

MOMENTS OF SHARING BOOK 1 2001 - 2012

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 1

By

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MOMENTS OF SHARING BOOK 1

By Eleiah (Jim Peltier)

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Moments of Sharing with Eleiah 2001-03-15

Volume 1 Number – 001

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

Blessings of Love and Grace to You,

What is Spiritual Development?

Eleiah is the Spiritual Name of my Highest Spiritual Being and over the years we have become One Consciousness. Eleiah is who I AM, my Sense-of-Identity. The purpose of this newsletter is to stimulate your Inner Wisdom and Understanding. I can only share with you my Wisdom and Truth. It is your responsibility to discover your Inner Wisdom and Truth.

When we are born we create a Sense-of-Identity called our Ego/Mental Self. Your Ego/Mental Self are the Beliefs, Attitudes, Memories, Perceptions, Experiences that you have experienced as you grew up. We create an Ego-Self to define who we are, what we stand for and to have a personal identity and boundaries. We literally create our Ego out of Thin Air.

There are two other aspects of your being they are; your Soul (or Higher Self) and your Spirit. Your Soul as I define it, is your accumulative knowledge from past incarnations and experiences in the Inner Life between incarnations. But, your Soul does not know it is Pure Spirit. Your Spirit is the God-Self within you. It is in Oneness with the ALL, it is both the Creator and the Creation.

Here is a description to try to bring some understanding to something that can be confusing. This Earthly Life is much like living with a one-way mirror. The Spirit (God-Self) within you sees and knows your Ego/Mental Self and your Soul. But, your Mental Self senses a veil of separation between Ego and your Soul. And, your Soul does not remember that it is Pure Spirit because of the Veil-of-Forgetfulness. The Path of Involution is the Path of the Soul moving away from the Source incarnation after incarnation until it has forgotten it is Pure Spirit. The Path of Evolution is the journey of the Soul back home to the Source.

In our Earthly life we tend to focus on our Ego/Mental Self and we Identify with all those tasks that make up one's daily life. At some point in time every person (in some lifetime) will begin the search for a deeper meaning in life which sparks the beginning of Spiritual Evolution.

What is Spiritual Development or Evolution? That is very simple to answer. The **First Step** is for one's Ego/Mental Self to dis-identify with all of the outer aspects of life and Identify with One's Soul. Your Ego/Mental Self merges with your Soul into a State of Oneness. The tasks in your life do not change but your consciousness does change. The challenges of this merging process I call the Dark-Night-of-the-Ego. It requires Psychological Flexibility and an Inward Journey to your Spiritual Wisdom and Understanding. If your Ego/Mental self has the desire this process is easy. Struggle only occurs when you are holding on to the past. When your Ego/Mental Self are merged

into Oneness you are in a State of Inner Peace, Joy, Love, Bliss, with Wisdom and Understanding.

The Second Step is the merging of your Soul and Spirit into a state of Oneness. This process has many stages of completion to it so I have coined the words "**Highest-Spiritual-Being.**" As an example, let's think in Planes of Consciousness. The Plane of Consciousness where a Soul that has moved light years away from home is on Plane 1, and Spirit or God (home) is on plane 1,000,000. When your Ego/Mental Self and Soul merge together and become One Consciousness they also begin the journey home to the Source of Creation. In the example: I am using the number 1,000,000 Planes of Expanded Consciousness to achieve on your way Home to Source.

I love the term **Highest Spiritual Being** because it is setting a direction for my expanded consciousness (my true self) to move toward home. In each breath I have the potential to move to another plane of consciousness that is closer to home. St. John of the Cross wrote about the Dark-Night-Of-The-Soul and to me that is when the Soul has experienced a moment of Divine Oneness and then realizes that it is not home yet and has this strong desire to be home -- to be in a Divine State of Oneness with Spirit.

Are we to forget our earthly life and pursue this journey home. The answer is **NO!** You are a Spiritual Being in a physical world. Your Spirit is Divinely Enlightened, it is only your Mental Self that needs to be Enlightened and your Soul to remember that it is Pure Spirit.

How can you use the words "Highest Spiritual Being" in your daily life.

One way is in a meditative state Ask for your **Highest Spiritual Being** to bring you Love, Joy, Peace, Harmony, Wisdom and Understand. What this does is pushes your Spiritual Being to expand to another level on consciousness that is closer to God or Spirit (when the timing is right for your Spirit to go closer to Home) and bring that information into your conscious mind. This only needs to be a 5 or 10 minute meditation.

A **Second Method** is to invite more of your **Higher Spiritual Being** into your Physical Body, Emotional and Feeling Body, and your Mental and Intellectual Body. You will experience a Higher Consciousness and Energy within you as you go through changes to make your total Physical Body (not just your Heart Center) home to your Spirit. The same holds true for your Emotional/Feeling Body and your Mental and Intellectual Body.

Forget about what you have read about preparing your body for this to take place. Your body will go through an evolutionary process and your body will guide you in what changes are best for you and when to do it. **Psychological Flexibility** in every aspect of your life is the key to coming home into Divine Consciousness.

Archangel Gabriel, Raphael and Michael asked me years ago to bring the Living Essence Ministry into the consciousness of humanity, not as a church but **as a way of life**. Each person is to live each breath of his or her life Living the Divine Essence with them. Every job or vocation, every aspect of human life needs to be completed by each person living in a **State of Divine Consciousness -- a State of Divine Oneness**.

This is the natural state of human consciousness before it is modified in early childhood to adapt to society. When your adaptive child decides to live in truth and love then freedom is restored. In our Western society we are taught to set goals so that we can achieve them. When the goal is achieved one's mind has nothing to do until a new goal is set.

In Spiritual Evolution you set a "Direction": to be in "Divine Oneness" and "now" your conscious and other-than-conscious mind always has something to do as it continually moves to an even higher plane of consciousness. Earthly life becomes filled with Love, Joy, Peace, Harmony with Wisdom and Understanding. You realize that with each breath, you have a choice to respond to life with the Highest Spiritual Potential within you. Since we are human we may not meet the challenge and we will get another opportunity when our Spirit knows that we know the wisdom is within us.

All of the great Spiritual Masters of all ages taught the Inward Path. All the major religions speak of the Trinity and it is important to remember that the Creator/Spirit/God is within you. I think to many religions have created God in the image of humans and we think of God/Spirit more in human terms. God is something outside of us. It is hard to find God in the Universe or the Stars! It is much easier to find Spirit/God inside of you and you will also find **"All of Creation and the Creator on your Inward Path."**

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

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

Blessings of Love and Grace to You,

What is Reality?

As a young child (by age seven) you created a reality according to how you perceived the environment around you, along with any past life issues that you are to resolve in this life.

Simply put, this is accomplished in these stages:

1. I am Your self-image
2. I should be Your self-ideal
3. I should Your ethical convictions
4. Life is The world is ..., People are ...

5. Therefore, You decide How to be and act, based on your conclusions.

This can be summarized by: How do I seeing myself as I do, in a world such as I view it, and people being how I see them to be, deal with life? This is your personal reality and it is mostly outside of your conscious awareness. I call this perception of life **Your Adaptive Self** (It is your Ego-Self/personality).

Each of us created an Adaptive Self that will help us get by or to survive in the world as we perceived it – to feel accepted and loved by those around us, or, to just survive in a hostile living situation. As children, we accept everything that we are told or perceive as being truth since the *discernment function of your brain* has not developed yet.

As humans, most of the time we respond or react to life's experiences without even knowing what are the memories, thoughts, emotions, attitudes, beliefs, values and behaviors that are behind our *perception of reality*. Your conscious and other-than conscious reality is your **Map of Reality**. But, your **Map** of Reality is not "**The Territory.**" All of the possibilities beyond your Map of Reality is "**The Territory.**"

Why create an Adaptive Self? Each of us create an Adaptive Self to survive until your ego/personality wants more out of life! When your Adaptive Self desires more out of life than your limited perception allows, this desire for wisdom actives your **Highest Spiritual Being** to come into your life. Your Highest Spiritual Being is just waiting for you to invite your true self into your life!

While one's Adaptive Self can be changed to some extent by counseling and human development, the greatest transformation comes from Spiritual Awakening and Spiritual Development. Your ego/personality is your rational or irrational sense of identity. The ego consciousness creates an ego boundary separating what it perceives as itself, and what is not itself. This boundary helps to establish self-identity. The ego consciousness is created, so to speak, out of thin air. Therefore, it becomes limiting in the unification of your Highest Spiritual Being with the ego.

There Are Perhaps Five Stages of Spiritual Development.

The First Stage is your **Awareness** that there must be more to life than how you see it.

The Second Stage is **Purgation**, re-evaluation of all of your values and beliefs to create a path to your union with the ALL (God). I call this the dark night of the ego. Expanding your Map of Reality into new Territory and moving toward Oneness with Your Highest Spiritual Being and the I AM (Pure Spirit).

The Third Stage is **Illumination**, your **Map of Reality expands into the Territory of the Divine**. At this stage you generally experience Moments of

Oneness and I call this the Dark Night of the Soul because your soul wants complete union with the ALL not just Moments of Oneness.

The Fourth Stage is **Union with the All (God)** and a **Consciousness of Oneness** you live in a state of Pure Love, Joy, Bliss, Harmony, with Wisdom and Understanding. All of this already resides within you only your Adaptive Self blocked yourself from being in this state. At this stage your ego identifies with your Highest Spiritual Being rather than the roles you have in Earthly life. Also, your ego/personality has merged with your Highest Spiritual Being and you are enlightened.

The Fifth Stage is **Living in this World in a State of Divine Oneness**. There are thousands if not millions of Ascending States of Oneness(hence the term Highest Spiritual Being) and with your desire to keep expanding into the new Territory of Your Divine Being you will keep accessing a greater understanding and knowingness of the Pure Love that is your real self.

How Can You Create Divine Oneness?

The easiest way is to create Divine Oneness as your Reality in Life. Forget about all the Why Questions about your life and create a movie in your mind of How You Want Your Life To Be in A State of Oneness.

When something in your Adaptive Self comes up you can change your conscious and other-than conscious perception using a Spiritual Reframe process that I took from my NLP training.

Spiritualized Reframe

A Seven Step Reframe. A frame is a nominalization of the parameters of an event. We see, hear, feel an event in a certain manner and come to a conclusion -- this is a frame. A reframe is creating a new set of parameters for that event.

1. Identify a situation, pattern, or feeling you want to change.
2. Enter a meditative state, come to your Heart Center and connect with your Higher Self or Highest Spiritual Being.
3. Bring that part-of-your ego responsible for the pattern into your Heart Center and surround it with love and compassion. Ask what was the intention of that part-of-you responsible for the behavior. Treat it with unconditional love and respect.
4. Confer with your Higher Self/Highest Spiritual Being on how it would respond to this situation and the likely outcomes that would occur with each alternative.
5. Create in your mind a movie of the new alternative pattern to be used. Make a mental picture of the situation the way your Higher Self/Highest Spiritual Being would respond. Next, create a new inner self-talk that is supportive of this new pattern, and new external dialog with people that supports this new outcome. Now, step into the picture and feel how it is

emotionally, making any adjustments in the movie to make it just the way your Highest Spiritual Being wants it to be. You should feel love, peace, wise, and spiritual empowerment in this new pattern or situation.

6. Every part-of-your ego needs to be in harmonious agreement in dealing with this situation in this new way. If not, go back to Step 2 and work with that part-of-you that is resisting using the same techniques described above.
7. Check this new thinking pattern and its related behavior so that it is useful, respectful and beneficial for everyone including you. If not, go back to Step 2 and ask your Higher Spiritual Being to provide more assistance in creating the best possible solution.
8. Give a "thank you" to every aspect of you, including your Higher Spiritual Being. You have the power within you to change every belief, attitude, perception of life, etc., that is inconsistent with your Higher Spiritual Being by using this Spiritual Reframe Technique.

Spiritual Development is being fully in your body from the top of your head to your toes. You are totally aware of every thought and feeling within you and when you sense any discomfort your feeling and thoughts are telling you that you are out of harmony with your Divine Being and you need to do something about it. The discomfort only means that another aspect of your Adaptive Self desires to be transformed into your Highest Spiritual Being.

The process simply put, is your Ego/Personality merges and becomes One with your Soul or Higher Self. Then, your Soul or Higher Self begins to merge with each of the many level of your Spiritual Being along a continuum of Expanded Consciousness until you consciously know in your Heart Center and your Gut, You and the ALL (God) are One.

Thinking comes from your ego and mental self. Knowingness comes from your Spiritual Being and emanates from your Heart Center and your Solar Plexus!

You are a child of light and love, your parents are the Divine Mother and Divine Father and you are in Oneness with all of creation in this Ocean of Love, Peace, Joy, Bliss, anything else is your illusion, a creation of your Adaptive Self waiting to be replaced with the wisdom from within you. **The path to enlightenment is the Inward Path** to Divine Oneness and everything you need to know is in your Heart Center a Temple of Love and Wisdom.

Ask for Divine Wisdom, Love and Power to flow into you and you will receive everything that you need from the 1st, 2nd and 3rd Rays (the Spiritual Consciousness of God the ALL) and the Ascended Masters and Archangels will assist you in your growth and integration of a new reality.

Think about living consciously on the 33rd plane of consciousness -- the plane of Buddha and Christ and then expand even beyond that and ponder

what it will be like living in the planes of consciousness far beyond the 33rd plane of being. As you expand in consciousness your left brain creates a new map of reality to have a loose understanding of the new wisdom that your have integrated into your spiritual intuitive consciousness.

My life is dedicated to the Spiritual Evolution and Transcendence of all Humanity so if you "ask" I am with you.

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

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

Blessings of Love and Grace to You,

Are you interested in higher levels of mental and emotional health? Well, higher states of mental and emotional health are a natural part of spiritual growth.

While I was in college studying Psychology and Counseling most of the emphasis was put on what happened in a person's past to get a sense of what is going on with the person now. While that may sound like the way to solve a problem it does not work very well because you will rarely access all of the information regarding what happened and it is not getting the person to create a new direction.

Since the human mind is always actively creating whatever you direct it to create. If you focus your thoughts on how you got where you are, your mind will search for an answer to give you. If there is no obvious answer your mind will create an answer for you from your other-than-conscious mind. All the information that you have put into your other-than-conscious mind from books, movies, television, your life experiences, memories, perceptions, etc., provide ample scenarios that your other-than-conscious mind can create and give to your conscious mind to explain what happened. So, what comes to your conscious mind to answer your questions is only partially true and many times the circumstances never happened.

When I ask my clients to go into their heart center and ask their Higher Spiritual Being if they need to know what happened in the past, 95% of the time the client is told they do not need to know where the issue came from. They are guided to start creating a new reality and to move on with their life. Also, I have found that later on, if a person does need to know what happened in the past their Highest Spiritual Being will bring it into their conscious mind through dreams or flash backs.

Did you know that most of what goes on in every moment of your life is outside of your conscious awareness – this is your internal processing and response to your own internal thoughts and the everyday events that

happen all around you. You are reacting to these internal processes without even knowing they are going on. In Spiritual Development you want to bring most if not all of that information into your conscious awareness so you are in a state of Conscious Living.

What is Important?

The most important thing that you can do is create a conscious and other-than-conscious reality that is filled with Love, Joy, Peace, Harmony, Power, Wisdom and Understanding from your Highest Spiritual Being.

Spiritual Development works much like Behavior Modification Therapy. In Behavior Modification Therapy you determine what the desired behavior is that you want to create and you reinforce that behavior and eventually the old behavior disappears because it is not reinforced.

When I was a young man I read that to become a supervisor, I needed to think like a supervisor, dress like a supervisor and act like a supervisor and eventually I would become a supervisor and it worked. In Spiritual Development the process is the same. Think, Act and Feel as a God Person and you will become a God Person.

In creating Higher Levels of Mental and Emotional Wellness you focus on what you specifically want in your life then allow your Highest Spiritual Being to guide you in that direction and anything that is interfering with that new direction will be erased or if needed brought into conscious awareness for you to resolve. Again, most of these issues disappear without effort or even really knowing what was deleted.

A word of insight, most people will focus on relationships, career, money, etc., and these will not create the desired mental state and emotional states. In Spiritual Development you decide what state of mind you want to be in and then focus your mind in creating what you desire.

This is more than just a mental process it means connecting with your Spiritual Heart Center as that is where your wisdom will come from. Your Highest Spiritual Being will teach you how to Think, Act and Feel like a God Person. Your mind does not have your answer(s) because if it did you would not have the problem(s). **Your guidance has to come from your Spiritual Heart Center in a State of Love, Peace, Joy, Harmony and Wisdom.**

The key to higher state of wellness come from knowing what you want to be. What would you like different in your live? How would you like your life to be. You need to focus on how you want your life to be and create a new direction to move toward.

When you and your Higher Spiritual Being are working together to create a State of Peace, Joy, Harmony, Love with Wisdom and Understanding you will clean out everything that is not of these qualities. It does not happen over

night, it is a path of evolution to a higher level of consciousness. As these qualities expand within you, you will create the relationships, career and prosperity that are a unique part of your spiritual path. Every career path can be spiritual in nature if you are in Spiritual Oneness.

The work that I do in Transformational Therapy and Kofutu Spiritual Healing works with your Higher Spiritual Being to clean out your conscious and other-than-conscious mind and assist you in accessing your inner wisdom so it can grow and become a reality in every part of your life.

The path to Spiritual Oneness has millions of levels of Being so your conscious and other-than-conscious mind always has something to work on. If you want Enlightenment and that is your goal you will not succeed. Enlightenment is a generalization and your mind does not know what specifically to create.

The secret to success is to direct your mind to create a State of Divine Oneness. One way that I have used for years is a short yet powerful meditation: Father Mother God bring unto me, Love, Joy, Peace, Harmony, Wisdom and Strength. Your mental self and Spiritual-Self knows what each of these are and will do everything to create this in your life. Having Psychological Flexibility is all that is required by you to follow this path.

When you focus all of your mental and Spiritual-Self to Love, Peace, Joy, Harmony and Wisdom the Universe will rearrange your life to be in Divine Order. You do need to letting go of all that you "think" is important and allow your wisdom to guide you to what is truly important. If you have a struggle you are holding onto something that is not a part of your spiritual essence and path.

In the next Moments of Sharing will tell you how to know when you are on your Path of Oneness.

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

Moments of Sharing with Eleiah 2001-11-18

Volume 1 Number – 004

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

Blessings of Love and Grace to You,

How Do You Know When You Are Truly in a State Of Divine Oneness?

To answer this question you need to first understand two concepts from Yoga Philosophy and Psychology. The first concept is that you are more than a physical body that you have several bodies. I like to keep it simple so I teach that you have a physical body, an emotional/feeling body, a mental/intellectual body and a spiritual body.

In my personal experience while going out-of-body I sense that I must have several types of physical bodies since one physical body stays in my bed and another physical body that I and the people that I visit can see, feel and touch.

The second concept in Yoga Philosophy and Psychology is that each person has Consciousness Centers called Chakras. Most people think of Chakras as energy centers but they are much more than just energy centers.

These Consciousness Centers are: The 7th or Crown Chakra, The 6th or Brow Chakra, The 5th or Throat Chakra, The 4th or Upper and Lower Heart Chakra, The 3rd or Egoic (Solar Plexus) Chakra, The 2nd or Sexual Chakra and The 1st or Root Chakra.

The 7th, 6th, 5th and the Upper Heart Chakra 4th are the Higher Spiritual Consciousness Centers and the Lower Heart Center 4th, 3rd, 2nd, and 1st are the Ego/Mental Consciousness Centers.

The Upper Heart Center is a mirror of your Highest Spiritual-Self that you can consciously access and the Lower Heart Center is a mirror of your mental self and emotional self. Your Lower Heart Center is a window into everything that is going on consciously and unconsciously in your 1st, 2nd and 3rd Chakras.

Divine Oneness is the merging of your Ego-Self and your Spiritual-Self into one identity. When your Ego-Self and your Spiritual-Self merge into one identity in your Upper Heart Center you feel Peace, Joy, Love and Bliss flowing from your Upper Heart Center to your mind and you may think and feel that your in a Divine State of Being. Most often this is an illusion of Oneness because your Lower Consciousness Centers have not been cleansed and purified with the Wisdom and Love from your Upper Consciousness Centers.

As humans we all tend to block the feeling and beliefs that originate in these lower consciousness centers. As we open up to spiritual growth the easiest path is to open up one's Upper Consciousness Center and feel a connectedness with Pure Spirit or one's God Self. This is where the illusion of Oneness with Spirit can easily be created.

This is an illusion because true Oneness with Spirit is only accomplished when your Lower Consciousness Centers are filled with your Highest Spiritual Essence and you have transcended all of the fears and non-truth that reside in these lower chakras.

Your Lower Heart Center is the gateway to healing your Lower Consciousness Centers. For most people this seems to be a challenge since they have chosen to avoid the pain and thoughts associated with these issues hidden away deep inside of them in their mental, emotional and physical bodies.

So, true Spiritual Oneness is when your Ego-Self, emotional self and Spiritual-Self have merged into Oneness. This means that all of your Lower Consciousness Centers have to be cleansed and purified of all fear and non-truth.

How can this be done? Some of the methods to do this were covered in the Number 2 Moments of Sharing. But, simply put the Wisdom and Love from your awakened 7th Chakra needs to flow to your 1st Chakra and transcend all of your survival fears. And, the Wisdom and Love from your awakened 6th Chakra needs to flow to your 2nd Chakra and transmute all your fears and non-truths. Also, the Wisdom and Love from your awakened 5th Chakra needs to flow to your 3rd Chakra to heal all of the fears and beliefs associated with power/control or submissiveness and your higher truths become an integrated reality.

When all of the normal and primordial fears and the beliefs that support these fears are deleted from your reality and your higher truths and feelings of Love, Joy, Peace and Bliss flow everywhere within you then you are in a State of Oneness.

Your whole body needs to be filled with your Highest Spiritual Being from the top of your head to your feet. When this is accomplished every part of your physical body will feel the warmth of your spiritual energy in your body. We don't always stay fully in our physical body, sometimes we are only partially in like only in one or more of the Upper Consciousness Center and this is when you will tend to have cold parts in your physical body.

When your Spiritual Being is fully into every cell of your physical body that is when you feel the warmth of your Spiritual Essence and you also have the power to heal yourself of all psychological and emotional pain and restore your physical body to its natural divine state.

The goal of Spiritual Growth and Evolution is to remove every fear within you. If you feel that you need protection then you have a fear belief within you that needs to be transmuted and transcended with the Wisdom and Love from your Highest Spiritual Essence. True wisdom is found in your solar plexus or 3rd Consciousness Center -- it is your Inner Knowingness but your fears have to be removed in order to experience this Inner Wisdom.

Our political, economic and for the most part religious societies are based on fear not love. Right now the government of the U.S.A. is vigorously playing on your fears and when you respond to fear you are giving away your Freedom. When you reacting out of fear your energy feeds the consciousness that you are fearful about.

As a society and a country there are many avenues to resolving the issues of today from Wisdom and Love, but our leaders are reacting out of fear because that is how they stay in power and in control.

The need for protection is an illusion based on your fears from within and the fears that permeate in group consciousness. The thought that there really is true protection is grandiose. There is a balance point called neutrality where realistic efforts are done for quote "safety" without going into fear for those people that have not yet transcended fear.

You always have a choice in how you respond to the soap opera called "life" and when you eliminate all fear within you and enter into the Divine Consciousness of Oneness then you are merging your Love and Wisdom into the mass consciousness and this will stimulate others to shift from fear based thinking to love based thoughts, feeling and action.

Another useful tool that I have found to use to eliminate all of your fears within you is Kofutu Spiritual Development and Healing. This training is provided as a home study course or as a class for those in Bend Oregon. If you have an interest in Kofutu just email me for more information.

So to reiterate, to be in a State of Divine Oneness your Emotional/Feeling body along with your Ego/Intellectual body needs to be purified and merge with your Highest Spiritual Being in a state of Pure Love, Joy, Peace and Bliss. Then you are home and have true Freedom.

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

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

Blessings of Love and Grace to You,

How Do You Eliminate Fear And Create Inner Peace?

All fear comes from what you believe to be true in your conscious and unconscious mind. When you are in fear you have given your power to your fear and to those people who have created the events that awakened your fear. If you give into your fear it can seem overwhelming and all powerful.

It is **your beliefs** that create and maintain your fears and therefore you have the power to eliminate your fears by changing your beliefs and perceptions of reality.

The **Higher Emotions** of your Higher Spiritual Being are **Love, Joy, Peace, Bliss** with **Wisdom** and **Understanding**. These are really States of Being or States of Higher Consciousness that are the result of you living your life and experiencing life from your 5th, 6th and 7th Chakras. These are the Higher Emotions of your True Spiritual-Self when fear and non-truth have been erased from your mind and your body.

While it is a fact that you can't be in a State of Pure Love and fear at the same time how can you shift from fear into a State of Love? The answer is with the Wisdom from your Higher Spiritual Being that gives you an enlightened perspective on each situation and replaces those thoughts (non-truths) which created your fear.

All the lower emotions of your unenlightened mental self are from your 1st, 2nd, and 3rd chakras and these emotions are just distortions of your Pure Higher Emotions. I

sense that behind all of the hundreds of emotions and feelings that we can create in our mind you will find some form of fear.

Fear comes from being in a polarity of consciousness like right or wrong. If you are in judgment then you are in a polarity and you can feel the emotions that you have about your perception or attitude.

What is meant by being in a Polarity? This concept comes from the relationship of the Law of Vibration and the Law of Polarity. Each Vibration of Consciousness has a continuum and the opposite sides of this continuum are called a Polarities. In the Three Lower Chakras the Polarities are very strong emotionally and are experienced as being distinct from or in opposition to another. In this country you only need to look at abortion and you can understand the polarity of consciousness.

These Lower Polarities of Consciousness can be generalized as "Good" and "Bad", "Life" and "Death", "Domination" and "Submission", "Success" and "Failure", "Right" and "Wrong", "Rescuer" and "Rescued", "Liberator" and "Liberated". These beliefs are created from a particular polarity of thinking based on the assumptions and expectations that create your point of view and you empower your beliefs with your emotions. But these beliefs come from your intellect or learned knowledge not from your Wisdom.

Every person that is in these polarities of consciousness are feeding their energy to keep the polarity alive. When you shift your consciousness to a higher vibration of consciousness (a higher chakra) then you are removing your energy that was helping to sustain that lower vibration of consciousness.

A truth created in a polarity of consciousness is only a half truth and when you experience the opposite polarity you will find a different half truth. Sometimes you need to experience both aspects of a polarity to move beyond it to a higher state of consciousness and understanding. When you are at the **Center of a Polarity** you are in neutrality and have the potential to transcend that particular polarity. And, when you access your Wisdom you will see both sides of this polarity and understand a Higher Truth.

Wisdom is truth that remains truth in every plane of consciousness, in every dimension, in both the physical universe and the non-physical universe. Your wisdom or knowingness must flow from your Crown Chakra to

your First Chakra then rises up to each Chakra and then into your Mental Consciousness. Your Wisdom and Truth transforms all of the fears created in your lower consciousness centers and transcends all the polarities in each chakra.

I have learned over the years that Spiritual Evolution is the elimination of all your fears so your Pure State of Peace, Love, Joy and Bliss can once again flow within every thought, feeling and action that you have. We can get along very well in society with some fears as long as they are not crippling our ability to function in life. But, in Spiritual Development all fears interfere with your growth as they take valuable resources from you and limit or stymie your spiritual growth.

The way to eliminate any fear is to bring your fear into your Heart Chakra, surround it with Pure Divine Love and ask that part of you that is in fear exactly what is the nature of your fear. Then, access your Spiritual Wisdom for a new Higher Truth to eliminate your fear. I like to say "Thank You" to my Higher Spiritual Being for bringing my fears into my conscious awareness so that I can get rid of them.

Your desire for spiritual growth will bring forth every fear that you have when it is time to release them. Your Higher Spiritual Essence will bring your fears into your awareness so you can release the thoughts, memories and beliefs that support and feed your fear.

The way to eliminate fear in your life is to focus on Wisdom, Truth and Love and whatever is non-truth or non-love will be eliminated from your consciousness and many times without you ever knowing what was eliminated.

When you are living life from your Higher Consciousness Centers you sense exactly what you are to be doing and where to be in each moment of time. You will be in a stream of consciousness that is your Spiritual Truth. This is the path of Intuitive Learning and as you spend more time in this way of life you become more proficient at it.

The fear of death and other survival thoughts that originates from the root chakra are eliminated as you know that you are eternal and it makes no difference if you are in a physical body or not.

The fears that abound in your ego about self image, success, self esteem, relationships, your health in old age, etc. are eliminated as your identity is connected to your spiritual aspect of being not the roles that you play in life.

It is your responsibility to stay out of fear and not add to the fears of mass consciousness. It is your responsibility to remain in your Higher States of Consciousness when mass consciousness is in fear, or when certain people or governments are stimulating fear in the public.

Spirit is Action coming from **Truth** filled with **Love** and **Compassion**. Gandhi exemplified how to create change coming from a higher state of consciousness. Non-violence activism really means your mind is centered in Peace and Love as you are inspiring change with Pure Action, Pure Thought and Pure Feeling.

In 1982 Archangel Gabriel asked that the Living Essence Ministry be created in human consciousness. The only function of this ministry is for humanity to be Living Their Divine Essence.

The transformation of humanity begins with you and as more people live her or his Divine Essence then we will see the transformation of people and then the transformation of governments and eventually the transformation of the world. Spirit is action. Spirit is alive within you (within everyone) just waiting to be invited

into your (their) life. When you invite your Highest Spiritual Essence to be the center of your life, your path will be unveiled to you.

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

Moments of Sharing with Eleiah 2002-07-15 **Volume 1 Number - 006**

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

Blessings of Love and Grace to You,

There are so many thoughts floating around in my head it is time to share some of them with you.

The power of positive thinking has been around for millennia and a part of motivational seminars and modern day psychology since the 1970's. To have good mental health you need to eliminate those fears that are impeding your quality of life. But this only eliminates some of your fears. If you desire true freedom you need to eliminate all of your fears.

What is True Freedom?

I hear the word "freedom" mentioned by politicians almost everyday lately in the news. As Americans we must protect our freedom and way of life. But, this is not the freedom that I am talking.

True freedom begins when your Ego-Self merges with your Spiritual-Self. Your Ego-Self allows your spirit to be "free" to guide your thoughts, actions and feeling and experiences in your everyday life. You are truly free when your mind has merged with your Highest Spiritual Being and you respond to life from that pure wisdom.

This type of freedom has no fear of the outer world as all fear comes from non-truth. You follow your inner spiritual wisdom as to your vocation, how

you treat people, how you think, feel and act. This consciousness is free of all Karma as you follow the Laws of the Universe and respect all of creation.

Many times I have been asked by a married person if they need to get out of their marriage in order to grow spiritually. My guidance to them is to take your steps to become spiritual mature within the relationship and see what direction the relationship takes (assuming there is no violence in the relationship). You need to decide what you want in your life knowing no other person can give it to you and nothing in the material world can give it to you. The first stage in Spiritual Development is recognizing these facts and to search for a higher meaning in your life.

Becoming your True-Self is an inward exploration and it does not require a certain environment. I think sometimes being at an Ashram or with a spiritual group makes it more difficult because the outer world is so peaceful that your inner unrest is not apparent to you. For most of us it is the irritations from the outer world that reveals our inner thoughts and feelings.

The quality of your spiritual life and its growth comes from within you. Your outer world may make you aware of your inner fears but the response is not to get rid of the outer world situation, real freedom and inner peace comes when you have transformed your fearful belief and their associated emotions (a non-truth that parades around as a truth) into a new and higher truth.

When I was in College working on my Masters Degree a professor in Adlerian Psychology talked of **higher levels of wellness**. That concept struck a note with me. I really like the concept of working with people who wanted higher levels of wellness. Later, I came to realize that this really meant that my unenlightened self needed to become enlightened with truth.

When working with other people it means to guide that person into a state of connectedness with her or his Spiritual-Self and with the wisdom and love that resides within his or her heart center.

Regardless of what is going on in your life no one can control you unless you allow them to control your thoughts and your feelings. When you have fear within you, most likely you will give your power to someone else or not follow what you inwardly know is the right course of action. So, to be truly free all fear has to be eliminated within your conscious and unconscious mind.

While this may sound like a monumental task it is really quite simple. Focus on your Truth from within and those thoughts that support your fear are deleted as your inner wisdom grows.

Your wisdom is felt in your solar plexus -- it is your gut feeling of what is truth. You may have known a concept for years in your mind but that is intellect not wisdom. Intellect is what you have read or experienced and it may or may not be truth. Wisdom is that which remains true over eons of

time and in all dimensions of reality. Truth is constant yet ever expanding in understanding.

Many people talk about being in your heart center and responding to life from a consciousness of Love. This is a very good beginning as you do need to respond to the events of life from a state of Love but there is much more to life than being in a state of Love. One of my teachers on the Inner Planes told me that there are 10 million aspects of Divine Love and I am beginning to understand that I need to expand my Wisdom in order to begin to comprehend what Divine Love is.

For most people, Love is the beginning point and then Wisdom allows us to understand what Love is. Each of us need to be in a state of Pure Wisdom so you know how to use that Love in the most appropriate way and then you need to have the Power (Divine Will merged with Personal Will) to follow through with that Wisdom and Love.

When your Ego-Self merges and becomes One with your Highest Spiritual-Self then you begin to blend these three states of being into one action, one thought and one feeling. Spiritual Love, Wisdom and Power blended together in perfect balance. This is called the three fold flame of the Pink, Yellow and Blue Ray where these Divine Qualities of Spirit are blended together so they are no longer separate qualities. Every task that you do in life is with Love, Wisdom and Power (Divine Will) blended in perfect balance with each other.

To be enlightened only means that your ego/personality has decided to expand in consciousness and merge with your Highest Spiritual Essence. This new consciousness is the real you and your Highest Spiritual Essence become the center of your life. Your enlightened Ego-Self becomes that part of you that executes this wisdom and love that comes from within you.

In the early 1980's I had a fear of bats that came from a childhood experience. The universe guided a bat to come and live at my house so it made its home on the roof overhang above a picture window so I could see the bat all day long. The bat remained there for months until all of my fear of bats was gone. In meditation I was told that I need to eliminate all fears within me so love and truth are all that remains.

When a fear arises within you, thank your Highest Spiritual Essence and wrap your fear in love and dissolve it, then ask your Highest Spiritual Essence to bring forth a new and higher truth that is created from love and wisdom.

Focus on being in a state of Love and Truth and your fears will be revealed to you so you can transcend them. In fact, by focusing your thought on Love and Truth many of your fears will just disappear. Your thoughts create your reality so your world of Love and Wisdom from within you creates your new reality of Love, Truth and Peace.

A World of Peace comes from your Inner World of Peace. Your inner fears can never be removed by trying to eliminate events in the outer world. We create World Peace one person at a time. Are you ready to dissolve your fears known and unknown with Love, Wisdom and Power to create Inner Peace within you? Your Highest Spiritual Essence, your True-Self is ready to guide you home into a state of Divine Love, Wisdom and Strength.

If you are interested in a mediation tape to create The Three Fold Flame within you send me an email requesting the tape. The order form is listed in the Tape section of my web site.

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

Moments of Sharing with Eleiah 2002-09-15 Volume 1 Number - 007

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

Blessings of Love and Grace to You,

What I share with you in these letters is my Truth and if these thoughts assist you in your Inward Search for your Truth then it has served its purpose.

This Sharing is about Relationships and is Part 1 of 2.

Part 2 will be the next Moment of Sharing and it will focus on compatibility, soul mates, twin flames, etc.

You have heard many times that everything is connected but what does that really mean? For me, I feel that the true meaning of this statement comes from the concept that the Spiritual World is that part within all creation that is connected to everything else Physical Reality, Energy Reality, Mental Reality and Spiritual Reality.

Lets think about the concepts of three worlds, the Physical World, the Energy World and the Spiritual World. The outer world is the Physical World and within the Physical World is the Energy World, and within the Physical World and the Energy World is the Spiritual World.

The vibration frequencies of the Physical World and the Energy World varies significantly within each world. But, in the Spiritual World there is a constant vibration that resides within every aspect of creation and it is this vibration that links everything together. Most people view the Physical World and the Energy World as something separate from the Spiritual World. But, the Spiritual World sees and knows the interconnectedness of everything and in reality the non-separation that exists all of the time in all of these Worlds.

As my Spiritual Teachers taught me the "Inward Path" (a process to merge my Ego-Self and my Spiritual-Self) I began to see my relationships from the view point of my Spiritual Essence. I also figured out that **all of my**

relationships really were with the Universe and Spirit and I was just acting them out with the people that I knew. Each relationship was showing me what parts of my Physical, Energy and Mental Self were in harmony with my Spiritual World and what parts were not.

I also knew that I needed to develop and use spiritual discernment to know which relationships supported my Spiritual Essence and which ones did not. Spiritual discernment is quite different from judgment because spiritual discernment is a state of conscious wisdom whereby you know what and whom honors your Spiritual Essence and Truths. There is a sense of Inner Peace and Harmony and even Love in this knowingness. If someone does not honor your Spiritual Essence, you allow them to be as they chose, and, you move on.

With judgment you will always feel strong emotions and a sense of right and wrong. It is these emotions within you that will tell you if your are in judgment or discernment. The higher emotions of your Spiritual Essence are Peace, Joy, Love and Bliss all of the lower emotions/feelings are creations of your ego and personality.

Of course the biggest part of this philosophy is looking at yourself through the eyes of your Spiritual Being to see what memories, attitudes, beliefs, perceptions, etc., that are pulling you out of your Spiritual Oneness. The physical world reacts to events whereas the spiritual world responds to events in a manner that maintains Spiritual Oneness.

Living your life from the realm of your Spiritual World does not mean that you simply allows others to run over you or be disrespectful to you. In fact, it is quite the opposite. When you are in Oneness with your Spiritual Essence you will know how to respond to each situation in a manner that is respectful to yourself and to the other person. Your response will come from a Center of Peace, Harmony, Love and Bliss filled with Wisdom and Understanding.

How Does This Concept Apply to Everyday Relationships?

I learned that I needed to take total responsibility for my part of a relationship and to know and accept that I had no control over the outcome of my relationships with other people. More importantly, it means that I needed to allow my True Self (my Spiritual Essence) to be free and active in my relationships. My desire to create Spiritual Harmony stimulates the changes I make in my relationships.

I had to go into my Heart Center and merge with the Wisdom, Love, Peace and Harmony that was within me. I needed to decide how my Spiritual Essence would respond in this relationship and what qualities I needed to bring forth within me and this relationship to honor and respect my Spiritual Essence. The Wisdom that I received guided me to heal my fears and distortions of truth rather than trying to heal others.

For example, In my 30's I felt that I needed a relationship to feel complete and the relationship I created was built on my inner fears and the relationship could never create the Bliss and Love I wanted. Then, my Wisdom guided me to merge my Ego-Self and my Spiritual-Self into Spiritual Oneness and my need to have a relationship to feel complete disappeared. Now, I understand that my soul's desire for my Ego-Self and Spiritual-Self to merge was misinterpreted by my left brain into thinking that I needed a relationship with another person to be complete.

Finally, I figured out that since all my relationships were really with Spirit and the Universe that I could let go of any expectation of how a particular relationship was to turn out. How the other person responded to my new way of being in the relationship was up to them. When I detached from wanting a specific outcome in a relationship that detachment gave me the freedom to create the best possible relationship I could between me and Spirit, the Universe and that person.

The challenge that comes with this approach is you are forced to change all of your beliefs and attitudes that are at odds with your Spiritual Ideals and Beliefs. When you respond to a certain relationship issue from your Spiritual-Self you are in a state of Inner Peace within that relationship whether you stay in that relationship or leave it. You have resolved the conflicting attitudes or beliefs between your Ego-Self and the Universe.

If you are in a relationship that has some problems then ask your Spiritual Essence to bring forth your Inner Wisdom so you know how to respond in that relationship. Let go of all your expectations and assumptions of how your mind thinks it should work out. The issues are within you and the healing takes place when you replace the conscious and unconscious beliefs and attitudes and distortions of truth that created the difficulties in the relationship.

Your relationships with other people reveals to you what kind of relationships you have between your Ego-Self and your Spiritual-Self and the Universe. If you are in a pure state of Joy with a person then build on those ideals within you. If you feel sad, angry, abandoned, uncomfortable with a person those issues are within you. You have an attitude, belief, memory or perception that is a mental distortion of wisdom and you are not in harmony with your Spiritual Truths and your Spiritual Essence.

The Universe nor your Spirit expects you to get along with every personality but it does expect you to get rid of the mental and emotional garbage that keeps you from your Divine State of Oneness. Do not expect others to change so you are comfortable and do not run away from relationships. Become your Spiritual Essence within those relationships and heal the real issues within you that are revealed by that relationship. When, you have done that then you can leave that relationship if that is best for you and you

are free. Each relationship we create is designed to bring out a spiritual quality of your Divine Being.

Many people have told me that they were told by a psychic that they have a karmic relationship with a certain person and they need heal that relationship. My response is that the person needs to heal that relationship issue with Spirit and the Universe and if it also works out that you heal the relationship with that particular person so much the better. But, some people do not want to heal a relationship, or they may have died, so this concepts allows you to heal those relationships and be done with them.

When you have healed a relationship issue with your Spirit and the Universe then that specific relationship issue is restored to a state of Divinity and you have restored a piece of your Wisdom and Truth into your mental consciousness, and, that problem is no longer a factor in your Spiritual Life.

I felt a sense of empowerment when I realized I needed to work it out within me and then respond to the Universe from this new center of consciousness. Yes I do go back to the actual people involved when possible and respond from my Spiritual Essence. I need to know that I did everything possible to have that relationship in spiritual balance and yet I accept that person's right to remain in whatever consciousness he or she desires to be in. Spirit resides within everyone and eventually every person comes back into Spiritual Oneness but I do not know which lifetime that will be.

Everything in your life is a relationship between you and the Universe and Spirit and as such can be healed and restored into Peace and Harmony. This includes your relationship with your job, your emotions, your beliefs, certain people, etc. You have the power within you to restore Inner Peace and Harmony within you as you heal these relationships between you and Spirit.

There are many concepts woven into the fabric of this letter and perhaps you may want to play with these ideas while you are asleep. In your dream state your Spiritual Essence will guide you to your Inner Wisdom.

For those people who have taken Kofutu Formula Healing the **Relationship Healing Script** is a very powerful healing tool that you can use to heal your relationships. This Relationship Healing Script guides the healing to whatever is best for you from a Spiritual Perspective.

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

Moments of Sharing with Eleiah 2002-12-15 **Volume 1 Number – 008**

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

Blessings of Love and Grace to You,

This Newsletter is Part 2 of 2 on Relationships and it deals with compatibility, soul mates and twin flames.

In my last **Moments of Sharing** I shared how I learned that all relationships were really with Spirit or the Universe. My relationships with other people were a reflection of different aspects of the relationship between my Ego-Self and my Spiritual-Self and the Universe. The condition of these relationships revealed what areas of my consciousness needed enhancement and what areas were in harmony with Spirit.

I realized that I needed to take total responsibility for my part of a relationship and to know and accept that I had no control over the outcome of my relationships with other people. More importantly, it means that I needed to allow my True Self (my Spiritual Essence) to be free and active in my relationships. My desire to create and maintain Spiritual Harmony within me stimulates the changes I make in my relationships.

I learned to let go of any assumption or expectation of how a particular relationship was to turn out. How the other person responded to my new way of being in the relationship was up to them. When I detached from wanting a specific outcome in a relationship that detachment gave me the freedom to create the best possible relationship I could between me and Spirit, the Universe and that person.

Part 2 on Relationships really applies if you are creating new relationships. These concepts even apply to creating a new career opportunity which is just another type of relationship so use your creative mind to utilize these concepts as you sense they apply. Remember, everything in your life is a relationship.

If you are thinking about getting into a new relationship the key word is **Compatibility** and how to measure your compatibility with another person. If you are looking to create a long term relationship with another person here are some things to really contemplate about.

Areas and Degrees of Compatibility:

1. Physical
2. Emotional
3. Feeling
4. Mental
5. Intellectual
6. Spiritual
7. Sexual

I use a scale of **0** to **10** "zero" being non-compatible and "ten" being extremely compatible. I can tell you that you can't use logic or reason to determine your compatibility since these are *"seven specific planes of consciousness"* which your rational mind may not even understand.

However, your Spiritual Essence knows how compatible you are in a specific relationship with another person and you can access that guidance with your Spiritual Intuition.

Most people never look at the all the different areas of compatibility between them self and their future partner in life, I never did. It is important to use your intuitive ability rather than logic or rational thinking. Your Spiritual Essence will give you an insight that your logical mind will not give you. My suggestion is to have a 5 or higher in each of these seven areas and you will have a greater chance to create a meaningful and sustaining relationship. If possible, both people involved should do their individual compatibility assessment since what may be great for you may not fit the other person.

The dictionary defines compatibility as being capable of existing or living together in harmony. My understanding of compatibility for most of my life was another person that had my likes and values and our outer worlds were very similar. But, true compatibility is when your inner world and outer world has the potential to exist and live in harmony with the inner world and outer world of this person you chose as a life partner. Your inner world is your spiritual essence within you which remains free and pure from the confusion and misdirection your outer world may create.

It takes two healthy people each putting 100% into a relationship for that relationship to be healthy and to flow effortlessly. What that means is nurturing your relationship on a daily basis and yet not having any assumptions or expectations on what will happen. When I get a new plant for my home I know that I need to give it sunlight, water, nutrients and most of all love everyday otherwise it will die. When I got married the minister said we were "married forever" and I did very little to nurture my marriage. Unconsciously, I thought that since this was "forever" I did not need to do anything special everyday.

If you use your Inner Spiritual Guidance and ask how compatible you are with each other on these seven areas of consciousness you have the greatest potential to create a loving, caring, honest, humble and respectful relationship. And, I sense it is much easier to be your Spiritual-Self when you are in a relationship that is supportive, nurturing and caring.

When you are in a truly compatible relationship there is a flow within that relationship that adds vitality. Each person is being true to him or herself and their Spiritual Essence. There can be no fear in this type of relationship only love and respect for yourself and the other person. You must have the freedom to be your true self in every moment and you are together because each chooses to be with each other.

About twenty years I was a facilitator for a self-help group of divorced people and this wise person in the group said: *"If you need to work on a marriage you are in the wrong marriage"*. To be honest, it was many years latter before I finally understood what he was saying.

If you really need to put mental and emotional effort into making a relationship work it is like trying to put a square peg into a round hole, it does not work. If you are in a relationship and your compatibility is not what you desire this does not mean you need to terminate that relationship.

Since all relationships are between your Ego-Self and your Spirit you need to focus on allowing your spiritual essence to be free and guide you in creating the positive qualities that create harmony between your Ego-Self and your Spiritual Essence. All you need to do is allowing the Divine Love, Divine Wisdom and Divine Will within you to become a permanent part of your life. These qualities reside in your Inner World and need to become your Outer World. As your relationship with your Inner Spiritual Essence and the Universe improves so to will your outer relationships improve. As you create this new inner relationship that is in harmony with your Spirit and the Universe you may chose to let go of this old relationship from a conscious state of Love, Peace and Wisdom.

Soul Mates has been overrated in books, some writers even say your soul mate is the other half of your soul that you need to be complete. A soul mate is any person that you have been with in one or more previous lifetimes. The quality of those past relationships can range from being deeply in love with each other to being fierce enemies. So, finding a soul mate may not be that great of an experience. I have met several of my soul mates that in past lives were pure love experiences and yet we were not compatible in this lifetime. We had different priorities in this life experience and with that bond of love we went our separate ways.

