

# MOMENTS OF SHARING

By Eleiah (Jim Peltier)  
Volume 2

## TABLE OF CONTENTS

### Volume 2

Number

1. Simplify Your Life
2. Age of Aquarius / Three Worlds
3. Manifesting What You Want
4. Ascension Consciousness
5. Creating a New Reality Part 1
6. Creating a New Reality Part 2
7. Who Am I
8. Optimizing Our Life
9. Law of Attraction

### Moments of Sharing with Eleiah 2005-03-15

#### Volume 2 Number - 001

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

Blessings of Love and Grace to You,

### Have you ever felt that you need to "Simplify" your life?

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

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

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

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

For most people their Physical World and Mental World are intertwined with each other. Our mind is filled with all of things we should be doing, all the physical tasks to be completed each day. Some people's mind is racing a mile a minute. They are focusing on the next task to do before the task at hand is completed. A friend told

me this week that her doctor doesn't listen to what she is saying to him. He ignored her telling him of the pain she had weeks after her surgery and when he finally listened and looked at her he discovered she had an infection. His mind was not in the moment with his patient he was already thinking of the next task he was going to be doing. I think this is common for most busy people.

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

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

For the most part **Efforting** is trying to push the Universe to create something that either we do not need, or, the timing has not yet arrived for us to receive it. When we reside and function in the realm of the Physical and Mental Worlds life takes a lot of work and energy to accomplish everyday tasks.

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

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

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

What I can tell you is you begin to **Simplify** your thoughts by cleansing your mind of thoughts that are no longer useful for your spiritual growth. This is a process of Mental Housecleaning. When your ego mind is pure then your life can easy flow in harmony with the Universe and bring you back into the All or Source. With this clarity your physical world could be very busy and yet it will be effortless. With this clarity your physical life could be very simple and uneventful and yet your Mental World could be very busy, without effort, in service to the Divine.

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

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

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

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

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

## **Moments of Sharing with Eleiah 2005-06-15**

### **Volume 2 Number - 002**

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

Blessings of Love and Grace to You,

### **What is your Purpose in Life?**

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

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

These great cosmic cycles last approximately 2100 years and there is an overlap of these cycles of about 50 years. From a metaphysical perspective these great cycles have a different name and purpose. Each age is associated with one of the Seven Rays of Divine Consciousness and carries forth certain qualities from that particular Ray. The age that we are leaving is the Piscean Age which in metaphysical terms is the Age of the Sixth Ray, the Gold Ray, which is the age of Ministry. Prior to the Age of the Sixth Ray humanity experienced The Age of the Fifth Ray, the Fourth Ray, the Third Ray, the Second Ray and the First Ray. Each of these Seven Rays and their Cycles have continued since the time of Earth's creation.

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

The Age of the Seventh Ray is the time where everyone has direct communication with the Higher Realms. The Age of the Sixth Ray was the age of needing a Guru or a Pope to guide the people in spiritual traditions or religions and their teachings. This New Age is following your own Guru (The Master within you). It is the Path of going Inward and merging with your Spiritual Essence. It is asking for those who have gone before to guide you into Oneness. These Ascended Masters and Angelic Beings have no dogma, no specific requirements to follow. No ego that needs to be glorified nor allows others to glorify them.

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

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

#### ***What I don't see is humanity being told it needs to do its own awakening.***

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

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

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

the Ninth Chakra consciousness. It is the Zenith of your Higher Spiritual Essence in Oneness with everything visible and invisible in all dimensions. ***In your Ninth Chakra consciousness there are 144 levels of Divine Oneness as your Highest Spiritual Essence moves closer to Godliness.***

