

MOMENTS OF SHARING BOOK 3 2016 - 2018

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 3

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MOMENTS OF SHARING
BOOK 3
By Eleiah (Jim Peltier)

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

Dear Friends,
Blessings of Love and Grace to You,

Have You Every Heard Someone Say: Everything Is In Divine Order!

Having been involved with **New Thought and New Age Churches and Practitioners** for 30 plus years I have heard many people say: ***That Everything Is In Divine Order*** more times than I can remember. Many times the person saying this also mentions that they are dealing with Stress, Anxiety, Depression, or other Mental and Emotional Issues, so their Life really is not in Divine Order.

In a way, this is a True Statement because everything is governed by the **Laws of the Universe**. The Laws of the Universe apply to everyone, and everything in the Universe. Everything that happens in the Physical Universe and the Non-Physical Universe follows the **Seven Hermetic Laws of the Universe**.

That said, I prefer to say: **That Everything has the Potential to be in Divine Order**. When we are aligned with Our Spirit then we are in Divine Order and have Peace, Love, Harmony, Joy and Bliss in our life.

To me, the term GOD, SPIRIT, SOURCE, ALL and UNIVERSE are all referring to the same thing which is Divine Consciousness.

How The Universe Operates.

Hermes-Thoth or Hermes Trismegistus as the Greeks called him, was the last of the Great Master of Masters and from the Ancient Mystery Schools comes these **Seven Universal Laws**. **These Universal Laws can be used in accordance to Spiritual Law or violate Spiritual Law. The "Golden Rule" is a great example of Spiritual Law.**

These **Seven Universal Laws** apply to all Dimensions and all Planes of Consciousness through out the Universe. They apply to every Star System, every Galaxy, every Planet, every Rock, every person, animal or plant. They apply to all of Creation regardless how big or small it is. **In this writing, I am only giving you a very minimal description of the Laws and how these Laws are applied.**

1) The Law of Mentalism: The Universe is Mental -- held in the Mind of the ALL. ALL is Mind, and the Cosmic Root of everything Created is Infinite Mind. The ALL is SPIRIT, the ALL is SOURCE. The Creator and Creation are the same thing. ***God is the ALL and the ALL is the LAW. Mental Transmutation is the Art of "Changing The Conditions Of The Universe" along the Lines of Matter, Force and Mind.***

Personally, I would use the word **Consciousness** rather than Mentalism since we scientifically know that Consciousness exists with or without a Physical Body. The **Law of Consciousness is the most important of these 7 Hermetic Laws** because we can use our Higher Consciousness to utilize all of the Laws in a way that is beneficial to all of Creation. **We can raise our Consciousness to a Higher Plane of Consciousness - A Higher Vibration of Consciousness.**

2) The Law of Correspondence: As Above, So Below. As Below, So Above. The Microcosm is a replica of the Macrocosm. The Laws of Quantum Physics and Astrophysics are the same. A Law that is Universal, must occur again and again, and it **must apply to all Levels of Existence**. The Macrocosm and the Microcosm are reflections of the other, and are therefore indissolubly linked together. The **Law of Correspondence** infers Different Planes, or States, or Conditions in the Universe. Every Hermetic Universal Law applies to all of these Planes. Sri Aurobindo has written "**You must know the Whole before you can know the Part, and the Highest before you can truly understand the Lowest.**"

3) The Law of Vibration: Nothing rests. Everything vibrates. Everything is in constant movement. The differences in movement is the various manifestations of the Universal Energy and Universal Consciousness due entirely to the Varying Rate and Mode of Vibration. The Universe is in Constant Change. The ALL, in itself, manifests a Constant Vibration with such intensity that it appears to be at rest.

Spirit is at one end of the Pole of Vibration, with gross forms of Matter being the other end of the Pole. Between these poles are an infinite number of Different Rates and Modes of Vibration. For Example: Every thought that we have Vibrates at a Different Frequency and every Feeling Vibrates at a different frequency. We are Spirit and Spirit is Us. **There is an infinite number of Vibrational Consciousness between one's present Mental Consciousness and Being Pure Spirit / Source / All.**

4) The Law of Polarity: Everything is Dual. Everything has Poles. Everything has its pair of opposites. Like and unlike are the same. Opposites are identical in nature, but different in degree. **All Truths are but Half-Truths.** All paradoxes may be reconciled. All manifested things have two sides, two aspects, two poles -- a pair of opposites with infinite degrees between the two extremes. **Spirit and Matter are but two Poles of the same thing, the Intermediate Planes being merely Degrees of Vibration.**

The **Law of Polarity can be applied Vertically** (as in **Spirit and Matter**) **and Horizontally** (as in **for Abortion and against Abortion**). Each thought has a Vibrational Frequency on the Consciousness Scale and a Polarity within that thought. For example: **Abortion and Anti-Abortion are**

the opposite Polarities of the same Vibrational Frequency. The Center Point of a Horizontal Polarity is **Neutrality and Non-Judgment.**

When one's consciousness resides in Polarity Thinking, one tends to make judgments about the Polarity thinking they are in. The Melodramas-Of-Life are created so that we become aware of our Judgments and Polarities. Gradually a person can evolve to the Point-Of-Transcending their need for Judgment, through the **Law of Consciousness, and move beyond Polarity and into Oneness.**

5) The Law of Rhythm: Everything flows Out and In. Everything has its Ups and Downs. All things Rise and Fall. The Pendulum Swing manifests in everything. The measure of the Swing to the Right is the measure of the Swing to the Left. Rhythm compensates. **The Law of Rhythm is closely connected with the Law of Polarity. Rhythm manifests between the Poles created by the Law of Polarity.** The Swing is toward One Pole and then the other. Opposites are cures for opposites. The Universe is in constant motion. It never ceases to be moving. Life is motion. It provides a process of **Becoming Our Divine Being, a State of Oneness with the ALL.**

6) The Law of Cause and Effect: Every Cause has its Effect. Every Effect has its Cause. Everything happens according to Law. Chance is nothing but a name for Law not recognized. There are many Planes of Causation, but nothing escapes the Law. It means nothing can happen without affecting everything else. Everything is interconnected. Therefore, through these interconnections, Every Cause has an Effect of some kind on everything in the Universe. **Every thought that we have affects everything on this Planet and every Star in the Universe.**

7) The Law of Gender: Everything has its Masculine and Feminine Principles. Gender manifests on all Planes of Existence. Gender means to Generate, to Procreate, to Produce. The One Aspect of Gender generates new thoughts, concepts, ideas, and the use of imagination. The Other Aspect of Gender is focused on implanting these new thoughts concepts and ideas. For Creation to take place both the Feminine Principle and Masculine Principle have to take place.

We are Feminine and Masculine Energy. We are Feminine and Masculine Consciousness. The Goal is to be Centered in this Polarity so we are perfectly Balanced with Masculine and Feminine Energy and Masculine and Feminine Consciousness. Also, The Gender of our Physical Body is irrelevant in the application of this Law.

The Center Point of Gender Polarity is where the Masculine and Feminine are in perfect Balance with each other. At the Vibration of the ALL or SOURCE I see Masculine as Gold Flecks and Feminine as Silver Flecks and these Flecks are intermixed as Male and Female are Blended together. At the Mental Level I see Masculine as Gold Color and Feminine as Silver Color. This does

not mean these energies are actually that color. It only means this is how Masculine and Feminine Energies are seen by me.

Jim's Law: It Just Is.

After years of working with the Seven Hermetic Laws I came to the realization of **The Law: It Just Is.**

Most of the time we do "**Create Our Own Reality**" based on how we **Think, Feel and Act.** That said, there are times that things just happen without any Thought or Action on Our Part, perhaps this is the **Law of Rhythm in Action.** We have Ups and Downs just like everything else in the Universe. A person gets an immunization and gets sick from the vaccine. You are doing everything right and yet problems present themselves. So, if you sense there is nothing that you have done now or set in motion in the past then what you are dealing with is: **The Law: It Just Is.**

Other times, the Universe looks down and says: "Oh Jim is there we can use him to be the teacher for this other person" and you are involved in a situation not of your creation.

Many people are looking for a Metaphysical Component of what is going on in their life and sometimes a headache is just a headache nothing more. It is more important to focus on the Solution rather than the Cause. **How do I want my Life to Be? What do I want different in my Life? All stated in positive terms so the Universe knows exactly what you want to create in your life.**

Other Laws Which Are More An Application Of The Universal Laws.

The Law of Attraction: Whatever we focus our Thoughts and Feelings On is what we will attract into our life. This is nothing more than the application of these Universal Laws.

The Law of Karma: When One's Thoughts, Feeling and Actions are contrary to Spiritual Law then we get a "**Do Over**" to see if we respond in accordance to Spiritual Law. **While we can transcend The Law of Karma we are always subject to the Law of Cause and Effect.**

The Law of Invocation: Prayer and Meditation can be an Invocation. The words "**Ask And You Shall Receive**" reflect the use of Invocation. This Law is very important as we need to tell the Universe what we need in our life. Asking for clarity of your Spiritual Purpose so that you can consciously begin to follow it is a form of Invocation. Ask, only for what you really need, not what you want!

The Law of Transcendence: We can only move to a Higher Vibrational or Consciousness Level when we have fully accepted where we are now. Then, we can bring forth New Wisdom to elevate our thoughts and beliefs to a Higher Plane or Vibration. **Also, we need to be at the Center Point of**

our Polarities so we can more easily Ascend to a Higher Plane of Consciousness using the Law of Consciousness.

Every Moment Has The Potential To Be In Divine Order

Which means that in each Moment of our Life we make choices that are either in alignment with Spirit or not aligned with Spirit. When we are aligned with Spirit we are in a **State of Inner Peace, Harmony, Love, Joy and Bliss while responding to whatever Life is giving us in each Moment of our Life.**

Is everything perfect in one's life most likely the answer is **No**. While we always have challenges coming into our life, we deal with them from our Spiritual Heart Center with Inner Peace, Wisdom and Love. This means to be **In-The-Moment** and centered in Peace, Harmony and Wisdom. *If we focus on the Past we can create Depression, if we focus on the Future we can create Anxiety.*

It is also true that we always make the very best decisions in that Moment-In-Time based on what we know at the time, so we never make a mistake. When we look back at some of the things we did in our past we may call it a mistake but that is called "hindsight." We probably needed to have that experience to be prepared for something else in the future. So, every experience is an opportunity to learn and grow in wisdom. **We Don't Know What We Don't Know** so these experience build on our foundation of Knowledge.

Our Emotions and Feelings will tell us if we are in Divine Order or not.

When we are in Divine Order we will be in the **Higher Emotions of Spirit which are Peace, Love, Joy and Bliss** also know that there are many aspects of these 4 emotions such as: Love is Compassion, Caring, Empathy and so on.

As humans we have hundreds of Mental Feelings like anger, guilt, happy, frustrated, sad etc. These Mental Emotions and Feeling are our energetic response attached to what we are thinking and doing. We have a memory and we have the feelings that we attached to that memory. **So to be in Divine Order and Oneness we need to change all of our Memories and Beliefs that are contrary to Spirit's Wisdom so we are Free to be in Divine Oneness with Spirit and the Universe. We do this by using the Law of Consciousness.**

Some Simple Applications of the Universal Laws.