Twin Flames: When a group of souls leaves the Source on the path of incarnations they have a unique spiritual vibration pattern. When you met one of these souls in your physical life there is a sudden knowingness that you have know this person (soul) for eternity because your Highest Spiritual Vibration is the same frequency as theirs. When you connect with your Spiritual Essence you experience a Oneness with this other person's Spiritual Essence. Yet, even with this sense of Oneness at the Spiritual Level it is necessary to check your overall compatibility on the other levels of consciousness.

In awakening the Divine State of Being within you, you are less focused on the relationships that you may or may not be in. Your focus is on the relationship between all aspects of your personality and your Spiritual Essence and the Universe and in doing so you connect to that which is Eternal. This is the only relationship that can bring you true Joy, Bliss, Love and Peace within you.

As your Inner World becomes your Outer World your ego consciousness merges with your Highest Spiritual Essence along with the Ocean of Love called God or the Source and as you interact with the Universe and all of creation with Love and Wisdom you are aware of the interconnectedness of everything which simply put is what we call "relationships".

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

Moments of Sharing with Eleiah 2003-03-15

Volume 1 Number – 009

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

Blessings of Love and Grace to You,

I have been pondering over the word "Peace" for several months and I received some insight in the last few weeks.

Today, I was out in my yard spreading some fertilizer on my grass, flowers and garden area. My grass likes a 9 - 3 - 5 mixture of organic fertilizer, while my Daylilies want a 10 - 24 - 10 fertilizer and my garden goes for the 10 - 9 - 7 organic fertilizer.

What does 10 - 24 - 10 mean? On my box of fertilizer it says 10% Nitrogen for growth and green coloring. The 24% Phosphorus is for strong roots and beautiful flowers and the 10% Potassium is a catalyst for many plants functions.

By now you may think that I have really lost it but there is a meaning to this metaphor. Peace is a "word" but the energy and consciousness that creates Inner Peace is Love, Wisdom and Healing. So the formula for Peace is LOVE - WISDOM - HEALING

Love is for the growth of your Ego-Self and your Spiritual Essence and for those people around you.

Wisdom is to give you deep roots in your Spiritual Truth and Knowingness

Healing is the energy and consciousness that removes all those feelings and thoughts that interfere with you being in a State of Inner Peace and Living your Wisdom.

Years ago I wanted to be Pure Love and that was the message my Inner Essence gave me. So, I tried to be that Pure Love but I did not always live up to my ideal vision. For me, that was like when I put a 24 - 0 - 0 fertilizer on my grass and it grew like wild fire. I had to keep watering it so it would not burn the grass and I mowed it every other day because it was growing so fast. But, the grass had poor root structure and little resistance to weeds, drought or anything else.

What I have learned over these years is that we need a balance of Love, Wisdom and Healing and that balance is different at various times in our life.

I will say that we always need some of each in our life. I think many people focus only on the Love aspect and forget about the other two. I know one person that really wanted to be Pure Love and he worked very hard at being pure love but when life got hard for him, his love almost died. His love was

not based on his Spiritual Wisdom to carry him through adversity and he pulled away from doing his Healing work because of his pain.

Now my friend is back on track doing his Healing work which will assist him to access his Wisdom and the Love within him which is beginning to flow again.

Nothing in the outer world around you can pull you out of your center of Inner Peace. We would like to think that it is other people or events that create the disharmony in us but that is not the case. If you are pulled out of your Inner Peace it is your internal response to your Outer World and that my friends is an issue within you to resolve.

Anything that pulls you out of your Inner Peace comes from your conscious or other-than-conscious mind's beliefs or attitudes that are out of sync with your Spiritual Wisdom and the Universe is giving you an opportunity to clean it up.

The **Love** that I am talking about is Pure Divine Unconditional Love that shines forth all of the time, good times or not so good times it is always there. It is free of judgment and expectations or desired outcomes. It is like our sun always shining its light.

The **Wisdom** is the Truth that is deep within us as our knowingness. I find my Wisdom is in my heart center deep beneath my emotional and mental bodies so it is unaffected by my emotional and mental states of consciousness. It is stored in a safe place protected from our outer self. Truth can only be Truth if it works in all dimensions and all experiences. There are many half truths that we get to deal with and to move beyond. In fact, Truth seems evasive because it keeps expanding multi-dimensionally.

Healing is the conscious force that restores our Divine State of Being if we allow it to do its job. In other words, we need out get out of our own way. There is a constant desire for some part of your humanness to return home into this state of Love, Joy, Peace and Bliss. I define healing as regenerating any aspect of who we are, back into the Divine State of Oneness.

I like to work with the Seven Rays of Divine Consciousness so here is how this concept works for me:

The Third Ray is Divine Love and Pink in color.

The Second Ray is Divine Wisdom and Yellow in color.

The Fifth Ray is Healing and Green in color.

So, Inner Peace comes from working with the Third Ray, the Second Ray and the Fifth Ray. So each of you have a specified amount of Pink, Yellow and Green in your Inner Peace recipe. There is a spiritual part of you that always knows the correct amount of each color that you need to be balanced and able to grow in Spiritual Balance and Harmony.

If you like to work with the Angelic Realm then:
Chamuel, Charity and Master Paul the Venetian are the ambassadors of the
Third Ray Divine Love.

For Divine Wisdom, the Second Ray, call upon Jophiel, Constance and Master Lanto

And, for the Fifth Ray ask for Raphael, Mother Mary and Master Hilarion.

You can ask these Angelic Beings to assist you in manifesting your recipe for Inner Peace. Ask and you shall receive.

Since the human mind can't really imagine what Pure Inner Peace would really be like let go of any desire to try to imagine how it may be. Allow your Inner Peace to be created within you according to your Spiritual Understanding and Knowingness.

Perhaps the easiest meditation you can do for Inner Peace is to ask for Love, Wisdom and Healing to flow into your physical body, emotions, mind and spirit. If you like to visualize colors then add the colors to your meditation. Keep it simple and uncomplicated by your ego mind.

You have the Power to be in a state of Inner Peace all of the time by activating your Divine Mind within you and allowing it to heal you and to grow mentally and spiritually.

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

Moments of Sharing with Eleiah 2003-06-01

Volume 1 Number – 010

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

Blessings of Love and Grace to You,

Have you ever thought there must be more to life than getting up, going to work and then going to bed? Have you ever pondered upon these question? Who am I? Where did I come from? Why am I here? and Where am I going? These are some of the questions that come up when you begin to search for your *meaning of life*.

As I searched for the answers to these questions I figured out that each of us is a Spiritual Being who has chosen to incarnate into a physical body on this physical world and as such we really live in two worlds. One world is your Outer World which includes all of those things that makes you a person: your mind, personality, relationships, work, likes and dislikes, etc. Your mental mind creates and guides your Outer World and most of us get so caught up in our physical world that we don't even realize we also have a spiritual world.

The other world is your Inner World. Your Inner World is the world of your Spiritual Being, it's filled with Love, Wisdom, Peace and Bliss. Your Divine

Mind is your Inner World untouched by your ego, your emotions and feelings and all of those beliefs that guide your outer world. Your Inner World also includes the realm of Spirit, the Creator, and the Angelic Kingdom.

In meditation I was guided to follow the ***Inward Path*** to find the Wisdom, Love, Peace and Harmony and my *true meaning of life*. This path begins with going inside and clearing out any pain and hurt that may reside within your heart center and then going deeper into your heart center - into your Inner World. Your heart center has several levels since they reside in different bodies that interpenetrate each other. While your physical, emotional or mental heart center may feel pain or love your spiritual heart center is Pure Love. It is in your Spiritual Heart Center where you meet your Divine Essence or Divine Mind which has all of the answers that you have been searching for.

As I was searching for my *meaning of life* at first I was searching in my Outer World and I got some good answers. Some answers came from books, others came from self discovery of what was meaningful to me. But, these answers seemed to bring with them more questions so I did not feel the peace or whatever I was looking for. I was searching in my mental mind to find answers about Spirit and the answers always were incomplete because my mental self was incomplete.

Your intellect may think it has the answer but you tend to have some doubts until you go into your Inner World and *know* the answer. It is the knowingness that gives you Peace and Harmony.

Over the years I received different answers to these question and each answer gave me a greater sense of understanding. Each new answer would build upon the wisdom in my previous answers. It is like building a temple of truth and each answer is an another brick in building my temple of truth.

Each of us is a Spiritual Being living in the Realm of Spirit and at the same time living in this corporeal world. Our Spiritual Essence is aware of everything in both of our worlds, while our mental mind may have little or no knowledge of our Inner World.

Sometimes a person can get a glimpse of their Inner World in meditation and experience a moment of enlightenment and while this is a wonderful experience it also leaves a person feeling incomplete. To be fully human is to merge these two worlds together and to do that your Divine Mind needs to merge with your Mental Mind. Your Spiritual Body and your physical, emotional and mental bodies need to become one body. A body and mind of Oneness.

Your emotions and feeling are to be pure and in a state of Love, Joy, Peace and Bliss. If they are not then it is for you to make the changes in your Outer World so your Inner Divine Essence can dissolve those contaminated feeling and emotions. We are not to struggle to control our emotions we are

to release those things within us that create these emotions, then you are free. Then, you will live in Peace and Harmony as you are one with Spirit.

The process, as I know it, is to bring your Divine Mind from your Heart Center up into your conscious mind. The wisdom then can flow from your crown center, to your heart center and then to your mental mind. When your Divine Mind and mental mind have merged together, then and only then, do you have the answers that feel complete and your mental thoughts and feeling are pure and in oneness with your Inner World.

The question that confused me the most was Why Am I here? At first it seemed that there had to be some specific task I needed to be doing. I must be doing a certain type of job, or I was to work in a certain field or a certain place. My mind was focused on a career rather than a state of being.

What is the purpose for being here in this physical body on this planet? Now, my answer is very simple: To be living the life of your Divine Being with each breath that you take. We are to bring as much Love, Wisdom and Peace as we can into our mental mind so it becomes a part of the consciousness of humanity.

Life is evolution and evolution is the unfoldment of Spirit from the Divine Seed within you. There are two lives: the inner and the outer. The outer life speaks about principles and then tries to act them out. But, it practices very little of what it professes. The inner life does not speak, it acts. Its spontaneous action is the conscious manifestation of God. This union with God is to become an conscious event where every moment in your life must be a moment utilized with God.

The aim of life is to become conscious of the Supreme Reality within you. Your inner life is to become your outer life by creating this personal union within you. I call that union a state of Oneness.

Earth is a playground for you to act out the wisdom and love that you already have within you. You are to rise above the events of life and not be caught up in the melodramas of life. You have the power within you to be free of judgment, anger, greed, lust, worry, hate, fear, pride, and attachment as these can only be created by your unenlightened self in your outer life. When your Soul or Divine Mind blends with your ego/personality you transmute and transcend these feeling and thoughts.

When your Inner World and Outer World are One World then you are a radiance of Love and Joy, Peace and Harmony filled with Wisdom and Understanding. Yes, you will continue to grow Spiritually in an ever expanding upward spiral all the way home to the creator.

Peace, Love, Shanti, Alamanda Jim Peltier/Eleiah

Moments of Sharing with Eleiah 2003-09-01

Volume 1 Number – 011

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

Blessings of Love and Grace to You,

With the planet Mars so close to Earth these days it may be causing an emotional stir within some of you. The effects of the Mars energy will greatly amplify whatever is going on within you mentally and emotionally. With this awareness you have a choice to clean out those thoughts and feelings that have limited your Joy of life.

You may also experience great Love and Peace at this time and this gives you an opportunity to create more Love and Peace so that when Mars moves to its normal position from Earth you still have that increased feeling of Love and Peace.

The creator really did a wonderful job in creating the human form. Looking at this design from the perspective that we are composed of multiple bodies each interpenetrating each other gives us a greater understanding of its Divine design.

As humans we create many mental filters to create the mental states that we desire. We see and experience things the way we want them to be according to our view: of our self, of other people and the world. This is called illusion or glamour. It is a projection of how we want to see ourselves and how we want others to see us.

All of this energy is reflected in our Mental and Intellectual Bodies. This mental projection or energy can be completely contrary to what is actually going on in your Emotional Body.

I sense that our Emotional Body presents the most pure picture of our mental/spiritual state. While we have the mental power to filter our thoughts, I believe we can't filter our true emotions. What most people do is ignore or deny what feelings they are experiencing. Our nervous system and our emotional and feeling body reflects our internal responses to our outer world. Since the feeling body is so connected to our physical body these feelings can get anchored in our physical body. This is especially true when we deny those feeling in order not to deal or feel those feeling.

So how do we cleanse our Emotional Body when our mind is filtering out what it does not want to deal with? Years ago on my spiritual journey I kept hearing that I need to be Pure but I was not really sure just what that meant. Over time my Spiritual Essence gave me the answer. To Purify myself I needed to bring my Spiritual Essence into my body, emotions and mind.

Your Spiritual Essence is called by many names: Higher Self, I AM Presence, Soul, to name a few. Your Higher Self is patiently standing at your front door (Crown Chakra) waiting for you to invite her in. When you invite your Higher Self to move into your home you are on the path of purification. The subtle energies of your Higher Self flows into your central nervous system and your physical body and begins to calm your emotions restoring the natural love, peace and harmony. The emotions of your Higher Self are Peace, Joy, Love and Bliss.

The wisdom of your Higher Self flows into your mental and intellectual bodies/mind and begins to transform those thoughts that are contrary to your own Divine Wisdom. All you are doing is remembering the wisdom, truth and love that are a part of your God-Self.

While this is the perfect version of this scenario many people only invite their Higher Self into their living room (Heart Chakra) while their living room is being blessed all of the other room are put off limits to the grace and love that the Higher Self brings with her. And, some people meditate (floating out into space) and then they close the front door and leave their Higher Self standing outside.

Your Higher Self is filled with eternal patience and lovingly waits for you to invite her into your life regardless how many lifetimes that may take. When your ego and personality finally invites your Higher Self fully into your life then they work together to amplify the Divine Flame within you. I strongly suggest that every day you invite more and more of your Divine Being into your home and allow it to become an integral part of your home (body, emotions and mind).

When you bring your Higher Self into your home everything begins to rearrange itself in the image of your Divine Self. Your personality become more gentle and loving in the Oneness of your Spirit. You see, as you invite more of your Divine Essence into your home you are on the path to Oneness. Your body, emotions and mind merge into Oneness with your Spirit. Your Higher Self is filled with Peace, Love, Joy, Bliss, Wisdom and Understanding and these qualities become the foundation of your new self.

How do we merge our Inner World of Spirit with our Outer World of daily Life?

Here is one way that you can begin the merging process. Each day say something like this: **I invite my Higher Self to be fully present with every aspect of my being and in every part of each of my bodies.** Make sure that your ego and personality truly wants this to happen as that is the only part of you that is not already enlightened and that is where all of the changes take place. With this honest desire you will begin to assimilate all of the attributes of your Higher Self and begin to remember all of the Wisdom and Love that has been with you since creation. **So, you Purify**

your lower self, by asking for your Higher Self to come into your personality and Ego-Self and merges with it.

But it does not stop there! Your Higher Self is just one facet of a continuum of a more and more Pure Spiritual Essence of you all the way back to the Godhead/Source. When you have fully integrated your Higher Self, then, a more advanced level of your Divine Self stands at your front door waiting to be invited in. With that thought in mind, I have decided it is best to make that invitation everyday of my life and change the words from Higher Self to **Highest Spiritual Being** so that I am always inviting in the next level of my Divine Self that my ego is ready to merge with. You invite in this next level of your Divine Self then integrate all of its qualities and graciously await your next guest.

Here is what people need to do to become fully One with their Spiritual Being. Your ego and personality needs to decide that you want to merge with your Spiritual-Self and ask for that merging to take place. Your Spiritual Being resides in the ninth chakra about a foot above the top of your head. When you invite your Spiritual Being to be with you that energy and all of its qualities and wisdom begins to flow down into your heart chakra. It is in the Heart Chakra that your mental self needs to help in moving this beautiful Love and Wisdom to every part of your physical body, your emotional body and your mental body. This merging of your Spiritual Being into every part of you is what true grounding is all about.

"Ask and you shall receive" we have all heard that phrase but the wisdom comes in knowing what to ask for. Now, you know at least one thing you can ask for each day of your life

Your Divine Presence is within you awaiting your desire to experience all of its Love and Wisdom. Your mind is the only thing that creates the illusion of separation and you are in charge of your thoughts. You have the power to create the Oneness within you if you want to.

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

Moments of Sharing with Eleiah 2003-12-01

Volume 1 Number – 012

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

Blessings of Love and Grace to You,

This is a season of great Joy and the opportunity to grow and become a Great Light of Love and Bliss. The universe is composed of many cycles some are small and others are great in their length of time.

One of the cycles that I am referring to is the cycle of the planet year marked by the winter solstice. This cycle closely follows our calendar year or what could be called our personal cycle in this Earth Reality. At the close of

this personal cycle each of us receive a flow of Grace that is used to close the cycle or year, and, to open a new cycle or year. It is the receiving of this flow of Grace that is the subject of this communication.

I am not wise enough to say if this closing date is the winter solstice, or the last day of our calendar year, or some particular day between these days. Each of you can figure that out with the wisdom that resides within you and the traditions you may follow.

There is a flow of Grace for 7 days prior to the closing of this cycle and another 7 days of Grace to open the new cycle. What is this flow of Grace and where does it come from and for what purpose? The flow of Grace that I am referring to is set forth by the Ascended Masters and the Angelic Realm and comes in the form of the Purple/Violet Ray.

In the closing of your personal year the Purple Ray can be used to Transmute most if not all of your actions for the past year prior to these actions being written in your souls Akashic Record. This Grace is given to you out of Love and Compassion for the Divine Being that is within you. While this Grace is at your door step it is for you to accept it and to make it a part of your consciousness. The Purple Ray is to transform any past actions, feelings, and thoughts that are counter to your Divine Being's nature and turn them into a state of neutrality so that you learn from those actions.

While there are as many ways to use this Grace here is one simple way to use this Purple Ray. Take a calendar for 2003 and start with the month of December and putting your hands on the month of December see and feel and know that the Purple Ray flowing into your crown center is now flowing into each day of the month of December and it is burning away all your actions of non-love and then the Purple Ray will turn into a Golden Light. There is no need to try to remember what you did or did not do. Focus on the healing affect of the Purple Ray and it will flow into your conscious and unconscious mind.

Then, go to the month of November and follow the same steps and continue to do this for each of the months in 2003. This process needs to be done sometime in that 14 day period while your past karma is still fluid and easily transmuted.

This process is like a spiritual accounting system where you decide how you want the books to be at the end of the year. What do you want carried over to the next year, if anything? With your past year cleared of Karma (good and bad) you get to start your new year with the Grace of Transcendence another aspect of the Purple Ray.

Forgiveness is really retroactive Love and true forgiveness has to come from you for your actions, feeling and thoughts, known or unknown. Some people want God to forgive them, or, for other people to forgive them when they have not forgiven themselves. Self forgiveness comes when you truly know

that your actions dishonored your spiritual essence and your actions may have been hurtful to others. It is in this knowingness that you and your spirit can use the love and grace to heal the discord between your mental self and your Spiritual-Self and to come back into the Oneness of Light and Joy.

Another cycle is very important for every person and that is the cycle of the soul here on this Earth Plane. Your birth date is the cycle of your soul and on each birthday your Solar Angel releases a flow of energy and consciousness to guide you in your next year of Earthly life. You can use this Solar Angel energy to come closer to the divine essence of your Solar Angelic Being. We all have an angelic presence within us and this part of your spiritual being radiates a great love within you on your birth date.

This concept goes even farther, on the birthdates of Ascended Masters and Teachers like Jesus, Buddha and others. On the celebrated birthdays of these highly evolved being there is a release of an enormous amount of Cosmic Love, Wisdom, Joy and Bliss to all of humanity to which they have great affection. So, during these Christmas Holidays remember to be receptive to the abundance of Light and Love that is bestowed upon you.

Christmas time also shows us our addiction to things which have no meaning. We are to learn to detach from all of our desires and wants in this material world and connect with our spiritual nature. In that Oneness of your Spiritual Essence all of your needs will be taken care of. When I refer to your needs being taken care of I am referring to everything that you need to complete your spiritual purpose in this life.

It is your attachment to desires and your long list of wants that keeps bringing you back into the cycles in reincarnation. When it is time to leave this world the only thing you take with you is the consciousness that you have created in this lifetime, nothing else. When you live in detachment you enjoy the material gifts you need for your earthly life. But, you also realize that you really own nothing as everything belongs to the universe and all your material possessions are returned to spirit with love and grace when you are finished with them. You are to live in Bliss with or without your material possessions.

May your holiday be filled with an abundance of Love, Joy, Peace and Bliss as you awaken your Divine Essence within you with the assistance of all those who have gone before us on this path into the Divine Oneness.

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

Moments of Sharing with Eleiah 2004-03-15

Volume 1 Number - 013

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

Blessings of Love and Grace to You,

May your days be filled with the Love and Peace that is your inner core, your Divine Essence.

This sharing is about Chakras and specifically the Heart Chakra. In Yoga Psychology and Philosophy the Chakras are centers of consciousness. The Heart Chakra is really two centers of consciousness. The Upper Heart Chakra is our connection to the Spiritual World via the three higher chakras. And, the Lower Heart Chakra is connected to our three lower chakras and what can be called our Earthly World. The Heart Chakra is the bridge between these two worlds. Each of us is a Spiritual Being living in the Spiritual World and the Earthly World.

The Lower Heart Chakra is a mirror of all the feelings and experiences of our Earthly life. So, most of us figured out that we can avoid the pain in our life by leaving our heart center and living in our head.

When we begin our spiritual journey and start becoming aware of our Spiritual Essence this consciousness begins to flow from our Crown Chakra, to our Brow Chakra and then into our Throat Chakra and finally into the Upper Heart Chakra.

For most people when this has happened they feel a sense of bliss and spiritual oneness. While this is the first step in spiritual awakening it is only the beginning. This experience is becoming aware of one's Spiritual-Self and the spiritual world we all live in whether we are consciously aware of it or not.

True, when we are in the Upper Heart Center we may act differently with other people and be more loving and caring about many important issues but we are not really in a State of Oneness. When we are in the Upper Heart Center that has been awakened and connected to our Higher Spiritual Essence and the Spiritual World we are a Spiritual Being Living in a Spiritual World.

The real goal of life is to be a Spiritual Being consciously living in this Earthly World. This process of growth begins when you start living each moment in both your Upper Heart Center and your Lower Heart Center.

As I said earlier, your Lower Heart Center is a reflection of your consciousness in your three lower chakras. The Third Chakra is our emotional consciousness center and these emotions flow into our Lower Heart Center and can be overwhelming to deal with. In 20 plus years of healing work I have found that most people stay away from their Lower Heart Chakra as it has too much pain and they have not been taught how to get rid of the pain. Somehow we all learned that to live in our mind is a way to detach from the pain.

As a person opens up her/his Upper Heart Chakra there is a flood of Love and Bliss that can be experienced so you may decide that it is safe to be in your heart. You may even believe that you have become enlightened. But,

after time our Spiritual Essence begins to assist us in becoming aware of the Lower Heart Center and all the issues that our mental mind (ego/personality) still has to deal with. I call that awareness; "The Dark Night of the Ego."

When I experienced this dark night of my ego it was confusing to me as I was in Bliss one moment and then the Bliss was gone in another moment. What I learned is that I needed to bring my mental mind and my spiritual mind into these Lower Chakras and bring the Love, Bliss and Wisdom into my past experiences and beliefs.

To be a Spiritual Person in the Earthly World I needed to bring all of my Divine Essence into every cell of my physical body, into every emotion that flows in my emotional body and into all of my thoughts. I also learned that it was not enough to bring my Spiritual Being into my entire body, I needed to bring my mental consciousness into every cell of my body. Then and only then, was I really in true Bliss, Joy, Peace and Love.

Healing to me is restoring divine order within oneself. For, healing to take place your mental self has to be present and a part of the healing process and it is also helpful to have your spiritual essence there also. Your Ego-Self has to be conscious and aware of everything that is going on within you and your Divine Essence needs to be invited by your Ego-Self to be fully present within every aspect of you. Then, you have the power to create Heaven on Earth within you.

When you have cleaned out the pain and non-truth from these Lower Chakras and your Lower Heart Chakra then you can be a Spiritual Being in this Earthly World. Grounding in its most pure sense is grounding your Spiritual Essence in your physical body, emotional body and mental body. Then, the Bliss and Love that you feel in your Upper Heart Center is experienced in every cell of your body with every breath that you take.

At this stage your whole body has become a temple of Love and Peace and the wisdom of your Higher Chakras can easily flow through your Heart Center to each of your Lower Chakras and your whole being from the top of your head to the bottom of your feet is filled with your Divine Essence.

While there are many ways to purify the Lower Chakra Centers one method that is very simple and even encouraged in this Aquarian Age is using the Purple/Violet Flame to transmute and transcend all of the energy and consciousness within you. The Law of Transmutation is using consciousness (the Violet Flame) to neutralize negativity and then to change that neutralized energy into pure Love and Peace. This process is much easier than trying to remove these feelings and energy and then replace them with something pure.

Most people, me included, like to meditate by going up into our crown chakra and then into the realm of spirit. While this creates wonderful

feelings and a connection with Spirit it does little to enlighten your personality nor your Earthly life.

What I propose is to include in your meditations bringing your Higher Consciousness into this sacred temple called your body and make it pure with Love and Peace, Joy and Bliss with Wisdom and Understanding. Then, you will know everything that you need to remember to live the life that you came here to experience.

Twenty years ago I kept hearing that I needed to Purify myself and it took me many years to figure out just what that meant. So, perhaps this information will assist you on your journey to Oneness.

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

Moments of Sharing with Eleiah 2004-06-15

Volume 1 Number – 014

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

Blessings of Love and Grace to You,

For God realization, the first requisite is peace. Peace is based on love: love for humanity and love for God. Peace is also founded on non-attachment. No thirst for gain, no fear of loss. Peace is also based on renunciation. This renunciation is not the renunciation of worldly possessions, but of limitations and ignorance. True Peace is not affected by the roaring of the world, outer or inner.

Some people search for Peace in other realms using meditation or other means, but they will not find True Peace. If you experience some form of Peace by going into other dimensions and in that experience you create a desire to create real Peace Within You, then have done yourself a great service.

There are several steps in creating Peace within you. The first step is to find that place deep within your Heart Center that is filled with Divine Peace. It is located under all the layers of feelings that you have in your heart. Peace is stored deep within a sacred space free from all contamination from your mind and your feelings.

To experience Peace in your Heart Center you can mentally travel to this Sacred Temple of Peace within you. This is done in the same manner as going to a place of Peace in other dimension using mind travel. While this method does bypass the emotional and mental levels of your Heart Center it is a step closer to creating Peace within you.

The best and most long lasting way to create Peace within you is to clear a pathway through your painful feelings and experiences in your Heart Center so you have a clear entrance to your Sacred Temple of Peace deep within

your Heart Center. The more often you follow this process the greater Peace you will find being in your Heart Center. When your entire Heart Center is filled with your Divine Peace then you truly will have Peace of Heart.

To clear a pathway through your Mental and Emotional Heart Center call upon your own Divine Self, the Divine Mother and/or other Angelic Beings and Ascended Masters to assist you. Call upon the Violet Flame to burn a path for you and to transmute all the negative feelings and thoughts that are blocking your way to Inner Peace.

But that is only the beginning of your healing process. Peace of Heart means you have completed step one of the creation of Peace within you. The next step is to bring the Peace from your Sacred Temple of Peace within your heart into your mind. Your Divine Peace and all of its wisdom needs to flow from your heart to your brain and into your mental mind.

Peace of Mind comes when your Divine Peace from deep within your Sacred Spiritual Temple in your Heart Center has fully merged with your Mental Mind. When your Mental Mind is completely filled with your Divine Peace and Wisdom then all feelings of non-peace and all thoughts that are not of peace have been removed. Then, you can be detached from your material things and enjoy all that you have free from the fear of loss or the need for more.

Inner Peace comes from within you as it is a cleansing of those thoughts and memories that have maintained your fears. When your conscious and unconscious mind is focused on creating Peace then you will begin to create it within you. The outer world may or may not be Peaceful but it will matter not to you, as you are filled with Peace and it will radiate outward from you and those around you that desire peace will be drawn into a desire for Peace.

It is easy to master peace in the solitude of your mind or in the presence of a person in peace but the true mastery of Peace comes when you are in a city of angry people and you are the center of Peace. That is when you have come home into the ocean of Divine Peace and the ocean of Divine Oneness.

For peace of mind prayer is essential. To pray for peace with full concentration and single minded devotion even for five minutes is more important than to spend long hours in carefree and easy-going meditation.

There is much talk about being in a state of Love and while that is a lofty goal it has many challenges the greatest of which is discernment between conditional love and unconditional love. There is that question in the back of your mind if your state of love is pure and free of unconscious conditions. For many people it is difficult to love those people that have caused them pain. For these people, to find Peace within them can be a much easier task than Loving those who have harmed them.

Peace can easily be found while you are in a state of neutrality and non-judgment within your Temple of Peace and in turn you experience a sense of

Inner Peace towards those who have hurt you or caused you great pain.

So, I suggest that you focus on creating Peace in your Heart and then Peace in your Mind and soon after you will find it much easier to experience the fullness of Love towards all creation.

As a child of Spirit you are Spirit and filled with that Divine Peace within you. Fill your mind with the thought, I AM Divine Peace. The **I AM** refers to your God-Self within you whereas **I am** refers to your Ego-Self. Make a list of thoughts for you to think about.

I AM the Flame of Peace, I AM Pure Peace and post these in your home where you will see them daily.

You are a child of Peace and Love and that is your Divine Essence within you. So you are only uncovering that which is already within you and allowing your Peace and Love to flow forth within you.

May your days be filled with the Peace and Light that is your inner core, your Divine Essence.

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

Moments of Sharing with Eleiah 2004-09-01

Volume 1 Number – 015

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

Blessings of Love and Grace to You,

I wish to share with you something that gave me great insight and perspective about my life in hopes that perhaps it will give you something to think about.

In the late 70's I became aware of what I call **The Middle Path** during my conversations with my Inner Master. Over the years I came to understand that **The Middle Path** utilized The Cosmic Laws of Mentalism, Vibration and Polarity.

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. Mental Transmutation is the art of Changing The Conditions Of The Universe along the lines of Matter, Force and Mind.

The Law of Vibration: Nothing rests. Everything vibrates. Everything is in constant movement. The differences in movement is the various manifestations of the universal power due entirely to the varying rate and mode of vibration. The universe is in constant change. 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.

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. Extremes meet. All truths are but half-truths. 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 Middle Path means to be in the center point of any conscious energy (vibration) since the center of any vibration is neutrality. For example, think of sadness and joy as being the opposite extremes of the same vibrational frequency. If I have an expectation of getting the perfect spouse and I find that person I am joyful, and, if I don't find that person I feel sad. The center point of this vibration is neutrality and non-judgment.

When both side of a controversy are extremely emotional about what is right and wrong they are in fact feeding energy to the same vibrational frequency of consciousness (Law of Vibration) and the farther towards the opposite ends of that frequency the stronger the polarities (Law of Polarity). In the USA we have seen these powerful polarities at work in the abortion issue, the Vietnam War, and now gay marriage. These Cosmic Principles fully explained what I saw happening with people and certainly what I experienced within myself.

Within each of us we have many issues, beliefs, and expectations that pull us out of our center and into these highly emotional polarities. Think of all the should and shouldn't thoughts that we carry around in our mind and the inner feelings they create within us. These beliefs create these strong polarities of consciousness that pull us out of our center of neutrality and non-judgment.

But **The Middle Path** is much more than just being in your center within all the different vibrations of consciousness you have. ***When you are in this point of neutrality you can choose to ascend to a Higher Plane of Consciousness or what is called a Higher Vibration.*** This brings into action The Law of Mentalism (The Law of Consciousness).

Each of us have the mental power within us to ascend to a higher plane of consciousness - - a higher vibration. This ability is what makes human beings unique from other creations of God/Spirit.

The Middle Path teaches you to move towards the center of each Polarity and Vibration until you experience that neutrality, a sense of calmness, and then to use your ego mind and Divine Mind to move to a Higher Plane of Consciousness. Your ego mind is what needs to be enlightened so it is important to take your ego mind to a higher vibration, a higher level of consciousness.

Living in Minneapolis MN at this time I had a great awakening at the IDS Center. This is the tallest building in Minneapolis and there is an observation deck at the 52nd floor. I could take an express elevator straight to the observation deck or I could take the other elevators and get off at whatever floor that I wanted to. The IDS building became a symbol of enlightenment to me.

The Middle Path meant that life is like the IDS building, If I was on the ground floor (or some other floor) I was stuck there unless I chose to move to the center of the building where I could get on an elevator to go to the next level of consciousness. I also had the choice to take the express elevator and ascend to the highest level of consciousness and observe life from that vantage point. Every time I looked at the city skyline my mind would see the IDS building and remind me ascend to the highest vibration and experience my new awareness's and new understandings.

Perhaps you can find something where you live that can be your symbol of enlightenment, something that you see every day so your unconscious mind always reminds you to ascend to the highest vibration available within you.

I believe that woven within our spiritual path is the perfect amount of prosperity that is required for our work. Our Spirit wants no more, nor, no less than what is needed in each moment of our life. There were times when I thought it would be great to win the lottery and everything would be taken care of. But, my Inner Master told me that if that happened how would I ever trust that whatever I needed would come to me when it was needed. If we are in the center of our spiritual prosperity consciousness there is no fear of loss nor a feeling of lacking something.

Become aware of your inner feelings and more important the thoughts behind your feelings. You may just decide to take yourself to a place of neutrality and then see, feel and know you are ascending to a higher vibration and understanding. Life is learning to focus your mental mind in the direction of your Spiritual Mind and allow them to become one mind.

When people come and visit my home they are amazed by my bird feeder. I have a raised platform feeder about 3 feet square and all the birds eat together without fighting. Jays, back birds, morning doves, sparrows, finches, flickers and many others (large and small) all eating in harmony. When you are in a higher vibration in your center of peace and harmony you affect all of creation around you.

As you expand into the Higher Planes of Consciousness you see the different polarities and how they are interconnected with each other. Your Higher Consciousness expands in all directions much like being on top of a very tall building allows you to see much more than you see at street level.

You have the power to do all of this with your mind. Your Ego mind is limited to what is seen at street level while your Divine mind is all knowing.

Ascension is taking your Ego mind up the elevator to the top floor and experience your life through the eyes of your Divine Mind and somewhere along the way you decide to experience and live your life from this exalted place. When you make this conscious choice your Ego Mind and Divine Mind have become one Mind and you are enlightened.

May your days be filled with the Love, Peace and Joy that is your Inner Spirit, your Divine Essence.

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

Moments of Sharing with Eleiah 2004-12-29

Volume 1 Number – 016

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

Blessings of Love and Grace to You,

There are various Spiritual Paths for a person to choose from and all the paths are equally valid. Practicing only one path faithfully leads the student beyond the

delusion created by the transitory nature of this world. Generally, these paths fall into 5 categories: The Path of Knowledge and Intellect, The Path of Love and Devotion, The Path of Action and Selfless Service, The Path of Discipline and Meditation, and The Path of Self-Revelation and Self-Realization. ***All paths to Enlightenment, at some point in time, involves the student going Inward and entering into a State of Oneness*** from which one can see, hear and feel truth.

The final step on the Inward Path is the merging of your Mental-Self and your Spiritual-Self into a State of Oneness or Divine Unity. This is moving from the consciousness of Duality into Non-Duality.

All of us begin our spiritual journey in the state of duality, we judge what is right and what is wrong. We are told, or, just sense that we are separate from Spirit or God. Most religions reinforce the concept of duality. Think about how many things we are taught by our religious traditions that create separation from our Divine Self, separation from God, or tell us we are sinners and suggest that we need to do something to be in the grace of God. ***Spiritual Growth is moving from duality to non-duality.***

The conclusion of all Spiritual Paths ends in Non-Duality or a State of Oneness. Your Ego-Mind and Divine-Mind have merged into One Mind and then your One Mind begins a journey to even Higher States of Connectedness and Oneness.

Your mind is like a large room separated down the middle by a one-way glass wall. On one side of this room (the World of Earth Reality or Duality) your Ego-Mind can only see that which is within that portion of the room.

You can't see what is beyond the glass and you are left to guess what might be out there.

But, in the other room (the World of Spirit or Non-Duality) your Divine Mind sees everything in the World of Spirit and looking through the one-way glass also sees everything in your Mental World, nothing is hidden hence you are in Non-Duality. ***There is a veil in our mind that acts like this one-way glass*** and this veil creates the ***Illusion of Separation, the Illusion of Duality*** -- that our Ego-Mind and Divine-Mind are separate. This perception of duality says that we need to travel a spiritual path or practice a spiritual technique in order to create this State of Oneness.

What is the purpose of the Veil of Separation? Without this separation when we incarnate into this Earthly World we would long to go home into the Ocean of Love and Grace. This veil also is called the ***Veil of Forgetfulness*** so we don't have a conscious longing to return home to the Creator until we are older and prepared to stay and finish what we came here to do.

If you believe in duality then be serious about traveling your Spiritual Path to its conclusion. And, if along the way you decide to remove the Veil of Illusion and enter into Non-Duality then you can laugh at the being so serious about everything that is an illusion.

The concept of Non-Duality says you only need to recognize that this ***Separation is only an Illusion*** and that when you have accepted this belief as your truth, your knowingness you step beyond this Illusion and restore the Oneness that was always there. You have removed the Veil of Separation because it never existed.

If this Earth is a place of duality how will Earth ever experience Peace? Duality is just another name for Polarity and for thousands of years humanity has been immersed in the lowest consciousness of duality/polarity. These polarities are about survival, and domination of self, tribes and nations and reflects the consciousness of the three lower chakra centers which only focus on self.

The Duality you experience in your Heart Center Consciousness respects the differences of people, religion, and nations. The pull of these lower polarities are less intense as the concept of non-judgment and a caring for all people makes its appearance within you and you begin to transcend the lower polarities. Humanity does not need to move into non-duality to experience the wonders of Peace and Harmony. Humankind only needs to live life from their Heart Center. Following the Golden Rule which is a part of all religious traditions will help lead people and nations to this higher form of duality.

This place called Earth with its dualities provides a place of great learning for each of us who come here. It is easy to be in our divine nature in a place of non-duality. Living on Earth is a challenge for most souls because of the illusions that are created to draw you out of your divine truth. You came

here to Earth to transcend all judgment, all aspects of polarity thinking. You are to remember to remain in your truth, despite all the obstacles. You are to love living and live in love.

Your purpose for incarnating is to be living the Divine Life of Spirit in every aspect of your life. Your personality is to be the divine self-expression of your Inner Spirit. Maya, illusion or forgetfulness, makes you feel that you are finite, weak and helpless. This is not true. You are not your body. You are not your senses. You are not your mind. These are limited. You are soul, which is unlimited. Your soul is infinitely powerful. Your soul defies all time and space. The aim of life is to become conscious of the Supreme Reality. The aim of life is to be the conscious expression of your Eternal Being.

Most people have built great illusions about things that are of little importance. You are to integrate the love, wisdom, and power of your Spirit into every part of you. Your Spirit is the essence of the Creator within you.

You must conquer the six foes of humankind: hate, lust, pride, anger, greed, and attachment. You must be far, far above mundane desires and ideals, and as near the point of merger as possible. You must be more or less Divine, in attributes and characteristics. You must become Wisdom Incarnate. You and the Absolute are One and Invisible. Then, you will be in a State of Oneness or Enlightened. Self-Realization is the knowledge that I am the Truth of Me. All are one, God and I are one.

Your union with God is to become an unconscious event. Every moment in your life must be a moment utilized with God. The worship of God with form and attributes will be of little help. One must not just believe in Christ or Buddha, but be the Christ, or be the Buddha. It is action, it is doing, it is being, it is character, it is service.

God is in you, with you, behind you, before you, and all around you; and She/He is all mercy, eager and anxious to fulfill your prayers, if they arise from a pure heart.

The soul that comes to Earth and experiences everything with non-attachment in the heart does not reincarnate, but becomes liberated in God from which it came. Man is sent to Earth to witness earthly experiences with the attitude of a Divine Being. But, when a person builds likes and dislikes in their heart about all earthly experiences he or she becomes entangled in them.

In the human consciousness, the soul experiences itself as identified with the physical body, names, titles, possessions, nationality, and so forth. In the super-conscious state, the soul feels itself as undiluted, formless, ever new joy. You must expand your human consciousness into the super-conscious, into the Divine Mind.

Duality becomes a means to eventually come to understand Non-Duality. We talk about things that support and maintain separation as truth and yet we need to understand they are not truth but only a method to show the differences between duality and Oneness. To say, you are a child of God, reinforces separation. To say you are God will probably get you locked up or at least ridiculed by your friends. So, to be in Oneness or Non-Duality presents many challenges in communication and personal expression.

Find a path that best suites your personality:

The Path of Knowledge and Intellect,
The Path of Love and Devotion,
The Path of Action and Selfless Service,
The Path of Discipline and Meditation, and
The Path of Self-Revelation and Self-Realization.

Also, each of these five paths have many different teachings and methods to complete the path. So, you don't need to change your path if the discipline you are following does not feel right for you, just find another method to complete your path home.

We are beginning a New Year, a New Cycle in Life so perhaps you may just remember that all of this has little meaning and the real meaning of life is Living the Divine Essence that is within you and keep moving to a higher plane of consciousness with less and less polarity and separation.

The Wisdom and Love of your Divine Being resides within you, anything else is illusion. The illusions in life seem so real, so tangible and are desired by so many people that we believe they must be real. What is real truth remains constant in all dimensions, in all realities. Enlightenment is experiencing real truth by being in a state of Peace, Love, Joy and Wisdom. Only then, are you are experiencing your life from the Divine Mind that is within you. You are in Oneness with Spirit with all creation. That is the gift every person has and it is given freely without conditions. Open this gift of Love and Acceptance that awaits you in a very sacred place within your heart center.

May your days be blessed and filled with the Love, Peace, Wisdom, and Joy that is your Inner Spirit, your Divine Essence.

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

Moments of Sharing with Eleiah 2005-03-15 Volume 2 Number – 001

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

Blessings of Love and Grace to You,

Have You Ever Felt That You Need to "Simplify" Your Life?

The world has become such a busy place. Society seems to teach us and our children to be busy every waking moment, and, to do otherwise is wasting precious time. Simplifying your daily life does entail creating quiet time for yourself and time to commune with your Divine Essence.

I felt my need to Simplify my life a number of years ago and I sense that most people on a spiritual path get that feeling at sometime in their life. What I have found is that Simplifying my life had many meanings which took several years for me to figure out.

At first, like most people, I focused on how to reduce the tasks that kept filling up my daily life. Yet everything seems so important that many times it was nearly impossible to eliminate anything.

When I realized that we really live in three worlds (Physical, Mental and Spiritual World) then the word **Simplify** had more meaning. I needed to simplify my Mental World as well as my Physical World.

For most people their Physical World and Mental World are intertwined with each other. Our mind is filled with all of things we should be doing, all the physical tasks to be completed each day. Some people's mind is racing a mile a minute. They are focusing on the next task to do before the task at hand is completed. A friend told me this week that her doctor doesn't listen to what she is saying to him. He ignored her telling him of the pain she had weeks after her surgery and when he finally listened and looked at her he discovered she had an infection. His mind was not in the moment with his patient he was already thinking of the next task he was going to be doing. I think this is common for most busy people.

When we have *desires and wants* we try to fulfill these wants in the Mental World. We use mental/psychic energy to manifest what we want. We put effort into creating what we want. Sometimes this works very easily and with little effort we get what we want and since we want more, we put more and more mental effort into getting more. That is how we have been taught to be successful.

This mental process is called **Efforting** because we are trying to use our mental/psychic energy to create something in the Universe. But, what we are trying to create may not be what we really need, or, it is not in synchronization with the Universe. Most of us have done this at sometime in our life. Spending untold energy to find the perfect job, the perfect mate or even to find enlightenment without much success. Some people are experts at creating using mental/psychic energy with little effort, but, what they create may not be what they need for their spiritual development and could result in personal karma.

For the most part **Efforting** is trying to push the Universe to create something that either we do not need, or, the timing has not yet arrived for us to receive it. When we reside and function in the realm of the Physical

and Mental Worlds life takes a lot of work and energy to accomplish everyday tasks.

So **Simplifying** to me is: *letting go of these efforts to manifest something in our life using our physical, emotional and mental effort*. This is hard because we have been trained in school, in our family and in the world that we achieve by using effort.

When you simplify your life and consciously begin to work from your Spiritual World several things happen. **You find that life is effortless**. You are living and creating in harmony with your Divine Being and in harmony with the Universe. This also means you are **detached from what you want to create** since you may not really need what you desire.

When your mental desire is to be Pure Love and Divine Wisdom and you are in your Spiritual World then all of your consciousness in your Physical and Mental World are aligned to this desire and the Universe brings forth everything you need or guides you to whatever you require to create and maintain this state of Love and Wisdom.

What I can tell you is you begin to **Simplify** your thoughts by cleansing your mind of thoughts that are no longer useful for your spiritual growth. This is a process of Mental Housecleaning. When your ego mind is pure then your life can easy flow in harmony with the Universe and bring you back into the All or Source. With this clarity your physical world could be very busy and yet it will be effortless.

With this clarity your physical life could be very simple and uneventful and yet your Mental World could be very busy, without effort, in service to the Divine.

The more I contemplate on what **Simplifying** my life means to me, the deeper my understanding becomes. I have learned to ask my Divine Essence: If it is in my highest and best spiritual interest to do this or think this way? With this clarity I will always know what to do and what to think. When your mental mind and Divine Mind are one thought and one action you have great clarity and are in Oneness with Love, Wisdom and Grace.

Your Divine Mind is the essence of your Spiritual World and it Purifies your Ego/Mental World and then your Mental World Purifies your Physical World. Everything is interconnected and you have the power within you to create Inner Peace and Harmony and in doing so create your Simplified Life and Live Your Divine Essence.

Perhaps you may find that a part of you would like to Simplify your Life so it has greater depth of meaning and purpose to you. A greater connection to the Source of Love and Light.

May your days be blessed and filled with the Love, Peace, Wisdom, and Joy that is your Inner Spirit, your Divine Essence.

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

Moments of Sharing with Eleiah 2005-06-15

Volume 2 Number – 002

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

Blessings of Love and Grace to You,

What Is Your Purpose in Life?

Put that thought in the back of your mind as you read this message.

One of the Seven Great Hermetic Cosmic Principles is the Law of Rhythm. Everything has a cycle and we are entering into another great cycle. Most of you have probably heard of the **Age of Aquarius**. In the realm of astronomy and astrology it refers to the movement and positioning of certain celestial bodies the **great cycles**. What I have discovered is nobody can say for certain when this new age will begin or if it has already begun (some say it started in 1937, while others say it starts in 2012, and, some even say it begins in 2060.

These great cosmic cycles last approximately 2100 years and there is an overlap of these cycles of about 50 years. From a metaphysical perspective these great cycles have a different name and purpose. Each age is associated with one of the Seven Rays of Divine Consciousness and carries forth certain qualities from that particular Ray. The age that we are leaving is the Piscean Age which in metaphysical terms is the Age of the Sixth Ray, the Gold Ray, which is the age of Ministry.

