

Moments of Sharing Book 3 with Eleiah 2017-06-15

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Dear Friends,
Blessings of Love and Grace to You,

We Are All Divine Being's

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

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

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

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

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

Here Is The Process For Dis-Identification:

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

Statements Used To Acknowledge Your True Self

- I AM a Center of Pure Consciousness
- I AM Spirit

- I AM God Essence
- I AM Divine Love
- I AM Divine Peace and Harmony
- I AM Divine Bliss

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

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

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

Spirituality is Unique

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

Religion's tend to tell everyone How their Religious Life must be and even many Spiritual People tend to do the same thing. Spirituality is an individual experience and while many aspects may be similar to what other people experience as their Truth, rarely are there identical Spiritual Path or Spiritual Truths. I share my Spiritual Truths only to stimulate each reader to explore their Inner Spiritual Truths. Only by challenging what we were taught as Truth do we Remember our Spiritual Truth. This is Key because the **Inward Spiritual Path** is to Remember Who You Are and the Wisdom and Truths that are the foundation of Who You Are. A Divine Being who happens to be in a Physical Body at this time and place.

The Message Of The Ages Never Changes

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

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

The Physical and Mental Universe

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

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

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

The Mental Universe

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

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

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

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

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

things.

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

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

Every Issue We Have Is With Our Mental Universe.

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

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

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

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

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Moments of Sharing Book 1 and 2 are posted on my website.
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