

MOMENTS OF SHARING BOOK 2 2013 - 2015

By

Jim Peltier Ph.D. also known as Eleiah

A sharing of the insights and wisdom about the
Spiritual Awakening Process gained over many years.
Perhaps these writings will give the reader additional
insights about their Spiritual Awakening.

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MOMENTS OF SHARING
BOOK 2
By Eleiah (Jim Peltier)

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Moments of Sharing Book 2 with Eleiah 2013-01-15 Volume 1 Number - 001

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

Since I continue to receive a flow of Wisdom and Understanding about our Earthly Spiritual Life I will continue to share these thoughts with you. For the past few weeks I was trying to come up with a new name for these writings but nothing fits better than **"Moments of Sharing."** When I am in a "Stream of Consciousness" in that Moment I receive clarity about some aspect of the Spiritual Awakening Process to share with people. It is up to you to decide if what I share is apart of your Divine Wisdom and Truth.

So I have been guided to call this **"Moments of Sharing Book 2."** **Moments of Sharing Book 1** defines a process in one's ever expanding consciousness so each writing builds on what was written before. I think **"Moments of Sharing Book 2"** will be more like a book of poems where each writing stands by its self.

The Fifth Plane of Consciousness and Beyond.

The Maya Long Count Calendar/Cycle.

The Maya Long Count Calendar Cycle is approximately 5,125 days +/- 1 or 2 days. The beginning of this Long Count Cycle started about August 11, 3,114 BC which is about the time of the birth of the ancient civilizations in Egypt, the Indus Valley, Mesopotamia and other places. This Long Count Cycle ended on December 21, 2012 and now we are in a New Long Count Cycle that will end around 7,137 AD (CE).

This New Long Count Cycle coupled with other cycles such as the **Age of the Purple/Violet Ray** which is a 2,038 year Cycle that came into its full energy in the 1980's is pushing Humanity to Ascend to a Higher Plane of Consciousness. The qualities of the Purple/Violet Ray are **Transmutation, Transfiguration and Transcendence** and these energetic qualities are pushing Humanity to move to a much Higher Plane of Consciousness.

Well December 21, 2012 Came And Went And We Are Still Here So All Is Well!

Not so fast, If we look at the recorded history of humanity for the past 5,125 years humans, as a whole, have not done a very good job of Following the **"Golden Rule."** In the past 100 years we have had 2 World Wars to end all War, and many other wars that we don't even call wars. Humanity's evolution has been standing still rather than moving forward.

A time comes when the Great Cosmic Beings, Ascended Masters, the Universe, and Source says it is time to step out of this holding pattern and move into a much Higher Level of Consciousness. While in the past we have always had a few people attain Divine Consciousness we are now in a cycle where **All of Humanity needs to make a Shift To A Higher Plane of Consciousness.**

We are experiencing an influx of Galactic Energies and Cosmic Energies to facilitate the shift in human consciousness. What this means is people are being pushed to move to the Higher Planes of Consciousness.

The Cosmic Shift Energy has an amplification aspect in this energy, meaning it ***amplifies our emotions*** so they are brought into our waking consciousness. The emotions of Spirit are: Peace, Love, Joy and Bliss so these emotions are amplified. However, if we are in fear or any of the other mental emotions that we create, these emotions are also amplified so that we are consciously aware of these emotions. With mental awareness of these emotions we can reframe the beliefs and memories that support these emotions. This is one aspect of the Purification Process of the Violet Flame. Of course there are many other Healing and Purification techniques that achieve the same results.

Most of you probably have heard about **Humanity Ascending to the Fifth Dimension** and all of the changes that will be taking place. While most people seem to like using the term **5th Dimension** I have always called it the **5th Plane of Consciousness** which to me seems easier to understand. I would put little stock in what people are saying in books and on the internet about how life will be in this Fifth Dimension. Each person will have a different experience and our mental mind can't comprehend what is possible in terms of world changes. However, we do have total control over Who and What We Are as all change begins with us.

In 1982 I completed my Initiation to the Seventh Plane of Consciousness, the Seventh Dimension. In 1990 I was at the 28th Plane of Consciousness and completed my Initiation to the 33rd Plane of Consciousness.

I know many of you have experienced these Higher Planes of Consciousness in Meditation. But most of the time when you are going into these Higher Planes of Consciousness you are probably going out of your physical body and experiencing these Realm of Divine Consciousness.

I prefer to use the word Assimilation not Ascension. What is the difference between Ascension and Assimilation? Assimilation is bringing our Highest Spiritual Consciousness into our Physical, Emotional, Feeling, Mental, Intellectual, and Spiritual Bodies. Ascension technically, this is the taking of one's physical body with you, upon leaving this Earth Plane, but it can relate

to a State of Consciousness which is Spiritually Detached from this World. Perhaps it does not make any difference what "word" we use as long as we realize that each of us need to move to a Higher Consciousness within our Earthly Bodies and our Earthly Life.

We need to prepare our bodies for this Assimilation Process. We need to Purify our Physical, Emotional, Feeling, Intellectual, Mental and Spiritual Bodies. This Purification has nothing to do with being a vegetarian or anything else. As I was bring in the Purification Energy [The Violet Flame] I could literally feel the atoms and molecules in my physical body rearranging themselves. Much like a magnet where the atoms create a North Pole and a South Pole. So I could literally feel my physical body being realigned so every atom and molecule created a magnetic structure within me ***so energy could flow easily through my bodies.***

For me, during the early 1980's this process seemed to happen in 4 month cycles. Purification, Bringing in a Higher Vibration and Plane of Consciousness, Integrate this New Energy and Consciousness into my life. At this time I would no longer feel the energy moving through me because with the Purification there is no **resistance to the energy frequency** so there is no Heat. Then, after this "Normalization" period these cycles would start over again. While this was my experience most likely you will have a different experience that is best suited for your Spiritual Path.

So the Purification is releasing the negativity within us. It is releasing the Fears and Memories that we have anchored within our mental, emotional and physical body. It is preparing our vessel [especially our Physical Body] to be able to be a vessel for this Higher Consciousness, a Higher Vibrational Frequency. So we need to Assimilate and Integrate each Plane of Consciousness into our Earthly Bodies and apply these qualities in our everyday life. I call this process "**normalizing.**"

So the process can be described as:

Transmuting our negative thoughts and feelings.

Transfiguring our bodies to a Higher Vibration and then

Transcending and **Assimilating** this Higher Plane of Consciousness into our waking Consciousness

For practical purposes let's say this is the Fifth Plane of Consciousness. Then once we are "**normalized**" to this Fifth Plane of Consciousness and Energy then we start the process all over again so we can move to the Seventh Plane of Consciousness, and so on and so on until we are in the Highest Plane of Consciousness - A State of Oneness with Source.

We are in a time where we can have **Quantum Leaps** in the expansion of our Consciousness. These Leaps are not linear, we don't need to jump from the Third Plane, to the Fourth Plane, to the Fifth Plane, to the Sixth Plane. I

like to say we can go from the 5th Plane, to the 7th Plane, the 9th Plane, to the 11th Plane, to the 22nd Plane, to the 33rd Plane, and beyond or any Plane between these Planes of Consciousness.

Each time we move to a Higher Plane of Consciousness and Assimilate this Higher Vibration/Consciousness we have to experience another Level of Cleansing. Our biggest fears are challenged in the Purification Process for the Fifth Plane of Consciousness as these Fears are the strongest and the most obvious. At each Level of Purification these fears become less obvious and much of this Purification Process can be accomplished outside of our Conscious Awareness. Fear has many names and is both a **"*thought and a feeling*"** so these fears can be embedded in one or all of our bodies.

If we have just microcosm of Fear at some Level of Higher Consciousness even this minuscule amount of Fear needs to be removed for us to attain that Highest Plane of Consciousness, to be in a **State of Oneness**.

I recommend that we consciously invite **Our Next Highest Spiritual Being** to be fully present in our Physical, Emotional, Feeling, Mental, Intellectual and Spiritual Bodies. What we are doing is inviting in the next Quantum Level of our Spiritual Being to be Assimilated or Merged into our Earthly Realm. By putting this thought out to the Universe or Source we are also telling every part of our Personality and our Higher-Self to Purify everything that needs to be removed so our Earthly Vessel is ready for this next Energy Shift.

This 5th dimension is baseline, and the 5th dimension shift is also the most challenging because as you move towards this 5th Plane of Consciousness and the Higher Planes of Consciousness your Ego-Self needs to shift its identity from One's Outer Life and begin to Identify with one's Divine Essence.

In order to move to this 5th Plane of Consciousness we also need to start the process of detaching from all of the Material things in life. Detachment means that we are content ***with or without*** our material things. A millionaire can be detached from all of their wealth and a homeless can be attached to a tent that is providing shelter. So it is not the amount of material things we have, it is whether we are emotionally attached to these items. If these material items give you your sense of identity, a sense of pride, a sense of ownership, then, you are attached to them.

I AM A Divine Being. I AM The Essence of Pure Love. When you begin to **"know"** these words are your truth in your stomach, your solar-plexus and in every cell of your body, then you are moving into this New Identity that you are A DIVINE BEING. Just knowing this as a mental thought is not enough.

As we start moving into Higher Planes of Consciousness and Assimilating them we will have less and less attachments. We are a material being in this

material world but not materialistic. We need certain things to take care of our physical life, but we don't allow them to define who we are.

What Does This Shift In Consciousness Mean To You?

In the 1980's I was guided to go out to the year 7,000 CE (AD) to experience the consciousness of Humanity towards the close of this new Long Count Cycle. While Earth is still be here, what has not been determined is the Level of Consciousness Humanity Attains at the close of this cycle.

Humanity is going through this Awakening Process and during the early years of this New Long Count Cycle we are creating the consciousness that will propel the consciousness of humanity for this next 5,125 year cycle. At the Close of this New Long Count Cycle about 7,137 AD the Mass Consciousness of Humanity needs to be at the 33rd Plane of Consciousness or Higher.

What Can You Do?

As a person merges their Highest Spiritual Essence with their Mental/Ego Self their Mental Mind is emitting a very high frequency of Love, Peace, Joy, Bliss, and Wisdom that begins to stimulate the Mental and Higher-Self of other people on the planet for further Spiritual Awakening. These other Souls want to begin to move to this Higher Vibration/Frequency so these Souls start to push their Mental/Ego Self and even their Higher Self to keep expanding in consciousness.

So, we need tens of thousands, hundred of thousands, millions of people to move to the 33rd Plane of Consciousness and beyond As Soon As Possible so this Quantum Leap in Consciousness for all of humanity is not only created but expanded for many generations.

So these are just seed thoughts for you to mull over and within your own Divine Consciousness you have a map of your own Spiritual Path. Moving to the 5th Plane of Consciousness is going from kindergarten to first grade. Hopefully most of you will want to move to Graduate School, into the Highest Planes of Consciousness that can be attained in Physical Form.

The Ascension Process

Technically, this is the taking of one's physical body with you, upon leaving this Earth Plane, but it can relate to a State of Consciousness which is Spiritually Detached from this World. To be in this World but not of this World so a person is not caught up in all of the melodramas of the world.

I have always shared that it is not important to try to Ascend to the point that we are taking our physical body with us. To me that seems silly. Expand to the Highest Possible Consciousness so that if you want to have a physical body, or some type of form that you can materialize this body out of Either.

Here are some Meditations or Statements that you can say each day.

FATHER MOTHER GOD
GUIDE ME TO DOING THE
HIGHEST POSSIBLE SERVICE
FOR SPIRIT AND HUMANITY

FATHER MOTHER GOD
BRING UNTO ME PEACE
LOVE, JOY, AND BLISS
WITH WISDOM AND UNDERSTANDING

I INVITE MY HIGHEST SPIRITUAL
BEING TO BE FULLY PRESENT
WITHIN EVERY ASPECT OF MY BEING
AND GROUNDED IN ALL OF MY BODIES
ON THIS EARTH PLANE.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

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Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

What is Oneness?

I started to talk about Being In **"Oneness"** in my Spiritual Development Classes beginning in 1988. In my previous Moments of Sharing I have touched on this subject but not in great detail. So in this Moment of Sharing ***I decided to share how I experience "Oneness" and describe some of the processes that I used on my Path of Oneness. I am certain that every person will experience Oneness differently.***

Before I get started I am going to use the term **"Mental-Self"** rather than Ego or Personality since to me they are really the same thing.

The term **"Consciousness"** is really a challenge to define since it is used in so many difference ways. If you call 911 they will ask: Is the person conscious? Then, we talk about Higher Consciousness, and Evolving Consciousness and Streams of Consciousness. I will leave it up to you and your Inner Wisdom to figure out the difference for you.

Being trained in Psychology I can see specifically how Adlerian Psychology can give us insights into how our Mental-Self works. A major developmental

stage in Spiritual Psychology is becoming aware of the contradictions within us, which is a Major Step in the Development of a Unified Mental-Self.

For example, we may find that one part of us is very interested in seeking enlightenment, But another part of us is terribly afraid of it, and yet another part of our mental-self simply wants to be comfortable. Most people have experienced these "double binds" such as: one aspect of our Mental-Self wants to go into business for them-self and another aspect wants to stay where they are employed. We make a decision to make a change in our life, and then our mental chatter is all the reasons why not to make the change.

Our Mental-Self greatly affects our Life Style or Personal Story that we are telling our-self. According to Adlerian Psychology, each of us have created certain beliefs which make up his or her ***Life Script by the age of six.***

I am	Your self-image
I should be	Your self-ideal
I should	Your Ethical convictions
Life is	The world is ..., People are ...
Therefore,	How to be and act, based on your conclusions.

This can be summarized by the following statement: **How do I, seeing myself as I do, in a world such as I view it, and people being what I see them to be, deal with life.**

Our Mental-Self exists in time and space. It senses and feels, and it can think creatively or destructively, for it has Free Will within the Laws of the Universe that governs it. You can see that our Mental-Self is created out of thin air based on how we perceive what is going on. **Two children raised in the same household generally will have 2 entirely different perceptions of How Life Was Growing Up in Their Family.**

Over the years our Life Script or Story (which is mostly outside of our mental awareness) may embellishes certain beliefs, or, because of life experiences we may alter our Life Script and/or create additional aspects of our Mental-Self.

When I was studying Adlerian Psychology the premise was that we had only 1 Life Script. Now I realize that each aspect of our Mental-Self has its own Life Script. Some of these Stories support other aspects of our Mental-Self and some of them have entirely different agenda in how to deal with Life.

What Would It Be Like To Have Every Aspect Of Our Mental-Self On The Same Page Working To Create The Same Outcome In Life? To Be Fully Empowered To Create A Life Of Peace And Harmony, Filled With Love And Grace.

Stage 1 Is Merging Our Mental-Self With Our Higher-Self/Soul.

Step 1 is Creating a Unified Mental-Self which is Creating Oneness within our Mental-Self.

This eliminates sabotage, wasted energy as one aspect of our Mental-Self is creating something that another aspect of us does not want. Also, we probably have other aspects of our Mental-Self working on creating other things in our life. So everyone is doing their own thing!

Step 1 is creating a **Unified Mental-Self** where each aspect of Who We Are is working for the same Goal or Purpose. For me, this was to have every aspect of my **Mental-Self to Identify with my Higher-Self or Soul**. It was bringing each part of me into my Spiritual Heart Center and with My Divine Essence in the Center guiding each part of my Mental-Self to Identify with My Divine Essence. To have the Wisdom, Love and Compassion of my Divine Essence guiding me in every way. It is also realizing that our Life Stories or Life Styles was a mental creation and what is Real Is the Divine Essence Within Me. So it is **Dis-Identifying** with all of these Outer Influences and Believes that create separation.

Here Is The Process For Dis-identification:

- I have a body, but I am not my body.
- I have emotions, but I am not my emotions.
- I have desires, but I am not my desires.
- I have intellect, but I am more than my intellect.

Creating An New Identification

- I AM a Center of Pure Consciousness, I AM Spirit, I AM God Essence.
- I AM the master of this vehicle. I AM pure Essence which has taken form in order to experience a life in time and space.
- I AM Spirit, both visible and invisible, with individuality, unique meaning and a special purpose.
- I AM Divine Love. I AM Divine Peace, I AM Divine Joy

This is Who I AM!

Note: "**I am**" refers to our Mental-Self whereas "**I AM**" refers to our Divine Essence or Spiritual-Self.

Step 2 Is Merging Our Mental-Self/Ego-Self With Our Higher-Self/Soul.

Step 2 is almost a part of Step 1 but goes beyond what is accomplished in Step 1. When this Merging takes Place there is only **One Thought in Your Mind and Only One Feeling You Are Feeling**. No mental chatter between

different aspects of your Mental-Self. No "Yes But" thoughts that challenge what You Know is in Your Highest and Best Spiritual Interest. **Our Body, Mind, Emotions, and Spirit are One Thought, One Action, One Feeling in each and every Moment.**

The more we Identify with our Divine Essence the more we detach from all of those things that we used to Identify with in our perception of: How we are, How other people are, and, How the world is. With discernment we begin to create a new reality of our world around us and within us.

One of my first ever Active Meditations is:

**Father Mother God, Bring Unto Me Peace, Love, Joy
And Bliss With Wisdom And Understanding.**

After I said this, I would be in a Stream of Consciousness that would shift things around within my Thoughts, Beliefs, Memories, Feelings so the I could be in Divine Peace, Joy, Love and Bliss which is our True Natural State of Being. Saying these few words everyday for many years has a powerful effect on who you are.

When you Ask and Focus on Creating Inner Peace in Your Life, the Universe or Source guides you to the perfect job that supports your Divine Inner Peace. The Universe or Source guides you to the perfect relationship that supports your Divine Inner Peace. Most of the time what is drawn to you is not what you think you need, but it will be what is in Your Highest and Best Spiritual Interest. **Once your Mental-Self and Higher-Self have Merged into Oneness you have Completed Stage 1. Now your Soul/Higher Self can being to Grow and Expand in Higher Consciousness.**

Stage 2 Is the Process of Inviting our Highest Spiritual Essence to be fully present in our Physical, Emotional. Feeling, Mental, Intellectual and Spiritual Body. This is our Personal Energy Matrix.

The Spectrum of Consciousness.

In the 1980's I read Ken Wilber's "Spectrum of Consciousness" and I realized that there are many **Planes of Divine Consciousness and Oneness** beginning at Source and coming all the way down to the Merging of our Mental-Self with Our Higher-Self. **So when we Merge our Mental-Self with Our Higher-Self we have only begun the Journey into Oneness or Beingness.**

To Be Fully Human in this Physical Body we need to invite into our Physical Body the Next Level of Our Highest Spiritual Being. Free Will means that we need to initiate this action, our Divine Essence has to wait until we invite it into our space.

My Active Meditation to create this Union is:

I Invite My Highest Spiritual Being To Be Fully Present In Every Aspect Of My Being And Grounded In All Of My Bodies On This Earth Plane.

This is inviting the Next Level of My Divine Essence in my Spectrum of Consciousness from Source to be fully present in my Physical, Feeling, Emotional, Mental, Intellectual and Spiritual Bodies or Personal Energy Matrix.

This is Creating an even more Pure State of Oneness.

Since there are many Planes of Oneness in our Spectrum of Consciousness it most likely is not completed in a few months as we need to integrate all of our Wisdom and Understand and how to be the Purity of Love, Joy, Peace and Bliss in all that we do in our Earthly Life.

I did not really have any specific steps that I took other than the Active Meditations stated above along with certain things:

- I knew that I needed to shut down all of my Psychic Abilities.
- I knew that I needed to activate all of my Spiritual Abilities.
- I knew that I needed to activate the Seven Spiritual Rays.
- I knew that I needed to work with the Ascended Masters in assisting me to Remember Who I AM.

I was fortunate that I knew instinctively **How To Do These Things** which I did in the late 1970's and early 1980's. Then, in 1982 I was made aware of Kofutu Spiritual Healing and Personal Development Formula Healing. Kofutu provided me with the Healing Scripts/Techniques to do everything that I knew intuitively how to do and much more. Kofutu Levels 1-6 gave me additional techniques to clean up issues and to Feel The Presence of the Ascended Masters and to Work With The Ascended Masters. In Kofutu Level 6 I could heal my Personal Energy Matrix [Physical, Emotional, Feeling, Mental, Intellectual and Spiritual Matrix] of this incarnation and create Balance within my Personal Energy Matrix.

Kofutu Level 7 Master Healing Scripts gave me simple ways to expand upon what my Spirit Already Knew To Do. Kofutu Level 7 also gave me techniques to clean up all 6 Universal Energy Matrix Levels. To detach from All Past Lives and create Balance within my Universal Energy Matrix and much more. Our Universal Energy Matrix is the Physical, Feeling, Emotional, Mental, Intellectual and Spiritual Bodies or Matrix that our Soul created since leaving Source to this present moment.

Even to this day, I spend 10 minutes each day doing **70+ Kofutu Direct Commands** to keep Accelerating My Spiritual Awakening, to keep expanding and developing my Spiritual Gifts and Abilities, and to Keep Expanding into Higher Levels of Oneness.

I prefer to do things that are quick and easy to do rather than the old way of sitting in deep meditation for hours each day. This was the reason that Kofutu was gifted to humanity from *Master Jesus, "The World Teacher," and Master Tamarasha, "Keeper of the Kofutu System of Healing and Spiritual Development"* and the Universe to facilitate the rapid awakening of each person.