Saying: I AM PEACE, I AM LOVE, I AM GOD

These statements are using the **Law of Consciousness** along with the **Law of Attraction** to move to a Higher Plane of Consciousness, a Higher Vibration of Consciousness.

Saying: Father Mother God Bring unto me Peace, Love, Joy, and Bliss with Wisdom and Understanding.

Saying: 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.

These statements are using the **Law of Invocation** along with the **Law of Consciousness and the Law of Polarity** to bring Our Higher Divine Essence and Consciousness into our Third Dimensional Bodies.

Our Spirit or Divine Essence is a whole and complete Divine Being. It knows how to use the Laws of the Universe in accordance to Spiritual Law and how to become ONE with the ALL. To have our Mental/Ego Self merge with our SPIRIT and ALL.

So, if you are struggling with major or minor issues in your Life you have the power to change things in your life using these Universal Laws. Mental and Emotional Issues are the easiest to change using these Laws by asking for your Highest Divine Essence to assist you in shifting your thoughts and feelings. ***Kofutu Psychological Healing is another way to access our Inner Wisdom.***

Mental and Emotional issues are easy to heal as long as a person is able to be flexible in their thinking and lift them self out of the ridged thoughts, beliefs that they have created to deal with life. Physical issues are more challenging as the physical body may or may not respond to these changes. Also, eventually the physical body dies so it is moving towards that end, which could be many years from now or the next day. Some teachers give a different view such as:

You could stand here sick with ten illnesses today, and tomorrow have no evidence of any of them. Your body has the ability to replenish itself that fast. But most of you do not have the ability to change your thoughts that fast. So the amount of time that it takes between sickness and wellness is only the amount of time that it takes for me to figure out how to let it in — for me to figure out how to feel good, when I'm looking at something that makes me feel bad

---Abraham Excerpted from: Atlanta, GA on November 04, 2000

The Abraham Teachings says that we can heal our physical issues by raising our vibration. This is true, ***"some of the time"*** and ***"not true"*** some of the time. **What is True All of the Time:** Is when a person has merged their Mental-Self with their Spiritual-Self they are at Peace with whatever their physical body wants to do.

We may heal our Physical Body

- 1) By changing how we Think and Feel,
- 2) By using the gifts that Modern Medicine gives us
- 3) By using Alternative Medicines of Ages Past

- 4) By merging One's Mental-Self with Spirit
- 5) By Healing one's Thoughts and Feeling so it does not matter what the Physical Body is doing.

We know that Consciousness continues after the death of the Physical Body so in reality there is no such thing as Death. We do know that a person's consciousness merely moves to a different Plane-Of-Existence.

The Abraham Teaching like many other Teachings and Religions select only a few of the Universal Laws and build their dogma on those statements while ignoring the Other Universal Laws. When you play the game of Life using all of the Universal Laws and following the Spiritual Laws, then, you can attain Freedom – Divine Oneness or Enlightenment.

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,

Illness: It Is All In Your Head!!!

Have you ever been told that by your Medical Doctor, a Relative or a Friend?

Well, in a way this ***probably is a True Statement*** as Whatever we are Feeling and Thinking greatly affects our Physical Health. Modern Science tells us that just thinking about something causes our Brain to release neurotransmitters, (chemical messengers) that allow our Brain to communicate with other parts of our Brain and our Nervous System. Neurotransmitters Control Virtually all of our Body's Functions, from Hormones to Digestion to Feeling Happy, Sad, or Stressed.

A Healthy Mind Is A Prerequisite For A Healthy Body.

Over the years I have concluded that **90% of all Physical Issues have a Psychological Aspect to them.** So keeping a Positive Attitude is very important to our Physical Wellbeing. Some people **Think** they are "**Fine**" when they really are Stressed Out, Depressed and/or Anxious. ***Our Body responds to what is Really Going On, not what we Think Is Going On.***

The **Law of Attraction** is whatever we focus our Thoughts and Feelings on is what we will create in our life. **Also these Thoughts and Feeling can be in our Subconscious Mind therefore outside of our Conscious Awareness.**

Also, it makes no difference if these Thoughts and Feelings are Real or Imaginary they will affect our Body, Mind and Emotions the same way. If you Visualize yourself Skiing your body responds as if you really are Skiing. Visualization has also been called "**Guided Imagery or Mental Rehearsal**" -- no matter the term used, the basic techniques and concepts are the same. Generally speaking, Visualization is the process of creating a Mental Image or Intention of what you want to Happen or Feel in Your Reality. A Simple Statement of Fact is: **Energy Goes Where Attention Flows**

If a person thinks that Oranges will make them sick, guess what: They will be sick. If a person believes that Oranges will provide all of their daily nutritional needs guess what: They are a very healthy person.,

How Do You View Your Medications?

It would be nice if a person never needs to take any Medications whether they are Natural Herbs or Man-Made-Medications. I have taken several prescription drugs for many years to control cholesterol and other conditions with No side effects.

I happen to **See All Things As Spirit** whether they are created in Nature or made by Humans. Everything is Spirit, Everything is Light, Everything is a Gift from Spirit and the Universe.

Also, our Consciousness can **Neutralize The Negative Aspects** of any drugs regardless of their origin. I have a friend that was taking Chemotherapy to treat her cancer and she called it her "**Happy Juice**" and much to the surprise of her doctors she had **Minimal Side Effects from the Chemotherapy.**

The effectiveness of any Medication Herbal or Man-Made can be directly correlated to what you think about the Medication (assuming it is the Proper Medication for you). I feel people should use Applied Kinesiology to test if a Drug or Herb is the right medication for them and the correct dosage. It is our responsibility to really know our body and to listen to our body in what it wants and what it does not want. When I go to a Medical Doctor I am there to get information and then it is for me to decide if the information feels correct or not. **Our body will tell us what it needs and it is for us to learn to communicate clearly with our body.**

While A Therapist Can't Heal You, They Can Be Instrumental In You Healing Yourself.

Therapy is a tool to assist you in **Changing Your Thinking** by bringing Issues into Your Awareness and then **You Reframing Your Thinking** so it is more aligned in Your Truth or Reality. Some people only need Kofutu or some Other Healing Systems to assist them in making these changes. Some people need Therapy to make these same changes. Some people need drugs to assist in this process of change. Also, using too many drugs or too much of any one drug can make things worse. **So, it is finding the right amount**

of a drug so the body can be in a position to heal itself. Also, your body will tell you when it no longer needs any Medications Herbal or Drugs. When has a doctor ever told a patient that he/she does not need to take a prescription any more?

Depression is Your Fears of the Past and how it will affect your future. ***Anxiety is Your Fears of the Future*** and how it will affect your future. Either a person is reliving their past (Depression) or they are living in Advance of what the future might bring (Anxiety). **The Ancient Teachings have taught us to live in the Present Moment, not in the Past, nor in the Future.**

No Magic Bullet.

So there is no Magic Bullet that works for everyone. Each person needs to figure out what works best for them in dealing with Physical Issues or Psychological Issues. If a person only believes in the Western Medicine way, or, only the Herbal way, or, only Prayer, or, other Healing Systems this limiting belief may not be beneficial for that person. **A Hopi Medicine Person once said: there are issues that his way works best and other issues that Western Medicine works best. Learn to be flexible and discover which way or combination of ways works best for your situation.**

Our Spiritual Health Is Only Affected By Our Mental and Emotional Health.

This is a very important Fact and many Spiritual Teachings give the impression that if you are Spiritually Aligned then you will have Great Physical Health. What I have found is sometimes the Physical Body has a **Mind Of Its Own** and regardless what We Think or Do It gets Old and/or Starts to Fall Apart.

Some people will say it is Karma, or Bad Genes, or We Created This Situation and yet the Physical Body is What It Is. When I was age 16 I thought my physical body was great, and now at age 78 I give the Universe a D+ in the design of this physical body. **When our Physical Body is degrading, this is when we are to see Our Physical Condition as an Inconvenience and it is Our Mental and Spiritual Health That is Most Important.**

When we Pass Over we go back **Into Our Light Body** which I give a grade of AA++. I have written about our Light Body in previous writings so I will not elaborate in this sharing.

As with all of my writings I Share What Is My Truth and it is for You to Follow Your Truth. Over the decades what I have seen in my writings is: My Truths Keeps Expanding and Evolving. So, I hope that Your Truths Keeps Expanding and Evolving.

All of Us Are A Divine Being who happens to be in a Physical Body and all of Our Life experiences are to assist us in Remembering Who We Are and to Living Our Life As A Divine Being of Love and Grace.

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,

Mental Emotions Are The Lower Emotions Of The Human Condition.

These **Lower Emotions** are the ***Energetic Response*** to what we are thinking consciously, or, subconsciously in that moment of time. I call these **Mental Emotions because they are created by the Beliefs, Attitudes and Memories each person has.**

Mostly these Mental Emotions are about:

- Things that happened to us.
- What we have lost.
- What we want, **but do not have.**
- How we think and feel when our **desires are fulfilled.**

We can be Mentally Aware of these Mental Emotions or they can be operating deep in our Subconscious Mind. **While there are hundreds of these Mental Emotions here are a few examples:**

Abandoned Anxious Annoyed Content Confident Depressed Superior
Tranquil Unhappy Uptight Vengeful Witty Worried Worthless

The Higher Emotions of Our Spirit are A State-Of-Consciousness, A State-Of-Being these include: **Love, Joy, Peace, Bliss and Harmony.**

The Higher Emotion of "Love" is Pure Unconditional Love what the Greeks call **Agape Love.** The Mental Emotion of "**Love**" is felt when someone or something is meeting the ***"expectations"*** that we have. This kind of **Mental Emotional Love** has many ***expectations, assumptions and conditions attached to this Love*** so this is really "**Conditional Love**" and when these expectations, assumption or conditions are no longer being met, then the ***Mental Love turns into some other Mental Emotion.***

Attachments Limits Are Choices

Mental and Emotions Attachments limits the Choices that a person has. The stronger the Attachment is, the harder it is to make a different Life Choice that will **affect what you are attached to.** A dear friend of mine had her

home up for sale for several months with no offers to buy it. We did an **Emotional Detachment Healing** and the house sold the next day. Once she let go of her Emotional Attachment to her home a buyer could come forward and buy it. Her Attachment Energy was blocking any person from wanting to buy the home.

There are many aspects of how One's Mental and Emotional Attachments limits Our Choices. We are a materialistic society so people tend to get attached to all of the things they have. Some people seem to believe that the **world owes them everything** so they want everything: a home, a boat, a car, an abundance of toys for themselves and their children. When we make an emotional connection with all of these material things there is a feeling that we can't let go of them. While A person may want to mentally downsize their lifestyle the question is: **Are they Emotionally ready to let go of these material things.**

People Are Attached To Their Beliefs, Attitudes and Memories.

