

# **Anita Moorjani Class Notes**

*Prepared by David Sunfellow*

## **Learn More About Near-Death Experiences**

<http://the-formula.org/>

### **Links**

#### **NDE Stories on Anita Moorjani**

<http://ndestories.org/anita-moorjani/>

#### **Anita Moorjani's Website**

<http://anitamoorjani.com/>

#### **Anita Moorjani on Facebook**

<http://www.facebook.com/Anita.Moorjani>

#### **Anita Moorjani on NDERF**

[http://www.nderf.org/NDERF/NDE\\_Experiences/anita\\_m's\\_nde.htm](http://www.nderf.org/NDERF/NDE_Experiences/anita_m's_nde.htm)

#### **NDERF Interview with Anita Moorjani**

<http://ndestories.org/anita-moorjani/>

#### **Anita's Moorjani's Book, "Dying To Be Me"**

<http://astore.amazon.com/newheavennewearth/detail/1401937519>

.....

### **Anita Moorjani's Advice**

- Love yourself unconditionally
- Be yourself fearlessly
- Be aware of your inner self talk
- How we feel about ourselves is more important than positive thinking
- Be honest with yourself and your feelings; don't suppress or bottle yourself up
- Don't give away your power
- Turn within for answers
- Follow your own unique path (which is different from everyone else's)
- Suspend beliefs; open up to the universe, to what is -- and to the unknown and unexpected
- Focus on being your full self here, in this world; rather than seeking to leave this world for other realms
- Love every part of yourself (ego, intellect, body, spirit); Every aspect of yourself is perfect
- Enjoy yourself
- Don't take life too seriously
- Laugh often, especially at ourselves
- Look at the emotions behind everyday decisions and actions. Do things based on a passion and a zest for living; avoid doing anything out of fear
- Because time is fluid and everything is happening right now, the past can be changed in the present moment and future potentials can be tapped into

.....

## Quotes from Anita Moorjani's Book, "Dying To Be Me"

### 1. (Page 132)

*"Why I think I got cancer. I can sum up the answer in one word: fear.*

*"What was I afraid of? Just about everything, including failing, being disliked, letting people down, and not being good enough. I also feared illness, cancer in particular, as well as the treatment for cancer. I was afraid of living, and I was terrified of dying."*

...

### 2. (Introduction, xiv)

*"I especially want to emphasize that you do not need to have an NDE to heal! My intention is to share with you all the emotional and psychological triggers that I believe contributed to my getting cancer, in the hope that in identifying these factors, you can reduce or possibly even eliminate your chances of getting sick in the first place."*

...

### 3. (Page 136)

*"My healing wasn't so much born from a shift in my state of mind or beliefs as it was from finally allowing my true spirit to shine through. Many have asked me if something like positive thinking caused my recovery, and the answer is no. The state I was in during my NDE was way beyond the mind, and I healed because my damaging thoughts were simply out of the way completely. I was not in a state of thinking, but in a state of being... This definitely wasn't a case of mind over matter..."*

*"I don't advocate that if we 'believe' a certain way, we'll eliminate disease or create an ideal life. That can sometimes be too simplistic. Instead, I'm more focused on self-awareness, which is different."*

...

### 4. (Pages 157-158)

*"I don't advocate 'positive thinking' as a blanket prescription... if and when I notice negative thoughts creeping in, it seems best to allow them to pass through with acceptance and without judgment. When I try to suppress or force myself to change my feelings, the more I push them away, the more they push back."*

*"If we start to believe that it's our negative thoughts that are creating any unpleasant situations, we can become paranoid about what we're thinking. On the contrary, it actually has less to do with our thoughts than with our emotions, especially what we feel about ourselves."*

*"It is also not the case that attracting positive things is simply about keeping upbeat. I can't say this strongly enough, but OUR FEELINGS ABOUT OURSELVES are actually the most important barometer for determining the condition of our lives! In other words, being true to ourselves is more important than just trying to stay positive!"*

*"I allow myself to feel negatively about things that upset me because it's much better to experience real emotions than to bottle them up. Once again, it's about ALLOWING what I'm actually feeling, rather than fighting against it."*

*"I used to suppress my upsetting emotions a lot, because I used to believe that they would attract negativity in my life. In addition, I didn't want to concern others, so I tried to control my thoughts and force myself to be positive. But I now understand that the key is to always honor who you truly are and allow yourself to be your own truth."*

...