I do not know if this stage is ever complete while we are in a Physical Body. I can share with you that when you think you have attained the Highest Level of Oneness, of Beingness, we shift to an even Higher Vibration. The last Planes of Consciousness that I was initiated into was the 256 Plane of Consciousness in 2005. In 2006 I was initiated to a much Higher Plane of Consciousness or Oneness which has no number that I am aware of. This is my final Initiation by the Ascended Masters and it took me several years to integrate this New Level of Energy into my Physical Body.

Stage 3 Is Doing Our Work Here on Earth or Elsewhere.

So far I have not given much information about the details of Being in a State of Oneness. So I will try to share what I experience and have experienced for the past 30 years.

1. Transcendental or Oneness Healing

When I am doing a healing with a person *I expand my consciousness so we are One. Their Higher-Self and My Higher-Self are the same consciousness.* In this State of Oneness, and In a Stream of Thought Transfer I know what their issues are and how to assist the person in their healing process. I guide the person to discover what their issue is and this is rather easy since I already know what it is. It is most important that they discover what it is rather than being told what it is. I also use **Spiritual Linguistic Patterns** [This is Spiritual NLP] to clear out their subconscious mind and communicate directly with their Other-Than-Conscious-Mind and Higher-Self.

2. Transcendental or Oneness Stream of Consciousnesses.

When I am asked to be a speaker at a group I expand my Consciousness so my Oneness is everyone in the room and as I speak I weave a story of wisdom that answers all the questions that every person in the room has.

One time I had an **"Evening with Jim"** at a small town in Eastern Oregon I told everyone there to think of something that they wanted answered and I/Eliah would answer your questions. After the evening was over a woman came up to me and said that I had not answered her question and I was told, by the people that were there, I looked at her and answered her question. She was blown away.

3. Oneness In Sleep.

Bedtime is the best part of my day since my physical body is tucked in and in a safe place and I can travel in my Light Body. Some nights I am very aware of traveling in my Light Body feeling the air hitting my body as I move from one place to another. Other times I move from one place to another in an instant.

In what some people would call a "lucid dream state" I experience the lives of other people. I am actually this person and in this State of Oneness I share with them the wisdom they need to make changes in their life. Am I in Oneness with their Higher-Self, and Angel, I don't have a clue. What I do know is that I am in their thoughts and experiencing their waking moments. When you have been doing this for 30 years it becomes as real and normal as anything else in your life. For much of my life many of my dreams were/are about other people rather than dreams about me. People I do not know and yet I AM them?

Many times I am teaching a Group of Souls, other times I am doing a One on One Coaching with a Person. Since we can be in many places at the same time in our light bodies this process can be repeated thousands of times without my Mental Mind being aware of everything that is going on. The beauty of Sleep Time is my Mental Mind is more aware of all that is going on behind the scenes. I feel I do most of my work while I am in bed so from 9 pm to 7 am I bask in the warmth of my bed and play in the playground of the Universe. Oh, did I say that I also visit another Planet far away in another galaxy and share with these people as well.

4. Other Things That Happen:

Many people have told me that when they think about contacting me for some healing that in that moment they received a burst of healing energy.

Numerous people have told me that when they ask for me to be with them they instantly feel my presence. They feel my energy next to them.

This is important because for me much of what I do in a State of Oneness is done in the background, outside of what my Mental Mind knows is going on.

I say this is important because my day is much like your days. Since I live alone I do everything; cook, wash dishes, wash clothes, clean my home, water and mow the grass, do my shopping and I do these tasks while in a State of Oneness.

About 18 years ago I had an outbreak of **Shingles that covered 70% of my body**. My doctor said it was the worse case of shingles that he had ever seen. Every nerve cell felt like it was on fire and my doctor said it was too late to take any medication to stop it. My mental perception of this experience was that my skin was like the Crust of the Earth and I was releasing the pain

the Crust of the Earth experiences from human emotions, pollution and war. I greeted this experience with Love and Much Joy. While my body felt pain, I was in Inner Peace and Harmony. Besides, I was allowed to wear my flannel sweat pants at work since it was painful to wear jeans, so that was great!

So, even in this Oneness we may experience challenges to see how our Spiritual and Mental Self will respond to situations. This was one more way for me to be of Service.

When We Are In These Later Stages of Oneness What Is It Like? Here Are My Answers To These Questions.

Are We In Oneness With The Ascended Masters?

Since I have always worked and felt the presence of the Ascended Masters I do experience a Oneness with Many of the Ascended Masters. As we Expand Our Consciousness to the Higher Planes of the Spectrum of Consciousness you may experience being **One with Jesus, Kuan Yin, or Buddha**. Since 1982 I have used the Kofutu Scripts for Working With The Ascended Masters and Feeling the Presence of the Ascended Masters along with having direct contact with them as they assisted in my Remembering Who I Am and Awakening All of My Spiritual Gifts.

My purpose is to work with the Ascended Masters in assisting Humanity in its Ascension in Consciousness so that is the focus of my work. If your purpose is assisting the Ascended Masters then you would an active experience with One or More Ascended Masters.

Are we in Oneness With All of Humanity?

If I AM it is outside of my Mental Mind which is how I want it to be. I have no interest in hear 7 billion voices in my Mental Mind. Nor do I want to be feeling all of the feeling that 7 billion people are feeling every second.

However, when someone is in need I do know it and it is taken care of. I send Kofutu Physical and Psychological Healing to Everyone on the Planet who wants to receive it daily. I AM doing Kofutu Direct Commands for all of those who wish to receive many times a day. When I watch TV I AM in a State of Oneness so my Inner Peace and Love is sent back over the TV signals to those who wish to receive, this also applies to the Internet.

Since I AM assisting Humanity in its Ascension in Consciousness I know that in my **"Oneness Background Work"** also called **"Inner Planes Work"** I assist any person on Earth that has asked for guidance and healing.

How another person experiences Oneness With Humanity will be unique to that person.

Are We In Oneness With Our Planet?

When I am in the Forest around Bend, Oregon I do expand my Oneness and feel the Oneness with the Trees, Lakes, Streams and Animals. Sometimes a lake will ask for healing. Onetime as I was driving through Montana to Minnesota the forests in Montana were burning as they had many forest fires going at the same time. So as I was drive on the Interstate I was sending healing to the forest and all that lives in the forest. I could see the flames of the fires and the smoke as I was driving in a Center of Peace and Harmony chanting sacred songs.

My purpose is to assist Humanity in its Ascension in Consciousness so that is the focus of my work. If your purpose is assisting the planet then you would have a more active experience of Oneness With The Planet.

Are We In Oneness With A Specific Person?

I can't think of any time that being in Oneness would not be with specific people in your life. Again the Level of Oneness with Specific People is determined by the Purpose Your Spirit Has For Being Here on Earth.

A Final Thought

I believe that every Soul/Spirit is here on Earth to Remember It's True Divine Essence – **That We Are A Divine Being Who Chose to Take a Physical Form.** We are to be in this State of Consciousness we call "Oneness or Beingness as we live our life.

With this **Remembering** and in a **State of Oneness** there are things that we know we are to do in the **Great Scheme of Divine Human Evolution.**

I know that 99% of what I do as a Spiritual Healer and Spiritual Teacher or Spiritual Coach is done in the **"background"** in my **State of Oneness.** I have called this working on the **"Inner Planes"** for the past 30 years and that seems to be the best way to explain what and how I do what I AM here to do.

I hope this gives you a small glimpse of what is possible as you move to a Higher Vibration in Consciousness, and Hopefully into the Essence of Oneness.

When I read what I just written it is so lacking in what I actually experience each moment, each day. So, I hope that Your Higher-Self, Your Highest Spiritual Being opens you up to the infinite possibilities that await your Mental/Spiritual Self.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Elleiah

Moments of Sharing Book 2 with Eleiah 2013-06-15 Volume 1 Number - 003

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

The topic of this writing started out as "***Listening with our Heart of Hearts***" and I soon realized that I needed to lay some ground work for what I am writing about for it to have any clarity.

What is Our Heart Center or Heart Chakra?

Well, from the yoga teachings we know that we have multiple bodies like our Physical Body, our Emotional Body, our Mental Body and our Spiritual Body. We also have the 7 Major Chakras in each of these bodies. So we have a Heart Chakra in our Physical Body, in our Emotional Body, in our Mental Body and in our Spiritual Body. Our Spiritual Body interpenetrates our Mental Body, and our Mental Body interpenetrates our Emotional Body, and our Emotional Body interpenetrates our Physical Body.

Our Spiritual Heart Center is our Spiritual Body's Heart Chakra and it is also called Our ***Heart of Hearts***. In more modern terms we could call each of these bodies "Energy Matrix" such as our "Emotional Energy Matrix" is the same thing as our Emotional Body. Yoga Psychology also refers to the Chakras as both Consciousness Centers and Energy Centers.

Our ***Heart of Hearts*** is Pure and Free from any pain that we may experience in our Emotional Heart Chakra or our Physical Heart Chakra. It is also Free of any distortions of Truth that we may experience in our Mental Heart Chakra. So, our Spiritual Heart Chakra is unaffected by anything we experience in our Mental/Ego Earthly Life.

In our Spiritual Heart Center we experience the Divine Essence of Our True-Self. In our wondrous Heart of Hearts we can also experience God or Source, the Ascended Masters and the Angelic Host. The whole Universe is accessible in our Heart of Hearts.

Our Spiritual Heart Chakra is our Inner Temple of Divine Love, Divine Bliss, Divine Peace, and our Inner Temple of Divine Wisdom and Knowingness.

Being Fully Human is merging our Mental/Ego Self with our Divine Self in our Heart of Hearts. Then, our Spiritual Heart Chakra can teach and restore Divine Love, Peace, Joy, Bliss and Harmony in our other Heart Chakras. This blending and teaching process also happens within each of our other Chakras until every aspect of who we are has merged and become One with our Divine Being in a State of Oneness or Beingness.

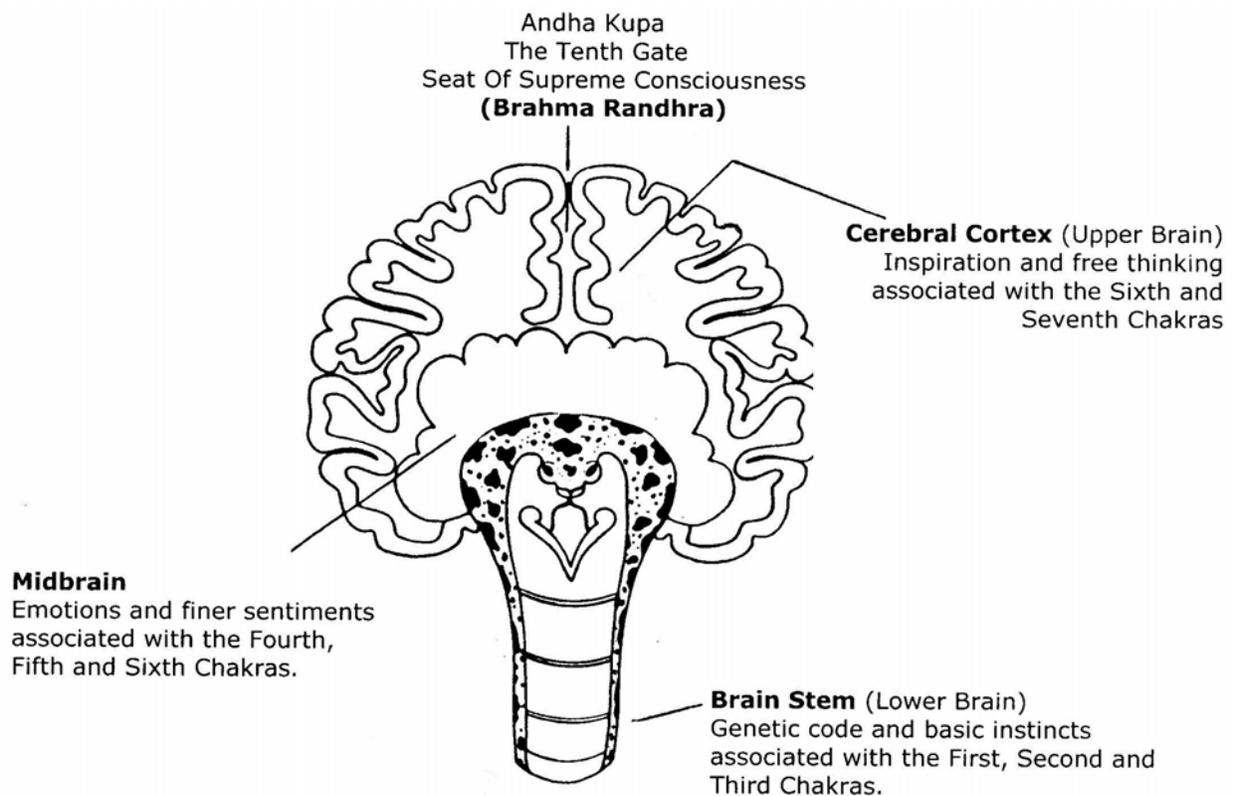
Why is it sometimes hard to be in our Heart Chakra?

Again, we have learned from the yoga teaching that we have an Upper and Lower Heart Chakra. The Upper Heart Chakra is a mirror of the Three Upper Chakras namely the Throat Chakra, the Brow Chakra and the Crown Chakra. **So the Upper Heart Chakra in all of our bodies is filled with the Love, Grace and Wisdom of our Divine Essence.**

The Lower Heart Chakra is a mirror of the three Lower Chakras namely the Third Chakra our Solar Plexus, the Second Chakra our Sexual Organ and the First Chakra our Sacral Plexus or Root Chakra. **So the Lower Heart Chakra in our Physical, Emotional and Mental Bodies is sensing all of the fears, pain and suffering that we have stored in our Lower Chakras.**

The *Upper Heart Chakra is the Realm of Our Spirit* and the *Lower Heart Chakra is the realm of our Unenlightened Ego-Self*. When a person goes into their Heart Chakra they may enter into their Upper Heart Chakra and feel the Love and Peace of their Divine Essence, or they may enter into their Lower Heart Chakra and feel all of the fears, pain and suffering that they have not dealt with. It seems that most people seem to gravitate to their Lower Heart Chakra since this is where they need to begin their healing process, so most people do not want to go into their Heart Chakra.

These ancient teaching seem to make sense to me in understanding how humans function at different levels of consciousness. For example: A person in Survival Mode is in the First Chakra Consciousness, a person in Victim Mode or Power/Control Mode is in the Third Chakra Consciousness. Here is a diagram of the Brain, its Functions and its Relationship to the Chakras.



Listening With Our Heart of Hearts.

Most of the time we listen with our ears and with our brain which is a huge super computer. So while we are listening to what a person is saying, our brain probably is preparing our response to what this person said. We may also be thinking about what we need to get at the grocery store for supper tonight. So our brain is doing all of this multitasking with just a small amount of our mental processing power actually listening to what a person is sharing with us.

Listening with our Spiritual Heart of Hearts is when we are listening with Our Divine Essence. Our Spirit is listening to the other person's Spirit. So, we may see the pictures that the other person is seeing, we may walk in their shoes and even sense their emotions, You are experiencing all aspects of what they are saying so that you fully comprehend what is being said.

So listening with our Heart of Hearts is being in our Spiritual Heart Center and feel our Divine Essence connected to the Divine Essence of the other person. That connection is from your Ninth Chakra which is about 12 inches above your head to the Ninth Chakra of the other person. In that moment you are in Oneness with that person.

If we are driving down the road and we stop and ask a person for directions most of the time we just want our mental mind to get that information. But take that moment to really connect with that person, so they have a moment of feeling acknowledged as a Divine Being.

Does This Also Apply In Meditation?

In meditation you may be in a "**stream of consciousness**" and you have to translate that energy, that consciousness into words, pictures, and feelings. When we are receiving guidance and information while in a Meditative State listen with your Spiritual Heart of Hearts, and then ask if you translated the information correctly?

To have the greatest clarity in either a Meditation State or a State of Oneness you bring that *stream of consciousness down through the Andha Kupa, the space between the Right and Left Hemispheres of your Brain, down to your Spiritual Heart Chakra* where your Inner Divine Essence translates that "stream of consciousness" into words, pictures and feelings. Then, this information is sent from your Spiritual Heart Chakra up to your Right Brain and from your Right Brain the information is then sent over to your Left Brain which needs to figure out how to apply this guidance and wisdom in your Earthly Life. If this stream of consciousness is first interpreted by our left brain then there will be many distortions based on our beliefs and attitudes.

Since we will always have some misinterpretation of the information we ask: Is there anything that I missed? So by asking this question in our Heart of Hearts we are making sure that we received the information as pure as we can knowing the sometimes words are incomplete in describing certain things. How many times have you taken a picture of nature and then when you look at the picture it is nothing when compared to what you actually saw and experienced. The picture does not capture the essence of nature, or, the vibration of nature, all of the colors that we pick up consciously and unconsciously. The same thing can happen when we are in a "stream of consciousness" and then want to understand that experience and guidance in our mental mind.

In a State of Oneness we not only Listen With Our Spiritual Heart Chakra but we also Listen To Our Spiritual Heart Center and Speak From Our Spiritual Heart Chakra. In this State of Beingness our words, thoughts, feelings and actions come from Our Divine Essence as we have merged into Oneness. We are Living Our Divine Essence in every aspect of our Daily Life.

Speaking From Our Heart of Hearts.

When we are speaking to another person we want to be congruent with our message. The words we use needs to be the words that are best received by that person. The tone and timber of our voice needs to match what we are sharing with that person. If you are frustrated a gentle loving voice is not congruent with your emotions. So our words, body language, and our actions need to give the same message. Our actions has the greatest weight in what is said, so our actions must match the verbal message we want to get across otherwise the words are discounted.

Most of us tend to give mixed messages which can be interpreted several ways. When every aspect of you is on the same page it is much easier to have clear communication with your Body, Mind and Spirit to another person or to the Universe.

Healing the Lower Chakra Centers.

We can use the Violet Flame or Purple Ray to transmute the fears and pain in the Lower Chakras in an Act of Purification. Kofutu Formula Healing also provides techniques for healing these issues, as does other healing techniques. Also, the Seventh Chakra is to teach the First Chakra, and the Sixth Chakra is to teach the Second Chakra, and the Fifth Chakra is to teach the Third Chakra all through the Heart Chakra.

Having One Vibration or Tone in our Bodies.

Many years ago I woke up each morning about 5 am with a Tone that I could hear as clear as a bell. I search everywhere in my home trying to figure out where this sound was coming from to no avail. After a period of time I was told that this was the ***New Tone or Vibration*** that I was to assimilate into my body.

Our Spiritual Body has a unique Vibration, Tone or Frequency which is consistent with our Level of Spiritual Advancement. This Tone/Vibration is the same in each of the Seven Chakras of our Spiritual Body. However the Tone, Vibration or Frequencies of our other Bodies and the 7 Chakras within our Physical, Emotional and Mental Bodies most likely has many different Tones, Vibrations or Frequencies. ***All of these different Tones indicates the disharmony within us.***

So the first step in Ascension Consciousness is to have all of the Chakras in our Physical, Emotional and Mental Bodies matching the same Tone, Vibration or Frequency as our Spiritual Body. This Step is Merging our Mental Ego–Self with our Higher-Self. Once that has happened we can then bring in a Higher Tone or Frequency to integrate into all of our bodies. This action I call merging our Highest Spiritual Being into each of our bodies. Since there are many Levels of our Highest Spiritual Being this is an on going process of Ascension or Assimilation to Higher Planes of Consciousness well beyond the Fifth Plane.

The Purification Process that is going on now with those people on Earth who are not at the Fifth Plane of Consciousness is aligning these frequencies within our Chakras so they are in Harmony with our Spiritual Body's Vibration, Tone or Frequency. Each emotion has a unique Tone so these emotions are amplified so that you are aware of them and can transmute and transcend these emotions into Love, Joy, Peace and Bliss. Each belief has its own unique Tone and these also are amplified and brought into our awareness so we can reframe these beliefs so they are in Harmony with our Divine Truths so we have matching Tones in our Mental and Spiritual Bodies.

There is a part of you that knows how to respond to these changes which is going with the flow of your Divine Being. You are up to all of the challenges that will arise in this Awakening Process.

Once you have integrated the Tone of the Fifth Plane of Consciousness then most likely you will be guided to the next Higher Tone, Vibration, or Frequency to assimilate into your Spiritual Body and then integrate this New Tone into your other bodies.

While I have shared these Meditations/Statements with you before perhaps they may have more meaning now.

ACTIVE MEDITATION
(Ask and You Shall Receive)

FATHER MOTHER GOD
BRING UNTO ME PEACE
LOVE, JOY, AND BLISS
WITH WISDOM AND UNDERSTANDING
(Then, receive a Stream of Consciousness.)

ACTIVE MEDITATION
(Your Ego-Self Expressing its Desire to Merge
With Your Highest Spiritual Being.)

I INVITE MY HIGHEST SPIRITUAL
BEING TO BE FULLY PRESENT
WITHIN EVERY ASPECT OF MY BEING
AND GROUNDED IN ALL OF MY BODIES
ON THIS EARTH PLANE.
(Then, receive a New Tone into Your Spiritual Body and then
integrate this Tone into all of your other bodies.)

THE MIND IS ACTIVE never passive
(Setting a Direct For Our Mind)
This keeps your mind focused and directed 24/7

I AM Infinite Divine Peace.
I AM Infinite Divine Love
I AM Infinite Divine Wisdom.

