

# MOMENTS OF SHARING

By Eleiah (Jim Peltier)

## Volume 3

### **TABLE OF CONTENTS**

#### **Volume 3**

Number

1. Living with Fear or Love
2. Spiritual Growth is Moving Beyond Fear
3. Ego and Spiritual Development
4. Spiritualizing Your Personality
5. Moving From Karma into Grace
6. What is Going On in My Life?
7. How Long Does It Take to be Enlightened?
8. Activating Our Spiritual Gifts
9. Practical Spirituality - Creating Harmony and Peace Within Us and our Home
10. The Three Life Paths 1) Going in Circles, 2) Going in an Upward Spiral,  
3) Transcending to a Higher Level of Consciousness

## **Moments of Sharing with Eleiah 2007-06-15**

### **Volume 3 Number - 001**

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

Dear Friends Blessings of Love and Grace to You,

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

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

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

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

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

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

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

### **What Do We Do For Protection?**

For many decades I have heard to surround myself with White Light for protection and perhaps for some people that may work but I found it very ineffective. Perhaps since the idea to surrounding yourself with White Light has been around for so many millennia the negative influences have found ways around it so it is not very useful anymore.

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

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

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

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

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

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

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

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

### **By Focusing on Love We Extinguish Fear.**

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

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

garden is free of weeds.

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

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

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

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

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

I AM Divine Love

I AM Divine Peace

I AM Divine Wisdom and Harmony

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

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

## Moments of Sharing with Eleiah 2007-09-15

### Volume 3 Number - 002

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

Dear Friends Blessings of Love and Grace to You,

## Spiritual Growth is Moving Beyond Fear

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

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

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

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

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

## What is Fear?

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

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

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

## **Re-Engineering Our Fears**

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

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

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

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

## **Reframing or Re-Engineering Our Reality.**

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

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

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

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

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

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

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

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

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

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

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

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

**When you are in Your Divine State of Love - Living Your Divine Essence, you are beyond fear** and all the fearful thoughts from mass-consciousness are pushed out of your energy field and your emotional and mental space is restored to Love and Peace.

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

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

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

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

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

We can say:

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

**Use the Power of the Law of Attraction by saying and feeling with passion. I AM Divine Love, I AM Divine Peace, That is who I AM**

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

## Moments of Sharing with Eleiah 2007-12-15

### Volume 3 Number - 003

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

Dear Friends Blessings of Love and Grace to You,

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

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

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

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

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

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

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

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

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

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

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

**Whereas a person that has created High Self-Esteem with everything they have accomplished in their outer life needs to let go that Personal-Identity and build a new Self-Image based on the qualities of their Highest Spiritual Being.**

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

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

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

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

### **Does Our Ego Need To Surrender?**

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

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

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

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

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

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

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

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

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

## **What Do We Do?**

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

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

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

This is the process as I see it. Our Ego-Self expands in Consciousness until our Ego-Self and Higher-Self are One Consciousness. Then our Higher-Self begins expand in Consciousness and merge with a Higher Vibration of our Spirital-Self and so on and so on until we are In Oneness with God. The Creator and the Creation are ONE. **Since we have Free Will nothing happens until our Ego-Self desires to participate in this journey home.**

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

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

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

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

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

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

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

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

## Moments of Sharing with Eleiah 2008-03-15

### Volume 3 Number - 004

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

Dear Friends Blessings of Love and Grace to You,

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

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

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

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

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

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

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

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

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

### **What is Our Personality.**

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

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

### **Creating a Divine Personality.**

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

To be Fully Human is to experience all of life from our Divine Center of Love and Peace along with the Wisdom and Understanding to apply these Qualities in every thought, feeling and action. We are to be Living our Divine Essence.

### **How Do We Create a Personality That Is More Aligned With Our Spirit?**

In a certain situation a Christian might ask: How would Jesus deal with this challenge? A Buddhist could ask: How would Buddha respond in this situation? All of us could go inside and ask our Divine Spirit what it would do in this situation. All of these are noble ways to build a positive personality but they may feel a bit esoteric for everyday life, at least in the beginning of being our True-Self.

Here is another way that is very simple and something that we can all do. We all know people that we admire for their qualities in dealing with certain events. Someone who remains calm and peaceful when everything around them seems to be falling apart.

A professor once asked me what qualities did I get from my father about being a man? My answer was: My father died when I was very young and I was raised without a father. His response was that I merely built my image of what a man should be like by taking qualities from all the men around me that I admired.

In my Neuro-Linguistic Programming training we were taught that same idea. If you want to change your personality look around at those people that you admire because they have certain qualities. Begin to model those qualities by acting as they act and soon the quality that you liked in them are a part of you. Our personality was built out of thin air. We saw how people acted and the results of their actions and we build our personality.

As we become more positive about who we are then we can move to the next step which is becoming aware of how our True Self would respond to all of our outside experiences and our inner experiences. In the beginning we may not follow that Inner Voice but we still are learning how to be our Divine Essence.

### Using Kofutu to Rebuild Our Personality.

In 1982 I was treated to the wonderful gift of Kofutu Formula Healing. In Kofutu Formula Healing Level 1 we have Psychological Scripts to re-align our Sense of Identity with our True-Self. At Level 3 we receive a Special Script to **Heal the Past** and **Integrate the Past**. With Kofutu the healing goes to the source of the issue that we are dealing with be it physical, psychological, emotional or spiritual. I would say that every issue has some component that is emotional, psychological and many times spiritual. When I say spiritual in this context I am referring to issues that our Soul has created since leaving the Godhead.

I see Kofutu Formula Healing first as way to cleanse our physical, emotional, mental bodies and our soul and then as tool to begin the journey back to our True-Self. While this journey could be a painful experience I know hundreds if not thousands of people that did not experience the process as painful or hard. It is only a struggle if we hold on to our old way of thinking and feeling as we are becoming our True Divine Self.