Prior to the Age of the Sixth Ray humanity experienced The Age of the Fifth Ray, the Fourth Ray, the Third Ray, the Second Ray and the First Ray. Each of these Seven Rays and their Cycles have continued since the time of Earth's creation.

The age of the Seventh Ray is that of the Purple/Violet Ray. The qualities of the Purple Ray are Transmutation, Transfiguration and Transcendence. The significance of this New Age that we are entering into is the qualities it brings forth with it. The Piscean Age was the age whereby Masters or Teachers past down the communication from the Higher Realms. It was the world of gurus and religious leaders translating the wisdom for the masses of people as it had been for the past 5 great cycles.

The Age of the Seventh Ray is the time where everyone has direct communication with the Higher Realms. The Age of the Sixth Ray was the age of needing a Guru or a Pope to guide the people in spiritual traditions or religions and their teachings. This New Age is following your own Guru (The Master within you). It is the Path of going Inward and merging with your Spiritual Essence. It is asking for those who have gone before to guide you

into Oneness. These Ascended Masters and Angelic Beings have no dogma, no specific requirements to follow. No ego that needs to be glorified nor allows others to glorify them.

This New Age is awakening your Personal Spiritual Power and Wisdom from Within You.

As I read about the Age of Aquarius on the Internet I sense some misinformation or incomplete information is being given out to humanity. The Earth is moving into the fifth dimension! Cosmic Portals are opening and Masters from distant Stars are here in their space ships to usher in this New Age! It appears to me that the misinformation is that all these other forces are going to usher in this New Age and humanity gets to sit back and be lifted into this Age of Enlightenment. Well folks it doesn't work that way.

What I don't see is humanity being told it needs to do its own awakening. Yes this new cycle opens a Cosmic Portal for a flow of Cosmic energy to enter into our world. And, yes the Ascended Masters from other Star systems in our Galaxy are radiating energies to assist humanity to evolve. And, the Angelic Realm and the Ascended Masters here on Earth are here to assist us in Ascension. ***But, nothing will happen if we don't make it happen.***

If every soul (person) that is incarnate on the Earth Plane right now had completed its spiritual purpose for being here on Earth we would be in this New Age of Consciousness.

Using the Chakras to describe Levels of Human Consciousness; Humanity has been stuck in Third Chakra consciousness (Power and Control) for thousands of years. The Fourth Chakra consciousness is Compassion for others and our self (but is still affected by judgment and the polarity thinking of right and wrong. The Fifth Chakra consciousness is moving out of duality and judgment into the interconnectedness of all things. The Sixth Chakra consciousness is One Pointedness moving into the consciousness of Oneness, transcending all judgment and polarities.

The Seventh Chakra consciousness is being in the state of Unity Consciousness - One with everything. The last stage of Spiritual Consciousness while in this physical body is the Ninth Chakra consciousness. It is the Zenith of your Higher Spiritual Essence in Oneness with everything visible and invisible in all dimensions. ***In your Ninth Chakra consciousness there are 144 levels of Divine Oneness as your Highest Spiritual Essence moves closer to Godliness.***

If each person right now, completed its soul's purpose to be manifesting its Divine Life to be in Oneness with Spirit and its commitment to the Spiritual Realm we would have 3.5 billion people living their life in the Fourth, Fifth, Sixth and Seventh Chakras. More importantly, we would have 192 million people living their life from the Ninth Chakra.

If we had those 3.5 billion people doing what they agreed to do this incarnation and with the assistance from all the other realms and the Cosmic Energies that we are now receiving we would be in the Golden Age right now.

Prior to incarnating each soul agreed to maximizing their own soul growth and to assist the Ascended Masters and the Universe to bring in this new Age of the Seventh Ray. The Age of the Purple and Violet Ray.

The major forces at work are trying to bring Humanity into the Fourth "Heart" Chakra Consciousness and beyond. That is a Planetary endeavor. It has not happened in the past previous cycles because people were content to be where they are/were. Actually, Humanity should be in the Sixth Chakra Consciousness if we were in synch with where Humanity's Spiritual World should be.

We Live In Three Worlds: The Physical World, The Mental/Psychic World and The Spiritual World.

We have a body, emotions and consciousness in each of these worlds. This shift into the New Age takes each of these Worlds into a Higher Vibration. The Physical and Mental/Psychic Worlds have been out-of-sync with the Spiritual World and are now being resynchronized with all these new energies and assistance from Higher Beings. ***Even the vibration of your Higher Self needs to be increased but is restricted from doing so when you are in human form.*** Your Higher Self can only advance to the higher vibration levels when your ego allows it to do so. Your Ego/Mental Self and your Spiritual Self have to merge into One Consciousness, then they can expand into the Higher Vibrations of Spirit, and into the Oneness of the ALL.

Each of these Great Cycles were designed to be an upward spiral of Human Spiritual Consciousness. But, humanities use of free-will and its strong attachment to power and control, along with addictions and attachment to material wants and needs, humanity has stayed in an endless circle for thousands of years.

This is the Age of Transcendence more commonly called ***Ascension***. Allowing your mental consciousness to soar into the realm of the Divine within you and around you. Your Divine Essence is there to guide you home and many other Angelic Beings and Teachers are also there to guide you into Oneness with your Highest Spiritual Essence.

We will enter into this new age of Oneness one person at a time. It is ***Spiritual Freedom*** for each souls journey and potential freedom for all of humanity. It is up to you to decide what is important in your life. What do you most dearly love!

There is a flow of Love and Wisdom available to you all the time. There is a God Seed within you awaiting your ego's permission to bring forth the beauty of your Divine Self. The choice is yours and only you can create your own enlightenment. Nobody can grant you enlightenment. The Purple Ray of Transmutation, Transfiguration and Transcendence your I AM Presence is there for you to use in this glorious Age of the Purple/Violet Ray.

The Violet Flame is a Transmuting Flame. It actually changes the vibration rate of fear, ego power, despair, etc. so they are neutralized and then transformed into a golden light. This action purifies your energy-matrix into a higher vibration.

Every soul has its own spiritual growth to complete, as well as assisting the Angelic Realm in the Ascension of all Humanity. You can't skip your own spiritual growth to work with the Ascended Masters.

What is your purpose? Your purpose is not a vocation as every job is to be accomplished while you are in a state of Divine Oneness. So, go farther inside your Heart Center and ask your Highest Spiritual Essence: What did you come here to do?

Did you commit to Assist the Work of the Masters in the Evolution of Humanity?

Have you asked to be of the Highest Service possibly in assisting in implementing the Divine Plan for Humanity?

When are you going to get started?

All of you should be in the Brow Chakra consciousness or higher. It is just a doorway to walk through from Duality to Non-Duality. The unicorn is the symbol of One-Pointed-Consciousness moving beyond the Duality and Polarities of the lower vibrations.

Ask and you shall receive. You have been told that many times so ask for Peace, Love, Joy and Bliss. Those are the Emotions and States of Consciousness when you have merged with your Highest Spiritual Essence. That is living your life in your Crown Chakra and in your Ninth Chakra. To be one with God, one with Spirit, one with the Universe. Also ask for Wisdom and Understanding with Clarity those are qualities of the Second and Fourth Ray.

All that you need for enlightenment is within you. Enter into your Spiritual World and your other worlds will be filled with Love, Peace, Joy and Bliss with all that you need on your spiritual path into Oneness.

Living your Divine Essence is bringing all the qualities of your Spiritual World into your Mental and Physical Worlds creating Heaven on Earth. ALL is consciousness so you have the consciousness (Divine Will) to merge and be One with your Divine Self, One with the Great Teachers like Jesus or Buddha, and One with God.

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

Moments of Sharing with Eleiah 2005-09-02

Volume 2 Number – 003

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

Blessings of Love and Grace to You,

In my last two Moments of Sharing I shared with you the concept of living in three worlds, your Physical, Mental/Psychic and Spiritual Worlds. This Moments of Sharing is the final chapter regarding this reality.

Manifesting What you Want or Desire!

When this concept is bundled into any concept of spiritual growth it makes for a great seller here in the United States and elsewhere in the Western World. A great number of people have become addicted to their *wants* and *desires*.

The great teachings of the masters of all traditions has always been whatever you need will be provided to you. The operative word here is **need**. These great teachers did not say your wants and desires would be provided to you!

Spiritual Freedom, Liberation, Moksha, Enlightenment all come from detachment from the material world. When you have invited your Spiritual World to be present in your Mental World you are free of Karma and one with your Divine Essence.

When you, in your Mental World, are creating/manifesting your wants and desires you are creating them with emotion and hence you have attachment for what you created. While there is a slim chance that what you created is what you need on your spiritual path, most likely, everything you created Mentally/Psychically is not what you need for your spiritual path and pulls you away from your Divine Self. Attachment to your outer world and your possessions creates mental separation between your Mental Self and your Divine Self.

While the **Abraham's Teachings** has much to offer that is truth it also has some incorrect information. There is a lot of incorrect information in books and on the internet and people channeling what they want to hear about : **How to Use Universal Law to Manifest Whatever you Want or Desire.**

Abraham's Teachings In Brief

Anything that you can imagine is yours to be or do or have.

As you ask yourself why you want it, the essence of your desire is activated, and the Universe begins to bring it to you. The more intense your positive feelings, the faster it is coming to you. (It is as easy to create a castle as a button.)

This is not what an Ascended Master would teach. This just happens to be a distortion of the wisdom being shared in channeling by the ego-mind of the person doing the channeling.

The Spiritual Laws of the Universe apply to all Worlds and can be used appropriately or inappropriately. When they are used by your Highest Spiritual Essence in Oneness with your Enlightened Ego-Self in a manner that respects all creation and is in alignment with the Divine and God and you no longer create Karma.

However, misuse of the Laws of the Universe creates Karma. Hitler is the most recent example of a person that knew how to use the Laws of the Universe in the Mental World in a manner that was not aligned with Spiritual Laws. When using the Laws of the Universe you need to be aware of all the Spiritual Laws and how they affect each other.

When you have chosen (and it is a choice) to bring your Spiritual World into your Physical and Mental/Psychic World and live each moment from that State of Divine Oneness then you are beyond Karma and living in Grace. In this state of Grace all that you need is provide to you. Your Mental and Divine Mind are One Mind - a State of Oneness.

In this State of Oneness you are guided to the next step for you to take on your Spiritual Path. You are guided to set in motion those things the Universe has already set in motion for you. We are all unique souls so it is not a path of poverty or a path of luxury it is only a path whereby you only have what you **need**, in your spiritual journey, ***no more and no less***.

You learn to be Detached from all Material Possession and even People. When you are detached (freedom from emotional and psychic attachment). You are in Bliss with or without these possessions. You are then living your Earthly life from the consciousness of your Spiritual World

When you are Emotionally and Mentally Detached from People you are free from your expectations of them and yourself, and, you are free of judgments and assumptions. You are fully aware of your Spiritual Connections with these people in all Three Worlds. In fact, you are even closer to people because you are experiencing the spiritual connection between all people free from all the conditions that you most likely had before. You are in the moment with yourself and each person you are in contact with.

There is an Area Between The Mental/Psychic World and the Spiritual World?

In this region of conscious living you may still be having these wants and desires but you ask for their manifestation in a different way. You qualify your wanting this thing or that thing with the simple statement: ***If It Is In My Highest and Best Spiritual Interest.***

Now you have asked your Higher Self, your Divine Essence, the Universe to only manifest your desire if it is needed for your spiritual path, or, your spiritual growth.

With this simple statement you have moved out of Karma and into a flow of Grace. This also means that you truly need to be fully detached from any expectation for getting what you desire. It is creating and manifesting what you want or desire without any emotion - being in a state of true neutrality. Even this process is quite different from what the **Abraham's Teachings** say.

Do you know that you are a Divine Being? Christianity refers to both the Son/Daughter of God and the Holy Spirit as being within you.

So why would anyone teach that we can only take one rung at a time as we climb the ladder of Enlightenment? In each breath that you take, you have the choice to become One with that Divinity that is residing within you. It is only your mental ego-self that needs to remember that you are Pure Divine Essence. **To say we can only climb one rung on the ladder at a time is both a non-truth and a disservice to humanity.**

In Traditional Psychology you are told that it will take many years of therapy for you to get well. So it become a self fulfilling prophecy. It takes you years of therapy to get well and even then you may be told that you may not get completely well without taking some medication. I say: **one life, one counseling session**. Give each person the option to access all the wisdom within them and move into an ocean of Peace and Love that is in their Spiritual Mind. Assist them to merge their

Spiritual World with their Mental World and they will make remarkable changes in their life. If they do not want to change then they will stay in the Mental/Psychic World they have created.

When on Earth learn how to play the game without being in the game. Learn how to be on the Earth but not of the Earth. Be attached to Living the life of Your Divine Essence. She knows everything that you need to know and she is within you. The feminine aspect of your Spiritual Being wants to guide you home into the Oneness of Spirit.

Jesus said: Ask and you shall receive. Ask for Peace, Love, Joy and Bliss with Wisdom and Understanding. In doing this you begin to purge every thought and feeling that is keeping you from your Divine State of Being. Your conscious and un-conscious mind determines how much you want to let go of. Let go of everything and you become One with the Universe, You become Enlightened. God designed you to become Enlightened just like the light switch on the wall, you can turn the switch ON in your mental mind and become enlightened. As I said, there are many levels of enlightenment so you will enter into the State of Oneness that honors all that you remember.

There is a Zen Buddhism saying, "**Before Enlightenment chop wood carry water, after Enlightenment, chop wood carry water**"

For most people becoming enlightened is scary so they do just a little bit at a time. Remember: Chop Wood Carry Water. After enlightenment you will be doing the same things you are doing before enlightenment only you are in a state of Divine Oneness as you now go about your daily business. ***So let go of your fear about becoming your Pure Divine Essence in this Earthly World.*** You are not going to leave your family, or your job, you will honor all of your commitments with Love and Grace. You will Chop Wood and Carry Water. You will put your heart, mind, intellect and spirit into even the smallest of your tasks.

Ask for Wisdom, the God Consciousness of the Second Ray. Ask for Clarity, the God Consciousness of the Fourth Ray. The Ascended Masters, Teachers and Angelic Realm of each of these God Rays of Consciousness are awaiting your invitation to become a part of your life, a part of your spiritual support group.

Ask and you shall receive, it takes wisdom to know what to ask for and that wisdom is within you and we have shared with you some of the things to ask for.

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

Moments of Sharing with Eleiah 2005-12-15

Volume 2 Number – 004

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

Blessings of Love and Grace to You,

What is Ascension?

Many people seem to be focused on ***Physical Ascension*** which is taking your physical body with you when you die.

What I am sharing is the concept of a different kind of Ascension, the **Upward Spiral of Ascension Consciousness.**

Each of us has the opportunity to expand our consciousness into the "higher realms of consciousness". As we keep expanding into these higher realms we become what some people call *enlightened*. When I have read stories about these people or have visited some of these enlightened people they seemed so ethereal and detached from the everyday life that we all experience. I got the feeling that enlightenment meant spending most of one's day in meditation and contemplation.

So, rather than talking about the Upward Spiral of Ascension Consciousness it may be more useful to think about this phenomena as the downward flow

of consciousness from our Divine Mind or Essence into our conscious mental mind. This seems less Etheric and more human.

We are to remember how to be **fully human** which means to fully realize our Divine Nature. When you invite your Highest Divine Essence to be fully present within you, this is the beginning of becoming **fully human**.

The root chakra is the animal consciousness within you. As you progress to your crown chakra you are ascending the ladder of higher consciousness on the path to becoming fully human. When you are **fully human** you have attained the spiritual potential inherent within you and within every person. I call this a State of Oneness. Your ego mind has expanded into the realm of your Divine Mind. Each person on this planet is to be living her/his Divine Essence. This is your birthright, your destiny if you chose to allow it to come forth from within you.

We are to be Divine Beings in our everyday life, in all the daily activities that we are engaged in. You are to be more godlike in these daily tasks, right action, right thought, right feeling, with your Divine Essence guiding you in defining what is right. When you allow your Spirit to be free, it becomes the guiding force in your thoughts, actions and feelings, you now have Freedom which also means that you are free from karma. It is easy to be loving and compassionate sitting in an ashram or on a mountain top. To be loving as a parent raising children, working long hours, being in an unfriendly environment that is when you know if you have mastered love and compassion.

This downward flow of your Divine Essence from beyond your crown chakra into each of your chakra consciousness centers is your purpose for being here in your physical body. Your wisdom, love and strength flows from your crown chakra to all your other chakras bringing your Divine Essence into every aspect of your being. You are to be grounded in the Love, Wisdom and Compassion of your Spiritual Essence. Life is not escaping to some higher dimension to be beyond the rigors of life. Practical Spirituality is integrating your Spiritual Essence into your Ego Self and dissolve the idea that you are separate.

Each of your chakra consciousness centers are to become centers of enlightenment. In this process you realize that you are here on Earth but not of the Earth. In this state all fear within you has evaporated and Love, Wisdom and Peace reign within you. You can now truly experience the golden age in every breath that you take. Since you are fully aware of the spiritual connections between every person you can truly be **fully human** as you interact with people from your Divine Essence and Wisdom.

The spiral ascent of consciousness is a great metaphor as it signifies that every aspect of our ego/mental self needs to be uplifted with an ever upward expanse of wisdom and understanding. With this upward spiral of spiritual consciousness you may experience similar situations several times over but

each experience is perceived from a higher plane of consciousness and a new understanding of truth.

As you grow spiritually into the Consciousness of Oneness your mental/ego consciousness expands and assumes a new identity. Rather than identifying with material accomplishments you begin to identify with your Immortal Divine Essence, the Universe, and God or Spirit whatever words you use to define it. As this connection becomes more of your reality you become more humble and meek. You know this is woven into the conscious fabric of every person. You see the same potential within everyone and gracefully await for each person's awakening.

Your ego may like the thought of ascending to higher levels of consciousness as it sounds so exalting. Thinking of this process as your Divine Mind descending into your mental/ego mind makes it sound more mundane and less wanting to shout out to the world that you are enlightened. If you need to tell the world you are enlightened most likely you are not enlightened.

Practical Spirituality that sounds pretty down to Earth. No glory for the ego, only doing your work in Divine Consciousness. Many of the greatest spiritual teachers may never have been known to humanity because they just did the normal everyday things in life, while in this state of Divine Oneness.

What would my Divine Essence do in this situation? How would my Spirit respond? Every task, every vocation can be accomplished while you are in the Divine Mind of your Spiritual Essence. The human experience has to be a part of one's Divine Experience. They can't be separated even though most people tend to see them as different experiences. For some people, meditation is a technique to come closer to God, but, raising a child is something other than meditation. When meditation and child raising are seen as the same thing then you are in that higher state of understanding. This statement applies to all the tasks that you do everyday.

You already are a Spiritual Being so you don't have to work at becoming a Spiritual Being. All you need to remember is: you are a Divine Being and live your life within this truth.

When we have finished our life here on Earth the only thing that we take with us to the other side is our consciousness. We don't take our material things and we don't even take our good works as some people have written. We are conscious beings when we came here to Earth and that is how we leave this plane of existence. Have you expanded your level of consciousness? If Yes then you have done well.

Have you attained the highest level of understanding and lived those truths? Then you have graduated from this plane of existence and you can move on to other realms of becoming even more divinely inspired.

Ascension is first merging with the Divine Mind of your Divine Being, then merging with all the Ascended Masters, then merging with the ALL or God.

In these higher realms of Ascension you are pure consciousness without form or color. Within your consciousness you can create whatever form you chose to take. So, to me it is foolish to take my physical body with me.

I want to give my physical body back to the elementals. I want to give all the elements that make up my body back to nature at a much higher vibration than they were when my body was created. If the elements that make up my body are now at a much higher vibration than when I started this life, I will be assisting the Elemental Kingdom to grow in spiritual consciousness.

When on Earth learn how to play the game of life without being the game. To be on this Earth but not of the Earth, that is what this higher consciousness means. You are to be mentally above all the melodramas of life so you are not drawn into the emotions of daily drama. You will have the same outside events that may other people experience the difference is that you respond to them from your Divine Wisdom, Love and Compassion. The emotions of your Divine Essence is Peace, Love, Joy and Bliss if you are not in these Divine States of Being you are engaged in the melodrama of life.

We are human on the path to be **fully human** so we may not always follow our Divine Wisdom and that is okay (The path of experiential learning). With each new breath you have the potential to follow your Divine Wisdom so each breath is a new beginning.

Remember to Love Life and Live a Life of Love, Peace and Harmony.

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

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

Creating a New Reality Consciousness Part 1

Blessings of Love and Grace to You,

We have all heard about all the changes that will be occurring over the coming years, decades, and beyond. Since this is a very large topic I will call this **Part 1 of Creating a New Reality Consciousness**.

I would like to share with you how I view this shift in consciousness and how this shift will affect people. I happen to work from the framework of the Seven Rays of Divine Consciousness and the Chakras Concept so you may want to translate what I share into your own ideology.

With the internet so readily available everyone seems to have their own opinion as to how these events will take place. I have no such insight as to how the Universe/Spirit will bring forth the coming changes in consciousness. The Universe/Spirit has a specific, well defined, outcome, and, depending on human consciousness how that outcome is achieved is mostly up to us. That outcome is for humanity to experience a Life of Love and to Love Life. I call this living your life in the Seventh Chakra State of Consciousness. To be in Divine Oneness with Spirit, Humanity and Planet Earth all the time.

What is Consciousness?

My Random House Dictionary says this: 1) A state of being aware of one's own existence and sensations, thoughts, etc. 2) the mind as characterized by thoughts, feelings and volition. However, since most of what you think, feel and act upon comes from your beliefs in your other-than-conscious mind, being fully aware of your thoughts, feelings and actions allows you to become aware of what is beyond your waking conscious mind.

States of Consciousness refers to where you are on the Scale of Conscious Evolution. A simple reference point for me is using the Chakras as Center of Consciousness, other teachers and traditions have their own scales of consciousness.

To help you get a grasp of what I mean about the Chakras as Consciousness Centers I will give you a very brief and condensed overview.

First Chakra Consciousness - survival of you, your family.

Second Chakra Consciousness - survival of your species, survival of your family name.

Third Chakra Consciousness - survival by power and control. The third chakra consciousness is where people utilize all their games to get ahead of the other person. People in this consciousness center are lacking in the qualities of Honesty, Integrity, Love and Compassion.

Lower Heart Chakra Consciousness - is a mirror of the Three Lower Chakras which are totally focused on Self without consideration for others. The Lower Heart Chakra Consciousness is still filled with right and wrong. Starting a war in the first chakra is pure survival, starting a war in the Third Chakra or Lower Heart Chakra Consciousness comes from making a decision that you are justified in your actions.

Upper Fourth Chakra Consciousness - here you are genuinely concerned about people, you consider and take into account how your actions affect other people. This state-of-consciousness is still filled with judgments of what is right and wrong.

This consciousness center brings forth the qualities of Love, Compassion, Cooperation, Respect, Honesty and Integrity as an integral part of one's consciousness.

Fifth Chakra Consciousness - is where you begin to experience the interconnectedness of everything and how your thoughts and actions affect everything in the Universe, not just the people around you. In this state-of-consciousness you are more or less unaffected by the daily melodramas in your life.

The **Sixth Chakra Consciousness** is moving into a State of Non-Duality, and Non-Judgment. In this state-of-consciousness you are ***On the Earth but not of the Earth***. You see and understand all the polarities of the different stages of consciousness and choose to ignore the games people play.

The **Seventh Chakra Consciousness** is when your ego-self and your spiritual-self have merged together into a State-of-Oneness and all sense of separation is dissolved. In this State-of-Consciousness you have evolved to one of the highest level of awareness human beings can attain, some people call it being God-Realized. In this state of evolution you participate in life from this Pure State of Beingness. You respond to your everyday life experiences from this Inner State-of-Oneness.

There are many Levels of Consciousness beyond the Seventh Chakra State-of-Consciousness as the Seventh Chakra is just the beginning of Unity Consciousness. There truly is a Spectrum of Consciousness all the way back to Source. We can call these different dimension (like the 154 dimension) but in reality they are only Higher States-of-Consciousness within this Spectrum of Consciousness. Even the Void is but another state of consciousness. As is the All or None which is beyond the Void.

Your Highest Spiritual Essence

You and your Divine Essence is a part of this Spectrum of Consciousness which I refer to as Your Highest Spiritual Essence. Which is my way of saying you always have a Higher State-of-Consciousness to bring into your Earthly Mental Reality. Some people refer to this as *Moving to a Higher Vibration*.

I have stated these different levels of consciousness in earlier Moments of Sharing. The Mass Consciousness of Humanity as a whole is in the Third Chakra and the Lower Fourth Chakra State of Consciousness.

Consciousness can't be talked about in intellectual terms because it is beyond intellect. When you are in the Heart Chakra conversing with someone in Third Chakra they will not understand what you are talking about because it is outside of their personal awareness. ***You can only understand consciousness to the level you are willing to experience and become a part of the experience.***

The consciousness of humanity has been struggling for thousands of years to advance to where it is supposed to be as defined by Spirit. Consciousness is supposed to be an Upward Spiral of Wisdom, Love and Compassion and humanity has been going in circles.

In the Chakra model this upward spiral is moving from the First Chakra Consciousness upward to the Crown Chakra Consciousness, this applies to individuals, groups and mass-consciousness. The First Chakra is the primitive consciousness of our basic animal instincts for survival. While that genetic code comes from the Lower Brain, the Midbrain and Cerebral Cortex can still function at this First Chakra Level of Consciousness. We see this in our country's idea to invade other countries that may pose a threat to us.

The Midbrain and the Cerebral Cortex also have the capability to operate in these higher realms of consciousness (the Fifth, Sixth and Seventh Chakras) if we chose to utilize them in this manner. Your brain is your computer hardware what it does is determined by the quality of the software that you use. Your Mind or Consciousness is the software that utilizes your brain and your brain is pre-wired to operate in the Fifth, Sixth and Seventh Chakras Consciousness and even beyond to what some call Supreme Consciousness.

You are designed by the creator to be an Enlightened Being, all that is necessary is for you to remember this Divine Consciousness is within you. Your ego/mental consciousness was/is created by many lifetimes of thinking you were/are separate from your Divine Self. Your Divine Consciousness is always with you, it is your True Self.

One of the ways humanity is assisted in moving to a Higher Plane of Consciousness comes from the Aquarian Age - the Age of the Purple/Violet Ray of Consciousness. The Seventh Ray is to Purify that which is non-love, non-truth and assist you to access your Higher Truths of Love, Peace and Wisdom which is within you.

Another way humanity is being supported in it's spiritual awakening is the emergence of the Eighth Ray, the Blue/Green Ray, which is an outpouring of Consciousness designed to awaken a part of your Spiritual Self that is dormant within your Ego/Mental mind. Your Divine Spiritual Mind is always awake but you also have a memory of who you are in your mental mind. This Eight Ray awakens that memory and brings it to the forefront of your conscious mind.

There also is an out pouring of love and wisdom from the Galactic Being, the Great Ascended Masters from various Stars. All of these influence are here to assist humanity to evolve into a Higher State-of-Consciousness - a Higher Vibration.

Some of these openings are self activated through meditation, others like the Eighth Ray are affecting everyone on the planet. The Eighth Ray of Consciousness stimulates each individual in taking action in their life. Mass

consciousness changes when individual consciousness changes. The Eighth Ray along with your Highest Spiritual Essence is telling you to get on the same page as your Highest Spiritual Essence.

Many people misinterpret this message as they mentally process it and come up with: I need to find my spiritual path, or, I need to do something meaningful with my life, etc. All of these ideas are outer directed, changing something in your outer life. For most people even the search for their spiritual path is an outer experience of trying different religious traditions or teachings or learning new forms of meditation.

All your Highest Spiritual Essence and the Eighth Ray wants is for you to go inward and become your Divine Essence of Pure Love, Wisdom and Will.

This awakening is Remembering Who you are, Remembering Your Wisdom - Your Truth, Remembering to be the Loving Divine Being that you are. Your soul or spirit comes from the Ocean of Divine Love, the Womb of the Cosmos, and the Divine Mother and Father are your Parents.

This push for your awakening is a very simple process: Let go of your outer world of searching and come home into your Divine Upper Heart Center within you. Begin to Purify your emotions and your thoughts and in the process you purify your body. Your emotions and nervous system will tell you what State-of-Consciousness you are in.

If you are fearful or in pain then your mind is in one of the Lower Chakra Consciousness Centers. The Love and Wisdom from the Higher Consciousness Centers flows to the Lower Chakras and enlightens them. Every cell of your body is to become enlightened, every emotion within you needs to become enlightened, every thought in your mind needs to become enlightened. The Higher teaches the Lower, your Divine Mind wants to teach your unenlightened lower mind. Your Highest Spiritual Essence wants to teach your Ego-Self if you will allow it to do so. Freewill holds you in bondage or sets you free.

How does the Eight Ray, the Violet Ray of the Aquarian Age and the out pouring of Love and Wisdom from many Ascended Masters affect your life?

This experience will be different for each person so I can only talk in general terms. ***In one way or another anything in your "way of life" that is incongruent or out of sync with your Divine Spiritual Essence will be put in front of you for you to deal with.*** For some people who really want to change, most of these beliefs are transformed into a new idea of how to think and feel and act in a way that honors Love and Peace. These people just start being more of their True Divine Self. They are mentally flexible and will keep trying new ideas until they are in a State of Peace and Love.

Ask with passion and intent for Peace, Love Joy and Bliss to come into your life and then keep changing how you think, feel and act until you are in a Pure State of Peace, Love, Joy and Bliss, with Wisdom and Understanding. In this action, you are inviting your Divine Mind to be apart of your life, be a teacher of your unenlightened ego/mental-consciousness.

For other people, who want their life to remain as it was, this shift will create struggle as they become aware of what is honorable and what is dishonorable. What in their life is aligned with their spirit and what is not aligned. In other words, each person is be pushed to look at their attitudes, values, beliefs and actions so they are totally aware of what is not aligned with their Divine Essence.

The Eight Ray is pushing humanity to a new level of consciousness; namely, to be Living Your Divine Essence. If you don't want to change "your level of consciousness," your life in the outer world will be very uncomfortable and by Universal Law many will leave and go to another planet where their personal consciousness is more aligned with the consciousness of that planet.

The Universe honors your personal freewill and when you incarnate you always incarnate in a world that is most fitting for your level of conscious evolution. Old souls and new souls that want to advance with the new consciousness of Earth are being welcomed in.

The process is quite simple follow your Inner Wisdom and the Love that is within you. The answer to every question is in your Spiritual Heart Center. There is a part of you that knows how to do this if you begin to trust your Inner Divine Essence.

Blessed are those who remember who they are.
Blessed are those who are about to remember who they are.
Blessed are those who in time will remember who they are.
Blessed is all creation as it is an expression of love that brings them forth.

Part 2 will address more of the specific situations you may experience and tools to assist you in this transition in consciousness.

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

Moments of Sharing with Eleiah 2006-07-15 Volume 2 Number – 006

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

Creating a New Reality Consciousness Part 2

Dear Friends,
Blessings of Love and Grace to You,

There is so much going on in the world today which many consider influences to their personal life. Granted there are countries in conflict, political upheaval and the like but there is also spiritual expansion and awareness taking place globally.

Many people are writing about Cosmic planetary awakenings and those potential influences upon us as well as signs of this activity through Astronomical and astrological events. When we stop and take into account all that is occurring we can ask ourselves, what is true and how do we 'handle' all of this? How will these events and influences affect my day to day living and what effects will they have on my personal growth and Mastery? Many are asking the question: How do I move in the world grounded, in Peace and Harmony?

This Moments of Sharing about Creating A New Reality Consciousness, is to bring you Peace by sharing the tools and the understanding each of us gains as we raise our consciousness. Let me comfort you and say you are a Divine Master of Love and Wisdom in the act of remembering yourself as a Prime Mover in the outer world about you.

You are an Angelic Being incarnated into this physical world.

The process of Awakening is an entirely Natural occurrence within yourself as you hold your attention on one thing and one thing only:

Remembering Who you are,

Remembering Your Wisdom - Your Truth,

Remembering to be the Loving Divine Being that you are.

When you hold your attention on these three keys nothing in the outer world has more power than the Love which you are.

This Love also embraces your Wisdom in how to utilize and live in this flow of Love and Peace. Wisdom is your Truth and this Truth remains constant in all Levels of Consciousness, whereas Intellect changes as we grow and have new experiences. Here are some tools to assist you in accessing your Wisdom.

Tools To Assist You In This Change Of Consciousness.

1. To invite your Highest Spiritual Essence, is to ask for this flow of wisdom and guidance to be fully present in your life. Many today, go to their guides for direction but, even your guides do not know what is specifically best for you. Any direction you seek outside of your higher self is still an act of separation from your own Highest Spiritual Being which is the total accumulation of all your Love, Wisdom and Knowingness since the time of creation.

2. As you go about your daily tasks mentally say to yourself: ***I AM Divine Consciousness or I AM Divine Mind.*** This is a simple way to keep reminding yourself Who you are.
3. Quiet yourself for 5 minutes or so and ask for Peace, Love and Wisdom with Understanding to flow into you. We have all heard "Ask and you shall receive" but it takes wisdom to know what to ask for. When you ask for Peace to be in your life anything that was creating disharmony is reframed into a consciousness that supports Peace. ***I AM Peace, I AM Love, I AM Wisdom with Understanding everywhere I move.***
4. Visualize the Purple/Violet Flame flowing into your brain cleansing and purifying all your thoughts, memories, attitudes and beliefs.
5. Visualize the Pink Ray of Love filling your mind and body with Pure Divine Love. The consciousness of Love dissolves your fears.
6. When you are faced with a challenging life situation go into your heart center and ask: ***How would my Enlightened Being, my own Highest Spiritual Self, respond in this situation?***
7. Another short meditation is to go into your Higher Heart Center and visualize or sense you are talking with your Divine Self and ask your Divine Self to actively assist you in creating new options and responses that are congruent with your Spiritual Essence. ***I AM my Divine Self creating new options and responses that are congruent with my own Spiritual Essence.***

Many are not aware that they have a lower and higher Heart Center. Your lower Heart Center, is your physical heart, and holds all your human emotions. When you focus on your Higher Heart Center you can put your hand right in the middle of your chest right above your breast bone. This is the place to speak to your Divine Essence.

The Kofutu Healing System provides many tools to effectively resolve the issues that can arise in this transformation of consciousness. Taking the Advanced Kofutu Spiritual Development and Healing courses gives you many healing techniques for this New Age. You can release blocks, maximize spiritual growth, deal with every emotional or psychological issue that may present itself, just to name a few techniques. Email me if you are interested in learning more about Kofutu Spiritual Healing.

Challenges of This New Era

Feeling Energy Acceleration at the Cellular Level

I can only highlight some of the experiences you or your friends may encounter in this new age of consciousness. When your body moves to a higher vibration what really happens is your body is moving to a higher consciousness at the cellular level. This means each cell is being purified of

chemical toxins and emotional toxins and then infused with a higher vibration of Love. I literally felt each cell in my body being rearranged much like what is done when polarizing a magnet. When you are cleansing toxins you will experience heat in your physical body. The toxins are resistance and when a current flows through a resistance it generates heat. This is normal physics and nothing to be afraid of.

Early on I learned that I needed to be telling my Divine Essence how much of this new energy and consciousness I could handle at any moment in time. When I was not able to function at work and was so wired with energy that I did not need sleep or food I knew I needed to do something.

Controlling and Integrating the New Energy Flow

Your Higher Self is focused on Spiritual Awakening and you need to determine if with all these changes you can still function on a daily basis. Since this flow of energy comes through your crown chakra into your physical body you may need to visualize your crown chakra closing a bit, much like changing the shutter opening on a camera. I had to make the opening in my crown chakra smaller on many occasions to slow the flow of energy and consciousness down to a level that I could handle at that time. When you have integrated your new vibration (consciousness) the hot spots that you were experiencing in your body will cease to exist as there is no more resistance. I went through these cycles of ever increasing higher levels of energy and consciousness about every three months for many years, each time I was integrating a new level of consciousness in my body and mind. Think of this experience like downloading an upgrade of consciousness for your physical, emotional and mental bodies.

Grounding Your Energy

Your body shaking or twitching is another very common experience again it is the release of energy blocks in your physical and emotional body. It is important to ground this new energy within you, meaning to have this energy flow completely through you to the center of the Earth. The more spiritual energy you are bringing into your body the stronger grounding you need. This is very similar to your local power company that provides only the hot wire to your home and uses the Earth as the return grounding path to complete the circuit.

Understanding Changes in Your Upper Chakras

As your Fifth, Sixth and Seventh Chakras are opened other phenomena may occur. The Fifth Chakra is clearly speaking your truth in a respectful and caring way, so you may experience a cough or other symptoms in your throat or jaw as you are releasing emotional blocks as your throat chakra opens up. Your Third Eye or Sixth chakra is very close to your optic nerve so as your Third Eye is vibrating this vibration is also felt by your optic nerve so you may experience vision changes or blurry vision while your Third Eye is

opening. I happened to experience my vision improving to where it was 25 years ago. These upper chakras are the centers for the Spiritual Channels of Clairvoyance, Clairaudience, Clairsentience and Healing, so you may very well experience these gifts as part of your new consciousness. The Psychic Channels are located in the lower chakras and these gifts work in the vibration frequencies of the mental and emotional planes.

As these higher chakras are opened up it is quite normal for women to experience hot flashes and all the other sign of menopause regardless of their age and of course it's not menopause and the phenomena being experienced is their body going through all these changes at the cellular level along with many changes in one's emotions.

Shifts in Your Consciousness and Your Physical

Since this shift in consciousness stimulates such a great change to the physical structure of your physical body you may exhibit symptoms of a host of different diseases but the medical field will not find any pathology to substantiate you actually have a disease. Remember you are removing toxins at every level of your Beingness and as these toxins are release and moving through your body for elimination your body reacts accordingly.

Let Go Of Myths

Over eons of time humanity has wrapped myth after myth around what happens in day to day life.

Nothing is predetermined in your life. Your creative mind and the Love you are is the Power that defines who and what you are, and, how you will get to where you want to be.

Years ago I realized that my birth date has no bearing on who or what I am here to do. At best, my birth date was only a starting point in my life's adventures but it did not determine my path or limit what I could become. It is time to realize that when you are using your higher brain along with your divine wisdom you can go far beyond the limited effects of these influences. The same holds true for numerology and other systems that try to predict what is in store for you

When we are born, the stars are a map of our entry only. Any and every expansion of our consciousness brings us to the awareness in singularity with our Highest Spiritual Being that we are a Prime Mover in life and are not hampered by the path of stars or any other being in this outer life.

Primordial Myths

There are so many myths that were true in primordial times when humans only had the lower brain and consciousness to work with and these myths have carried over for thousands of years beyond their usefulness. Erase those myths from your mind. Listen to your thoughts. Listen to what you are

saying to yourself. Listen to what you are saying to others, and, begin to challenge the thoughts in your mind.

Shifts in Stars Affect Just the Lower Brain and Lower Heart Center

The effects of the moon and planets on your mental state is both true and false. The electro-magnetic fields of the Earth and the planets does have some effect on our lower brain (the brain stem is our primal brain). However, when your mind is using the higher vibration of the 6th and 7th Chakras you are not affected by these electro-magnetic fields. The same holds true for the Earths magnetic centers and energy power centers, electrical power transmission lines, etcetera.

If you walk around telling yourself that the full moon has this weird effect on you then it surely will have that effect. But, you caused the effect not the full moon. You made a choice to listen to that belief and let it control your consciousness.

If you used your lower brain functions and lower consciousness you would be affected by the positions of the stars, and the magnetic power points on the Earth. If you used your higher mind and wisdom you would not be affected by these magnetic fields, because your consciousness is functioning at a higher vibration.

Where You Focus Your Attention is Your Outcome

If you follow astrology and decide that the position of the planets are going to have a certain effect on you then it will. We are to transcend these lower consciousness beliefs just like we are to move beyond all of our emotional and psychological issues by reframing them. Your physical body and emotions follows what your mind is thinking. If you want a different feeling or a shift in your physical body then change your thoughts. You are the architect of your thoughts and you can make them anyway that you want them to be - that is what "reframing" is.

Shifting thoughts is the first step in a 'reframe'. The next is feeling the Joy in the change and allowing your Love, uninterrupted, to fill those new thoughts to bring them into the outer world. (to learn more about the reframing see Moments of Sharing Vol. 1 Number 002 on Eleiah's website).

Kundalini – The Global Awakening

What is a Kundalini Awakening?

In ancient times Kundalini was the name given to the purification of the physical body, removing physical, mental and emotional blockages in these energy bodies. There were many different rituals to prepare the initiate for this experience. These ancient rituals took years of practice to properly prepare the person for this process. The awakening process could also take years to complete its full cycle.

Many of those processes are still being taught today and they involve forcing the Kundalini to be awakened. When the Kundalini is being forced to awaken one hopes that they are physically, mentally and emotionally ready for this powerful experience.

The Old Cellular Method

Many people are experiencing what is called a Physical Kundalini Awakening. A typical Kundalini Awakening starts at the left big toe and travels up the nerves to the brain and then it flows down the spine to the root chakra to awaken your Divine Energy. This method of awakening the Kundalini can create great physical and emotional discomfort.

This method of Kundalini Awakening is programmed at the cellular level from primordial times.

Awakening Spiritual Consciousness – The New Way

The New Way to Awakening the Kundalini is a Spiritual Consciousness Awakening which skips the old cellular method. ***This new method is using your Higher Consciousness to bring Your Highest Spiritual Essence down through your Crown Chakra all the way down to your Root Chakra and then back up to your Crown Center. You are grounding your spiritual essence in your physical body.*** This is a gentle way of awakening your spiritual energy within you.

Kundalini - A Natural Opening Without Fear

I strongly recommend against trying to force a Kundalini Opening, if you are to have a Kundalini Awakening it will be a natural part of your evolution and will occur when you are ready for this experience. Having a Kundalini Awakening is not a prerequisite for Enlightenment so there isn't any significance in having a Kundalini Awakening or not having one. When you are having a natural Awakening, you will find that the wisdom you gain while experiencing the awakening eliminates any fears you might hold.

When you are experiencing a Kundalini it is a new experience and probably very scary until you have gained some knowledge about what it is and how normal it is. Also, you find out that many people are going through this Kundalini Awakening process and you are not going crazy.

Physical, Emotional and Mental Awakening

There are three types of Kundalini awakenings. The most written about is the Physical Kundalini, but you can also have an Emotional and a Mental Kundalini Awakening. These awakenings are a method of purification of the physical body, or emotional and mental bodies.

Redirecting the Awakening

Your Spirit follows your conscious thoughts and your body follows what you are telling it to do.

If you are experiencing the traditional Physical Kundalini Awakening you can mentally tell your body to stop the process and mentally direct the process to continue in the new way described above ***using your consciousness*** rather than using your nervous system. Also, you can decide how fast an opening you want to experience.

Your Crown Chakra – Like a Shutter on a Camera

When I went through my opening I had to visually close my crown chakra to a point where I could handle the energy. See your crown chakra like the shutter of a camera and visually make the shutter opening larger or smaller. If the energy is too strong and you find it hard to function, ***you can slow the Awakening Energy down by seeing the opening of your Crown Chakra getting smaller.*** As you do, you will feel the energy decrease and know when your visualized closure is just right.

Using Your New Found Consciousness As Divine Master

Consciousness Manifests Energy

"Consciousness" is the building block of the Universe. 'Energy' as we call it is a 'lower vibration' of consciousness. Spiritual consciousness is spiritual energy and your mind can convert your spiritual energy into, mental, emotional or physical energy just by "mental focus" or "willing" this to be.

If you are tired because you did not sleep well the night before, then use the tools given in this Moments of Sharing to reframe this condition with your Divine Essence to get a good night's sleep every night.

In this example, if you are lacking in physical energy, convert some of your mental energy or spiritual energy into physical energy. Then, go into your Heart Center and ask your Highest Spiritual Essence and your body what is causing your lack of energy.

Let's say your guidance said: you are concerned about starting a new job. The reframe is becoming aware of the feelings that you are experiencing and the inner dialog that your mind is telling you. Now, create a new picture of you in your mind being calm and relaxed and a new inner dialog telling you how qualified you are for this new job. Now, see and feel yourself stepping into this new picture of you and feel the love and peace that is all around you and within you.

As Divine Master, Conditions, Events and People Only Have the Power that you Give them

You have a choice as a Divine Master in how you respond to outside influences. Your Divine Will Power and Strength literally moves you to a higher plane of consciousness, where polarities no longer exist. Remember, you can choose to be unaffected by the Full Moon or Mars in retrograde or a period of time in eclipse.

All healing is removing your fear based beliefs with your new wisdom flowing out from the love within you and around you. So as this New Age brings forth your issues that creates an opportunity for you to see the separation of your ego-self and your spiritual-self, remember it is a gift. Your spirit only brings forth those issues you are ready to deal with.

Your mind is a very powerful resource within you. Your thoughts create your Reality and if you don't like your Reality you can change how you are thinking. Invite your Divine Mind into your mental-mind so you can co-create a new Inner and Outer World for yourself. Everything in the world is consciousness, creation is consciousness and what people call energy is consciousness.

The Ego Uses Stories to Justify Levels of Consciousness

The only difference between a normal person and an enlightened person is how they respond to outside influences and the inner thoughts they hold. You always decide what level of consciousness you want to reside in. Everyone has a story to justify where they are consciously. Forget about your story about how or why you got to where you are, these stories of justification are not important.

Your ego/mental self will justify your story so you have to go beyond your mental-mind and knowledge. Your innate wisdom comes from within you, it comes from your Divine Mind (Self). Go into your Heart Center to find your truth, if your mental-self had your answers you would not have the problem so going into your intellect will not help you.

Love and Peace are the Consciousness of the New Age

Create a reality of Inner Peace within you using your higher brain and invite your Divine Mind to assist you. Generally, your mental-mind can't help you because it does not know, nor, has it experienced Inner Peace.

When you encounter a challenge ask: How would my Divine Essence respond in this situation. In this way you are teaching your unenlightened self how to live in a state of love and inner peace.

The unenlightened person reacts to their outer world which results in more issues to deal with. The Divine Essence within you responds to the outer world with Love and Compassion in a way that honors what is in the highest and best interest of everyone involved.

Only You Can Disturb Your Inner Peace - Your State of Oneness With The Divine.

This age we have entered into is a purification of toxic emotions and thoughts we harbor within us. The Purple Ray neutralizes these toxins and transforms these toxins into love and peace. These toxins are the misqualified mental thoughts and emotions deep within us. This purging is going on now as part of the ascension of consciousness for both you as an individual and the group consciousness of humanity. Letting go of these old patterns brings you great joy.

Normally trying to change a behavior is difficult like deciding to stop smoking cigarettes but changing your mental patterns of thinking to be in agreement with your spirit is much easier because you have the power of your Spirit assisting you. The most powerful tool you have in making these shifts is your Highest Spiritual Essence.

There are Three Basic States-of-Consciousness: Love, Neutrality and Fear.

Neutrality is a very thin boundary between love and fear, neutrality has no judgments and no expectations about other people, it is a state of detachment from wanting a specific outcome to happen.

Your physical body, your emotions and your thoughts will tell you which state-of-consciousness you are in. Most people are operating out of fear as their basic motivator in life. Being in fear is a deliberate choice and you have the power within you to make different choices. You may decide to be a person of inner peace and in that desire you will begin to let go of fear and create love and peace in your thoughts.