I suggest that you also create your Active Meditation Statements
Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2013-09-15 Volume 1 Number - 004

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends

Blessings of Love and Grace to You,

Living a Life In Oneness.

A time will come when you can be in "Multiple Planes of Consciousness" at the same time. Most of us have experienced the "Oneness with Spirit" when we are Meditating, Praying, hugging trees or being out in nature and we feel that Oneness with Spirit. Many times we create an illusion that we can only feel that Oneness when we are doing these things. I can speak from 30 years of experience that you can be in this "State of Oneness" with Spirit at the same time you are doing your everyday tasks. This is what I mean by being in "Multiple Planes of Consciousness" at the same time.

We have created this Illusion of Separation from Spirit or God. About 30 some years ago I began my process of Awakening and I am not going to spend much time talking about that. As I began my process of Remembering who I AM I kept hearing the words from the Angelic Realm that I needed to Purify Myself.

I was wise enough to know that this did not mean becoming a vegetarian, or anything else, it just meant that I needed to be Purifying my Physical Body, my Emotional Body, my Mental Body and my Spiritual Body. As this process was going on I was told by the Ascended Masters whom I channeled that I was at the "Fifth Plane of Consciousness" and preparing to move to the "Seventh Plane of Consciousness" and I did not have a clue what that meant.

We have all heard since 12-21-2012 that the Consciousness of Humanity is moving to the "Fifth Dimension" or the "Fifth Plane of Consciousness." Personally, I don't like the use of the word "Dimension" because it is hard for me to figure out just what this means. So for me, and many other people, we talk about "Planes of Consciousness" which is much easier to perceive.

So whether we are talking about the Fifth Dimension or the Fifth Plane of Consciousness were are talking about the same thing. So the Purification Process that I was going through was dealing with all of my strong beliefs:

- this was "right" and this was "wrong"
- all of my mental and emotional attachments
- All of my thoughts about how the world should be
- How I should be

I needed to take all of my beliefs and attitudes and sort through them and keep the ones that worked for me and to let go of everything else. Am I finished with this process? No, this is an ongoing process of Purification until

Energetically, Emotionally, Mentally and Spiritually we are our Highest Divine Essence.

What are Planes of Consciousness?

We have been told by many sources that humanity as a whole is moving to a higher vibration, a higher consciousness. Back in the summer of 1985 I woke up each morning hearing a tone like a Tuning Fork being struck and I search everywhere in my home trying to figure out where this tone was coming from. Then, In Meditation I was told that his was the New Vibration of my Spirit and I needed to invite it into my body.

So lets apply my experience to what is going on today. First off I don't have the answers so this is speculation at best and in choir I could not read notes on sheet music I only knew to go up or down the scale as I was singing.

Musical Scales

Scales are generally considered to span a single octave. A musical scale represents a division of the octave space into a certain number of scale steps, a scale step being the recognizable distance.

For Example a Tuning Fork for note:

E is 329.6 Hz

A is 440 Hz

C is 523 Hz. To hear these tones <http://www.onlinetuningfork.com/>

Octaves Scales

If one note has a frequency of 440 Hz, the note an octave above it is at 880 Hz, and the note an octave below is at 220 Hz. The ratio of frequencies of two notes an octave apart is therefore 2:1.

So is Humanity Moving up the Musical Scale or Shifting to a Higher Octave?

Personally I sense that it is both. Within a specific Plane of Consciousness (Octave) we move up the Musical Scales until we are ready to make the Quantum Leap to a Higher Octave and then we can start moving up from the lowest note of that Octave to the highest note of that Octave. Since we have Free Will it is our choice to keep continuing this process until we are Our True Divine Essence.

Each of us will develop our own Personal Wisdom much like Buddha did when he realized that he need to remember his Divine Wisdom and Beingness. If something that I share with you in these writings gives you shivers up and down your body that is a sign that this is your wisdom. So when you have a strong response to what I have written or what other people have written, take that thought as your wisdom. Take ownership of it as a part of your Truth.

Speak Your Wisdom, don't go around quoting everyone else. If you are quoting other people nobody knows where you are at. Speak Your Truth and Walk Your Path.

For me our Soul is like a beautiful gem stone, and if we went out into nature and found a gem stone we would realize that it still needs to be polished and perhaps perfectly cut to bring out its beauty. Purification is removing everything that is interfering with our Divine Beauty from coming forth.

So in a way Purification or Spiritual Awakening is much like peeling an onion. In moving to the Fifth Plane of Consciousness we are getting rid of all the big stuff, all of our major fears, and if we don't want to deal with it the new energies that are coming in right now are both a Higher Vibration and an Amplification Energy. Which means that it amplifies every emotion that we are feeling. You may have set your Feeling Level to a very High Pain Threshold in order not to Feel and now your Emotions spike up and through that threshold so you are aware of any pain within you.

What is Pain?

Pain is telling us something is not aligned with our Divine Essence so with our awareness of these misalignments and we can make different choices in our lives. The greatest design of our human body is Emotions because our Emotions tell us when we are in alignment with our Divine Essence and when we are not in alignment.

People have a tendency to disconnect from their emotions to avoid pain:

I am not going to deal with that issue so I will live in my head and say everything is fine, or, everything is in Divine Order.

That is foolish, each and every moment gives us the potential to be in Divine Oneness or Divine Order. It is our Responses and our Actions to whatever is going on inside of us, and, what is goes on around us that determines if we are in alignment with Spirit/Our Divine Essence.

Purification and Becoming

In my purification process I also became aware of the Kofutu System of Spiritual Development and Healing which gave me the tools for my cleansing and to be working with the Ascended Masters. Did I need Kofutu to complete my process? I don't know, but it was comforting that I had these Kofutu Healing Techniques, one of these techniques is to maximize Spiritual Growth in this Lifetime. Another Healing Technique is activating all of our Spiritual Gifts. I still use Kofutu Daily mostly as preventative maintenance in order to keep my physical, emotional, mental and spiritual bodies in perfect attunement with my Highest Spiritual Essence.

To make it simple we keep on advancing. The energies coming in now are to assist All of Humanity to move to the Fifth Plane of Consciousness. We have always had people at much Higher Planes of Consciousness such as the Sages and Teachers of the Past and Present.

I have experienced my shifts to the Seventh Plane, to the Thirty Third Plane and even Higher Planes of Consciousness. Our left brain likes to be busy, so if you set a direction such as: I want to be "Divine Love" your left brain now

has something to be doing 24/7. Because there are many subtle levels of Divine Love which is nothing more than a Higher Planes of Consciousness or a Higher Vibration of Love you keep on moving in that direction to an even Higher Vibration of Love.

The same hold true for setting a direction to attain Divine Peace or Divine Oneness in which you are manifesting a Higher State of Divine Oneness or Divine Beingness to be in the State of Divine Oneness with Source or God. Self Realization is the Realization that you are a Divine Being which is achieved by more Refinement more Purification.

What are we doing? We are taking our personality which we created out of thin air and we are polishing it so it resonates with our True Divine Essence. We are taking our ego which is our "Sense of Identity" which we also created out of thin air and we disconnect from our Sense of Identity that is based on who we think we are in our Earthly World and Identify with our Divine Essence - I AM Infinite Divine Love!

When you tell your self daily: I AM Infinite Divine Love you are stating the process of re-identification of Who You Are, and, you are telling the Universe who you are. If you think as a God Person, Act as a God Person, Feel as a God Person, Know you are God Person not only in your mind but also in your stomach before long you are that Divine Being. I AM GOD which is who we all are but we have forgotten that is where we came from.

This is how we keep raising our Vibration, this is how we keep moving to a Higher Plane of Consciousness

Many people use the term Ascension but to me it is more Assimilation. I am Assimilating or bringing in a Higher Level of my own Divine Consciousness into my mental world, into my everyday life. We are to be Living our Divine Essence each and everyday. When we are in this alignment our thoughts and feelings we are in a State of Joy, and Love, and Peace and Bliss with unlimited Wisdom and Understanding.

Your first impression. Your inner voice is your Spirit and when you have merged your Ego and Spirit there is no separation. Our Ego-Self is now our Divine Self. Our Divine Self is our Ego Self. And in the Oneness there is only 1 voice, 1 thought, 1 feeling and 1 course of action.

I AM GOD

Typically in Christianity the teachings are to accept Jesus Christ as our Lord and Savior and while I was going to Catholic Grade School I heard that said many time in Catechism. I feel what is more correct is that we need to be Christ Like in everything we say, do and think, even better is to know and belief that I AM GOD. Since God is omnipotent meaning everything and everywhere then the our True Nature is God or Spirit.

May your life be filled with unlimited Love and Grace and in your "Heart of Hearts" (Spiritual Heart Chakra) is all of your Wisdom, all of your Knowing.

Your "Spiritual Heart Center" is unaffected by what is going on physically, emotionally and mentally within you. Your "Heart of Hearts" is your Inner Spiritual Temple filled with unlimited Love and Grace. It is the Earthly Home of your Spirit while you are in physical body and it needs to be the home of your mental self. In your Spiritual Heart Chakra your Ego-Self and Spiritual Self can merge together.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2013-12-15 Volume 1 Number – 005

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

As with all writers, all we can do is share our own wisdom and our own experiences and it is for each person to discern what is meaningful to them.

What is Love?

For me, the word **Love** is probably the most misused word, misunderstood word in the English Language.

When I was doing my Masters Degree Internship at a Family Treatment Center for Physical, Sexual, and Emotional/Mental Abuse every abuser said that they "loved" their spouse and their children even though they were abusing them. And, the victims whether they were adults or children believed that being abused was a part of being loved.

Here are a few of the more subtle ***I Love You Statements*** which have nothing to do with Love:

- If you loved me you would buy me a new truck, or new shoes!
- If you really loved me you would know what I need!
- I love you, – meaning "please take care of me"
- I love you, – meaning "I want to take care of you"
- I love you, – meaning: What would you put in this blank space?

These are some of the games that people play in the name of Love. Yes, these relationships can last for many years until one person decides not to play the game. So we have lots of misnomers of what love is.

The Opposite of Love is Indifference.

Some people may think the opposite of Love is Hate, but, most Hate comes from some type of unmet Conditional Love.

What about Forgiveness?

Forgiveness is nothing more than ***Retroactive Love*** to set us Free from the Past. It is saying that this experience, this event happened and I am letting go of it so I can move forward in my life. This is not condoning the behavior,

or condoning what happened, it is just saying it happened and I am moving on. ***Forgiveness allows us to move forward in Peace and Harmony.***

Do you wear a Crystal over your Heart Center?

While this question does not seem to fit the theme of this message everytime I delete it I am guided to put it back in. A crystal is an amplifier of energy and since emotions are energy the crystal amplifies your emotions. So if your Heart Chakra is ***more or less Un-Opened*** your Emotional Auric Field extends out about 3 to 6 feet. If you have a crystal over your Un-Opened Heart Chakra now your Emotional Auric Field extends out about 60 to 100 feet. If you are in Peace and Harmony this is great, if you are angry well that is not so great.

When you begin to Open Up Your Heart Chakra your Auric Field goes out perhaps 100 miles without a Crystal over your Heart Center. Everything within a 100 mile radius of you is feeling your vibrations, your emotions.

You probably have seen those pictures of a lake that is very still, with a glass like surface. If you dropped a pebble in the Middle of the Lake you would have ripples. Where you dropped the pebble you would have large ripples but these ripples would travel all the way to the shoreline of the lake. While the ripples may not be seen at the shore line of the lake they are still there. So to, this happens with your Auric Field.

Now, when you are in the State of Divine Oneness and your Heart Chakra, your Mental-Mind and your Total Essence are fully engaged in this State of Divine Oneness your Auric Field extends not only around the Earth, it extends all the way out to the Stars. Your thoughts of Love radiate out to all of the galaxies.

So getting back to: What is Love?

The ancient Greeks had **Four Words for Love.**

Agápe means love in a "**Spiritual**" sense.

Éros is "**Physical Passionate Love**," with sensual desire and longing. Romantic, pure emotion without the balance of logic.

Philia is "**Mental Love.**" It means "**Affectionate Regard**" or "**Friendship.**"

Storge means "**Affection**" It is natural affection, like that felt by parents for their offspring.

What is Spiritual Love?

What I have been guided to write about is: **Spiritual Love?**

I have been taught the teachings of the **Seven Rays** along with many other ancient teachings and in the **Seven Rays** teachings the **Third Ray is the Pink Ray of Divine Love.**

One time, in consultation with the Ascended Masters, I was told that there are **10 million Shades of Pink Divine Love**. This was a metaphor meaning there are a multitude of different shades of Pink and each shade has a unique Divine Quality and Vibration.

Spiritual Love is a State of Being

Pure Divine Love is a particular State of Higher Consciousness. In this State of Being we have Love, Compassion, Caring, Faith, Forgiveness and thousands of other words which are really States of Conscious each with a unique Shade of Pink and Vibration under the Umbrella of Divine Love.

So Spiritual Love is the integration of Our Highest Divine Being fully present in our Physical, Emotional, Mental and Spiritual Bodies. Spiritual Love is when our Divine Essence is fully present inside of us and we have merged or are well into the process of merging our Ego-Self and our Divine-Self into One Being.

Pure Divine Love is Unconditional, Free of Expectations, Assumptions, or Conditions. Love is Free, Love is Freedom, Love is a State of Being, Love is A State of Higher Consciousness

How does this Happen?

Following the Principle of Free Will, our Mental/Ego Self needs to say something like this: I invite my Highest Divine Essence to be fully present in all of my bodies and fully engaged in assisting me in my Earthly Life.

For me, I never liked the word "surrender" which is taught in many spiritual traditions; like the Ego needs to Surrender to the Higher Self. My ego never wants to surrender so I was guided to say: I want to **Merge my Ego-Self with my Divine Essence**. I want to be in Oneness with my True Divine Self. Since our ego is our "sense of identity" this is shifting our "sense of identity" from all of our roles in life, to our Divine Essence.

One way to do this is to invite your **Pure Divine Essence** to come down through your Crown Chakra, down through your Brow Chakra, down through your Throat Chakra, down into your Upper Heart Chakra, (Which is your Spiritual Realm), and, then down into your Lower Heart Chakra (Which is your Earthly Realm), then your Pure Divine Essence flows down into your Third Chakra, your Second Chakra and your First Chakras. Now, see and feel your Pure Divine Essence flowing down to your feet, then all the way back up to your Mental Mind. So you are now totally immersed in your Divine Essence.

When we are totally immersed in our Divine Essence our Spiritual Body is radiating out the Essence of Pure Divine Love all across the Universe.

But not only that, our Love is vibrating in our Mental Mind and our Mental Body. So our Mental Body also is radiating out this Love in the Mental Plane of Human Consciousness. It's like a huge transmitter well beyond AM or FM

transmitting Love and Grace so every person picks up this channel. You are walking down the street and everyone is smiling at you, and you have no idea why they are doing that, but they can sense the Love that you are radiating.

And, that Divine Love fills our Emotional Body. So our Emotional Body also is radiating out this Love in the Emotional Plane of Human Consciousness.

Also, our Physical Body is radiating out this Pure Love. So every part of our Aura, the Mental, the Intellectual, the Feeling, the Emotional, the Physical and the first 7 Levels of our Spiritual Bodies that we have anchored in this Earthly Realm are now radiating this Divine Consciousness of Love.

So, having invited in our Highest Spiritual Essence for the first 7 Spiritual Planes is what we call Being at the 7th Plane of Consciousness. Let's skip moving to the Fifth Plane of Consciousness or Dimension as some people are suggesting and go to the 7th Plane ASAP. Why not go to the 33rd Plane which is Christ and Buddha Consciousness.

So it is being in this Mental State of Divine Oneness that you have this Stream of Essence or Consciousness coming into you, and you are Truly Being Your True Self.

This Divine Love is in every cell of your body, your Temple of Love and it is radiating out everywhere. You can't turn it Off. It is said that when Buddha went into Enlightenment it was like the Sun was shining over the entire Earth. While I don't know if our Spiritual Awakening will do that, you are going to be radiating out that energy of Love and Light.

You are going to be your own True Divine Self?

When you are in this State of Love this is the *Essence of Agápe Love*, but it is more than that. The Greeks were only talking about Mental/Emotional Love.

Because when you are in this State of Divine Love and you have a Spouse or a Significant-Other there is that Passion of Love, there is that sense of desire and connectedness of the physical body. This romantic Love is Pure and it is with Logic, Understanding, Caring and Clarity. This is a whole new aspect of *Éros Love*. It is Pure Divine Love for the Person and their Spirit.

And the Mental Love of Affection and Friendship towards everyone, is even more enhanced so **Philia** our "**Mental**" Love is expanded beyond what you can imagine.

Storge our "**Affection**" towards all of our offspring is expanded because everything on this Earth is our offspring, the plants, the animals, the people. Do I feel same Love intensity to everything? No I don't, maybe some people do but I still feel that connectedness.

When I meet a wonderful person and I say I LOVE YOU!!!

Then, I qualify this by saying: In this Moment, Love is Radiating and Pouring Out Of Me towards you. I Am not Asking You To Tell Me That You Love Me Back. I have no Expectations, and in this Beautiful Moment there is This Pure Radiant Love Flowing Out to You.

What Does It Mean When A Person Says I Love You?

No conditions, No expectations, No assumptions, it is just Being In That State Of Love and Sharing Love and Grace With A Beautiful Soul, which you feel connected to in that moment.

I just came to this realization of what I shared with you about qualifying when I say: "**I Love You**" in the last 3 years. I tell people that I am a slow learner but somehow, somehow I get to where I need to be.

Learning in a Spiritual Sense is an ongoing process. Wisdom and Understanding are very important. What is Love without the Wisdom and the Strength to be that Pure Divine Love?

The First Three Rays of Divine Consciousness are:

The First Ray which is Blue for Divine Will and Strength

The Second Ray which is Yellow for Divine Wisdom

The Third Ray which is Pink for Divine Love.

We need all three in perfect balance. We can't have Wisdom without Love and the Strength to be Wise. We can't be Strong without Love and Wisdom to guide our Strength/Power. We can't be Love without the Wisdom to know how to apply this Love and the Strength to be Love.

We are to speak our Truth and to Care for others and not be indifferent. To tell the Universe and tell people how you want to be treated. No Third Chakra victims and no controlling people. The Third Chakra is where people store all of their games which they play in life, and that is not love.

Love comes from the Heart Chakra, the Throat Chakra, the Brow Chakra and the Crown Chakra and then Love is integrated into all of the three Lower Chakras. Now you are truly in that State of Divine Love. Each Chakra is a Consciousness Center so each Chakra needs to be in the State of Divine Love. Radiating this Divine Love, Radiating this Pure Pink Light of Love.

Earth School is one of the most challenging places to be in the Universe, but it is a place where we can grow exponentially in our Spiritual Awakening. It is very easy to be in a State of Love sitting on a Mountain Top, or sitting in an ashram where everyone is chanting. Try being a parent, raising children, in a family, and being the provider and honoring that Love, to be that Divine Love.

Being out in the world, paying bills, or, struggling to pay the bills, while being in this State Of Divine Love as you are doing your everyday tasks.

Every thought, every role you have in life is experienced and completed in this State of Divine Love. That is Living Your Divine Essence!

The Divine Father is the father of your Soul
The Divine Mother is the mother of your Soul
You are a Child of the Universe
You are a Child of Love.
You are a Child of Light.

This I who you are!
This is attainable!
It is the imprint within your soul.

The Greatest Wisdom is the Wisdom that comes from you.
The Inward Path is to Know Who You Are and to Be Your Divine Self.

Hopefully, I may have triggered some of your Wisdom with these words.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2014-03-15

Volume 1 Number - 006

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

What is Our Souls' Purpose for Being Here?

When I started my Spiritual Journey in the 1970's my focus always was to be Enlightened, probably because I read about Enlightened Masters but I never really knew what Enlightenment was.

What is Enlightenment?

The word Enlightenment is a "*generalization*" type of word. It is hard to get your arms around it. These statements give you an idea of what I mean.

Immanuel Kant 1784

Enlightenment is man's emergence from his self-incurred immaturity. Immaturity is the inability to use one's own understanding without the guidance of another. This immaturity comes not in lack of reason but in lack of resolution and courage to use it without direction from another person. The motto of enlightenment is Dare to be Wise!

Buddhist

The Sanskrit word for "Enlightenment" is "Bodhi" which means "**Awakened.**" But awakened to what? The only true answer to the **question is to Realize Enlightenment.** Short of that, we must come

up with provisional answers that, the teachers tell us, do not really do justice to enlightenment.

Enlightenment in the Buddhist sense has nothing to do with knowledge or intellect. Nor is it living in an otherworldly state of being "*Blissed Out*" or having visions or supernatural experiences.

Even these statements don't tell us anything about what Enlightenment is. For me, Enlightenment is to be in State of Connectedness with Spirit /God /Source and to have access to all of the wisdom that I needed to know to complete my Purpose for being here on Earth.

I think for millennia the purpose for a person to become Enlightened was to be a Guru or Master, a Teacher of Others, so others could learn from the Master. Since we have moved into the Age of Aquarius, the Age of the Seventh Ray we have moved into a time and place where the Guru or Master is the Master Within Us.

Each of us has All of our Wisdom, All of our Knowingness, already within us. The process is becoming Aware of Who We Are by remembering Who We Are and to Remember All of our Wisdom, All of our Knowingness. In the Buddhist sense we are to be "*Awakened*" to Our Divine Essence.