### Using The Seven Rays to Rebuild Our Personality.

Before I learned Kofutu I used the Seven Rays of Divine Consciousness to Purify my Ego-Self. I would visualize the Violet Ray within me and around me to Transmute all negativity within me. Then, I would use the Three Fold Flame for Purification and Transcendence.

I was never trained in how to do this other than I knew from within what to do. So however you are guided to do this is perfect for you. I happened to visualize a flame (like the flame of a candle) in my Heart-of-Hearts and I started with a Blue Flame of Divine Strength and I would expand that Flame until my whole body was the Blue Flame. Then, I would do the same with the Yellow Flame of Divine Wisdom expanding the Yellow Flame until my whole body was the Yellow Flame. Next, I would visualize the Pink Flame of Divine Love and experience my whole body the flame of Divine Love.

Then, I would visualize and experience all Three Flames at the same time blending together within me. Every cell of my body was filled with the Three-Fold-Flame, every emotion and thought was filled with Divine Love, Divine Wisdom and the Divine Power to be Love and Wisdom Incarnate.

Later on I started to use the Seven Fold Divine Flame using all Seven Rays and blending each of those Divine Consciousness of Source within me. In September of 2003 I finally understood the relationship between the Kofutu and the Seven Rays.

When I shifted to using Kofutu rather than visualizing the Seven Rays I was still working with the same Divine Consciousness using these Master Symbols rather than visualizing colors in my mind.

### **Purifying Our Personality is the Heart of Becoming Our True-Self.**

While I have shared a few methods to do this Purification there are many ways to do this purging. Purification is nothing more than Deleting Everything in our Personality and Ego-Self that is not Peace, Love, Joy and Bliss in the Oneness of Source or God.

Our wonderful emotions will always tell us if our personality is in Oneness or not. Peace, Love, Joy and Bliss are the Emotions/States of Being of our Divine Spirit if you are not experiencing these emotions then change what you are thinking and feeling until you are back in this Divine State of Being.

There is a part of each of us that knows when we are in this State of Oneness and when we are not. Our Spirit always knows the Path Home and it is just one thought away.

Remember your Spirit knows everything that you need to know to come home to the Godhead. Spiritual Evolution is Remembering:

I AM Divine Love  
I AM Divine Peace  
I AM Divine Bliss  
I AM Divine Harmony  
That is WHO I AM

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

## **Moments of Sharing with Eleiah 2008-06-15**

### **Volume 3 Number - 005**

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

Dear Friends Blessings of Love and Grace to You,

## **Moving From Karma into Grace?**

### **The Law of Karma what is it?**

In the Divine Universe we have what is called the "Law of Cause and Effect" and this applies to all Dimension and all Levels of Consciousness. And, the Law of Karma is a subset of this Law which applies to places in this Universe that are in the Consciousness of Duality. So Planet Earth, is a Graduate School in the Universe (A place to test our Spiritual Fortitude) because we have the both the Consciousness of Duality and the Consciousness of Oneness or Non-Duality and we get to chose which Level of Consciousness we are functioning in.

The challenge to us, and all of humanity, is to be in a State of Love and Peace regardless what is going on within us or around us. Simply put the Law of Karma is the Universe's response to any action or thought that is contrary to the Divine Laws or Principles of the Universe. So, creating Karma means that we have acted outside of Divine Love, Joy, Peace, Bliss and Wisdom.

### **So is Creating Karma a Big Deal?**

If we happen to Die in this consciousness of Karma we probably will get a "Do Over" and reincarnate again to Master what we failed to Master in this life.

However, The Divine Universe is Love and What is Love? Unconditional Forgiveness. So if we have lots of Karma from the Past and the Present all we need to do is Move into the Consciousness of Love, Joy, Peace, and Bliss. It isn't like we created 10 lifetime of Karma so it is going to take 10 more lifetimes to transcend that Karma.

In one breath, we can transcend (move beyond) all of our Karma. All we need is a new way of Thinking, a new way of Being, a new way of Sharing, a new way of Doing, coming from that Divine Wisdom within you. The Divine Master within you, your Highest Spiritual Essence.

### **Are We Always Affected by the Law of Cause and Effect?**

We never get beyond the Law of Cause and Effect. The Angelic Realm still operates within the Law of Cause and Effect. There are polarities in the Angelic Realm, but these polarities are much different than here on Earth.

Much has been written about Karma and the part Karma plays in the reality of Duality. Duality means we have Strong and very Opposite Polarities" This is "Right" this is "Wrong" This "Good" this is "Bad" My Religion is better than your Religion All of these polarities are woven into what we call "Judgment".

When we move from Karma (Duality) into a State of Singularity with Divine Oneness, all we are doing is taking our mental-self that feels separate, isolated or abandon from God or our God-Self, and bringing us back into the Whole of Our Divinity. **This State of Non-Duality or Oneness is a "State of Grace".**

### **What is the Law of Grace?**

We begin to merge all the different facets of our personality into the consciousness of who we truly are, Our Divine Essence. The ego inside becomes One with Divine Master within us. As we move into this State of Awareness you then have moved in to the "Consciousness of Grace". A Flow of Love to you. A Flow of Forgiveness to you. A Flow of Peace and Harmony to you.

We learn to Focus on Grace rather than Love, Peace or Harmony. **Grace is the Totality of the Godhead beyond words, definitions, even beyond comprehension of the unenlightened mind.**

What tells you when you are Angry? Your emotions, your feelings your thoughts all tell you you're angry. Being angry is a personal choice. In the same way when you are in that True State of Divine Love, a State of Divine Peace you will feel it, you will know it, you will recognize it and you will Say I AM HOME. I AM IN GRACE!

### **Moving into Grace?**

So the consciousness of your Divine Essence is Peace, Love, Joy and Bliss to such a high degree that is almost beyond comprehension. We don't have to Learn anything, all we need to do is Remember Who We Are. If our mental mind knows how to get there we are home free.

Sometimes a part of our mind is stuck in conditional thinking. So we need to Mentally come down into our Heart, our Spiritual Heart Center, to enter into our Divine Truth and Knowingness, to be Pure Love Incarnate. That is how we move out of Karma.

