



Constantia Oomen

### Through Heaven Everybody Has Wings

**For whom is this book intended?**

Everyone has wings! You're not alone when you travel by night or day on invisible wings through the sky. When, why and how do people travel outside their own bodies? And what can you see during a near-death experience? THROUGH HEAVEN answers these and other questions. This book is for anyone who has been there before and for anyone who wants to be well-prepared when it happens again in the future.

Previous books by Constantia Oomen include THROUGH THE WINDOW - Out-of-Body Experiences (2004, second revised edition), THROUGH THE GATE (2007), and THROUGH THE NIGHT (2008). These three books are all about out-of-body experiences.

Constantia Oomen is a teacher and writer.

"Once you lived in heaven." Thus begins THROUGH HEAVEN, the first children's book by Constantia Oomen, but a book for all ages as well. This beautifully illustrated work shows you why we travel through heaven at night, and sometimes during the day. Kids can read this book with their parents or other adults while talking about their experiences traveling through heaven.

Through Heaven

# Constantia Oomen



## THROUGH HEAVEN

*THROUGH HEAVEN*

**Everybody Has Wings**



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Through Heaven

Everyone has wings!

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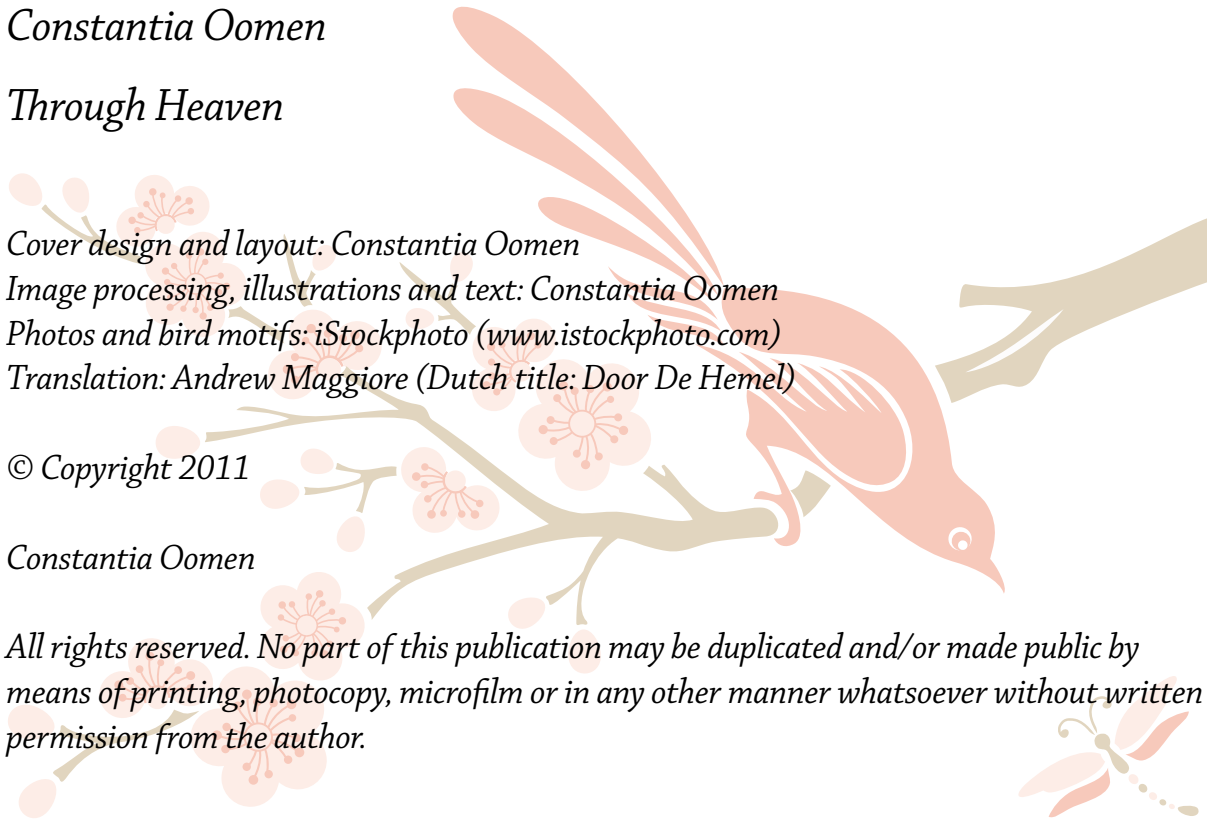
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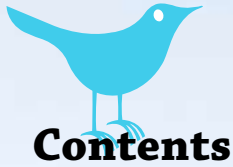
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## **You used to live in heaven**