I mention this because I sense the word "*Enlightenment*" has been replaced in the last 20 years with the word "*Oneness*" and "*Beingness*." Which is ironic because the commonly understood meaning for "*Yoga*" is Union or **Oneness**.

The word Enlightenment is a "generalization" word so it is hard to get clear picture of what it is as you can see from Kants' and the Buddhist definitions. What does Enlightenment mean? How does it feel to be Enlightened?

Whereas the word "**Oneness**" is truly more a "*State of Being*." You can feel it. You can sense it. You can know it. Other people may come up and say that you are Enlightened but when you are merged Mentally, Emotionally, Physically, and Spiritually with God or Source in your Heart Center and every cell of your body feels that connectedness, you feel the Oneness, you know that there is no separation between you and Spirit.

You are Love, Joy, Peace, Harmony and Wisdom Divine. As a situation comes into your life there is a knowingness of how to deal with that challenging situation. Our Internal Processing and Internal Response to these challenges create our External Response. In this State of Oneness our External Response comes from our Inner Wisdom, our Inner Love, our Inner Grace and we Respond with Wisdom, Love and Grace.

Oneness is when we have merged with Spirit/God/Source. Also, we know when we are not connected to Spirit/Source. When we are disconnect we feel that all we are doing is struggling with life. Then, somewhere along the line we decide to let go of the separation, to let go of the struggle, and begin

to create Inner Peace within us. This would be called our **"Spiritual Awakening."**

Awakening to the fact that there is more to life than getting up going to work, coming home, doing more work at home, going to bed and repeating this process year in and year out.

More often than not, in this Spiritual Awakening Process as we start connecting with our Higher Self we start asking: Why am I here? What is my Purpose? Our mental mind has been trained to set goals, to accomplish something so we can measure our value, our self-worth, by all of the things that we have accomplished.

Does our Higher-Self really have a Goal or Purpose in the Traditional Sense?

Obviously our Higher-Self does have some purpose for incarnating here on Earth. What I am talking about is the Inner Guidance that people receive like: I am here to be a Spiritual Teacher, or, I am here to find my Twin Flame and assist humanity in its evolution of consciousness. I am here to be a great healer. So are these goals, these ideas, really coming from our Higher-Self or are they perhaps messages that we have distorted and are a blend of the actual message mixed with the manifestations of our Mental Mind in needing to create goals and have a specific purpose?

In Order To Have Clarity Of Our Spiritual Guidance,

- 1) First we need to be Mentally, Emotionally, Physically and Spiritually Grounded to the Core of the Mother Earth and connected to Source or Creation.
- 2) Then, when we receive guidance we need to bring it down through our Crown Center, into our Spiritual Heart Center where we discern or decode that guidance the very best that we can.
- 3) And then, we bring that guidance back up to our mental brain.

In other words, we don't want the left brain processing and discerning the channeled information. We don't want to have the channeled information come into our crown center and then diverted over to the left brain to decode it, because then we are going to be contaminating that guidance with all of our belief systems, memories, our own life experiences, all of our past life experiences. All of these things will cause distortions in the guidance that we are receiving.

For example: You are in a relationship that is not emotionally, mentally or spiritually fulfilling. Then, you have this moment where your guidance is that you are to meet your Twin Flame, or, your Soul Mate (who happens not to be your significant other) and that you and your Twin Flame are going to do all these wonderful things together. How does this information fit into your present day situation of being married, and raising your children?

So I believe that our Higher-Self does have a purpose but that purpose to me perhaps more simplistic. If we have had previous reincarnations this reincarnation is a **"do over"** to deal with those same issues and perhaps some new issues that we put into our Life Script. We are to resolve the challenges or situations with the Wisdom and Love of our Divine Essence. And this transformation can be accomplished in a nano second, as you begin to see the world, and see yourself, and decide how to live in this world from a whole different viewpoint.

The purpose of our Higher-Self being here in a physical body is simply to be ***Living our Divine Essence, in our everyday life.***

How Do We Know When We Are Living Our Divine Essence?

Our Emotions and Feelings tell us when we are aligned and in harmony with our Spirit and in Harmony with the Universe. The Emotions of Spirit are Peace, Joy, Love and Bliss so if we are not feeling these emotions then we are not in balance with Spirit.

While it is questionable if we can measure Enlightenment, we can measure the ***Degree of Peace and Harmony*** that we have in our life. Our emotions, our feelings, our thoughts, the pictures that we have in our mind are either aligned with our Divine Essence or they are not.

So as you develop your awareness and connectedness with your physical body, your feelings, your emotions, your thoughts, and with the pictures in your mind you can assess how many seconds each day, you are in Divine Alignment, Creating Peace, Harmony, Joy, Love, and Bliss in your life. I feel that this is both an Ego/Mental Purpose and also the Purpose of our Higher-Self.

This is the Your Inner Guru, Your Inner Master assisting you in Remembering All of your Wisdom, All of your Truths. Remembering the Power of Love and Grace. Remembering all the different aspects of what Divine Love is.

While all of this is said and done, there are many levels of your Spiritual Essence and each one is more wiser and closer to the Consciousness and Vibration of Source or God. We always have to create words to explain or define what we are talking about. For many years now I use the term ***"Our Highest Spiritual Essence,"*** meaning there is a whole continuum of consciousness from our Higher-Self all the way back to the most subtle vibration of Source/Creator/God.

When we have merged our Mental-Self with our Higher-Self we have begun this initial phase of creating Peace and Harmony, Joy and Bliss in our daily life and we have merged into this First Level of being in Oneness. Then, I truly believe that we have another Purpose that is revealed to us.

What Would This New Purpose Be?

For many, it is to be in the Oneness and to be in Beingness which is Being Our Divine Being, and in doing so breaking and transcending the cycle of

Reincarnation. We are to graduate from Planet Earth so we can experience all of creation in its many forms and beyond form.

So in my own life path I knew I was to be a Spiritual Teacher, a Spiritual Healer, to share my wisdom and to assist other people to access their wisdom by teaching The Inward Path. Which simply is you already know everything, you truly are a Divine Being. You are a Spiritual Being who happens to be residing in this physical body.

The Earthly Life is a big distraction from Remembering Your True Divine-Self. So living and being your True Divine-Self and experiencing your Earthly life from your True Divine-Self is a challenge. Does this mean that it will be a path of ease and harmony? NO, there will always be challenges but those challenges will be resolved from your Center of Peace, Harmony, Joy and Bliss and the Wisdom and Understanding that you have within you. You are always to be in your Divine Center, your Heart of Hearts.

And, when you are not you know it because your emotions, your feelings tell you that you are not there. Then, you delete whatever thought or experience that pulled you out of your Divine Center and you replace it with the vast storage of Divine Wisdom and Divine Truth from within you.

I was told that my true work would start when I was in my 70's. In my 70's I realized that all I needed to do was to **"BE."** To BE in a *State of Being* and in this *State of Being* I may do some healing, I may do some teaching, but my focus for each day is *Being in this State of Peace and Harmony, Joy and Bliss*. And if I have a moment where I am not in this State of Being then I need to rearrange my life, my thoughts, my feelings so that I am back in this **Inner State of Being One with Source**.

What About The People Who Have No Desire For Enlightenment or Being in a State of Oneness?

The majority of humanity, at this time, are focused on the issues of their material life, dealing with health issues, financial issues and everything else that goes on each day.

The Lower Mental-Self focuses on worldly events whereas the Higher-Self focuses on States of Being: Love, Bliss, Oneness with the Absolute, Truth, Peace, Beauty, and so on. Love is our natural State of Being and Non-Love is an unnatural state. Love points the way for us to express our human nature, and our God nature. **You live that you may learn to love. You love that you may learn to live.** No other lesson is required of Humankind.

While that is a fact, I also sense that most people want to have Peace, Joy, Love and Harmony in their life. If these people begin to focus their thoughts and energy on creating Peace, Joy, Love and Harmony in their life, then they will begin their Personal Spiritual Awakening.

As these people continue to focus on their material life they may create wealth, and the illusion of security and still feel incomplete. If a person is

disconnected from their physical body and their emotions they may not know what they need to feel complete and whole in a Spiritual sense.

All is Love, and All is Law. Love is Spirit expressing itself; Law (Truth) is the way Love is expressed. The Laws of the Universe are set and immutable. All pain is caused by not following the Universal Laws. In order to become loving, everything in our personality structure that is incompatible with love must be transformed. Love and non-love cannot share the same space.

Your Divine Essence resides within you, in your Heart of Hearts. When your mind is Quiet, and your Heart is Filled with Love, and your Emotions and your stomach are Peaceful then you are in Oneness with your True Divine Self. In this Moment you will always know what you need to do in every aspect of your life.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

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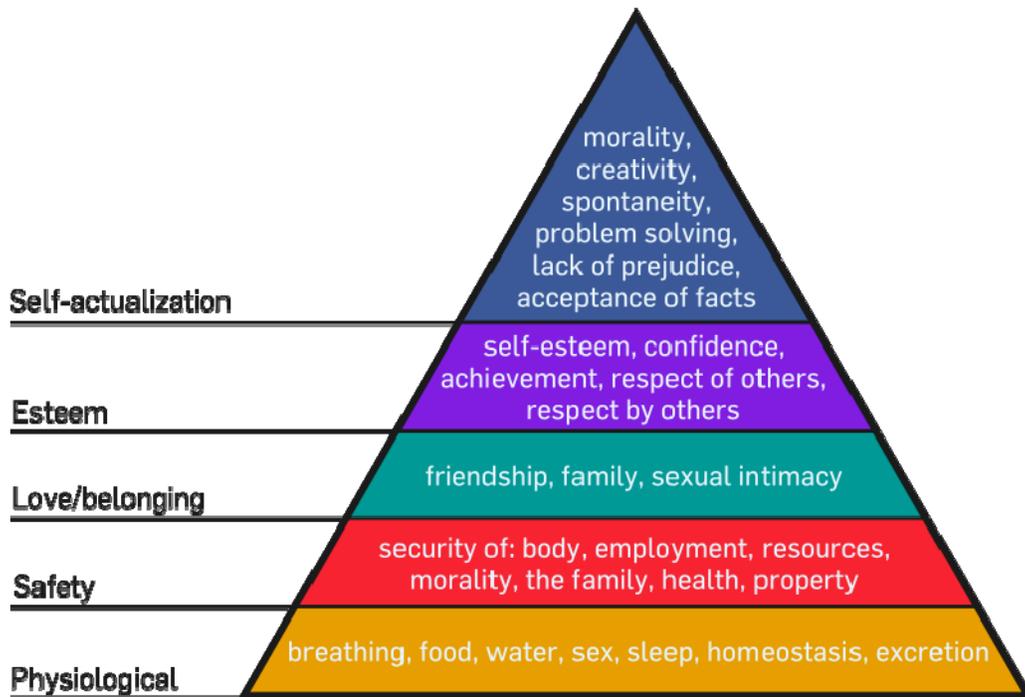
Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

Needs verses Wants Here Is Some Historical Information About Needs.

Maslow's Hierarchy of Needs is a theory in Psychology proposed by Abraham Maslow in his 1943 paper "*A Theory of Human Motivation.*" Maslow subsequently extended the idea to include his observations of humans innate curiosity. Maslow used the terms *Physiological, Safety, Belongingness and Love, Esteem, Self-Actualization and Self-Transcendence Needs* to describe the pattern that human motivations generally move through.

Maslow's hierarchy of needs is often portrayed in the shape of a pyramid with the largest, most fundamental levels of needs at the bottom and the need for self-actualization at the top. While the pyramid has become the defacto way to represent the hierarchy, Maslow himself never used a pyramid to describe these levels in any of his writings on the subject.



Maslow's theory suggests that the most basic level of needs (***Self Esteem, Friendship and Love, Security, and Physical Needs***) must be met before the individual will strongly desire (or focus motivation upon) the ***Higher Level Needs of Self-Actualization and Self-Transcendence.***

So How Do These Basic "Needs" Apply Within The Context Of Spirituality?

We probably all agree that each person needs to have these 4 basic needs taken care of. However, in the USA that may mean that we need to have a home or an apartment and enough money for food, clothing, medicine, etc.. Whereas, on the Savannah in Africa it may mean a hut, some goats and good fresh water.

So, there is no specific list of conditions that says when these needs are met. It is more of a psychological perception that we have the four basic needs fulfilled and we decide to move on to the Higher Levels of Self-Actualization and Self-Transcendence.

I feel that our "**needs**" are always provided when we are in tune with our Divine Essence. The "**needs**" provided are what We and our Spirit needs to complete our purpose here on Earth. My Spirit and my Path appears to need very little so I have downsized to live within my income. That said, I have always had the funds come in when I needed them. A part of my Spiritual Path is trusting that whatever I "need" is provided when I need it. This way I have learned to trust that the Universe and Spirit will always provide for me.

Another person's Spiritual Path may require a significantly higher income and that is provided for them. I call this the **"Middle Path"** meaning that we have **"no more" and "no less"** than what our Spirit and Mental-Self needs to complete our Spiritual Purpose.

Also, we can probably all agree that we need a Sense of Belonging, a Sense of Love, Friendship, and that may be with a specific person, or, it may be that Purest Love and Friendship between us and Source/Spirit/God.

It is pretty hard to be Happy and Joyful and thinking about Self-Actualization or Self-Transcendence if we have Low Self-Esteem/Low Self-Image. So there is a need for a degree of Positive Mental and Emotional Health before we can really begin to move into our Higher Needs.

So, I feel that Maslow is correct in that we need to have our Four Basic Needs of Physiological, Safety, Love/Belonging and Esteem continually taken care of as we begin the process of Self-Actualization and move towards Transcendence and Oneness.

Needs Verses Wants

Our perceived Needs and Wants are for the most part are a creation of our Mental-Mind in conjunction with our Emotions. How many times have we heard someone say: They would be happy if they were with this person, or they had a different house, or they had some other material thing.

I have a friend who's wife said she would be happy if she had this new home and after she was in the new home she realized that the home did not make her happy so she divorced her husband thinking that would give her happiness. I don't know if she ever found happiness.

So How Would We Describe What Our Wants Are?

Wants are those things that we strongly desire mentally and emotionally with the belief that they will make us feel better about Our-Self.

Wants can also be an expectation that we deserve more than just meeting the minimum level of our Basic Needs. We may want a bigger home, a newer car, new clothes, a higher paying job, or, find our soul mate all with the belief that these things will make our life better, or, more complete.

Using shoes as an example: While we may need a pair of shoes do we need the most expensive pair of shoes? Do we need a fashion statement type of shoe? Do we need to have a closet full of shoes? What are the mental and emotional issues that we are trying to satisfy when buying a pair of shoes?

These and other questions can be asked about a belief that we need to have a bigger home, 2 or 3 cars, a speed boat, an RV, a snowmobile, the latest and greatest smart phone. All these things that we believe that we need to have in our life to be happy, secure and fulfilled.

What Drives our Wants?

In this modern age we have been told by the "powers to be" that we need to consume more things in order to have economic growth. We need people to be spending their money on all of these disposable items, so industry makes products that are obsolete in 2 or 3 years. Advertising implants the idea that we need all of these new things to "feel good" about ourselves. More and more people believe that they deserve to have all of their desires and wants met.

And yet these products and things are transitory, they come and they go. So if we want Peace, Harmony, Joy and Bliss in our life we come closer to Spirit, closer to God. To be in Oneness with Spirit, to be One with God, which is what Self-Actualization and Self-Transcendence is.

Wants Are Another Form of Addiction.

People are addicted to "wants and desires." While people have always had wants and desires it seems that they are much stronger now than ever before. It seems that children now days, believe that they should have everything they "**want**" and this is their birth right.

When you are focused on ***I want this*** and as soon as you get that particular want, you come up with another want, and another want and what you are doing is ignoring the present moment with Gratitude, with Joy, with Love. Because, you are always living in the future to have some new Want Satisfied with the belief that is going to give you Happiness.

Even some Spiritual Teachers are telling people that you deserve to have your "**wants and desires fulfilled**" which is nothing more than telling people what they want to hear.

While some teachers say to create "**rockets of desire**" I say that most of these desires are REALLY WANTS created from our Mental-Self and Emotional-Self rather than what we really "**need**" to be supported by our Divine Essence and the Universe.

For Example here are some quotes:

Abraham is not about guiding anyone toward or away from anything. We want you to make all of your **decisions about your desire**. You have that right. You should be able to do that. **Our only desire is that you discover the way to achieve your desires.** ---Abraham

Milk every moment for all the pleasure you can get from it. When you say, **"It is my dominant intent to look for things that feel good today. No matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, it is my dominant intent to look for what I'm wanting to see, to look for things that feel good,"** and the more you develop the habit of that kind of vibration—the more the Universe understands that that's who you are! And so, the more you have access only to those kinds of things! --Abraham

While this message sounds great and is a great marketing tool for the Abraham Teachings, to me it is not aligned with Spirit as these statements don't take into account the materialistic thinking and feeling, and self-gratification that resides here on Earth.

I receive these daily excerpts from Abraham-Hicks Publication so I can see and feel what is being shared with people all over the world. While the Abraham teaching have many great things to say, I feel that they also give some false teachings perhaps since these beings have not lived in a physical body in a World of Duality. That said, I am sure there are people that disagree with what I share in my Moments of Sharing. Since I am not channeling, I take many days writing and clarifying what I do put into my Moments of Sharing so it does express what I know as my Truth. Each person has their own Truth so it is for you to decide what is Truth to you and what is not a part of your Truth.

When We Have These Mountains of Desires and Wants How Can We Be Satisfied?

The first step is to realize that all of these external things will not create Inner Peace and Harmony. So we need to have Gratitude for what we do have.

Everything external to us can never give us true happiness. Peace, Joy, Love, and Bliss comes from within. And when you are in that Inner Peace, that Inner Oneness, that Inner Grace, that Inner Gratitude for all that you have, then we can have these material things without expecting them to give us Inner Peace and Joy.

The next step is to realize that we don't really own anything. All these Material Things are on loan to us to use for a period of time, it may be 1 day or 50 years. Eventually everything outside of us will leave us. Do not store up treasures on Earth means not to see all of this Material Stuff as our purpose in life.

While we are in transition into Oneness we still have these wants so what I have found is to minimize the amount of desire and emotion that is attached to our wants. We can acknowledge our Wants to Spirit and then mentally and emotionally detach from receiving what we Want. This way we are happy and content with or without manifesting what we want. While I want to have a newer car my old car will serve my needs. I get to say this every so often as my car is 15 years old and it continues to serve my needs.

So, if we can express our Wants and Desires within the context: "***I only want to receive this if it serves my Higher Good***" then it is easier to be mentally and emotionally detached and allow the Universe to decide if we need it or not.

All we need are those things that are necessary in our Spiritual Journey or Spiritual Purpose. What we are saying is each soul, each individual, each Spiritual Purpose has a different set of needs for that Purpose or Mission.

I have found that when I focus on Inner Peace, Harmony, Joy and Bliss my needs for shelter, food and clothes was/are taken care of because that is what I need to be in the Inner Peace. The Universe and Spirit provided for my needs. I was guided to a job, or a source of income to take care of my needs, and in doing so all of those things that I really need in my life comes flowing to me. Yes we need to take action, do the work but it is being in the Flow so it is without Effort.

We can't sit back and say: God take care of me and everything is given to us. God helps those who help themselves and this is a part of the process.

Have gratitude for what you do have rather than complain about what you don't have!

This is a wonderful point of view about Life:

I've seen better days,
but I've also seen worse.
I don't have everything that I want,
but I do have all I need.
I woke up with some aches and pains,
but I woke up
My life may not be perfect,
but I am blessed.
~ From Lesson Learned in Life.

The more you move into Divine Oneness and Self-Transcendence your wants and desires get smaller and smaller until they disappear.

Spirit will always provide for us to do our Divine Work, it is for us to be in Peace and Harmony, Love and Bliss in all that we do.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2014-09-15

Volume 1 Number - 008

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

Attachments Create Pain and Suffering

This is probably the most challenging topic for me to write about as it is contrary to what most people think and believe, so, I will do my very best in sharing this concept of my Truth.

When we **Truly Desire Something**, or **Want Something** we have created an **Emotional Attachment and a Mental Attachment** to that Desire or Want even if we do not achieve that want. Those Mental and Emotional Attachment begins to limit our options in life since we loose our mental flexibility to change our beliefs and actions to accept the fact that we may not get everything that we Want.

For instance: If I believe that I can only be happy if I have all of my wants and desire fulfilled, then I will be unhappy until I get them. Also, when we get all of our desires and wants in life, then we may be **afraid** of losing them, so we make new choices to protect all of our material things, and relationships, etc., this kind of thinking again limits our options in life.

To simplifying this "Moment of Sharing" when I use the word **Attachments** I am referring to **Mental and Emotional Attachments** so this is implied even if not directly stated in this writing.

The Ancient Teachings Tell Us That Whatever We Are Attached To Creates Pain, And Takes Away Our Freedom.

This statement is written in many ancient text and teaching and it means that when we are **"Attached"** to anything we are not Free. Without our Spirit Free to guide our life and fill us with Love and Grace it is hard to have the Four Lower Levels of Needs Truly Fulfilled (Moments of Sharing Book 2 Volume 1 Book 7 **Needs Verses Wants**).

What Is Meant By "Having Our Spirit Free?"