Many times **we are stuck in our old ways of thinking** which is just another form of attachment. **While these Mental Attachments are more prevalent than Material Attachments** most of the time they are buried deep in our subconscious mind and outside of our conscious awareness. We want the world around us to change rather than change our-self. **When we are Detached from these old patterns of thinking we can easily make New Choices.** The Mental Mind does not like changes, it likes to make a decision and then apply that decision to every new situation. **Since our World is in constant change, we need to learn to continually make positive changes in our life.**

Here are some examples of what I call Mental Attachments:

- 1) Some People tend to have **Selective Hearing** so they hear only what they want to hear. They have a powerful personality pattern of thinking and everything is viewed from that perception.
- 2) Some People tend to have **Strong Convictions** and are inflexible to seeing or understanding other peoples view points.
- 3) Some People tend to have **Selective Memories** and remember past events in a way that supports their view of them-self and how they see other people.
- 4) Some People tend to **Live in the Past** rather than accept what is **Now** in their Present Moment. **This is living in an illusion of What Was,** rather than **What Is Reality Now.** If I think that at age 70 I can do everything just as well as I could at age 30 that is an illusion.

When We Are Attached To Negative Thinking We Have Excluded Or At Least Limited The Positive Things In Our Life.

Some people are **Attached to the Pain in their Life** or are **Attached to**

their Fears and wonder why nothing will change in their life. The **Law of Attraction** states that Whatever we are focused ON is what we attract to us.

Negative People generally don't like being around Positive People unless they want to change and be more Positive.

Positive People generally don't like to be around Negative People unless they have very strong boundaries and **need to be** with these Negative People.

The More Flexible A Person Is In Their Thinking The Easier It Is For Them To Deal With All The Changes That Life Brings To Them.

The Hermetic Teaching that **Every Truth is but a Half Truth** allows a person to keep building on their Truth so it becomes **more inclusive** in every way. As I grow older I know so much more than before and yet I realize that there also is so much that I don't know. **Every question that you receive an answer to, also brings up more questions that is how your Truth Keeps expanding.** This keeps us humble because we know we don't know everything. The Hindu Religion is the oldest Religion on the Planet and one of the reasons is that as every new Religious Teaching came along in India it was incorporated into the Hindu Religion (This is flexibility).

The Road-Of-Life Is Not A Straight Line, It Has Many Curves And Many Forks In The Road.

As we go down our **Road-Of-Life** we will come to a fork in the road and we can go to the **"right"** or to the **"left"** and that decision is ours to make. While there is **No Right or Wrong Direction** each direction sets in motion a different Set-Of-Life Experiences. Do I marry this person, or, not? Do I take this new job, or, not. Do I go to the grocery store today, or, not. We all have many Choices to Make **everyday of our life**, most of these choices are small choices without much affect on our daily life, and other choices are very big choices and create significant changes in our life.

These are the daily decisions in life that we make. Each decision has different outcomes. There is no "Right" or "Wrong" choice as all choices are Neutral. While people can add the distinction of one choice as being "Right" or "Wrong" to the Universe and Spirit everything is Neutral. **The Beliefs and Attitudes that we are Attached To creates this idea of What is "Right" or "Wrong."**

While our Mental Mind wants everything to be consistent so it can **Run-On-Autopilot** the reality is nothing is ever the same. **Every Moment of our Life is an entirely New Moment that will never be the Repeated,** so we need to be Mentally Flexible and in the **"Present Moment"** so we can Make New Decisions in that Moment that best suits **How We Want Our Life To Be.**

To Be In The "Present Moment" We Need To Be Free Of Attachments

If we are thinking of the **Past, or, the Future we are not in the Present Moment**. If our **Beliefs and Attitudes** are to the **"Far Right"** or the **"Far Left"** we can't be in **Neutrality** and that makes it more difficult to make New Choices. The Law of Polarity says the Opposite Extremes of Beliefs are created in Judgment. It is only in the **Center Point of a Thought or Belief** that you can be in **Neutrality and Free of Judgment**. Think of Anger, then, think of Joy and halfway between is Neutrality.

What is Freedom?

While there are many aspect of Freedom, to me the one that is most important is **Spiritual Freedom**. In Hinduism and Jainism this Freedom is called **Moksha or Liberation**. The term **Moksha** literally means **Freedom** from **Samsara** or the **Cycles-of-Rebirth**. We are to attain the Highest Level Of Consciousness possible that moves us beyond Karma into Grace. A person does not need to be Religious or even Spiritual to attain Liberation. **If a person "Lives" the "Golden Rule" in Thought and Action they will Break the Cycle-Of-Reincarnation and be Free**. If a person follows a Religious Tradition and yet continually **violates the Golden Rule** they will not have the afterlife they think they are going to have.

Mental, Emotional And Even Spiritual Freedom Are Restricted By Our Attachments.

The ancient teaching of Yoga and Hinduism tell us that: **Whatever we are Attached-to-Limits our Choices in Life**. The teachings of Yoga and Hinduism is a Life of Detachment.

We are living in a material world so **people get Attached to all the Material Things of this World**. Their happiness is bound to those things that they feel will bring them happiness or joy. If I have a new car then I will be happy. If I have a loving relationship with a woman or man, then I will be Loved and Happy.

If We Are Looking Outside Of Our-Self To Be Loved And Happy It Will Be Elusive And We Will Not Obtain Permanent Happiness And Joy.

People have many thoughts about what will make them happy. If I find my Soul Mate, or, my Twin Flame then I will be happy! What happens when you meet this person and their Personality is less than what you expected, or, not the same as their Spiritual Essence?

I once worked with a woman that could see and feel the Divine Essence of a person (She saw the Christ within the person) and then when she engaged their personality it confused her because **their Personality** was so different than their **Divine Essence**.

Detachment Means That We Have No Expectation, No Assumptions In Life

Some Eastern Teaching say to **"renounce"** the material life, that is not my philosophy. I feel that we can do our very best to be in the **"Present**

Moment" so we can change what we think about our-self or other people. Then, Our Attitudes and Beliefs are more Flexible and we can expand in Truth and Clarity.

We have "**Material Things**" because we live in a "**Material World,**" the challenge is to be as **Detached as we can from our material things** so we are Free to easily Make New Choice in our Daily Life. We can be Happy with or without our Material Things, while this is may not happen completely the closer we are to this State of Mind the easier life will be.

The challenge a person has is how to **Engage in Life and yet be Detached** from the Mental Emotions so we can Live Free. When we are feeling a Mental Emotion we then have access to the Belief, Memory or Attitude that is attached to that Mental Emotion. In that moment we can **Reframe our Thinking** by Letting Go and Creating a New Thought or Self Talk that is more aligned with our Divine Essence. **Our Inner Voice is Our Divine Essence and knows how we are to be following the Golden Rule.**

We All Have Challenges In Life

Everyday life presents many challenges on our Road-Of-Life. Some of these challenges are minor ones such as: Do I Go Shopping for Groceries or Do I stay home and do work around the home. These are the daily decisions in life that we make. Each decision has different outcomes. There is no Right or Wrong choice as all choices are Neutral. While people can add the distinction of one choice as being Right or Wrong to the Universe everything is Neutral. **The Beliefs and Attitudes that we are Attached To creates this idea of What is Right or Wrong.**

The **Road-Of-Life** will always present challenges regardless if a person is Enlightened or not. The Enlightened person see's these challenges as the Rhythm of The Universe. These Challenges can create "**Spiritual Character**" or a Not-So-Nice Person that is our choice.

The **Confused Mental-Mind** sees and feels **Separation From Spirit** which is a **Self-Created Illusion** that is perpetuated by many Religions. **So Life is Letting Go of all Our Attachments** to all of our Mental Beliefs and **Be Our Divine Spiritual Self.**

Our True Inner Essence is Pure Love, Joy, Peace and Bliss that is Our True Self. When our Mental Mind is in alignment with Our True Divine Self we are in a State of Oneness.

We are Pure Divine Love.

We are Pure Divine Joy.

We are Pure Divine Peace.

We are Pure Divine Bliss.

We are Already All of the Divine Qualities so all we need to do is REMEMBER and BE our TRUE DIVINE SELF.

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

Moments of Sharing Book 3 with Eleiah 2016-12-15

Volume 1 Number - 004

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

Dear Friends,
Blessings of Love and Grace to You,

What Is Oneness?

The **Oneness University** definition is: Oneness is a force in consciousness that transcends all religions, all cultures, class based and national barriers, thus unifying people in the experience of one divinity, one humanity, one suffering, one love and one consciousness.

<http://onenessuniversity.org/oneness>

The **Deepak Chopra Center** says: Imagine that you're the whole universe; you live in total joy and bliss. Imagine there is no past or future, only now. Imagine there is no space or time, just an unbounded eternity. Imagine endless peace, harmony, and unconditional love. Imagine no fear and equality in all things. This is Oneness. <http://www.chopra.com/article/what-oneness>

I call these two definitions **Esoteric Oneness** and I totally agree with these definitions of **Oneness**. Also, I am certain many other spiritual teachers and religions have their own definition of what Oneness means, so it is important for me to share what **Oneness** means to me.

What Is A State-Of-Oneness?

I use the word "**Oneness**" many times in my writings and I have a much simpler definition of being in a **State-Of-Oneness** than these elegant and true statements.

To me, A **State-Of-Oneness** begins within our Conscious and Subconscious Mind. Our Mental-Self which is also called our Ego-Self has many aspect or parts. We can also call it our Personality and the many aspect of our personality. We have all experienced these separate aspects of our personality. For example: One aspect of our Mental-Self wants to invite all the family members to a Christmas Dinner, and, another aspects of our Mental-Self does not want to invite the family members because it knows their would be tensions between the family members that do not get along with each other. This is called a "double bind situation.

Another example is: One part of your Mental-Self wants to go on a vacation and another part of your Mental-Self wants to save money and stay at home. I have these thoughts at times as I am retired and live on Social Security and while I would love to travel, I also love to be at home and save the money for my needs 20 years from now.

So the **First Phase Of Oneness** is getting all the "parts" or "aspects" of our Mental-Self (Personality) on the same page working together rather than having different agendas. With Love and Respect we can merge all these

different aspects of our Personality into One Consciousness. ***So that All Aspects of our Personality or Mental-Self are One Clear Voice and One Action guiding us in our daily life.*** Kofutu Healing and Spiritual Development provides Healing Scripts to heal these internal conflicts that a person may have. So, find a System or Technique that works best for you to achieve this **Inner Harmony**.

The **Second Phase Of Oneness** is Merging our Mental-Self with our Soul or Higher Self. While some Spiritual Teachings call this "Surrender," I prefer to call it "**Merging**" because the Mental-Self or Ego-Self sees the value in being in Harmony with their Higher-Self and all of its Wisdom and Love. ***All Aspects of our Mental-Self and our Higher-Self are One Clear Voice and One Action guiding us in our daily life.*** While Meditation is commonly used to achieve this State of Oneness, Kofutu Healing and Spiritual Development also provides Healing Scripts to Restore this State of Oneness. So, find a System or Technique that works best for you to achieve this **Level-Of-Oneness** in your Life.

The **Third Phase Of Oneness** is when One's Mental-Self and Higher-Self are no longer separate they are **One Essence, in a State-Of-Oneness**. Life is so much easier in this State-Of-Oneness. I use the business model to define this relationship, so our Higher-Self is the CEO and every aspect of Who We Are is working for the same outcome in our daily life. Kofutu Healing and Spiritual Development Level 7 provides Healing Scripts to Activate and Develop all the Spiritual Channels and Spiritual Gift/Talents so you Remember and Know that you are a Divine Being. So, find a System or Technique that works best for you to achieve this **Higher-Level-Of-Oneness** in your Life.

