

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

### Volume 1 Number - 009

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

Dear Friends,  
Blessings of Love and Grace to You,

### Change Your Thinking and Change Your Life

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

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

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

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

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

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

### Affirmations

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

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

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

### **We Have The Power To Re-Engineer Our Thoughts.**

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

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

### **Our Emotions Are Our Guide**

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

### **We Create Our Reality**

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

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

### **Old Patterns Create Our Reality**

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

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

### **Create A New Reality**

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

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

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

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

[Creating Inner Peace Meditation](#)

### **We Are The Creator Of Our Life and Reality**

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

### **How Do You Want Your Life To Be?**

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

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

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

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

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

541-388-1254



Living Essence Ministry

Rev. Jim Peltier  
Founder Living Essence Ministry  
Ph.D. Spiritual and Psychic Sciences  
MA Counseling and Human Development  
Certified Kofutu Healing Grand Master  
Certified Kofutu Healing Instructor  
Certified in Neuro-Linguistic Programming  
Certified in Spiritual Healing and Clairvoyance

**Moments of Sharing Book 1, 2 and 3** are posted on my website.  
[www.eleiah.freeservers.com](http://www.eleiah.freeservers.com)