#### **5. (Page 137)**

*"It wasn't my beliefs that caused me to heal. My NDE was a state of pure awareness, which is a state of complete suspension of all previously held doctrine and dogma. This allowed my body to 'reset' itself. In other words, an absence of belief was required for my healing."*

...

#### **6. (Page 137)**

*"Since my NDE, I've learned that strongly held ideologies actually work against me. Needing to operate out of concrete beliefs limits my experiences because it keeps me within the realm of only what I know – and my knowledge is limited. And if I restrict myself to only what I'm able to conceive, I'm holding back my potential and what I allow into my life. However, if I can accept that my understanding is incomplete, and if I'm able to be comfortable with uncertainty, this opens me up to the realm of infinite possibilities.*

*"...I'm at my strongest when I'm able to let go, when I suspend my beliefs as well as disbeliefs, and leave myself open to ALL possibilities. That also seems to be when I'm able to experience the most internal clarity and synchronicities. My sense of that the very act of NEEDING certainty is a hindrance to experiencing greater levels of awareness. In contrast, the process of letting go and releasing all attachments to any belief is cathartic and healing."*

...

#### **7. (Page 138)**

*"It's all very well for me to talk about healing after I've experienced it, or for me to tell you to trust and let go, letting the flow of life take over; but when you're going through a really low period, it's difficult to do – or even to know where to begin. However, I think the answer is simpler than it seems, and it's one of the best-kept secrets of our time: the importance of self-love. You may frown or cringe at the thought, but I can't stress enough how important it is to cultivate a deep love affair with yourself."*

...

#### **8. (Page 140)**

*"Selfishness comes from lack of self-love... In order to truly care for someone unconditionally, I have to feel that way toward myself. I can't give away what I don't have."*

...

#### **9. (Page 140)**

*"When I'm being love, I don't get drained, and I don't need people to behave a certain way in order to feel cared for or to share my magnificence with them.*

...

**10. (Page 140)**

*"I've learned that it's important not to be too hard on myself... When I stop being my own worst enemy and start loving myself more, I automatically have less and less friction with the world around me. I become more tolerant and accepting."*

...

**11. (Page 140)**

*"When we're each aware of our own magnificence, we don't feel the need to control others, and we won't allow ourselves to be controlled."*

...

**12. (Introduction, xiv)**

*"I'm not claiming to know any universal or scientific truths or to be anyone's spiritual guru. Nor am I trying to start yet another religion or belief system."*

...

**13. (Introduction, xv)**

*"My desire is to awaken the dormant guru within you that guides you to find your own place at the center of the universe."*

...

**14. (Page 76)**

*"I understood that merely by being the love I truly am, I would heal both myself and others."*

...

**15. (Page 115)**

*"I understood that true joy and happiness could only be found by loving myself, going inward, following my heart, and doing what brought me joy. I discovered that when my life seems directionless and I feel lost (which still happens to me frequently), what it really means is that I've lost my sense of self. I'm not connected with who I truly am and what I've come here to be..."*

*"Previously when I felt lost, one of the first things I did was to search outside for answers. I looked to books, teachers, and gurus, in the hope that they'd provide me with the ever-elusive solution. That's exactly what I did when I was first diagnosed with cancer. But I only ended up feeling even more adrift because I was giving my own power away again and again."*

*"I found that having an inside-out view means being able to fully trust my inner guidance."*

...

**16. (Page 154)**

*"During my NDE, I discovered that in listening to all these external voices, I'd lost myself... These days, I don't follow any established methodology, order, ritual, dogma, or doctrine. In fact, one of*

*my biggest rules is that there should never be any hard and fast rules! I just pay attention to whatever FEELS right at the time. For me, life is a spiritual experience, and I'm changing and evolving all the time."*

...

**17. (Page 155)**

*"If we simply live in a way that nurtures us and allows us to express our creativity, letting us see our own magnificence, that's the best we can possibly do. To advocate any option or doctrine as being the one true way would only serve to limit who we are and what we've come here to be."*

...