Fear pulls you out of your State of Oneness with the Divine. Wrap your fear in Love (the pink light) and it will dissolve. Wrap your fear in the Purple Ray and it will be transformed into Love and Wisdom.

When you are consciously in your body, then and only then can you heal your body be it physical, emotional or mental issues. That is why it is important to ground your spirit in your physical body.

So my friends, **Love** is a State-of-Oneness with the Divine. Love is the creative consciousness of everything and the most powerful energy in the universe. In this State of Consciousness called Love you are Spirit and Spirit is you. All illusions of separation in this state of Unity are gone forever.

PLEASE SHARE YOUR EXPERIENCES OF AWAKENING

Eleiah's community in commitment to Oneness with the Divine has a wide reach. Each one of us has insights and experiences to share in our expansion and awakening. Please know your emails and letters are valuable to all of us and your experiences are welcomed and will be shared with your permission.

When anyone is in the experience of A New Reality Consciousness, there are questions and most often the question is "How"? So, I ask all of you to join me in a new kind of sharing by emailing me the 'How to's' you would like to know related to any aspect of this Two Part Moments of Sharing on a New Reality Consciousness.

Beginning September 1, my dear friend and colleague, Lesley Anne Vincent and I will be bringing forward, as a glad free gift, a special 9 Part Illumination on Kundalini Awakening with Consciousness. Both Lesley and I have joined together to shed Light on a worldwide problem termed "The Kundalini Flu" which is affecting tens of thousands of Light workers globally.

Lesley is also a Facilitator of Higher Levels of Wellness and has successfully been practicing Long Distance healing for many years and is a Spiritual teacher. Both of us call out to this community in Love to please share, what you feel, are the greatest areas of need.

If you or anyone you know is experiencing the Kundalini Flu or seek more insights on Natural Kundalini Awakening and would like to participate in this free 9 week email program, send me an email to opt in and feel free to share all the 'how's' you, a friend or loved one is seeking.

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

Moments of Sharing with Eleiah 2006-09-22

Volume 2 Number – 007

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

Dear Friends,
Blessings of Love and Grace to You,

Who Am I?

Have you ever asked yourself: Who Am I?

Most of us define who we are by our name, job, spouse, children, religious affiliation all those things in our Outer World which provides our mental ego-self a 'sense of identity'.

We need an identity so we know 'who we are'. This 'sense of identity' is just as important in our Spiritual Awakening. I AM a child of the Universe or I AM Divine Love. Now, our ego-self is switching its identity from something that is subject to change to something that is infinite and eternal our Inner World of Love and Truth-Our Divine Essence.

Our Ego is a Fighter and a Survivor

Our ego is a survivor and will fight to survive so trying to destroy it is useless. Some spiritual traditions teach that we need to destroy our ego-our personal identity whereas in reality we need to shift our identity from our

Outer World, to the Inner World of our Divine Self. When your ego knows it is not going to be destroyed your mental ego-self will work with your Divine Essence.

Enlightenment is enlightenment of our mental ego-self so it makes sense to invite our ego-self to work jointly with our Divine-Self in this process of enlightenment. In fact, our ego now has a very important role of becoming all the qualities of our Divine Essence and expand its consciousness into the Oneness of Everything. Our ego-self is only redefining and expanding our answer to: Who AM I. In this process of re-identifying who we are, our ego begins the process of merging with our Divine Essence.

Becoming one with our Divine Essence and the Universe is a process of identifying with and becoming all the wonderful qualities of Our Divine Essence-Love, Joy, Peace, Bliss, Wisdom, and Knowingness. A Spiritual Life is remembering to merge our Inner World with our Outer World and to step out of separation-duality into Oneness-Singularity.

Remembering Who Am I?

Each one of us have a Divine God Seed of Pure Love within us. This seed of Divine Love is the essence of our Divine Being-our True Self and it is safely stored in our Spiritual Heart Center so it is free from contamination by our thoughts and feelings. This Divine God Seed of Pure Love awaits our ego's desire to bring it forth.

Our Spiritual Heart Center

The "Inward Path" is remembering to go into our Spiritual Heart Center to discover who we are. All the qualities, attributes and abilities of our Divine Spirit are stored in this sacred place. Our personal connection to the Angelic Realm and all the Universe is there as well. We search the outer world for answers and guidance when everything is right inside of us.

How do we go to our Spiritual Heart Center?

We all have day-dreamed where we take our mind to the beach or the mountains or some other place that we like.

This time we are going to take our mental-self to our Spiritual Heart Center.

Put your hands on the center of your chest just above your breast bone. In your mind's eye visualize and feel your mental thoughts underneath your hands. Now, visualize or feel yourself going down three stairs to the door of your Emotional Heart Center, and then down another three stairs to the door of your Mental Heart Center and down three more stairs to the door of your Spiritual Heart Center. Now, see and feel yourself Opening the Door to your Spiritual Heart Center, Walking in and experiencing your Divine Essence.

What a joy to know that our Divine Essence is within each of us right now. We came into this earthly body with all of this love and knowing. This beautiful god seed is within us always waiting for us to call it forth and become the foundation of our consciousness.

Remembering

Remembering is nothing more than our Divine Essence sharing with our mental ego-self all the Wisdom, Love and Peace that is the fundamental nature of our Divine Essence. Our Inner Knowingness stored in our Spiritual Heart Center begins to flow from our Spiritual Heart Center to our brain and becomes a part of our Mental thoughts and processes. This process is merging our mental ego-self with our Spiritual-Self.

To make this connection our mental ego-self also has to be in our Spiritual Heart Center. Our mental ego-self is doing the very best that it can based on all of our past experiences and intellect. We need to step outside of this small box created by our intellect and go into our Inner Spiritual World in our Spiritual Heart Center to create new options and responses to life.

As human beings we have this ability to decide what course our life will take. We can take the path of the Outer World or we can take the path of our Inner World. The Inner World is our Divine Essence, it is following a Path of Love, Peace and Wisdom. The path of the Inner World does not exclude life in the Outer World on the contrary we are to fully engage the Outer World utilizing the Divine Consciousness of our Love and Wisdom from our Inner World. To be in the Outer World but not of the Outer World. We are to be Living Our Divine Essence with each breath we take.

The feeling of being separate from our Divine Self and the Infinite Universe comes from thousands of thoughts we have that support our perception of separation. As these thoughts are bathed in the stream of Wisdom and Love from our Divine Essence they disappear.

We put our attention on the feeling of being connected with our Divine Essence and in doing so we are creating a stronger connection to our Divine Essence and dissolving our feeling of separation. We do this by mentally saying to our self:

- I AM Divine Love
- I AM Divine Wisdom
- I AM a Loving Person

Follow your Inward Path and experience everything that your Divine Spirit has to offer you. Remember who you are in your Inner World and then become that person in your Outer World. Your Divine Master within you will guide you home.

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

Moments of Sharing with Eleiah 2006-12-20

Volume 2 Number – 008

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

Dear Friends,
Blessings of Love and Grace to You,

Optimizing Our Life by Optimizing Our Thoughts.

This concept applies to every part of our life. How do we optimize our thoughts or better yet what does it mean to optimize our thoughts.

I was talking with a friend this month, let's call him Bill. Bill was focused on healing his prostate gland using several healing techniques that focus on his physical body. But he was not optimizing his thoughts (consciousness). He still had fear about his prostate gland and he was concerned that he was not getting better. What Bill learned is that for healing to take place he needed to focus his healing on all levels of his being not just his physical body. He happened to be a Kofutu Healer so I suggested that he do an Energy Matrix Healing which addresses all levels of consciousness within him.

All Levels of Our Consciousness Needs to be Focused on Creating One Goal.

We live in Three Levels of Consciousness or Worlds; the Physical World, the Psychic or Energetic World and the Spiritual World. Within these Three Worlds we have six bodies or Levels of Consciousness. We have a physical body, an emotional body, a feeling body, a mental body, an intellectual body and a spiritual body. Optimizing our thoughts is having everyone of these Levels of Consciousness focused on the same outcome from a State of Inner Peace and Love. For Bill, he realized that up to now he was focusing all of his healing efforts only on his physical body and he needed to shift his feelings, emotions and mental thoughts to a State of Love and Peace as well.

When we want to create a healing state in our physical body, we need to create a healing state in all six levels of our consciousness, physical, emotional, feeling, mental, intellectual and spiritual. In fact this also applies to healing an emotional issue or how we are thinking.

In Neuro-Linguistic Programming this is called "having every aspect of our personality working for the same goal". Many times we have one or more aspects of our personality working for a different goal. This reminds me of a story that one of my healing teachers Eleanor M. told us in class. This woman, Mary, had been born with an underdeveloped left arm, it stopped growing when she was very little. When Eleanor worked on Mary her arm grew out to normal size in a matter of minutes.

First Mary was filled with joy, then she went into fear. With her arm restored she would no longer qualify for disability and she would need to start supporting herself. Mary went from Joy to fear in a matter of minutes. Eleanor comforted Mary by saying: Try your new arm for a week or two and if you don't like it come back and I will put back the way it was.

The truth in these stories is we may not consciously know what we are thinking or feeling and how those thoughts and feelings are ***undermining what we want to create***. Mary had two incompatible desires manifesting in her life. One part of Mary's personality created the underdeveloped arm and that creation served her well as a "victim" of her condition. But another part of Mary's personality wanted "freedom" and she wanted to break out of being a victim. Both aspects of her personality wanted to manifest something that was incompatible with the other.

This process seems very clear when we are dealing with a physical ailment but it is not quite so clear with emotional and mental issues. However, this is where these conflicts are most prevalent. All of us at some point in time in our life have felt a double bind where one part of us wants to do something and another part of us does not. Most of the time we satisfy the strongest desire at the expense of the other desire. How can we create an outcome where every part of us is satisfied?

Love, caring and respect will go a long way in creating this Inner Peace. ***Spend some time talking with yourself to find a solution or level of understanding whereby all aspects of you agrees with what you are doing in every breath of your life.***

Be Determined to Stay Focused on What You Want to Create

Old habits or patterns are comfortable and we know how to respond or deal with them. Starting a new pattern is uncomfortable and awkward as we are learning how to work with them. Let's be flexible and try a new way of thinking or acting for a couple of weeks to work through the awkwardness and our new feelings. We can always go back to the old ways of thinking, feeling and doing. Being mentally flexible is trying many new ideas or ways of responding to life until you find the perfect way to create the outcome that you desire.

Whether you are doing several tasks or a single task when every part of you physically, emotionally, mentally and spiritually are focused on creating the same goal what you want to create will be much easier to manifest. Also, it will come much sooner and with very little effort because you are now ***optimizing your creative process***. Every aspect of you is working together in Peace and Harmony to create exactly what you need.

How Would This Apply To Our Spirituality?

Remembering to be our Divine Self sounds easy and it is. All that is required to go into our Spiritual Heart Center and **Merge with our Highest Spiritual-Self and to begin to Live the Life of our Divine Self**. Our Highest Spiritual-Self knows how to do everything so there really is nothing new to learn - only remembering all of our wisdom. What we are doing is having our Highest Spiritual-Self remind our mental-self what we already know. Our Divine Self of Pure Wisdom and Love shares all of its Knowledge, Grace and Love with all the other aspects of us.

The problem we encounter in this simple Spiritual Endeavor is our ego-self. We may find that not every part of our personality/ego-self wants to merge into this State of Oneness. One or more parts of our personality may be against merging with our Highest Spiritual Self and begins to sabotages our Integration into Divine Oneness.

By using the **Spiritual Reframe Technique** covered in Moments of Sharing Volume 1 Number 2 we can guide all aspects of our personality to work together to achieve the same goal through guidance, teaching and most of all with Love, Caring and Respect.

Fear And Attachments Are The Only Things That Hold Us Back From Being Our Divine-Self

In reality there are only two things that hold us back from being our Divine-Self and they are attachments and fear. Both of these are perceptions of our ego-self. If we are attached to the things in our material world we are not free. We see this all the time as we buy cars, a house, a boat or other items, and, we can even be attached to prestige or our self-image. Now we have to work much harder to keep what we have. The fear of losing our material things keeps us in bondage. We may ask: What will happen to my material world if I become to spiritual?

What is very real to many people is the **fear of losing our sense of ego-identity** if we Merge with Our Highest Spiritual-Self. Again it is educating our ego-self by re-engineering (reframing) these thoughts and feelings (see Moments of Sharing Volume 1 Number 2, 3 and 14). Let's ask our ego-self to be in charge of our Spiritual Growth using the Love, Wisdom and Guidance of our Highest Spiritual-Essence. Now, our ego has a greater sense of identity and importance in our new earthly/spiritual world.

The Secrets of the Ages is: You Are A Divine Being in Physical Form.

For thousand of years the general population has been told that it is a challenge to become Divinely Inspired and to become One With Your Divine Self. Now, some teachers want to teach you how to attain this lofty goal by spending thousands of dollars in classes and techniques.

Do we really need a class or techniques to Remember what is innate within us? The Inward Path is designed by our creator and our Highest Spiritual-Self to empower us. When we go inward we experience the Divine Essence we are and we begin to remember our truth. The Secret of the Ages is: ***We are a Divine Being of Light and Love who has chosen to come here to Earth in this physical body.*** When we not only believe this fact but ***know*** that we are a Divine Being and feel this Love, Wisdom and Peace in every cell of our body we will Remember Who We Are. We will know we are a Divine Essence of Loving and Wisdom here on Earth.

Align every thought and every feeling we have with the Power of Our Divine Love and Will and invite our wonderful ego-self to participate in this beautiful journey home into the Consciousness of Oneness.

Tell Yourself Who You Are:

I AM Divine Love

I AM Infinite Peace

I AM One With The Creator

And soon, very soon your amnesia will disappear and you will **Know Who You Are.**

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

Moments of Sharing with Eleiah 2007-03-15

Volume 2 Number - 009

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

Dear Friends,
Blessings of Love and Grace to You,

The Law of Attraction.

This topic is really a continuation of my last newsletter "Optimizing our Life by Optimizing our Thoughts".

The Law of Attraction is a very strong powerful concept that has been known for eons of time. Whatever I am focusing on, whatever I put my attention on that is what I am going to create in my life. If we want to Optimize our Life this is a very important concept to accept and maximize.

Recently the movie "The Secret" has been the taking the US by storm on TV shows like Larry King and Oprah Winfrey and all the people, including myself, who have purchased the movie. If you have not seen the movie the context of the movie is **"Whatever we put our thoughts and feelings on we create using the Law of Attraction"**. I highly recommend this movie for every person that is not satisfied with how their life is going.

Everyone is a Master of the Law of Attraction since everything in our life we have attracted to us. While that thought might be hard to accept, in doing so we are empowered to make any changes that we want in our life by changing what we are focusing our attention on (Energy flows where our attention goes).

As the movie so beautifully points out, most people think in terms of limitations and constricting energy. Most of us put our attention on things we do not want in our life, which is really attracting to us what we don't want. When we focus our thoughts on getting rid of say "depression" or an "illness" these thoughts and emotions are giving that condition energy so it gets stronger rather than weaker. The Universe or God gives us what we are focusing on so we end up with more of the same.

We all use the Law of Attraction as every thought and feeling we have (conscious or unconscious) is a creative energy coming into manifestation. Financial Prosperity is a major concern for many people. We may think the world has limited amounts of money and we may not have the prosperity that we need. We may tend to think that the universe has a limited supply rather than an infinite supply, be it financial, love, peace or whatever.

How Do We Become Empowered?

When we take full ownership of everything that is going on in our life, then and only then, are we empowered. If we want to blame someone else, or some experience or condition we have, then we have given away our power to that person, event or condition, and we are in the victim role. ***A victim has no power until he or she decides not to be a victim anymore.*** The victim is always waiting for something outside of them to change so they can change.

To Optimize our Life we need to have every thought and feeling focused on creating the same outcome. Say a man has financial problems and is concerned about losing his home. Using the Law of Attraction he is visualizing a flow of money coming to him and let's say he also has some fear about losing his home. This can easily create two different messages to the Creative Universe. The fear of losing his home and his mental picture of a flow of money coming in are mixed messages.

When we give the Universe Mixed Messages we will manifest the message that has the strongest emotions behind it. In the example given above, if the man does not give his fear of losing his home any emotion or thought it will lose all of its power.

This is important because if we can have all of our thoughts and feeling focused on the same outcome then we are much more likely to manifest that desired result.

States of Consciousness

We can use the Law of Attraction in 2 states of consciousness Mental/Emotional and a Spiritual State of Consciousness. The Law of Attraction always works regardless what state of consciousness we are in. The movie "The Secret" seemed to focus mostly on using the Mental/Emotional use of the Law of Attraction.

The Mental/Emotional Use of The Law of Attraction

Let's say we create a vision board and fill the board with pictures of the new house we want, a new truck, a new job or perhaps a new life partner. If you focus all of your thoughts and feelings on this vision board you will start attracting these things into your life. This is using mental/emotional energy (psychic energy) and the Law of Attraction to manifest what you are focusing on.

There is nothing inherently wrong with this approach other than most people will be creating things that they "want" in their life verses things that they "need" in their life. There is a big difference between "needs and wants". In this modern day world it appears most people have become so consumption orientated that their want list gets longer and longer.

How do we put the Law of Attraction in a context where everything we are attracting into our life is in alignment with our Spiritual Self and Purpose?

The Spiritual Use of The Law of Attraction

When we think and feel with passion on Peace, Love, Joy, Harmony and Bliss then we are attracting those qualities to us from the Universe using the Law of Attraction. Actually, we are only Remembering how to be in these Divine States of Being, the essence of our Spiritual Self.

Let's say we are passionately focusing all our thoughts and feelings on creating Inner Harmony within us using the Law of Attraction. Everything we "need" to be in a State of Inner Harmony is drawn to us. This could be a new job, new ways of thinking, more money all of these are a part of manifesting Inner Peace.

Focus on Peace and begin to create Inner Peace within you and when you have Mastered Peace then focus on Unconditional Love and begin to experience and Master Divine Love within you. Use the Law of Attraction as an integral part of your Spiritual Development. Create a vision board depicting the qualities of Peace, Love, Joy and Bliss or any other quality that you want to manifest within you.

If you still want to use the vision board to manifest material things then qualify what you are asking for. For example: Only if this is in my Highest and Best Spiritual Interest. We can ask the Universe for a specific amount of money that we need, and then mentally and emotionally detach from our

request. Regardless how we attract things into our life we need to Master Detachment.

Mastering the Principle of Detachment

When we are using the Law of Attraction I highly recommend that we also use the Principle of Detachment. ***The ancient teachings say: Everything we are attached to will pull us off our spiritual path.***

What is the Principle of Detachment? We are people in a material world and we have material things which we enjoy while we have them, and when we no longer have these material things we are still in joy. That is detachment. We can learn to attract things to us without expectation, desire or emotions.

All attachments comes from the emotions and feelings that we have for the material things in our life and these feelings are energy cords to what we have be it material things or people. These energy cords can hold us in bondage as we don't want to break them or lose them. For example: I can't give that sofa way it belonged to my grandmother, that is attachment.

Love everything you have and Love everything that you don't have, so you are detached from your wants and draw to you only what you "need" in this moment of time. Love all of your qualities even those you are not happy with and in that love create something new that honors your Grace your Spirit and how that part of you wants to express itself.

Remembering Who You Are

Every bit of wisdom that you need is within you, every quality that you desire is within you. The Inward Path is Remembering Who You Are. Most of the time we fill ourselves with clutter by going outside of our-self to find truth rather than going inside and remembering all your Truth, all your Wisdom and Love. It only takes one breath to be enlightened.

The Divine Life is remembering you are a Child of Love, a Child of God and in that Light and Love everything you need is provided for. This is another way of using the Law of Attraction.

Listen to what we are saying to others and to our-self. What are we asking the Universe to give us. Our words are powerful and the creative energy of what we manifest. If we don't want what we are creating then change the words and feelings we are conveying to the Universe.

Use the Power of the Law of Attraction by saying and feeling with passion.

I AM Divine Love

I AM Divine Peace

I AM Perfect Health.

I AM

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

Moments of Sharing with Eleiah 2007-06-15

Volume 3 Number - 001

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

Dear Friends,
Blessings of Love and Grace to You,

Living With Fear is Taught To Us and We Accepted Fear as Being Truth.

Science tells us that we have three brains, the upper brain, the midbrain and the lower brain. The lower brain (Brain Stem) is our primitive brain and it is encoded with our basic survival instincts one of which is "Fear" and this primal survival consciousness is the consciousness associated with our Root Chakra.

As a newborn child we have very few if any fears, but as we experience life situations we are taught what to fear by our parents and other people that influence our thinking. Remember the 2 year old that was fearless in exploring new adventures and a parent said; "be careful or you will hurt yourself". So very early in life we are taught that being in fear is a natural part of life.

As we get older we make conclusions about our life experiences as to what is "fearful" to us. All of these fears are processed by the different parts of our brain within the context of our primal instincts and our perceptions, memories and beliefs that we have experienced and created over time.

Also, our society is based on "fear" so the concept of being fearful about certain things is reinforced daily in the newspaper, on television and the internet. So we are bombarded with fearful thoughts and emotions from mass consciousness as an outside influence pushing us into a state of fear.

Fear is based upon a belief which we consider real and truth. And we give that belief power with our emotional energy and in doing so we give our fear even more strength. So fear creates even more fear and fear is a poison to our physical body, and our emotional and mental state of being.

When we are experiencing fear it is very real and very powerful mainly because we have given our thoughts and emotions over to our fear. Most people when they are experiencing great fear ask for protection. We may ask other people to protect us or we may pray for protection.

What Do We Do For Protection?

For many decades I have heard to surround myself with White Light for protection and perhaps for some people that may work but I found it very

ineffective. Perhaps since the idea to surrounding yourself with White Light has been around for so many millennia the negative influences have found ways around it so it is not very useful anymore.

When you need protection the first thing to do is surround yourself with a thick blanket of Blue Light about 6 to 12 inches thick all around you including above and below you. You can call upon your Highest Spiritual Essence and the Angelic Realm to assistance you.

Then, fill the space within this Blue Light with Purple Light to neutralize all negativity within you and around you. Later you can change the Purple Light to the Pink Light of Divine Love. The Blue Light is calling upon the Blue Ray of Divine Protection/Divine Will. The Purple Light is calling upon the Purple Ray of Transmutation and Transcendence which changes negative energy into positive energy. The Pink Light is the Pink Ray of Divine Love.

It is the function of your Highest Spiritual Being to provide this Protection with the Blue and Purple Ray whenever you ask for it. Most people have found this protective method far superior to using the White Light.

As we feel safe within this Cloak of Protection we can begin to change how we are thinking and feeling so we can move out of the consciousness of fear into the consciousness of Love and Peace.

Another way to use the Blue, Purple and Pink Light is to protect your home. Visualize or ask for the Blue Ray to form a 6 to 12 inch layer all the way around your home. Then, see your home filling up with the Purple Ray filling every space so you are cleansing and purifying your home. And lastly, sense the Purple Ray changing into the Pink Ray of Divine Love and your home becoming a Temple of Love. You have the right to have your home a temple of Love and Grace just as you have the right to have your body a temple of Love and Grace. Ask your Highest Spiritual Being and the Angelic Realm to create this for you.

Fear and Love cannot occupy the same space. So, when we are in Fear we have moved out of a State of Oneness with our Higher Divine Essence a State of Love and Wisdom.

If you are fearful, then you need protection. When you are a pillar of Love and Truth the concept of protection is meaningless.

A part of Spiritual Awakening is to begin to Transcend all our Fears purging them from our consciousness. Working with the Purple and Pink Ray we can purge our self of our fears. Ninety Five percent of the time we will never know what those fears were, the Love and Grace deletes them from our consciousness.

By Focusing on Love We Extinguish Fear.

Whatever we are focusing our thoughts and emotions on is what we are

giving our creative power to. So, if we are focusing all of our thoughts and emotions on Love then any fears that we might have are withering away from the lack of energy to sustain them.

Imagine that you have a flower garden and in your flower garden you have some weeds and then you found this wonderful intelligent garden sprayer advertised on TV. This sprayer is so smart it will only water the flowers and not the weeds. Soon all of the weeds died because they did not get any water and now your flower garden is free of weeds.

Your Divine Mind and your Mental Mind working together are just like this intelligent sprayer, with Wisdom and Love your Divine Mind/Mental Mind and can easily decide what thoughts and feeling to nourish and which ones not to nourish. Soon, with little effort, more and more of your thoughts and feelings are filled with Love and Peace.

Sometimes our ego self really want to know about a certain fear in order to let it go, and that fear will pop into our conscious mind. The Universe and Our Higher Self brings this fear to the surface so we can let go of it and replace the fearful thought or belief with a Higher Truth from our Divine Highest Spiritual Self. So, in my next Moments of Sharing I shall share the process of Re-Engineering (Reframing) our Fearful Thoughts.

The most important thought to Remember is the Law of Attraction and whatever we put our attention and emotions on is what we are attracting to us. If we focus on fear we attract more fear to us and if we focus on Peace we attract more Peace to us.

The most powerful energy in the Universe is Divine Love and your Divine Love and Spiritual Essence is within you always. You are never alone. The Spiritual Life is Remembering that you are Divine Love and a Child of the Divine Mother and Father.

Use the Power of the Law of Attraction by saying and feeling with passion.

I AM Divine Love

I AM Divine Peace

I AM Divine Wisdom and Harmony

My Divine Mind and Mental Mind are One Mind Purifying all my thoughts and emotions, and filling me with Love and Peace.

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

Moments of Sharing with Eleiah 2007-09-15

Volume 3 Number - 002

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

Dear Friends,
Blessings of Love and Grace to You,

Spiritual Growth is Moving Beyond Fear

Fear is the only thing that creates separation between our Mental-Self and our Spiritual-Self. Fear creates Duality whereas Love is Singularity which is Divine Oneness.

Every fear, however large or small, creates a separation from our Divine Self or God so that is why it is so important to release these fears.

To move beyond Fear means Focusing every Thought and Feeling we have on Love and Peace. If we focus on fear to eliminate the fear we attract more fear to us. ***Love attracts more Love and Fear attracts more Fear that is a Fact*** so we get to choose in every moment what we want to attract to us.

When we focus all of our Thoughts and Feelings on Love most of our fears are instantly dissolved and replaced with a Higher Truth created in Love. However, if we are really attached to a fear and are unwilling to let the fear go, then we need to know more about what this particular fear is about in order to let it go.

A major part of Spiritual Development is overcoming all of our fears. When we announce to the Universe that we are on a Spiritual Path any fear that is blocking our consciousness of Love will be revealed to us. In order to accomplish this our Highest Spiritual Being and the Universe creates situations to bring our fears to the front of our mind so we have to deal with them. When a fear is right in front of us, in our face so to speak, know that **we brought this fear forth to eliminate it**. Also, these fears will only show up when we have the support we need and are ready to release them.

What is Fear?

Fear is any "thought", and the "energy" we attach to that thought, that is contrary to Spiritual Wisdom and Love. So that "thought" is filled with the emotion or energy we call "fear".

Many people, including myself, feel there are only two Emotional States: Love and Fear. If we really think about that statement we realize that underneath anger, sadness and all the other emotions we will find some fearful thought or belief that is driving our emotions. Even the need to be mentally and emotionally powerful is created out of fear. There are only two States of Consciousness, Divine Love and Human Fear, ***Divine Love is Real***, and Human Fear is an illusion parading as a truth.

Within each of us is the knowingness that our Spiritual-Self is our True-Self and deep within the back of our mind is this **Knowledge that we are Divine Love, Peace and Wisdom**. Our soul is born from the Divine Mother and Father so how can we be anything other than her Pure Love?

Re-Engineering Our Fears

What do we do when we are fearful and want to be in a State of Peace?

First, we recognize and accept the fact that we have mentally created all of our fears. Second, since we created our fears we have the Absolute Power to Re-Engineer our thinking so the Fear is gone and Peace and Love are now restored in our thoughts and feelings. The best time to get to the root issue of a fear is when we are experiencing that fear because in that moment we have direct access to what our fear is about.

Fear can feel overwhelming but if our fear has a name such as: feeling abandoned, angry, or feeling unloved, then, that is something we can deal with. Now we have the belief that is attached to our fear. If we need to we can go back and see how and where that belief was created or we can just decide that we want to create a new feeling and conviction to put in its place. Ninety Five percent of the time we are tired of being in fear and are ready and willing to release the fear. So we are only talking about that five percent that we need to understand better before we let go of our fear and restore Peace and Love within us.

I have shared before that we all Create our Reality and we have the power to Change our Reality to whatever we want using the Principle of Reframing and the Law of Attraction.

Reframing or Re-Engineering Our Reality.

When you are in a state of fear, sense how you are experiencing the fear. What pictures are you seeing? What words or dialog are you hearing inside of you - Your Self Talk?; What are other people saying to you? This gives you an idea of how you created and sustained this fear.

Once we know how we created our fear and project it within Our-Self then we have the knowledge to change it.

If you are hearing a dialog then you change the words in the dialog. If you see a picture then you delete that picture and create a new picture. By changing the words and pictures you put yourself into a Highly Resourceful Position and decide: How you want your life to be. You can begin to create and manifest the details of your life that are Useful and Beneficial to you and your Highest Spiritual Being.

Now focus your Creative Spiritual Energy on creating a New Movie in your Mind so you can begin to Create your New Perception of Life.

1. When you are in fear imagine in your mind's eye your fearful-self and bring that part of you into your **Heart Center and begin to surround your Fearful-Self with the Pink Light of Divine Love.**

Imagine that you can talk with your fearful-self and ask that part of you What is the thought, belief or experience that is creating this fear?

2. **We can Release our Fear by giving our fear a color and breathe that color out of our body, mind and spirit.** I like to visualize exhaling the color I gave my fear into a large hot air balloon and when I have all my fear release I send that hot air balloon into to sun to be transformed into love. This is a core truth of every person: **Within you is Pure Love, Peace and Harmony with the Wisdom of the Ages.**
3. Now create a "New Movie" in your mind with the Guidance of your Highest Divine Being remembering all the Love, Peace and Wisdom that is your True Essence.
4. Next, you step into this "New Movie" in your mind and feel the Love and Peace within you.

Many times we link many of our fears together creating a gestalt where the actual fears are so merged we can't really say what specific fear we are experiencing. In reality this is good because when we have merged these fears together we can delete all of these fears in one release. Many times these fears are both present life and past life fears so when we heal one of these fears we heal all of them. **Our Love and Wisdom travels back in time Healing and Purifying these experiences and returning us back into the Oneness of Love, Joy, Peace and Bliss.**

Remember, when we focus on Love ninety to ninety-five percent of our Fears will disappear as our Love and Wisdom removes the fear and restores our Spiritual Truths. Letting go of Fear is Remembering our Divine Self and being our Divine Self. When we Re-Engineer or Reframe a belief that we have we also are changing the feeling attached to that belief. First you may create a State-of-Neutrality and then later on you may bless those past experiences with Love.

In our Life experience, we bless every fearful experience as our Spiritual-Self brings it forward from the back of our mind to the front of our mind so we can transform that fearful thought into a **New Thought of Love and Truth.**

As time goes on we learn to Live in our Heart Center of Divine Love and Peace with unlimited Wisdom and Truth. This Love, Peace and Wisdom flows from our Heart Center to our Mental-Self and fills our mind with Love, Peace and Wisdom.

Each of us creates all of our thought and feelings so we are the only person that can change them. The best therapist you can find is your Highest Spiritual Being who can guide you into a State of Love and Peace. You have Total Power to Change and be that Loving person within you. Focus on Pure Divine Love which is your True Self and in that consciousness you will turn away from your fears and bring forth the Abundance of Love and Peace.

When you are in Your Divine State of Love - Living Your Divine Essence, you are beyond fear and all the fearful thoughts from mass-

consciousness are pushed out of your energy field and your emotional and mental space is restored to Love and Peace.

There is no need to search your mind for your fears. Focus on Love and fears wither away. Most of our fears are shades of grey some light of truth and some darkness of non-truth.

Our society is built on fear, and as you become a pillar of Love and Truth none of this group fear can enter your mental, emotional or physical space.

If you are fearful, then you need protection. When you are a pillar of Love and Truth the concept of protection is meaningless.

Create a Peaceful State of Being, Mentally, Emotionally and Spiritually, and within our Divine Peace we experience Pure Love, Joy, and Bliss with Wisdom and Understanding. We all know what Peace is and we surely know when we are in fear or non-peace. Our Body, Mind and Emotions will tell us if we are in Peace or Fear. With that knowledge we have the Absolute Power to Change our Fear into Love and Peace.

Life is deciding Who We want to be. We can choose A life of Love and a Love of Life or A life of Fear. Fear has to be fueled by attention to exist and hold power. And what is fear but just a lower step up a staircase of Freedom to Remember the Love we are.

We can say:

I have turned my fear over to my Divine Being (or God/Jesus) and what is to come will come and I will remain in Peace. I remain in Love. I AM aligning my mental thoughts with my Wisdom - the Great Knowing of my Inner Self, so my thoughts are in Oneness with my Divine Essence. I choose Love, I choose Peace.

Use the Power of the Law of Attraction by saying and feeling with passion.

I AM Divine Love, I AM Divine Peace, That is Who I AM

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

Moments of Sharing with Eleiah 2007-12-15

Volume 3 Number - 003

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

Dear Friends,
Blessings of Love and Grace to You,

What is Ego and How is Our Ego A Major Player in Our Spiritual Development?

Sometimes we may get the feeling that our "Ego-Self" is this 'villain' that we must get rid of. I think much of the confusion about our "Ego-Self " comes from the lack of information as to what our Ego really is.

Our Ego is "*our mind*", our ability to think, that part of us that perceives reality, and preserves the inner continuity of our existence and creates a sense of "***personal identity***". Our ego consciousness creates an ego boundary separating what our ego perceives as us, and what is not us. This ego boundary helps to establish our "***sense of self***".

We all have Roles in our Life such as: Parent, Child, Student, Teacher, Spouse, Provider, Spiritual Being, and so on. These Roles in Life also give us a "***personal identity***".

Our Personality is our long-term skills, attitudes, memories, behaviors, beliefs and emotions that give consistency to our experience. ***So our personality is those unique qualities that create the foundation of how we act in performing each Role we have in life.***

Our Ego is our "**Personal Identity**" and it includes our **Highest Spiritual Being** as well as all the other aspects of our life that we identify with.

As we become more aware of our "True-Self" we realize that we are a Spiritual Being who happens to have these roles in life. I AM a God Person who also happens to be a parent, child, provider, spouse, and so on. **Also, our Highest Spiritual Being is actively participating in each role we play.**

When we identify with these Roles outside of us what happens when we no longer have that role in our life?

Most people create their Self-Esteem, based on all of the things they can do well. However, most of the time these tasks are the roles we have in our Outer World.

So when we no longer have that Role we are on an Emotional Rollercoaster. Parents have that feeling when a child leaves home, or we lose our job or retire. That part of our Self-Esteem or Self-Worth is gone creating a void, and pain.

The first part of Spiritual Awakening or more correctly called "Spiritual Remembering" is building a **Positive Self-Esteem based on our Inner Spiritual Qualities**, This means detaching emotionally and mentally from these Roles we play in life. **A person with Low Self-Esteem needs to build a positive, healthy Self-Image based on the qualities of their Highest Spiritual Being.**

Whereas a person that has created High Self-Esteem with everything they have accomplished in their outer life needs to let go that

Personal-Identity and build a new Self-Image based on the qualities of their Highest Spiritual Being.

I call this phase the “Dark Night of the Ego” because we realize that all of our accomplishments in our outer world does not give us the Inner Peace and Love that we desire.

So a part of Spiritual Remembering is rebuilding positive self-esteem based on what is constant and eternal “Our Divine Spiritual Being”. Then, the emotional roller coaster is removed and whatever roles we have in life are just another venue for our Spirit to share its Love and Grace with others.

Each person needs to create a “Personal Identity” built on a foundation of a Positive Self-Esteem and Self-Worth the core of which is their Highest Spiritual Being. For many people building this positive “Self-Worth” is the beginning of their Spiritual Path. The Love, Compassion and Acceptance from our Divine Being can be a great assistance in re-engineering our idea of Who We Are.

With the Guidance and Wisdom of our Highest Spiritual Being we still accomplish all the Roles that we need to do in our Earthly Life. Our Spiritual-Self merged with our Ego-Self brings Love, Peace, Joy and Wisdom into every thought and action that we do.

Does Our Ego Need To Surrender?

Some traditions speak of destroying the Ego or having the Ego Surrender to the Higher-Self. Since our Ego is who we are our **Ego will fight if we try to destroy it** or have it Surrender to a Higher Power.

The Ego-Self is “**Who We Are**” and it includes aspects of us that **are Enlightened** and aspects of us that **are not Enlightened**. So Spiritual Remembering is a process of educating each aspect of us with Respect, Love and Wisdom that we are a Divine Spiritual Being who has taken form in our physical body. It is with our Divine-Self and bringing that Wisdom and Love to each aspect of our Ego/Personality that is the heart of Spiritual Remembering. **As we become more of our True-Self every facet of who we are is now working together in Harmony with our Spiritual-Self living a life of Love and Peace.**

Rather than ask our Ego to surrender, invite all aspects of our Ego to join with our Spiritual-Self and actively participate in our Earthly Life. Our Spiritual-Self has a purpose for incarnating and our ***Spiritual-Self needs our Ego-Self to accomplish what it came here to do.***

Enlightenment is “Unity Consciousness” which means that we identify with all aspects of Who We Are through our Divine-Self. Enlightenment is expanding the consciousness of our Ego-Self until our Ego-Self and our Divine-Self are in Unity. **When we move into Singularity our Ego-Self and our Higher-Self have merged into One Expanded Consciousness.**

As we expand in consciousness our ego boundary also expands: we are self and we are everything, all in the same moment.

If we did not have an Ego-Identity when we moved closer to merging with the "All or God" we would lose all sense of our identity. ***Every Enlightened Being still has a sense of "personal" or "soul identity".***

If we take a drop of water and put that drop of water into a bucket of water that drop of water has merged with the other water and its individuality is lost. This does not happen in Consciousness until we make that last step in returning to the God-Head.

Neither Buddha nor Jesus nor the Great Angelic Beings have taken that last step so we can call upon these great teachers by their names. Each of these Great Teachers have a **"unique identity"** with certain qualities and attributes by which we identify them. Jesus is Love Incarnate, Buddha is Compassion Incarnate. Each Master has an area of expertise to share with humanity. Their expertise, their Mastership is their uniqueness their **"Personal Identity"** and how we recognize them.

I hope this gives you some thing to ponder as you begin to Remember: Who You Are! We all have roles in life but our roles are not Who We Are, that is the difference between the student and the Master. The Student's Ego-Self thinks it is a Parent, a Spouse, a Provider and that is who they think they are. The Master says I AM Divine Love, I AM Divine Peace, I AM Spirit Divine, that is Who I AM.

What Do We Do?

From an energetic viewpoint, we have a Physical Body to give our Spirit form, we have Emotions to give our Spirit Energy, and we have a Ego to give our Spirit a **"Sense of Identity"**. We need each aspect of us working together to complete whatever our Spirit came here to do, and it is up to our Ego-Self to accomplish our Spiritual Purpose.

The Transformation of our Ego-Self into our Divine-Self is nothing more than guiding each facet of who we are to merge into Oneness with our Spirit. We do that by guiding each aspects of our Ego-Self with Love and Grace to work together with our Highest Spiritual Being and the Divine Universe. Each aspect of our personality becomes God Realized, nothing is lost, only expanded in consciousness.

Love every aspect of our Ego-Self and with Love invite all of you come to the table and feast together in Love, Compassion and Respect with the Divine Universe or God. That is how we become the God-Self that we already are.

This is the process as I see it. Our Ego-Self expands in Consciousness until our Ego-Self and Higher-Self are One Consciousness. Then our Higher-Self begins expand in Consciousness and merge with a Higher Vibration of our

Spiritual-Self and so on and so on until we are In Oneness with God. The Creator and the Creation are ONE. **Since we have Free Will nothing happens until our Ego-Self desires to participate in this journey home.**

In the grand scheme of the Universe, Everything in our Outer World is Temporary, so we move from Identifying with our Outer World to Identifying with our Inner Spiritual World which is Constant and Eternal.

Here is a simple way to begin to identify with your Divine-Self:

I have a wonderful body and yet I AM more than my physical body.

I have emotions and yet I AM more than my emotions.

I have a beautiful mind and intellect and yet I AM more than my mind.

**I AM Spirit, I AM Love, I AM Essence Divine.
THAT IS WHO I AM!**

Remember who you are: a Divine-Being who came into your physical body, and your "mind" can merge with your "Divine Mind", in Singularity, in Divine Oneness, then you are home in the ocean of Love, Joy, Bliss and Peace in whatever form you are in and wherever your Spirit happens to be.

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

Moments of Sharing with Eleiah 2008-03-15

Volume 3 Number - 004

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

Dear Friends

Blessings of Love and Grace to You,

What Part does Our Ego and Personality Have in Being Our True-Self?

In my last Moments of Sharing I talked about our "Ego-Self" and all that it encompasses. Our Ego is *"our mind"*, our ability to think, that part of us that perceives reality, and preserves the inner continuity of our existence and creates a sense of *"personal identity"*. We all have Roles in our Life such as: Parent, Child, Student, Teacher, Spouse, Provider, Soul and Spirit, and these Roles in Life also give us a *"personal identity"*.

The Ego-Self is our *Personal Sense of Identity* and it actually includes both our "Soul" and our "Spirit". **To me, our Soul and Higher-Self are the same thing so I use these words interchangeably.**

I define our **Soul** as that aspect of us that left the "Source" or Godhead on a path of discovery. In a way, it is God (the Creator) wanting to explore creation so a part of God (what we call "**Soul**") goes exploring the Universe and this process is called "**involution**". The farther away our Soul gets from Source the more our Soul forgets that it is Source and many times our Soul contaminates or distorts the Wisdom it had when it was Source. For instance the Soul may sense being abandoned by the Godhead or other such distortions that are sometimes derived by many incarnations that distance our Soul from Source.

In my 25 years of working with people and assisting them to connect with their Higher Self many times the Soul was just as confused as the Ego-Self was. In other words, the mental/emotional issues resided at the Soul Level of consciousness. The Soul kept reincarnating to resolve an issue and soon even the Soul was confused. **Remember, our Spirit is never confused and always knows it is Source.**

What I call **Spirit** is that **Pure God Consciousness** that resides within each of us. The God-Self our **True-Self** that knows it is Source - it is Pure Love, Pure Wisdom, Pure Joy, Pure Harmony and Pure Peace. Our True-Self resides in our Heart-of-Hearts totally unaffected by our mental, emotional and spiritual states of consciousness. ***The emotions of our Spirit are Peace, Love, Joy and Bliss and that is why our emotions will tell us if we are in Oneness with our Spirit or in some distortion of Truth.***

Within each person is both "Soul" (Higher-Self) and "Spirit" (True-Self). Our True-Self is that part of us that is Source and it guides both the Ego-Self and the Soul back to the Godhead and this process is called "**evolution**". Evolution is nothing more than Remembering we are Source. We are Pure Love and Pure Peace. We are Pure Spirit.

I also happen to believe that there is a ***Spectrum of Spiritual Consciousness*** (Many Levels of Spiritual Consciousness) extending from our Soul to Source so I use the term "**Our Highest Spiritual Being**" to recognize that there always is another Higher Level of Spiritual Consciousness that we can merge with and invite into our daily life.

As we become more aware of our "True-Self" we realize that we are a Spiritual Being who happens to have these roles in life. I AM a God Person who also happens to be a parent, child, provider, spouse, and so on. **Also, our Highest Spiritual Being is actively participating in each role we play.**

What is Our Personality.

Our Personality is our long-term skills, attitudes, memories, behaviors, beliefs and emotions that give consistency to our experience. ***So our personality is those unique qualities that create the foundation of how we act in performing each Role we have in life.***

It is our "Personality" that needs to be aligned with our Spirit, along with knowing that our job in life along with all the Roles that we play in life are not who we are. ***We are to bring our Spirit into all of these Roles we have in Life.***

Creating a Divine Personality.

How we see our-self is based on all of our beliefs, attitudes and perceptions, when we identify with aspects that are not supportive of us we have a negative self-image. There is a difference between a positive self-image and the image of our True-Self. Our Divine True-Self-Image is always focused on our Inner Divine Essence whereas a positive self-image can be created on our outer world, all the accomplishments we have done. There is nothing wrong with creating a positive self-image in this manner with the exception that this self-image will need to be re-structured or re-defined to be in alignment with our Divine Being.

To be Fully Human is to experience all of life from our Divine Center of Love and Peace along with the Wisdom and Understanding to apply these Qualities in every thought, feeling and action. We are to be Living our Divine Essence.

How Do We Create a Personality That Is More Aligned With Our Spirit?

In a certain situation a Christian might ask: How would Jesus deal with this challenge? A Buddhist could ask: How would Buddha respond in this situation? All of us could go inside and ask our Divine Spirit what it would do in this situation. All of these are noble ways to build a positive personality but they may feel a bit esoteric for everyday life, at least in the beginning of being our True-Self.

Here is another way that is very simple and something that we can all do. We all know people that we admire for their qualities in dealing with certain events. Someone who remains calm and peaceful when everything around them seems to be falling apart.

A professor once asked me what qualities did I get from my father about being a man? My answer was: My father died when I was very young and I was raised without a father. His response was that I merely built my image of what a man should be like by taking qualities from all the men around me that I admired.

In my Neuro-Linguistic Programming training we were taught that same idea. If you want to change your personality look around at those people that you admire because they have certain qualities. Begin to model those qualities by acting as they act and soon the quality that you liked in them are a part of you. Our personality was built out of thin air. We saw how people acted and the results of their actions and we build our personality.

As we become more positive about who we are then we can move to the next step which is becoming aware of how our True Self would respond to all of our outside experiences and our inner experiences. In the beginning we may not follow that Inner Voice but we still are learning how to be our Divine Essence.

Using Kofutu to Rebuild Our Personality.

In 1982 I was treated to the wonderful gift of Kofutu Formula Healing. In Kofutu Formula Healing Level 1 we have Psychological Scripts to re-align our Sense of Identity with our True-Self. At Level 3 we receive a Special Script to **Heal the Past** and **Integrate the Past**. With Kofutu the healing goes to the source of the issue that we are dealing with be it physical, psychological, emotional or spiritual. I would say that every issue has some component that is emotional, psychological and many times spiritual. When I say spiritual in this context I am referring to issues that our Soul has created since leaving the Godhead.

I see Kofutu Formula Healing first as way to cleanse our physical, emotional, mental bodies and our soul and then as tool to begin the journey back to our True-Self.

While this journey could be a painful experience I know hundreds if not thousands of people that did not experience the process as painful or hard. It is only a struggle if we hold on to our old way of thinking and feeling as we are becoming our True Divine Self.

Using The Seven Rays to Rebuild Our Personality.

Before I learned Kofutu I used the Seven Rays of Divine Consciousness to Purify my Ego-Self. I would visualize the Violet Ray within me and around me to Transmute all negativity within me. Then, I would use the Three Fold Flame for Purification and Transcendence.

I was never trained in how to do this other than I knew from within what to do. So however you are guided to do this is perfect for you. I happened to visualize a flame (like the flame of a candle) in my Heart-of-Hearts and I started with a Blue Flame of Divine Strength and I would expand that Flame until my whole body was the Blue Flame. Then, I would do the same with the Yellow Flame of Divine Wisdom expanding the Yellow Flame until my whole body was the Yellow Flame. Next, I would visualize the Pink Flame of Divine Love and experience my whole body the flame of Divine Love.