**Heaven is big, beautiful and boundless!  
There's room for everyone there  
You can be who you want to be, that feels good!  
You used to live there and you know it well  
Maybe you were a starfish there  
Or a wave rippling somewhere in the sea  
Heaven is your home, do you remember?  
And the best part is there's room for everyone**







## Heaven

Isn't it nice that not everyone's the same?  
You won't ever get bored in heaven  
There's so much to see and do!  
Isn't it great that not everyone's the same?  
Fish, birds, people and so much more  
Looking for similarities and differences  
Isn't it cool that not everyone's the same?  
You simply can't get bored in heaven

## Visible wings

If you have wings, you can fly!  
It doesn't matter what they look like  
Big wings, little wings  
If you have wings, you can really fly!  
White, brown or black wings  
Wings are wings, and they're always good  
If you have wings, you can fly up high!  
What they look like doesn't matter







### **Invisible wings**

**You fly with your heart, that's the way to do it  
You don't need visible wings to fly  
When you hear or make beautiful music  
With your heart you can soar up high  
When you play with your friends, and have fun  
Or when you run on the beach with your dog!  
You fly with your heart full of love  
You can fly with invisible wings, too**





## Everyone can fly

When you fly, you are one with heaven  
And once you've flown, you want to fly again!

There are so many ways to fly  
When you fly, you feel one with heaven  
Very fast or slow, high or low  
Heavy as a duck or light as a butterfly  
When you fly, heaven and you are one  
Once you've flown, you want to do it again!





**So can you**

**Sure you remember: that fantastic feeling  
When was the last time you flew?  
A feast of blue sky, a beautiful book or song  
Don't you recall how good it felt?  
Flying through the sky when you were lying in bed  
Or in the arms of the one you love  
Sure you remember: that wonderful feeling?  
When was the last time you flew up high?**





## **The earth**

**The earth is a beautiful world full of stunning nature  
With mountains and valleys, rivers and oceans  
An almost infinite number of plants and animals  
The earth is very beautiful, take good care of her  
Sun and rain, spring, summer, fall and winter  
And you and I, he and she, all of us together!  
The earth is a stunning world full of beautiful nature  
High mountains, deep valleys, blue rivers and oceans**





## **Learning to make your own heaven on earth**

**Everyone is a life artist, a creator  
It's wonderful to create a heaven around you  
It's good to keep on moving, to learn  
Everyone is a great artist, a skilled creator  
The earth exists to enjoy and to learn  
And that's truly art, so go for it!  
Everyone is an artist, a life creator,  
It's amazing to create a heaven on earth!**





## **Falling down and picking yourself up again**

**You learn by falling down and picking yourself up again**

**By making mistakes, you learn what makes you happy**

**Like school, it takes a lot of work to get to the next level!**

**You learn by falling down and getting up again**

**Arguing is no fun at all, it makes you feel bad**

**Unless of course it makes you even better friends!**

**When you fall down, get right back up again**

**By making mistakes, you learn what makes you glad**



## **Falling down**

**Sometimes you feel lonely and misunderstood  
Heaven seems far away, you can't see it  
Sometimes really upsetting things happen  
You feel lonely, misunderstood, unloved  
And you have to figure it all out on your own  
Creating a heaven all by yourself is very hard  
You feel lonely, no one seems to understand you!  
At times like these, heaven seems very far away**







### **Picking yourself up again**

**But suddenly heaven comes back  
You look good with a smile on your face  
You make beautiful music or you see a cute animal  
Heaven is back, the sun shines through  
The tears on your cheeks have dried up  
You pick yourself up, you shine like a star!  
There is heaven, no cloud in the sky  
Heaven casts a smile on your face**





**You don't forget heaven**

**The memory of heaven lives on in your heart  
You never truly forget something beautiful  
Angels, friends, nature, carefree play  
The memory of heaven forever lives on  
You want to be there, it's your home  
You can't forget the love you felt  
The memory of heaven always lives on  
You can never really forget beautiful things**