Since we have "Free Will" our Mental-Self (which is our Ego) needs to decide if it wants to be working together in harmony with our Highest Spiritual Being. When that happens we have asked our Highest Spiritual Being to have an **active role** in our life. We have set our **"Spirit Free"** to be active in our Earthly Life.

Our **Heart of Hearts** (our **Spiritual Heart Center**) is a Center of Love, Joy, Peace and Harmony, and when we live our life from our **Heart of Hearts** everything that we **need** is provided for us. A great spiritual teacher once said: **To Truly Love Another Person you need to Love Yourself First.** Because in Loving Yourself you can then Truly Love another person fully and completely without conditions, without expectations, without judgment.

Attachments Are Just Another Form Of Fear.

I am going to stay in my present job, or, I am going to stay in my marriage or relationship, or, I am going to stay where I feel most comfortable, because it is safe, it is secure, or, **even if it is painful I know how to deal with these situations.** And yet with this kind of thinking we have created Limitations to Access all that is possible for us to have in this life. As we Merge our Mental-Self with our Highest Spiritual Essence, into the State of Oneness we have moved beyond fear, into the Knowingness that wherever

we are, whatever we are doing, we are in harmony with the Universe, we are in **Oneness with God/Spirit/Source**.

Are Attachments Necessary?

I sense that many people believe that Mental and Emotional Attachments are a necessary part of the human experience and yet when we go back to the ancient teachings especially in the Eastern Teachings of Yoga, Buddhism, and Hinduism, we find that attachments take away our Freedoms, Attachments Limits Our Options In Life.

So What Are Attachments?

While there are probably many definitions of what attachments are, I would say: Attachments are Mental and Emotional Cords of Energy connecting you to anything you are attached to. So these Attachments can be to: your mental beliefs, your home, your car, a person in your life, your material things (cell phones, ipads, etc.), your family traditions, how you should be, how other people should be, the list goes on and on. So we can see how these **attachments** creates **energy cords** that are mostly **outside of our conscious awareness**.

We could be emotionally attached to our home, and when we try to sell our home we find it nearly impossible to sell. When we "Let Go" and emotionally detach from our home, then it can easily be sold as buyers are now attracted to your home.

When we are "**In Love**" (**Éros Love**) and we have mentally and emotionally merged with that person, many times those Emotional and Mental Attachment strangles or stifles that relationship. When we have Attachments we have expectations, we have unspoken "conditions" that we want met, so when these conditions or expectations are met we are happy, and when these conditions are not met we are sad, confused, or even depressed, or we may experience any number of other emotional reactions.

From A Spiritual Point of View "Attachments" Limits Our Options In Life.

Attachments limits our options because our "**Spirit is not Free.**" In my own life, in January, 2014 my Spirit said it was time to leave Bend, Oregon and for a few months I was saying: Well next year would be a good time to move. I was not ready to listen to my Divine Spirit and pack up and leave Bend, Oregon. By the spring of 2014 I finally did decided mentally and emotionally that it was time to leave Bend Oregon.

So, many times the Universe wants to give us what we need and yet we are blocking these things with our Attachments. **We get in our own way** of manifesting what we need. The Universe wants to give you a new job, a new relationship, more income, a new view of life, and out of Fear we stay in our present situation.

We can come up with 100 reasons not to make changes in our life. So we put all these restrictions on what the Universe can provide for us. The Universe/Source/God wants our Spirit and our Mental-Self to be filled with Love, Peace, Joy, Bliss and Inner Harmony and Abundance. A new job may be just what you need for Inner Peace.

Some People May Say That If You Are Really Human You Need To Have All Of These Mental and Emotional Attachments.

I say to you that being Truly Human is being Free of Emotional and Mental Attachments, because you have "**let go**" of all the conditions, all the expectations surrounding your relationships, your job, the material things in life.

Say in a marriage or a relationship when you have little or no Mental and Emotional Attachments, no Expectations, no Conditions to be met, no Assumptions, no Fears, Then, you are choosing to be in this Relationship out of Pure Love (**Agápe Love**) and your Divine Essence/Spirit is Free. Love is keeping you in the Relationship not Fear.

You know in your "**Heart of Hearts**," (your Spiritual Heart Center) this is the person that you want to be with. This concept applies to every Relationship we have, our job, our friends, our loved ones, all the material things we have, and most of all our relationship with Spirit/God/the Universe or Source.

So, How Do We Break These Mental And Emotional Bonds Of Attachment?

That is a very good question, as I ponder upon that question the only answer that comes to me (for myself) is to **stop identifying** with everything outside of us. In other words, our identity is not our job, it is not our education, it is not the relationships that we have, it definitely is not all the material things that we have accumulated. **So as we begin to Identify with our own True Divine Essence**, then, we begin to detach from all these other things that are a part of our daily life, but, they do not define who we are.

If we want an Attachment then the Best Attachment is being Attached to Being in Divine Oneness, One with Spirit, One with our Highest Spiritual Being, One with God, One with the Universe. Knowing that is who I AM and everything else is irrelevant. Life and all these things that we have in life are only a minor reason for being here on Earth and they do not define Who We Are.

Being Fully Human Is Being Fully Spirit.

The Inward Path brings forth all the Options that we have in our life regarding relationships, work, friends, material things, and, how to Merge and be ONE with Spirit and All Creation. ***Every job or position in life can be done within the context of Being in Divine Oneness.***

We Love and Respect our Planet. We Love and Respect our home. We Love and Respect all the things we have. We Love and Respect Spirit. We need to have "**gratitude**" for all the things that we have. So it probably is a challenge for people to realize that all of these Mental and Emotional Energy Cords called Attachments really are interfering with our Spiritual Awakening.

They interfere with our Relationship with Spirit/Source/God. All relationships are a mirror of our Relationship with Spirit, with the Universe, with Source. So Relationships without Attachments, without expectation or Conditions flow effortlessly. Each person is in constant change and yet the "Essence of Spirit" makes these changes flow with ease.

The more we are Mentally and Emotionally "**detached**" from everything worldly, the stronger is our Spiritual Connection. When we are merged with Our Spirit and with Source/God/Universe then we are connected at the deepest, purest Spiritual Level and also connected at all the other levels, physically, feeling, intellectual and Spiritually. Now we are Fully Human because we are Fully Spirit Divine.

I AM probably being a little esoteric now because while you may be thinking about your relationship with another individual, perhaps I am talking about your Relationship with your Divine Being. If two people are really connected to their Spirit, and in that Oneness come together, then, that relationship flows effortlessly because those attachments, expectations, and unspoken conditions have been dissolved.

So when our Spirit is Free and our Mental and Emotional Self has merge with our Divine–Self then Mentally, Emotionally, Physically and Spiritually we are in Oneness and we have Total Freedom.

In this Freedom life flows in Peace and Harmony without Effort. Are there challenges, "Definitely" as challenges are what create Spiritual Growth and Understanding. We deal with these challenges from our Spiritual Heart Center with Love, Peace, Harmony, Joy, Bliss and with the Wisdom and Understanding from the Divine Nature within Us.

So stop and think about:

"What Attachments" do you have that are "binding" you to your old life?

What do you need to do to be Set Free?

How do you want your Life to Be?

In this Freedom, In this Joy, with unlimited Options, ***being Fully Human is Strengthening and Enhancing all of your Spiritual Connections.***

If we have attachments we are not really connecting with a person because we have an agenda that is most likely outside of our conscious awareness. They are telling us their story and we are only partially listening because we want to tell our story, or, have a rebuttal to their story.

When we are "**Free of Attachments**" we can listen to that person's story from our Spiritual Heart Center - our Heart of Hearts. We are listening to their words, we hear the tone and timber of their voice, we see their body language. Our Spirit is listening to their Spirit and We Are One with their Spirit – *That is being Fully Human!*

This is called "*Empathy*" which is nothing more than another aspect of *Pure Love*. In these loving moments we may be guided to share a thought about something they may consider doing, or we may sense that we are to be supportive without say anything, or, we may just say: *There is a part of you that knows exactly what you need to be doing in this perfect moment of time.*

I sense that this **Moments of Sharing is food for thought**, something to contemplate upon, so you can begin to become aware of all your Mental and Emotional Attachments to your beliefs, your perceptions, and all of the material things in your life.

Most of our attachments, most of our expectations are outside of our conscious awareness, they are deep in one's subconscious mind. We may not even know we have these Attachments unless they are not being met, then we are irritated, frustrated, angry, anxious, depressed, we may panic, or, a host of other emotional responses that are reactions to those unmet expectations, conditions or assumptions.

The Spiritual Life is like sitting in a "Field of Flowers" and all the butterflies are flying around and some butterflies will choose to land on the flowers next to you, some of the butterflies may even choose to land on you – that is Freedom. If you reach out and catch a butterfly it is no longer Free to be where it wants to be.

So imaging what it would be like to be sitting in a "Field of Flowers" being Free Like a Butterfly. See the Flowers, Feel the Flowers, Smell the Flowers and know many other people are there with you all being Free. All that is connecting everyone are the flowers, the butterflies, the people, the land, the air, the sky and Spirit. Now you are Free!!! Free of all Attachments. Free to be your Divine Essence.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2014-12-15

Volume 1 Number - 009

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

As I write this *"Moments of Sharing"* I realize that these writings are really a biography of how I have grown over the years in my Spiritual Wisdom and Understanding, and I am **Sharing these Thoughts** with others with the hope that perhaps some of what I have come to understand may assist others in understanding their Wisdom and Truth.

As I look back at the last 2 Moments of Sharing I can see how this is a trilogy. First I wrote about **Needs and Wants**, then about **Attachments** and now I realize that the third part is about being **Detached in Life and Yet Fully Engaged in Life by Moving To A Higher Plane of Consciousness**.

"To Be In This World But Not Of This World"

In 1983 one of my friends made this statement and it had a great impact on me. Over the years I have come to better understand what she meant by this statement.

It does not mean to be like many Masters and Gurus that sit All Day Long in Divine Bliss and Meditation detached from all aspects of Earthly Life. Yes, this may be their way of **Being In this World but Not Of this World**, but this is not what I am talking about.

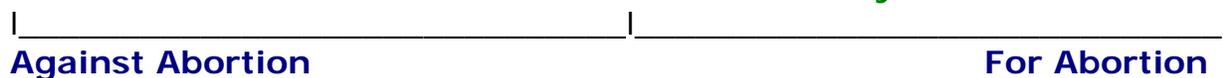
"To Be In This World But Not Of This World" is *Participating In Everyday Life Without Being Drawn Into All The Melodramas Of Life*.

It is our **Attachments to Our Emotionally Charged Beliefs, Wants and Desires** that keep us in these Lower Levels of Consciousness and therefore we actively participate in these Melodramas of Life that we and other people create.

Every **Emotion** and **Thought** has a **Unique Vibration Frequency** and the **Corresponding Polarities** associated with that Thought or Emotion. **Here is how the Polarity of the word "Abortion" can be depicted.**

The Polarity Energy of the word **"Abortion"**

The Center Point is Neutrality



The **Vibration of Abortion** whether **"For"** or **"Against"** Abortion is the **Same Frequency**. The degree of one's personal polarity is determined by their Mental and Emotional Position on Abortion (One's Internal Processing). ***So whether you are For Abortion or Against Abortion you are Feeding Energy to that particular Level of Consciousness and giving power to both ends of the Polarity.***

If you are **"For Anything" or "Against Anything"** with **strong emotions and judgment** then you are feeding energy to both Polarities of that

Vibrational Consciousness / Vibrational Frequency. Since this is how the **Law of Vibration and the Law of Polarity** works, the *"War against Poverty,"* the *"War against Drugs,"* or the *"War against Violence"* all will fail. What will work, is raising all of Humanity to a Higher Plane of Consciousness.

Halfway between these two opposite extremes of the polarity is the Center Point which is **Neutrality or Non-Judgment**. When a person is Mentally and Emotionally in this Center Point they are in **Neutrality** and can easily Ascend to a Higher Plane of Consciousness or Vibrational Frequency by using their Mental Consciousness. **This is using the Law of Mentalism, the Law of Consciousness.**

When we are in the Lower Planes of Consciousness we tend to be filled with all of the Mental Feelings such as: guilt, anger, sadness, depressed, and happiness (if we are getting our way).

So when we move to a **"Higher Plane of Consciousness"** we are now **"Above"** those all of those thoughts, emotions and all of the Drama and we are **"Free."**

Higher Planes Of Consciousness

We are to move to a *"Higher Plane of Consciousness"* so we are beyond all the games that people play in life, so we can be in a State of Inner Peace and Harmony. In Yoga Psychology this is Living our Life in the **Fifth, Sixth and Seventh Chakra Consciousness** where our Mental-Self/Ego-Self has begun the process of Merging with our Highest Spiritual Being.

In these Higher Planes of Consciousness we are always in our Center of Peace and Harmony. While we process outside life events just like everyone else, our internal and external responses are what is in the **"Highest and Best Spiritual Interests"** for us, for other people, and, for the world around us.

Rather than reacting with emotions and past memories we **Respond** from our Inner Wisdom, Love, Joy, Bliss, Peace and Harmony. The Emotions and Conscious States of our Divine Essence are Love, Joy, Peace, Harmony and Bliss.

This place of Inner Love, Joy, Peace, Harmony, and Bliss with Wisdom and Understanding begins in the Fourth Chakra, our Heart of Hearts, and expands as we begin to experience Life in the Fifth Chakra, and then the Sixth Chakra and then the Seventh Chakra and Beyond. We are moving from "Becoming" (Fourth Chakra Consciousness) into "Being" (Seventh Chakra Consciousness).

Every **Emotion** and **Thought** has a **Unique Vibration Frequency** and the **Corresponding Polarities** associated with that Thought or Emotion. If we follow the path of living and responding to life while in extreme polarities

having Inner Peace and Harmony is very difficult. However, if we follow the Middle Path of Neutrality and Non-Judgment our Spiritual Awakening will be much easier.

This is what Mahatma Gandhi and Martin Luther King Jr. demonstrated in making social changes via **Satyagraha or Soul Force**. Soul Force is born out of Truth, Love and Non-Violence. *While in Peace and Harmony they maintained a much High Vibration Frequency and Consciousness than the Vibration Frequency of the Social Polarity they wished to change.*

At This Point It Probably Is Best To Define Consciousness.

Consciousness is beyond form and energy and yet can be experienced *within form and energy*. We have a Brain that processes information and makes decisions based on that information. We also have thoughts, memories, and feelings that also play a role in what conclusions we come to (This is our Inner Processing). Most people would say this is Consciousness.

We Also Have Consciousness That Is Beyond The Human Brain.

Once I was with a family that had a 22 year old son with Downs Syndrome. While his body was 22 years old his mental faculties were that of a very young child so he used tantrums to try to express what he wanted. What I discovered was the boy could communicate clearly with me using Telepathy. While his mental thoughts were very organized and clear, his brain could not communicate what He wanted to say.

When our physical body dies we take our **Consciousness** with us. So we don't need a physical body or a brain to experience and be Pure Consciousness.

To me, this Earthly Life is much like a TV Soap Opera, while these TV Soaps go on for many years, with different character's and actors, all of the drama, plots and subplots seem to be the same, because they are taken from daily life. *Daily life in this case is Third Chakra Consciousness* with all the games that people play with them-self and other people.

THE ANCIENT YOGA AND HERMETIC TEACHINGS THAT SUPPORT THIS NEW THINKING

Planes of Consciousness refers to where we are on the "**Scale of Conscious Evolution.**" A simple reference point is thinking of the Chakras as Centers of Consciousness and from what Chakra Consciousness Center are people Thinking, Feeling and Acting from.

To help you get a grasp of what I mean about the Chakras as Consciousness Centers here is a very condensed overview. While these Yoga Teachings are thousands of years old, they still apply in this New Age of Thinking and Being. This whole concept is explained in greater detail in my Books Spiritual Development 1 and 2 on my website.

**PLANES OF
CONSCIOUSNESS**

**CORRESPONDING
CHAKRA CONSCIOUSNESS CENTERS**

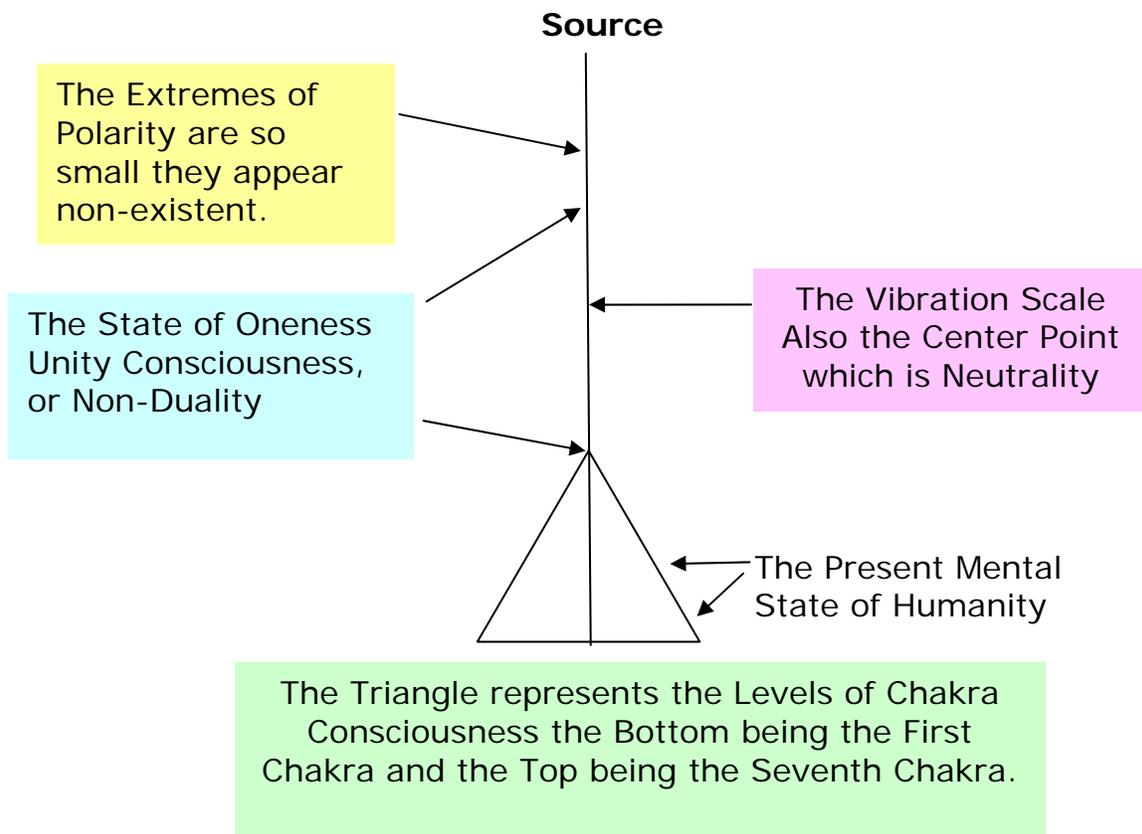
<p>8th Plane of Consciousness and Higher Planes all the way to Source</p>	<p>The Ninth Chakra is the Seat of the Higher Self and is located above the Top of the Head. It is the gateway to the Higher Planes of Consciousness all the way to Source. There are many Levels of Consciousness beyond the Seventh Chakra State-of-Consciousness and the Seventh Chakra is just the beginning of Unity Consciousness. There truly is a Spectrum of Consciousness all the way back to Source/God/Spirit.</p>
<p>7th Plane of Consciousness</p>	<p>The Seventh Chakra Consciousness is when your Ego-Self and your Spiritual-Self have merged together into a State-of-Oneness and all sense of separation is dissolved. In this State-of-Consciousness you have evolved to one of the Highest Levels of Awareness Human Beings can attain, some people call it being God-Realized. In this State of Evolution you participate in life from this Pure State of Beingness. You respond to your everyday life experiences from this Inner State-of-Oneness.</p>
<p>6th Plane of Consciousness</p>	<p>The Sixth Chakra Consciousness is moving into a State of Non-Duality, and Non-Judgment. In this State-of-Consciousness you are <i>On the Earth but not of the Earth</i>. You see and understand all the Polarities of the different Planes of Consciousness and choose to ignore the games people play.</p>
<p>5th Plane of Consciousness</p>	<p>Fifth Chakra Consciousness is where you begin to experience the interconnectedness of everything and how your thoughts and actions affect everything in the Universe, not just the people around you. <i>In this State-of-Consciousness you are more or less unaffected by the Daily Melodramas in your life.</i></p>
<p>4th Plane of Consciousness</p>	<p>Fourth Chakra Consciousness is where you are genuinely concerned about people, you consider and take into account how your actions affect other people. This State-of-Consciousness is still filled with "Judgments of what is Right and Wrong." This Consciousness Center brings forth the qualities of Love, Compassion, Cooperation, Respect, Honesty and Integrity as an integral part of One's Consciousness.</p>

PLANES OF CONSCIOUSNESS

CORRESPONDING CHAKRA CONSCIOUSNESS

<p>3rd Plane of Consciousness Also our Third Dimension Reality</p>	<p>Third Chakra Consciousness – Focus is survival by power and control. The Third Chakra Consciousness is where people utilize all their games to get ahead of the other person. Playing the victim role is as much a game as playing the power or control game. People in this consciousness center are lacking in the qualities of Honesty, Integrity, Love and Compassion. Starting a war in the first chakra is pure survival, starting a war in the Third Chakra Consciousness comes from making a decision that you are justified in your actions.</p> <p>Second Chakra Consciousness – Focus is survival of your species, survival of your family name.</p> <p>First Chakra Consciousness – Focus is survival of you, your family.</p>
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This Drawing depicts the Lower Consciousness Vibration Frequencies and the Highest Consciousness Vibrational Frequencies.