**18. (Page 168)**

*"My NDE not only freed me from my previously held ideologies, beliefs, and concepts, but also liberated me from the need to seek out new ones."*

...

**19. (Page 115)**

*"If things seemed challenging, instead of trying to change them physically (which is what I did pre-NDE), I began checking in with my internal world. If I'm stressed, anxious, unhappy, or something similar, I go inward and tend to that first. I sit with myself, walk in nature, or listen to music until I get to a centered place where I feel calm and collected. I noticed that when I do so, my external world also changes, and many of the obstacles just fall away without my actually doing anything."*

...

**20. (Page 116)**

*"I discovered that if I take time out and reclaim my center, regardless of what people around me think, many of the primary stumbling blocks disappear once I am aware of my connection to the Whole and feeling calm and happy. I receive a lot of clarity during those sessions, and purely by staying centered, many of the remaining challenges just fall away. I've found this to be a much more effective way of dealing with my life than solely dealing with it from the external."*

...

**21. (Page 117)**

*"I've discovered that I need to be near nature, particularly the sea, in order to feel my best... I find that I can instantly connect with my NDE state by looking at the waves and listening to the ocean."*

...

**22. (Page 185)**

*"Always remember not to give away your power – instead, get in touch with your own magnificence. When it comes to finding the right path, there's answer for each person. The only universal solution I have it to love yourself unconditionally and be yourself fearlessly! This is the most important lesson I learned from my NDE, and I honestly feel that if I'd always known this, I never would have gotten cancer in the first place."*

...

**23. (Page 166)**

*"It's not necessary to have an NDE to realize your magnificence.*

*"My experience taught me that the best way to build up and maintain trust and a feeling of connection with Universal life-force energy is from within. It starts by loving and trusting myself. The more I'm able to do so, the more centered I feel in the cosmic tapestry. The more connected each of us feels, the more we're able to touch others, enabling them to feel the same."*

...

**24. (Page 185)**

*"When we're true to ourselves, we become instruments of truth for the planet. Because we're all connected, we touch the lives of everyone around us, who then affect others. Our only obligation is to be the love we are and allow our answers to come from within in the way that's most appropriate for us."*

...

**25. (Page 185)**

*"I can't stress enough how important it is to enjoy yourself and not take yourself or life too seriously. One of the biggest flaws with many traditional spiritual systems is that they often make us take life too seriously. Although you know that I abhor creating doctrines, if I ever had to create a set of tenets for a spiritual path to healing, number one on my list would be to make sure to laugh as often as possible throughout every single day – and preferably laugh at myself. This would be hands down over and above any form of prayer, meditation, chanting, or diet reform. Day-to-day problems never seem as big when viewed through a veil of humor and love."*

...

**26. (Page 147)**

*"When we live completely from the mind... we lose touch with the infinite self, and then we begin to feel lost. This happens when we're in DOING mode all the time, rather than BEING. That latter means living from the soul and is a state of allowing..."*

*"I have discovered that to determine whether my actions stem from 'doing' or 'being', I only need to look at the emotions behind my everyday decisions. Is it fear, or is it passion? If everything I do each day is driven by passion and a zest for living, then I'm 'being', but if my actions are a result of fear, then I'm in 'doing' mode."*

...

**27. (Page 148)**

*"During my NDE, it felt to me that all judgment, hatred, jealousy, and fear, stem from people not realizing their true greatness. Lacking awareness of our perfection keeps us feeling small and insignificant."*

...

**28. (Pages 148-149)**

*“The problems we see in the world aren’t from the judgment or hatred we have for OTHERS but for OURSELVES. Just as the key to my healing was unconditional self-love that eliminated fear, the key to a better world is for everyone to care for themselves the same way.”*

*“If everyone were aware of their own magnificence, then we’d no longer be driven by fear. We wouldn’t need rules and jails ... or hospitals.”*

...

**29. (Page 182)**

*“EVERY part of you is magnificent – your ego, intellect, body, spirit. It’s who you are – a beautiful product of this Universe’s creation. Every aspect of you is perfect. There’s nothing to let go, nothing to forgive, nothing to attain. You already are everything you need to be.”*

...