***We never focus on what we need to get rid of because that is irrelevant.*** We step into a Temple of Love, Harmony, Peace and Joy. It really is quite simple, the great teacher Jesus said: to be as a "little child", be as a little puppy, the child, the puppy are in this State of Connectedness, just as we were when we took our first breath -- We Were in Oneness with God. Everything else we have learned since that first breath has either created separation from Spirit or brought us close to Spirit.

That feeling of Separation from Spirit , all that is some little belief system, some little attitude, or some little memory that has pulled us way from our Truth. We gave it our power, and we have the Power to take it back.

If you want to become a God-Person then, Think like a God-Person, Act like a God-Person, Feel Like a God-Person, and before you know it you are a God-Person. All you are doing is remembering how you were when you took that very first Breath.

Think about the "**Breath of Love**", every breath we are inhaling is a Breath of Divine Love. Every exhalation is releasing Non-Love. Every time we exhale we are removing all of the impurities within use. What are the impurities? All of Our Karma, all of our thoughts and feelings that create Karma and pretty soon we become more Peaceful, we become more of our True-Self.

We can chose to be Angry, or Sad or any of the hundreds of the emotions of our mind. **We also have the Power to be in the Consciousness of Grace.** We need to be fully connected with our emotions so that we can respond with life in the Loving Grace from Within Us. To be in a State of Grace means we are graceful, we have gratitude, and humbleness, and humility. ***Grace is you being True to Your-Self. We have to live Our Divine Essence, we can't just talk about it we need to be Grace.***

If you are not in Peace then whatever you are thinking or doing is not going to Create Peace. People keep trying to use the old patterns of thinking expecting that one of these times it is going to work. We want to bulldoze our way through the issue rather than go around it, under it over it or just dissolve the problem since is not real anyway.

We all know the Highly Valued Criteria of our Divine Presence. Those qualities that we cherish and would never violate. Our Spirit can never Violate Divine Laws and Principals only our Mental-Self would even consider violating Divine Law. **When our Mental-Self Truly follows Divine Law then we are in the "Law of Grace" and we will graduate the wonderful place called Earth.**

Our Spirit Loves us dearly and waits in Loving Arms to bring us home into the Ocean of Love, the Ocean of Grace. Ask and you shall receive, so ask to be Pure Divine Grace, to be in a Consciousness of Oneness.

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

## Moments of Sharing with Eleiah 2008-09-15

### Volume 3 Number - 006

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

Dear Friends Blessings of Love and Grace to You,

### What is Going On?

I began my Spiritual Awakening in the late 70's and I felt each day was like a year of experience and somehow time was speeding up. Many books were written at the time detailing what was going on and even giving predictions when the Golden Age was to happen, or when Star Portals were going to Open and People would Ascend. Now with the Internet many people are sharing their thoughts about what they think is going on in this world.

**The Spiritual Plan for souls that incarnate on Earth has never changed:** A Soul was to come here to Earth incarnate once and learn to live in duality and form and then graduate and move on in their Spiritual Journey The duality in these early times was much different than the duality that we experience now. In present day, we have many degrees of extreme separation in the Polarities.

Some where in Ancient Times Humanity had a **Spiritual Cataclysm** and Souls became attached to human emotions and the lust for power and in the process what we call "Modern Duality" was created, Spirit and Humanity became perceived as Separate Levels of Creation.

In modern time, great teachers came and showed humanity how to live life in the wonderful teaching of Buddha, Jesus and others but humanity still did not understand. The result of this Spiritual Cataclysm is the present day human form and the process of Reincarnation.

### Reincarnation is a Personal "Do Over"

For the past 100 years scientist have been trying to prove the concept of Reincarnation and Life-After-Death. In the last 20 years the best scientific research has been completed and has come as close as possible to prove that Reincarnation is a fact but has not been able to say everyone Reincarnates.

The concept of Reincarnation is nothing more than a **"Personal Do Over"**. If a person does not attain a certain level of Spiritual Growth in a lifetime they get to come back and try it again until they do attain that Level of Spiritual Consciousness. We move from one Vibration Level or Consciousness Level to a much Higher Consciousness Level.

### Humanities "Do Over"

Some people have said that the Planet and Humanity are moving to a Higher Vibration, a Higher Consciousness and I totally agree with that assessment. We can see that for the past 2,000 years humanity's mental state and spiritual growth has changed very little using the "Personal Do Over" method called "Reincarnation".

Yes we have many people that were/are very Spiritual and have Graduated from this Earth Plane but mass consciousness as a whole has not moved very far into a State of Love and Grace for All Creation.

**Now, perhaps God or Spirit said enough and decided Humanity as a Whole Gets A Do Over.**

### **What is this "Humanity Do Over"?**

This new "Humanity Do Over" is Humanity being exposed to a Higher Vibration of Spirit much like how the Ancient Ones were before their downfall.

**I do not pretend to know how things "really work" in the grand scheme of the Universe.**

**So let's "PRETEND" that we have 144 Planes of Consciousness available on Earth and to graduate from Earth we need to be at the 64<sup>th</sup> Plane of Consciousness or Higher. But with "Free Will" Humanity is predominately below the 64<sup>th</sup> Plane or Vibration Level.**

So to get everyone up to 64<sup>th</sup> Vibration/Consciousness Level the Great Ones of the Universe, along with the Angelic Realm, Ascended Masters (many of these are graduates from Earth) and the Universe/God decides to put **everyone in an accelerated class to catch up. This means everyone is being immersed in this 64<sup>th</sup> Level Energy and Consciousness.**

In simple terms this means that Humanity is being flooded with **This Higher Vibration of Spiritual Consciousness.** If a person's consciousness or vibration level is above the 64<sup>th</sup> Plane of Consciousness they probably will not be affected by this **New Vibration and Higher Consciousness.**

If a person is not at this Higher Vibration Frequency she or he experience pain and discomfort. The discomfort comes from seeing and feeling all our issues that are holding us back Spiritually. Our attitudes, beliefs, memories, and attachments that are incongruent with Spirit are readily shown to us so we can make adjustments. Our Spirit will literally show us what is in our way of being in harmony with this New Vibration. **So the "Humanity Do Over" is pushing Humanity to a Higher Consciousness a Higher Vibration if we want to call it that.**

If we don't want to change how we think, feel and act to be in harmony with this vibration then we are in discomfort. We still have "free will" and what that means is if we don't want to move to a higher vibration then when we die we will reincarnate on a different Planet in the Universe that suites our Lower Vibration mental state.