### **Traveling through heaven by night**

**Everyone has a silver line to heaven  
So you can always find your way back  
Heaven calls to you: "Come visit me again!"**

**Everyone has a bond with heaven  
At night when it's quiet is a great time to travel  
The line always leads you back to your body  
Everyone has this connection with heaven  
This means you can always find your way back**

## Leaving your body, astral voyages

At night you have two bodies; you're almost like twins!  
Two bodies: one for earth, one for heaven  
The same nose, the same smile, it's all you  
It's just like twins; is it some sort of trick?  
One comes out from behind the other, then you have two  
This is called an out-of-body experience, or an astral voyage  
It's just like twins; is it some kind of trick?  
You have one body for earth and the other for heaven





## You travel with your soul

**You travel with your soul through day and night  
As light as a feather and as strong as the sun!  
Your earthly body stays sleeping in bed  
You travel with your soul, and often you go fast  
Sometimes you can look down at your earthly body  
In your heavenly body, you shoot upwards  
You travel with your soul, like a bird so fast  
Light as a feather and strong as a star!**





## **Everyone travels through heaven**

**Everyone takes a trip through heaven, short or long  
You do this by leaving your earthly body behind  
But not everyone knows that he is doing this  
Everyone travels through heaven, aware or unaware!  
If you pay close attention, you can do it consciously  
Then you remember that you're traveling by night as well  
Everyone travels through heaven, slowly or fast  
Your earthly body stays behind for a while**