As we move up the **"Vibrational Scale"** the Distance Between the Extremes of Polarities or Duality comes closer together. The diagram also shows that the Center Line (Neutrality/Non-Judgment) or the **Middle Path is the Easiest Path to Enlightenment**, Unity Consciousness or a State of Divine Oneness and Non-Duality.

The Center Line **"Vibrational Scale"** continues into many Levels of Oneness with Source or the ALL. Within the State of Divine Oneness the Polarities are still present but are so infinitesimally small they appear to nonexistent.

The Hermetic Spiritual Laws.

Another way to provide some mental clarity of what I am saying is The Law of Mentalism/Consciousness, The Law of Polarity, The Law of Vibration, and the Law of Attraction.

The Law of Mentalism or Consciousness: The Universe is Mental or Pure Consciousness. **The ALL is SPIRIT or SOURCE.** All is Mind, and the cosmic root of everything created is Infinite Mind. This Law embodies the truth that all the outward manifestations and appearances which we know as "The Material Universe;" the "Phenomena of Life;" "Matter;" "Energy;" is actually **SPIRIT**. We move to a Higher Vibration by using the Law of Consciousness. Detaching from the extreme Polarities and moving to Neutrality and then Mentally moving to a Higher Plane of Consciousness.

The Law of Vibration: Everything moves. Everything vibrates. Everything is in constant movement, facts which Modern Science endorses. The differences in movement is the various manifestations of the Universal Energy due entirely to the varying rate and mode of vibration. The Universe is in constant change.

The Higher the Vibration, the Higher the Position on the Vibration Scale. The Vibration of Spirit is at such an infinite rate of intensity and rapidity that it is practically at rest -- just as a rapidly moving wheel seems to be motionless. And at the other end of the scale, there are gross forms of matter whose vibrations are so slow as to seem at rest. **Spirit and Matter are but two poles of the same thing. Between these Poles, there are millions upon millions of Varying Degrees of Vibration.** From subatomic particles, electrons, atoms and molecules, to worlds and universes, everything is in Vibratory Motion, everything is Spirit.

This is also true on the Planes of Energy (which are but varying degrees of Vibration); and also true on the Planes of Consciousness (which are but varying degrees of Vibrations); and this is even true on the Spiritual Planes. **An understanding of this Law, with the appropriate techniques using the Law of Higher Consciousness, enables a students to control their own Energy, Mental and Spiritual Vibrations.**

The Law of Polarity: Everything is dual. Everything has its pair of opposites. Like and unlike are the same. Opposites are identical in nature, but different in degree. Extremes meet. ***All truths are but half-truths, as there is always a Higher Truth that encompasses all the Lower Truths.***

So, for every negative action, emotion or thought, there is an opposite equal force that is positive. Even if we divided things into "plus" and "minus" in order to experience them, these polar opposites can never really be separated because they would lose their definition.

When our Consciousness resides in Duality or Polarity, we tend to make judgments based on the polarities we are in. ***The Melodramas of Life are created so that we becomes aware of our judgments and polarities.*** Gradually we may evolve to the point of transcending our need for judgment, through the Law of Mentalism or Consciousness, and move out of Polarity and into a **State of Oneness.**

In reality, the **Law of Polarity or Duality** as it is sometimes called, is only two aspects of the **Principle of Oneness.** When we have elevated our Consciousness to understand and know the Principle of Oneness, we generally operate beyond the Law of Polarity or Duality.

The Laws of Vibration, Polarity and Mentalism.

For thousands of years humanity has lived in **Extreme Polarities** which we call "**Dualism**" because the consciousness of humanity has been at a very Low Vibration Frequency. Good and Evil, Right and Wrong, God and Devil are the words associated with some of these Levels of Consciousness.

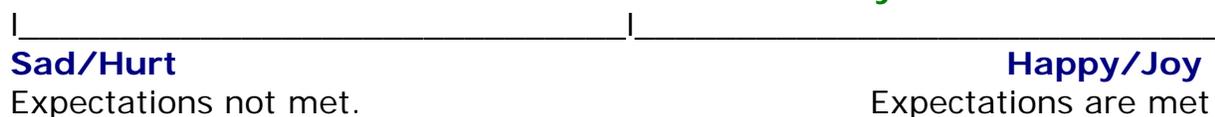
Humanity as a whole is generally in Third Chakra Consciousness.

Here Is An Example Of Expectations

Polarity for the Thought:

"People should meet all of my expectations."

The Center Point is Neutrality



Here again, when we can move to the Center and be in Neutrality and Non-Judgment then we can move to a New Thought with a Higher Vibrational Frequency.

When we are in any particular Lower Plane of Consciousness (Vibration) we have **strong emotions of what is "right" and what is "wrong."** But in the Center of those opposing polarities or thoughts is Neutrality. A sense of Peace and Calmness and in this Center of Neutrality we can move to a

Higher Level of Consciousness, a Higher Plane of Consciousness. We can transcend all of the mental emotions and bathe in the Higher Emotions of Spirit.

Judgment Verses Discernment

In the Higher Planes of Consciousness we have ***discernment***. Discernment comes for your Inner Center of Peace, Love, Joy, Bliss and Harmony with Wisdom and Understanding. Discernment is knowing what is appropriate and what is not appropriate. ***Discernment is our Inner Truth and it has no judgment nor any mental emotions attached to that Truth.***

So How Do We Step Out Of Being Caught Up In The Melodramas In Our Daily Life?

To me, to be **In this World but Not Of This World**, means that we are in our Heart of Hearts which is our Spiritual Heart Center: a Center of Peace and Harmony, Joy and Bliss, with Wisdom and Understanding and in this State of Inner Balance and Peace ***we Mentally ,Emotionally and Spiritually radiate a Vibration and Consciousness that is perfectly Aligned with Spirit.***

In this State of Higher Consciousness with Dignity and Respect, with Honesty and Integrity, with Compassion and Love, we stimulate change in our Life, in our Family, in our City, in our Country and in the World using the Soul Force within each of us.

While we can talk about Peace, are we in a State of Peace?

While we can talk about Loving and Caring, are we in a State of Love and Caring?

So perhaps the most effective tool to "**Be In This World but Not Of This World**" is to be in this **State of Oneness**, to be above all the Melodramas in Life. To be Joyful and Happy when we have our material things and Joyful and Happy when we no longer have these material things, knowing that Things will never bring you True Happiness.

We are to be Detached from this Earthly World so we can be in a Higher Vibration, a Higher Consciousness and with the **Law of Attraction** we are assisting Humanity to expand into the Realms of Higher Consciousness.

The Law of Attraction is: Whatever you Mentally and Emotionally Focus on is what you are going to manifest in your life.

So, Think as a God-Person, Feel as a God-Person and Act as a God-Person and soon you will be a God-Person. You will be your True Divine Self!

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2015-03-15

Volume 1 Number - 010

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

CHOOSING A PATH.

First, it is important to say some people are only focused on their daily life and do not think about a Spiritual Path or Life after Death. Then, there are many people who are content with their religious practice. Also, some people may only want Inner Peace and Harmony in their Daily Life and have no interest in *Self-Realization, Enlightenment or Oneness*.

So this sharing is for those people who desire *Oneness or Self-Realization* and perhaps those people who want to have *Inner Peace and Harmony in their Daily Life*.

In the search of Spirituality, all of a person's resources are directed towards the search for **Spirit** and the **Ultimate Truth**. Choosing a Spiritual Path for oneself entails examining one's potentials and abilities.

Deciding On A Spiritual Path.

For thousands of years the ancient teachings have said there are basically Three Major Paths to Follow based on one's personality. They are: **The Path of Knowledge and Wisdom**, **The Path of Love**, and, **The Path of Selfless-Service**.

THE PATH OF KNOWLEDGE AND WISDOM

The word Philosophy (from the Greek root) literally means "**Love for Knowledge**." Philosophy is the "Love of the Knowledge of Life, the Knowledge of the Ultimate Reality.

So what is the difference between Knowledge and Wisdom?

Well Knowledge is all the stuff that we have between our ears. Most of our Knowledge is "*Indirect Knowledge*" which is what we have learned from books, or, from other people. Knowledge serves us well in understanding how things work. It is useful to know how to drive a car before we get behind the wheel and start driving.

While Knowledge is useful it may not be the "*Ultimate Truth*" which is Wisdom. Where as Knowledge is in our mind, Wisdom is in our Heart of Hearts, our Spiritual Heart Center. Also, **Wisdom or Ultimate Truth** has to apply to every Plane of Consciousness, the Microcosm (Quantum Physics) and the Macrocosm (Astrophysics) throughout the whole Universe. Wisdom also has a sense of Knowingness which we sense in our stomach (our emotional brain).

The **Aim Of Life** is "**Self-Realization.**" The saying "**Know Thyself**" was written on the temple of the Oracle at Delphi in ancient Greece. So the primordial questions humans have asked since the beginning of time are:

Who am I?

Where did I come from?

What is my purpose?

Where will I go from here?

While these are vital questions in life, no book in the world can answer them. No matter if a person studies all the scriptures and saying, and, the wonderful books of all the great religions and philosophies of the world, these questions will remain unanswered. Books can assist one in understanding and communicate with others about certain facts in the world, but they cannot give **Direct Knowledge of Life** or **Realization of Oneself** and the **Beyond**

Also, when a person reads about the many Religious Traditions and Philosophies they have **data overload**. Their Knowledge base is filled with conflicting ideas and teachings which leads to confusion and lack of understanding. So as a person searches for the "**Ultimate Truth**" there is a **purging of the non-meaningful Knowledge** that we have accumulated over the years.

So the Path of Knowledge and Wisdom requires a person to develop Discernment and Clarity and this is accomplished by **Direct Experience** in the Inner World of our Spiritual Heart Center. We need to go inside and sort out "**What is Our Truth**" and "**What is not Our Truth.**" This is the **Path of Direct Knowledge** and this Path requires the Purification of our Intellect and our Knowledge by Our Divine Mind.

When the mind is purified, then it does not create obstructions for attaining Higher Knowledge and Wisdom. This is the voyage from Intellect to Enlightenment, so it means we need to have a Perfect Understand of Our-Self and to **Truly Know Our Soul or Higher-Self**.

The **Goal of this Path is to attain a Divine State of Peace, Love, Joy and Bliss with Wisdom and Understanding**. This is the Real You and it resides within every person.

In the Path of Knowledge, blind faith is completely shunned. Know, Analyze and then Realize. By realizing the Truth, Faith comes itself. Such a student lives in the world, and the world is a part of the process on the journey to Enlightenment.

The aim of human life is to Directly Experience Truth. Direct Knowledge of the Absolute is the Highest Quality of Knowledge coming through the Intuitive Library of the Absolute Truth. Without having Direct and Profound Knowledge of Truth, one cannot have complete faith in it.

A Liberated and Enlightened Being knows that one's **Higher-Self (Soul) and Source** are one and the same, and one's Essential Nature is Peace,

Love, Joy and Bliss with Wisdom and Understanding. At this point the person is in the ***State of Oneness***. This expansion is not a loss of individuality. When an individual expands their consciousness, they realize ***Universal Consciousness***. ***This Freedom is called Enlightenment, Oneness or Beingness***.

THE PATH OF LOVE AND DEVOTION

On this Path, ***Pure Unconditional Divine Love*** becomes the Passion of Life and motivates the person to ***Divinity and Oneness***. Many people want to follow this path, but only a few know what it really is. Many people think that performing rituals and becoming fanatical makes one a follower of this path. The ***Path of Unconditional Love*** is surrendering everything to Spirit /God /Source.

The ***Path of Love and Devotion is the Path of the Heart*** and not of the mind. Since this is the Path of the Heart as such all of ***One's Emotions need to be Purified***. The Emotions/Consciousness of Spirit are Love, Joy, Peace and Bliss, whereas, our mental emotions such as: depression, anger, grief are all those other emotions and feeling created by our thinking.

A vast part of the mind is outside of one's awareness. The unconscious mind motivates our behavior and governs our daily life. All the desires that have been repressed and suppressed are stored in the unconscious and we need to clean out these desires, wants, and, patterns of thinking. This is the Purification that needs to be done.

How can I attain God? asked the seeker. Direct your emotions upwards toward God. Learn to know the Divine Being within you. To find Peace one does not necessarily have to make changes in one's daily life or withdrawal from the world. ***Only change one's attitude towards life and towards the world***.

A Master is one who knows how to live in the world and yet remain unaffected by it. Perhaps the most important shift in thinking is letting go of judgment and allowing people, and life events to be however they are, and, using discernment to decide what you want in your life. ***Discernment comes from a State of Inner Peace and your Inner Wisdom***.

On this Path of Love, one is so devoted that all one's actions are transform into Love. There is no pain, for one has accepted everything as Love. If pain comes, it is a part of Love for there is only Love. Love leads one beyond pain and pleasure as everything is Joy.

There is only one power in the Universe and that is the Power of Love. Love is the center that radiates Life and Light. The Power of Love is more powerful than any other force. It dissolves obstacles and barriers and flows without limit to the Beloved Lord. When one has a burning desire to know the Lord, to have Union with the Lord all obstacles are removed.

Real Love is a silent inner bond that can never be broken. If one simply dedicates one's heart and mind and surrenders without expectation, then one receives the Highest Bliss.

The Lord cannot open the heart of a seeker or break the wall that separates them. The seeker must clear those barriers herself/himself. One should make sincere, constant effort on one's own. Love does not question, expect a reward or doubt. It is always patient and giving and trusting. It endures no matter what comes, and it never thinks of itself.

Spirit (God) is both the **Creator and the Creation**. Spirit is in every being and the wise have unswerving love towards all beings.

There are three stages of Spiritual Growth in the Path of Love and Devotion. The first stage is "I am Love", and the second stage is "God is Love". The final stage is when you start to identifying yourself with God/Source/Spirit and all separation dissolves and you are in a **"State of Oneness"** - I AM DIVINE LOVE, I AM GOD.

Only those who are solely devoted to the Lord know the value of the Path of Love. The Highest Worship is Inner Worship the direct silent communication with the Divinity within. This union can go on all the time, not just during meditation. When a person attains this Divine Union, then every act is an Act of Love and Grace and all of life is a Song of Love and Bliss.

The Path of Action and Selfless Service

In this **Path to Self-Realization** everything that a person does is a Gift to Spirit/God/Source. This is a Path where everything you do is offered to the **"Feet of the Lord"** so every aspect of your job or occupation is to **Serve God and Serve God's Children**. While you get paid for your services just like any other person doing your corporate job, you know that you are bringing Love and Grace to every aspect of your job. ***Even if you can't help a client or a person they walk away Lighter and more Joyful because of being in your Divine Presence.***

In this manner we want to engage people in our work and give them a sparkle of Light and Love in each interaction, be it a bank teller sharing her Divine Light, or the Internet Service person bringing Light and Love into your home. This is what the Path of Action and Selfless Service is.

Doing One's Duty with Love

In our life there are many things that we need to be doing, and it is our **Duty** to do these things.

Many people are doing their duty, yet they are unhappy and the people for whom they are doing the duty are not satisfied either. If you think that you are being forced into doing your tasks you are going to feel resentful and unhappy.

When you are doing something for your wife, your child, your brother, and you are ***really doing it for yourself***, so that others will do something for you later on. This is a mistake, you do not know how to do your duty without expectations or conditions attached. We are to learn to do these things from Love.

All that we do each and every day is to be a Gift of Love to God/Source /Spirit and a Gift of Love to the recipient. I want to do all of my daily tasks in a State of Love Consciousness so it is a part of ***"Living In Love"*** and being of Service to God and Service to the Children of God.

The great teachers of the world who mastered the Path of Selfless Service realized a simple Truth "All of the things of this world are meant to be used, but they are not yours." You can use them, but you have no right to claim proprietorship over them.

If we were not taught this truth we become victims of that false pride that "All things are mine," when they are not. The things of the world belong to no one -- everything here is constantly changing. Getting attached to the things of the world is very foolish.

The wisdom that we need to understand is; All the things in the world are meant for us. We should enjoy them and use them; but they are not ours. If one lives by this philosophy, one will be Free. This is the true definition of **"detachment."** In such thought, the objects of the world do not create obstacles, and they become the means in the **Path of Liberation**.

We are to understand the difference between what is a ***"want"*** (pleasant) and what is a **"need"** (good). What is pleasant in one moment can become unpleasant in another. Whereas, what is "good" (a part of your Higher Need) is truly pleasant because it leads one towards the desired goal of Freedom and Liberation.

While this writing is a thumbnail of knowledge it should be sufficient for your Ego/Mental Mind to contemplate about what Path best suites you.

All Three Paths lead to the same place of **Divine Oneness** and when you follow the path that best suites you at the end of your journey you have ***Mastered All Three Paths***.

In my other "Moments of Sharing" and other writing I have shared about the **Inward Path to Oneness** and shared some techniques, and meditations to assist you on your Inward Journey. As you start your Inward Journey you will begin to Remember your own Wisdom and Who You Really Are.

The **"Inward Path"** is a Path that leads you to Your Direct Knowledge and Wisdom and the best Spiritual Teacher is Your Divine Being.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2015-06-15

Volume 1 Number - 011

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

In my last Moments of Sharing I wrote about the **Three Spiritual Paths of, Love, Wisdom, and Selfless Service** and when we are mentally and emotionally in tune with our Divine Essence we clearly know which Path best suites our Personality.

Spiritual Path verses Life in General

Let me be clear, while I believe that everyone of us are **always on His or Her Spiritual Path** in each and every moment of one's life it is also important to differentiate between a **Spiritual Path** verses **Life in General**.

A **Spiritual Path** is when we are Mentally, Emotionally and Spiritually **Living our Divine Essence** in every aspect of life and have either merged into **Oneness** or are on the verge of **Being in Oneness** with Source/Spirit.

Here are some Truths to ponder on:

Our Daily Life is the same as Our Spiritual Life.

Our Daily Life is the same as Our Spiritual Path.

When we are not Aware of our Divine Essence we living both our Daily Life and our Spiritual Life.

When we are Awakened to Our Divine Essence we become Aware of our Spiritual Path and we walk that Path in our Daily Life.

So our **Daily Life and our Spiritual Life are the same thing** and it can be **Good, or Bad, or even very Ugly**. I say this because our Spiritual Life is everything that we are thinking, feeling and doing each and every day, and how aligned or how misaligned we are with our Higher-Self, Source and the Universe.

While everything that we are doing in our Daily Life is our Spiritual Life we may feel that we are going in circles. It may feel like our life is standing still or even going backwards. A person's daily life experiences maybe heading in a direction that is detrimental to them-self or other people. It may feel stagnate or we may be heading in a direction where we feel Happy and Joyful about where our life is going.

Some Spiritual Teachers tell us we need to focus on **"Meditation" and "Enlightenment"** and be detached from society and this is their understanding of the Spiritual Life. To me this is an Illusion, we are a people, a society, and we are to bring our Divine Love and Presence fully into this world and into our society.

It is very easy to be Loving, Peaceful and Calm sitting on a mountain top by our-self or in an ashram. We have not Mastered Love, Peace and Harmony until we are living in the city, working to support our-self, being in a relationship, having a dialogue with people. ***Living the everyday life*** that is when you know if you are in **Oneness with your Divine Essence**.

Life Is A Spiritual Adventure

Our ***Whole Life is a Spiritual Activity***. A lot of times our logical mind likes to put things into boxes and says this is Spiritual, this is Business, this is Personal, this is Religious and so on and so on.

In reality there are no boxes, everything is apart of the whole. Life on Earth begins within the consciousness of "duality" which creates all of these ideas of separation and that is the challenge when incarnating here on Earth. We are a ***Spiritual Being living in Two Worlds***, the World of Spirit (Oneness with Source) and this Earthly World. When our Mental Mind and Divine Mind merge into One Consciousness then we step out of Duality into **Oneness**.

It makes no difference if a person is an atheist, an agnostic, a skeptic, a humanist, religious or spiritual because regardless of one's mental beliefs ***All Of One's Life is a Spiritual Experience*** here on Earth.

Every day we come to a fork in our road-of-life and we have a choice to follow our old behavior or do I follow the Path of How My Divine Essence would respond in this situation.

We are all aware of the major forks in our road-of-life, but everyday we have these small forks. When you are driving down the road in your car and another car cuts in front of you do you respond out of Anger or do you remain in a Center of Peace and Harmony? In every situation it is a personal choice of how we respond and all of this is part of our Spiritual Life.

While it would be nice to say that our Spiritual Path is like going from point A to point B: I am a Grumpy Old Person and I am moving toward being an Enlightened Person. Some people may have that moment of Pure Awakening but I think most of us go in a zigzag path. Rather than following the Middle Path we are off to the right or left and we take a few detours here and there. We experience the challenges of life and sometimes we deal with these challenges elegantly and other times we wish we could have a "do over" and not say what we said to those people that we love and care about.

Maybe we were having a bad day and we let all of our negativity come spewing out to that person who was just trying to do his or her job. It is not only what you are thinking and doing in your waking hours, it also is what is going on in your dream state while you are sleeping.

What Is My Spiritual Purpose?