**So the Planet Earth and Humanity are moving to the Consciousness that we are supposed to be at in the Great Scheme of the Universe.**

So there are two things going on at this time:

- 1) The movement of Humanity to a Higher Plane of Consciousness or Vibration. [In this example the 64<sup>th</sup> Plane]
- 2) The movement of a specific individual to an even Higher Plane of Consciousness than that of Humanity as a Group. [In this example some Vibration Higher than the 64<sup>th</sup> Plane]

## **What is the Effects of this Higher Consciousness?**

Many people are experiencing things like the 2 AM wake up, or, some pain in the lower back, or, a sense that time is speeding up. Others feel an inward push that they need to complete some task in their lifetime.

### **The 2 AM Wake Up**

When I first experience the 2 AM wakeup I did get out of bed and start my day and it was peaceful and quiet and that was wonderful. Later I decided to use that peace and quiet in bed and focus my thought on Love and Joy, Peace and Harmony while I went back to sleep. In this way I was still completing what was desired by Spirit to flood the Earth with the consciousness of Love, Joy, Peace and Bliss. I just found it nicer to be in a State of Grace while in bed rather than getting out of bed.

### **The Pain in the Lower Back**

When we experience a higher vibration or energy we need to move that energy all the way through our body into the Center of the Earth and then back to Source so the energy flows in a complete circle. When a person stops this flow of energy the energy creates pressure much like the water pressing against the wall of a dam. The lower back seems to be a common place where people have this Higher Energy stall. The Crown Chakra is Open and Flooding the person with this higher energy but it is blocked from moving all the way through the person. We need to ground this new consciousness in this Earth Reality. Moving to a Higher Vibration is nothing more than allowing another level of your Highest Spiritual Being to take form within you.

So grounding to the Center of the Earth and back to Source applies to our Emotions, our Thoughts and our Spiritual Self. We all need to ground our emotional body, our mental body and our spiritual body. The process for your spiritual body is this: From the Center of Creation we sense the flow of our Highest Spiritual Body flowing down through the top of our head all the way through our physical into the Center of the Earth and then back to the Center of Creation. So we have a closed loop of energy and higher consciousness continually flowing through us. We already are a Spiritual Being in the Cosmos who also happens to also be in a physical body on Earth. So we need to bring our Spiritual Being into this Earthly world which is our Physical Body, our Mental Body and our Emotional Body that is what is meant by the term "Grounding".

When we move to a Higher Vibration Level this new Spiritual Body (Consciousness) needs to be fully integrated into our Earthly Life so we need to know how to use this Higher Consciousness. We need to bring in this Higher Wisdom and Love and make it a part of our new personality.

## **The Need to be Doing Something**

We all have a purpose for being here on Earth and our mental-self tends to put that purpose into some context of action outside of our-self. This is the beginning of one's search for meaning in life and a sense of purpose. Eventually everyone will turn Inward and Find what they are looking for is Within Them as we Remember we are Divine Love and Peace.

## **Some People May Experience Psychic Attacks**

I have talked with people that have been attacked by negative influences. Some call them the dark forces that don't want humanity to move to this 64<sup>th</sup> Plane of Consciousness. Those people well beyond the 64<sup>th</sup> Plane of Consciousness will not be affected by these psychic attacks. One's own fears is the opening by which these psychic attacks enter into our space. If you sense these outside negative influences then call upon God, the Ascended Masters and Great Ones of the Universe to remove them and strengthen your Divine Truth and Love within you.

Love and Grace are the most powerful force in the Universe. Have you ever been at a scared site and tried to be negative? It is impossible to be negative because the positive energy is so strong. When your Highest Spiritual Being is anchored within your physical, emotional, mental and Spiritual Self you are this Pure Love and Grace and nothing will affect you.

## **What is the Purpose to be at These Higher Vibrations?**

We are a both a Spiritual Being at the Point of Origin and a Consciousness (Soul) moving back to the Point of Origin or simply put we are Remembering that we are the "Point of Origin". We are God and God is us.

This energy or more correctly stated consciousness shows us everything about our-self. We see and feel what is in Divine Alignment and we also are made very aware of those part of us that are not in alignment with Spiritual Truths. The goal of this Earthly experience is to Discovery or Remember our Divine Oneness and to be Living Our Divine Essence. Our Spiritual Love and Wisdom are a gentle guide that brings us home into the Oneness.

In each breath we chose how we want to be in the next breath. Their is a Spiritual Part of us that is Pure Love and Grace and she can teach us everything that we need.

## Those Who Move To the Higher Planes

For those millions of people who are already at a Higher Plane of Consciousness than where Humanity is moving towards they will not feel or sense any changes going on with the masses.

I always use the term "Highest Spiritual Being" in my writings in which I state there is a continuum of consciousness from the Mental-Self back to the Source or the "True Point of Origin". So there are potentially thousands or millions of Planes of Consciousness back to the "Point of Origin".

These thousands of planes of consciousness are our Soul and Spiritual Linage in consciousness as we are the consciousness the essence of those beings who comprise our lineage. The creator is the creation and the creation is the creator. God is you and you are God when both you and god are at the Point of Origin.

So the lineage is degrees of separation from the "Point of Origin". The Angels are a degree of separation from Source, the Ascended Master are an even greater degree of separation from Source, each Soul is an even greater degree of separation from Source and all of these are moving back to Source or the Godhead.

All of creation as we know it are on the Path Back to the "Point of Origin".

In other words going back to our First True Spiritual Vibration. What frequency that vibration is should not be a concern as vibration is translated into consciousness. So we are Remembering the Consciousness of our Spirit at the "Point of Origin".