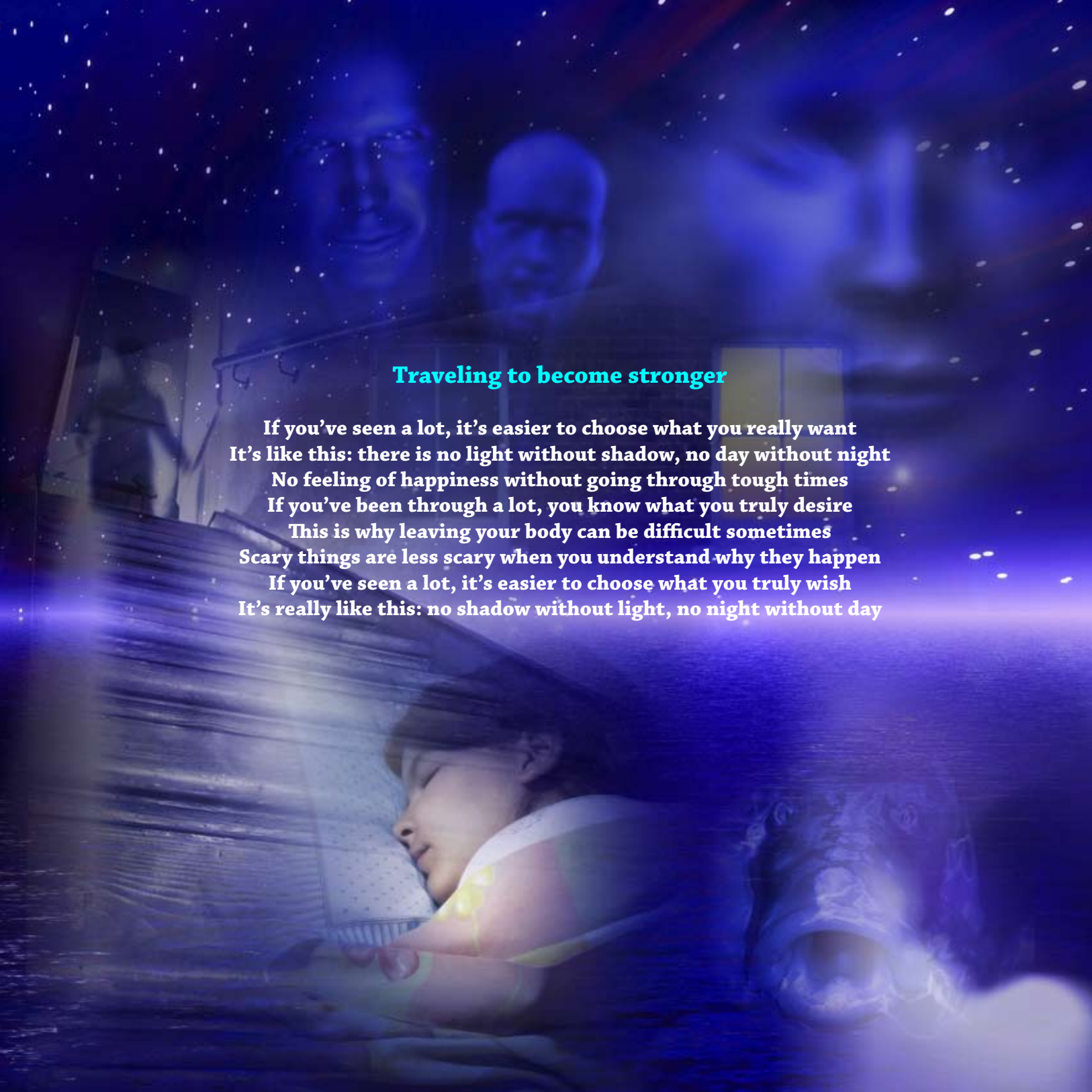




## **Beautiful journeys**

**You feel loved and happy, welcome!  
There is no time, only happiness  
Hand in hand, you laugh, you dance, you sing  
You feel happy and welcome, loved!  
You see a friend across from you, she is laughing  
Your best friend, you are reunited here  
You are welcome and loved, happy!  
There is no time, only happiness**





### **Traveling to become stronger**

**If you've seen a lot, it's easier to choose what you really want  
It's like this: there is no light without shadow, no day without night  
No feeling of happiness without going through tough times  
If you've been through a lot, you know what you truly desire  
This is why leaving your body can be difficult sometimes  
Scary things are less scary when you understand why they happen  
If you've seen a lot, it's easier to choose what you truly wish  
It's really like this: no shadow without light, no night without day**



## Leaving your body when you're hurt or sick

When you're hurt or sick, the shock can be too great  
So you take a little distance from your earthly body  
You quickly leave your body behind, just like that  
When you're injured or ill, the shock can be great  
You look, and you see yourself and others very well  
But others often cannot see your spirit at all  
When you're wounded or unwell, you briefly leave your body  
You literally take a distance from your earthly body





### **A near-death experience**

**During a near-death experience, you may go through a tunnel  
At the end of that tunnel, there's a beautiful, soft light  
You see all the people and animals you love who are already in heaven  
When you come close to death, you may travel through a tunnel  
You clearly see your earthly life go by before your eyes  
You go to heaven briefly, and then you come back into your earthly body  
When you come near to death, you may enter a tunnel  
At the end of that tunnel, there's a beautiful, soft light you go to**