The **Fourth Phase Of Oneness** is when Your Higher-Self begins to expand in Consciousness to the Higher Levels of Divine Oneness. I use the term "**Your-Highest-Spiritual-Being**" to acknowledge this concept of a ***Spectrum-Of-Consciousness*** from Our Higher-Self to Source/Godhead. We keep integrating the ***Next Higher-Level-Of-Divine-Oneness*** into our Physical and Emotional Bodies and our Mental and Spiritual Mind. This is an ongoing process as there are perhaps Thousands of Levels-Of-Divine Consciousness. When you achieve or are well on your way to **Mastering this Level-Of-Oneness** you are **Pure Divine Love and Pure Divine Wisdom** and have access to all the Wisdom that you need to complete your purpose in this Incarnation.

Every person has within them all that is necessary for their Soul/Higher-Self to complete its purpose for incarnating. The Path to our Wisdom is going inside of Ones-Self -- **The Inward Path** into our Spiritual Heart Center and merging with our Highest-Spiritual-Being. So, the most effective Meditation techniques are those techniques that bring you into your Spiritual Heart Center. I have created many of these types of Meditations that assist you to access your Spiritual Heart of Love and Wisdom

<http://www.eleiah.freeservers.com/Meditations.html> .

Will You Experience All Of The Things Described In Esoteric ONENESS?

I believe that each person will experience Oneness in their own unique way. I know some Mystic Saints of India that can feel every emotion that people have. Some could feel the Divine Essence of Nature and could affect Nature.

I feel that we are to be in a **State-Of-Oneness** and still be living our daily lives, raising children, working, connecting with children and grandchildren, enjoying life and interacting with other people all the while **Being In A State-Of-Divine-Oneness** as I described in Phase 4.

When I AM looking at the Mountains **I AM in ONENESS** with the Mountains. When I AM in the Forrest **I AM in ONENESS** with the Forrest. When I AM next to a Lake **I AM in ONENESS** with the Lake. **Mentally and Spiritually I can be in ONENESS with anything in that Moment.** That said, I also need to be focused on driving my car to the store in that Moment not being in ONENESS with the Mountains. I need to be focused on paying my bills on time and balance my check book. I can do these daily tasks while being in a State-Of-Divine ONENESS with my Highest Spiritual Being. In fact, I can do these daily tasks better and more efficiently when **My-Highest-Spiritual-Being** is guiding me.

Life is following your **"Own Inner Truth"** while being respectful of the other people around you. You have your "take" on Spirituality, so, allow other people to have their views on Spirituality. Live in the Truth of your Beingness and **"Walk"** your talk.

Take care of yourself and be in control of your situation. I always take my own car to visit someone in case I feel the need to leave in any given moment. Once, I was sitting in the front row at Sunday Service and I knew that I was supposed to be at home. My first thought was: What will people think and that thought was gone in a flash. So, I got up and walked out of the Church 10 minutes into the Service. When I got home someone called that had a crises and needed my counseling and healing.

I was not in Oneness with the Person that called or their Issue. I did not know that I would receive a telephone call. I did **"Know"** in my Practical Oneness that I was at the wrong place. I was in the **"Moment"** and In A State-Of-Oneness with My-Divine-Being, with Spirit and the Universe.

Esoteric Oneness is wonderful and I fully agree with what it is. I also believe in **Practical Oneness** which everyone can achieve. I sense that Practical Oneness is much easier to achieve and apply and much easier to know if your are in "Oneness" or not. Perhaps **Esoteric Oneness** and **Practical Oneness** only means that we are in Esoteric Oneness and our waking consciousness is aware of our **Practical Oneness** so we can function in our daily life!!!

Jesus said: Ask and You Shall Receive!

So here are two of my Active Meditation Statements that I began saying everyday since 1985. I happen to lay down on my couch and say these words. Then, I allow Spirit to flow into me for the next 5-10 minutes or longer if needed.

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.

When you come to the **Spiritual Heart**, you find yourself in the **Center-Of-All Beingness**. In that Moment your are Divine Love, you are Divine Peace and Harmony, you are Divine Wisdom. You are in **Oneness** in your own unique way. ***True Love is Living and Experiencing Life from Your Spiritual Heart.***

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

Moments of Sharing Book 3 with Eleiah 2017-03-15

Volume 1 Number - 005

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

Dear Friends,
Blessings of Love and Grace to You,

Religious or Spiritual?

A Great Spiritual Teacher once said: It is easier for a Spiritual person to be Religious, than a Religious person to be Spiritual. Can a person step out of Religion and Follow their Personal Path of Spirituality?

Islam the Religion of Muslims

In these trying times I am guided to share information about Islam and the Prophet Muhammad (born in Mecca 570 AD and died 632 AD) that I researched as part of my studies of Comparative Religions for my Doctorate Degree.

Muhammad was a very spiritual person who wanted to unite the warring tribes of the desert. While Muhammad respected Jesus as a great prophet he felt a closer bond with **"Mother Mary" the Mother of "Jesus the Christ."** Muhammad's spiritual journey began about age 40 while meditating in a **cave** in **The Mountain of Light** near Mecca, where he experienced the

presence of "**Archangel Gabriel**" who over a period of time gave Muhammad the "**Quran**" **Teachings**. The Muslim religion is a fabric of human, social, economic, and political factors, along with religious and theological teachings. Islam is a **Way-Of-Life** in creating a relationship with God, creating a family, creating a community and creating a country.

To unite the desert tribes Muhammad gave each tribal person the choice to convert to Islam or die. While this may sound harsh in today's world it was effective in those times. However, if a person followed the teachings of the **Sacred Books** (Jews the TORAH and Christians the Bible) these people were allowed to continue their Religious Traditions. **Christians and Jews were not considered infidels by Muhammad or other Muslims of this time.**

In these early years Muslims would **face Jerusalem** for prayer as Muhammad considered many Christian Holy sites as Holy sites for Muslims as well. Later on, Muslims would face Mecca for prayer as Mecca was the birthplace of Muhammad and the Religion Islam which he founded.

Religions Are Created And Then Modified By People.

Religion is a manifestation of people and institutions so they change over time as different Religious Leaders define what the tenants of that Religion are. So Islam has different Sects and teachings as does Christianity and other Religious traditions. The Original Teachings are shaped by these new Religious Leaders. When I was attending Catholic Grade School I wondered why the Catholic Church needed to create a bunch of Church Laws when they already had the teaching of Jesus. The priest and nuns could not answer my questions so I went on my Personal Path of Spirituality. **I have found it is much easier to be Spiritual outside of Religion.**

Most of the Major Religions have an **Esoteric Teaching** that steps beyond what the traditional Religious teachings provide. Perhaps that is because it is challenging to be Truly Spiritual within a Religious setting. Each of us is a Divine Spiritual Being and we all need to go within to remember and become the Divine Spiritual Being that already is within us.

Spirituality is Unique

Be careful not to inflict what you identify as your **Spirituality** on other people. Live in Simplicity. Live in the Truth of your own Beingness, and let your Actions Speak for you. The Spiritual Master walks his or her Path and in that way they become teachers of other people.

Religion's tend to tell everyone How their Religious Life must be and even some Spiritual People may tend to do the same thing. **Spirituality is an individual experience and while many aspects may be similar to what others experience as their Truth there rarely is an identical Spiritual Path or Spiritual Truths.**

I share my Spiritual Truths only to stimulate each reader to "**Explore**" their **Inner Spiritual Truths**. Only by challenging what we were taught as Truth

do we Remember our Spiritual Truth. This is Key, because the **"Inward Spiritual Path"** is to Remember Who You Are and the Wisdom and Truths that are the foundation of Who You Are. **We are A Divine Being who happens to be in a Physical Body at this time and place.**

The Message Of The Ages Never Changes

The Ancient Spiritual writings have always told us that God's Love is manifest here and now within every one, and, as God in manifestation, we are responsible for what we create.

Generally I choose not to use the word **"God"** as I feel that ***People and Religions have created God in the image of a Human.*** People give God the same emotions that people have: Like God needs to punish and to Judge our Actions of what we do, or, do not do. The perception of One Divine Being overseeing Creation seems to comfort people. People tend to give God all the attribute of being Human and then ask: Why did God allow my son to die? Why doesn't God stop all of these wars?

The Universe is All of the Stars, All of the Galaxies, All of Creation including everything and everyone on Earth and All the Other Planet. Everything that is created in the Universe follows the Spiritual Laws of the Universe. These Laws are impersonal and nothing happens outside of these Laws. God does not set anything in motion nor does God do anything to anyone. We are the creators of Our World and what happens in Our World happens according to these Laws.

God is the **ALL** and the **ALL is LAW** and the **LAW includes the Seven Cosmic Principles.** The most profound of which is: The Law of Mentalism (The Law of Consciousness) and there are other Laws such as the Law of Attraction and the Law of Grace and everything happens within the boundaries of these Laws. These Laws function even if we do not know they exist or how they function. So it is best to learn about these Laws and to use these Laws in a way that honors your Spiritual Essence and your concept of God, SPIRIT, the ALL, SOURCE or whatever words feels right to you to use.

Spiritual Love Is Unconditional

"I do love you and will love you no matter what." In this form of loving, there is fulfillment because there is no hidden agenda, just 100 percent positive expression. **It is complete in itself because it is not dependent on the actions of the other person.**

When you awaken to your own **Christ Consciousness,** to your own **Soul Consciousness,** you will love freely, you will live freely, you will love from the loving heart. You will be Living Love.

Part of our job is to create the most perfect environment for Our-Self and for Others when they come into our presence. I would say this is nothing more than saying: To Live the Golden Rule.

We are a Divine Being who happens to be here in a physical body and all of the Wisdom of our Soul and Spirit resides in our Heart Center. So when we take our Mental-Self into our Spiritual Heart Center we begin to Remember that We are Divine Love. We are Divine Joy. We are Divine Wisdom.

This is who every person here on Earth is. While their personality may not be Enlightened, **the Potential of Enlightenment Resides Within Every Person.** This Divine Being may come forth today, next year or their next incarnation. Since Spirit is within everyone, at some point in time, every person becomes Spirit Incarnate.

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

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Volume 1 Number - 006

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

Dear Friends,
Blessings of Love and Grace to You,

We Are All Divine Being's

Our Human Consciousness is **Multidimensional** so we exist in this Physical World (our Earthly Life) and the Non-Physical World (everything beyond this Earthly World). Our Physical World is only a small part of Who We Are. Therefore, do not identify yourself exclusively as your Physical Body, your Emotions or your Thoughts.

This Physical World (Earthly Life) is a place where we Learn and Remember Who We Are. Our Emotions and Mental Thinking guide us in Remembering Our True Divine-Self. Mental and Emotional Pain tells us when we are not Spiritually Aligned with our Divine Essence. So, our Emotions tell us when our Thinking and Actions are in Spiritual Alignment and when our Thinking and Actions are not aligned with our Spirit/Higher-Self.