As we Remember Who We Are and are Living Our Divine Essence this beautiful vibration of Love and Grace will Stimulate Others to Remember their Divine Essence. Perhaps this desire for purpose is nothing more than Radiating Our Divine Light and see what happens when we are Love and Grace in form. A Spiritual Angelic Being in a physical body.

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

## **Moments of Sharing with Eleiah 2008-12-15**

### **Volume 3 Number - 007**

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

Dear Friends Blessings of Love and Grace to You,

### **How Long Does It Take To Be Enlightened [God Realization]?**

Several weeks ago someone asked me that question and it is a very good question for someone on a Spiritual Path.

I generally don't use the word "God" in my writing because it has such a confined and limited meaning. However, in this Moments of Sharing it makes it simpler to share some ideas and we have the option to insert any other word that is more suitable to our beliefs.

In Maslow's hierarchy of needs Self-Realization and Self-Actualization are the ultimate goal of maximizing one's potential abilities and both levels are really ego or mental based rather than Spiritual Based so I choose not to use either of those words in this writing.

So perhaps the first part of the answer is to define what it is like to be Enlightenment or God Realization.

### **So What is it Like to Be Enlightened?**

I have always defined Enlightenment as Being in Divine Consciousness and experiencing a State of Love, Joy, Peace and Bliss with Wisdom, Truth and Divine Understanding. And if we define Enlightenment in these terms then we can measure our degree of Enlightenment by our emotions and feelings. Our nervous system will tell us if we are in these Higher States of Consciousness.

I sense that many people have had moments of feeling this State of God Realization perhaps in prayer, or in meditation, or being out in nature, where you experienced a moment of Divine Oneness where you felt connected to everything including God - a Pure State of Divine Oneness.

### **So perhaps Enlightenment is Leaving Your God Switch ON!**

And as I ponder upon this question: What is Enlightenment? Or: How Long Does It Take To Become Enlightened? I came upon a simple truth or at least a truth to me: In our "mind" we have what we could call a "God Switch" and when we feel these moments of True Enlightenment we have turned our God Switch ON. Whereby we have stepped out of the realm of duality and confusion. When our God Switch is ON we are Pure Love, we are Pure Joy, we are in Oneness with the Source of All Love. In this State of Divine Oneness we are here on Earth but not of the Earth.

***So perhaps Enlightenment is nothing more than Leaving our God Switch in our Mind Always ON.*** When we turn our "God Switch Off" we re-enter into the consciousness of Duality and Separation from our Divine Heritage and we are back in the pain and suffering.

## **Fear and Pain are the only thing that keeps us from experiencing Enlightenment!**

Another thought that came to me was: The only thing that keeps us from experiencing God Realization is pain and fear. Pain and Fear are nothing more than a mental thought that is out of sync with Divine Thought.

Pain and fear are telling us that our perceptions and relationships are out of phase with our Divine Consciousness. So the only thing that prevents us from being Enlightened is the fear or the pain that holds us back from being our True-Self. ***So as we focus on being our True Divine-Self and having that as the focus of our consciousness, the essence of our feelings; then our fear and pain disappear.***

We have learned from NDE's [Near Death Experiences] that those people who experience a NDE for the most part no longer fear death. But I sense that most people have a fear of life. And that fear of life is what stops them from Turning ON their God Switch.

## **What Would My Life Be Like if I was Truly in this State of Divine Love, Peace, Harmony, Joy and Bliss with full access to all of my Wisdom and Truth as a Divine Spiritual Being?**

One day we might want to think about: ***What if I turned my God Switch ON just to try it for 2 or 3 weeks.*** Just to see how things might be in our life. Remember, we can always turn it Off and return to the life we had!

Being an Enlightened person is living in this Physical World and experiencing life in a way that dissolves Separation and Duality with all of the struggles of right and wrong, good and bad, attachments for all of those things that we have, and the fear of losing all of those things that we have.

So what we are saying is: Let go of the fear, Let go of the pain. Letting go is no longer giving it our attention. No longer giving it power over us. Fear can easily disappear. And most pain can disappear and sometimes when we have physical pain because of a certain condition the pain becomes only a minor inconvenience as we bathe our thoughts in the Ocean of Love and Grace.

So the answer to: How long it takes to be Enlightened or experience God Realization is: ***How long does it take you to flip your God Switch ON?*** When you go into a darkened room how long does it take you to flip the light switch and fill the room with Light?

I think that sometimes in order to feel comfortable we might turn our God Switch ON but we have created a Dimmer Switch so we can experience a little bit of Enlightenment, or, a little bit of the Peace, Joy and Bliss. So, even if we don't turn our God Switch Off we keep the Dimmer Switch On at a lower setting. I sense this just means that we are not ready to let go of our fear, or, we are not ready to let go of all our pain, or, we are not ready to let go of all our Earthly Attachments.

Back in the seventies I read somewhere that if I wanted to be a Supervisor I needed to Dress like a Supervisor, Think like a Supervisor, Feel like a Supervisor and Act like a Supervisor. And much to my surprise, when I applied these concepts, very quickly I was promoted to Supervisor.

**I truly believe this same process works in our Spiritual Life:**

Think as a God Person

Act as a God Person

Feel as a God Person

and soon you are the God Person within you.

This is using the Law of Attraction and the Law of Creation, but in this case all of your God Qualities are within you and you are only Remembering to be Who You Already Are.

**This is more suited to me:**

Think as an Angel of Love Person

Act as an Angel of Love Person

Feel as an Angel of Love Person

and soon you will be an Angel of Love Person

You will be your True Angelic-Self

**You see your Angelic Presence is already there within you, it is already a part of your Divine Mind, your Divine Consciousness. And all that you are doing is Remembering this is Who You Are.**

Another important thing to think about is letting go of what you would be like if you were Enlightened. I know for myself as I was reading the Autobiography of a Yogi by Yogananda many great sages and saints were described in his book and perhaps I had this idea that I needed to be this way or that way to be enlightened. I think it is important to let go of the mystery, the illusion about what Enlightenment is and just decide that you are going to be the most Pure Loving Person that you can be.