Then, I would visualize and experience all Three Flames at the same time blending together within me. Every cell of my body was filled with the Three-Fold-Flame, every emotion and thought was filled with Divine Love, Divine Wisdom and the Divine Power to be Love and Wisdom Incarnate.

Later on I started to use the Seven Fold Divine Flame using all Seven Rays and blending each of those Divine Consciousness of Source within me. In

September of 2003 I finally understood the relationship between the Kofutu and the Seven Rays.

When I shifted to using Kofutu rather than visualizing the Seven Rays I was still working with the same Divine Consciousness using these Master Symbols rather than visualizing colors in my mind.

Purifying Our Personality is the Heart of Becoming Our True-Self.

While I have shared a few methods to do this Purification there are many ways to do this purging. Purification is nothing more than Deleting Everything in our Personality and Ego-Self that is not Peace, Love, Joy and Bliss in the Oneness of Source or God.

Our wonderful emotions will always tell us if our personality is in Oneness or not. Peace, Love, Joy and Bliss are the Emotions/States of Being of our Divine Spirit if you are not experiencing these emotions then change what you are thinking and feeling until you are back in this Divine State of Being.

There is a part of each of us that knows when we are in this State of Oneness and when we are not. Our Spirit always knows the Path Home and it is just one thought away.

Remember your Spirit knows everything that you need to know to come home to the Godhead. Spiritual Evolution is Remembering:

- I AM Divine Love
- I AM Divine Peace
- I AM Divine Bliss
- I AM Divine Harmony
- That is WHO I AM

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

Moments of Sharing with Eleiah 2008-06-15

Volume 3 Number - 005

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

Dear Friends ,
Blessings of Love and Grace to You,

Moving From Karma into Grace?

The Law of Karma what is it?

In the Divine Universe we have what is called the "Law of Cause and Effect" and this applies to all Dimension and all Levels of Consciousness. And, the Law of Karma is a subset of this Law which applies to places in this Universe that are in the Consciousness of Duality. So Planet Earth, is a Graduate School in the Universe (A place to test our Spiritual Fortitude) because we

have the both the Consciousness of Duality and the Consciousness of Oneness or Non-Duality and we get to chose which Level of Consciousness we are functioning in.

The challenge to us, and all of humanity, is to be in a State of Love and Peace regardless what is going on within us or around us. Simply put the Law of Karma is the Universe's response to any action or thought that is contrary to the Divine Laws or Principles of the Universe. So, creating Karma means that we have acted outside of Divine Love, Joy, Peace, Bliss and Wisdom.

So is Creating Karma a Big Deal?

If we happen to Die in this consciousness of Karma we probably will get a "Do Over" and reincarnate again to Master what we failed to Master in this life.

However, The Divine Universe is Love and What is Love? Unconditional Forgiveness. So if we have lots of Karma from the Past and the Present all we need to do is Move into the Consciousness of Love, Joy, Peace, and Bliss. It isn't like we created 10 lifetime of Karma so it is going to take 10 more lifetimes to transcend that Karma.

In one breath, we can transcend (move beyond) all of our Karma. All we need is a new way of Thinking, a new way of Being, a new way of Sharing, a new way of Doing, coming from that Divine Wisdom within you. The Divine Master within you, your Highest Spiritual Essence.

Are We Always Affected by the Law of Cause and Effect?

We never get beyond the Law of Cause and Effect. The Angelic Realm still operates within the Law of Cause and Effect. There are polarities in the Angelic Realm, but these polarities are much different than here on Earth.

Much has been written about Karma and the part Karma plays in the reality of Duality. Duality means we have Strong and very Opposite Polarities"

This is "Right" this is "Wrong"

This "Good" this is "Bad"

My Religion is better than your Religion

All of these polarities are woven into what we call "Judgment".

When we move from Karma (Duality) into a State of Singularity with Divine Oneness, all we are doing is taking our mental-self that feels separate, isolated or abandon from God or our God-Self, and bringing us back into the Whole of Our Divinity. **This State of Non-Duality or Oneness is a "State of Grace".**

What is the Law of Grace?

We begin to merge all the different facets of our personality into the consciousness of who we truly are, Our Divine Essence. The ego inside becomes One with Divine Master within us. As we move into this State of Awareness you then have moved in to the "Consciousness of Grace". A Flow of Love to you. A Flow of Forgiveness to you. A Flow of Peace and Harmony to you.

We learn to Focus on Grace rather than Love, Peace or Harmony. **Grace is the Totality of the Godhead beyond words, definitions, even beyond comprehension of the unenlightened mind.**

What tells you when you are Angry? Your emotions, your feelings your thoughts all tell you you're angry. Being angry is a personal choice. In the same way when you are in that True State of Divine Love, a State of Divine Peace you will feel it, you will know it, you will recognize it and you will Say I AM HOME. I AM IN GRACE!

Moving into Grace?

So the consciousness of your Divine Essence is Peace, Love, Joy and Bliss to such a high degree that is almost beyond comprehension. We don't have to Learn anything, all we need to do is Remember Who We Are. If our mental mind knows how to get there we are home free.

Sometimes a part of our mind is stuck in conditional thinking. So we need to Mentally come down into our Heart, our Spiritual Heart Center, to enter into our Divine Truth and Knowingness, to be Pure Love Incarnate. That is how we move out of Karma.

We never focus on what we need to get rid of because that is irrelevant. We step into a Temple of Love, Harmony, Peace and Joy. It really is quite simple, the great teacher Jesus said: to be as a "little child", be as a little puppy, the child, the puppy are in this State of Connectedness, just as we were when we took our first breath -- We Were in Oneness with God. Everything else we have learned since that first breath has either created separation from Spirit or brought us close to Spirit.

That feeling of Separation from Spirit , all that is some little belief system, some little attitude, or some little memory that has pulled us way from our Truth. We gave it our power, and we have the Power to take it back.

If you want to become a God-Person then, Think like a God-Person, Act like a God-Person, Feel Like a God-Person, and before you know it you are a God-Person. All you are doing is remembering how you were when you took that very first Breath.

Think about the "**Breath of Love**", every breath we are inhaling is a Breath of Divine Love. Every exhalation is releasing Non-Love. Every time we exhale

we are removing all of the impurities within use. What are the impurities? All of Our Karma, all of our thoughts and feelings that create Karma and pretty soon we become more Peaceful, we become more of our True-Self.

We can chose to be Angry, or Sad or any of the hundreds of the emotions of our mind. **We also have the Power to be in the Consciousness of Grace.** We need to be fully connected with our emotions so that we can respond with life in the Loving Grace from Within Us. To be in a State of Grace means we are graceful, we have gratitude, and humbleness, and humility. ***Grace is you being True to Your-Self. We have to live Our Divine Essence, we can't just talk about it we need to be Grace.***

If you are not in Peace then whatever you are thinking or doing is not going to Create Peace. People keep trying to use the old patterns of thinking expecting that one of these times it is going to work. We want to bulldoze our way through the issue rather than go around it, under it over it or just dissolve the problem since is not real anyway.

We all know the Highly Valued Criteria of our Divine Presence. Those qualities that we cherish and would never violate. Our Spirit can never Violate Divine Laws and Principals only our Mental-Self would even consider violating Divine Law. **When our Mental-Self Truly follows Divine Law then we are in the "Law of Grace" and we will graduate the wonderful place called Earth.**

Our Spirit Loves us dearly and waits in Loving Arms to bring us home into the Ocean of Love, the Ocean of Grace. Ask and you shall receive, so ask to be Pure Divine Grace, to be in a Consciousness of Oneness.

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

Moments of Sharing with Eleiah 2008-09-15 Volume 3 Number - 006

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

Dear Friends,
Blessings of Love and Grace to You,

What is Going On?

I began my Spiritual Awakening in the late 70's and I felt each day was like a year of experience and somehow time was speeding up. Many books were written at the time detailing what was going on and even giving predictions when the Golden Age was to happen, or when Star Portals were going to Open and People would Ascend.

Now with the Internet many people are sharing their thoughts about what they think is going on in this world.

The Spiritual Plan for souls that incarnate on Earth has never changed: A Soul was to come here to Earth incarnate once and learn to live in duality and form and then graduate and move on in their Spiritual Journey. The duality in these early times was much different than the duality that we experience now. In present day, we have many degrees of extreme separation in the Polarities.

Some where in Ancient Times Humanity had a **Spiritual Cataclysm** and Souls became attached to human emotions and the lust for power and in the process what we call "Modern Duality" was created, Spirit and Humanity became perceived as Separate Levels of Creation.

In modern time, great teachers came and showed humanity how to live life in the wonderful teaching of Buddha, Jesus and others but humanity still did not understand. The result of this Spiritual Cataclysm is the present day human form and the process of Reincarnation.

Reincarnation is a Personal "Do Over"

For the past 100 years scientist have been trying to prove the concept of Reincarnation and Life-After-Death. In the last 20 years the best scientific research has been completed and has come as close as possible to prove that Reincarnation is a fact but has not been able to say everyone Reincarnates.

The concept of Reincarnation is nothing more than a **"Personal Do Over"**. If a person does not attain a certain level of Spiritual Growth in a lifetime they get to come back and try it again until they do attain that Level of Spiritual Consciousness. We move from one Vibration Level or Consciousness Level to a much Higher Consciousness Level.

Humanities "Do Over"

Some people have said that the Planet and Humanity are moving to a Higher Vibration, a Higher Consciousness and I totally agree with that assessment. We can see that for the past 2,000 years humanity's mental state and spiritual growth has changed very little using the "Personal Do Over" method called "Reincarnation".

Yes we have many people that were/are very Spiritual and have Graduated from this Earth Plane but mass consciousness as a whole has not moved very far into a State of Love and Grace for All Creation.

Now, perhaps God or Spirit said enough and decided Humanity as a Whole Gets A Do Over.

What is this "Humanity Do Over"?

This new "Humanity Do Over" is Humanity being exposed to a Higher Vibration of Spirit much like how the Ancient Ones were before their downfall.

I do not pretend to know how things "really work" in the grand scheme of the Universe.

So let's "PRETEND" that we have 144 Planes of Consciousness available on Earth and to graduate from Earth we need to be at the 64th Plane of Consciousness or Higher. But with "Free Will" Humanity is predominately below the 64th Plane or Vibration Level.

So to get everyone up to 64th Vibration/Consciousness Level the Great Ones of the Universe, along with the Angelic Realm, Ascended Masters (many of these are graduates from Earth) and the Universe/God decides to put **everyone in an accelerated class to catch up. This means everyone is being immersed in this 64th Level Energy and Consciousness.**

In simple terms this means that Humanity is being flooded with **This Higher Vibration of Spiritual Consciousness**. If a person's consciousness or vibration level is above the 64th Plane of Consciousness they probably will not be affected by this **New Vibration and Higher Consciousness**.

If a person is not at this Higher Vibration Frequency she or he experience pain and discomfort. The discomfort comes from seeing and feeling all our issues that are holding us back Spiritually. Our attitudes, beliefs, memories, and attachments that are incongruent with Spirit are readily shown to us so we can make adjustments. Our Spirit will literally show us what is in our way of being in harmony with this New Vibration. **So the "Humanity Do Over" is pushing Humanity to a Higher Consciousness a Higher Vibration if we want to call it that.**

If we don't want to change how we think, feel and act to be in harmony with this vibration then we are in discomfort. We still have "free will" and what that means is if we don't want to move to a higher vibration then when we die we will reincarnate on a different Planet in the Universe that suites our Lower Vibration mental state.

So the Planet Earth and Humanity are moving to the Consciousness that we are supposed to be at in the Great Scheme of the Universe.

So there are two things going on at this time:

- 1) The movement of Humanity to a Higher Plane of Consciousness or Vibration. [In this example the 64th Plane]
- 2) The movement of a specific individual to an even Higher Plane of Consciousness than that of Humanity as a Group. [In this example some Vibration Higher than the 64th Plane]

What is the Effects of this Higher Consciousness?

Many people are experiencing things like the 2 AM wake up, or, some pain in the lower back, or, a sense that time is speeding up. Others feel an inward push that they need to complete some task in their lifetime.

The 2 AM Wake Up

When I first experience the 2 AM wakeup I did get out of bed and start my day and it was peaceful and quiet and that was wonderful. Later I decided to use that peace and quiet in bed and focus my thought on Love and Joy, Peace and Harmony while I went back to sleep. In this way I was still completing what was desired by Spirit to flood the Earth with the consciousness of Love, Joy, Peace and Bliss. I just found it nicer to be in a State of Grace while in bed rather than getting out of bed.

The Pain in the Lower Back

When we experience a higher vibration or energy we need to move that energy all the way through our body into the Center of the Earth and then back to Source so the energy flows in a complete circle. When a person stops this flow of energy the energy creates pressure much like the water pressing against the wall of a dam. The lower back seems to be a common place where people have this Higher Energy stall. The Crown Chakra is Open and Flooding the person with this higher energy but it is blocked from moving all the way through the person. We need to ground this new consciousness in this Earth Reality. Moving to a Higher Vibration is nothing more than allowing another level of your Highest Spiritual Being to take form within you.

So grounding to the Center of the Earth and back to Source applies to our Emotions, our Thoughts and our Spiritual Self. We all need to ground our emotional body, our mental body and our spiritual body. The process for your spiritual body is this: From the Center of Creation we sense the flow of our Highest Spiritual Body flowing down through the top of our head all the way through our physical into the Center of the Earth and then back to the Center of Creation. So we have a closed loop of energy and higher consciousness continually flowing through us. We already are a Spiritual Being in the Cosmos who also happens to also be in a physical body on Earth. So we need to bring our Spiritual Being into this Earthly world which is our Physical Body, our Mental Body and our Emotional Body that is what is meant by the term "Grounding."

When we move to a Higher Vibration Level this new Spiritual Body (Consciousness) needs to be fully integrated into our Earthly Life so we need to know how to use this Higher Consciousness. We need to bring in this Higher Wisdom and Love and make it a part of our new personality.

The Need to be Doing Something

We all have a purpose for being here on Earth and our mental-self tends to put that purpose into some context of action outside of our-self. This is the beginning of one's search for meaning in life and a sense of purpose. Eventually everyone will turn Inward and Find what they are looking for is Within Them as we Remember we are Divine Love and Peace.

Some People May Experience Psychic Attacks

I have talked with people that have been attacked by negative influences. Some call them the dark forces that don't want humanity to move to this 64th Plane of Consciousness. Those people well beyond the 64th Plane of Consciousness will not be affected by these psychic attacks. One's own fears is the opening by which these psychic attacks enter into our space. If you sense these outside negative influences then call upon God, the Ascended Masters and Great Ones of the Universe to remove them and strengthen your Divine Truth and Love within you.

Love and Grace are the most powerful force in the Universe. Have you ever been at a scared site and tried to be negative? It is impossible to be negative because the positive energy is so strong. When your Highest Spiritual Being is anchored within your physical, emotional, mental and Spiritual Self you are this Pure Love and Grace and nothing will affect you.

What is the Purpose to be at These Higher Vibrations?

We are a both a Spiritual Being at the Point of Origin and a Consciousness (Soul) moving back to the Point of Origin or simply put we are Remembering that we are the "Point of Origin". We are God and God is us.

This energy or more correctly stated consciousness shows us everything about our-self. We see and feel what is in Divine Alignment and we also are made very aware of those part of us that are not in alignment with Spiritual Truths. The goal of this Earthly experience is to Discovery or Remember our Divine Oneness and to be Living Our Divine Essence. Our Spiritual Love and Wisdom are a gentle guide that brings us home into the Oneness.

In each breath we chose how we want to be in the next breath. Their is a Spiritual Part of us that is Pure Love and Grace and she can teach us everything that we need.

Those Who Move To the Higher Planes

For those millions of people who are already at a Higher Plane of Consciousness than where Humanity is moving towards they will not feel or sense any changes going on with the masses.

I always use the term "Highest Spiritual Being" in my writings in which I state there is a continuum of consciousness from the Mental-Self back to the

Source or the "True Point of Origin". So there are potentially thousands or millions of Planes of Consciousness back to the "Point of Origin".

These thousands of planes of consciousness are our Soul and Spiritual Linage in consciousness as we are the consciousness the essence of those beings who comprise our lineage. The creator is the creation and the creation is the creator. God is you and you are God when both you and god are at the Point of Origin.

So the lineage is degrees of separation from the "Point of Origin". The Angels are a degree of separation from Source, the Ascended Master are an even greater degree of separation from Source, each Soul is an even greater degree of separation from Source and all of these are moving back to Source or the Godhead.

All of creation as we know it are on the Path Back to the "Point of Origin".

In other words going back to our First True Spiritual Vibration. What frequency that vibration is should not be a concern as vibration is translated into consciousness. So we are Remembering the Consciousness of our Spirit at the "Point of Origin".

As we Remember Who We Are and are Living Our Divine Essence this beautiful vibration of Love and Grace will Stimulate Others to Remember their Divine Essence. Perhaps this desire for purpose is nothing more than Radiating Our Divine Light and see what happens when we are Love and Grace in form. A Spiritual Angelic Being in a physical body.

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

Moments of Sharing with Eleiah 2008-12-15 Volume 3 Number - 007

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

Dear Friends,
Blessings of Love and Grace to You,

How Long Does It Take To Be Enlightened [God Realization]?

Several weeks ago someone asked me that question and it is a very good question for someone on a Spiritual Path.

I generally don't use the word "God" in my writing because it has such a confined and limited meaning. However, in this Moments of Sharing it makes it simpler to share some ideas and we have the option to insert any other word that is more suitable to our beliefs.

In Maslow's hierarchy of needs Self-Realization and Self-Actualization are the ultimate goal of maximizing one's potential abilities and both levels are

really ego or mental based rather than Spiritual Based so I choose not to use either of those words in this writing.

So perhaps the first part of the answer is to define what it is like to be Enlightenment or God Realization.

So What is it Like to Be Enlightened?

I have always defined Enlightenment as Being in Divine Consciousness and experiencing a State of Love, Joy, Peace and Bliss with Wisdom, Truth and Divine Understanding. And if we define Enlightenment in these terms then we can measure our degree of Enlightenment by our emotions and feelings. Our nervous system will tell us if we are in these Higher States of Consciousness.

I sense that many people have had moments of feeling this State of God Realization perhaps in prayer, or in meditation, or being out in nature, where you experienced a moment of Divine Oneness where you felt connected to everything including God - a Pure State of Divine Oneness.

So perhaps Enlightenment is Leaving Your God Switch ON!

And as I ponder upon this question: What is Enlightenment? Or: How Long Does It Take To Become Enlightened? I came upon a simply truth or at least a truth to me: In our "mind" we have what we could call a "God Switch" and when we feel these moments of True Enlightenment we have turned our God Switch ON. Whereby we have stepped out of the realm of duality and confusion. When our God Switch is ON we are Pure Love, we are Pure Joy, we are in Oneness with the Source of All Love. In this State of Divine Oneness we are here on Earth but not of the Earth.

So perhaps Enlightenment is nothing more than Leaving our God Switch in our Mind Always ON.

When we turn our "God Switch Off" we re-enter into the consciousness of Duality and Separation from our Divine Heritage and we are back in the pain and suffering.

Fear and Pain are the only thing that keeps us from experiencing Enlightenment!

Another thought that came to me was: The only thing that keeps us from experiencing God Realization is pain and fear. Pain and Fear are nothing more than a mental though that is out of sync with Divine Thought.

Pain and fear are telling us that our perceptions and relationships are out of phase with our Divine Consciousness. So the only thing that prevents us from being Enlightened is the fear or the pain that holds us back from being our True-Self. ***So as we focus on being our True Divine-Self and having that as the focus of our consciousness, the essence of our feelings; then our fear and pain disappear.***

We have learned from NDE's [Near Death Experiences] that those people who experience a NDE for the most part no longer fear death. But I sense that most people have a fear of life. And that fear of life is what stops them from Turning ON their God Switch.

What Would My Life Be Like if I was Truly in this State of Divine Love, Peace, Harmony, Joy and Bliss with full access to all of my Wisdom and Truth as a Divine Spiritual Being?

One day we might want to think about: ***What if I turned my God Switch ON just to try it for 2 or 3 weeks.*** Just to see how things might be in our life. Remember, we can always turn if Off and return to the life we had!

Being an Enlightened person is living in this Physical World and experiencing life in a way that dissolves Separation and Duality with all of the struggles of right and wrong, good and bad, attachments for all of those things that we have, and the fear of losing all of those things that we have.

So what we are saying is: Let go of the fear, Let go of the pain. Letting go is no longer giving it our attention. No longer giving it power over us. Fear can easily disappear. And most pain can disappear and sometimes when we have physical pain because of a certain condition the pain becomes only a minor inconvenience as we bathe our thoughts in the Ocean of Love and Grace.

So the answer to: How long it takes to be Enlightened or experience God Realization is: ***How long does it take you to flip your God Switch ON?*** When you go into a darkened room how long does it take you to flip the light switch and fill the room with Light?

I think that sometimes in order to feel comfortable we might turn our God Switch ON but we have created a Dimmer Switch so we can experience a little bit of Enlightenment, or, a little bit of the Peace, Joy and Bliss. So, even if we don't turn our God Switch Off we keep the Dimmer Switch On at a lower setting. I sense this just means that we are not ready to let go of our fear, or, we are not ready to let go of all our pain, or, we are not ready to let go of all our Earthly Attachments.

Back in the seventies I read somewhere that if I wanted to be a Supervisor I needed to Dress like a Supervisor, Think like a Supervisor, Feel like a Supervisor and Act like a Supervisor. And much to my surprise, when I applied these concepts, very quickly I was promoted to Supervisor.

I truly believe this same process works in our Spiritual Life:

Think as a God Person

Act as a God Person

Feel as a God Person

And soon you are the God Person within you.

This is using the Law of Attraction and the Law of Creation, but in this case all of your God Qualities are within you and you are only Remembering to be Who You Already Are.

This is more suited to me:

Think as an Angel of Love Person

Act as an Angel of Love Person

Feel as an Angel of Love Person

And soon you will be an Angel of Love Person

You will be your True Angelic-Self

You see your Angelic Presence is already there within you, it is already a part of your Divine Mind, your Divine Consciousness. And all that you are doing is Remembering this is Who You Are.

Another important thing to think about is letting go of what you would be like if you were Enlightened. I know for myself as I was reading the Autobiography of a Yogi by Yogananda many great sages and saints were described in his book and perhaps I had this idea that I needed to be this way or that way to be enlightened. I think it is important to let go of the mystery, the illusion about what Enlightenment is and just decide that you are going to be the most Pure Loving Person that you can be.

Decide that your Mental/Emotional Focus is to be Pure Love, Pure Joy, Pure Peace in perfect Harmony with your Divine-Self and the Source of All Love and Grace. Then, each day we can look at our-self and ask" Am I a little bit closer to being my Divine Pure Self? In this way we are setting a direction to be Divinely Inspired to be Divine Realized!

Life is nothing more than realizing we are a Beautiful Divine Angelic Being who just happens to be in a physical body, on this planet. And when we really know this in our stomach, in our heart, and in our mind then were are moving in the right direction. You will begin to feel and know that you are a Source of Love and Compassion with a Clarity in Consciousness.

Your mind is clear and in this Inner Peace, Inner Harmony if a distraction pulls you out of this Inner Harmony, even just a little bit, we feel it and we know to let go of something. Whatever pulled us out of Harmony is to be reframed with our own Inner Wisdom and to come back to the Center of our Divine Core our Divine Essence.

So being "Truly Human" is to be fully in this State of Enlightenment, a State of Divine Unity. Then, you are Fully Human and Fully Alive in total Unity Consciousness. And you are in the State of Consciousness of Pure Love, Pure Peace, Pure Joy and Bliss with Wisdom, Truth and Understanding!

So become your God Person on this planet and radiate your Love and Joy, Peace and Bliss from of your Total Spiritual Being and flood all of humanity and all creation with Love and Grace. Be like our radiant sun shining forth

light and love, peace and compassion freely, effortlessly to everything, to everyone.

Visualize in Your Mind Turning Your God Switch ON!

You can also activate your memories by saying each day with emotion and intent:

I AM a Divine Being,
I AM Divine Love,
I AM Compassion
I AM Divine Joy
I AM Divine Peace
That is who I AM!
That is who I AM!
That is who I AM!

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

Moments of Sharing with Eleiah 2009-03-15 Volume 3 Number - 008

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

Dear Friends,
Blessings of Love and Grace to You,

Activating Our Spiritual Gifts.

What Are Some Of These Gifts?

We all know about clairsentience, clairaudience, and clairvoyance, telepathy, bi-location, walking on water, the cloak of invisibility, ability to feel very small or to feel very large, and having an out-of-body experiences just to name a few of these abilities.

Around 200 BC Patanjali talked about these "Psychic Gifts" called "Siddhis" of which there are 108 Classical Siddhis listed in the Yoga Sutras. Patanjali said: Siddhis are obstacles to attainment of Samadhi because they distract the mind and lead to production of Great Karma. Sutra 38-54.

What Patanjali said: is to ***beware of using Psychic Abilities*** because they can be a distraction to our Spiritual Enlightenment and can lead to creating great Karma. In grad school I read about the scientific studies on the psychic abilities of people, animals and even plants.

We all have certain psychic abilities, even plants and animals, that operate on the emotional and mental levels of perception. We have way to much psychic energy being expressed on the Earth and not enough Spiritual Consciousness.

I remember when I moved to Bend a dear friend was pregnant and she decided that she need a stroller and within days a friend gifted her a stroller. Now this could have been either a psychic ability or a spiritual ability, but knowing this person I am sure it was a spiritual manifestation. Remember, the Law of Attraction can be used either with psychic energy or spiritual consciousness.

Every Psychic Ability has its Counterpart in the Spiritual Realm.

Every psychic ability has its counterpart in the spiritual realm of consciousness. So what is the difference? Our Spiritual Gifts comes from our Divine Consciousness or some people may say God. These Spiritual Gifts function in the Spiritual Consciousness of our Being. Clairsentience on the psychic plane operates in our Solar Plexus Chakra, and on the Spiritual Plane our Clairsentience functions in the Throat Chakra.

The Source or God always gives us everything that we "need" to complete our purpose or mission -- notice I did not say everything that we "want". When you really decided that you want to be ***doing whatever your Spirit came here to do*** all the Spiritual Gifts that you need to be using in your work ***will be Activated***.

I have a beautiful friend that is so clairsentience and one time driving back from Duluth MN to Minneapolis their car stopped running and she told her husband that the car said "it is the timing belt". Her husband and another mechanic did not think so since the car did not give the symptoms of being a defective timing belt. After replacing several parts the mechanic finally changed the timing belt and the car was fine. But my friend wanted to "see" she wanted clairvoyance so she got frustrated because she could not see the problem. I told her that she has a beautiful spiritual gift of knowingness of clairsentience and to honor her gift.

If you ever need to "see" something your spiritual clairvoyance will be activated, you don't need to go around and trying to activate these spiritual gifts or try to figure out what Spiritual Gifts You Need to Activate. I have found that when a person really needs a particular Spiritual Gift in a situation that Gift is awakened instantaneously.



This beautiful picture shows our Mental Self, our Higher Self (Soul) and God or Source. It is a great visual picture of our consciousness.

What is missing is the ***"Spectrum of Consciousness"*** between our Higher Self and the Source or Godhead. What I have learned over many years of playing in this wonderful playground of the universe is that connecting to our Higher Self (Soul) is just the beginning of our Spiritual Awakening or Remembering. There is a whole ***Spectrum of Consciousness from our Higher Self back to Source.***

So years ago I was guided by the angelic realm to use the words our ***"Highest Spiritual Essence"*** or our "Highest Spiritual Being" to signify that there always is another level of our Spiritual Being to bring into our mental consciousness.

Now Where Do We Go From Here?

We can read about spirituality, we can research it on the web, we can talk about spirituality but nothing happens until you get in and start being your Divine Self. The great message came from the Universe via Nike: "Just Do It". Back in 1975 Archangel Gabriel said to me: "Be All That You Can Be" and soon after the US Army was using that statement. There are many subtle messages given to humanity to activate our Spiritual Awakening.

All these messages from Spirit are designed to activate our Spiritual Memories even though they are used by these large companies to sell a product. These messages have an energetic vibration imbedded within them to assist us to recognize what is really being said. We are to be Living Our Divine Essence.

How Many People Meditate in one Form or Another?

To me meditation is anything that we do that connects us to the Higher Realms of Consciousness. And then we learn something and we bring this wisdom back into our everyday life. If we are just meditating to go out and bliss out but we don't come back and change anything in our life, then it is escapism. We have done nothing to improve our-self, to become more wiser or loving.

Most of the time in the Western Civilizations we spend time going Out-of-Body to merge with Source and stay out here in the Divine Universe of Love and Bliss.

But really, we are to learn to meditate and bring Source into our Heart Center. To go into your Heart of Hearts and experience all of creation, all of Spirit, all of Love and Bliss right in our Spiritual Heart Center.

How Do We Activate These Spiritual Gifts?

To become a Spiritualized Person in Waking Consciousness we have to experience Spirit within us. We must ground our Spiritual Essence in our physical body, our emotional body and our mental body.

So to activate our Spiritual Gifts we have to bring our Higher Self down into our mind and into our Heart and merge our mental self with our Higher Self. This is what we call Oneness but this is only the very first stage of Oneness it is beautiful but it is like a small tip of the iceberg.

What is the first word we hear when we start connecting to our Soul (Higher Self)? I want to Go Home! I want to Go Home! There is no place like home and our Soul wants to go back to the Godhead.

And we say: god, I have this silly body what do I do with it?

Wanting to go home is not talking about death it is referring to wanting to be in Divine Oneness. To have our Highest Spiritual Being fully present in our Earthly Body. Our physical body is to be a Temple of Love and Grace for your Highest Spiritual Being to be living in. Then we are Home with the Godhead or Source since we are "One".

If you wake up in the morning then you know that you are supposed to be here 1 more day. When your ego and your spirit both decide to leave then you will leave. We can leave in Elegance but if we wake up in the morning then we know that I am to be here today. I am to be Love, Joy, Peace and Bliss in everything that I do. I am to be Living My Divine Essence.

I have a very simple meditation Divine Mother and Father bring unto me Divine Love, Joy, Peace and Bliss with Wisdom and Understanding.

Now, I have added a new one: I invite My Highest Spiritual Divine Being to be Fully Present in my Physical Body, my Emotional Body, my Mental Body and my Spiritual Body. That is getting into our spirituality and making it real. That is "Just Do It".

My Eleanor Moore's story. This woman who had a deformed arm since childhood where here arm never grew out. Eleanor put one hand on her should and one hand on the deformed arm and within minutes her arm grew out as a fully functional arm, and the woman was ecstatic. Then the woman went into fear, I will lose my disability, I have no training. Eleanor Moore told the woman to try it out for 7 days and if you don't like it come back and I will put it back the way it was. The woman never did come back.

What Spiritual Gifts?

Whatever Gifts fit in with your Spiritual Purpose those are the gifts that will be activated. Don't sit down and try to figure out what are the spiritual gifts that I am to have. Play the game. Earth is a play ground so use the word "play" as it takes much of the seriousness out of spiritual growth and life in general.

We are to play with life. When we climb the spiritual mountain and we get to the top we realize that there never was a mountain to climb. When you become enlightened you realize that you always have been enlightened but we are still to go back and do the same everyday things that we did before.

Chop wood Carry Water>become Enlightened>Chop wood and Carry Water.

When we get to the final stage of Enlightenment we have choice do I go back and merge into the Ocean of the All and all traces of my existence is deleted, or, do I choose to take another form of consciousness?

There are 10 billion jobs open in the Universe that you can apply for anytime you want. Some may require relocation, you may go there physically to another star system or you may only take your consciousness there, or, you may learn to multitask and be here on Earth and on another Star at the same time. It all depends on what your Spirit wants to be doing?

But the bottom line is: nothing begins or very little begins until you invite your Higher Self to be fully present in cell of your body. That is free will!

Our Higher Self is just sitting waiting for us to say: Come in and live in this house. This is my physical body to give you form, these are my emotions be filled with Love, Joy, Peace and Bliss. This is my consciousness my Divine Mind Merge with it and share the Love, share the Bliss and "Be all that You Can Be". Try it out for 7 days and if you don't like the results go back to how you were.

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

Moments of Sharing with Eleiah 2009-06-15 Volume 3 Number - 009

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

Dear Friends
Blessings of Love and Grace to You,

Practical Spirituality - Creating Harmony and Peace Within Us and in our Home.

For years we have all heard about the "Higher Energies" that are bombarding the Earth, and Humanity is moving to a Higher Vibration into the Golden Age. We even hear that the Earth is evolving to a different higher crystalline structure and many more ideas are being channeled by various people all over the planet. However, I feel there is something deeper and more profound that is going on within people, their family values and their relationships.

What Are Some People Looking to Create?

The past several months I have received numerous calls and emails requesting healing for them, their family, and the situation going on in their home. All of these healing requests revolved around people wanting to Create Harmony, Balance and Peace in their life.

To me this is a very important facet of Spirituality in our everyday world and shows a deep commitment to the Spiritual Values of our Higher Spiritual Self. This Great Spiritual Awakening is focused on the Spiritual Value of our Inner Life, our Family, and, the Quality of our Home Life. While the outer world is beyond our control, we all know that we could choose to get caught up in all of the issues that the TV News and Internet News seems to push into our life, but ***Our Inner World is Our Creation and we have Total Control over it.***

How do I Create a Center of Peace and Harmony in My Life?

The first step is to create a Center of Peace and Harmony Within Us.

I have found it is very useful to start by writing down in detail: ***How Do I Want My Life to Be!*** Make a detailed list of what specific things or qualities you want in your Life. What you are doing is identifying your "Highly Valued Criteria" and bringing your core values into your mental awareness. When you do this exercise with the guidance of your Higher Self then you are bringing your Core Spiritual Values into your mental awareness.

Creating Inner Peace means that, we must re-engineer or reframe all of our thoughts, memories and attitudes that foster disharmony. ***If our Inner Processing of the events in our life are based on our Spiritual Wisdom and Spiritual Love, then we will be in a State of Inner Peace.*** However if we process any experience with an unenlightened belief or memory then our Inner Response and Outer Response will be filled with negative emotions and our response to that situation will come from our internal disharmony.

Since we created all of our memories, attitudes, and beliefs that we use in our Internal Processing we also have the power to change our In-Thoughts.
Kofutu

Spiritual Healing can be of great assistance in this re-engineering process since we can specify the actual issues we are dealing with and Kofutu reframes the core beliefs behind that issue. The same holds true in using any of my Meditation CD's as they also teach you to access and utilizes your Divine Essence within you and all of your Inner Resources to reprogram yourself to be aligned with your Highest Spiritual Being.

Have you ever prayed for something to change in your life and nothing seems to happen? Well as a friend once told me: God Helps Those Who Help Themselves. Now, I know what she was saying. We need to change how we are thinking and in doing so we are aligned with our Divine Essence. In this writing and others posted on my website I AM sharing a few techniques that work and they work in very fast - minutes rather than years.

Also, we can also focus on statements like:

- I AM Divine Peace
- I AM Divine Harmony
- I AM Divine Love
- I AM Infinite Health

How Do We Make Our Home Comfortable.

What Do You Want Different in Your Home Life?

Take some time and think about your answers to this question and writing down your thoughts. When you have clarity it is much easier to say what you are unhappy about and how you would like things to be. Again we are defining the environment that we want to create in our home. If we don't tell the Universe/God what we want how does the Universe/God know what to give us?

How to Create a Positive Environment.

Define exactly what you want without using specific names of people. What are the quality of the relationship that you want to have with a person in your home right now? Define all of these qualities, write them down. What do you want going on in your household? Also, put your house rules in writing. Also define what behavior is acceptable in the home and what behavior is not acceptable in your home.

When you have a sense of how you want the environment of your home to be then you can share your dream with the other members in your home. This is the type of home environment that I am going to create do you want to be a part of this? Is this what you want too?

Remember, you can begin to create the environment that you want even with other people there. We don't need to wait for other people to change. If there is an irritation within you then you know that some part of you is creating that irritation and reframe your self-talk that is creating the irritation.

We all do something that is destructive to our self because we are trying to deal with something but we don't really know how to deal with it. While there always is a positive purpose behind our actions, what we are doing may not be the best way to deal with the problem. We want to get rid of pain so we drink alcohol or use drugs. The goal is great, but the method to get there is not the best. If I need to relax then say what other ways can I relax without drinking? Are you open to looking at other alternatives to relaxing other than drinking? If the challenge is with another person then we say: When you use that behavior these are the things that I see happening within you and how it affects all the relationships in our family structure.

This is the behavior that is acceptable in my home for anyone living here. Now we have de-personalizing the behavior and were not attacking the person. If someone is living in my home these are the qualities and the environment that I want to have. If that person does personalize what you said; then it is their problem. You have only defined the environment that you want to live in Now. Perhaps in the past I accepted something different but now this is how my home is going to be: Peace, Love, Joy and Bliss with Caring, Honesty and Integrity and whatever other Highly Valued Criteria's you have.

This Is How I Want My Home To Be.

But this requires you to know exactly what this is. We can't say we want things to change but we have not figured out what we do want. What is the opposite of the things you don't want? Qualify this by writing all the qualities down on paper of how you want things to be and then put them in a hierarchal order of importance.

All too often we tell other people in our home that we want to see a different behavior without say that a certain behavior is not acceptable. Would you please come to my yoga class I think it will help you, rather than saying: Drinking at home in front of the children is not acceptable.

If we want to make our home comfortable then we need to define what is our criteria that will make this so in this earthly world. We could sit and say everything is in "divine order" and I am going to be in my Bliss and I am not going to be affect by anything or anyone else, but most of us are not quite there yet. We are on a continuum moving to that Level of Higher Consciousness. We may have moments of this Divine Expression but we also are aware of a few imperfections that we still need to over come.

Let Go Let God

We have all heard this saying and really what it means is to "detach from a situation" and let our Divine Essence or Universe Guide us to what is in our Highest and Best Spiritual Interest. So, detach emotionally from the House, detach emotionally from the Marriage and Friendships and everything else so you are free to make a new choice and express whatever you want. If we are emotionally attached to our house, our marriage or a relationship then we are not going to be "free to say what we want or create what we want".

The attachment actually works against us because we are afraid of losing something so we don't speak our Truth. Our Inner Truth comes from discernment not emotions and comes while we are in a State of Inner Peace, Love and Clarity.

If we are very clear about the environment that we are creating in our home: mentally, emotionally, physically, feeling, intellectual, and spiritual and we can define these parameters, then, with that specific information of our highly valued criteria and the other person's highly valued criteria we

can see our degree of compatibility. Besides, both of us may come up with criteria and a goal that neither of us ever thought about.

What Do We Do With Relationships?

People have the right to make bad choices and we need to honor that right just not in our home. We can't take credit for the good choices our children make and we can't take credit for the bad choices our children make. We can be the very best parent we could ever be and our children will still come out with whatever issues they need to deal with karmically and for their own spiritual growth.

Creating Clarity in a Relationships?

Again, it is writing down all of the positive things we see in this relationship in one column, and in another column what the negative things we see in this relationship. This gives us some visual clarity. Also, it is great if the other person makes her/his list so we can compare the lists and see if both of us are on the same page. If you have never done self examination and journaling this is a great way to get to know who you are. When you read how other people see you that too is a growing experience. It may take weeks to get the clarity that you need so put some effort into the process and then check it over from time to time and update your list.

Nobody makes any changes until they decide to make the changes for themselves. Changing to please another person never works because at sometime we revert back to how we were.

Change is not sustainable until we decide that: Yah I want this new life and I will do whatever needs to be done to get there. Creating distance, our body language, not speaking, all give a message without being direct or respectful. Clarity in our communication is really the goal we want to create.

Our negative behavior is just symptomatic of something else that is going on. Hey I have my own issues too, and these are some of the things I do or use to find my Inner Wisdom, my Inner Guidance. We all have to figure out how we want to create more Peace and Harmony in our life.

The biggest thing is for us to have clarity of what we want to be conveying to the other person. If we don't have clarity it is pretty hard to tell someone else this is my dream!

Now Where Do We Go From Here?

If we are not in ***Peace, Joy, Love, Bliss and Harmony*** then something in our life is pulling us out of this ***State of Divine Oneness*** and we need to deal with it, re-frame or re-engineer whatever the belief or thought is that is going on inside of us (Our Self Talk) and pulling us out of Our Inner Peace and Harmony.

We are already Masters of Creation all we are doing is focusing and redirecting how we are using what we already know to create a different outcome.

The Future Pacing Technique

Whatever we put our attention and our emotions on is what we are going to create. We can create our reality anyway we want it to be. Each of us has a movie in our mental mind and this movie is creating whatever is going on in our life.

Future Pacing is creating your New Movie with a Different Outcome.

We create a new movie in our mind as to how we want our life to be.

Since we are the Director, the Writer, the Casting Director, etc., we are in Total Control of Our Movie.

Creating Inner Peace by (insert your name)

- 1) In your mind create an Image of How you Want Tomorrow to Be
- 2) Add the type of people that you want in your movie
- 3) Hear these people supporting you in creating your perfect day
- 4) Hear your own self talk supporting your Inner Peace
- 5) Create the perfect setting for your movie
- 6) When your movie is just right then step into your-self and sense how it feels to you.
- 7) If you need to make some changes then redo the steps to make your movie perfect for you.
- 8) Go to Sleep with this new movie in your thoughts and then see how your next day goes.
- 9) Every screen play has a number of re-writes so each day you get to revise your movie script until your life is just how you want it to be. Invite Your Highest Spiritual Being to assist your in creating your new movie.

You give your Movie any name that you want it to be:

Creating a Home of Love, Peace and Harmony

Being My Divine God-Self

Creating Loving Relationship

In this moment, in this experience, I can experience and deal with this situation using my Inner Wisdom and Love. How would my Higher Self deal with this situation, or How would Jesus or Buddha deal with this situation.

The answer to any question that you have in is your Heart of Hearts not you mind. If your mind or ego had the answer you would not have the question.

So, perhaps it is time to GO INWARD into your Heart of Hearts and Create a New Movie of the Life that you want to live - Living Your Divine Essence here on Earth.

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

Moments of Sharing with Eleiah 2009-09-15 Volume 3 Number - 010

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

Dear Friends

Blessings of Love and Grace to You,

The Three Life Paths 1) Going in Circles, 2) Going in an Upward Spiral, 3) Transcending to a Higher Level of Consciousness.

Going in Circles!

At sometime in our life, most of us have felt that we are or were going in circles in our life. What does going in circles mean? I feel going in circles is manifesting and dealing with an issue or situation time and time again using the same decision making and techniques over and over again. This method obviously worked at some point when we were younger and we embedded this pattern in our unconscious-mind as an automatic response to get what we want.

It is like a young child that has learned that having a temper tantrum will assist the child to get what it wants. Later in life, this same pattern is used to obtain a desired result even if this behavior no longer works. ***But the person believes if she/he does it enough times it will eventually work. This belief is what keeps the person going in circles.***

Some people love the 'Victim Role' and play the victim role to achieve what they want. There are many of these role pattern that we use to get what we want without taking the other person's feelings into account. So these patterns are only serving the ego-self and can become very ingrained in how we act in life. These patterns can become so embedded within the mental makeup of a person that these patterns of thinking can be continued lifetime after lifetime repeating the same life script. Many times a person can look at their past lives and see they are reliving the same issues that they had in these previous lives. That is how powerful and addictive some of these beliefs can be.

This does not mean that our whole life is in these continual circles of reactions? No, some areas of our life could be moving in an upward spiral and just one area seems to be repeating itself many times over. Sometimes

we call this being in a "rut". One person described this as "Running around like a hamster on a wheel going nowhere fast."

Here is something to think about: *If I keep on doing everything the same way I always have, I will keep on creating the same results I had before.* People who are operating in this "Going in Circles" pattern seem to *"Hear whatever they want to hear - even if it was never said"*.

Another aspect of this Life Path is being hard-headed, or stubborn in how they see their life and how other people are treating them. The Universe is against them, people are against them, even God is against them. You can forget about trying to shift their way of viewing the world because they see no reason to change regardless how bad things get.

How Do We Get Out of this Rut?

If we always think the way we have always thought, we will continue to create everything the way we did in the past. What this says is: "We need to start changing how we think, feel and act in our life and start making changes so we can deal with similar situations in a different way".

When we begin to look at different ways to deal with life and make different decisions we begin to move in an "Upward Spiral".

Going in an Upward Spiral!

I think many times people finally get the idea that being in a "rut" is like hitting your head against the wall and they finally decide it is easier to go around the wall, or over/under the wall to get to where they want to go.

This means we need to be more flexible in our thinking and the action we choose to use in obtaining the results we are looking for. Hopefully this flexibility means that we chose the *Higher Road of Consciousness* and begin to be concerned about other people as well as oneself.

It is not uncommon in this Upward Spiral to have it appear that we are going in circles because sometimes the same issue keeps coming back several times over. But, when we look at our response we see that each time we dealt with the issue more elegantly and with much less negative thoughts and emotions. We are really growing and learning some Wisdom about ourself, other people and the Universe. This is call "Spiritual Growth" and the Upward Spiral is signifying that we are growing in our Spiritual Truth and being more accepting and concerned about other people.

Sometimes these Upward Spirals are close together and we are making small changes in our life. At other times these Spiral are father apart and we are making much greater shifts in who and what we are.

The Path of the Upward Spiral is like a Spiral Staircase and each new step gives us a different view of our surrounding and more options in dealing with each new situation in life. Each new upward step creates greater flexibility and potential to respond to life from a Higher Plane of Consciousness. As we advance Upward on the Spiral Path we embrace more Love, Compassion and Grace as our True Divine Self is becoming more present in our life.

The people involved in this New Age are shifting to this ***"Path of the Upward Spiral of Consciousness"*** to find a deeper purpose in their life, to become their True-Self. Life always gives us the opportunity to make new choices which assist us in getting to where our Spiritual Essence wants us to be.

Some people believe that everything is exactly "How it Should Be - We are exactly Where We Need to Be", but I have never agreed with that teaching. I believe that humanity and each of us as an individual are out of synch with where we are supposed to be on the Path of Personal and Global Enlightenment.

I also sense that we are experiencing a resynchronization energy and consciousness to get us back on track. For many people this can mean getting on the fast track of Remembering Who We Are.

In every breath we take we have the potential to function at our Highest Spiritual Consciousness but the question is: Do we follow the Inner Knowingness that each of us have within us?

Both the "Going in Circles Path" and the "Upward Spiral Path" are what I call: **"The Path of Experiential Learning"** since everything is based in working things out in life experiences. These experiences are great learning tools and also provide us with the ups and downs of these experiences so we can relate to people who are going through these same life crises. Since we have already walked the path they can see that we made it and therefore they have the power to make it. This is very empowering to someone who is deep in depression as they talk with someone who is no longer depresses because it gives them Hope.

Is There Another Way?

Many years ago I asked myself that question and to my surprise I was told by my Angelic Teachers and My Highest Spiritual Essence that there is another way to learn [or what we sometimes call Remembering] and it starts with the Process of Merging our Ego-Self With Our Higher-Self, To Move Into Our Divine Knowingness also called "Being In The State of Oneness".

Transcending to a Higher Level of Consciousness

This is the **"Path of Intuitive Learning"**. With Intuitive Learning we gain some insight for God, The Universe, Our Highest Divine Essence, or perhaps from the Ascended Masters and with that insight we make a **Quantum Leap**

In Consciences. It is like going from grade school to college in one great leap of knowingness with the full understanding of your knowingness. Wow that was for me.