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

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

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

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

### **We live in three worlds: The Physical World, The Mental/Psychic World and The Spiritual World.**

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

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

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

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

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

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

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

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

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

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

### **When are you going to get started?**

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

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

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

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

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

## **Moments of Sharing with Eleiah 2005-09-02**

### **Volume 2 Number - 003**

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

Blessings of Love and Grace to You,

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

### **Manifesting what you want or desire!**

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

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

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

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

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

## Abraham's Teachings In Brief

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

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

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

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

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

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

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

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

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

## There is an area between the Mental/Psychic World and the Spiritual World?

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

Now you have asked your Higher Self, your Divine Essence, the Universe to only manifest your desire if it is needed for your spiritual path, or, your spiritual growth. With this simple statement you have moved out of Karma and into a flow of Grace. This also means that you truly need to be fully detached from any expectation for getting what you desire. It is creating and manifesting what you want or desire without any emotion - being in a state of true neutrality. Even this process is quite different from what the **Abraham's Teachings** say.

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

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

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

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

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

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

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

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

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

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

## **Moments of Sharing with Eleiah 2005-12-15**

### **Volume 2 Number - 004**

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

Blessings of Love and Grace to You,

### **What is Ascension?**

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

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

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

So, rather than talking about the Upward Spiral of Ascension Consciousness it may be more useful to think about this phenomena as the downward flow of consciousness from our Divine Mind or Essence into our conscious mental mind. This seems less Etheric and more human.

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

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

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

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

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

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

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

Your ego may like the thought of ascending to higher levels of consciousness as it sounds so exalting. Thinking of this process as your Divine Mind descending into

your mental/ego mind makes it sound more mundane and less wanting to shout out to the world that you are enlightened. If you need to tell the world you are enlightened most likely you are not enlightened.

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

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

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

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

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

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

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

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

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

Love, Joy and Bliss if you are not in these Divine States of Being you are engaged in the melodrama of life.

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

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

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

## **Moments of Sharing with Eleiah 2006-03-15**

### **Volume 2 Number - 005**

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

## **Creating a New Reality Consciousness Part 1**

Blessings of Love and Grace to You,

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

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

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

### **What is Consciousness?**

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

**States of Consciousness** refers to where you are on the Scale of Conscious Evolution. A simple reference point for me is using the Chakras as Center of

Consciousness, other teachers and traditions have their own scales of consciousness.

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

**First Chakra Consciousness** - survival of you, your family.

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

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

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

**Upper Fourth Chakra Consciousness** - here you are genuinely concerned about people, you consider and take into account how your actions affect other people. This state-of-consciousness is still filled with judgments of what is right and wrong. This consciousness center brings forth the qualities of Love, Compassion, Cooperation, Respect, Honesty and Integrity as an integral part of one's consciousness.

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

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

The **Seventh Chakra Consciousness** is when your ego-self and your spiritual-self have merged together into a State-of-Oneness and all sense of separation is dissolved. In this State-of-Consciousness you have evolved to one of the highest level of awareness human beings can attain, some people call it being God-

Realized. In this state of evolution you participate in life from this Pure State of Beingness. You respond to your everyday life experiences from this Inner State-of-Oneness.

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

## Your Highest Spiritual Essence

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

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

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

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

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

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

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

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

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

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

Some of these openings are self activated through meditation, others like the Eighth Ray are affecting everyone on the planet. The Eighth Ray of Consciousness stimulates each individual in taking action in their life. Mass consciousness changes when individual consciousness changes. The Eighth Ray along with your Highest Spiritual Essence is telling you to get on the same page as your Highest Spiritual Essence.

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

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

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

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

If you are fearful or in pain then your mind is in one of the Lower Chakra Consciousness Centers. The Love and Wisdom from the Higher Consciousness

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

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

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

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

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

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

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

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

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

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

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

## **Moments of Sharing with Eleiah 2006-07-15**

### **Volume 2 Number - 006**

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

## **Creating a New Reality Consciousness Part 2**

Dear Friends blessings of Love and Grace to You,

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

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

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

You are an Angelic Being incarnated into this physical world.  
The process of Awakening is an entirely Natural occurrence within yourself as you hold your attention on one thing and one thing only:

Remembering Who you are,  
Remembering Your Wisdom - Your Truth,  
Remembering to be the Loving Divine Being that you are.

