautiful.

We have learned to recognize Heaven on Earth in the moments we share.

A kiss in the morning.

A taste of Christy's Heaven on Earth bagel.

A friendly greeting at my outdoor office.

A conversation with a neighbour.

A delicious lunch at Express Indien.

A wonderful ice cream cone.

An evening cuddled together watching Jessica Fletcher.

Each experience is a little treasure.

And when we string these treasures together, they become something magnificent.

Minutes of happiness become hours.

Hours become mornings and afternoons.

And sometimes, an entire day becomes a beautiful experience of Heaven on Earth.

The more we appreciate these moments, the more opportunities we discover to create them.

And the more love we give, the more love seems to flow through our lives.

I believe this possibility is available to everyone.

Not necessarily in the same circumstances.

Not through the same experiences.

But through the universal human capacity to love, appreciate, connect, and care.

You don't have to live our life to discover Heaven on Earth.

You simply have to begin recognizing the beautiful possibilities within your own.

Perhaps your next Heaven on Earth moment is waiting in a conversation.

Perhaps in a smile.

Perhaps in a loving embrace.

Or perhaps in a quiet moment of gratitude for the gift of being alive.

Wherever it appears, I hope you will recognize it.

Welcome it.

Savour it.

And allow it to become part of the beautiful story of your life.

Heaven is here.

Heaven is now.

And love is the way we discover it.

EPILOGUE — THE NEXT MOMENT IS WAITING

Tomorrow morning, God willing, I will wake up and begin another wonderful day.

I will give Christy a kiss.

I will enjoy my morning tea.

I will head out to my little office and greet the people who have become such a lovely part of my life.

Perhaps I will see Victoria, Julia, Samuel, Darren, or one of my many other friends.

Perhaps someone new will stop to say hello.

Perhaps something unexpected and delightful will happen.

And perhaps, when I return home, Christy will have saved me a little taste of her Heaven on Earth bagel!

Whatever the day brings, I know there will be opportunities to give and receive love.

And I intend to enjoy as many of them as I can.

That is the beautiful thing about Heaven on Earth.

It doesn't have to be complicated.

It doesn't have to be expensive.

And it doesn't have to wait until tomorrow.

It begins whenever we choose to recognize and share love.

So, as you close this book, I have one simple invitation.

Look around you.

Notice the people in your life.

Appreciate the little pleasures.

Offer a smile.

Share a kind word.

Give someone you love a hug.

And when a beautiful moment arrives, recognize it for what it is.

A little piece of Heaven.

Then look forward to the next one.

And the next.

And the next.

Until perhaps, one day, you too will find yourself saying:

I love my life!

I love our lives!

We are on a continuous, upward and never-ending spiral through the infinite levels of Heaven on Earth.

I AM Whole, Perfect, Strong, Powerful, Loving, Harmonious and Happy.

Let go and let God.

And together, may we continue...

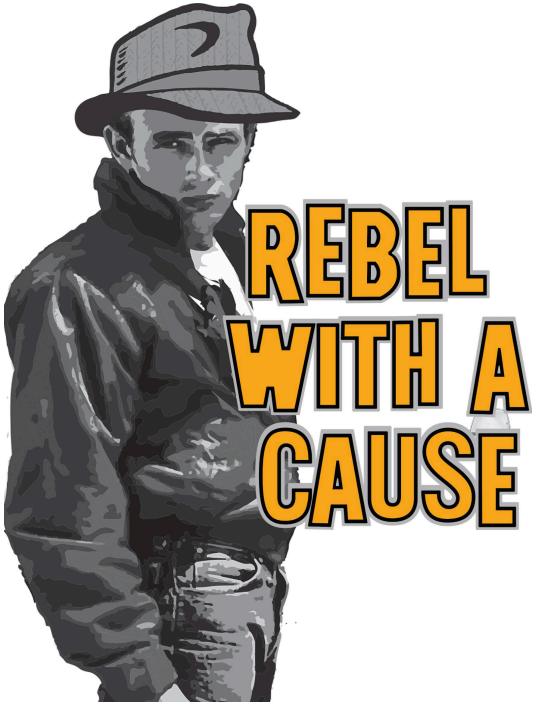
Creating a NuVo, better world — one day and one person at a time.

With love,

Ross Harvey

Finding Heaven Here — One Moment of Love at a Time.

THE END



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