I happened to live in Minneapolis, MN at the time and I visited the IDS building which was 52 stories high and in the IDS building there was an express elevator to take you to the top floor. It did not stop along the way it was swoosh and you were at the top of the building and you could look out and see many miles of the Minneapolis Metropolitan Area in every direction.

So the IDS building became a reminder to me that we can get on this Express Elevator and go to the Highest Levels of Consciousness, rather than taking the Spiral Staircase.

Once we know that there are options in which Path we chose to take many people really want to start on this New Journey of Intuitive Learning!

This Intuitive Path is Remembering Who We Are - Being our Divine-Self. This is more than mental knowledge that you are a Spiritual Being of Love, Wisdom and Grace. *This is Truly Knowing this in Every Cell of Your Body, Every Thought in you Mind and Feeling that Love and Wisdom Within You ALL THE TIME.*

With the Spiral Path we Remember in small increments, whereas with the Intuitive Path we Remember in massive amounts.

We have all read about the sages in India and elsewhere that sat in Samadhi day in and day out and we called these people Living Saints and Enlightened Beings. Perhaps that was necessary in the past but I think that this new generation of Enlightened People will be doing all the everyday tasks we all do and doing these daily tasks *In This Divine Consciousness.*

Spirituality is not escaping from life to some special retreat or group! It is embracing life with the Love, Grace and Wisdom of Spirit Within Us. Being in this world but not of this world. All this means is: We do not get caught up in the soap opera of life. We stay in our Inner Calm, our Heart of Hearts, as the volatility of life goes on around us.

Living on the Earth but not of the Earth.

We are to live our life in Peace, Joy, Love and Harmony as we deal with all the petty things that go on around us. So the true Spiritual Life is not living in some ashram away from the city life, family, and all that goes on.

A very wise person once said it is easy to be a loving person sitting on a mountain top away from everyone. The true test of being loving is to be a mother, raising children and overseeing everything that goes on in the household and the world around her. When you can remain loving doing all of that then you have truly mastered being a loving person.

If you have to live in the gross world of stuff, then don't you have to go through the motions and learn how to interact, deal with issues and strategize?

The answer is "Yes" we learn skills to deal with issues and develop mental clarity to see where we need to make changes to be in spiritual alignment. We need to use our mental processing to make certain business decisions in our life but perhaps we also need to include our own Inner Wisdom after we collected all of the data.

As one wise person put it: "Somehow I have found a way to go through all the motions of the day and still remain inwardly calm, even if I am running around and multi-tasking".

So, logic can make us a prisoner of our fears or logic can set out Spirit Free. That is the choice we have when we use our logical mind. As we expand in consciousness the parameters of our logic database also expands. Sometimes we just "know" we need to do something even when nothing in our past knowledge says we can accomplish this goal. This is where our trust in our Inner Knowingness comes into play and we follow our Inner Guidance.

Personally, I love the ***"Path of Intuitive Learning"***. Yes both paths will get us to the same destination, but lets face it we all have had so many experiential life experience do we really need more long drawn out melodramas of life? Are you open for the Fast Track?

In the "Path of Intuitive Learning" we receive a flash of insight and we automatically know how to use this insight and how to integrate this wisdom within us. Also, much of this Learning/Remembering can be done as we sleep. Sleeping is much more than resting the body it is feeding our soul and our mental-self - Remembering our True Identity and all of the Love, Wisdom and Grace that comes with that Remembrance.

So, perhaps it is time to GO INWARD into your Heart of Hearts and ask to be aware of your Divine Essence, to call upon the great Teachers to assist you in your Transcendence. We have all heard: Ask and you shall receive so perhaps it is your time to ask to take the ***"Path of Transcending to a Higher Level of Consciousness"*** to begin to Remember Who You Are using the Path of Intuitive Learning.

I AM Divine Love,
I AM Divine Peace,
I AM Divine Bliss,
I AM Divine Wisdom,
That is WHO I AM.

I ask for my Divine-Essence, and the Angelic Realm to assist me in Being My True God-Self.

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,

Acknowledgement, Acceptance and Appreciation of Our Spiritual Truth and Wisdom.

What is Acknowledgement of Our Spiritual Truth and Wisdom?

Acknowledgement refers to each "Pearl of Wisdom" we receive and we can receive these Pearls of Wisdom from our Higher Spiritual Self, Channeling, Reading a Book, Listening to a Speaker, or Listening to our Heart. Any action that assists us in Remembering Our Wisdom and Truth is beneficial to our Spiritual Growth. *So when we happen to agree with these "Pearls of Wisdom" we Acknowledge them as Our Truths and take Personal Ownership of them.*

What is your Pearl of Wisdom or Truth?

That we are All One?

Everything I need to know is right here in my Heart Center?

Remember, our Intellect is in our head and our Wisdom is in our Heart?

The Acknowledgement phase is an Intellectual understanding of our Truth. So, the Acknowledgment Phase is a mental process whereby our intellect or mental-self *accepts these "Pearls of Wisdom" as Truth to a degree.* We may know in our head that we are a Loving Person but we may not act that way, nor does every aspect of our personality feels it is a Loving Person all of the time.

We can read many beautiful things but our Spiritual Truth is what **feels right in our Heart**. It is your Inner Knowingness that this Truth is important and you need to honor it. This is the Acknowledgment Phase and the beginning of the Acceptance Phase.

What is Acceptance of Our Spiritual Truth and Wisdom?

Acceptance relates to how well we really accept the Intellectual Acknowledgement of our Truths and Wisdom. While it would be nice if we truly accepted 100% our Spiritual Truths most likely that does not happen right away.

So we have the 51% rule: **If 51% or more** of our mental-self accepts the Truth then we are on the way to being able to apply that Truth in our daily life. *Sometimes our mind likes to play tricks on us because we truly believe we have accepted our Wisdom 100% and in reality it is less than 100% so that other part of our mind shows us that we are not in total*

alignment with our Truth. This is where the inner struggle comes in because we are pulled in two different directions.

I AM in Oneness With Source!

But, here is the real question!

Is 100% of our personality buying into this statement?

Perhaps 51% of our mental-self is accepting this statement as Truth and the other 49% of our mental-self says: Yes But

I think for most of us Acceptance is probably something that we all struggle with. I think this gets back to having accepted that beautiful seed thought intellectually but not emotionally. We know it in our head, we have heard it a thousand times. But we are not quite ready to take ownership of that wisdom.

Now some people say we need to surrender to our Wisdom, but who likes to surrender? Not me, my personality never likes to surrender so I like to think of this as a process of merging with My Truth.

So when you get an "Ha-Ha" moment from a book or reading my Moments of Sharing take complete ownership of that thought as Your Wisdom and Truth. Of course the best Wisdom comes from your Heart so listen to your Heart of Hearts. All of our Wisdom is here in our Heart of Hearts. Our Heart of Hearts is our Spiritual Heart Center, our Divine Knowingness.

There is an old story about the Angels asking each other where shall we put a Person's Wisdom and after mentioning many different places it was determine to put our Soul's Wisdom in our Heart of Hearts because that is the last place we will look. Typically we go outside of our-self and search for Truth.

So, What is Appreciation of Our Spiritual Truth and Wisdom?

Appreciation is the gratitude we have for all of the assistance we have received in our Spiritual Growth. I AM referring to the love and support we receive from the our Highest Spiritual Essence, Spirit Guides, Angelic Beings, Ascended Masters, the All or Source (sometimes referred to as God), and the Universe itself.

I sense that all to often our Mental/Ego-Self likes to take most of the credit in anything we accomplish.

I think for myself a lot of times I forget the Appreciation part of this Spiritual Awakening Process. Even at Thanksgiving most of us probably focus on appreciation of family, and the material things in our life. While these aspects are important they are not really important in the great scheme of life.

So, when we have that "Ha-Ha" Moment and we feel the energy inside of us sit back and say: Thank you God! Thank you Universe! Thank you Spirit! Thank you Sophia! Thank you Helen! Thank you to anyone that has helped you to Remember a little piece of your Spiritual Wisdom.

When we give that appreciation there is a great applause in the angelic realm and they say: Oh Send that person more, they are ready for the next step.

Are you ready to Totally Accept:

- I AM Divine Oneness
- I AM Eternal Love
- I AM Divine Love
- I AM Divine Peace
- I AM Infinite Health
- I AM One with Source

We all go through stages in our growth and a beautiful story that is not really recognized very often in Christian Religions is Jesus went through three stages of awareness. In the beginning he said: I am a Messenger of God and he owned that thought. Later on he said: I AM the Son of God and he owned that thought. The final step was: The Father and I are One and he owned that knowingness.

So, if Master Jesus had to go through a few stage of Spiritual Growth it is okay for us to go through a few stages of Spiritual Growth. The final stage is accepting our Spiritual Wisdom and our Spiritual Heritage and integrating our wisdom and truth into every cell of our body and every thought and feeling we have so we are Living our Divine Essence.

The Trinity is: God the Source/Creator, God the Son/Daughter and God the Holy Spirit. Since God is Omnipotent - God is in Everything. So if we take classic religious teaching it tells us that there is an aspect of God within each of us and all of creation - a rock, a flower. God is within everything. This fact is a part of Remembering our Spiritual Heritage.

When we say: I AM in Oneness with God or Source it means we are an aspect of God or Source, we are at One with Source. We are co-mingled together. But, the consciousness of our soul can't comprehend the consciousness of All Creation.

When I say: **"I AM Love"** the Capital Letters **"I AM"** refers to your Spiritual-Self, whereas **"I am"** refers to your mental-self. We want to empower and recognize our Divine-Self by using and thinking about the I AM prefix to a statement of Truth. **I AM that I AM** means that I AM Source and I AM in ONENESS with Source. Or, as the Jesus said: The Father and I are One. My Divine-Self within Me is in Oneness with the Divine-Self of the

Creator. The Source and the Creation are One in the Same! That is our Heritage.

Since God is omnipotent then I AM an Aspect of God.

Since God is within me and all of Creation then Creation is God.

If these 2 statements are true then *We are in a State of Oneness whether we Acknowledge it or not.*

How Do We Get to that Knowingness?

As a child we were totally connected to Spirit and slowly over time we began to disconnect with Spirit and connect to this world so we feel accepted. A silly but useful game because it helps us to detach from that pure knowingness so we can live here on Earth comfortably, without a longing to go back to Spirit. As we get older we decide that it is time to go back to Spirit and we try to find our path home.

There is no "right path". There is no "right religious tradition". What is right is what honors you in your Heart Center. What honors the Grace, the Love which is you. When you are in this Inner State of Oneness you are Always in Peace, Always in Joy, Always in Bliss!

Am I always acting as Divine Love, Peace and Bliss probably not, but I am putting my attention on being more Divine Love and Peace with each new day. As a human being I have the choice to be primal in nature, vindictive or self-centered or more aligned and in Oneness with Source or Spirit. To me being Fully Human is when we are in this State of Divine Oneness. In this State of Oneness we need to be in Humbleness and Humility.

The Star of Oneness.

As I went on my walk one morning this fall I was thinking about our Sun and how beautiful our Star is. Then, our Sun realized that that it is a part of the Milky-Way Galaxy and our Sun Realized it was a part of creation (the big bang) but it also shared a place with many other stars in our Galaxy. Then the Milky-Way Galaxy looked around and realized that as immense as it is, it is one of the smallest galaxies in the Universe. Our Sun, our Milky-Way Galaxy realized that all of the stars and galaxies all came from the same source and are a Part of this Oneness Consciousness.

Humbleness begins within us as we remember where we came from and yet how small each part of the whole really is.

How Can I be More of My True Divine-Self?

Here is a Simple yet Powerful way to Fully Accept Your "Pearls of Wisdom"

Let's take the statement: I AM Divine Love!

- 1) First visualize in your mind's eye yourself as Divine Love, or, a Symbol that represents Divine Love to you.
- 2) Now, See yourself stepping into your picture of Divine Love or Your Symbol of Divine Love and begin to Feel the Pure Love and Hear how Loved and Loving you are as a Child of Love.
- 3) Now, begin to Feel and Sense Your Divine Love as it Flows to Every Cell of Your Body. The Pink Light of Divine Love Flowing into every thought and every feeling that you have ever had.
- 4) Now begin to expand Your Pure Divine Love to Everything and Everyone including the Ocean of Love Called Source.
- 5) This is the State of Being: I AM Divine Love.

The God-Self within you knows exactly how to Guide You Home into the Ocean of Love and Wisdom. Your Knowingness is in Your Heart of Hearts. Your Soul's

Wisdom and Love in your Heart of Hearts is written in the language your soul fully understands. **So go within and Listen to Your Heart.**

Create a List of Your Pearls of Wisdom and begin to empower them with your Love and Grace. And use the 5 steps above for each Pearl of Wisdom.

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,

Creating a Life of Oneness with Spirit/Source, God, the All whatever name we chose to use.

Years ago we used the terms Self-Realization and Enlightenment and while those are wonderful terms they aren't fully descriptive in what they mean. A common term that many people are picking up on is to be in a **State of Oneness** and that really tells it all.

What I am talking about is to be in "Oneness with Source". To be in Oneness with Unconditional Divine Love. To be in Oneness with our Divine Essence our True Self.

How Do We Know When We Are In This State of Oneness?

The great Creator gave us a nervous system and our nervous system and our feelings tell us if we are in anger, frustration, irritation, peace, love or joy. Basically, when we are connected with our feeling/emotions they will tell us when we are in this State of Oneness. When we have pain we tend to detach from our emotions and feelings and we live in our head and we may say everything is fine or life is great! When in reality our life is in a mess.

We can mentally come down into our Heart of Hearts and we can enter into this State of Oneness. We can be in the consciousness of Love, Joy, Peace and Bliss with Wisdom and Understanding.

All Of Us Know Our Way Home to Source.

Within all of us we have what could be called the "God Consciousness" which is connected back to Source.

It is for us to realize all the silliness of the things that go on in our life. All the things that we give great importance to, which may be interfering with our creating this State of Oneness. We all have had a "Moment of Oneness". It might have been the first breath we took as a baby, or an experience we had in nature, or with an animals, where we felt a connection to something beautiful, something loving, something caring, a "Moment of Remembrance" and we can take that "Moment of

Remembrance" and build upon it. It is like taking that beautiful Moment and let it become our focus of life.

Our mind is Action and it is always waiting for a task to complete. So if I set forth the direction that I want, such as: I AM Divine Oneness, I AM Divine Peace, I AM Divine Love, now our Mental-Self has something to be focusing on and something to create.

When we are connected to our Spirit in our Heart Center/Chakra then we know what we need to be doing in this breath and in our next breath. Also, we totally ignore what happened in the last breath because it is no longer relevant. That is "Being in the Moment". Your Divine Awakening can happen in any breath that you chose to take.

Since all of us know our Path Home to Source or God, all I can do is share a glimpse of some of the things that I have learned over the years.

What I learned is called the "**Inward Path**" and the "**Middle Path**".

The Inward Path, Is Everything That We Really Need To Know is Within Us.

The most useful thing that I can say is: Within You Is Everything That You Really Need To Know about Earthly Life and Spirit.

The challenge is what we need to know is not in our head and it is not in our intellect. If it were in our intellect we would all be Ascended Masters. Our Wisdom is here in our Heart of Hearts which is our Spiritual Heart Center. While we have an Emotional Heart Center and a Mental Heart Center these Heart Chakras are contaminated by our daily life, but our Heart of Hearts is Pure Love, Grace and Wisdom.

There is a wonderful design of human anatomy the left brain and the right brain and between those two spheres is an opening and in yoga this Opening is called the 10th Gate. Something that I learned long ago was to visualize a funnel on the Top of Our Head and the bottom part of the funnel extends through this opening between the right and left brain.

So, when we ask for Divine Wisdom and Love to flow into us, it now flows down through the top of our head, down through our throat and down into our Heart of Hearts. When we let this wisdom flow out of our mouth as words we call it ***Inspirational Speaking***. These words are **uncontaminated** by our left brain or right brain, any thoughts we have, any distorted thinking we might have.

If we bring this wisdom down to our hands it is called ***Automatic Writing***. We don't worry about spelling or punctuation, we let the words flow from a "Stream of Consciousness" into words.

But, what we really want to do is bring all of our Wisdom all of our Love into our Heart of Hearts - our Spiritual Heart Center.

We have an Emotional Heart Center that can be contaminated with all kinds of negative feeling and emotions. We have a Mental Heart Center that can be filled with all kinds of different beliefs, attitudes, memories and distortions. But our Heart of Hearts is totally Pure and unaffected by anything else that is going on within us.

What we want to do is bring our Divine Essence, our Divine Love and Truth into our Heart of Hearts and then let this Love and Truth flow back up to our Crown Chakra. Then, from our Crown Chakra this Love and Truth will filter down through our right and left brain. This will begin a purification process of everything that we have stored in our memories.

The Middle Path of Consciousness

This is the Center Path neither to the left or the right. Think of a time when you felt very angry, then think of a time when you felt very joyful, now find a spot midpoint between the two and that is Neutrality. In this state of neutrality or non-judgment you can ascend to a higher plane of consciousness. What about the polarity beliefs associated with Pro Life or Pro Choice? When we are in one of these powerful polarities it is very difficult to Ascend to a Higher Vibration of Consciousness. The farther a person is from the Center of Neutrality the more emotional a person becomes, and the more they think and feel they are right! I call this a Righteous Polarity.

When we are in this "**Center of Neutrality**" the Law of Mentalism says we can use our Spiritual Mind to Ascend to a much Higher Plane of Consciousness, which is nothing more than a Higher Vibration of Being.

The purpose of the Middle Path to step out of judgment and attachment and allow our Highest Spiritual Being guide us to a New and Higher Level of Understanding. We all need to move from the right or the left to our Spiritual Center. In this Spiritual Center we experience Peace, Harmony, Neutrality, Non-Judgment and Non-Attachment and you now have the choice to move to a Higher Plane of Consciousness a much Higher Spiritual Vibration.

I like to think about being in a very tall building and in the center of this building there is an Express Elevator which goes to the very top of this building without stopping at each floor. When you are in your Spiritual Center Point, your Center of Neutrality you can take the Express Elevator to Divine Consciousness and Oneness with Spirit.

While we always have the choice to "stop and get off" at any of the lower floors many will decide to go all the way "Home" into the All. If you want to go from anger to frustration that is fine. However, if you want to go from anger to Pure Love and Peace then "Go For It"- Just do it.

There are many paths to be in this State of Divine Oneness. What I have learned working with many people of the years is: They have found that whatever practice, whatever meditation technique they were using there came a time when that practice was holding them back. And they had to let go of what they were doing in the past. The purpose of Yoga is to have a quiet mind, to quiet our emotions and to quiet our body. When we have Mastered our Body, Mind and Emotions then we can move on to the next level of learning. What I have seen in recent years is that people can Master their Body, Mind and Emotions with just one thought - without years of practicing yoga or any other discipline.

If you want to use the old traditions fine but the focus is to return to Unity Consciousness that is what Yoga means and ***Unity Consciousness is a State of Oneness***. If what you are doing is moving you in that direction then keep on doing it. However, if you are stalled and can't seem to move forward then I suggest that you go Inward to Your Heart of Hearts and get some insight from Your Highest Spiritual Being on what is the next step for you to take. To be in the State of Total Connectedness is to truly be at Home With Spirit or God.

What Interferes with being our True-Self and in a State of Oneness with the Ocean of Love and Grace?

I believe that two things hold us back from creating this Oneness and they are Fear and Attachment. Perhaps Attachment is the stronger of the two.

Attachments to Feelings, Attachments to Mental Beliefs and Attachments to Material Things. These attachments can make us Earth Bound meaning that we keep the cycle of reincarnation going until we finally decide to let go of these attachments and any fears we might have and Join the Holy Chorus of the Divine and break free from additional incarnations.

When we feel so strongly that we are absolutely right in our thinking we become trapped by our own self righteousness. We may even use the bible to support our strong polarized beliefs.

These righteous polarities pulls us out of our spiritual center either to the far left, or the far right. In order to grow Spiritually we need to go back to our Spiritual Center - The Middle Path.

The real challenge to building spiritual character is to do it in our everyday life, raising children, working, and being a part of this Earthly Life. To sit in Samadhi and have people take care of you is "old School" we are to be in "Oneness" while we are participating in life.

Who is the Greatest Teacher to Guide You on Your Path?

Your Divine Spiritual Being is your best guide back home. In these times of accelerated growth it is very common for individual to be more spiritually advanced then their guides, especially for older people. So, if you still have Guides with you then I suggest to bless them and send them on their way. Ask your Highest Spiritual Being to come into your Heart of Hearts and Guide your every thought, feeling and action. To assist you in Remembering Who You Really Are and bring forth all the Wisdom and Love that is within you.

Ask Source or God to walk with you in each and every breath that you take. Don't you want to have a Guide that knows your Direct Path Home to Source? *Your Divine Self knows your most perfect Path back to Source, the Godhead of Love, Joy, Peace and Bliss.*

So we can read books, we can listen to beautiful music, but the question really is: Are we in our heads and using intellect or are we really beginning to experience this in our solar plexus and our Spiritual Heart Center as your Divine Knowingness?

We need to Open and Spiritualize all the Seven Chakras. The Crown Chakra 7th teaches our Root Chakra 1st. The Brow Chakra 6th teaches our Sexual Chakra 2nd. The Throat Chakra 5th teaches our Solar Plexus Chakra 3rd. And All the Teaching is through our Heart Chakra 4th which is our Spiritual Heart Chakra our Heart of Hearts.

Each Chakra is more than an energy center, they are Conscious Centers of "How We Perceive Life". The 3 Higher Chakras are connected to our Spiritual World and the 3 Lower Chakras are connected to our Earthly World and the Heart Chakra is connected to Both our Spiritual and our Earthly World. To be in Oneness our lower chakras need to be just as Pure and Enlightened as our

Crown Chakra. The first chakra is focused on Survival but when you know you are Eternal Love then Survival become irrelevant.

Create the consciousness of Divine Peace within you. When you are ready you can begin to experience the consciousness of Divine Love. The stepping stone to be Pure Love is first to be Pure Peace, to be in the Center and then move to the Highest Consciousness. Your Spirit already is Divine Oneness so the process is letting our mental-self [our ego-self] merge with our Divine Consciousness. Our ego is just who we believe we are and when we take it from identifying with all of our outer things to identifying with our Divine Self we have begun to process of merging into Oneness.

It is really quite simple: State Your Intentions, then get out of your way. State How You Want To Be!

I AM Divine Love
I AM Infinite Grace
I AM Peace and Harmony
I AM

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

Moments of Sharing with Eleiah 2010-06-15

Volume 4 Number - 002

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

Dear Friends,
Blessings of Love and Grace to You,

Metamorphosis: the Process of Transformation into Your Angelic Self.

To better understand this process and this wonderful time that we are entering into on Planet Earth I think it behooves us to get an idea of some of the ancient teachings. The teachings in Ancient Time speak of "The Seven Rays" also called the "Seven Aspects of Divine Consciousness." For more information on the Seven Rays please read Chapter Seven of Spiritual Development 1 on my website.

Each of these Rays have a Cycle which is about 2,038 years and there is a 50 year overlap in these Cycles or Ages. What really is important is the fact that we are now in the **Age of the Seventh Ray**. The Age of the Seventh Ray started in the 1930's and by the 1980's we were fully immersed in the Age of the Seventh Ray.

The **Age of the Sixth Ray** is the consciousness of Ministry and if we look back 2,000 years we see that most of the modern day religions started near the beginning of The Age of the Sixth Ray.

One of the teachings of the first Six Rays was, people needed a shaman, spiritual teacher, or guru that communicated with God and then told the rest of the people what God was saying. So one's personal spirituality was in the hands of some type of spiritual leader that purportedly had the ability to communicate with Source and nobody else was allowed to speak directly to God.

Now we are in **The Age of the Seventh Ray** and the color of the **Seventh Ray is Purple/Violet** and one of the unique qualities of the Seventh Ray is every person now has the potential for Direct Communication with Source, Spirit or God. During these past Ages we always had a few people that broke the rules and talked directly with God, but what we are dealing with now is every person is learning that through prayer and meditation they can Speak and Hear God, and most important we are to ***Become One with God and be in a State of Oneness.***

This is where the Age of the Seventh Ray really comes into importance. There are 3 aspects of the Age of the Seventh Ray: ***Transmutation, Transfiguration and Transcendence.*** These three aspects of the Purple Ray are tools that we can use to create our Spiritual Metamorphosis.

The Age of the Seventh Ray is where the *Process of Metamorphosis* takes place.

The Feminine Archangel of the Seventh Ray is Amethyst, while the Masculine Archangel of the Seventh Ray is Zadkiel and the Ascended Master or Chohan of the Seventh Ray is Saint Germain. We can call upon these Great Ones to assist us in using the power of the Violet/Purple Ray.

Transmutation

One of the gifts that we have to use from the Seventh Ray is called the **Violet Flame**. We can use the Violet Flame for the process called Transmutation, we could also call it the "Law of Alchemy." Mystics thought the Law of Alchemy was converting lead into gold but in a spiritual sense The Law of Transmutation is using the Violet Flame to change negative emotions, negative thoughts, negative actions

first into neutrality, then into Love and Wisdom. ***Anything that is contrary to Divine Law is considered negative since these thoughts, feelings and actions pull us out of our Conscious Oneness with Source.***

So we take our negativity and convert it to neutrality and then into the Consciousness of Love the Pink Ray and Wisdom the Yellow Ray.

Years ago I had the idea that I could use the Violet Flame to Transmute all of my issues rather than mentally getting rid of them and then replace them with a new thoughts more aligned with Spirit. So we can focus on Transmuting our old garbage rather than trying to get rid of it. Today, we

could call this as having a compost pile for all the emotional and mental garbage we have.

Transfiguration

The next phase of the Spiritual Growth process is Transfiguration or we may call it shape shifting. It is like we start to take on a new body, some have called this sprouting our angel wings. In reality, we are becoming a new person, physically, emotionally, mentally and spiritually. As we begin to align our spiritual thoughts with Source or the Creator, then we begin to align our mental self with our new and improved spiritual self, and our emotions also align with our new spiritual consciousness, and then eventually our physical body realigns to our new being our new essence. Transfiguration really is a Purification Process whereby we are mentally and emotionally focused on being in Divine Oneness rather than: What do I need to fix to be in Divine Oneness.

Transcendence

The last phase in the Spiritual Growth and Awakening within the Seventh Ray is Transcendence. Transcendence is Ascending in Consciousness to become One with God or One with Source. Our mental mind has merged with our Spiritual Mind, and our Spiritual Mind keeps merging with Higher Levels of our Divine Essence until we are merged with Source. Now we are in a State of Divine Oneness. We are One with All of Creation. In Consciousness and in Knowingness we are back to where we came from. ***This is a unique quality of The Age of The Seventh Ray everyone is to experience Ascension in Consciousness***

Metamorphosis is the ***Process of Emergence*** which is nothing more than Remembering we are a Divine Being who happened to take a physical form and choosing to be our Divine Angelic Self while in this physical form.

All through the Transmutation, Transfiguration and Transcendence process we are communicating with our Higher Spiritual Self and with Source or God. Also, the more we have these communications with God the more clarity and understanding we have in what we receive from Source.

How Will Changes Come About?

When we focus on Love, Grace, Peace and Harmony we being to extinguish all the fears that we have within us. ***I have seen the future and Humanity and Planet Earth will complete this 2,038 years of "The Age of the Seventh Ray"*** so the fears about the end of humanity or the end of the world coming soon are unfounded. Yes, there will there be great changes during the Age of the Seventh Ray. Most of us can't even comprehend how these changes can take place in the political, social and economic arenas but they will happen.

The nice thing is, we don't need to worry about the "How Will This Shift Be Accomplished." The only part that we have to play in all of this is our personal consciousness. We are to learn to live in Peace and Harmony regardless of what is going on in the world. We are to be our Divine Angelic Being and to live a life of Divine Oneness where we feel that total connection, a total sense of my mind, my consciousness and Divine Consciousness are one in the same.

And somehow in the great scheme of Evolution or Remembrance things will and do change. We don't know how The Age of the Seventh Ray will be The Age of Peace and Harmony. What we do know is that we have been given the Violet Flame to burn away all negativity and assist us to become our Divine Loving Essence. To be all that we can be, to be all that we are, and make our home a center of Peace and Harmony, Joy and Bliss filled with Love and Grace.

How Can I be More of My True Divine-Self?

As more people experience and create Peace, Harmony, Love and Bliss in their life, then according to the Laws of Higher Vibration and Consciousness this begin to affect other people and their desire for Inner Peace and Harmony. So perhaps the question is: Are you still living in your cocoon, or have you begun the process of emerging from your cocoon and moving into the Love and Grace?

As we go through these process we can connect to our I AM Presence, our I AM Divine Love and I AM Divine Spirit. As we put our attention on these thoughts we begin to emerge and sprout our Angelic Wings.

The Age of the Seventh Ray affects everyone regardless of ones personal religious or spiritual beliefs. The process of re-engineering our mental beliefs, and values to be in harmony with Divine Truths, the process of creating our body to be temple of Love and Grace and then experiencing Oneness with God is going on now. People may call this process by many names or give many different explanations for what is happening but it all comes down to Humanity is going through a Spiritual Liberation. I suppose some people would call this: The End of the World, because it is the end of the world as it was!

Here is a statement from an email that I received:

The Beings of Light in the Realms of Illumined Truth have revealed that through innumerable activities of Light, which were victoriously accomplished through the unified efforts of the entire Company of Heaven and the embodied Lightworkers.

Humanity has reached a frequency of vibration that will allow us to shatter the paralyzing grip our human egos have had on our physical bodies and our hearts and minds since our fall from Grace. The wheels for this wondrous unfolding Divine Plan have been set into motion, and we are now in the midst of the final stages of preparation.

While there are many in the Angelic Realm, and Beings of Light that are assisting us in this transformation the bottom line is: ***It is up to us to make the shift in our consciousness.***

We can call upon St. Germain and the Archangels of the Seventh Ray to assist us in our Purification Process and to Ascend to the Highest Plane of Consciousness. If you want the Age of Peace and Harmony to come into manifestation then give your desire of Inner Peace and Harmony all of your Spiritual and Mental Power so that you begin to create this in your life and share your Love and Peace with those people around you.

We don't know what we don't know. So now you "know" about the Power of the Violet Flame and its purpose and you can invoke the Violet Flame anytime and anywhere. We can fill our home with the Violet Flame and Purify our home. We can fill our thoughts and emotions with the Violet Flame and Purify our thoughts and emotions.

Ways To Use The Violet Flame.

Visualize a Violet Flame in you mind's eye and then begin to see and feel the Violet Flame expanding until your whole body is immersed in the Violet Flame. The Violet Flame knows exactly what you need to get rid of so allow the Flame to go wherever it wants to go.

Now, see the Violet Flame begin to change color into the Pink Flame of Divine Love and immerse yourself in this ocean of Pure Divine Love. The most powerful healing force in the Universe is Divine Love, so go for it!

As you are filled with Divine Love you also may sense or see the Yellow Flame of Wisdom as you begin to Remember that you are a Child of Light and Love and have within you all the Knowledge and Truth to guide you All The Way Home. Remember that there is a part of your Higher Self that knows how to use the Violet Flame and let your Divine Intuition reveal more ways that you can use the Violet Flame and Purify Yourself so all the remains is your Angelic Self - Your True Self.

We can also use the power of Spiritualized Affirmations such as:

I AM the VIOLET FLAME Purifying all that I AM.

I AM Divine Love, that is who I AM.

I AM Infinite Harmony, that is what I AM

My Body is a Temple of Love and Grace

Sit down and make your list affirming Who You Truly Are and then verbally repeat your list as many times a day that you can. Soon, you will really accept your statements as your Truth and you will complete your ***Metamorphosis Process!***

If you sense a blockage or resistance then use the Violet Flame to shift that blockage into useful energy for your Spiritual Awakening.

The goal that each soul is looking for is Liberation and Freedom. We want to return to the Godhead and be done with these cycles of Incarnations into a physical body.

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

Moments of Sharing with Eleiah 2010-09-15 Volume 4 Number - 003

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

Dear Friends
Blessings of Love and Grace to You,

CREATING PEACE AND HARMONY IN OUR LIFE.

As we walk down the Path of Life we encounter many challenges and How We Respond to Those Challenges will determine the Degree of Peace and Harmony we have in our Life. I think some people have an illusion that as we move into the Golden Age that everything will be Peaceful and Harmonious, but I feel that we will always have challenges and we will respond to those challenges from our Inner Wisdom and our Divine Essence.

How to Replace Fear or Pain with Peace and Harmony in Our Life.

Rather than sharing some lofty ideals I am guided to share some specific ways to deal with pain and fear so we can move into a States of Peace and Harmony. In the past I have worked with children in how to shift their emotions. I would tell them to mentally go inside their body and get in touch with their anger and give their anger a color and to breath it out. Then, I would tell them to bring in the Pink Light of Love and fill that space with Love. As soon as I got these words out the children would ask: What do we do next? These children could shift their emotions very fast. It seems most adults want to focus on what created the emotion and we seem to choose to linger in our emotions for a period of time until we get tired of being stuck in that feeling.

Getting In Touch With Our Feelings

Years ago when I was going through a relationship break-up I knew I had to acknowledge and experience my feelings and I knew that experiencing my feelings was not always comfortable so I would set a timer for 30 minutes and I would wallow in my feelings and when the timer went Off I would shift out of those feelings and go on with my day's work. I did not resolve the mental issue I just ignored my feelings.

I sense that many people bury their feelings so they are not feeling them. By living in our head we are detached from our emotions. Other people are fully

in touch with their feelings and are overwhelmed by the power of their emotions.

Our feelings and emotions are the neurological response we have associated with the pictures, memories and self talk we have stored in our mind. When a person has accessed a deep emotion they also can access their inner voice or self talk which is keeping them in that emotional state. So when I consciously decided to wallow in my feeling nothing productive happened to me because I did not have any tools to move through my feelings and change my thinking.

What I have learned over the years is we need to learn some tools so we can shift what we are feeling by moving through our feelings and accessing some higher wisdom so that issue is gone forever.

How to Shift out of a Particular Feeling into a More Positive Useful Emotional State.

As we grow up we all have experienced many different feelings and emotions going on inside of us but nobody taught us how to deal with our emotions so most children and adults ignore their feelings or stuff their feelings or wear their emotions on their shirt sleeve. To me, our stomach is our Emotional Center so if it feels uncomfortable in our stomach we tend to stay in our head detached from our feelings. Since our Heart Center is a mirror of what is going on in our Emotional Center most people also disconnect from their Heart Center. Living in one's head allows us to be disassociated from our feelings and anything else that is going on in our body. While we may not feel anything, most likely we are still reacting to those issues that create these feelings.

However, our feelings tell us when we are connected to Source/God and our Spiritual Being and when we are not connected. The Divine Emotions of Spirit are: Peace, Love, Joy and Bliss and when we are not in any of those Higher States of Consciousness we have moved from the Consciousness of our Spirit into some mental state that is associated with fear or pain. These mental states have many different emotions attached to them such as: anger, guilt, frustration, depression, even mental joy and happiness when our expectations are being met.

Let's talk about Emotional and Mental Pain. Emotional and Mental Pain occurs when we are holding on to a particular attitude, belief or expectation about our self or another person that is not being met. We may have an expectation that our marriage will last forever, or, we will be the very best in a sport. When we don't meet this high expectation we feel bad about our self and we are in emotional pain. **Almost everything we are attached to physically, mentally, or emotionally will eventually create pain or fear in our life.**

What Do We Do To Eliminate This Pain?

- 1) Close Your Eyes
- 2) Give that Pain Inside of YOU a Color of your choice
- 3) Now Breathe that Color Out exhaling your Pain through your **mouth**.
- 4) I like to use the visualization that We Exhale into a large Hot Air Balloon so we are not contaminating the people around us. This way we are putting those negative pictures, feelings and thoughts into the Hot Air Balloon.
- 5) As you keep exhaling all the pain you breathe in through your **nose** a color that represents Peace and Harmony to you. I like the Pink Light of Love.
- 6) When you sense that you have cleaned out all of the pain, visualize the Hot Air Balloon going higher and higher and farther and father away until it goes all the way into the Sun.

The most important function is to replace the pain or trauma with something new like Peace, Inner Harmony, or Love. If we don't put something new where we stored the pain then that void will be filled with the exact thing we got rid of. The new colors also include new ways of thinking and new self talk as well as a shift in energy.

While this is a very powerful visualization what is even more important is: **What do you want to bring into your life? How do you want your life to be?** We can breathe in a color that represents Peace and Harmony. We can breathe in Rainbows since every color in a Rainbow has different Spiritual Qualities. In this type of healing our conscious mind has no idea what is being removed. Ninety Five percent of what guides us to do what we do is outside of our conscious awareness. In computer terms our conscious mind is like the RAM Memory and our Other-Than-Conscious Mind is like a huge Hard Drive. So most of the time we are responding or reacting to all different kinds of patterns or buttons in our Other-Than-Conscious Mind and we need to detach from these patterns.

In Neuro-Linguistic Programming we call these Physical [Kinesthetic], Auditory and Visual Anchors. The tone of voice that your mother or father used when they were not happy with you. That is an auditory anchor and anyone using that same tone will trigger your stored reaction. What we want to do is remove those anchors. Also, we can have trigger words that puts us in emotional turmoil. Many of these anchors were created when we were 4 or 5 years old and they are still controlling our life until we detach these anchors. And to make these disconnects we need to be in touch with our Feeling. Life really is to be connected with our feelings and using our feelings as a Spiritual Guide like: ***Am I in Oneness with Spirit or do I need to Let Go of Something that is Causing the Pain or Creating some Fear Within Me?***

What Is Fear?

Fear is when we have a belief or many beliefs that are contrary to our Divine Nature. We can't experience Fear and Love in the same moment of time. So either we are in Peace, Harmony and Love or we are reacting to some type of Fear. Most people react since we are internally wired. When we have a certain situation we remember all the way back through our lifetime each time we had a similar situation and we have an automatic response to it. While a person may have a "Fear of Flying" the real fear could be the Fear of Death, The Fear of Not Being in Control, The Fear of the Pain Loved Ones would have if they Died, and any number of other Fears that are all grouped together under the heading "Fear of Flying." So, you can see that a particular fear may be reinforced by several other fears which makes the Fear of Flying an even stronger Fear. **If we change the thinking that supports a particular Fear then we are Free from that Fear.**

When we embark on our Spiritual Path it also means we must eliminate all Fears within us regardless how small they are. For us to be in a State of Love and Peace we must remove every fear. *So, as we focus on Love and Peace the subtle fears and pain we buried deep within us will surface so we can change our thoughts [self talk] and remove any attachments associated to these issues.*

How Do We Break This Automatic Reaction to a Certain Situation?

- 1) When you are experiencing fear bring that part of you that is feeling Fearful into your Heart Center.
- 2) Surround your fear with the Pink Light of Love
- 3) Ask for Assistance and Guidance from the Divine Wise Master within you, or the Divine Wisdom of God.
- 4) Get in touch with your "Self Talk"-What is that Fearful Part of you Saying to You? My children do not understand me! I am a terrible person because I am divorcing my spouse of 30 years! This is our Self Talk and it pulls us down into our pain. It is a Falsehood parading around as a truth.
- 5) To Break this Emotional State move your body, change your breathing and shift your eyes Upward and to the Right and begin to Visualize **How You Want Things To Be?** In this physical position you can start creating a new reality.
- 6) Ask Your Divine Spiritual Being to give you some New Wisdom and New Self Talk that supports you as a Child of Love and Light.

Observing a person's physiology is an easy way to see when a person is in emotional pain, they are generally looking down and to their right so they are immersed in their emotions and this is not a very resourceful position.

Most therapy models are focused on looking at what created the problem whereas in 95% of the situations the person does not need to know how all this started they want assistance in moving on with their life. If a person does need to know where it all started that information will come as a dream, as a spiritual insight. The focus needs to on: **What do I want different in my life? How do I want my life to be?**

What Do I Want New In My Life?

Who cares what happened in the past! This next moment is the most important moment in my life. I AM going out into the world and be the Best Person that I can be. Thinking about what happened in the past can easily put us in a funk so don't go there. Put all of your thoughts and emotions on creating a positive moments in the here and now. **What do I need to do to create Peace and Harmony in my Life Right Now?**

The mind works like a movie and we are always playing a movie in our mind. If we don't like what is going on in our life then we need to change the movie that we created.

So Let's Create A New Movie in Our Mind.

This technique is used in sport training all the time.

- 1) Create an Image in your mind of how you want things to be
- 2) See Your Self Being a Loving, Joyful, Relaxed, Caring Person
- 3) We see an image of us in our movie and we see other people in our movie that are supportive of us.
- 4) We can listen to our positive Self Talk and the positive words of support from other people.
- 5) Then, we imagine stepping into this image of us and sense how we feel about this new reality that we are creating.
- 6) Begin to feel how it feels to you, listen to your self talk and you can keep rearranging the pictures, your self talk, what other people are saying until it feels perfect for you. Then you say: This is How I want Tomorrow to Be. This is how I want my next Moment to Be. **Guess What, the Law of Attraction says this is what you are going to Create for yourself.**

We can create a manifestation board that has pictures which symbolize Joy, Love, Harmony and Peace to us. Create a collage of those types of pictures so you have a visual reminder to be creating Peace and Harmony in your life. Also, when you are in a State of Peace and Love you will attract those types of people to you and you will be attracted to Peaceful and Loving people.

Removing Pain Using The Pull-Out Method

When I have a headache the first thing I do is put my hand on my forehead or very close to my forehead. Then I imagine the pain in my head as a color and very slowly I begin to move my hand away from my body and I visualize that I am pulling the pain out of my body. After I will shake my hand to remove the pain from my hand. If this does not work then I will take an Excedrin tablet.

This Pull-Out method works for physical pain as well as emotional pain. Some issues are resolved energetically and other issues are best resolved with more traditional techniques. I like to use whatever works best on my body for different physical issues. So getting to know your body and what works best in healing your body of certain conditions is very important.

Conclusion

We need to be connected with our feeling because if we are oblivious to our emotions we won't know something is wrong. When we are out of sync with our Spirit we sense Irritation, then Frustration, then Anger and finally Hatred.

With Irritation our Divine Mind is telling our Mental mind that there is an issue going on here. We have a mental belief that is not giving us Peace and Harmony. If we don't deal with this issue it works itself into our emotions and we become Frustrated. If we don't deal with the Frustration we become Angry and if we don't deal with the Anger we move into Rage.

Early in my own life I found that it took so much of my mental energy to hold my emotions in that I was a ticking time bomb. Then, when the next little issue happened all of my stuffed emotions came out and whoever was around me got the blast. I was foolish to think that I could control all of my feelings that were stuffed inside of me for many years. If I had known how to effectively shift my feeling and emotions I would have been a much different person in my 20's and 30's.

I found that children could shift their feeling in seconds because they were mentally flexible. In the 25 years of utilizing the techniques that I have shared with you I know that people can shift their feeling in seconds and create a whole new life for them self. We are not to stuff our emotions or wallow in our feelings we need to move through these feelings and create a new life that is in Oneness with Spirit.

The purpose of this Sharing is to point out that each feeling or emotion has one or more beliefs attached to that emotion along with our mental pictures that support that feeling or emotion. In order to shift out of a feeling we need to create a new set of beliefs and some new pictures or movie in our mind. We need to move through the feeling, delete the old movie in our mind and then create a new feeling and a new movie in our mind that

creates Love, Peace, Joy and Bliss within us. Then, we are back in Spiritual Oneness with Peace and Harmony and that issue is gone forever.

I have used and taught Kofutu Formula Healing for over 25 years and one of the beautiful things with Kofutu is that it moves a person through his or her feelings to the problem behind the feeling, and then guides her/him to their Inner Spiritual Wisdom so that issue is gone forever and for the most part this process is totally outside of our conscious awareness. I have also seen that this shift can take place just as fast as children can make the shift when that person is open for the change in their thinking.

When we use an affirmation such as:

- I AM Divine Peace
- I AM Pure Divine Love
- I AM Infinite Health

These statements are best said when we are in a State of Peace and Harmony. Make these affirmations when you are in a meditative state because then you are in your **Other-Than-Conscious Mind** where the competing beliefs reside. Affirmations said when you are in a meditative state are a thousand times more powerful than when we say them in everyday waking consciousness.

Our **Other-Than-Conscious Mind** while vast in size has a very small area where we store all of our memories, pictures and beliefs we created in our Earthly life. **In this vast expanse resides the Divine Mind of our Soul with all of its accumulated Wisdom and Love from Source, and the Divine Mind of the Universe.** So, you can see why it is so easy to clean out the issues we store here in our subconscious mind since All of Our Divine Truths, Wisdom and the Love, and the Creative Mind of Source resides here as well so we can clean house without our waking mental mind ever needing to know what was removed. Our fear and pain can be replaced with Love, Peace and Harmony totally outside of our waking mind even knowing this cleansing is going on or what happened in the past to create our pain or fear.

I have shared with you many thoughts and there is a part of your Other-Than-Conscious Mind that will remember how to put these thoughts together in your life in a way that is best for you when you really need them.

May the Compassionate and Loving Spirit of your True Divine Self guide you into creating a Life of Peace and Harmony for you and those around you.

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

Moments of Sharing with Eleiah 2010-12-15 Volume 4 Number - 004

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

Dear Friends,
Blessings of Love and Grace to You,

WHAT DO YOU WANT TO ACCOMPLISH IN THIS LIFE?

So please close your eyes for a few minutes and go into your heart of hearts and listen to your inner voice and ask it: What do you want to accomplish in this lifetime?

Here are some of the answers that people received!

- 1) Self-Realization
- 2) To be the best I can be and stop holding myself back.
- 3) To be my True Me
- 4) To spread Love and Compassion as much as I can.

While these are wonderful, noble goals they may or may not be the goal that our Higher Self wants to accomplish. We came here to Earth to experience life in a body and to experience spiritual duality the Mental Separation from God/Source and most important to **graduate from this planet** so we can move on and experience other aspects of creation.

I am not discounting anything that you may pick up when you go inside and asked What do you want to Accomplished in this life. Had I asked you to **Ask Your Higher Self what it wanted to Accomplish** in this life you may have sensed a different answer.

Sometimes it is beneficial to listen to the stories of ancient times to give us some additional insight. Most of us have read Genesis in the Bible or heard some of the different stories of creation shared with us by the Native Americans and other indigenous tribes around the world. I would like to share a creation story that you may not have heard and this story may or may not ring true in your divine mind. This is the story about whom I will call the **"Ancient Ones."**

The Ancient Ones.

A very long time ago, long before humans walked the Earth, souls would come to this wonderful planet called Earth for Spiritual Growth and Spiritual Understanding while experiencing what we call **"duality."** These very large groups of souls are called **"The Root Races."** They came directly from Source or the Godhead so consciously they were just a few **"degrees of separation"** between their consciousness and the Divine Consciousness of God.

Over many millennia the first three Root Races came and went. When these Ancient One's would come they came as Divine Consciousness, an Orb-Of-Light, and they would materialize a Light Body. This Light Body was a much different physical body than what we humans have now. And, when these Ancient Ones had completed their Earthly stay, they would lay their physical body down and go back into the Stream of Divine Consciousness. Also, many of these Ancient One's would go off other star systems, other planets, other galaxies and continue their Spiritual Experience in many different ways.