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

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

## Tools to assist you in this Change of Consciousness.

1. To invite your Highest Spiritual Essence, is to ask for this flow of wisdom and guidance to be fully present in your life. Many today, go to their guides for direction but, even your guides do not know what is specifically best for you. Any direction you seek outside of your higher self is still an act of separation from your own Highest Spiritual Being which is the total accumulation of all your Love, Wisdom and Knowingness since the time of creation.
2. As you go about your daily tasks mentally say to yourself: ***I AM Divine Consciousness or I AM Divine Mind.*** This is a simple way to keep reminding yourself Who you are.
3. Quiet yourself for 5 minutes or so and ask for Peace, Love and Wisdom with Understanding to flow into you. We have all heard "Ask and you shall receive" but it takes wisdom to know what to ask for. When you ask for Peace to be in your life anything that was creating disharmony is reframed into a consciousness that supports Peace. ***I AM Peace, I AM Love, I AM Wisdom with Understanding everywhere I move.***
4. Visualize the Purple/Violet Flame flowing into your brain cleansing and purifying all your thoughts, memories, attitudes and beliefs.
5. Visualize the Pink Ray of Love filling your mind and body with Pure Divine Love. The consciousness of Love dissolves your fears.
6. When you are faced with a challenging life situation go into your heart center and ask: ***How would my Enlightened Being, my own Highest Spiritual Self, respond in this situation?***
7. Another short meditation is to go into your Higher Heart Center and visualize or sense you are talking with your Divine Self and ask your Divine Self to actively assist you in creating new options and responses that are congruent with your Spiritual Essence. ***I AM my Divine Self creating new options and responses that are congruent with my own Spiritual Essence.***

Many are not aware that they have a lower and higher Heart Center. Your lower Heart Center, is your physical heart, and holds all your human emotions. When you focus on your Higher Heart Center you can put your hand right in the middle of your chest right above your breast bone. This is the place to speak to your Divine Essence. (to learn more about the lower and higher Heart Center see Moments of Sharing Vol. 1 Number 013 on Eleiah's website).

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

## Challenges of This New Era

### Feeling Energy Acceleration at the Cellular Level

I can only highlight some of the experiences you or your friends may encounter in this new age of consciousness. When your body moves to a higher vibration what really happens is your body is moving to a higher consciousness at the cellular level. This means each cell is being purified of chemical toxins and emotional toxins and then infused with a higher vibration of Love. I literally felt each cell in my body being rearranged much like what is done when polarizing a magnet. When you are cleansing toxins you will experience heat in your physical body. The toxins are resistance and when a current flows through a resistance it generates heat. This is normal physics and nothing to be afraid of.

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

### Controlling and Integrating the New Energy Flow

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

### Grounding Your Energy

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

## Understanding Changes in Your Upper Chakras

As your Fifth, Sixth and Seventh Chakras are opened other phenomena may occur. The Fifth Chakra is clearly speaking your truth in a respectful and caring way, so you may experience a cough or other symptoms in your throat or jaw as you are releasing emotional blocks as your throat chakra opens up. Your Third Eye or Sixth chakra is very close to your optic nerve so as your Third Eye is vibrating this vibration is also felt by your optic nerve so you may experience vision changes or blurry vision while your Third Eye is opening. I happened to experience my vision improving to where it was 25 years ago. These upper chakras are the centers for the Spiritual Channels of Clairvoyance, Clairaudience, Clairsentience and Healing, so you may very well experience these gifts as part of your new consciousness. The Psychic Channels are located in the lower chakras and these gifts work in the vibration frequencies of the mental and emotional planes.