**30. (Page 171)**

*“I realized that every moment in all our lives – past, present, future, known, unknown, and unknowable – exist simultaneously, as though outside of what we know as time. I became aware that I already was everything I was trying to attain, and I believe that’s true for everyone. All things that we perceive as positive, negative, good, or bad, are simply parts of the perfect, balanced Whole.”*

...

**31. (Pages 142-144)**

*“I used to think that the purpose of life was to attain nirvana – that is, to evolve beyond the reincarnation cycle of birth and death, striving never to come back into the physical... after my NDE, I feel differently... I’ve lost my desire to be anywhere but the place I am now... I’ve become more grounded and focused on seeing the perfection of life in this moment, rather than focusing on the other realm.”*

*“What if all our goals are the wrong way around? What if heaven and nirvana is actually HERE in the physical expression, and not THERE in the afterlife?”*

*“I sense that we choose to incarnate into a physical body in order to express love, passion, and the full range of other human emotions not available to us separately in the state of pure awareness and Oneness. What if this life on this planet is the main show, where the action is, and where we wanted to be?”*

*“We’re here to experience and evolve this physical universe and our own lives within it. I made my decision to return when I realized that life here was the most desirable state for me at this time. We don’t have to wait until we die to experience nirvana. Our true magnificence exists right now!”*

...

**32. (Pages 175-176)**

*“Question: One of the most intriguing statements you’ve made about what you understood from your experience has implications that are profound, multifaceted, and far-reaching. I’m thinking of*

*your contention that we can effectively alter our past by the moment-to-moment choices we make as our lives unfold into the future. Am I reading too much into what you're expressing, or is this close to what you understand?*

*"Answer: You've interpreted it absolutely as I meant it. I feel that the present moment is the only point in time we have to create our reality. Please note that I intentionally don't say 'create our future'. The past and future felt fluid to me, and this is how I was able to alter the test results depending on whether I came back or not.*

*"I agree that this is important because of its implications. For me, it continues to unfold each day, and now this awareness has become bigger than the NDE itself."*

...

### **33. (Page 155)**

*"So in the end, my NDE brought me back to myself. I believe this is the most powerful idea for each of us: realizing that we're here to discover and honor OUR OWN INDIVIDUAL PATH."*

.....

#### **Excerpt from Anita Moorjani's Interview with NDERF**

<http://ndestories.org/anita-moorjani/>

#### **NDERF: So if someone's life was not working for them, how would you suggest they turn it around?**

ANITA: I love this question. It gives me the opportunity to talk about the importance of unconditional self love. I would strongly suggest practicing unconditional self love.

Remember, I said that the universe is only a reflection of me. If I am frustrated with the way life is working for me, it is futile to change the external elements without looking at what's going on internally. A lot of us are very negative towards ourselves. We are our own worst enemies. The first thing I would say is to stop judging yourself and stop beating yourself up for where you are in your life right now. If I am finding that I am constantly frustrated with people, and judging them, it is because that is how I am internally treating myself all the time. I am only expressing outward my own inner dialogue to myself. The more I love myself unconditionally, the easier it is for me to see beauty in this world, and beauty in others.

If I can love myself and not judge myself, and see my own perfection, then I will automatically see all these in others! And the more I love myself, the more love I will have for others. It's not possible to love another more than you love yourself. Contrary to popular belief that it's selfish to love yourself, this is just so not true. We cannot give what we do not have.

No matter where you are, it is only the culmination of your thoughts and beliefs up to that point. And you can change it. Remember, I reversed my cancer at the 11th hour. Even when the doctors said it was too late, it was still not too late. So the first thing is to realize that it is NEVER too late to do something, or change anything. It's important to see the power that the present moment holds in turning our life around.

If you believe in things like "like attracts like" then the absolute best way to attract what's best for you is to love yourself to the point where you are filled with love, and will only attract to your life everything that confirms this belief about yourself. It's actually very simple, really.



**NDERF: Can you tell me, how does one become unconditionally loving in a world that is not always loving?**

ANITA: First of all, remember that I feel that the universe is only a reflection of me. So the unconditional love is not extended out to the world (or universe), it is unconditional love that I extend inwardly, towards myself! Each day, I learn to love myself unconditionally.