All was going well, the First Root Race under the guidance of First Ray the Blue Ray of Divine Will, the Second Root Race under the guidance of the Second Ray the Yellow Ray of Divine Wisdom, and the Third Root Race under the guidance of the Third Ray, the Pink Ray of Divine Love all completed their Spiritual Experience here on Earth and graduated from Earth so they could moved on. To me this was the "Garden of Eden," a soul came here in their Divine Glory, the soul created a form [body], and they experienced life and community in form, and then they graduated from Earth and went off into other realms of the Universe.

But this all changed during the time of the Fourth Root Race as a couple of things happened. Those souls who were taking form here started to get attached to having a body, they started to get attached to power and emotions. This period of time is called the **"Downfall of Spirituality"** on this Planet Earth.

In some ancient writing it says the problem was caused by the laggards from other star systems that came to incarnate on Earth who created attachments to power and having a physical body, or it could have been some of the souls of the Fourth Root Race that created the Spiritual Downfall in Consciousness. It really doesn't matter who started this Spiritual Cataclysm the result of this downfall of Earthly Consciousness meant **souls could no longer just manifest a physical body here**. Now, each soul had to go through this thing called "birthing" in a human body. Souls coming to Earth needed to take form in this much denser physical body. This attachment to a physical body, emotions and power also created the need for Reincarnation since these souls did not graduate from Planet Earth.

The Concept of Reincarnation.

When humans/souls started to have multiple-incarnate in a physical body their Degrees of Separation from Source or God became greater and greater. Each Incarnation creates greater separation as our consciousness is more distant from Source Consciousness. Over time souls had to go through hundreds if not thousands of Incarnations in order to graduate from Earth. The process of reincarnation is nothing more than a "do-over" until each soul remembers **Who They Are and their Purpose for being here**.

The very wise people still stayed connected to Source, they were called shamans in ancient times. They were the ones who could, to a degree, still

remember Spirit and they were the spiritual leaders of their time. As a soul goes through many incarnations the "Degree of Separation" keeps increasing, we call this **"The Path of Involution"** the Path away from Source and even the soul can begin to forget who it Truly is. Not only does the soul forget who it Truly is, the soul may even forget the purpose for incarnating here on Earth.

About 25 years ago the last of the **Fourth Root Race finally graduated** breaking their Cycles of Reincarnation and moved on so they never have to incarnate again on Earth. Also about that time we started to have the beginning of the **Seventh Root Race** to start incarnating on Earth. These souls are called the **"Indigo Children"** and are under the Guidance of the Seventh Ray the Violet Ray of Transcendence. These new soul came directly from Source with only a few degrees of Separation from the Godhead. While these Indigo Children are here Who is going To Teach Them that their purpose is to graduate and not to get caught in the cycles of reincarnation? Since the beginning of time The Divine Plan has always been for a soul to finish their work here on Earth in one lifetime.

So even though these indigo children who are very connected to Spirit and very Wise they still need guidance so they don't get stuck in this Earthly Duality by becoming attached to material things, attached to life in a physical body, attached to their emotions, or abuse their spiritual gifts.

What Does All of This Mean?.

What does graduation mean? It means that when a soul graduates or ascends from this Earthly Experience that soul no longer needs to come back and go through the birthing process to take a physical body on this Earth. There are lots of other things to be doing in the Universe rather than walking around in this very confining physical body. It is more fun to use a **Light Body**, and be somewhere else in this star system, or another star system using consciousness to move from one place to another.

If a graduated soul wants to come back to Earth it can do so much like the Ancient Ones by creating a physical body in consciousness and skip the birthing process. This is called being a **"Walk-In."** We do have Masters and Teacher that do come and visit us as a Walk-In. They materialize a body do whatever they came her to do then they leave.

We are in a time where we are getting a lot of assistance to get back to the Spiritual Consciousness souls had before this Spiritual Downfall. In these times we are getting a lot of support from the Cosmic Beings of other Star Systems. Also, many of our "Ancient Ones" are coming to assist us to be our True Divine Self.

Years ago I was shown what I would be doing after this lifetime and that knowledge has been a great help to me to keep me on track so that I will complete what I need to do to graduate and have this is my final incarnation

here on Earth. This was about the time that I got involved in Spiritual Healing and Teaching but I also knew the most important thing for me is to graduate from this Earth Plane and go on to the other things that I want to be doing after this lifetime.

How Do I Get My Mental Self, My Soul and My Divine Essence on the Same Page?

There is a Divine Consciousness within us that knows if we are on track or we are not on track. We need to listen to that Inner Divine Voice within us, to Trust It and to Follow It.

Your Wisdom is in your Heart-Of-Hearts, that Pure Center of Love, Grace and Wisdom within you. In your **Center of Truth** you will always know what you need to be doing in this Moment of Time to be aligned with Your True Divine-Self.

We can learn to go inside and talk with our God-Self and learn to have Clarity and Understanding in what you receive. If you did not plan on completing everything in this lifetime then **you can change your spiritual plan so that you can graduate**. Life on Earth is much like school, in school we can take many courses but did we take the right courses in order to GRADUATE?

We can ask for guidance from the Ancient Ones who have come before us to assist us in completing our learning. We have all of the Love and Wisdom stored within our memories all it takes is to remember where we put our knowledge. With all of the new energies affecting humanity is much easier for us to assimilate the aspects of our Spiritual Knowledge and Abilities than in the past 10,000 years.

For many people including myself the easiest way to have our Mental-Self and our Spiritual-Self on the same page is to merge them together into Oneness. When our Mental/Ego Self are in Oneness with our Higher-Self/Soul and our Divine-Self we are also in Oneness with Source or God. When this Oneness happens you are on the same page and you will complete your Spiritual Growth and graduate from this Earthly Experience.

The Challenge We All Face

We all face the challenge of dealing with all the issues presented in everyday life and balancing that with our Spiritual Life. If we live in Separation from Spirit then we see our everyday life as being separate from our Spiritual Life and we are in a constant struggle as to where to put our energy and time. When you are in Oneness then your everyday life and Spiritual Life are the same thing and there is no struggle or choosing one over the other.

Within each of us is the Wisdom, Love and Grace to know what is best for your Soul and how to create Peace, Love, Joy, Wisdom and Harmony as the foundation of your Earthly and Spiritual Life.

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

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Volume 4 Number - 005

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

Dear Friends,
Blessings of Love and Grace to You,

MOVING FROM THE LAW OF KARMA INTO THE LAW OF GRACE.

Some people may not understand what this means so perhaps this writing will be a seed thought for you to contemplate on with your Wise Inner Teacher and assist you in remembering your wisdom on this subject.

The present mass consciousness of Humanity is Duality Consciousness. While we are in Duality Consciousness we sense a separation from Spirit. How much separation we feel is determined by how many **Degrees of Separation** we have from Spirit or Source. Also, the number of Incarnations our Soul has experienced has a great effect on the Degrees of Separation our Soul will encounter.

A new soul that is experiencing its very first incarnation remembers the Angelic Realm, it remembers it's connection to Spirit, *it knows it is Spirit*. It feels this Divine Presence and it has access to all of it's Wisdom because it has only a few Degrees of Separation from Source or God.

This Duality Consciousness is the **World of Mentalism or Ego Consciousness** and in this World of Mentalism we have **Judgment** which means we say something is either **"Right" or "Wrong"** based on our Polarities and as we know our world is full of different types of polarities. If we had 10,000 people we would have 10,000 diverse opinions of what is right and what is wrong. We also have **"My Right"** is better than **"Your Right"** thinking. My religion is better than your religion so we see that most religions are stuck in this judgment thinking.

How I Perceive the Law of Karma.

The Law of Karma is that part of the **Law of Cause and Effect** that applies only to the **Realm of Duality**. **Any thought, feeling or action that is contrary to Spiritual Consciousness creates Karma with Spirit/Universe**. While we never have Karma with a person, the Universe may provide people with whom we can Transcend our Karmic ways. The Law of Karma means that we keep having **"Do Overs"** of certain situations until we Raise Our Consciousness and Remember our Divine Love and Wisdom in how to respond to these challenges of Life.

All Karma means is that we think, we feel, we act contrary to our Spiritual Essence or Spiritual Wisdom and we get "To do these things Over and Over"

until we are finally aligned with our Spiritual Being. If everyone followed the **Golden Rule** we probably would not be creating any Karma. Stated differently, if I get angry at my brother or sister I am going to have another opportunity to deal with it in another way that honors Spirit and Love. We are going to keep getting a Do Over until we understand and act within our Spiritual Essence.

In the world of duality it is like our mental mind is the size of a tennis ball and our Divine mind is the size of our Sun. But this tennis ball thinks it is everything - I know everything I need to know!

How do we break out of this Law of Karma?

18 years ago a friend heard me talk about being in Oneness and she said back then she did not get what I was talking about but now she does! Many teachers are now talking about being in Oneness. One of the ways we move out of Karma is to merge our Mental-Self with our Spiritual-Self. Remember all Karma is between you and the Universe/Spirit. There is much misinformation about a person needing to work out Karma with another person. We never ever have Karma with another person.

Shift how you are thinking, feeling and acting so that you are aligned with your Divine Essence. This is moving from individualism [mental and ego consciousness] into Divine Consciousness. This is what we call being in **Oneness with Source**. We have merged our mental mind and spiritual mind together. Our ego self has absorbed the identity of our Spiritual Being and has become **One** with our Spiritual Being and One with Source or God.

The Ego is nothing more than our Mental Sense of Identity so we are not trying to get rid of our ego what we want is an enlightened ego and what better way to enlighten our ego than merging our ego with our Divine Self? Now our ego is identifying with Spirit not all of the outer worldly things it once identified with. **All parts of our personality are now in Oneness with the Divine.**

How Do We Become One?

How do we create this Unity Consciousness, The Consciousness of Oneness As we come closer to God or the All we expand our Oneness.

- 1) First we take our **Mental Ego Mind** and merge it with our **Soul or Higher Self** to become One Consciousness.

While this sounds easy think of all the thoughts, feelings and things that you need to let go of. All the expectations, all the attachment, all the things we think are so important but in the grand scheme of things have little value. So pray, meditate and have your **ego demand** that you are in that Divine Consciousness of Oneness. We need to smooth all the rough edges of our personality so we are our True Divine Loving Self.

And, this is just the beginning of the Spiritual Path Home. **As soon as our Ego Mind and Spiritual Mind begin to merge together we step out of the Law of Karma and into the Law of Grace.**

- 2) Next our **Soul/Higher-Self** merges with our **Over-Soul** and become One Consciousness.
- 3) Then our **Over-Soul** merges with the next **Higher Level of our Divine Consciousness** and becomes One Consciousness. This process is accomplished within you in your **Heart of Hearts** and in your **Mental/Spiritual Mind**. It can not be done drifting out in the Universe in Bliss, that is avoidance not Oneness.
- 4) This process continues until we are at **One With God/Source and all of Creation. We are already a Divine Being in our Spiritual Realm we need to Know We Are Divine in this Earthly Realm in our everyday life.**

As you are following your spiritual path and you have a question then ask: **Is It In My Highest and Best Spiritual Interest to be doing?** Soon you will learn to Trust your Spiritual Guidance. When all aspects of you have merged into Oneness you will only heard one voice, you no longer have any inner conflicts. You will have one focused thought on how you want to be, how you want to act in consort with your Divine Being.

The Yellow Brick Road back to the Divine.

The Law of Grace is: God is Love, All is Love, and within that Love is Pure Forgiveness and forgiveness begins with our-self. God does not forgive because God does not judge so only you can forgive yourself for all of your past actions. Forgiveness is retroactive love so we are setting our-self free of the past.

As we forgive our past actions and move into Peace and Harmony then we start moving down this Yellow Brick Road into the Divine Oneness. After 30 years of coaching people on their Spiritual Path I have found that moving into Love Consciousness can be a great challenge so try to Create Inner Peace and Harmony and soon you will find being in a State of Love Consciousness is so natural and effortless.

When we begin to experience the Law of Grace all the additional resources that we need on our Path Home begins to unfold for us. If a part of your path is to be healing then those Spiritual Gifts will be activated. Whatever Spiritual Gifts you need in your work will be Awakened. You don't have to do anything to Open these Spiritual Gifts as you are on your Path and the Law of Grace provides you with everything your Spirit and Mental Self need to accelerate this process of being in Divine Oneness. You are Becoming Your

Divine Self and completing your purpose for being here on Earth. You experience a flood of Compassion, a flood of Love, a flood of Peace and a flood of Wisdom with Understanding.

The Law of Grace is really beyond words so it is really each person needing to experience the Law of Grace. The grace that you have is within you and around you. As you expand in Oneness it is like the Tree of Consciousness My thoughts are your thoughts and my body is your body. If I touch my forehead I am touching everyone's forehead. That is being in the State of Divine Oneness. You are One with Everything.

We need to bring in new information about who we are and then step back let our enlightened left brain figure out how to apply this new wisdom in our daily life. If we do not ground this energy into our body and into the earth then we could become a space cadet and not be able to function in our daily life.

As we expand in the Consciousness of Oneness and we graduate from this Earth Plane and become an Ascended Soul we have one additional choice to make.

The Second Death.

The Second Death is when a soul chooses to return back into the Ocean of the Consciousness of Source and loose all of its identity.

While this is an option for an Ascended Soul the soul can always choose to be of service to God/Source. A soul could decide to go out into the galaxies and explore, become, teach and share its Love and Wisdom. At this Level of Consciousness there is no need for a physical body and if a form is needed it can be created by thought. You could become a New Star, or a New Planet and that would be your body, we have infinite possibilities after we graduate from Planet Earth.

Summary

As long as we function in the Mental/Ego realm of life we will keep encountering the Law of Karma whose purpose is to guide us back to the Wisdom and Love of our Soul/Higher-Self Consciousness.

When we decide to merge our Ego/Mental Self with our Soul or Higher-Self then we are in the **First Stage of Oneness** and have moved beyond the Law of Karma into the **Law of Grace**. **The purpose of the Law of Grace is to accelerate our Journey Home to the Highest Level of Divine Oneness.** We are awakened to all of the resources we need to complete our mission in this life and to assist others in their Spiritual Awakening. In this State of Divine Bliss you are a Spiritual Healer of the Highest Order since your presence here on Earth facilitates Spiritual Healing without the need for a technique or any action on your part.

Each person has this Divine Spark or Flame within them and when our mental ego-self decides to be ALL THAT YOU ARE then we have given permission for our Spiritual Being to be our teacher and assist our mental self to Remember I AM DIVINE LOVE and GRACE and what you came here to do and activate all the Spiritual Gifts you need to do your work.

Our Divine Essence is always waiting for our mental-self to decide if it is ready to go for it! So if you are ready for this wonderful journey home make the decision to "Just Do It" and everything that you need will be given to you. Also, I feel that we need to integrate our Spiritual Life and our Everyday Life into Living Our Divine Essence so there is no separation as we go about all of our daily activities. Oneness is being One with Spirit as we do all of our daily tasks.

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

Moments of Sharing with Eleiah 2011-06-15

Volume 4 Number - 006

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

Dear Friends,
Blessings of Love and Grace to You,

MAINTAINING PEACE AND HARMONY WHILE THE WORLD AROUND US IS IN FEAR.

This is a relevant subject with all of the concerns some people have about the economy, the Earthquake and Tsunami in Japan, the violent weather around the world, and several Christian Leaders proclaiming the End of the World on May 21, 2011 and another on October 21, 2011 and the Mayan Calendar Prophecy for 2012.

In early January of this year I was guided to turn on a TV documentary on "**The Book of Revelations.**" It so happens that the author of "Revelations" was an obscure Christian named John who was exiled to an island off Greece in the first century. Nearing 100 years old, mentally ill and delusional he wrote "The Book of Revelations."

With modern techniques it has been determined that Apostle John the author of the Gospel was not the author of Revelations. The author was a person that had a psychotic break. A psychotic break can be caused by bringing in too much spiritual energy before a person has cleaned out all of their fears. Their fears contaminate the spiritual information that they are writing about, so we have all this babble filled with fear.

In the fourth century Emperor Constantine of Rome wanted to make the Christian Church the religion of the Rome. So he called together all of the Christian leaders from around the world to sit down and decide what Books or Scriptures were to be included in what is now called the "**Bible.**" There

were many great writing they could choose from and some of the best ones were excluded because the Bible had to fit into Roman Culture so that the "Christian Bible" would be accepted by the people of Rome.

Anyway, "The Book of Revelations" was the only Book selected for the Bible that was not considered to be the "Word of God." While this book has never been considered "The Word of God" if you want to have a religion with power and control then fear is the best way to accomplish that. The Book of Revelations provided the Christian Religion with the fear that was desired and was a fitting last chapter in the Bible.

In present times, The book of Revelations seems to get the most emphasis while it is the least significant and the least Spiritual Book in the Bible. So I had heard this information about the author of Revelations and didn't think much about it until one day I woke up and said: My God the Book of Revelations was written by a schizophrenic!

All of these Christian Churches are saying the End of Days is coming based on trying to analyze the writing of a schizophrenic. So my conclusion is the Book of Revelations really should be eliminated from the Bible, which is the same conclusion reached by Thomas Jefferson who did delete the Book of Revelations from his Jefferson Bible. In fact, my New American Standard Bible does not have the Revelations Chapter.

It is only the Western Christian and Catholic Churches that give "Revelations" any significance in the church service or teachings. I sense some of the prophesy about what is going to happen in 2012 gets its roots from the Book of Revelations. With 2.2 billion Christians it is no wonder that the "End of the World" has saturated the fears of mass consciousness.

So how do we stay in Peace and Harmony when the World Around us is in Fear.

We need to have strong personal boundaries so that nothing comes into our **Physical, Emotional, Feeling, Intellectual, Mental and Spiritual Space**. We can build a wall around our boundaries like the castles of old. We use the Blue Ray for Divine Protection and have a layer 6 inches or more all the way around our Aura. Then, we can use the Violet Ray to purify our thoughts and emotions to purge all of our fears and then the Pink Ray to fill all of our space within us with Love and Grace. Ignore using White Light has it has not been effective for hundreds of years. We can learn to access our **"Heart of Hearts"** which is our **"Spiritual Heart Center"** as our Heart of Hearts is free of any "fear" from our Mental and Emotional Heart Centers.

While it is best to be completely free from fear, if we still have some fears deep within us "outside influences" will try to access these fears to give them more power over us. So we are spending energy trying to protect these pockets of fear and energy to keep the Fears of the outside world from

entering our space. So, it seems reasonable that it is best to eliminate all fears within us. One of the first steps in Spiritual Growth is focusing on Love and Peace so that fears within us are starved to death by not receiving any of our energy or mental focus.

Some traditions think Good and Evil need to be in balance. This is raising Evil or Non-Love to the elevation of Love. Many people know that the greatest power in the Universe is the Consciousness of Love Divine.

When we have merged with our Divine Consciousness then nothing can penetrate our space because the bond of Love is so strong and the "absence of fear within" means that there is nothing for others to use to gain access to our space. **Love attracts and empowers more Love and Fear attracts and empowers more Fear.**

What is it like to be in this Divine Consciousness of Love?

While there are many attribute we could talk about the one of the main attributes is the Absence of Fear. Since, we are "*beyond fear*" then we are in the Stream of Consciousness called Divine Love and Peace. The consciousness of Divine Love is so strong that nothing can penetrate into this space. Think of a room where the air pressure always is greater than the air pressure outside of the room. Everytime the door opens the air from inside the room will flow out of the room. None of the outside air can ever enter into the room. This is the same principle of being connected to an unlimited supply of Love and Peace so that everytime you think, or feel [opening the door] a flood of Love and Peace flows out into mass consciousness. You are spreading Love and Peace and the Fears within Mass Consciousness whether they are real or unreal can never enter into your room.

What do we do when we have Fear Within Us?

Back in 1940 during World War 2 James Dillet Freeman of Silent Unity was asked to write affirmations to assist the membership of the Unity Church to deal with the war. So he wrote the Unity Prayer of Protection. It went through several renditions to get to its final version which was released in 1943 and used today as the closing at most Unity Churches.

One of the challenges with this Prayer of Protection is we are affirming that we need protection which is really affirming that we have Fears. In the beginning I enjoyed saying the Prayer of Protection at church service. Then I went through a time where I could not say it anymore because the Prayer of Protection was affirming to me and the Universe that I had fear.

The same way many times an alcoholic will get to the point that they just can't say: I am an alcoholic. Yes I was an alcoholic, but now I am a living, healthy, viable human being and I can't go around affirming and empowering what I was.

The last few years I told myself that I am saying the Prayer of Protection for those people who can't say it. Another little step in evolution. Then this weekend as I prepared to speak at the Spiritual Awareness Center I said Oh My God Jim, by saying the Prayer of Protection for these people you are in a way telling people that they are not going to move out of their fear. I am affirming that they are in fear, which helps them to remain bonded to their fear. The only line in the Prayer of Protection that I have a problem with is: **The Power of God Protects Me**. So I now say: *The Essence of God is within Us*. Now it becomes the Prayer of Oneness.

The Prayer of Oneness

"The Light of God surrounds us;

The Love of God enfolds us;

The Essence of God is within us;

Wherever We are, God is!"

And All is Well!

I know that probably a great percentage of people on Earth still walk around in fear and I bless them and I love them and I know that within them is that Divine Light and Love and if they step aside from all negative influences and just follow that Divine Bliss within us then there is no fear.

When we let go of all attachments, we let go of all our fears. So we have two groups of people those who have fears and some of those fears are hidden very deep in the subconscious. Then we have those people who have Transcended Fear. The thought of fear is totally irrelevant. The knowingness that they are in *"Divine Oneness"* that is their consciousness in every moment.

When we begin our Spiritual Path every fear that we have regardless how insignificant it is will rise to the top of our truth so that we can reframe it and get rid of those fears. The fear of Death is the easiest fear to get rid of and the Fear of Life is the most challenging to deal with.

I think I am a God Person is a "mental statement" in which you are not sure that you truly are a God Person. Whereas, when you know in your Solar-Plexus and your Heart of Hearts that you are a Divine Being then you can say: I AM a God Person; I AM a Child of Love; I AM a Child of Light. That is who I AM. I call upon the Violet Flame and all that is Divine to burn away, and purify me of all of my fears.

What Is In Store For Us?

Blessed are those who are in Grace for they shall guide my people. That is a more correct statement by Jesus in one of the Beatitudes. To Be the Love: To Live the Love: To Know that you are Love. To recognize that your mental-self does not know how to be Pure Love so we need to invite our Divine Essence to be fully present in our space, our body. To turn our life over to our Divine Essence, *Merging with our Divine Essence*. Merging is when

our mental and emotional self becomes one with our Divine Essence. Then we merge with the next Level of our Divine Being until we have Merged with ***All Love and enter into the Realm of Grace***. Remembering who we are and how we want our life to be and when we do that we set in motion the world that is coming.

When the Earthquake happened in Japan I received emails asking if there was a Spiritual Significance to these events. My answer is: Our Planet Earth is alive which means that it has a molten core, the tectonic plates are always moving, we are always going to have earth quakes, tsunamis, tornadoes and hurricanes that is just how nature is here on Earth. Science says we have about 250 million years before our Planet Earth dies. So the question is looking into the future will humanity be here in 5,000 years and that answer is a clear Yes. The only question is what will be the ***consciousness of humanity 5,000 years from now?***

The consciousness of the future really starts with each of us right now. We need to be in a State of Divine Oneness, to be Beyond Fear, to be in the Consciousness of Divine Love, Peace, Bliss and Grace. So forget about the End of Days or the End of the World remember to be Your Divine Self and live your Life in Peace, Harmony, Love and Bliss, with Wisdom and Understanding.

The Prayer of Oneness

"The Light of God surrounds us;
The Love of God enfolds us;
The Essence of God is within us;
Wherever We are, God is!
And All is Well"

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

Moments of Sharing with Eleiah 2011-09-15 Volume 4 Number - 007

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

Dear Friends,
Blessings of Love and Grace to You,

Speaking From The Heart: A Sharing about Life and Graduation from this Earthly Life.

- 1) Quiet your mind and ask yourself:
***What do you want to accomplish in this lifetime?
Write down your answer.***

In our early years we create this idea of **"How do I, seeing myself as I do, in a world as I view it, and people being how I see them to be, deal with life."** This is our personal **"Life Script"** created around the age of 5 or 6 and we begin to operate on these unconscious perceptions and attitudes. If you happen to be the incarnation of the next Dalai Lama this is great because you know who you are and about age 5 - 7 other Lamas come and tell you that you are the next Dalai Lama and you start your training preparing for your life of service.

Also, You could be one of the millions of new souls who have come to Earth for the very first time. Some are the Indigo Children from the Seventh Root Race [their very first incarnation anywhere] or they may be Star Children that have come from other Stars Systems and are incarnating here on Earth for the very first time. Since these souls have a small degree of separation from Source they know who they are. They know their wisdom.

Most of us did it the old fashion way, we did not complete what we were supposed to complete in previous lifetimes so we had another **"Do Over"** and we reincarnated into a physical body and we created our "Life Script" and followed these beliefs about how to get along in life. Some souls did not want to reincarnate and they came into their physical body kicking and screaming. Those mother had 9 months of fighting and then 18 more years of fighting.

We continue to follow our "Life Script" until we have a Life Alternating Experience that challenges our preconceived ideas about our-self, life, other people and what is the important in this life!

The first question is really asking our mental/ego self what it wants to accomplish in this life. Most of these ideas come from our early years of life and what others have told us what we should be doing with our life.

2) Quiet you mind and ask yourself:

What does your Soul or Higher-Self want to accomplish in this lifetime? Write down your answer.

Now we are getting back to these basic questions: Who Am I? Where Did I Come From? What Am I Doing Here? and, Where Am I Going?

Right now it is estimated that we have 6.9 billion people on the planet and when I checked with the Secretary of the Akashic Records for Planet Earth I was told that there are 600 Plus Million newbie's on the Planet these are the Star Children and the Indigo Children so that means that we have over 6 billion souls here on Earth that have continually been going through the process of Reincarnation after Reincarnation. Yes, we need to subtract the number of Master Teachers who keep coming back to assist humanity in its evolution such as the Dalai Lama and others but that number probably is not in the billions.

So what does this tell us or tell me?

In the late 1970's Archangel Gabriel came to me and we had a long chat and one of the projects that the Angelic Realm wanted to create along with humanity is: **The Living Essence Ministry** on Earth. Everyone on the Planet is a part of this Ministry, the active members are those who are seeking Divine Awakening, and those who are sleeping are getting nudged to begin the process of Awakening. *So the "Living Essence Ministry" is nothing more than to be Living Your Divine Essence.* To become aware and acknowledge that you are a Child of Light, a Child of Love, a Child of Purity in Consciousness. Our Soul coming from the Divine Mother and Divine Father is Pure Love and Grace. Our Earthly parents give us this physical body but our true parents are the Divine Mother and Father. *To be "Living Our Divine Essence" means that our Spiritual Being wants to complete its Spiritual Growth and break these cycles of reincarnations and graduate from Planet Earth.*

There is a step beyond what our Soul or Higher Self wants to accomplish in this incarnation. Each Soul has a desire to Evolve and move to a Higher Plane of Consciousness and Beingness and to manifest other Spiritual Qualities on its Journey Home. For now, I shall call this our **"Over-Soul."**

3) So perhaps an even more important question is:

**What does your Over-Soul want to Accomplish in this lifetime?
What are the Divine Qualities that your Over-Soul wants to share
with your Higher-Self in this continuum of Expansion in
Consciousness?**

As I say this I hear to be **"One with the Universe," "One with God."**
"To be One with Source." In the Hindu tradition it is called "Moksha" to be Liberated. True Liberation is to be free from Reincarnation. To be in Divine Oneness, To be beyond Duality Consciousness.

When you are going to sleep perhaps you will think of this question: What Does My Soul and Over-Soul Want to Accomplish in this Lifetime?

What Is The Process Of Creating The Outcome That Our Soul and Over-Soul Wants To Achieve In This Life.

In simplest terms It is merging our left brain and our right brain. Merging our ego/personality with our Divine Essence, for 30 plus years I have called this to be in a **State of Oneness**. In Yoga it is defined as being in Unity Consciousness - to be in Oneness - Non-Separation. To be in Non-Duality.

Our Spiritual Life is the fabric of our whole life, whether we are camping, getting the children ready for school, or going to Wal-Mart. Sometime I sense that when we use the words Spiritual Life we see lifetimes of being a monk or nun and being poor because you can't have money and be spiritual. So lets forget about living a Spiritual Life and focus on **How Do I Merge with that Purity of Divine Consciousness Within Me.**

I know a beautiful young woman and in her early years she would see the angels and draw pictures of angels and as time went by she learned how to play volleyball and hopefully she is still drawing pictures of angels and seeing the angels. It is like we can't have parts of our life separated, we need to be integrated so we are not saying this is spiritual and this is not a spiritual action. The Spiritual Life is our entire day not just the time we are in meditation or prayer or attending a church service. We are never outside of our spiritual life. ***Are we in Divine Harmony with our Spiritual Life that is the only question.***

How Do We Know When We Are in Harmony with Our Spiritual Life?

A sense of Bliss and Contentment, feeling good. When we are in that Oneness we are in the State of Peace, Love, Joy and Bliss and have access to our Wisdom and Understanding. Wisdom and Understanding is how do I take this Divine Consciousness and share it with my left brain so I know how to apply this wisdom in everything I am doing, thinking and saying.

When we have a loving thought that energy or thought goes across the whole Universe not just our Galaxy but all the Galaxies. It is a ripple that flows across the Universe. So our thoughts are affecting other planets and other stars. And, conversely, their thoughts are affecting us. We are receiving many Blessing of Love and Grace from the Beings on other Stars.

In my own path growing up, first I wanted to be a provider for my family, later on I tried many different religions but none ever felt right for me. I sensed that there was a difference between practicing a religion and following your own Spiritual Divine Oneness. As I began getting connected to my Divine Oneness it was like I will add healer, and spiritual teacher to my purpose in life. I was told that my real work would begin when I was 70. I still don't have a clue what my real work is. What I do know is my purpose is to **"BE."** To "BE" in a State of Divine Oneness. To be in this consciousness whether I am watching CNN, the US Open Tennis matches, doing Healing or writing this Sharing, ***I AM to just "BE" My Divine Essence. Just "BE" it is so simple!***

When you are in this State of Being you are like a huge transmitter sharing your Wisdom, sharing your Love, sharing your Grace and the Higher-Selves of all the people on the Planet, and all the animals, and all the plants will pick up the Love and Grace you are transmitting. We are the teachers for animals and if we are in Harmony they will be in Harmony.

Getting back to this message, I have it on good authority that about 5% of those who die graduate and break the cycle of Reincarnation. The other 95% get "Do-Overs" and we have been doing this for over 2,000 years. So back to the question: "What is does my Soul and Over-Soul [My Highest Spiritual Essence] want to accomplish in this life" becomes the most important thing

that you can Remember. Your best Spiritual Teacher is your Highest Divine Essence since it knows exactly what your Soul and Over-Soul needs to complete in order to Graduate from this Earthly School.

While our Soul came from the Divine and it experienced many incarnations and separations [the path of involution] leaving Source - the Godhead, there is a part of our Being within us that retains this Divine Consciousness, a part of us retains this Godliness. This aspect of you knows everything that you need to Remember on your journey back into the Oneness [what we call evolution- the return home]. So it is asking your Highest Divine Essence what does it need to complete in this lifetime to be FREE. To Be LIBERATED!

Right now everyone is talking about Bhakti Yoga the Yoga of Love but you may have had 30 lifetimes of Mastering Love maybe there is something else that you need to Master so live the Life of your Angelic Being right now and nobody can tell you what that is for you. There is no book on the planet that can tell you what that is. There is no teaching that can tell what that is. The teaching that I was given is **"The Inward Path"** to get out of our head and going ***Inward to our Heart of Hearts, our Spiritual Heart Center, and become One With Our Divine Angelic Presence.***

While I have shared a number of thoughts in this Sharing what I have said is irrelevant. What feels right to you in your Heart of Hearts is what is relevant for you and your Spiritual Awakening.

Create a new sense of identity and a new Life Script built upon your Divine Wisdom and Understanding filled with Love, Peace, Joy and Bliss as you are in Harmony and Oneness with your Pure Divine Essence. Our ego-self is our sense of identity and most of the time we build our ego-self on things we do and the outer world. But when our ego-self is built on the foundation that I AM a Child of Light, I AM a Child of Love, I AM Essence Divine that is Who I AM now your ego/personality-self is in Oneness with your Divine Essence. **I AM here to be the most PUREST ESSENCE I CAN BE.** In doing this you have created Spiritual Freedom and you have broken the bonds of reincarnation.

When your Highest Spiritual Essence is Free, when you finish this life you can move forward to other experiences in this vast ocean of creation or you can take the "Second Death" in which your soul returns home into the ocean of Love and God, back to the Creator or Godhead.

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

Moments of Sharing with Eleiah 2011-12-15

Volume 4 Number - 008

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

Dear Friends
Blessings of Love and Grace to You,

This is my eleventh year of writing, sharing and posting my *"Moments of Sharing"* on my Website. Each year I feel there is nothing else to write about and then when it is time to write a new thought comes into my consciousness to share. While I can only share my Wisdom and Understanding, your Path is to discover what is *"Your Truth, Your Knowingness."*

If reading what we share assists you on your Path to Your Wisdom then we have done a great service for you. If what we share is in conflict with what you have discovered as Your Truth then we have done a great a service for you. If what Other Teachers say and what we say conflicts with each other, then you are pushed to discover What is Your Divine Truth in your Heart of Hearts, and we have done you a great service!

Before I say anything else it is important to know **my definitions of several key words that apply in this Earthly Duality.**

SOUL

The Soul, is a reflection of Spirit while dwelling within Spirit, and the Soul may not remember its Omnipresent State. The *Soul and Higher Self* refer to the same thing. As a Soul experiences many incarnations on Earth it generally experiences more *"Degrees of Separation"* from Source/God. When a Soul, made of the Essence of Spirit identifies with the Body, Senses, and Pleasures, it forgets its own Divine Nature.

While the Soul is in a human form there is another part of Source/God that also resides within each of us which is *Spirit* also called the *Holy Spirit/Holy Ghost* in Christianity. When one's Soul is in Spirit Form at the Higher Vibrations the Soul's Consciousness is **Non-Duality or Oneness with Source.**

The Soul is ones accumulated knowledge acquired through all of its incarnations. ***All of this knowledge is written in the Akashic Record for every Soul and can be accessed by that Soul as his or her vibration becomes purified.***

HIGHEST SPIRITUAL ESSENCE

There is a *"Continuum of Consciousness"* from the *Soul to Spirit/Source/God* and as a person evolves in her or his consciousness one enters into these Higher States of Consciousness. The term **Highest Spiritual Nature** or **Highest Spiritual Being** or **Highest Spiritual Essence** used in my meditations and writings suggests that we as individuals can keep expanding into Higher Realms of Reality by continuing this merging process.

First our Ego merges with our Soul/Higher-Self, then our Higher-Self merges with the Next Level of our Higher Spiritual Essence, and so on and so on until we experience the final Absolute Merging with Source/God. Each aspect of our Highest Spiritual Essence also has a *Unique Vibration and Consciousness* that we can bring into our physical body.

SPIRIT

The Spirit is that Spark of God within everything created.

The Spirit is the Manifested Absolute, The All. The Godhead. The Source.

So, Spirit/God/Source all refer to the same thing.

Our Spirit has a purpose which is known by our Higher-Self. Our Higher-Self needs our Ego to execute the plan. It needs our emotions to give it energy, and it needs our physical body to give it form in this third dimension. All these aspects of us need to be working together in this joint venture for our purpose to be completed.

GOD

The word God is a Jewish/Christian term and other religions have their own names for what is referred to as God. I sense that people and religions have created God in the image of humankind with human attributes. The perception of One Divine Being overseeing everything seems to comfort people until there is a perceived wrong and then they say: "**How does God Allow these things to happen.**"

It is said that God is "omnipresent" or present in all places, at all time. This said, then "The Creator is All Creation and All Creation is The Creator."

EGO/MENTAL-SELF

Our Ego is all the aspects of our persona that we identify with and by which other people recognize us. For the Unenlightened Ego most of this Self-Identity is based on outer things like occupation, accomplishments, family, material wealth, etc..

The Ego is to serve the Higher-Self and Spirit. For many people, unfortunately, the Ego serves not the Higher-Self, but its own concept of self, the Lower-Self.

When our Ego Identifies with our Divine Essence then our Ego and our Highest Spiritual Essence can Merge Together into a State of Oneness and Non-Duality.

The Challenges of Earthly Life.

Here on Earth we can be in either Duality Consciousness or Non-Duality Consciousness as determined our Level of Spiritual Awakening which is governed by our choices in life according to how we use our "Free Will."

There are Planets in this Universe where we can take a human like form and still be in Non-Duality as Oneness is the consciousness associated with those Planets. Our Earth happens to be a very Spiritually Challenging Planet as we have the choice to be caught up in Duality Consciousness or enter into in the Consciousness of Divine Oneness which is also called Non-Duality.

What is created in Judgment comes from Duality separation from Source/God/Spirit. Judgment is filled with emotions and what we sense is right or wrong.

What is created in Discernment comes from Wisdom and Love as you are in Oneness with Source/God/Spirit. With discernment we know what thoughts and actions are in alignment with the vibration of our Spirit and we make choices to sustain that vibration. It also means to allow other's to follow their own path with love and respect. This can be difficult to do unless you have a strong relationship with Source or Spirit.

Our Most Important Relationship is with Spirit/Source/God!

When our Relationship with Source/God/Spirit is first and foremost then all other Relationships are guided to what is the "Highest and Best Spiritual Interests" for you and for all individuals **allowing** for their "**Free Will.**" This means that you will always be in Peace, Love, Joy and Harmony regardless how your Relationships end up with parents, children, grandchildren, people you work with, your government, your world.

So, our relationship with Spirit/Source/God is the foundation for all our Relationships and it is best if we can spend 5 minutes each day improving our relationship with Spirit/Source/God. Everything in the Universe is a Relationship so when our most important Relationship is being nurtured with the *Nectar of Love, Joy, Peace and Bliss* we are in the vibration of our Divine Spirit and everything in our life aligns in harmony to our Spirit Vibration.

The Law of Attraction

We are all Masters in using the Law of Attraction. Whatever we focus our thoughts and emotions on is what we are going to attract to us. The only thing that makes a difference in the way we feel right now is the thought that we are thinking right now. It doesn't matter how much money you've got; there are joyful people with no money, and there are unhappy people with lots of money.

When I was in India I saw the Auras and Consciousness of many poor people and they were bright and filled with Love and Grace. Many of us are having challenging times and perhaps these challenges are to break these attachments to our Material Life and put more focus on our Spiritual Life.

Attachments can be good, like being mentally and emotionally attached to be our True Divine-Self. This attachment can create a deep bond with Spirit/God/Source so we are in harmony with our Highest and most Pure Vibrations. When you are in this Highest and most Pure Vibration your thoughts and emotions are in synchronization with that vibration and you are allowing "Source/Spirit" that is You to flow and support you.

The Art of Allowing is Greatest When We are In Harmony With Our Spiritual Essence which is to be in A State of Oneness with Spirit/Source/God!

We are always using the Law of Attraction whether we are in fear or love, anger or peace that is just how the Universe and the Laws of the Universe work.

We have a choice to manifest Psychically [Attracting to us what our Ego **wants**] or Spiritually [Allowing the Universe to provide everything that we **need**] both are using the Law of Attraction.

When we have merged our Ego-Self and our Higher-Self together then we are living in a higher vibration of consciousness and in are in a position to Allow the Universe to provide whatever we need in our material life according to our Spiritual Life Plan.

I call this *"Living our Divine Essence."* In this State of Oneness life is being Who You Really Are. It is being in Clarity with your Divine Wisdom.

Life is like a Spiral Staircase each upward step gives us a Different View of Life Each upward step is moving to a New Vibration of your Highest Spiritual Essence that is Higher and more Pure then the Vibration below it. Think of life as a stairway to heaven and you don't even need to die to be in heaven. As we progress upward each Level of our Highest Spiritual Essence has fewer "Degrees of Separation" from Source.

The Art of Letting Go!

Whatever our ego is attached to will hold us back from being our True-Self our Divine-Self. Whatever we are **attached to** will cause **pain** in our life because of our fear of losing what we have, or not getting what our ego wants. The Spiritual Path is to live in this Material World without being Materialist.

Materialistic is the attachment to all of those things that people want or desire. Whereas the Spiritual Path is to use all of these material things without attachment. When we let go of mental and emotional attachments we are strengthening our Spiritual Connections and becoming even more connected to Source and the people in our life as we can then really Love them without conditions and expectations.

Moving into Oneness.

We really are in Divine Oneness without any "Degrees of Separation" but we have the illusion that we are separated from Spirit/Source/God. So all that is needed is to identify with Being a Divine Spirit who has taken this Earthly body to experience the Universe.

I AM Love,
I AM Peace,
I AM Spirit,
I AM Wisdom,
I AM a Child of the Universe
I AM ONE with SOURCE
That is who I AM.

Think as a God-Person, Act as a God-Person, Feel as a God-Person and very soon you will Remember that you are Source/Spirit!

Become ONE with the *Vibration of Your Highest Spiritual Essence* and the Law of Attraction will attract everything that vibrates at your new vibration into your life. When you ask for Peace and Harmony to be in your Life then you receive everything that you need to be in Peace and Harmony while being in this physical body.

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

Moments of Sharing with Eleiah 2012-01-15 **Volume 4 Number - 009**

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

Dear Friends Blessings of Love and Grace to You,

"Closing Out the Old Year"

During the first several weeks of *every New Year* we are Energetically Closing Out the Past Year. We all have what is called our *Personal Energy Matrix or Personal Energy Field*.

Within our Personal Energy Matrix we have a:

Physical Matrix or Physical Energy Field, an
Emotional Matrix or Emotional Energy Field, a
Feeling Matrix or Feeling Energy Field, a
Mental Matrix or Mental Energy Field, an
Intellectual Matrix or Intellectual Energy Field, a
Spiritual Matrix or Spiritual Energy Field and there are many Levels of our Spiritual Energy Matrix.

Most of the time in my writing I refer to these Energy Matrixes or Energy Fields as our Physical Body, our Emotional Body, our Feeling Body, our Mental Body, our Intellectual Body and our Spiritual Bodies. Either way I am referring to the same thing.

When we have some external event such as *"being yelled at"* or a thought inside our head like *"I'm No Good"* we have an Internal Response to that

event or thought. Actually, our Internal Response is created in each of our Six Energy Fields.

While our Spiritual Matrix in our Personal Energy Matrix always responds out of Love and Wisdom, not all of the other aspects of our Personal Energy Matrix are always Divinely Inspired, or in Synchronization with our Spiritual Vibration. So, you can imagine when you mentally say: **"I'm No Good"** what effect that has on your Emotions, Feelings, Mental and Intellectual Self and your Physical Body?

What we are talking about here is every experience we have gives us the opportunity to respond in our Divine Consciousness. And when we do respond out of Love and Wisdom we get a check mark, if we don't we get a question mark. We aren't going to hell, it only means that we are going to get a "Do Over" as we need more mastery in how to respond to that experience.

The only difference between a Master and an Initiate is the Master responds to every life experience Mentally, Intellectually, Feeling, Emotionally, Physically and Spiritually in their Divine Vibration. All Levels of the Master's Personal Energy Matrix are Synchronized and in Harmony with each other. While the Initiate is trying to Remember how to respond within their Divine Vibration to their life experiences. When this is accomplished then we have Mastered that Experience.

Every New Year, Our Divine Being evaluates our past year, and the results will be posted in our Akashic Record so our Divine Essence is going through and analyzing when we were in alignment and when we were not in alignment with our Spiritual Vibration, Mentally, Intellectually, Emotionally, Feeling, Physically, and the Actions we took. It needs to be noted that our Physical Body or Physical Energy Matrix is a repository of all of our thoughts, feelings and emotions because every Energy Field is interconnected with each other. So it is easy to see how our Physical Body is affected by what we **"Think" and "Feel."**

During this accounting process we get a Check Mark when all aspects of our Personal Energy Matrix was in Harmony with our Spiritual Vibration and we Mastered that Learning/Remembering Process. If any aspects of our Personal Energy Matrix was not in sync with our Spiritual Vibration then we get **"Do Overs"** until we are in Harmony with Our Divine Vibration.

You Finally Got To Where You Need To Be.

Imagine that you are learning how to use a Crystal Singing Bowl. Most likely it took a lot of practice to learn how to get the bowl to sing and create a beautiful vibration. After much time and effort you finally have the perfect movement, the perfect stroke and you can make the tones louder or softer in a symphony of beautiful sounds. The Universe can care less how many times it took you to Master using the Crystal Singing Bowl, the Universe is

just happy that you finally accomplished your task, you finally got to were you needed to be. You finally Mastered that Technique.

The same holds true in this accounting process, Source does not care if you got frustrated 1,000 times this past year about a certain life challenge and then you had the perfect experience and you got it! You just knew how to respond to that situation from the Wisdom and Love of your Spiritual Vibration and every aspect of your Personal Energy Matrix vibrated at your Spiritual Vibration. This cancels out the 1,000 times that you were out of sync with your True Divine-Self. You finally Remembered Who You Are and How to Be in that situation.

How Do We "Reconciliation" 2011?

So often we hear people talking about Love and Love is fantastic, but what is Love without Wisdom? What is Wisdom without Love?

The process to reconciling this Past Year is going into the Consciousness of Love and the Consciousness of Wisdom and sending your Divine God-Self back to all those experiences that need to be changed so they are now in alignment with your Spiritual Vibration. It is really simple! In fact I will give you a little clue that you can actually go back to your birth if you want to during the Meditation. *You can even create your own Meditation for Healing or Reconciling your Past.*

"Opening the New Year of 2012"

Much has been written about 2012 with all of the different prophesies about what is to supposed to happen in 2012 so it is fitting to define two words for clarity sake.

Premonition: The Event is already being created in the ethers, so the **probability** of this event happening is very high, like 90% to 95%.

Prophecy: A prediction of something to happen. A prediction is based on the **probability** that all the **variables remain constant over time to create the predicted event**. The greater the number of variables and the greater number of years before the event is to occur greatly affects the probability of the event happening. So the Ancient Prophesies for 2012 have an infinitely small probability of happening. **Besides, We Create Our Reality for 2012.**

What Do You Want To Create In 2012?

Out of the infinite possibilities what do you want to create for yourself and humanity in 2012? We all know that humanity is moving to a Higher Spiritual Vibration because that is the destiny of Humanity.

In order to move to a Higher Vibration each person is going through an energy cleansing of each aspect of their Personal Energy Field. This Remembering or Awakening Process is being conducted by our Divine

Essence, the Angelic Host, and the Great Cosmic Beings as humanity has to move forward in the Light.

Perhaps, our resolution for 2012 is we are going to be our True Divine-Self and follow our Spiritual Path! Then, we say I AM on my Spiritual Journey Now! Here I come I am going to be Love and Joy, Peace and Bliss, and Harmony and nothing can affect me. I AM going to be my True Devine-Self!

And we go along and everything is hunky-dory and then all of a sudden we wake-up one morning and we have a little doggie stool on our table. Where did that come from?

You see, a part of our Purification is everything that is not part of our Divine Vibration starts rising to the surface. We have asked to be Spiritually Aligned and many issues will be cleared out because of our Intention. But there is always some stuff that clings to us. How can we be Divinely Inspired in our True Divine-Self if we have a closet full of what we don't want to deal with?