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

## Shifts in Your Consciousness and Your Physical

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

## Let Go Of Myths

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

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

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

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

## **Primordial Myths**

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

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

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

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

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

## **Where You Focus Your Attention is Your Outcome**

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

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

## **Kundalini – The Global Awakening**

### **What is a Kundalini Awakening?**

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

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

### **The Old Cellular Method**

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

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

### **Awakening Spiritual Consciousness – The New Way**

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

### **Kundalini - A Natural Opening Without Fear**

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

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

### **Physical, Emotional and Mental Awakening**

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

## Redirecting the Awakening

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

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

## Your Crown Chakra – Like a Shutter on a Camera

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

## Using Your New Found Consciousness As Divine Master

### Consciousness Manifests Energy

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

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

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

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

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

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

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

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

## The Ego Uses Stories to Justify Levels of Consciousness

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

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

## Love and Peace are the Consciousness of the New Age

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

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

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

## Only you can disturb your Inner Peace - Your State of Oneness with the Divine.

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

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

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

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

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

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

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

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

## PLEASE SHARE YOUR EXPERIENCES OF AWAKENING

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

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

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

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

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

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

## **Moments of Sharing with Eleiah 2006-09-22**

### **Volume 2 Number - 007**

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

Dear Friends blessings of Love and Grace to You,

## **Who Am I?**

Have you ever asked yourself: Who Am I?

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

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

## **Our Ego is a Fighter and a Survivor**

Our ego is a survivor and will fight to survive so trying to destroy it is useless. Some spiritual traditions teach that we need to destroy our ego-our personal identity whereas in reality we need to shift our identity from our Outer World, to the Inner World of our Divine Self. When your ego knows it is not going to be destroyed your mental ego-self will work with your Divine Essence.

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

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

### **Remembering Who Am I?**

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

### **Our Spiritual Heart Center**

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

### **How do we go to our Spiritual Heart Center?**

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

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

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

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

## Remembering

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

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

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

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

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

I AM Divine Love

I AM Divine Wisdom

I AM a Loving Person

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

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

## **Moments of Sharing with Eleiah 2006-12-20**

### **Volume 2 Number - 008**

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

Dear Friends Blessings of Love and Grace to You,

### **Optimizing Our Life by Optimizing Our Thoughts.**

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

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

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

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

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

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

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

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

This process seems very clear when we are dealing with a physical ailment but it is not quite so clear with emotional and mental issues. However, this is where these conflicts are most prevalent. All of us at some point in time in our life have felt a double bind where one part of us wants to do something and another part of us does not. Most of the time we satisfy the strongest desire at the expense of the other desire. How can we create an outcome where every part of us is satisfied? Love, caring and respect will go a long way in creating this Inner Peace. ***Spend some time talking with yourself to find a solution or level of understanding whereby all aspects of you agrees with what you are doing in every breath of your life.***

### **Be Determined to Stay Focused on What You Want to Create**

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

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

### **How Would This Apply To Our Spirituality?**

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

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

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

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

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

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

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

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

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

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

Tell Yourself Who You Are:

I AM Divine Love

I AM Infinite Peace

I AM One With The Creator

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

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

## **Moments of Sharing with Eleiah 2007-03-15**

### **Volume 2 Number - 009**

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

Dear Friends Blessings of Love and Grace to You,

### **The Law of Attraction.**

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

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

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

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

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

We all use the Law of Attraction as every thought and feeling we have (conscious or unconscious) is a creative energy coming into manifestation. Financial Prosperity is a major concern for many people. We may think the world has limited amounts of

money and we may not have the prosperity that we need. We may tend to think that the universe has a limited supply rather than an infinite supply, be it financial, love, peace or whatever.

## How Do We Become Empowered?

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

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

When we give the Universe Mixed Messages we will manifest the message that has the strongest emotions behind it. In the example given above, if the man does not give his fear of losing his home any emotion or thought it will lose all of its power. This is important because if we can have all of our thoughts and feeling focused on the same outcome then we are much more likely to manifest that desired result.

## States of Consciousness

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

## The Mental/Emotional Use of The Law of Attraction

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

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

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

## The Spiritual Use of The Law of Attraction

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

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

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

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

## Mastering the Principle of Detachment

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

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

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

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

## Remembering Who You Are

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

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

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

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

I AM Divine Love

I AM Divine Peace

I AM Perfect Health.

I AM .....

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