Also, let me explain that there is a difference between “being loving” and “being love”.

Being loving means giving love to another whether you have any for yourself or not. It means giving what you yourself may or may not even have to give. This type of giving of love can eventually drain you, because we don’t always have a limitless supply. And then we look to the other to replenish our pool of love, and if it is not forthcoming, we stop being loving ourselves, because we are exhausted.

Being love, on the other hand, means loving myself unconditionally so that it overflows, and anyone and everyone around me just becomes an automatic recipient of my love. The more I love myself, the more it flows out to others. It almost feels like being a vessel for love to flow through. When I am being love, I don’t need people to behave a certain way in order for them to be a recipient of my love. They are automatically getting my love as a result of me loving myself. So to stop being love, to me, means to stop loving myself. Hence, I will not stop being love on account of another.

**NDERF: So how would you suggest someone elevate their own loving energy?**

ANITA: I feel it’s my self-dialogue that either elevates or diminishes the energy I radiate outwards. When my inner dialogue turned against me, over time, it depleted my energy, and caused a downward spiral in my external circumstances. I was always really, really positive on the outside, effervescent, loving, etc. etc. and still my world was crumbling around me, and I was getting depleted, and sicker and sicker.

Sometimes, when we see someone who is really positive and effervescent and kind, yet their lives are crumbling around them we may think “see, this being positive thing doesn’t work”. But see, here’s the thing. WE DON’T KNOW that person’s own inner dialogue. We don’t know what they are telling themselves, inside their own heads, day in and day out.

Remember, I am not advocating “thinking positive” in a Pollyanna-ish sort of way. “Thinking positive” can be tiring, and to some people it can mean “suppressing” the negative stuff that happens. And it ends up being more draining.

I am talking about my own mental dialogue to myself. What am I telling myself, day in and day out inside my head. I feel it’s so very important not to have judgment and fear in my own mental dialogues to myself. When our own inner dialogue is telling us we are safe, unconditionally loved, accepted, we then radiate this energy outwards and change our external world accordingly.

I also think it is very important to see perfection in the moment. The present moment is very powerful. Each moment holds promise, and each moment can be a turning point for the rest of your life.

I am often misunderstood when I say that each moment is perfect. And that everything is perfect. People are afraid of seeing perfection in a situation that is not of their liking, thinking that seeing perfection means not changing it. To me, seeing perfection does not mean keeping the situation static. It means seeing perfection in exactly where you are in your journey right now, no matter where that may be. Seeing perfection in the journey. Seeing perfection in the becoming. Seeing perfection in the value of the mistakes as you are becoming. Seeing perfection in the moment, wherever in the journey that moment might be. That is seeing perfection.

**NDERF: This is very powerful — being able to change the exterior in a very positive way, just by changing our internal world with a positive, self-loving, inner dialog. This is a very clear explanation of “The Universe is Just a Reflection of Me”. It also explains why there is so much negativity in the world. It must be a reflection of other people’s negative inner dialogs, being projected outwards. Is that what you feel?**

ANITA: Yes, that is exactly what I feel. You want to know the best part about feeling this positive energy about yourself? I don’t feel I even have to say anything to anyone to uplift them, but just because of my own loving self talk to myself, people around me feel my positive presence. Without even having to say anything, you will start to notice people being attracted to your positive presence, and be energized by your energy. Your positive inner dialogue helps elevate others around you even when you are not saying anything to them, just thinking positive thoughts about yourself!!!! Because energy just radiates and flows out and touches others!! This is why this self loving inner dialogue is so very important in making a better world.

Have you noticed that there are people who just seem to light up a room when they walk in? Or people you just notice, even in a crowd because they are just radiating energy? You can bet that they have a very positive and strong self image and are running some very positive internal self dialogue programs.

What are we internally telling ourselves each and every day? Are we just beating ourselves up, and judging ourselves? Are we too hard on ourselves, and are we our own worst enemy? That’s the real work!! I feel we must start by changing that inner dialogue, by loving ourselves more and more, and then, even without having to say or do anything to anyone, the whole outer world changes to reflect that inner world. I have really noticed my physical world and others around me reflecting this.