

MOMENTS OF SHARING

By Eleiah (Jim Peltier)
Volume 1

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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,

Eleiah is the spiritual name of my Highest Spiritual Being and over the years we have become One. 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 understanding. 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.

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 they also begin the journey home to the Source of Creation. In the example I am using there are 1,000,000 planes of expanded consciousness to achieve on your way home.

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

The 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 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 Eleiah

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Volume 1 Number - 002

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, I How to be and act, based on your conclusions.

This can be summarized by: How do I see 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 activates 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 you 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 Eleiah

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Volume 1 Number - 003

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 Eleiah

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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 you're 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 feelings 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 Eleiah

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Volume 1 Number - 005

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 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 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 turned 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 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 all the different areas of compatibility between themselves 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 later 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 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 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 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 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 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 Earthy 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 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 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 Eleiah

Moments of Sharing with Eleiah 2004-12-29

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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 suits 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 Eleiah / Jim Peltier