Peace, Love, Joy, Harmony and Bliss are the Emotions of Our Divine-Essence, our Higher-Self and when we are in Emotional and Mental Alignment this is what we feel in every moment of our life. So, our Emotions are the tools we use to be our Divine-Essence. Emotions and Feelings are the Internal Response to our Thinking and Actions so when in **"pain"** change your Thinking and Actions until you are in **Peace and Joy**. Your Higher-Self and Inner Wisdom will guide you in what you need to change. **When we are in Divine Alignment with our Higher-Self you will know how to Act, how to Think, and, you will Feel the Love and Peace within you.**

It's important to keep our **"Consciousness"** Balanced and fulfilled Physically, Emotionally, Mentally, and Spiritually. We can't ignore our physical body; we must take care of it and do those things that are necessary for good health and balance.

Dis-Identification is accepting our Physical Self and acknowledging that we are more than that.

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 not my intellect.

Statements Used To Acknowledge Your True Self

- I AM a Center of Pure Consciousness
- I AM Spirit
- I AM God Essence
- I AM Divine Love
- I AM Divine Peace and Harmony
- I AM Divine Bliss

"I AM" refers to **Our Divine Higher-Self** whereas **"I am"** refers to our Ego/Mental Self.

Using these "Affirmations" Acknowledges Our True Divine-Self and is a way to speak to Our Divine-Self. ***You can create your own I AM statements for personal issues that you want to change within you.***

We are to learn to Communicate with Our Higher-Self. When you ask: **Is it in Your Highest and Best Spiritual Interest** to do something ,you, are asking your Higher-Self to give you an answer. So, listen to your answers from your Higher-Self. Also, it is not uncommon for our Mental-Self wanting to do something, and, our Higher Self says "No" to doing that. ***The Voice of your Higher-Self is your Inner Voice and your gut feeling about doing something, or, not doing something.***

Spirituality is Unique

Be careful not to inflict what you identify as your Spirituality on other people. Live in the Truth of your own Divine Beingness, and let your Actions Speak for you. Most people find that their **Spirituality is a Living and Breathing Consciousness that keeps evolving over time.** Since Spirituality is constantly evolving it is unique to each person much like no two Snowflakes are the same. A Master teaches by their actions, so allow Your Inner Master to be a teacher by your actions.

Religion's tend to tell everyone How their Religious Life must be and even many Spiritual People tend to do the same thing. Spirituality is an individual experience and while many aspects may be similar to what other people experience as their Truth, rarely are there identical Spiritual Path or Spiritual Truths. I share my Spiritual Truths only to stimulate each reader to explore their Inner Spiritual Truths. Only by challenging what we were taught as Truth do we Remember our Spiritual Truth.

This is Key because the **Inward Spiritual Path** is to Remember Who You Are and the Wisdom and Truths that are the foundation of Who You Are. A Divine Being who happens to be in a Physical Body at this time and place.

The Message Of The Ages Never Changes

Since the writings from ancient times the Message has always been that God's Love is manifesting here and now, within everyone and as **God-in-Manifestation**, we are responsible for what we create.

Generally I choose not to use the word "**God**" as I feel that People and Religions have created God in the image-of-humankind. People tend to give "God" all the attribute of being Human. So we often hear: Why did God allow my son to die? Why doesn't God stop all of these wars?

The Physical and Mental Universe

The **Physical Universe** meaning all the Star Systems, Galaxies and the creation of everything and everyone on Earth and on all the other planet are created following the Spiritual Laws of the Universe. These Laws are impersonal and nothing happens outside of these Laws. God does not set anything in motion, or, do anything to anyone. **We are the creators of our world and what happens in our world and in our personal life.**

There also is a **Mental Universe called the Non-Physical Universe**. Some Physicist say that this Physical Universe was once the size of a tennis ball. Then, the Big Bang set in motion what we now have. **Perhaps it was the Mental Universe (Consciousness) that created the Big Bang.**

There is a Theory in Physics that postulates that after our Universe finishes Expanding it will eventually contract back to the size of a tennis ball. I find this interesting as once in Meditation I was told that this is the third Incarnation of our Planet Earth. **So how many Big Bangs have we had?**

The Mental Universe

The most profound of the Laws of the Universe is the **Law of Mentalism (the Law of Consciousness)**. The **Law of Consciousness** states that everything is Consciousness so everything in our Physical Universe and everything in the Mental Universe is Pure Consciousness. **First there is Consciousness, then, there is Energy Created from Consciousness.**

Each person is in **Total Control of His or Her Consciousness** and we are the creators of what goes on in our life. ***If you don't like what you are creating then change what you are focused on and focus on creating what you do want in life.***

Using the **Law of Mentalism** is how we become aligned and eventually be in **Oneness With Our Divine Essence**. We all make decisions every day, some are good for us, and, some are not so good. ***That is how we learn.*** If we try to be perfect we will generally fail and make "**our-self**" very miserable trying to be perfect. We do the best we can to "**strive**" towards perfection, that is

the best that we can do. So we are to learn from our past decisions and experiences to Create More Inner Peace and more Divine Love within us.

So, we must be willing to Live Life as it comes: Not living in the good as it comes or in the bad as it comes, but Living Life as it comes. We must learn to expand with it regardless, instead of contracting and rejecting the changes in our lives.

Live your Divinity by doing what is right for you. If it turns out to be a mistake, you will learn from it, and become stronger and more perceptive, as you continue on with your life. Part of our Spiritual Path involves our Divine Mind, which is a window into our Wisdom and Truth. So, use your Divine Mind to see your direction clearly so that you don't go blindly into things.

Primarily, our attitude is the key to whether our expression is positive and creative, or negative and contracting. As long as we direct our attention into clear perception of our experiences without making negative interpretations, we will walk through our life in freedom. **So, creating a Positive Attitude is a key factor in creating Peace and Harmony in One's Life.**

We are the Creator of our World so we can create Chaos or Harmony, Anger or Peace, Pain and Suffering or Joy and Love. Take responsibility for all that is created in your life and then you have the power to make changes. When we blame other people for our situation we have given away our power to make changes.

Every Issue We Have Is With Our Mental Universe.

When you have issues with other people you are not aligned with your Spiritual Being and the Laws of the Universe. Sometimes we get so caught up in the Drama of Relationships with other people we forget this important statement. **Every issue we have is with the Mental Universe not with other people.**

This means you can change your perceptions and feeling so you are back in Harmony With The Universe and Become One with Your Higher-Self. Now you have resolved the issues that you have. Yes that Earthly Relationship may or may not change but that is up to the other person. Some Spiritual Teachers say that you need to resolve those issues with your Group Souls or the personality of those people. I consider this an error in understanding how the Universe works. **So, be in Harmony with the Universe and everything within you will shift into the Peace and Harmony of the Divine.**

Anyone who is residing in the Power of Love is never destroyed, never separated, always free, always up, always growing. So be the Divine Love that is a part of your True Divine-Self.

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

Moments of Sharing Book 3 with Eleiah 2017-09-15

Volume 1 Number - 007

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

Dear Friends,
Blessings of Love and Grace to You,

"Love and Light" What Does This Mean?

For many years I signed my emails with "**Love and Light**" *Jim* and this past year I began to wonder what did this really mean?

What Is Love?

I knew what the word "**Love**" means to me so using the word "**Love**" in this statement was easy. **Love is a State of Higher Spiritual Consciousness.** While we generally talk about **Divine Love** as "**Unconditional Love**" it is really much more than that. **Divine Love** is the "**Pink Ray**" the **Third Ray of Divine Consciousness.** And, within the Pink Ray there are many different shades of Pink and each shade is a slightly different **Vibrational Frequency** and each **Shade of Pink is a Unique Quality of Divine Love.**

I think there are many more aspects of **Divine Love** than we humans attribute to the word Love. The Human Emotion of "Love" generally is not even Love since most of the time that Love is filled with expectations, assumptions and conditions in order for that Emotional Love to continue to exist. I would guess that the Love that a Mother has for her "**new born child**" is the closest human emotion to Divine Love.

When you go to a paint store to select the color "**Pink**" you are given many different shades of Pink to choose from. The same with **Divine Love** and each shade of the **Pink Ray** has unique qualities such as: **Empathy, Compassion, Nurturing, Caring, Kindness, Respect, Acceptance, Selflessness, Trust, Sacredness, Divine Love and Divine Grace to name a few.**

Nothing stands outside of your Spiritual Loving. You love your mistakes along with your successes. You love the down times as much as the up times. In other words, **You Love Yourself.** Love your Karma as it is your opportunity to learn and to gain wisdom. By loving even your negative creations, you can shift that energy and release Karma.

True **Divine Love** also allows a person to be however they are. It is the "**allowance**" of a person to be as they choose to be. Since most of us are not fully Enlightened and in a State-of-Oneness with God/Source we do the very best we can with other people and how they act.

If we can be in **Neutrality** and in a "**Center of Peace and Harmony**" we can tell a person that "**I Love You**" but I do not appreciate your behavior. We Love the Person, but, not the behavior that is being exhibited.

With some people we can **Love their Spirit, but not their Personality**. So a person in Divine Love never goes into anger or hate or rage. We remain in **Peace and Harmony** as we confront and deal with *non-lovable people*.

Remember that each person's Soul or Higher Self is a Aspect of God/Spirit /Source (The name is irrelevant). That is the Divine Essence of Spirit within them and eventually every person remembers that they are Spirit Divine. While that remembrance may not happen in this lifetime, eventually in some lifetime a person's Mental Mind does Remember Who It Is.

What Is Light?

To me "Light" is the Higher Spiritual Consciousness that radiates out from a Person, an Angel, the Ascended Masters, the Great Cosmic Beings and the ALL/GOD/SOURCE.

In many spiritual books we find terms like **"Enlightened"** or **"Illuminated"** that is referring to the *Illuminating Light* radiating out from a person's Higher Spiritual Consciousness.

The Light is Love, Peace and Harmony with all Creation, with all people and all things. One's Ego Darkness can not exist in the Spiritual Light. If a room is dark and you turn a light ON all the Darkness disappears. Black or Darkness is the absence of Light.

Many situations in our lives presents a challenge and an opportunity to choose to be in the Light. **Choose to Love more this day. Choose to Be The Brightest Light you can be.**

We need the Spiritual Light. The world needs the Spiritual Light and each of us can be more conscious with bringing forward the Light of Our Divine Essence into our Mental Thoughts and Emotions. **Ask to live each moment in the Consciousness of the Light and to be the Light.**

How Do I Get Enlightenment?

You start **"walking" and "talking"** as an **Enlightened Being**. Think as a Light Being, Feel as a Light Being, and, Act as a Light Being and very soon you will be a Light Being bathed in the Love and Grace of Spiritual Light. Actually we are all **"Light Beings"** but our Ego-Self may not identify with our True Divine Essence. So our Mental Mind creates this illusion of separation from our True-Self.

Our Mental/Ego-Self can be a **"mixture"** of **Light and Darkness** so it up to each person to embrace the Light Within Them. I suggest to **"merge"** your Mental/Ego Self with your Higher-Self as the first step. Then, as you move towards Spirit go as far as you can endure its Brightness and then fill yourself with that Brightness so you can move on to the next level of Brightness, a Higher Plane of Consciousness.