Decide that your Mental/Emotional Focus is to be Pure Love, Pure Joy, Pure Peace in perfect Harmony with your Divine-Self and the Source of All Love and Grace. Then, each day we can look at our-self and ask" Am I a little bit closer to being my Divine Pure Self? In this way we are setting a direction to be Divinely Inspired to be Divine Realized!

Life is nothing more than realizing we are a Beautiful Divine Angelic Being who just happens to be in a physical body, on this planet. And when we really know this in our stomach, in our heart, and in our mind then we are moving in the right direction. You will begin to feel and know that you are a Source of Love and Compassion with a Clarity in Consciousness.

Your mind is clear and in this Inner Peace, Inner Harmony if a distraction pulls you out of this Inner Harmony, even just a little bit, we feel it and we know to let go of something. Whatever pulled us out of Harmony is to be reframed with our own Inner Wisdom and to come back to the Center of our Divine Core our Divine Essence.

So being "Truly Human" is to be fully in this State of Enlightenment, a State of Divine Unity. Then, you are Fully Human and Fully Alive in total Unity Consciousness. And you are in the State of Consciousness of Pure Love, Pure Peace, Pure Joy and Bliss with Wisdom, Truth and Understanding!

So become your God Person on this planet and radiate your Love and Joy, Peace and Bliss from of your Total Spiritual Being and flood all of humanity and all creation with Love and Grace. Be like our radiant sun shining forth light and love, peace and compassion freely, effortlessly to everything, to everyone.

### **Visualize in Your Mind Turning Your God Switch ON!**

You can also activate your memories by saying each day with emotion and intent:

I AM a Divine Being,  
I AM Divine Love,  
I AM Compassion  
I AM Divine Joy  
I AM Divine Peace  
That is who I AM!  
That is who I AM!  
That is who I AM!

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

## Moments of Sharing with Eleiah 2009-03-15

### Volume 3 Number - 008

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

Dear Friends Blessings of Love and Grace to You,

## Activating Our Spiritual Gifts.

### What Are Some Of These Gifts?

We all know about clairsentience, clairaudience, and clairvoyance, telepathy, bi-location, walking on water, the cloak of invisibility, ability to feel very small or to feel very large, and having an out-of-body experiences just to name a few of these abilities.

Around 200 BC Patanjali talked about these "Psychic Gifts" called "Siddhis" of which there are 108 Classical Siddhis listed in the Yoga Sutras. Patanjali said: Siddhis are obstacles to attainment of Samadhi because they distract the mind and lead to production of Great Karma. Sutra 38-54.

What Patanjali said: is to **beware of using Psychic Abilities** because they can be a distraction to our Spiritual Enlightenment and can lead to creating great Karma. In grad school I read about the scientific studies on the psychic abilities of people, animals and even plants. We all have certain psychic abilities, even plants and animals, that operate on the emotional and mental levels of perception. We have way to much psychic energy being expressed on the Earth and not enough Spiritual Consciousness.

I remember when I moved to Bend a dear friend was pregnant and she decided that she need a stroller and within days a friend gifted her a stroller. Now this could have been either a psychic ability or a spiritual ability, but knowing this person I am sure it was a spiritual manifestation. Remember, the Law of Attraction can be used either with psychic energy or spiritual consciousness.

### Every Psychic Ability has its Counterpart in the Spiritual Realm.

Every psychic ability has its counterpart in the spiritual realm of consciousness. So what is the difference? Our Spiritual Gifts comes from our Divine Consciousness or some people may say God. These Spiritual Gifts function in the Spiritual Consciousness of our Being. Clairsentience on the psychic plane operates in our Solar Plexus Chakra, and on the Spiritual Plane our Clairsentience functions in the Throat Chakra.

The Source or God always gives us everything that we "need" to complete our purpose or mission -- notice I did not say everything that we "want". When you really decided that you want to be **doing whatever your Spirit came here to do** all the Spiritual Gifts that you need to be using in your work **will be Activated**.

I have a beautiful friend that is so clairsentience and one time driving back from Duluth MN to Minneapolis their car stopped running and she told her husband that the car said "it is the timing belt". Her husband and another mechanic did not think so since the car did not give the symptoms of being a defective timing belt. After replacing several parts the mechanic finally changed the timing belt and the car was fine. But my friend wanted to "see" she wanted clairvoyance so she got frustrated because she could not see the problem. I told her that she has a beautiful spiritual gift of knowingness of clairsentience and to honor her gift.

If you ever need to "see" something your spiritual clairvoyance will be activated, you don't need to go around and trying to activate these spiritual gifts or try to figure out what Spiritual Gifts You Need to Activate. I have found that when a person really needs a particular Spiritual Gift in a situation that Gift is awakened instantaneously.



This beautiful picture shows our Mental Self, our Higher Self (Soul) and God or Source. It is a great visual picture of our consciousness.

What is missing is the ***"Spectrum of Consciousness"*** between our Higher Self and the Source or Godhead. What I have learned over many years of playing in this wonderful playground of the universe is that connecting to our Higher Self (Soul) is just the beginning of our Spiritual Awakening or Remembering. There is a whole ***Spectrum of Consciousness from our Higher Self back to Source.***

So years ago I was guided by the angelic realm to use the words our ***"Highest Spiritual Essence"*** or our "Highest Spiritual Being" to signify that there always is another level of our Spiritual Being to bring into our mental consciousness.

### **Now Where Do We Go From Here?**

We can read about spirituality, we can research it on the web, we can talk about spirituality but nothing happens until you get in and start being your Divine Self. The great message came from the Universe via Nike: "Just Do It". Back in 1975 Archangel Gabriel said to me: "Be All That You Can Be" and soon after the US Army was using that statement. There are many subtle messages given to humanity to activate our Spiritual Awakening.

All these messages from Spirit are designed to activate our Spiritual Memories even though they are used by these large companies to sell a product. These messages have an energetic vibration imbedded within them to assist us to recognize what is really being said. We are to be Living Our Divine Essence.