Our logical left brain generally believes that there must be some unique **"career path"** that will fulfill one's Spiritual Purpose for being here on

Earth. Also, our ego can easily create grandiose ideas of what we should be doing as we are Spiritually Awakened. The reality is, the Spiritual Purpose for each person is to be **In Divine Oneness and Living Their Divine Essence** regardless of their occupation.

So when it comes to a **"career"** follow your passion and do what you love to do. Sometimes we have several passions so we may have several vocations and avocations. My day job was working as a Manager of Quality Assurance in Electronic Manufacturing and on the weekends and evenings I did my Spiritual Healing, Counseling and Spiritual Development Classes. I enjoyed the Business World which kept me grounded and provided me with a good income while the Healing and Teaching also gave me Joy and Happiness. Spirit guided me in solving business issues and assisting others at work and at home. I radiated Love and Grace in my Business World and my Home World. Spirit and I were One in both worlds as it should be.

The unwritten goal for every person is to be in **Divine Oneness** in whatever job they have. This way they are radiating **Love and Grace** in their work place, their home and everywhere they are. Every Career gives you the opportunity to do that job in Divine Consciousness. **We can be walking our Spiritual Path in any job, in any career.**

All that counts is How much Joy, How much Happiness, How much Love, How much Peace and Harmony we have in our everyday experiences regardless of what career path we embark on.

This Sharing, like all my Sharing's, is what I have come to understand over many Decades of Living and Experiencing Spirit in My Life. I rarely use the term **"God"** in my writings as I feel ***people have created God in the image of human beings***. People and Religions give God all these Human Attributes such as: Loving, Compassion, Anger and even the Punisher, some people may even say that God is a Control Freak. God does not control anything. ***The Laws of the Universe (The 7 Hermetic Principles) are constant and non-personal and each person creates how their life is in this Earthly World.***

We Create Our Life Plan!

God has nothing to do with how our life is or isn't. Before we incarnate our Higher-Self decides what it wants to accomplish in this lifetime and we can modify our Life Plan at anytime during this life.

A person may decide that their Life Plan is to Learn Inner Strength, or Compassion, or Break a Past Life Pattern of being a Victim, or change some other pattern of behavior or Manifest some attributes of one's Divine Essence. While we define what we want to learn or remember, ***The Universe figures out the details of how to accomplish what we want to learn or remember.***

This reminds me of a woman that was raped at age 35 and she wanted to know why she would create such a thing in her life. In deep hypnosis she was taken back to a time before she incarnated and she remembered that she asked the Universe that if she was not spiritually awakened at age 35 for the Universe to assist her in her Awakening. Her rape stimulated her Spiritual Search and Awakening so the rape facilitated what she requested to happen!

So it is important to remember that God does not do anything to you or anyone. We came to Earth to Remember Who We Are, to be Spiritually Awakened and we left it up to Spirit and the Universe in how to accomplish what we want to learn or remember. We also need to clean up all the old patterns of thinking that are contrary to Divine Law, and our Divine Wisdom.

We have Free Will, Free Choice as to what we want to create in our life. Every facet of our life is a part of our Spiritual Life and there is no Separation. Each day of our life we have the opportunity to Remember Who We Are, to Remember Our Divine Truths, and to Remember How To Treat Other People.

We are to do all of our "daily tasks" in a State of Inner Peace and Harmony, in a State of Divine Love, in a State of Divine Oneness, with Selfless Service to Others.

Another fallacy I think that is out there is: If I am really aligned with my Spirit, my life is going to be smooth and easy. Well folks, the "Law of Rhythm" say there are cycles of Highs and Lows so we are always going to be given challenges to deal with, some of these challenges are from within us and some of these challenges are from the people around us.

Each Day Life Creates Challenges That Builds Spiritual Character.

Everyday we have choices to make, most of the time these choices are small do I do this, or, do I do that. Do I respond to these life situations or do I let them go?

Sometimes we are heading down this road of Peace and Harmony and Joy and Happiness and we keep making these small subtle changes of direction until all of a sudden you look around you and you realize that your frustrated, depressed, angry, irritated, and not happy and you might even wonder What went Wrong?

So each day life creates challenges that builds Spiritual Character. Some days we are faced with really major changes and I always say to sit down, take a deep breath, calm yourself and ask: **If it is in Your Highest and Best Spiritual Interest** to this or to do to that.

All that matters is how we dealt with all of the challenges that come up in life. Simply put: **Did we live by the Golden Rule?**

When I interacted with a person, Did I try to leave that person in a better mental and emotional place?

As I grew up I realized that Life is a Silly Game and not to get too emotional in playing the game. We are to be ON the Earth but not OF the Earth. I once told the Owner, of a company that I worked for, that if the Universe and Society needs his new product it will sell well. If not, it will not make any difference what he does to try to make a profit. That is following the Laws of the Universe.

When you can laugh at Life and see the silly things that businesses and people do you do realize that all this business stuff is so silly. What is important is the quality of our Inner Life and that when the time comes to die all that we take with us is our Wisdom, Love and Joy.

Shouldn't My Last Incarnation Be Easy?

Someone asked me: If this is my last incarnation shouldn't it be smooth and easy and I said to this person that if this is your last incarnation you may have many issues to resolve to **in order to graduate from this Earthly Life.**

When you know that this is your last incarnation you are working at cleaning up all your old negative patterns, and, not creating anything new that would interfere with Graduation from Earth and Breaking these Cycles of Reincarnating.

How Do We Graduate From Earth?

In our linear world we look at a person's behaviors and we say this is a good person or this is a bad person, or this is someone who is potentially good or potentially heading down the wrong path. So it is an accumulation of behavior patterns that support the perception of good, or bad behavior. From a Spiritual Context it is not how many times we got angry and then needing to do an equal number of good works to offset all of those times that we were negative.

So even though we have been going around in circles feeling frustrated, angry, focused on material gain and material wealth and all that kind of stuff as soon as we connect with our Inner Divine Wisdom we begin an Upward Spiral moving closer to our True-Divine-Self.

Saying this in a different way: It is like we have 40 years of being a really negative person to all the people around us, and all the past is wiped out as soon as we decide to take the Path of Love, Compassion and Caring. We may not have friends and relatives that want to forgive us and that is their choice.

In the Bible, Jesus met Saul on the road to Damascus and asked Saul why does he persecute and kill Christians. Then, Jesus forgave Saul and asked Saul to go to work for him!

So as we become more mentally and emotionally aligned with our Divine Essence, we have more and more Inner Peace and Harmony. As our mind is

in more Peace and Harmony, our Emotions become more Peaceful and we have more Inner Harmony, Joy, Love, Happiness and Bliss.

Then, our Mental Mind becomes One with our Divine Mind, our Emotions become the Higher Emotions of Love, Joy, Peace and Bliss, and we are in a State of Oneness. Our physical body will do whatever it wants to do. Many times our physical body follows our Higher Emotions and our Higher Consciousness and the body heals itself.

There are times when the physical body does the very best it can to heal its self and yet some issues remain as is. Our Spirit, Mind and Emotions are in Peace and Harmony and any aches and pains our physical body has are just a minor inconveniences.

So What Does All Of This Mean?

While we may spend many years of our life experiencing things we wish we never had to experience, these experiences assist us in defining what we do want in life. We begin to state in positive terms How We Want Our Life To Be. So even the most challenging past is guiding you to how you want to be.

Many people may think that one's Spiritual Life is when they are praying, meditating, or, going to church and while that part is true all of the other parts of our day are also a part of our Spiritual Life.

So truly our Spiritual Life is all inclusive as nothing can be separated into this is Spiritual and this not Spiritual. *The degree that our thoughts and actions are aligned with our Divine Essence is measureable*, our emotions and feelings are always telling us in each moment when we are aligned with Spirit or not.

Our Emotional Center is in our Solar-Plexus, our stomach, our gut feeling and these Feelings and Emotions tell us when we are at ONE WITH OUR SPIRIT or not. So being aware of our Feelings as we are always making choices can guide us to be in alignment with our Divine Essence, so we don't veer off the road of our Spiritual Path.

Am I in Inner Peace and Harmony in every breath, in every thought, in every action? If not, then ask your Divine Essence what do you need to do differently to be in that Divine Oneness? What thoughts, what images, what beliefs, what feelings do we need to discard and replace with our own Wisdom and Love, Joy and Bliss. Also, the very first thought you have is your Inner Divine Wisdom giving you guidance and support.

Since we will always have obstacles on our Spiritual Path, it is our *Inner Processing* of both Our Inner World and the Outer World that gives us the opportunity to be in *Oneness with our Divine Essence* or be distracted and pulled out of our Center. It is only you that can make a different choice.

While we would like everyone else around us to change so we can be in Peace and Harmony that is not how this world operates. We all have Free

Will so some people will be nice and some people not so nice. The Master uses non-judgment allowing everyone to be how they choose to be and you deciding how you want to be, and the type of people that you want to have around you.

Life is simple it is our mental beliefs, wants and desires that make it complicated. Every so often we need to decide: **What is most important in my life in this moment of time?**

At different times in our life our priorities change, so we need to be in tune when these priorities shift. So it is important to realize that since we change, our priorities change and those people close to us change and we need to reassess What Is Most Important In This Moment of Time. Each new moment in time gives us the opportunity to become our Divine-Essence our True Divine-Self.

Think as a Divine Angelic Being,
Feel as a Divine Angelic Being
Act as a Divine Angelic Being
And Soon You Will Remember
That You Are A Divine Angelic Being

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2015-09-15

Volume 1 Number - 012

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

Life After Life

This Moments of Sharing feels like it is the Closing Chapter of ***Moments of Sharing Book 2***, so I am writing about many aspects of my Life and what I have experienced and know as my Truths. I hope that my personal experiences and insights will assist other people to have a new perspective on their psychic and spiritual experiences and beliefs.

In this life I have worked in the leading edge of High Tech Industries and experienced the leading edge of Higher Consciousness. Here are a few of the companies that I have worked for: In the 1960's I worked at Univac which developed the first transistor computers for military and commercial use. In the 1970's I worked at: Goldstone Deep Space Tracking Station, the Houston Manned Space Center working on the Apollo and LEM Simulators for astronaut training, Santa Barbara Research Center building scientific instruments for spacecraft going to, Mars, Jupiter, Saturn, Neptune and beyond our Solar System. In the 1980's I worked at CPT Corp which

developed the First Computer Word Processor, used in conjunction with a Daisy Wheel Printer.

My First Awakening was from age 1 to 8 (1938 to 1945), I was very sick my first 2 years of life and I spent 2 week each month at the Shriners Hospital in Minneapolis MN with an unknown disease. The drug of choice at that time was Sulfa and I was allergic to the drug which caused my body to turn translucent so all of my bones were visible through my skin and muscles. While I eventually got well I have no memory of how or when. This experience allowed me to remain totally connected to the Spirit World so I was consciously ***Living in the Spirit World and this Earth World*** at the same time.

When I was 4 my mother (who was divorced) and I lived with another family, their son Stuart and I were great friends. Stuart and I had our own language to communicate with each other, it was the **Pleiades Language** from the Purple Planet (which has a purple sky) in the Pleiades Star Cluster. I remember one day the whole family was at the breakfast table and Stuart and I were talking in Pleiades and his older sister said: "Oh they are just speaking Pig Latin."

By the time I was 4 years old I was having **Out-Of-Body** experiences almost every night and I would go out in the daytime and try to fly waving my arms and I could not understand why I could not fly!

In 1957, at the age of 19, I enlisted in the Army for 3 years, got married, had a family and was totally immersed in everyday life and forgot about all the Spiritual stuff.

My Second Awakening began in 1973 when I began my search for my meaning of life. Who AM I? Why AM I here?

Everything Follows The Laws Of The Universe

The Seven Hermetic Laws and other Universal Laws define how the Universe works in every dimension. There is no such thing as a miracles or psychic events as everything that we experience falls within the boundaries of Universal Law. With all that is happening today in expanding consciousness "**what is considered normal**" is expanding to include miracles and other so called psychic events.

This is a thumbnail of what I know from science, my personal experience, and the what others have told me. **While it is best to be Skeptical we also need to have an Open Mind regarding these things.**

Consciousness Is Beyond The Brain

In 1988 I spent a month visiting many sacred sites in India with a group of 70 people. In that group was a boy with Downs Syndrome his physical body was that of a 20 year old with the mental functioning of a 3 year old. Early on in the group's travels this boy was acting out and his parents could not

control him. I was able to communicate with him telepathically and tell his parents that he had a headache and needed an aspirin. Over the next month this boy stayed close to me and spoke to me as a 20 year old. He was very articulate and very clear in his telepathic communications with me. While there are many Types and Levels of Consciousness, with this boy, I was communicating with the ***Consciousness of his Personality*** or Mental Consciousness.

My conclusion: **While Consciousness uses the brain to communicate in verbal language, Consciousness also exists outside of the brain, and even outside of the physical body.**

Is There Some Kind Of Existence After Death?

There is over 130 years of scientific research and evidence beginning with the London Society for Psychical Research (1882) and the American Society for Psychical Research (1885) that strongly supports Life after Death.

These early Nobel Prize researchers focused on Telepathy and Spirit Communication in their quest to prove that some part of us survived after death. Several of these scientists and their counterpart in later years discovered that there was an actual loss of weight ranging from 3 to 9 ounces when the person's Soul/Spirit left the body. This says that the Soul/Spirit not only is Consciousness but occupies space and has weight in this third dimension.

Out Of Body Experiences or OBE

While many of the **Out-Of-Body** experiences reported are from Near-Death-Experiences **OBE's** can also happen any time. As I said earlier I have conscious memories of OBE's almost every night of my entire life as I like to travel in my Light Body.

There are several types of **OBE's**:

1) The **Mental Out-Of-Body** experience is when you take your Mental Consciousness and visit a place, or visit other people, or, you are looking at something. It is like your "**eyes are there**" but you have no sense that you are in any type of body. For many years I used this OBE method to visit people, or travel to distant places.

2) The **Autoscopic OBE** is when you are ***floating above your body*** and you can see your physical body beneath you. In my personal experiences during an **Autoscopic OBE** I could see my physical body on the bed but I could not move a muscle, this phenomena has been reported by Hundreds of Thousands if not Millions of people in the last few decades.

In these OBE's many times the person can verbally repeat what was said by the other people in the operating room and describe in detail what was happening in the operating room. In an OBE experience where you are visiting other people in another city you can verbally repeat what the people

were saying and able to describe what these people were doing during your OBE visit.

3) The **Light Body OBE** is actually traveling in your **Light Body** where you are fully aware that you have some type of body. My first experience was in 1986, and, I could actually see and feel my Light Body as I walked through the walls of my home and floated up through the ceiling into a thunder storm above my home. My first thought was what will happen if I get "stuck" in the middle of a wall. Well I never got stuck in a wall and now I have had thousands of OBE's traveling in my Light Body. I can travel in my Light Body anytime I want to and I have OBE's even without my conscious awareness during the daytime or at night. When I travel in my Light Body sometimes I can feel the wind hitting my face so it is as real as real can get.

4) **Bilocation OBE** is when your physical body is in *two different locations at the same time*. In this experience your Light Body is in a "**solid form**" that is identical in appearance to your physical body, you are visible to everyone around you, and you can speak and be touched by other people. Sai Baba a Spiritual Teacher in India once was in physical form speaking to groups of people in three different cities at the same time.

While Bilocation is very rare I have experienced it several times. While I was sleeping, my Light Body would *manifest a physical body* that could be touched and I was able to talk and do everything that I would normally do. I learned of this ability when several friends called me and told me that I had materialized in their home and stayed and talked with them. While this has happened several times it is not something that I have been able to control or do at will.

Near Death Experience or NDE

The advent of the modern emergency room treatment of people who are brought back from potential death has provided the most consistent data on survival after death in what is called a **Near Death Experiences**. Most people who experience a NDE also have an **Out-Of-Body Experience** as a component of the Near-Death-Experience.

Dr. Ring concludes that the **Out-of-Body Experience** provides empirical information for the possible origin of the concept of "soul." He also endorses the proposition that consciousness (with or without a second body) may function independently from the physical body. Osis, Moody, Haraldsson, Kubler-Ross, Sabom and others insist the empirical facts do exist to accept the concept of a "soul." As Dr. Ring pointedly expressed in his book Life at Death the word "soul" has so many connotations from a religious aspect that he prefers not to use it. Since the word "soul" is predominantly a Western term, others such as Sabom uses the word "**spirit**" which has a somewhat less religious attachment in orthodox religion. I happen to use the words "soul" and "spirit" interchangeably in my writings.

Reincarnation

Wolman's Handbook of Parapsychology defines reincarnation as a form of survival in which the mind, or some aspect of it, is reborn into another body. The idea of Reincarnation is not a new thought and it is firmly established in Buddhism and Hinduism. Even Jesus said that John-the-Baptist was the reincarnation of Elijah thus fulfilling the Old Testament Prophecy about the coming of the Messiah.

For the idea of reincarnation to have significance, or even be considered as a possibility, there needs to be some indication of survival after death in the first place. **Near-Death-Experiences** provides that indication along with the research conducted on **Out-of-Body Experiences** and **Death-Bed-Experiences**.

Incontrovertible evidence for rebirth is a practical impossibility, because it cannot be proven that a person with memories of a previous existence actually was that remembered individual.

The work of **Dr. Ian Stevens** (University of Virginia) research of 2,000 plus children with verifiable Early Childhood Recollections of their Past Lives confirms the concept of reincarnation. Another researcher in India **Hemendra Banerjee** became convinced of reincarnation by observing children's spontaneous emotional recognition of past-life relatives and friends.

Helen Wambach, a noted psychologist, professor and therapist, used hypnosis and regression to collect detailed information about past lives. Dr. Wambach reasoned that no matter how convincing an individual regression might be, it could not produce the most valid proof of reincarnation. She concluded that if she regressed hundreds of people into past lives in specific time frames and places, with all consistently reporting the same obscure details of daily life, this result would indeed be difficult to explain away as fantasy.

Many practitioners have used hypnosis as a therapeutic tool to resolve issues in this life that stem from unresolved issues from a past life time. This process is known as **Past Life Therapy**. Some practitioners are Arnall Bloxham, Loring Williams, Denys Kelsey and Joel Whitton among many others. The work of Joel Whitton, M.D., Ph.D. is unique in that his regressions were to the Life between Earthly lives.

Science and medical researchers are now providing substantial support for the Religious, Spiritual and Esoteric beliefs held for millennia. What has come out of Reincarnation Research is **we don't know if everyone Reincarnates** and the duration between Reincarnations varies greatly from **several years to hundreds of years**.

While the concept of Reincarnation has substantial scientific support from a Spiritual perspective the goal is for each person to **Break the Cycles of Reincarnation so your Spirit can Evolve.**

What Is Our Light Body?

The answer to this questions comes from both science and experiential experience. From the Hermetic Law of Mentalism we know The Universe is Consciousness therefore we are Consciousness. Also, there are **Many Levels of Consciousness** from one's Personality/Mental-Self, to our Higher-Self/Soul, and then there is a **Spectrum-of-Consciousness** (Hundreds of Levels of Higher Consciousness with each one being more Pure than the other) extending from our Higher-Self to Source/God/The All.

Every **Soul/Spirit has a Light Body** whether that person has ***incarnated into a physical body, or, has passed over into the Spirit World,*** or, is in the ***Realm of the Ascended Masters or the Angelic Realm.*** We always have a physical form that we can create and use. Our consciousness can manifest a Light Body and depending on the Level of Divine Consciousness a person has attained this Light Body has different aspects.

1) The Lowest Vibration of this Light Body is ***identical in appearance to one's physical body*** except it is pure energy. While this Light Body can see, hear and speak there are no internal organs, no blood and the Light Body has no need to eat or sleep. Since it is Pure Consciousness it can't get sick or be diseased. If you want to travel in your Light Body your Consciousness leaves your Physical Body and travels in your Light Body to wherever you want to go, as you think of a place you are there instantly. ***Since this version of a Light Body has no solid form it can only be seen clairvoyantly, or in the dreams of the other people that you visit.*** In Theosophy they talk about an etheric body and a silver cord attached between the etheric body and the physical body. I have never seen any type of cord between the Light Body and the Physical Body. Spirit always know where its physical body is, so there no need for any such cord.

2) ***The Higher the Divine Consciousness of a person the Higher The Vibration of their Light Body.*** When we are more Highly Evolved and in a much Higher Consciousness we can do more things with our Light Body. We can manifest any form that we want to have, the basic form of a Light Body is an **Orb-Of-Light**, our Light Body can be an identical form of one's physical body. Since the Light Body is Consciousness it can take on any physical appearance that best suits our purpose for using our Light Body. We can have the body of a woman or a man, even a bird or an animal if that is what we want. Also, our Light Body can have any type of clothing it wants to have. While I don't wear anything when I sleep, I always appear fully dressed in my Light Body. Since many people think that angels have wings then a Highly Evolved Spirit could create a body with wings when visiting these people.

A more Spiritually Evolved Person or Spirit can manifest a Light Body that is **solid to the touch**, it can look like any person or thing that it wants to be. The Light Body radiates colors and the Level of One's Spiritual Evolution determines the brilliance of your colors. Some Light Bodies are so brilliant that it is almost impossible to gaze upon them even in the Spirit World.