Each Plane or Level of Consciousness has a "**Vibrational Frequency**" and a certain "**Level of Brightness**" associated with that Vibrational Frequency. So the Higher the Plane or Level of Spiritual Consciousness that you attain the **Higher is your Vibrational Frequency and the Brighter is your Divine Light.**

So, our desire to become **One-With-Spirit** raises our consciousness and increases the Brightness of our Light. Invite your "**Highest Spiritual Being**" to be fully present in your Physical Body, your Emotional Body, your Mental Body and your Spiritual Body that is how you increase the Brightness of your Light.

The Lower Realms Of Light

On the Lower Realms of Light, the Light is mixed with Negative Energy. We see the results of "Negative Energy" everyday on the news. Many times it seems hard to see how the Light can overcome the Darkness of Humanity and the Dark Forces that exist. Everyday we see the Sunshine and this is a reminder that the Light is always here.

As long as you are Open, letting the Divine Love flow and directing your Light outward, you are receiving and giving the Light and Love of Spirit Divine. **You have become an instrument of Light.** Spirit uses you to bring Light into this physical realm, and it radiates from you to all others on this Earth.

Once you connect with your Light, you'll be able to experience the Light in your neighbor.

The Highest Realms Of Light

At the **Highest Vibration of Spiritual Consciousness** the Light Is Pure and there is No Darkness, nothing Evil exists in these Realms of Light.

Merging with your Higher-Self is the beginning of your Spiritual Growth. The Fifth Plane of Consciousness is where your Mental/Ego-Self has merged with your Higher-Self. Then, you and your Higher-Self can begin the process of expanding into the **Higher Realms of Consciousness.** The Christ and Buddha Consciousness is the **Thirty Third Plane of Consciousness** and yet there are many Higher Planes of Consciousness all the way back to Source, The ALL. **So, this Spectrum of Consciousness is also a Spectrum of Light.**

Many years ago I was initiated into the 256 Plane of Consciousness and my expansion has continued even higher. As I said, there is a Spectrum-of-Consciousness from our Primitive Mind all the way to Source/God/The All. Where you are on this **Spectrum-of-Consciousness** is up to you.

While One's Mental-Self is like the flame of a candle, your "**Highest Spiritual Essence**" is like the **Light of our Sun.** To be the Brightest Light that you can be bring your "**Highest Spiritual Essence**" into you Physical

Body, and into your Mind. So your Mental Mind is now your Divine Mind. You become Wisdom and Love Incarnate.

As your Divine Light increases in Brightness your Light stimulates the Mental-Self and Higher-Self of those people around you to either increase their Brightness, or, move away from you as they do not want to be in the Bright Light.

You are a Divine Being Filled with Light and Love, Wisdom and Understanding, Peace and Harmony. That is our Inner Spiritual Nature. That is Who We Are. All of our negativity and other human emotions are only the clutter that we all have created. Burn that away with the **Violet Flame of the Seventh Ray** and fill your hearts and mind with Love and Grace, Love and Light. In our Spiritual Heart Center is our True Divine-Self and all of our Wisdom and Truth.

We are to learn to be **"On this Earth but No Of The Earth,"** which means we are not to get caught up in all of the drama that is played out here on Earth. Remain in your Divine Light and the rest of the world will eventually shift into the Light.

Love and Light, Jim

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

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Volume 1 Number - 008

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

Dear Friends,
Blessings of Love and Grace to You,

The Conscious Universe and Spiritual Life

The Universe What Is It? Here Is My Simplified Definition

We live in Two Universes:

The **"Physical Universe"** is what we see around us, and, includes all of the Stars and Celestial Bodies in the night sky. That said, our Physical Universe also includes our **Emotions** and our **Intellectual or Mental-Self** which is all the things we have learned in our lifetime. The Physical Universe also includes **"Mass Consciousness"** which is the **"blending together"** of every **"thought"** and **"feeling"** of Humanity into Group Consciousness.

In our **Physical Universe** we have a **Physical Body**, an **Emotional Body**, and a **Mental Body**. We also have our **"Soul"** or **"Higher Self"** which really is apart of the **Non-Physical Universe** so we truly are a **"Spiritual Being"** in this **Physical Universe**.

The **Non-Physical Universe** should be called the "**Conscious Universe**" since it is "**Pure Consciousness**" and there are hundreds if not thousands of different **Levels or Plane of Consciousness in this Conscious Universe**.

This **Spectrum of Consciousness** begins with our Mental-Self, and then our "**Soul or Higher-Self,**" all the way to the planes of the "**Ascended Masters,**" then to the planes of the "**Angels and Archangels,**" and on to the planes of the "**Great Cosmic Beings**" and beyond to the **ALL or SOURCE or GOD**.

So, our **Higher-Self** resides in both Universes and it is our **Spiritual Essence** here on this Earthly World. In this "**Pure Consciousness Universe**" we can manifest anything we desire with a thought. Think of a Home and Trees and you have a home and trees. We can transport our-self to a distant star with a thought. We think and it is done in that same second.

So, when I talk about being in a **Higher Consciousness** in this Physical Universe I am referring to bringing a **Higher Level of Your Spiritual Consciousness** into your Spiritual Body or Soul, and, then into your Mental-Self, and then into your Emotional Body, and finally into your Physical Body.

What Does All Of This Mean?

Many people have written that Humanity is moving to a **Higher Vibrational Level of Consciousness**. It is time for Humanity to expand into a "**Higher Plane of Consciousness**" here in this Physical Universe. So the Great Cosmic Being have been shining a much Brighter Light of Love, Wisdom and Grace on Humanity and our Planet.

In order for a person to be a Brighter Light, a Higher Vibration of Love, Wisdom and Grace it means that our personal issues that "Dull-Our-Light" needs to be removed. Generally, for us to remove our issues we need to become aware of them. So this **Higher Vibration Consciousness** pushes our issues to the surface mentally and emotionally. Sometimes the Universe and Spirit uses another person to bring these underlying issues to the surface and into our awareness.

Some people are very toxic in how they communicate and the things they say, so, their Tweet, Words and Actions are pushing all of the Emotional Buttons of many people so they can become aware of their issues and then have a choice to reframe these beliefs and emotions. We see this in a certain elected official.

On This Earth There Is Negative Energy, And, There Is Positive Energy.

I feel the best way to deal with Negative Energy in our Space is to Use the **Violet Flame** to transmute the Negative Energy. We can keep an **Amethyst Crystal** in our home or work place you will find that Negative Energy and even Negative People will tend to stay away.

Amethyst is a Denser form of the Violet Ray. The **Purple/Violet Flame** is the Strongest Vibration of Violet Ray and is used to Transmute Negative Energy, and to Ascend to a Higher Vibration and Higher Level of Consciousness. You can also call in Archangels Zadkiel and Amethyst of the **Seventh Ray (The Purple Ray)** to clear the Negative Energy and to Ascend to a Much Higher Plane of Consciousness.

How To Deal With Negative People

The best way to deal with Negative People is not to engage them. Say nothing and do nothing, ignore everything they do. Many times these people are in our daily life so we have little choice but to engage with them. In this case, we want to deal with these Negative People from a State of Neutrality. We do this by staying in Our Center of Peace, Harmony and Love as we deal with them. Allow a Negative Person to be Negative and in their own time they may choose to be Positive. Also, it is our choice to be around a Negative Person or to leave and move on. **We have Unlimited Choices as to what we allow in our life.**

Some people will send **Love** to a negative person and what I have found is sending Love creates a conduit for that negative person to send their negative energy back to you. This may even happen outside of their conscious awareness. Remember, a person needs to be in a "State of Love" to actually receive Love.

If a person "mentally projects" to another person to **"Stay Away"** or **"Leave Me Alone"** you are **"psychically"** engaging with that person which is what they want. Also, the Universe is Action, so in a way, you are inviting that person to connect with you. Saying: **"Stay Away"** to the Universe is actually saying: **"Connect with Me!"**

Be Aware Of Your Thoughts And Feelings.

When we perceive an experience as negative we anchor that heavy, gross consciousness in our Physical Body. Every experience we have has a **"teaching moment"** within it. So, look for the Wisdom we are to gain from every experience.

Planet Earth is a place where we have Duality Consciousness. We have very powerful polarities of **"thinking and feeling"** subjects like: Politics, Religion, Abortion and the Right to have Guns are examples of the strong biases that different people and groups have. So learn to be **"detached"** from these strong biases and the drama that they bring out in people. Stay in your **"Center of Peace and Harmony"** that is how we change Group and Mass Consciousness.

The Spiritual Life

With so much Negative Energy around us and on Television we must learn to have **Very High Positive Energy** in our Thoughts and Feelings. That means we must eliminate all of Our Fears in our Conscious and Subconscious Mind. The Higher Vibration Energy and Consciousness that is flooding the Earth right

now is bringing our fears into our thoughts so that we can change our beliefs and thinking that created and sustains those fears.

When you do your Spiritual Exercises be it Meditation, Prayer or anything else and consciously attune yourself to Your Higher-Self, then you can live in the Lower Vibration World in Peace and Harmony. You can move through your Earthly Life and learn all the lessons you need to learned and not be caught up in all of the glamour of this level. **We are to be in this World, but, not Of This World.**

If I neglect myself, I neglect everyone. And if I come into balance with myself, I come into balance with everyone with whom I come in contact with. When we find ourselves out-of-balance or cut off from the Divine, it is always because we are blocking ourselves. As hard as it may be to believe, no one else is blocking you! If you sit back and just observe the thing you feel is blocking you, you will realize that it is your creation. Then, you will be able change it and move back into that Loving State of Oneness with Spirit.

While we can do all of the things we want to do, we are also responsible for all of what we do. So, becoming responsible for your thoughts, your feelings, your actions, your body and what you put into it, and your addictive patterns. When a person moves into moderation, then they are not dependent upon this world. Dependency upon anything in this world makes you come back into this world in your next Incarnation. Our purpose it to graduate from this Earth School and move on to much better things in the **Conscious Universe.**

The nature of our Soul, our True-Self, is **Love, Joy, Peace, Bliss and Happiness.** So consider this Truth – **These Qualities are your True Nature.**

Know that you are a **Spiritual Being**, claim it. Identify with it. You are Spiritual. It is your heritage. You can't lose your Spirituality. You may displace it. You may forget about it. You may act as if it isn't yours, but it remains yours. **You are always a Spiritual Being.**

When we are in the **Divine Oneness of Spirit** and Live in Love and are Loving in all that we do. In that State of Consciousness we lift the Planet Consciousness and Human Mass Consciousness just by being Present and by the Energy of Your Spirit that is within you.

We are all Spiritual Beings. **We are all of God. We are all of Spirit.** There is nothing that is not of God. There is no one who is not of Spirit.

So each day invite **Your Highest Spiritual Being to be Fully Present in your Physical Body, your Emotional Body, your Mental Body and your Spiritual Body.**

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

Moments of Sharing Book 3 with Eleiah 2018-03-15

Volume 1 Number - 009

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

Dear Friends,
Blessings of Love and Grace to You,

Change Your Thinking and Change Your Life

First off, it is important to know that Ninety to Ninety Five Percent (**90-95%**) of what we **Think and Feel** is outside of our Mental Conscious Awareness and resides in our **Subconscious Mind**.