## How Many People Meditate in one Form or Another?

To me meditation is anything that we do that connects us to the Higher Realms of Consciousness. And then we learn something and we bring this wisdom back into our everyday life. If we are just meditating to go out and bliss out but we don't come back and change anything in our life, then it is escapism. We have done nothing to improve our-self, to become more wiser or loving.

Most of the time in the Western Civilizations we spend time going Out-of-Body to merge with Source and stay out here in the Divine Universe of Love and Bliss.

But really, we are to learn to meditate and bring Source into our Heart Center. To go into your Heart of Hearts and experience all of creation, all of Spirit, all of Love and Bliss right in our Spiritual Heart Center.

## How Do We Activate These Spiritual Gifts?

To become a Spiritualized Person in Waking Consciousness we have to experience Spirit within us. We must ground our Spiritual Essence in our physical body, our emotional body and our mental body.

So to activate our Spiritual Gifts we have to bring our Higher Self down into our mind and into our Heart and merge our mental self with our Higher Self. This is what we call Oneness but this is only the very first stage of Oneness it is beautiful but it is like a small tip of the iceberg.

What is the first word we hear when we start connecting to our Soul (Higher Self)? I want to Go Home! I want to Go Home! There is no place like home and our Soul wants to go back to the Godhead.

And we say: god, I have this silly body what do I do with it? Wanting to go home is not talking about death it is referring to wanting to be in Divine Oneness. To have our Highest Spiritual Being fully present in our Earthly Body. Our physical body is to be a Temple of Love and Grace for your Highest Spiritual Being to be living in. Then we are Home with the Godhead or Source since we are "One".

If you wake up in the morning then you know that you are supposed to be here 1 more day. When your ego and your spirit both decide to leave then you will leave. We can leave in Elegance but if we wake up in the morning then we know that I am to be here today. I am to be Love, Joy, Peace and Bliss in everything that I do. I am to be Living My Divine Essence.

I have a very simple meditation Divine Mother and Father bring unto me Divine Love, Joy, Peace and Bliss with Wisdom and Understanding.

Now, I have added a new one: I invite My Highest Spiritual Divine Being to be Fully Present in my Physical Body, my Emotional Body, my Mental Body and my Spiritual Body. That is getting into our spirituality and making it real. That is "Just Do It".

My Eleanor Moore's story. This woman who had a deformed arm since childhood where her arm never grew out. Eleanor put one hand on her shoulder and one hand on the deformed arm and within minutes her arm grew out as a fully functional arm, and the woman was ecstatic. Then the woman went into fear, I will lose my disability, I have no training. Eleanor Moore told the woman to try it out for 7 days and if you don't like it come back and I will put it back the way it was. The woman never did come back.

## What Spiritual Gifts?

Whatever Gifts fit in with your Spiritual Purpose those are the gifts that will be activated. Don't sit down and try to figure out what are the spiritual gifts that I am to have. Play the game. Earth is a play ground so use the word "play" as it takes much of the seriousness out of spiritual growth and life in general.

We are to play with life. When we climb the spiritual mountain and we get to the top we realize that there never was a mountain to climb. When you become enlightened you realize that you always have been enlightened but we are still to go back and do the same everyday things that we did before.

Chop wood Carry Water>become Enlightened>Chop wood and Carry Water.

When we get to the final stage of Enlightenment we have choice do I go back and merge into the Ocean of the All and all traces of my existence is deleted, or, do I choose to take another form of consciousness?

There are 10 billion jobs open in the Universe that you can apply for anytime you want. Some may require relocation, you may go there physically to another star system or you may only take your consciousness there, or, you may learn to multitask and be here on Earth and on another Star at the same time. It all depends on what your Spirit wants to be doing?

But the bottom line is: nothing begins or very little begins until you invite your Higher Self to be fully present in cell of your body. That is free will!

Our Higher Self is just sitting waiting for us to say: Come in and live in this house. This is my physical body to give you form, these are my emotions be filled with Love, Joy, Peace and Bliss. This is my consciousness my Divine Mind Merge with it and share the Love, share the Bliss and "Be all that You Can Be". Try it out for 7 days and if you don't like the results go back to how you were.

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

## Moments of Sharing with Eleiah 2009-06-15

### Volume 3 Number - 009

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

Dear Friends Blessings of Love and Grace to You,

## Practical Spirituality - Creating Harmony and Peace Within Us and in our Home.

For years we have all heard about the "Higher Energies" that are bombarding the Earth, and Humanity is moving to a Higher Vibration into the Golden Age. We even hear that the Earth is evolving to a different higher crystalline structure and many more ideas are being channeled by various people all over the planet. However, I feel there is something deeper and more profound that is going on within people, their family values and their relationships.

### What Are Some People Looking to Create?

The past several months I have received numerous calls and emails requesting healing for them, their family, and the situation going on in their home. All of these healing requests revolved around people wanting to Create Harmony, Balance and Peace in their life.

To me this is a very important facet of Spirituality in our everyday world and shows a deep commitment to the Spiritual Values of our Higher Spiritual Self. This Great Spiritual Awakening is focused on the Spiritual Value of our Inner Life, our Family, and, the Quality of our Home Life. While the outer world is beyond our control, we all know that we could choose to get caught up in all of the issues that the TV News and Internet News seems to push into our life, but ***Our Inner World is Our Creation and we have Total Control over it.***

### How do I Create a Center of Peace and Harmony in My Life?

The first step is to create a Center of Peace and Harmony Within Us.

I have found it is very useful to start by writing down in detail: ***How Do I Want My Life to Be!*** Make a detailed list of what specific things or qualities you want in your Life. What you are doing is identifying your "Highly Valued Criteria" and bringing your core values into your mental awareness. When you do this exercise with the guidance of your Higher Self then you are bringing your Core Spiritual Values into your mental awareness.