3) **The Highly Evolved Person or Spirit** can travel back in time thousands of years or go into the future following the path of the highest probability if everything remained constant. I have traveled back to 48,687 BCE which was my first incarnation in Lemuria and forward in time to 7,000 CE so I know it is possible to do this. With a **"thought"** I can visit a Distant Star or my home the Purple Planet. Consciousness works beyond the Third Dimension Space Time Continuum, so it is not light years between stars and galaxies it is only a **"thought"** away.

The Spirit World for Planet Earth

Let me be clear each Planet, Star, Galaxy and the Universe has a Spirit World so this writing is about the ***Spirit World for Planet Earth***.

The World of Spirit is composed of many Planes or Levels. These are gradations from the more coarse vibration slightly above the frequency of matter to very subtle frequencies. The less evolved a Spirit is in the Spirit World, the more Earthly it is in appearance because the vibrations are more gross. The more evolved a Spirit is in the Spirit World, the finer the vibration. ***The differences in the descriptions about the Spirit World happens because each Spirit can only describe the Spirit World they are living in.***

Here is a description of a Lower Level/Plane of the Spirit World. The light is soft, radiant, brilliant, and beautiful. The atmosphere is more luminous than on Earth, consequently the colors are more brilliant and varied than they are on Earth. There is daylight and twilight but no night. This world has fine houses, noble buildings, delightful countryside, exquisite flowers, and the colors are dazzling, the scenery is magnificent with rivers, lakes, trees, hills and valleys. The Spirit World is where desires are obtained by thought, with a thought we can be wherever we wish to be, and move freely between our own Plane down through the Lower Planes back to Earth. Keep in mind that the Spirit World is consciousness and energy so the buildings are created in consciousness and not built with brick and mortar, so there is no pollution of any type.

When I was a child I remembered in great detail all of the different places that I lived. Out in the country, next to a river, in the forest. When I talked with my mother about living in these places in 1985 she said we never lived in any of the places that I described in such detail. I knew then, that I lived in both the Spirit World and on Earth much of my physical life.

What Happens When Our Body Dies?

This writing assumes that we are guided to the Light when we cross over

into the Spirit World and do not get lost in the astral world of lost and confused souls.

When we die we eventually go to the Highest Plane of Consciousness that we have achieved in this incarnation and other incarnations. **We do not become enlightened just because we die.**

When our physical body dies all that we take with us is our **Personality-Consciousness, our Soul/Spirit Consciousness and our Light Body to the Spirit World**. The Spirit World which some people call Heaven has many Levels of Consciousness or Planes of Consciousness.

A good metaphor for the Spirit World is: It is like a **Tall Sky Scrapper** with hundreds of floors so when we **pass-over** the first thing that happens is we **check-in** at the bottom floor. No pearly gates nor angels singing like what is shown in the movies.

1) All of the **Physical Issues** that our physical body had are gone as our Light Body is free of disease, pain and is fully in tack. If our physical body had a missing limb that limb is not missing in our Light Body.

2) Our **Personality-Consciousness** contains all of the Psychological and Emotional Issue that we had when we passed over. We bring all of our thoughts and beliefs to the Spiritual World. If you are angry when you die you wake up angry in the Spirit World. You are no wiser or smarter here than when you left Earth.

3) Our **Spirit-Consciousness** contains all of our accumulated Wisdom from this and all previous incarnations and one's Life between Incarnations.

4) So the first thing that happens is we receive all the counseling and assistance that our **Personality-Consciousness** needs to be healthy and aligned with our Spirit.

5) Once all of the Psychological and Emotional Issue of the **Personality-Consciousness** that we created in our Earthly Life have been replaced with the Wisdom and Love of our Divine Essence our **Personality-Consciousness merges with our Spirit/Soul Consciousness, and our Personality dissipates.**

6) Our **Life Review** is where our Highest Divine Essence and perhaps several Ascended Master review the Wisdom that we have Mastered in our Earthly Life and determine whether we completed our Purpose for Incarnating. This review will determine what Level of Consciousness we have Mastered. It will also decide if we will need a **"Do Over"** or what we call **Reincarnation**.

The Personality needs to Master certain things in this Earthly Life so it can graduate from this Earthly Life and break the cycles of reincarnation. **While**

there is an abundance of Scientific Proof supporting Reincarnation it does not mean that every soul reincarnates.

7) Now the Soul can move to the **Highest Plane of Consciousness** that it has Mastered. For example if the Spirit has mastered the 4th Plane or Level of Consciousness then it can go to the 4th Plane of the Spirit World. If the Spirit has Mastered the 33rd Plane of Consciousness then it can go to the 33rd Plane of the Spirit World.

We can visit all the Lower Planes in the Spirit World that we have Mastered and we may be allowed to visit the next Higher Plane in the Spirit World that we are learning to Master. Say that you are in the 5th Level and want to visit the 6th Level to get a sense of what they are learning, but you can't visit the 12th Level because that is too far beyond your Level of Knowledge and Understanding. The words **Heaven and Spirit World** are referring to the same place.

When a Soul/Spirit goes to the appropriate Level/Plane of Consciousness it has Mastered in the Spirit World the Soul/Spirit will begin training to Master the next Higher Level of Consciousness and the New Spiritual Qualities that it also needs to learn. So in a way, life on Earth and life in the Spirit World are much like a school. We learn many things in the Spirit World, then, we incarnate to see if we can Apply and Master that Wisdom with all the distractions that are encountered here on Earth.

I sense that the first **Four Levels/Planes of the Spirit World** (which looks much like Earth does and the Light Bodies are identical to one's physical body) are for those Souls/Spirits that have more to Learn and Master before Graduating from Earth. The Soul/Spirit then reincarnates to see if the New Personality we create can apply this New Wisdom in Earthly Life. If it does, when the physical body dies, the Soul/Spirit Graduates and moves on to the next Higher Level/Plane in the Spirit World.

What Happens After Graduation From Earth?

- 1) A Highly Evolved Spirit can Reincarnate to Earth to assist in the Evolution of Humanity. This happens more often than you may think it does.
- 2) A Highly Evolved Spirit may come in as a **Walk-In** manifesting a Physical Body of say a 30 year old and skipping all the issues of the birthing process.
- 3) A Highly Evolved Spirit can take a position in the **Spiritual Hierarchy** of the **Higher Levels/Planes of the Spirit World**. There are many positions assisting the Ascended Masters in their Spiritual Work for Humanity.
- 4) The Highest Level/Planes are for the **Ascended Masters and Angelic Realm of our Star's Spirit World**.
- 5) A Highly Evolved Spirit can also take a position in **another Planet or Star Spirit World if it so chooses. You could become the Spiritual**

Teacher of another Planet or Star System. There are billions of Planets, and Stars in the Universe so there are infinite possibilities for a Soul/Spirit.

6) A Highly Evolved Spirit can also choose the **Second Death** and return home to the Ocean of the All or Source and all identity of the soul is dissolved. It is like a rain drop returning the ocean. The **First Death** is when we our physical body dies and this can happen thousands of times.

A few years ago Keith, one of my students, died and a few days later Keith, in his **Solid Form Light Body**, visited his Mother, his Wife and his Grown Children in their homes to tell them he was fine. Later, Keith's wife asked me to come and speak to the family to help them understand and deal with what they experienced. **If one person can do this it means we all have that potential within us.**

More Thoughts About Spirit Life

The goal of Incarnating on Earth is to Know Who We Are (A Divine Being) and Live our Life in Love and Grace so that we can graduate from Earth School. When we pass over to the Spirit World all that counts is what we learned in this life, not how much money we made, or how much material wealth we accumulated. Did we follow the Golden Rule or not?

Our **Personality-Consciousness is Responsible** for all that we do in this Earthly Life and our **Soul is Accountable for the Actions of our Personality-Consciousness.** Since our Mental-Self has Free Will our Soul can only wait until we mentally invite our Soul/Higher Self to be apart of our Earthly Life. Our Higher-Self does give us suggestions from time to time as to how to live in Love and Joy, Peace and Harmony.

I have communicated with people who have "committed suicide" and while the Catholic Church says that you go to **Hell if you kill yourself that is not true.** The people who commit suicide go to the First Level of the Spirit World or the First Level of Heaven and receive counseling and deal with their Psychological Issues. These souls have described the Spirit World as being beautiful and Heavenly.

The Life Review it is determining what we have Mastered. If we were a really negative person all of our life and then we connected with our True Divine Self all the **past negativity is wiped out** as soon as we decide to take the Path of Love, Compassion and Caring. We may not have friends and relatives that want to forgive us and that is their choice.

What About Really Negative Personalities.

Sometimes the **Personality-Consciousness** is really negative and evil and when this person dies it is handled differently. When I have been involved in these cases I call in the **Archangels** and the **Great Cosmic Being** to remove this **Personality-Consciousness and Soul/Spirit** from the **Earth Plane and the Earth Spirit World.** These Souls are taken to a Spirit World on the other-side of the Universe. In this Spirit World the **Personality-**

Consciousness and Soul/Spirit are not allowed to travel in their Light Bodies. This way the Personality-Consciousness can't create any more problems here on the Earth.

This also happens with **Malevolent Entities** that are not in a physical body. Many times I have been asked to assist in removing Entities that are attacking people in their homes and doing other things that are not nice. The **Personality-Consciousness of these Entities or Lost Souls** needs to be removed from the Earth Plane and the Astral Plane of Earth, so, I call in the Archangels and the Great Cosmic Beings to remove these Entities forcibly and take them where they will not cause problems anymore.

Since even these Malevolent Entities has Spirit within them, at some point in time they will reincarnate but not to Planet Earth. These Souls/Spirits will incarnate on another Planet somewhere in the Universe that is more aligned to their Lower Consciousness. Planet Earth is moving to a much higher vibration and consciousness so these Souls/Spirit would not fit into the new Earth Consciousness that is being created.

Conclusion

It is not the role of Science to prove with **Absolute Certainty** what happens with every Soul/Spirit in this world or the Spirit World.

Science can provide us with an Abundance of Scientific and Anecdotal evidence that Consciousness exists outside of our physical body, and that OBE's and NDE's happen and Reincarnation is highly possible. **It is still up to each person to determine what Truth fits for them based on their experiences and beliefs.**

On my website there is **Spiritual Development 1** and my PH.D. dissertation: **The Art of Healing Past, Present and Future** which provides much more detailed and supporting evidence regarding these subject and other subjects. As I said: **While it is best to be Skeptical we also need to have an Open Mind regarding these things.**

Everyone is a Divine Being regardless how Loving or Cruel one's Personality-Consciousness may be in this lifetime. So, everyone eventually comes back into Divine Consciousness, this may happen in this lifetime or in the next lifetime or many lifetimes in the future. **God is omnipotent meaning God is in everyone so in time the Personality-Consciousness and the Soul/Spirit Consciousness comes to recognize that it is God Divine.**

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah

Moments of Sharing Book 2 with Eleiah 2015-12-15

Volume 1 Number - 013

Jim Peltier, Ph.D. also known as Eleiah (E' lee ah)

Dear Friends,
Blessings of Love and Grace to You,

Spiritual First Aid,

I have been doing Spiritual Healing since 1982 and have dealt with most issues that anyone will ever encounter so I am guided to share a few of the major things that I have learned over these many years.

BOUNDARIES - We need to have strong personal boundaries around us to have control over our personal space. While most people are probably aware of Physical Boundaries, we also have Emotional Boundaries, Mental Boundaries and Spiritual Boundaries. Without strong boundaries other people's energy and other energies can enter into our space so it is important to have **Solid Clear Boundaries**. Strong Boundaries come from a strong positive self image and self-esteem. While you may ask people into your space it is also important to have them leave your space so you know Who and What you are. Also, these boundaries exist in all Planes of Consciences. *The strongest boundaries come when your Highest Spiritual Being is fully present in Your Physical, Emotional, Mental and Spiritual Bodies, from the top of your head to the bottom of your feet.*

Kofutu Formula Healing has Scripts to cleanup Mental and Emotional Issues to strengthen these Personal Boundaries. **Also see Grounding and Protection.**

CORDS - Cords are Emotional or Psychic Energy Connections created consciously or unconsciously between two people, or, a person and an object such as your home, or, an animal such as a cat or dog. This energy connection, in reality, means some other person's energy is in you, and some of your energy is in them. When you are corded you can feel that person's feelings so if your are feeling something that does not fit what is going on in your life most likely you are corded to someone.

Cords can be attached to any part of the body. Also, it takes two people to cord, so anyone that has energy cords from another person wanted to be corded at some Level of Consciousness.

How To Remove Cords?

You can remove the cords by gently pulling them out of you, and sending the cords back to the other person or person's.

It is very important never to cut a cord! Cutting a Cord leaves their energy in you and your energy in the other person.

Always send a cord back in a "**State of Neutrality**." If you send the cords back in a "**State of Love**" the recipient needs to be in a Loving State to receive the cord. Whereas, when the cord is sent back in a "**State of Neutrality**" the recipient can receive the cord in any State of Consciousness they happen to be in. Also, you can follow the cord to the individual with whom you are corded and tell them that you are going to remove the cord. It makes no difference whether you corded them or they corded you. What is important is that you want to remove the cords. If you don't want to release the cords, ask yourself: What are you gaining by keeping the cords?

For those of you who have cut cords then you need to:

- 1) Remove that part of the cord that is in you.
- 2) Heal your Aura where the cord was.
- 3) Then, put your own energy in the place where you removed the cord.

Kofutu Formula Healing has a Script for Psychic and Emotional Detachment which is very useful to dissolve these ties. Kofutu also has Healing Scripts to shift your consciousness so that you are not cording people or allowing people to cord you. Also, there is a Kofutu Aura Healing Script.

For more detailed information on Cording read Spiritual Development 2 on my website.

Energy Vampires – While I have called these people **Energy Zappers** I see some people call them **Energy Vampires** so I will go with that name. There are people who want to live off other people's energies so they "**Suck Energy**" from other people. I have found these people have very little "Life Force Energy" from Grounding so they take energy from other people. Perhaps you have been around someone and experienced the "**life sucked out of you**" and you felt exhausted, irritated, stressed or overwhelmed, that is what I am talking about.

Sometimes a person willingly gives their energy to a loved one who is close to death. I know of people who probably should have died but remain alive living off the energy of their family members. **The key is not giving your life force energy to another person regardless how much you love them, and having Strong Personal Boundaries so People and or Entities can't tap into your Life Force Energy.**

Entities – For 35 years I have been asked to assist in removing Entities that are attacking people in their homes or Entities that are attached or in a Person's Thoughts and Emotions so they are controlling much of that person's thoughts and feelings. The Physical and Emotional Body's of some people is like a rooming house with dozens of Entities or Lost Souls living their. **If your feelings do not feel like yours then they probably are not yours.** Fears that do not make any logical sense to you are probably the fears of an Entity that is living within you. Most Entities seem to come into your space via the Crown Chakra. The **Personality-Consciousness of these Entities or Lost Souls** needs to be removed from the Earth Plane and the Astral Plane of Earth.

In dealing with Entities there are several things to do to stop this from happening.

1) Ask for a "**Gate Keeper**" to keep unwanted Entities and Energy from coming into your space. *This Gate Keeper can be "Your Higher Self," "Your Guardian Angel," or, ask Archangel Michael to assign you a "Gate Keeper."* You can decide which works best for you. **Also Close the Crown Chakra to its minimum Opening if you have a Mental Disorder.** Ninety Five percent of Schizophrenia and Bipolar Disorders are caused by uncontrolled Psychic Abilities. There are Spiritual Abilities that correspond to the Psychic Abilities but operate in the Spiritual Realm verses the Psychic Realm.

2) **Protection:** The best Protection that you can use is the **Blue Ray** so ask for **6 to 12 inches of the Blue Ray** around your Aura in all 6 directions, front and back, right and left, above and below you in every Dimension. You can ask the Universe to do this, or Archangel Michael of the Blue Ray or El Morya Chohan of the First Ray - the Blue Ray.

Also, you can put **6 to 12 inches of the Blue Ray** around your **home or apartment** to keep your home free of Negative Energy and Entities. Visualize or Feel that your home is surround with 6 to 12 inches of **Sky Blue Color** in all 6 directions.

3) **Removing Entities** we want to Remove Entities from the Earth Plane so they do not bother other people.

a) You can call in the **Archangels and the Great Cosmic Beings** to forcibly remove these Entities and take them where they will not cause anymore problems. I use Archangel Michael of the First Ray which is Blue, Archangel Gabriel of the Fourth Ray which is Crystalline in color, and Archangel Zadkiel of the Seventh Ray which is Purple/Violet.

b) You can use the **Purple Ray** or the **Violet Flame** to Transmute the Negative Energy or Entities. When an Entity is in a Positive State of Consciousness the Entities will go into the Light. If not, then call in the Great Cosmic Being to remove them.

c) **Burning Sage or Incense does not work** and does not remove the negative energy or Entity from the Earth Plane. At best you are just sending the negative energy or entity to your next door neighbor.

When removing Entities, remember that if the Psychic Channels are Open new Entities will keep coming in. It is like leaving the doors open at your house so anything can wander into your space. *Also, nothing can come into your space unless some part of your Mental-Self is inviting them in* so there is a Psychological Component that needs to be address and Kofutu Formula Healing is great for this.

3) **Close the Psychic Channels or Abilities** that allow Entities to connect with you, or come to your Physical, Emotional and Mental Space. In Kofutu Formula Healing there are Healing Scripts to Close these Psychic Channels. **If a person is having Mental Health issues I advise against opening the Spiritual Channels.**

Summary:

So if you are having problems with **Entities and Negative Energy** getting into your Mental Thoughts and into your Physical, Emotional and Mental Bodies here are the steps to take:

- 1) Get a Gate Keeper to Keep these Entities out of your Bodies,
- 2) Remove the Entities that are in your Space,
- 3) Close down the Psychic Channels (Close the Doors).

In Kofutu Formula Healing we have Healing Scripts to Close the Psychic Channels/Abilities along with reducing the Opening of the Crown Chakra, Enhancing One's Personal Boundaries, and Removing Negative Energy.

Grounding – There are **Two Types of Grounding** the **First Type of Grounding** is connecting to the **Energy of the Earth** and bringing that Earth Energy into your body. The Heart Chakra of the Earth is its Core so we want to Ground to the Center of the Mother Earth and then bring that Earth Energy up though all the layers of the Earth into the Eighth Chakra beneath your feet, then, up to your Heart Chakra. The Earth Energy is the vital energy that keeps you alive and healthy, some people call it Prana or Chi.

The **Second type of Grounding** is bringing the **Cosmic Energy your Spiritual Energy** down into your Crown Chakra and then down into your Heart Chakra. Now, blend these Two Energies together and then have both energies flow into every part of your Bodies.

This is inviting your **Highest Spiritual Essence** into your Physical Body and the more your Highest Spiritual Essence is within you the stronger your Personal Boundaries are. When your Highest Spiritual Essence is fully present within your Physical, Emotional, Mental and Spiritual Bodies nothing can come into your space and you are unaffected by the thoughts or feelings of other people including Mass Consciousness.

The most important aspect of Grounding is to bring in more and more of your Highest Spiritual Essence into your bodies.

This level of grounding creates a pure Spiritual Connection with all of your Multi-Dimensional Divine Essence including your Physical Body, Emotional Body, Mental Body and the full spectrum of your Higher Spiritual Bodies.

The Grounding Meditation provided on my website is used for creating Spiritual Oneness, and receiving Spiritual Guidance from your Highest Spiritual Essence.

Protection – When a person has fears then that person also needs protection because people and entities use your fears to get into your space. Fear is how we give our power away to another person or thing. When you have transcended fear the concept of needing protection disappears.

The best Protection that you can have is the **Blue Ray** so ask for **6 to 12 inches of the Blue Ray** around your Aura in all 6 directions, front and back, right and left, above and below you in every Dimension. You can ask the Universe to do this, or Archangel Michael of the Blue Ray, or, El Morya Chohan of the First Ray the Blue Ray.

White Light has not worked for hundreds of years so forget about using White Light as protection.

Psychic Abilities verses Spiritual Abilities

A great metaphor is thinking of the Psychic Abilities as an AM Radio Frequency which works in the Mental and Emotional Planes of Consciousness and Energy. Any person or entity has access to this frequency so it potentially opens a person up to the dark forces when using these abilities. The **Psychic Abilities are much like a WIFI Hot Spot** and anyone or any entity can log into our network and get into our space.

The Spiritual Abilities are like an FM Radio Frequency which works in the Spiritual Planes of Consciousness. There are Spiritual Abilities for all the Psychic Abilities and additional Spiritual Abilities that are not available in the Psychic Realm.

In Kofutu Formula Healing Level 7 we have a Script to **"Shut Down one's Psychic Abilities"** so we are not working in the Psychic Realm and entities and other dark forces can't get into our space. The Spiritual Life is strengthen our Spiritual Connections, developing and using one's Spiritual Abilities and Spiritual Gifts for Personal Ascension into Oneness with Source and assisting in the Evolution and Ascension of Humanity.

Kofutu Level 7 also has a Script to **Open and Develop one's Spiritual Abilities and Spiritual Gifts.**

This is the final chapter of Moments of Sharing Book 2.

I will continue to write my quarterly Moments of Sharing. Spirit has always guided me in what to write about so we shall see what Spirit and the Universe has in store for us.

Always remember that you are a Divine Being in a physical body. We have a body but we are not our body. We have emotions but we are not our emotions. We have a beautiful mind but we are not our mind. We are Spirit and Love Divine, that is who we are.

Peace, OM, Shanti, Namaste, Alamanda, Jim Peltier/Eleiah