What are we cleaning up? FEAR! There are only 2 consciousness Love and Fear while Fear has many names such as anger, resentment, being a victim, etc. If I want to be My True Divine-Self every level of fear eventually needs to come to the surface so I can get rid of it. Some of these fears are so subtle we probably would say: That is not a fear, but it is. If it is not the vibration of our Divine Spirit then it is some other vibration, a distortion of Spiritual Truth that we call fear. When you are in the *State of Divine Love and Wisdom* there is no such thing as fear.

We are always trying to be more and more like our True-Self, and we try to push our distractions away. What happens when you try to push something away? It comes right back to us, so we try to put it in the closet. Rather than pushing it away embrace it, change your believe system, create a new story, a new understanding according to your Divine Wisdom.

Moving to a Higher Vibration

One of my professors, Dr. Douglas Dean, Ph.D. studied the Healing Water at the Grotto of Lourdes, France and the Healing Water in the Holy Wells in England and he discovered that the water at every site had an 8Hz frequency embedded in the water. He sensed that this 8Hz frequency stimulated the healing in people.

Douglas Dean, Ph.D. was a physical chemist and parapsychologist who was pivotal in bringing about the affiliation of the Parapsychological Association with the American Association for the Advancement of Science. He was the first Vice-President of the World Federation of Healing, founded at London University in 1976.

The Vibration of the Planet is changing to a Higher Frequency, the Consciousness of Humanity is shifting to a Higher Frequency. Humanity is

not changing to just one new vibration. There is ***Minimum Vibration*** that humanity needs to be at in this Spiritual Evolution. The Universe is saying: ***it is time to get with it*** we are going to push the New Tone, we are going to push the New Vibration.

For the ease of describing this change let's say Humanities Frequency is changing from 8Hz to 12Hz. But you are supposed to be at 33Hz or 66Hz, or 122Hz, or 2,437Hz, how can the consciousness of the future be created if some of us are not creating it NOW!

So what we are talking about is in this New Year allow for that next Vibration of your Spirit to come into your Spiritual Body. We talk about Multiple Levels of our Spiritual Essence all the way back to the Pure Vibration of Source/God. A part of you is the Christ Vibration, a part of you is the Buddha Vibration, a part of you is an Angel Vibration and a part of you is the Vibration of Source.

Freewill means that we need to invite our Highest Divine Essence into our Personal Energy Field, into our heart and mind. Then, the next Level of Our Highest Spiritual Essence comes into our Spiritual Energy Field, and our Physical, Emotional, Feeling, Mental and Intellectual Fields needs to adjust to this Higher Spiritual Vibration.

This is an on going process, inviting the Next Level of your Highest Spiritual Essence into your Personal Energy Matrix, balancing that vibration within your Personal Energy Matrix and when it is fully balanced, then asking for the next Level of your Spirit to come into your Personal Energy Matrix.

In the late 1970's I awoke one morning hearing a beautiful tone. I looked everywhere to find out where this tone was coming from. This tone woke me up and was in my bedroom long after I was awake. For several weeks I was being Awakened each morning by this tone. Then, in Meditation I hear that this tone was the New Vibration for my body and I needed to allow this New Vibration to come into my body.

I did invite my New Vibration into my Personal Energy Field, and then every three months I knew I was supposed to invite in the next Higher Vibration. I could feel the new energy and after 3 months I could no longer sense the vibration because every part of me was in sync with that vibration and I knew it was time to ask for the Next Higher Vibration to come into my Personal Energy Matrix. This process continued every 3 months for decades.

If there is anything that you want to take from this message is not to settle for the Spiritual Vibration that you are at now, Move to the Next Level. There is a New Tone a New Vibration of Your Spirit will you invite it in?

While some of you may hear your New Vibration or Tone, know it is there and it desires to be within you, because it is you. Affirm who you are and soon you will be your Divine Essence. Every aspect of your Personal Energy Matrix is in the Consciousness of Love and Wisdom.

I AM Divine Love
I AM Divine Harmony
I AM Divine Peace
I AM Divine Wisdom
I AM that I AM
I AM One with Source as I AM Source.

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

Moments of Sharing with Eleiah 2012-03-15

Volume 4 Number - 010

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

Dear Friends,
Blessings of Love and Grace to You,

What is Raising Your Vibration Level?

For many years we have heard that humanity needs to raise its **Vibration Level** so I sense that understanding these **Three Hermetic Principles** will assist in creating some clarity on this subject.

The Principle of Mentalism or Consciousness: The Universe is Mental -- held in the Mind of the ALL. *The ALL is SPIRIT or SOURCE.* All is Mind, and the cosmic root of everything created is Infinite Mind. All is in the ALL and the ALL is in all. Mental Transmutation is the art of "Changing The Conditions Of The Universe" along the lines of Matter, Energy and Mind.

This Principle embodies the truth that all the outward manifestations and appearances which we know as "The Material Universe;" the "Phenomena of Life;" "Matter;" "Energy;" is actually **SPIRIT** which may be considered and thought of as *A UNIVERSAL, INFINITE, LIVING MIND.* An understanding of this great Hermetic Principle of Mentalism enables the individual to readily grasp the Laws of the Mental Universe, and to apply the same to his or her well-being and advancement.

The Principle of Vibration: Nothing rests. Everything moves. Everything vibrates. Everything is in constant movement, facts which Modern Science endorses, and which each new scientific discovery tends to verify. And yet this Hermetic Principle was enunciated thousands of years ago, by the Masters of Ancient Egypt. The differences in movement is the various manifestations of the Universal Energy due entirely to the varying rate and mode of vibration. The Universe is in constant change.

This Principle of Vibration explains that the differences between different manifestations of Matter, Energy, Mind, and even Spirit, result largely from varying rates of Vibration. From **THE ALL**, which is **Pure Spirit**, down to the grossest form of Matter, all is in Vibration -- *the Higher the Vibration, the*

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

This is also true on the Planes of Energy and Force (which are but varying degrees of Vibration); and also true on the Mental Planes (whose states depend upon Vibrations); and this is even true on to the Spiritual Planes. An understanding of this Principle, with the appropriate techniques using the Principle of Mentalism or Consciousness, enables a students to control their own Energy, Mental and Spiritual Vibrations.

The Principle 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. Extremes meet. ***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.

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

In reality, the Principle of Polarity or Duality as it is sometimes called, is only two aspects of the Principle of Oneness. Until we have elevated our Consciousness to understand and know the Principle of Oneness, we generally operates within the Principle of Polarity or Duality. When our consciousness resides in Duality or Polarity, we tend to make judgments based on the polarities we are in. The melodramas of life are created so that we becomes aware of our judgments and polarities. Gradually we may evolve to the point of transcending our need for judgment, through the Principle of Mentalism or Consciousness, and move out of Polarity and into a State of Oneness.

At the Higher Vibration Frequencies the Principle of Polarity still applies but the Polarity Extremes are **infinitely small** such as the subtle difference in the Consciousness [Poles] of Peace, or the subtle difference in the Consciousness [Poles] of Love. For most people these subtle differences would not even register in our Mental State of Awareness.

The Principle of Vibration, Polarity and Mentalism.

For thousands of years humanity has lived in **Extreme Polarities** which we call "**Dualism**" because the consciousness of humanity has been at a very

low Vibration Frequency. Good and Evil, Right and Wrong, God and Devil are the words associated with some of these Levels of Consciousness.

In modern times we are still in this Lower Vibration Consciousness with many polarized issues. Here is how the Polarity of the word "Abortion" can be depicted.

The Polarity of the word **"Abortion"**
The Center Point is Neutrality

|_____ |_____ |
Against Abortion **For Abortion**

The **Vibration of Abortion** whether "For" or "Against" Abortion is the **Same Frequency**. The degree of one's personal polarity is determined by their mental and emotional position on Abortion. When a person is at the most **Extreme End of any Polarity** it is nearly impossible to move to a Higher Vibration using the Principle of Mentalism.

Halfway between to opposite extremes of the polarity is the Center Point which is **Neutrality**. When your mental and emotional views about abortion are at or near Neutrality you can use the Principle of Mentalism to move to a Higher Vibration and have access to Greater Wisdom and Understanding.

Every **Emotion** and every **Thought** has a **Unique Vibration Frequency** and the Corresponding Polarities associated with that Thought or Emotion. If we follow the path of living and responding to life while in extreme polarities Spiritual Awakening can be very difficult. However, if we follow the Middle Path of Neutrality our Spiritual Awakening will be much easier. This is what Mahatma Gandhi and Martin Luther King Jr. demonstrated in making social changes via Satyagraha or Soul Force. Force which is born of Truth and Love or non-violence. While in Peace and Harmony they maintained a Vibration Frequency that was much higher than the vibration frequency of the social polarity they wished to change.

Polarity for the Thought: **"People should meet all of my expectations."**
The Center Point is Neutrality

|_____ |_____ |
Sad/Hurt **Happy/Joy**
Expectations not met. Expectations are met

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

There are Three Basic States-of-Consciousness: Love, Neutrality and Fear.

Neutrality is the Doorway to Higher Consciousness, a Higher Vibration.

Neutrality is a very thin boundary between Love and Fear, Neutrality has no judgments and no expectations about other people, it is a State of Detachment from wanting a specific outcome to happen. In Neutrality, you are disconnected from all the Melodramas [Polarities] Of Life. You are on this Earth, but not of this Earth.

Your physical body, your emotions and your thoughts will tell you which State-of-Consciousness you are in. Most people are operating out of fear as their basic motivator in life. Being in fear is a deliberate choice and you have the power within you to make different choices. You may decide to be a person of Inner Peace and in that desire you will begin to let go of fear and create Love and Peace in your thoughts.

FEAR is nothing more than False Emotions Appearing Real.

The Emotions of Spirit are Peace, Love, Joy and Bliss as Spirit is Divine Wisdom and Knows and Understands the Golden Light of Truth. Divine Wisdom is a constant in the Universe never changing so the Ancient Truths are also the Truths that apply today.

When we distort Divine Truth the emotions associated with these Falsehoods are also False Emotions. The Pure Higher Emotions of Love, Joy, Peace and Bliss get distorted into the Mental Emotions such as aggression, anger, being a victim, helplessness and hundreds of other Mental Emotions. Emotions are the energetic response to what we are thinking, changing how we think also changes the Emotions we are experiencing.

Fear pulls us out of our State of Oneness with the Divine, ALL or Source. Wrap your fear in Love (the Pink Ray) and it will dissolve. Wrap your fear in the Purple Ray and it will be transformed into Love and Wisdom.

When you are consciously in your body, then and only then can you heal your body be it physical, emotional or mental issues. That is why it is important to ground

your Spirit in your Physical Body. This means to have your Spirit fully present within you from the top of your head to the bottom of your feet.

Love is a State-of-Oneness with the Divine, ALL or Source.

So my friends, **Love** is a State-of-Oneness with the Divine. Love is the creative consciousness of everything and the most powerful energy in the universe. In this State of Consciousness called Love you are Spirit and Spirit is You. In this State of Unity all illusions of Separation are gone forever. In this State of Oneness or Unity Consciousness the Vibration is so Pure, and the Frequency so High that the Complementary Polarities are variations of Love, Peace, Joy and Bliss! The extremes of these Polarities are so small they appear non-existent.

The Vibration of your Mental-Self has merged with the Vibration of your Divine Higher-Self and you begin the journey up the "***Vibration Scale***" back to Source.



Yin-Yang Symbol

Humanity as a whole has been at the Lower End of the "***Vibration Scale***" for thousands of years and the Yin-Yang symbol seems to describe Humanities Mental State.

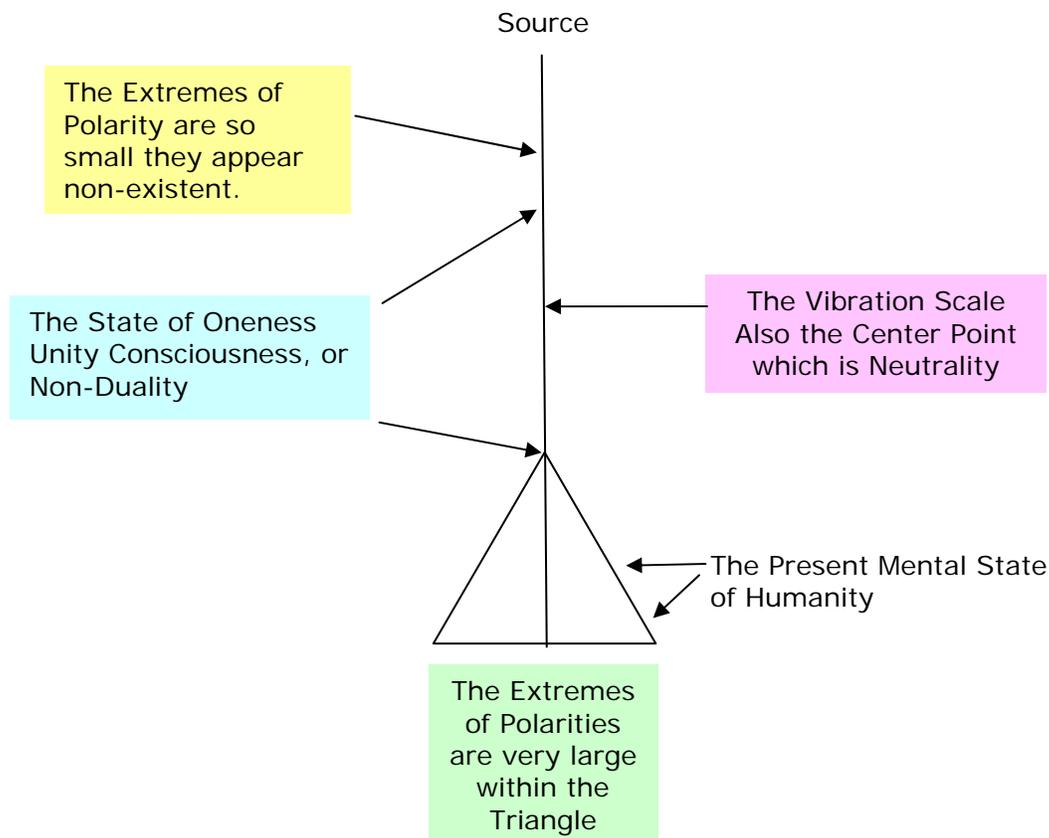
The Asian philosophy concept of **Yin Yang** is used to describe how polar opposites or seemingly contrary forces are interconnected and interdependent in the natural world, and how they give rise to each other in turn. Opposites thus only exist in relation to each other.

In the Yin-Yang Symbol, the circle itself represents a Whole, while the black and white areas within it represent interacting parts or manifestations of the Whole. The White area represents Yang elements, and is generally depicted as rising on the left, while the Dark (Yin) area is shown descending on the right. There is a perception (especially in the West) that Yin and Yang correspond to Evil and Good.

For millennia people believed that Good and Evil are necessary and there is a constant struggle between Good and Evil to maintain this balance. The Principle of Polarities at the ***Lowest Vibration Scale*** describes how this works. When a person puts their attention and emotions on any part of a Vibration they are giving their energy to all aspects of that Vibration. ***If you are against war then you are also feeding energy to those who want war.***

The Principle of Polarities at the ***Highest Vibration Scale*** also describes how this works. If you are in Peace and Harmony then you are feeding energy to all the different aspects of Peace and Harmony.

I have created this Drawing to show the relationship of these Three Hermetic Principles and how they work at the Lower Vibration Frequencies and the Highest Vibrational Frequencies.



The Triangle signifies **Duality** and as we move up the **"Vibrational Scale"** the Distance Between the Extremes of Polarities or Duality gets closer together. The diagram also shows that the Center Line or the Middle Path is the easiest path to Enlightenment, Unity Consciousness or a State of Divine Oneness and Non-Duality.

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

The New Yin/Yang Symbol Colors for Oneness or Unity Consciousness - are Pink the Color of Love and Blue the Color of Peace, or both sides are various shades of Pink [Love] or various shades of Blue [Peace] symbolizing that there are complementary but different vibrations of Love or Peace.

Symbol of Balance in the Future Reality - A Circle with many shades of Pink, Blue and White all Flowing Together yet Separate, and the Colors are in Constant Movement.

Vibrational Initiation

When I first heard the words: *"I am that I AM"* as a teenager I had goosebumps and I knew this was a very important statement.

To me; *I am* is my ego self, and *I AM* is my God-Self. So *"I am that I AM"* to me means that my Ego-Self and my Divine-Self are one in the Same. Also, *"I AM that I AM"* means that my Divine-Self and Source or God are one in the same. This is exactly what the Principle of Mentalism says.

With this in mind sense the power in these Vibrational Initiation Statements:

I AM the Vibration of Divine Love

I AM the Vibration of Divine Peace

I AM the Vibration of Source/God

Feel these Vibrations in your Heart Center and in your Solar Plexus or Stomach.

When you are in the *"Consciousness of Divine Oneness"* then all your Actions, Feelings, Thoughts and Behavior are in alignment with your True-Divine Self operating out of Divine Love, Peace and Wisdom.

If they do not match then you are in a State of Illusion. All the Lower Vibrations within our Physical, Emotional, Feeling, Mental, and Intellectual Energy Matrix needs to be Transformed and Purified with Love and Wisdom.

Live in the Vibration and Consciousness of your Spiritual Heart Center. Bring your Wisdom from your Higher Self or Source down to your Crown Chakra and then down to your Upper and Lower Heart Chakra, then back to your Mental Self. Also, we need to bring our Mental-Self down into our Heart Charka so we begin to "Live Our Life" from our Heart Center.

The Upper Heart Chakra is connected to the 3 Upper Chakras and Spirit, whereas our Lower Heart Chakra is a "mirror" of our 3 lower Chakras and our Earthly Life. The Upper Heart Chakra may not need any specific healing but the Lower Heart Chakra and the Lower Chakras do need healing. If we only live in our Upper Heart Chakra we will think we are Divine but we have not changed anything. All of our Feelings and Emotions are stored in the Lower Chakras, especially our Solar Plexus Center.

So, Illumination can only occur when every aspect of our Physical Body, Emotional Body, Feeling Body, Mental Body and Intellectual Body are the Vibration of our Spiritual Body.

Creating Illumination

1. The First Step is to Move out of our strongest Polarities and move into Neutrality. This is accomplished by changing our beliefs about what is our Truth to move to the Center.
2. Then, use the Power of Our Higher-Self and the Principle of Mentalism and access Our Higher Wisdom or Truth about this "Pattern of Thinking" which moves us to a Higher Vibration Frequency. If we are now in Inner Peace and Harmony then we have moved to the Center and a Higher Vibration and Higher Wisdom on that issue.
3. Continue this process for each Polarity we mentally and emotionally reside in until our life is Filled with Inner Peace and Harmony and we are in alignment with Source or the ALL.

We can use these Vibrational Initiation Statements to assist us in this process:

I AM the Vibration of Divine Love
I AM the Vibration of Divine Peace
I AM the Vibration of Divine Wisdom
I AM the Vibration of Source/God

Feel these Vibrations in your Heart Center and in your Solar Plexus or Stomach.

Every person has the Power to Change what they are Thinking and Feeling in each moment of their life. We can change our Vibrational Frequency by Purifying our Thoughts and Feelings with the simple act of inviting Our Highest Spiritual Essence to be Fully Present in our Physical, Emotional, Feeling, Mental, and Intellectual Bodies.

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

Moments of Sharing with Eleiah 2012-06-15

Volume 4 Number - 011

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

Dear Friends,
Blessings of Love and Grace to You,

Going back to ancient writings people on a spiritual quest have always been asking these four questions.

Who Am I? Where Did I Come From?
Why Am I Here? Where Am I Going?

This Moments of Sharing is about "Who Are You?"

Ponder upon this thought: "**Who Are You**" and see, hear, feel or know what words or pictures are coming to you. "*Who Are You in this moment, in this breath!*" While sitting amongst a Spiritual Group you may say: I AM the Joy of God! I AM Vast! I AM Apart of the Whole!

Now, imagine that you have moved into a new house or a new apartment and you are introducing yourself to your next door neighbor. What would you be saying to them?

I AM Divine Essence.

I AM the Christ.

I AM the Buddha.

I AM All That Is.

I AM Divine in Every Aspect of My Being,

While it is highly unlikely that we would make these statements to our next door neighbor, there are many aspects of who we are that we would share. We have many "*Roles In Life*" so which one is our True-Self?

Our Roles in Life.

I don't know about you but I had all the different roles of my life separated into little partitions or boxes. One box was for my Working Life, another box was being a Parent, I had a box for being a Husband. And for Sunday morning I had my Religious box. Religion was for Sunday Morning and the rest of the week I was focused on everything else that needed to be accomplished during the week.

I was thinking today what if I had 40 hours each week to be a Parent or Grandparent, and another 40 hours each week to play like a Child, and 40 more hours each week for being the Provider for my family, and another 40 hours each week for being creativity or working in the garden. Wow, now I would have time for everything that I want to do each week! With all of these available hours I would be in **balance** since every "*life role*" has the same amount of effort put forth and that would be great.

Unfortunately there are not that many hours in a week so we need to allocate our time between all the different responsibilities we have in our life. We have only so many hours each day, each week to accomplish all the different roles we have in life. Hopefully we realize that the number of hours we spend on working does not mean that working is more important than being a parent, spending time with grandchildren, or doing those projects around the home.

Where I am going with this is, all too often we get so caught up in what we are doing in that "*moment of time*" the other aspects of our life feel neglected. When I was working to provide for my family, I was totally

immersed in my work getting the job done, everything else in my life was mentally and emotionally blocked out while I was at work.

Perhaps, we can be religious for 1 or 2 hours a week, but to be really tuned into Spirit means that every role we play in life, every breath we take needs to be in Harmony with Our Spirit. After many years I learned that when I was connected with Spirit my job went so much easier. I did not have to put "effort" into it. Since I was focused on being in Peace, Harmony, and Oneness with Spirit the Universe says: "Oh we will allow your job to be completed in Peace and Harmony without any stress."

It is being in the flow, imagine swimming in a river, it is much easier to swim with the current than to try to swim upstream against the current. Working with Spirit in any function of your life is like going down stream no effort is required, you only need to steer where you are going. Working without Spirit requires much effort in creating what you desire and even then with all the "**efforting**" you may or may not achieve what you desire.

Life can be either going with the flow in Peace and Harmony or we can be fighting life trying to go against the stream. Think of these affirmations: I AM Divine Love! I AM Divine Essence! If I truly integrate those statements into every cell of my body, into every thought in my mind then I AM in that State of Divine Oneness. So when we are really in tune with Spirit it is more than having these wonderful thoughts it is merging all of our bodies with our Spiritual Essence.

The Prayer of Oneness.

The Light of God Surrounds Us. - ponder on this statement and sense that Light.

The Love of God Enfolds Us - ponder on this statement and feel that Love.

The Essence of God is Within Us - ponder on this statement and feel that Vibration.

Wherever We Are God is and All is Well!!!

Wow, what an affirmation of Who We Are. Keep this as a Daily Affirmation of Support and Knowing Who You Are.

Some people will say I want to be my "True Self" or my "Authentic Self." To me being my Divine Self, my True Self is allowing My Spirit to Vibrate within me, so my Physical Body is vibrating to the consciousness of the Mother of the Earth. My Emotional Body and Feeling Body are Vibrating in the Consciousness of Love, Peace, Harmony and Bliss. My Mental-Mind is Merged with the Mind of Spirit. So our True-Self is Our Spirit functioning in every Role we have in our Earthly Life.

What Pulls Us Out Of This Harmony and Peace?

Stress, Fear, Wanting, and Attachments are great at pulling us out of Divine Oneness. What we are talking about is a set of beliefs, a thought pattern, that allows us to be pulled out of our Inner Peace and Harmony. The birds in my backyard are always looking out for danger. Prehistoric Humans were always looking out for danger. Being "**Fully Human**" we can move beyond fear into the vibration and consciousness of Love and Peace.

So what would happen if we just changed "*How We Think.*" We can choose to be angry at the world, the government, our next door neighbor, or a relative for many different things. But that is a "*choice*" and when we get tired of the knots in our stomach, the feeling of stress, the emotional, mental and spiritual pain we just may decide that: "***I need to Create a New Way of Seeing the World.***" ***I need to Create a New Way of Seeing Me.***

Who are You in the Eyes of Others?

When we are concerned about what other people are thinking, or saying about us, we may be uncomfortable with what could be said. What I have found for myself is to check inside and sense if I am in sync with my Divine Spirit deep within Me. If I get a clear "Yes" to that question then I have no concern about what other people think or say about me. Besides, even though we may think people are focused on us, generally most people have enough things going on in their life to be concerned about what you are doing.

I was talking with my next door neighbor and he said some woman was asking if I am "**eccentric**" he told her no that I was very normal and worked hard around the yard. I was intrigued about the word eccentric so I looked it up in the dictionary: **Eccentric**: Deviating from the recognized or customary character or practice, peculiar, odd. As I look at the definition for eccentric it sounds great. I am going to honor my Spirit and walk my Spiritual Path and be Living My Divine Essence in all the other roles that I need to do in my earthly life.

Living in the Moment.

When Jesus said to be as a **little child** I think his statement was referring to how a child can change how they are thinking and feeling in a nanosecond. They can come up and say: Dad I Love You and then something else happens and now it is: Dad I Hate you. They can change in the moment. They have flexibility, they are daring, they want to experience new adventures. Children don't have any fear until parents teach fear to their children. They are in the moment. Life is learning to be in the Present Moment and aligned with your traditions, with your beliefs, with your wisdom and understanding. Nobody can tell you what your beliefs are, what your

wisdom is, your wisdom comes from your Heart of Hearts, your Spiritual Heart Center.

Sometimes the Universe gives us what we need but not in the way we think it is supposed to be. Sometimes we have a limited view of how things are to be. Sometimes the Universe seems to throw us a curve about what we think is supposed to happen and what we experience or what shows up in our life. All of these challenges are to facilitate building our Spiritual Character.

So perhaps knowing and being **Who Am I** is having every moment of our life being the same Higher Vibration, the same Consciousness as my Divine Being. When they are in that same Awareness, the same Vibration you are in that Ocean of Peace. You are in the Ocean of Love, You are in Your Wisdom and Knowingness and be Joyful when you are experiencing that Oneness. We all have many roles in life but to me it is to accomplish each of our Roles in Life Attuned to Our Divine Essence. I call this being in Oneness.

In other words, your Spirit and the Parenting part of your-self are working together, Your Spirit and the Adult part of your-self are working together, and so on and so on. Allow the mental and emotional aspects of your Roles in Life to be working in Oneness and Harmony with your Divine Essence. We are a Spiritual Being here in the physical world so we need to merge into the Collective Consciousness of our True-Self. So our True-Self is our Spirit completing all the Roles in our Life, there can be no separation, no little boxes, every aspect of Who We Are is blended together with Our Highest Spiritual Being. Everything that we do in our life is our Spiritual Path nothing can be separated as to this is Spiritual and this is my Earthly Life.

Who Are You In Your Eyes?

How we see our-self, what we believe about our-self creates our Sense of Identity or Self-Esteem. So creating a positive Self-Esteem is an integral part of Spiritual Awakening. Our Sense of Identity is the foundation of our Self-Esteem.

There are many aspects of our Sense of Identity

Emotional	Creative,
Feeling	Material
Intellectual	Mental
Personal	Physical
Professional	Sexual
Social	Spiritual

So merging our Highest Spiritual Being into each of these identities is how we become our True Divine Essence and create a Positive Spiritual Sense of Self.

I ask that My Divine Essence merge with My Emotional Identity
I ask that My Divine Essence merge with My Feeling Identity
I ask that My Divine Essence merge with My Intellectual Identity
I ask that My Divine Essence merge with My Personal Identity
I ask that My Divine Essence merge with My Professional Identity
I ask that My Divine Essence merge with My Social Identity
I ask that My Divine Essence merge with My Creative Identity
I ask that My Divine Essence merge with My Material Identity
I ask that My Divine Essence merge with My Mental Identity
I ask that My Divine Essence merge with My Physical Identity
I ask that My Divine Essence merge with My Sexual Identity
I ask that My Divine Essence merge with My Spiritual Identity

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

Moments of Sharing with Eleiah 2012-09-15

Volume 4 Number - 012

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

Dear Friends,
Blessings of Love and Grace to You,

In the ancient writings of the Greeks and even before that we find that people who began their Spiritual Journey had four questions: Who Am I?, Where Did I Come From?, Why AM I Here? and Where AM I Going?

What Triggers this Search for an Understanding of Our Purpose?

Unless we were born an Avatar, as children growing up *we forgot who we are and where we came from* as we "*adapted*" to our surroundings so we would be loved by our family and accepted in our social environment. So, most likely some event in our life will trigger a search for a deeper meaning of life well beyond what religions can provide.

In 1973 my wife decided she wanted a divorce, and at that time I was working fulltime, going to college at night, had two daughters 11 and 13 and I was doing everything that I was "*supposed*" to be doing. Like most people, I got caught up in all of the drama of life, all of the things that we are supposed to be doing in life.

With the divorce, I began my Inner Search and most of what I learned was by going inside to discover My Truth, My Divine Essence. Becoming aware of Who I Am, Where I came From, and What My Purpose was/is. So my divorce was the Awakening Call for me to really start searching for my answers to those four questions.

I am sure all of you have your own story as to what triggered your Spiritual Search. And this is just the beginning, we call this the Awakening Stage, all of sudden we are awakened to the fact that there must be more to life than birth, growing up, working, retirement and death.

What is My Purpose?

I would say that in general the Divine Purpose is the same for each soul which is to **Remember and Be our Divine Essence**. How a person gets to that consciousness is different for each person. Every human being consciously or unconsciously is working towards perfection. All paths lead to the same goal of perfection with the desire for liberation and happiness.

So, the purpose of every soul is to **Remember Who It is and Live it's Divine Essence, and create Liberation**. To be Living Our Divine Essence in every moment of our Earthly Life!

Choosing a Path.

I truly believe that every soul that has left Source has one goal and that goal is to **Remember you are Source/God**, and then begin the process of Living in this Divine Consciousness here on Earth. With each Spiritual Path every person eventually begins to Identify with the concept that **"I AM Spirit and Spirit is Me and We Are One."**

The Three Paths to the State of Oneness.

While there are many Spiritual Traditions most of them embrace one of these Spiritual Paths. Each person has a natural tendency towards the Spiritual Path that best suits their personality.

The First Path is the Path of Love, Compassion and Devotion of Spirit/God. This is the Path of the Heart! This path can be followed within religion, or outside of religion, in the East this is called Bhakti Yoga. So if Love Vibrates within you then follow the **Path of Love and Devotion**.

The Path of Love and Devotion

It is the Path of self-surrender and dedication of all one's resources to Spirit/God/Source. This is the Path of completely surrendering to the Divine. This is the Path of Love for God/Source and it is the Path of the Heart not the mind. One does everything for God/Source; no importance is given to individuality. One does nothing for oneself. All that I have is Yours my God. The final stage in the Path of Love and Devotion is when we start to Identify with Source/God, and with One-Pointed Devotion we become One with Source/God. We and Source are One. **A State of Divine Oneness!**

The Second Path is the Path of Wisdom and Knowledge. The Love of Knowledge, the Love of Creation, wondering how the whole Universe works. Some people may want to follow this Path of Inner Wisdom and Knowledge. Your Knowingness is in your Spiritual Heart Center and your Solar Plexus.

This path can be followed within religion, or outside of religion, in the East

this is called Jnana Yoga. So if you have a passion for the Truths of the Universe then the *Path of Wisdom and Knowledge* may very well suite you.

The Path of Wisdom and Knowledge

It is the love of the knowledge of life, the knowledge of the Ultimate Universe. Love of Truth. The aim of Life is Self-Realization to Know Thyself. To Remember Who You Are! The goal is to attain, happiness, bliss and wisdom. Freedom from all ignorance and breaking the cycle of reincarnation.

There is a part of your being that is pure intellect so the Path to Your Divine Wisdom and Intellect may be perfect for you. The experience of unity in diversity is accomplished systematically through the Path of Knowledge. This is the Path from intellect to enlightenment, perfection, or Moksha. The final stage in the Path of Wisdom and Knowledge is when we start to Identify with God/Source, and with One-Pointed Devotion we become one with Source/God. We and Source are One. **A State of Divine Oneness!**

The Third Path is the Path of Action and Selfless Service.

The Life Within and the Life Outside.

How can I be of service to humanity through the Love of Spirit/God. Before one does action on the outside they have already done action on the inside. So we create action mentally (on the inside) and we may or may not create that same action in the outer world. Doing our duty out of Love. Love means being selfless. So if you have a need to be of service to Humanity and Spirit/Source then the *Path of Selfless Service* may very well suite you.

The Path of Selfless Service

This is the Path of a person who is active in the world, with a family, with a job. All of this is done with nonattachment to the fruits of his/her actions or the objects of the world. Love and Selfless Service, if properly learned and performed, can create a Living Heaven on Earth with Right Thought, Right Action, Right Feeling and Right Speech. This path can be followed within religion, or outside of religion, in the East this is called Karma Yoga. The final stage in the Path of Selfless Service is when we start to Identify with the Source/God, and with One-Pointed Devotion we become one with Source/God. We see God/Source in all of creation. We and God/Source are One. **A State of Divine Oneness!**

The very first step in self-transformation is to become aware of our *"feelings"* as our feelings and emotions tells us when we are mentally and emotionally aligned with our Divine Essence, our Divine Vibration, and, when we are not aligned. When we are aware of our feelings we can also become aware of our self-talk that is pulling us in one direction or another. The Higher Emotions or States of Consciousness of Spirit are: Peace, Love, Joy and Bliss. So if we are not in these Higher Emotions or Higher Consciousness

States then some of our mental thoughts and feelings are pulling us out of Our Divine Consciousness.

All of These Paths get to the Same Point of Being in Divine Oneness.

All these Paths lead to the State of Oneness with God/Source/Spirit which is called Enlightenment or Moksha. ***Our Personal Soul merges with the Cosmic Soul, with God/Source.***

The New Age of Enlightenment.

If you read about the lives of the great saints, yogis, and sages many were living a monastic life sitting in Bliss as other people are taking care of them, or sitting alone in a cave in a State of Samadhi. In Hinduism and Buddhism some yogis followed the path of asceticism and renunciation of worldly and materialistic pursuits and dedicate their lives to spiritual pursuits as an aid in the pursuit of liberation.

I really believe the new way of being enlightened is to be in the world doing everyday things like being married, having children, working to provide for yourself and your family, doing whatever role best fits your personality and being in this Divine State of Consciousness while you are doing these roles. We are to be fully engaged in our society while experiencing God and being God in all that we do.

I also believe that in this New Age of Enlightenment each of these Three Spiritual Paths are to be ***integrated with our daily life*** not separate from our daily living. Every job or occupation can be done while following your Spiritual Path. It is our State of Consciousness that is most important. A bank cashier that is following the Path of Self-Less Service. A stock broker that is following the Path of Love and Devotion. A truck driver that is following the Path of Wisdom and Knowledge. ***Every job can be performed in an Enlightened State of Consciousness.*** Yes we earn an income and have material things without being attached to the material life.

Many years ago I met with a stock broker who felt that he needed to change his occupation. While on the healing table he realized that he needed to change his thinking from making money to ***being-of-service*** to his clients. To be involved with his clients, without concern for making money. The next year his income vastly increased because of his shift in consciousness. He was following the Path of Selfless Service.

I have a feeling that in this New Age of Consciousness to some degree or another we are blending the Path of Love, the Path of Wisdom and the Path of Selfless Service together as a ***Single Path***, rather than separate paths as it was for thousands of years. The merging of Bhakti Yoga, and Jnana Yoga, and Karma Yoga into an ***"Integrated Spiritual Life Style"*** for this new millennium.

Some people will follow one of these Paths, others may blend them together somewhere along the Spiritual Path they are on. There is no specific way a person blends the Paths or which Paths they blend. We can mix and match these Spiritual Paths to the proportions that are best suited for us at that moment of time.

I have shared in previous writing about the **"Inward Path"** which is going inside of you into your **"Spiritual Heart Center"** and following the guidance and wisdom of your Divine Essence your God-Self and realize that you are Divine, you are God. As we follow the Divine Master Within Us we will know if we are to follow the Path of Love, The Path of Wisdom, The Path of Selfless Service.

So, as we Awakening Spiritually and Remember the we are a Divine Being we continue to be a part of society, to have a job and support oneself in this Earthly World. We may choose to have children or not, get married or not, be sexual or not, and even in Enlightenment we can choose to continue with these life tasks. Our society can't change if the enlightened ones are not actively a part of our society.

We Are To Learn To Be On This Earth But Not Of This Earth.

This statement means to avoid getting caught up in all of the glamour of Earthly Life, all of the melodramas that surround us, to be detached from all the distractions of daily live. To live our life in each Divine Moment in a State of Love. Peace, Joy and Bliss with Wisdom and Understanding as we do our daily tasks. ***Chop Wood and Carry Water, Become Enlightened, and Chop Wood and Carry Water, this says it all!***

The Challenges of Life.

What is the difference between a Master and an Initiate?

The Master is always in a State of Oneness and responds to all inner and outer influences from this State of Oneness. We typically react to life challenges and not always from our Spiritual Knowingness. We all have challenges in life to create Spiritual Character. So even a Master, a Guru, a Yogi, a Saint they all have experienced situations that challenged them to the very core of their being.

We are to learn to be multi-tasking by being in multiple levels of consciousness at the same time. ***And it gets down to the point that no occupation is more spiritual than any other occupation. You can be God-Realized while you are doing any job. You can be God-Realized and earn a good living, have a family, play sports, go fishing, watch a movie.***

If you wrote a resume to God what would you put on your resume?

All Spirit wants to know is:

Are you in the Consciousness of Divine Love?

Are you in the Consciousness of Compassion and Caring?

Are you accessing the Wisdom of the Universe?

Are you using all of these gifts in your Earthly Life?

It doesn't do any good to be meditating and have all of this wisdom and then act unenlightened when we are out in the earthly world doing our thing, nor can we be spaced out in lala land. We need to be functioning in our Spiritual Consciousness while doing all of our everyday tasks. We need to be meaningful and connected to what is going on with our family and everything else.

Will My Present Path Get Me Where My Spirit Wants To Be?

You can ask your Highest Spiritual Being: *If I continue on my current Path will my Soul/Spirit find Freedom? Will I break the Bonds of Reincarnation? Will I merge and be One with Spirit/God?*

If you sense a **"NO"** then you have a personal choice to make, do I continue on my present Path, or do I take a Different Path that will get me to where my Soul/Spirit wants to be.

Some people, before they incarnated, decide to only complete part of what they need to remember in order to graduate from this Playground called Earth, and when they get here some people decide they want to finish up what needs to be completed for Soul Liberation.

Many people are ***Spiritually Asleep*** and their ***Path is Materialist*** and only focused on the Earthly Life, the accumulations of things, addicted to sensual pleasures and are deeply attached to their material life. That is their choice, allow them to be how they chose to be!

Changing Your Spiritual Path.

So if I leave you with a particular thought this is it, ***Nothing is preordained, nothing can't be changed. You created your Life Path and You can change it.*** If your Path will not give you Soul Liberation then you can change it so that you do achieve Moksha.

Your Higher Self and Your Divine Essence created your plan for this lifetime and you get to change it if you want to. Some people may want to slow it down: I don't want to deal with all of this stuff so I am going to check out and do my soul work in another life. Other people will want to speed up their Spiritual Growth and even add more things to their Spiritual Plan for this lifetime.

Sometimes a soul may have made a commitment not only for its Spiritual Development but also to assist the Ascended Masters in doing other work beyond the evolution of their soul. So these people may think that I will do this work for the Ascended Masters and skip working on myself. It does not work that way. *If you signed up to help "Heal the Planet" you still need to "Heal Yourself," all this means is that you incarnated to do double duty.*

Second Point, You are a Divine Being and eventually you will return to Source. That is a given, it makes no difference if it is this lifetime or 100 lifetimes from now. Source always returns to Source. Since you and God are one in the same then there is no separation and eventually you realize this consciousness and you go back and merge with Source and become One in Source Consciousness.

Third Point, our ego may get inflated and we forget our purpose and we get caught up in the glamour of the material life. We need to remember to be Divinely Inspired. Being our Divine Essence is our True Purpose. *Yes we have many Earthly tasks but they are not our Purpose for being here on Earth.*

Life is finding what gives you *passion and a sense of accomplishment*, the specific job may change over time as you become more your True Divine Self. If you are in sadness then shift the mental belief that is causing the sadness. Live in each moment neither in the past nor in the future. That is when True Pure Love and Peace are experienced. When we are in Peace and Harmony then we can truly love another person without conditions and expectations.

The First Step is becoming aware of the concept that:

I AM LOVE!

I AM SPIRIT!

I AM ESSENCE DIVINE!

The Second Step is believing and knowing that you are Divine Love, Divine Peace, Divine Joy, Divine Bliss, with every breath, with every thought, with every feeling, in every cell of your physical body.

The final stage of all Spiritual Paths is when we start to Identify with the Source/God, and with One-Pointed Devotion we become one with Source/God. We see God/Source in all of creation. We and God/Source are One. **A State of Divine Oneness!**

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

Moments of Sharing with Eleiah 2012-10-01

Volume 4 Number - 013

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

Dear Friends,
Blessings of Love and Grace to You,

Conclusion

All things come to an end and so it is with my *Moments of Sharing* which I have made into a Book format for these **Four Volumes of "Moments of Sharing" which are posted on my website.**

While I may continue to write other "Moments of Sharing" they will not be a part of my writing posted on my Website. I may write shorter "seed thoughts" as given to me by Spirit, and perhaps a short Meditation. We will need to see what comes in 2013.

I started writing my *"Moments of Sharing"* in 1989 sending them out to people around the country using the postal service. In 2001 I started to send them out using email and created Volume 1.

This is my personal way of self-publishing and sharing what I have Remembered and taught to my students since 1985. My last *"Moments of Sharing"* Volume 4 Number 12 shares the highest thought that I can share with you. ***Three Magical Words I AM GOD! YOU ARE GOD! "I see God in You, as I see God in Me."***

Moments of Sharing Volume 1 is very similar to my Spiritual Development Level 1 Class and it provides the building blocks to create a solid foundation upon which to build your Spiritual Life. You and your Divine Essence are the architectures of your Spiritual Foundation. With a strong, pure mental and emotional foundation we can build a Temple of Wisdom and Love Within.

During my awakening in the 1970's I was reminded of the **"Inward Path."** By definition the "Inward Path" is going inside, into your Spiritual Heart Center and Remembering that you are a Divine Being. It is Remembering all of your Divine Wisdom and Truth.

The "INWARD PATH" is your Spiritual Path Home and there are no rules, no traditions, no dogma to adhere to. Your Divine Being - Your GOD SELF will guide you home. If we focus on our emotional issues, we are only creating more emotional issues. If we focus on SOURCE, GOD, SPIRIT, then, we become SOURCE, GOD, SPIRIT.

Within our INWARD PATH we will know if the ***Path of Love*** is a part of our Path, or if the ***Path of Wisdom*** is a part of our Path, or if the ***Path of***

Selfless Service is a part of our Path. Some people will follow one of these paths, others may blend them together somewhere along their Spiritual Path. There is no specific way a person blends the Paths or which Paths they blend, nor is there a specific proportion in how we blend these Paths as each person is unique.

For the past 12,000 years the prevailing thought has been that we need to follow a Master, a Guru. We are now in the 2,000 year cycle of the Purple

Ray of Divine Consciousness which is Transcendence Consciousness. A Direct Connection with the Divine within us, and around us. Everyone is to have direct conversations with God.

With 12,000 years of indoctrination many people may still want to follow a guru or a tradition which was designed when the average potential of human consciousness was much less than it is now. The old way was to follow a Teacher and a set of disciplines, or traditions.

The new way is the **"Inward Path,"** to follow the guidance of your God-Self and realize that you are Divine, you are God. As we follow the Divine Master within each of us, each person's Inner Path will be different from anyone else as it is guided by their God-Self. We have the higher consciousness, and the assistance from Cosmic Being, and, our own God-Self to be who we Truly Are.

Awakening, Becoming and Knowing we are Divine is a natural process if we allow it to happen. We can be enlightened in 1 second if we want to, without meditation, without being a vegetarian, without chanting, without body movements. It takes you less than a second to turn a light ON in your home, why would it be different in turning ON your own Divine Light?

For some people, their **"Inward Path"** may still include the chanting, or doing the physical movements and positions of Yoga, or following a specific teaching to be Enlightened. All Paths eventually do include **going inside** and Remembering Who You Are and **Identifying** with your Divine Essence, then Being YOU! A State of Beingness - A State of Oneness.

Meditation

My definition of Meditation is anything that you do to connect and merge your ego/mental mind with Source, and along with the process of Contemplation you start aligning your Ego-Self with your Divine-Self and start enlightening your personality. So, our ego/mental self needs to participate in the meditation. Put another way, our right brain connects with Source and receives Divine Wisdom, Understanding and Love, and then our left brain has to figure out how to apply this Divine Wisdom, Understanding and Love in our daily life. This left brain process is the Contemplation part of Meditation.

There are hundreds if not thousands of different Meditation techniques being taught. I feel some of them are used to escape life rather than enhance our Earthly Life.

So, meditation is connecting with God and bringing Peace, Joy, Love and Bliss with Wisdom and Understanding to the unenlightened part of our mental-self or ego-self. If we go into a Peaceful, Blissful place in Meditation and we come back to waking consciousness with our personality unchanged what have we accomplished? Nothing but escapism from our issues and the thoughts that are pulling us away from being our Divine Essence. When you are in Oneness, you are always One with God so a separate Meditation Practice may not even be necessary.

In 1980 I knew I was supposed to Meditate and I asked a dear friend if I should take a Transcendental Meditation Class and she told me "No" that it would only mess me up. At the time I was doing "Active Meditation."

My Active Meditation Practice is this:

I lay down on a couch and say: "Father/Mother God bring unto me Peace, Love, Joy and Bliss with Wisdom and Understanding."

Then, I receive a flow of consciousness that aligns me to those Divine States of Consciousness and dissolves everything that is interfering with these Divine States.

If you set an intention to be Pure Divine Love then your conscious mind knows what to create and the Universe Knows what you want to create. If you set an intention to be God-Realized then your conscious mind knows what to create and the Universe knows what you want to create.

Every person knows how to restore their Divine State of Oneness or "Beingness" with God or Source. Their Wisdom, Love and Strength will guide them home.

So the intent of my ***"Moments of Sharing"*** are to share with people that you have many options, you can follow a Spiritual Path within a Religious Doctrine, follow a Yoga Tradition and Discipline, or you can follow your Inner Divine Path. Your Divine Inner Path knows everything about you and how best to guide you home, in the quickest time frame.

Some of what I have written will resonate with you and some of what I share may not resonate with you. I write what is my Truth, what feels right to me and I trust that your Spirit will discern what honors Your Truth, Your Wisdom. If some of what I have shared over the years resonates in your Heart of Hearts, then take those words as being Your Divine Words, Your Divine Truth!

One last thought!

Wouldn't it be nice if everyone was walking around texting, tweeting, and talking to God?

I see so many people with cell phone talking and texting with whom? While Social Media may be great, Spiritual Media is the best. You can text, tweet, talk and post comments with God all the time and no electronics are needed, no monthly bill to pay, and No Dead Zones!!!

We will all join each other in the consciousness of the Divine as we are Already One.

All that can be said, is said in 3 words.

I AM Light

I AM Love

I AM Wisdom

I AM GOD

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