Also, Ninety Five Percent (**95%**) of all **Physical Issues and Diseases** are manifestations of what we **Think and Feel**.

And, Ninety Nine Percent (**99%**) of all **Psychological and Emotional Issues** are manifestations of what we **Think and Feel**.

Also, most of what we **Think and Feel** is based on our Beliefs and Memories of Past Experiences, or, what we **Think and Feel** about what may or will happen in the Future.

So, most people are running on "**Automatic Pilot**" and "**Reacting**" to what is going on in their **Subconscious Mind**. We had an Experience and then we had a "**Reaction**" to that experience, and, then we put that "**Pattern of Thinking and Emotional Reaction**" into our **Subconscious Mind** to be used over and over for years to come. Even if it doesn't work we still **REACT** the same way.

When we are in "**The Moment**" we can access our **Inner Wisdom and Truth** since we are not in **our Past, or, our Future**.

Affirmations

Affirmations are a way of using Our Conscious Mind to change a Pattern of Thinking in our Sub-Conscious Mind. Affirmations can be effective if the Pattern of Thinking is **very weak**. However, if the Pattern of Thinking is really strong Affirmations will have no effect in creating a change in that area of Thinking and Feeling. So, it is best to actually go into the Sub-Conscious Mind to facilitate changes that are long lasting and creating a new pattern of behavior.

So, to change our **Thinking and Feeling** we need to go into our **Subconscious Mind** where these **Automatic Reactions are Stored**. While most Healing Systems work in Energy, the Kofutu Healing and Spiritual Development System works in Consciousness so Kofutu Healing is the perfect Healing System to Change our **Thinking and Feeling**. The Kofutu Higher

Consciousness Symbols goes to the source of the issue and shifts our **Thinking and Feeling** to be more aligned with Our Higher Self's Truth and Wisdom.

We Have The Power To Re-Engineer Our Thoughts.

I was trained in **Neurolinguistics Programming** and **Other-Than-Consciousness Therapy** which is another way to Enter into the Sub-Conscious Mind and Clear things out. In my Spiritual Development Level 1 Manual (Free on my Website) there is a **7 Step Reframe Process** which is very powerful in changing your Thinking. Also, all of my Meditations access the Sub-Conscious Mind to Reframe Old Beliefs and Patterns.

Each **New Situation or Experience is entirely New** (Nothing is ever exactly the same as it was in the Past) so we need to be in the **"Moment"** and **"Respond in that Moment"** in a way that will resolve the issue with the **Wisdom and Understanding of Our Higher Self.**

Our Emotions Are Our Guide

We all know that our Mind can play tricks on us, so a person may truly believe that they are Mentally fine, when in fact their Emotions are all over the place. I say our Emotional Brain is in our **"Gut"** not our head. We choose to be disconnected from our Feeling so we don't need to Feel-The-Pain. That is a survival mode to deal with very negative situations. But, after many years of detachment we really think: We Are Fine all the while our physical body is responding to our Negative Emotions and Feelings by trying to get our attention with pain and disease.

We Create Our Reality

If you see something you don't like in another person, it is because that same thing exists inside of you, and you recognize it. All of your experiences, all of your relationships, reflect back to yourself so that you can learn to know yourself in greater and greater ways. So, the Universe is a mirror to show us what is going on within us so we can change those things that we need to change to have greater Peace and Harmony within us.

Looking for happiness out in the world is where we get misdirected and lost. Happiness is within us because it lies in the nature of our Soul. When we attempt to find happiness in outer things and what's going on in the world, then we can have some kind of disconnect with whom we truly are a Divine Being of Love, Joy, Peace and Harmony.

Old Patterns Create Our Reality

What we believe is mostly a carryover from patterns we learned in childhood, or, from a Past Life. A child accepts everything as Truth so a child doesn't challenge what people tell them about themselves, or, how safe, or, dangerous the world is, and, the child puts these thoughts and beliefs into

their Sub-Conscious Mind. And isn't it funny to blame our present existence upon something that happened when we were a child?

Create A New Reality

If our Mental Mind knew the solution we would not have the problem. So, going into our **Spiritual Heart Center** is another way to change how we **Think and Feel**. **Some people say that everything is in Divine Order and I say: Everything has the "Potential" to be in Divine Order.**

The State-Of-Conscious and the Emotions of Our Divine Essence are **Peace, Love, Joy and Bliss** so if we are not in this State of Consciousness we are not in **Divine Order**. We are in the Lower Consciousness of the Un-Enlightened part of our Mental Mind and the Emotions attached to our Thinking. So our Feelings is a Barometer of how connected we are with Our Divine Nature.

A wonderful Meditation I made in 1990 is **Creating Inner Peace** and it teaches you how to change your thinking to what is In Your Highest and Best Spiritual Interest.

Click on the following Link to Download my **Creating Inner Peace Meditation**.

[Creating Inner Peace Meditation](#)

We Are The Creator Of Our Life and Reality

Since we create our Reality we have the Power to Change any aspect of our daily life. We are to decide what we **"want"** and what we no longer need. I have found that when I focus on **"Inner Peace"** the Universe rearranges itself to support my **Inner Peace**. When I need more money the Universe provides me with more income. When I need a home the Universe guides me to a place to live. Everything I need for Creating Inner Peace is within me. I learned not to ask for anything other than **Inner Peace, Light and Love**.

How Do You Want Your Life To Be?

How Do You Want Your Life To Be stated in Positive Words?

What Do You Want Different In Your Life stated in Positive Words?

We need to tell the Universe the specifics of what we want. Many times we know what we don't want, so, we restate those things in Positive Terms of what we do want. Like I said: I asked for: Inner Peace and Harmony so Spirit and the Universe gave me what I needed to maintain my Inner Peace.

We all have the Power to Create and Manifest what we need in our life. So use your Divine Power and Divine Mind to manifest Peace and Harmony, Joy and Love in your life.

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

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Volume 1 Number - 010

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

Dear Friends,
Blessings of Love and Grace to You,

The Force Is With You! The Force Is Within You!

The Greatest Force in the Universe is "**Divine Love**" and it is within you and all around you all of the time. **Divine Love** is the fabric of the Universe and the fabric of all Creation. Love holds everything together from the smallest Atom to the largest Galaxy. The "**Law of Love**" is the "**Law of Attraction**" and the "**Law of Compassion.**"

Living Life Fully

You are the *Master Of Your Destiny*. You have dominion over your **Life Plan** nothing is predetermined by God or anyone else. Each soul creates its own **Life Plan** before it incarnates here on Earth, so, if you don't like what is going on in your life then create a *New Life Plan*. Use your knowledge wisely. Use your abilities wisely. Fulfill your Highest Spiritual Potential, and you will bring to yourself Joy, Love, Peace and Freedom.

Be aware of the **Choices** you make and what they are **Creating In Your Life**. If you make a decision to go one way and it isn't working, then you make another decision to move in a different direction. Ultimately, there are no "**right or wrong decisions;** " to decide such is short-sightedness. Our Choices are "*Experiences of Consciousness*" and they are our teachers so it is our choice to determine the Level and Types of our Experiences.

How To Be Happy

The only way to be happy is to take responsibility, authority, and control over our life. We must own our thoughts and our feelings. We build self-esteem by our accomplishments even little things like tying our shoes, or cooking breakfast, all, of these actions help to build positive self-esteem in children and adults. **Everything we can "accomplish" builds self-esteem.** If you want to feel worthwhile, then do worthwhile things. Do them with Integrity. Do them with Excellence. Do them with Love.

Spiritual Law says that we are held responsible for what we Create and for what we Express. If we want Peace, Love, Joy, and Happiness we can choose to create those things for Our-Self. **When we focus on Peace, Love, Joy, and Happiness that is what we Create In Our Life.**

Neutrality is Freedom

Neutrality is a progressive, assertive statement of our being, without attachment to the results, or, to the process of getting someplace. It's enough that you are here, enjoying things. No matter what someone else does, you continue to express from your Loving Heart. That is "**Neutrality**" also known

and **"Non-Attachment"** and it gives us the Freedom to Follow our Spirit free from the Thoughts or Actions of other people.

A million people could be pushing against you and it would not negatively affect you **unless you push back** this is an example of Neutrality and Non-Attachment. Those million people pushing against you are affecting their millions of vibrations and they are affecting what happens in their experience. **While they are affecting what they are Creating in their Life, it does not affect Your Life unless you push against them.**

Life's Challenges

Pray, **"Lord, Give Me The Strength"** and you will come to realize that, before you even ask, the strength is already there. When you look back on the difficulties you've had in life, remember the days you thought you couldn't make it or felt you couldn't get through it all -- yet you did.

We constantly ask: **How did this happened?** or **What do I do next?** but we won't stop and listen long enough to hear the answer. The answer resides within us. In fact, it has been sitting there so long that we don't recognize it because it has become to familiar.

While the **"Spiritual Person"** does not necessarily feel the **"negativity"** of this World to any great extent, she or he does maintains a **Consciousness Open to the Flow of the Light**. As you Open and let the Spiritual Love Flow and direct your Light out into the World, you become an **Instrument of the Light**, and you are lifted to an even Higher Vibrational Expression of your Spirituality.

So, you can bypass a lot of the turmoil of the world by maintaining alignment with Spirit and bring your Emotions and Thoughts into Harmony with Your Divine Essence,.

You Are Divine Love! You Are Spirit.

Since every person is Spirit Incarnate, you are already Spiritual. You can increase your Spirituality by bringing more **"Love" into your Thoughts and Actions**. Then, your expression begins to reflect more and more purely the **Spiritual Being You Already Are. Love Life and live a Life of Love.**

When you **Merge Your Mental-Self with Your Higher-Divine-Self into DIVINE ONENESS** you are **"above"** the turmoil of the world. Similarly, the International Space Station is not affected by the violent storms and actions here on Earth. So to it is, when you are in the Highest Vibration of Spirit High above the much Lower Vibration of the Mass Consciousness of Humanity so nothing negative affects you.

Think as a God Person, Act as a God Person and soon you will Remember that you are a GOD PERSON.

Spirituality and Spiritual Awareness is nothing more than **"Remembering Who You Are"** and **"Where You Came From."** Religion tends to make

things complicated with all of their rules and teachings. So allowing your Divine Essence to come into your mental awareness and then follow what you know is Your Truth and Love in all aspects of your daily 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,

The Spiritual Life

The "**Spiritual Life**" is compatible with **Modern Society**. To realize the truth of this statement, all we need to do is adjust our "**Point-of-View**" to accommodate the realization that Spirit manifests in many different ways in our life.