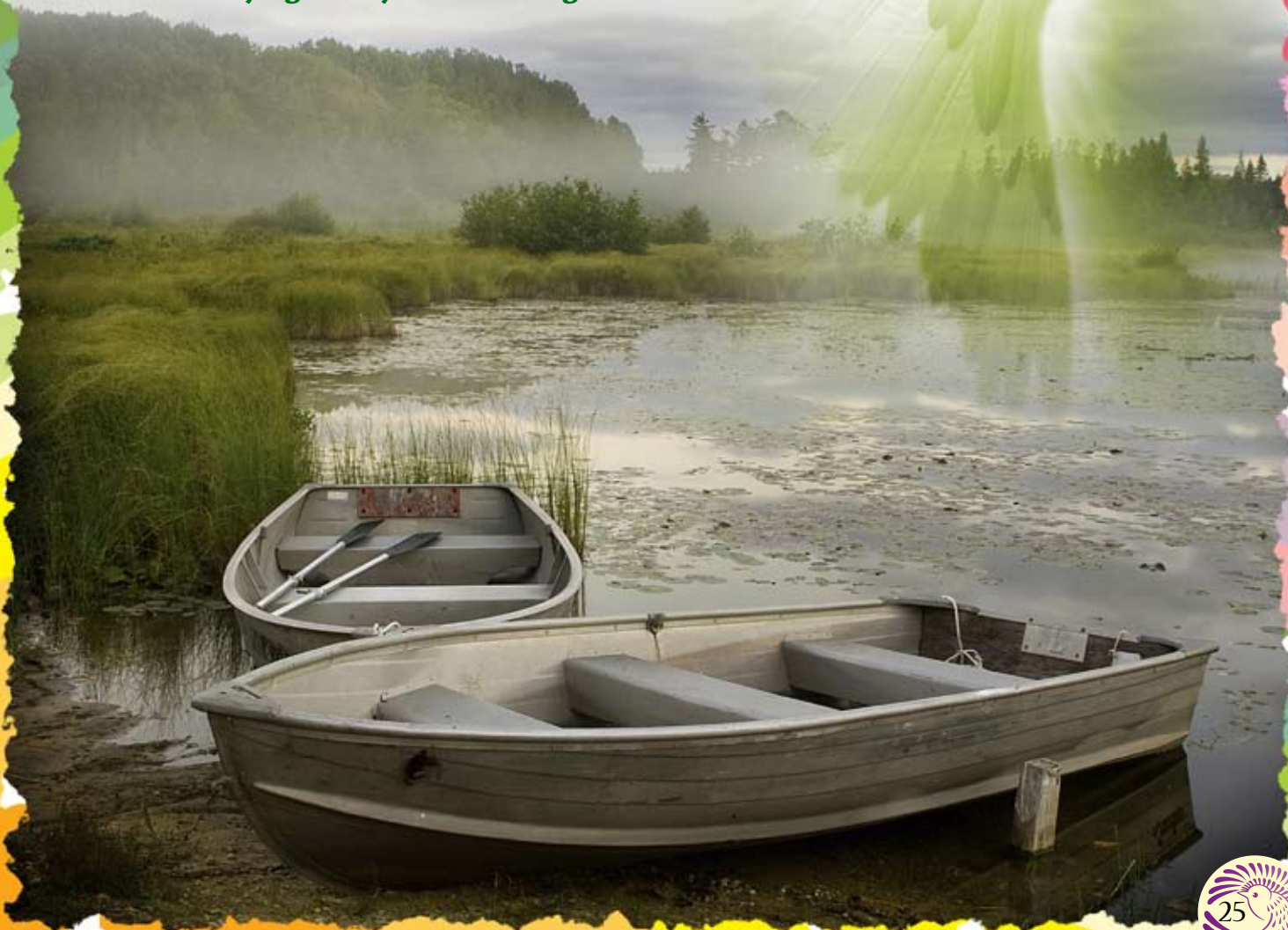


### **Growing older on earth**

**You gradually get older, as does your earthly body  
Your earthly life goes by, that's just how it is  
While you're alive, your time on earth seems very long  
Gradually your body ages, that's how life on earth is  
But when you leave the earth, you're no longer old  
Your earthly life now seems like a trip you took  
Step by step you get older, as does your earthly body  
After your earthly life, a new trip is waiting for you!**

## Returning to heaven

**Your soul loves living in heaven, you feel at home there  
When you “die,” you move back to heaven  
Many people are afraid of “death,” for it seems so unknown  
Your soul loves being in heaven, you’re really at home there  
When you move to heaven, you don’t have to pack anything  
You take only yourself, and when you travel light, you will go far!  
Your soul is your home in heaven, very beautiful and familiar  
So “dying” really means “living on” in heaven**





## Back in heaven

Heaven has the perfect spot for everyone  
Heaven is boundless, endless and grandiose!  
Do you remember how nice it was in heaven?  
Heaven knows the right place for everyone  
It's where you can fly, play and discover so much  
You won't be hungry or feel any pain  
Heaven has a wonderful place for everyone  
Heaven is grandiose, boundless and endless!



## Continued journeys

**There's still so much to discover, there's still so much to love  
Traveling, living, resting, traveling, living, resting!  
If you want you can do nothing, but you'll never be bored  
You have so much to learn, so much to hold dear to you  
You can go back to earth, or maybe you can go somewhere else  
Often you go with your friends to a new destination  
A place where you can explore and love all you see  
Resting, traveling, living, resting, traveling, living!**





**We keep our wings forever**

**We keep our invisible wings forever  
With love in your heart, you have wings!  
No need to be scared, for love is everywhere  
We keep our unseen wings forevermore  
You will be able to fly, remember that  
There is no beginning, there is no end  
Wings are timeless, just like you and I**

See you in heaven!







Draw your own wings here