I believe that the **Spiritual Life and the Modern Life** are the same thing. We can't say that this "**Action is Spiritual**" and that "**Action is not Spiritual.**" Our Everyday Life is our Spiritual Life regardless of what we think or believe as Truth. We are all Spiritual Beings walking the "**Path of Remembrance.**"

Many times our "**Path of Remembrance**" is us experiencing all of those things that **we do not want in our life**. So, we learn **Who we are NOT. Life is a Teacher assisting us to find out what is really important to us and Who We Truly Are.**

Our best "**Reference Point**" for anything is our Experience. Every Experience we have points the way to **Our Reality**. Even our Trials and Tribulations are our attempts to show us the illusions that we have created with ambiguous thinking, or, strong emotions. Each experience points the way past our illusions and towards the **Divine Wisdom within us.**

It matters not what you think, what your lifestyle is, what you eat, what you drink - none of this matters. What does matters is where you are going with **your Attitude and What Thoughts you hold in your Mind and Consciousness**. While Prayer and Meditation or, reading Sacred Books can be useful, the Spiritual Life is not dependent on these practices **it is more about having a Pure Mind Free of Judgement and Filled with Compassion, Love and Peace along with Respect for other people**. People are much more alike than different. We all have the same goals in life so the only difference is how we want to achieve these goals. **So let go of any Judgment you have as how other people want to achieve the same goals as yours!**

You are the Source of what is happening around you in your world so **"Changing your Thinking will Change your Life."** Also, when you change your behavior, people around you will start changing their behavior. Be an example of what you want in your life. Be the very best person that you can be. Love where you are. Love where you stand. Love your pain and your losses. Love your fears by not embracing or reinforcing them. Do not allow Fear, Discouragement or Depression into your Life.

A Positive Life

A **Positive Life** entails letting go of **ALL OUR FEARS**. We have to remove everything that is **Negative or Limiting** in our Thinking and in our Life. We need to have the courage to always choose being **Positive**, even when other people are choosing the negative. When enough of people do this, dramatic changes take place in the World.

The Spiritual Life is Living a Positive Life and it is living the **"Golden Rule."** We are to Live the **"Golden Rule" in all of our Actions and all of our Thoughts as this will bring about Moksha or Liberation.** Moksha is the personal and direct Realization of One's True-Self, which liberates you from the Cycles-of-Rebirth.

Spirit presents each of us with Greater Life Challenges to develop and expand our Spiritual Character. That said, Spirit does not give us anything that we can't handle. So, Ask for your Higher-Self and Spirit to assist you and guide you to be a Bright Light, to be Bold, to be Beautiful, to be Loving. These are qualities of your Soul.

People sometimes pray, **"God, take this away, or, God, take that away, or, God, give me this."** But we never really say the prayer that will truly be answered to glorify God, and that is to say: **"God give me the Strength to Overcome all of these things and be One In Divine Love and Divine Light."** That's the prayer we need to say.

The Spiritual person recognizes that each Soul has within itself all the elements of Completeness. No other person can give us the Perfect Wholeness that comes from Spirit. How difficult is it to accept this fact! We tend to make ourselves **"Emotionally and even Spiritually Dependent"** on other people, including (and especially) those we love the most.

When you have a **"Fear-of-Death,"** you may be dealing with the memories of your own **"Past Life Deaths"** where you lacked the understanding of the Spiritual Levels of Consciousness and, consequently you **feared your physical death**. The antidote is to **"Love"** everything including your fears, and to do Meditation and Prayer to become more aware of Your True-Self a Multidimensional Being as one who has **"Always Lived And Will Always Live, One Who Never Dies."**

How Can We Learn About Our Soul?

Be open to the possibility that your soul exists, and accept the possibility that

you are; more than your body, more than your thoughts, and more than your feelings. You don't have to believe it. You don't have to have faith. Just be open to the possibility that your soul exists and soon your Soul/Higher-Self will reveal itself to you. Also, when you Connect to the Divine Presence of Spirit inside you, the teachings are given to you Inwardly and become an aspect of your experience.

You are doing great and you will come to **Know Your-True-Self**. Many times the ego wants to rush to learn more and it is walking slowly and smelling the flowers and enjoying the sunshine that is most important. **The Journey is what is important not the finish line.**

Finding your **"State-of-Divine Being"** brings you a Fulfillment and a Joy greater than you have ever known on this earth. It transcends all the levels of Mind, Emotions, and Body, and reaches to your **Inner-Heart-Center** wherein resides all **Peace and Joy and Love.**

GOLDEN RULES FROM DIVERSE TRADITIONS

Native American: "The Universe is the Mirror of the People." the old Teachers tell us, "and each person is a Mirror to every other Person."
(Hyemeyohsts Storm)

Christianity: All things whatsoever ye would have others should do unto you, do ye even so to them; for this is the Law of the Prophets.
(Matthew 7:12)

Judaism: What is hateful to you, do not to others. That is the entire Law; all the rest is commentary.
(Talmud, Shabbat 31a.)

Brahmanism: This is the sum of duty: Do naught unto others which would cause you pain if done to you.
(Mahabharata 5,1517)

Buddhism: Hurt not others in ways that you yourself would find hurtful.
(Udana-Varga 5, 18)

Confucianism: Surely it is the maxim of loving-kindness: Do not unto others that you would not have them do unto you.
(Analects 15,23)

Taoism: Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss.
(T'ai Shang Kan Ying P'ien)

Zoroastrianism: That nature alone is good which refrains from doing unto another whatsoever is not good for itself.
(Dadistan-i-dinik 64.5)

Islam: No one of you is a believer until you desire for others that which you desire for yourself.
(Sunnah)

Gnosticism: If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is in you, what you bring forth will destroy you.
(The Gospel of Thomas)

**You are the Light.
You are Divine.
You are in a State-of-Becoming Aware of who You-Already-Are.**

Follow the "Golden Rule" and you will do Well In This Life and Graduate from this Earthly Life into the vast Realms of Spirit in other Dimensions.

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,

Living Life On Earth

Everywhere you go is **Sacred Ground**, and every person you touch is a **Sacred Person**, and every person is to be respected. All your hurts, the heartaches, and sorrows can be turned over to your Divine Essence in your Heart Center and dissolved in the **Light and Love of your Own Wisdom and Joy**.

We have two Minds in this World, one that is Spiritual and the other that is Material. The Material Mind is the one we use in our everyday work and our desire for physical objects. The Spiritual Mind is the one in which we Learn and Grow.

We always get to choose where we place our Consciousness and Attention, so the only question is: Do we choose the Material/Physical World, or do we choose the Spiritual World?

We manifest whatever we focus on. So it makes sense to keep choosing and focusing on **Grace in every moment** and to take the **Love and Joy of Spirit with you wherever you go**.

When a person feels the need for protection they have many fears in their Mental Mind. Our Higher-Self brings these Fears into our awareness so we can change our thinking. **When we are in Divine Oneness all fear is gone and the need for protection is dissolved.**

Since We Created Our Personality Out Of Thin Air We Have The Power To Change Our Personality. We take all of our Beliefs, Memories, and Experiences and fabricated these into: **"How do I see the World, and, How do I see My-Self, and, How do I see Other People."** Putting all of this together it is called **Our Personality or Persona**. So, when we take ownership that we created our personality, then, we have the power to change any aspect of our personality that no longer serves us.

We Control Our Consciousness.

We don't need to clutter up our mind with a lot of things **we have no use for**. If you cannot do something with the information given to you, you don't need it. If someone gives you information that has no place in your life, you don't have to be concerned with it. You don't have to decide if it's right or wrong, accurate or nonsense. **If it doesn't apply to you, you can just disregard it.** This is very important for knowing your Spiritual Path because reading about many different Spiritual Paths may only confuse you as to what is **Your Path**.

Some people want to Analyze Intellectually every decision they make? You don't have to justify or explain yourself to another person. **You have the right to live your life following Your Intuition as to what is Right For You.**

Learning From Other People.

Listen well to what other people share with you. Their experience could be valuable to you. You can use the lessons and experiences of another person to supplement your own. You may be going through experiences similar to theirs and be able to learn from them which path to take yourself.

Also, when you listen to another person sharing their thoughts you must also listen to your own Inner Wisdom. You hear what other people say and compare that against your own Inner Wisdom. Then, you decide if those thoughts are in alignment with your Inner Truth. If their thoughts **"fits"** your Truth then take it as Your Truth, and, if those thoughts do not **"fit"** then discard that information. That is **"discernment."**

Who To Listen To?

Be selective. Attempt to discern who is communicating with you. When you receive communication determine where that communication is coming from. It could be Past Programming by your Parents or some other Authority Figure? It could be coming from old patterns within you? The information could be the result of fears, or, not wanting to face reality? It could be coming from Your Higher-Self? So, there are a lot of possibilities.

Guardian Angels and Spiritual Guides can be helpful in providing guidance when you continually work with them. But, you never give yourself over to any entity whatsoever, including Angels. You can listen to what is said, while being skeptical and **Check "Out"** what is shared. **Then, decide if the guidance is right for you.**

Remember Our Higher-Self is not interested in Sleeping, Eating, Paying the Bills and all the other things that are a part of our daily life. So, it is up to us to decide what guidance to follow and what guidance to disregard.

Learning From Life Experiences.

We seldom learn from Words in a Book or what Other People Say To Us. We learn best when something happens to us and we have an **Actual**

Experience. If someone tells you about Spiritual Things, and you never had that experience the words probable will have little meaning to you.

When you live from your experience, you will be able to perceive what is going on around you, respond with Empathy and Love, and reach out to assist others in their movement through life. You will forget about whether or not it might be "embarrassing" or "inappropriate" or some other judgmental label and just respond from the Loving Being that you are.

Those so-called negative experiences we had in the past can be the very foundation that our Strength and Wisdom is built upon today. Everyone of us have had to go through the hurt or we wouldn't know the Joy. We've had to experience the dark so that we would recognize the Light.

Focus on Gratitude. It's a great attitude, so find your gratitude. Find what you appreciate. Find the positive value in every situation. This is an amazing way to move things away from feeling stuck. If you're viewing a situation as a problem, something you don't know how to solve, or, you don't know how to handle, look for your Gratitude. **Find what you Appreciate in the Situation.**

When you worry about something, you add your negative energy to the situation and it will come back upon you as more worry. If you enter into the Power of Love, it will heal and balance all things, clear diseases, lift the emotions, and clear the mind. Love activates the body so you can accomplish what you set out to do and then the miracles become the result of your Love.

Before you go to sleep, you might ask that any information that is beneficial for you to know be given in a form that you can easily understand. **You may also ask that you only remember those dreams that are beneficial for you to remember.**

Ask and You Shall Receive: So ask For Your Highest Spiritual Essence to Guide You Home and Awaken You From Your Sleep.

Unconditional Love.

Over the years I have learn that in order for me to **Love Unconditionally** I first had to **Love Myself**. That means to **"Love"** every aspect of my Personality. Then, I listed all of my traits from the **Most Loved to the Least Loved**. Those things at the bottom of my list were things I either wanted to **Change or Delete from my Personality**. I could reframe my beliefs that created Low Self-Esteem, Feeling Unloved, Jealousy or any other attribute, and replace those attribute with a new ones.

We are All Divine Beings in this Playground of Life here on Earth. For many decades I have been sharing my thoughts in order for each of you to **Remember Who You Are and Your Wisdom and Truth**.

When everything has been said all I can do is keep repeating what I have said before so the time has come for me to close my Moments of Sharing Books so

This is my last Moments of Sharing.

You are a Divine Being and you have within you All Of Your Wisdom and Truth so follow your Inward Path and Remember Who You Are and How You Want To Be In This Earthly Life.

Our Love and Grace is with you Always.

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

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