Creating Inner Peace means that, we must re-engineer or reframe all of our thoughts, memories and attitudes that foster disharmony. ***If our Inner Processing of the events in our life are based on our Spiritual Wisdom and Spiritual Love, then we will be in a State of Inner Peace.*** However if we process any experience with an unenlightened belief or memory then our Inner Response and Outer Response will be filled with negative emotions and our response to that situation will come from our internal disharmony.

Since we created all of our memories, attitudes, and beliefs that we use in our Internal Processing we also have the power to change our In-Thoughts. Kofutu Spiritual Healing can be of great assistance in this re-engineering process since we can specify the actual issues we are dealing with and Kofutu reframes the core beliefs behind that issue. The same holds true in using any of my Meditation CD's as they also teach you to access and utilizes your Divine Essence within you and all of your Inner Resources to reprogram yourself to be aligned with your Highest Spiritual Being.

Have you ever prayed for something to change in your life and nothing seems to happen? Well as a friend once told me: God Helps Those Who Help Themselves. Now, I know what she was saying. We need to change how we are thinking and in doing so we are aligned with our Divine Essence. In this writing and others posted on my website I AM sharing a few techniques that work and they work in very fast - minutes rather than years.

Also, we can also focus on statements like:

I AM Divine Peace

I AM Divine Harmony

I AM Divine Love

I AM Infinite Health

## **How Do We Make Our Home Comfortable.**

### **What Do You Want Different in Your Home Life?**

Take some time and think about your answers to this question and writing down your thoughts. When you have clarity it is much easier to say what you are unhappy about and how you would like things to be. Again we are defining the environment that we want to create in our home. If we don't tell the Universe/God what we want how does the Universe/God know what to give us?

### **How to Create a Positive Environment.**

Define exactly what you want without using specific names of people.

What are the quality of the relationship that you want to have with a person in your home right now? Define all of these qualities, write them down. What do you want going on in your household? Also, put your house rules in writing. Also define what behavior is acceptable in the home and what behavior is not acceptable in your home.

When you have a sense of how you want the environment of your home to be then you can share your dream with the other members in your home. This is the type of home environment that I am going to create do you want to be a part of this? Is this what you want too?

Remember, you can begin to create the environment that you want even with other people there. We don't need to wait for other people to change. If there is an irritation within you then you know that some part of you is creating that irritation and reframe your self-talk that is creating the irritation.

We all do something that is destructive to our self because we are trying to deal with something but we don't really know how to deal with it. While there always is a positive purpose behind our actions, what we are doing may not be the best way to deal with the problem. We want to get rid of pain so we drink alcohol or use drugs. The goal is great, but the method to get there is not the best. If I need to relax then say what other ways can I relax without drinking? Are you open to looking at other alternatives to relaxing other than drinking? If the challenge is with another person then we say: When you use that behavior these are the things that I see happening within you and how it affects all the relationships in our family structure.

This is the behavior that is acceptable in my home for anyone living here. Now we have de-personalizing the behavior and were not attacking the person. If someone is living in my home these are the qualities and the environment that I want to have. If that person does personalize what you said; then it is their problem. You have only defined the environment that you want to live in Now. Perhaps in the past I accepted something different but now this is how my home is going to be: Peace, Love, Joy and Bliss with Caring, Honesty and Integrity and whatever other Highly Valued Criteria's you have.

### **This Is How I Want My Home To Be.**

But this requires you to know exactly what this is. We can't say we want things to change but we have not figured out what we do want. What is the opposite of the things you don't want? Qualify this by writing all the qualities down on paper of how you want things to be and then put them in a hierarchal order of importance.

All too often we tell other people in our home that we want to see a different behavior without say that a certain behavior is not acceptable. Would you please come to my yoga class I think it will help you, rather than saying: Drinking at home in front of the children is not acceptable.

If we want to make our home comfortable then we need to define what is our criteria that will make this so in this earthly world. We could sit and say everything is in "divine order" and I am going to be in my Bliss and I am not going to be affect by anything or anyone else, but most of us are not quite there yet. We are on a continuum moving to that Level of Higher Consciousness. We may have moments of this Divine Expression but we also are aware of a few imperfections that we still need to over come.

### **Let Go Let God**

We have all heard this saying and really what it means is to "detach from a situation" and let our Divine Essence or Universe Guide us to what is in our Highest and Best Spiritual Interest. So, detach emotionally from the House, detach emotionally from the Marriage and Friendships and everything else so you are free to make a new choice and express whatever you want. If we are emotionally attached to our house, our marriage or a relationship then we are not going to be "free to say what we want or create what we want".

The attachment actually works against us because we are afraid of losing something so we don't speak our Truth. Our Inner Truth comes from discernment not emotions and comes while we are in a State of Inner Peace, Love and Clarity.

If we are very clear about the environment that we are creating in our home: mentally, emotionally, physically, feeling, intellectual, and spiritual and we can define these parameters, then, with that specific information of our highly valued criteria and the other person's highly valued criteria we can see our degree of compatibility. Besides, both of us may come up with criteria and a goal that neither of us ever thought about.

### **What Do We Do With Relationships?**

People have the right to make bad choices and we need to honor that right just not in our home. We can't take credit for the good choices our children make and we can't take credit for the bad choices our children make. We can be the very best parent we could ever be and our children will still come out with whatever issues they need to deal with karmically and for their own spiritual growth.

### **Creating Clarity in a Relationships?**

Again, it is writing down all of the positive things we see in this relationship in one column, and in another column what the negative things we see in this relationship. This gives us some visual clarity. Also, it is great if the other person makes her/his list so we can compare the lists and see if both of us are on the same page. If you have never done self examination and journaling this is a great way to get to know who you are. When you read how other people see you that too is a growing experience. It may take weeks to get the clarity that you need so put some effort into the process and then check it over from time to time and update your list.

Nobody makes any changes until they decide to make the changes for them-self. Changing to please another person never works because at sometime we revert back to how we were. Change is not sustainable until we decide that: Yah I want this new life and I will do whatever needs to be done to get there. Creating distance, our body language, not speaking, all give a message without being direct or respectful. Clarity in our communication is really the goal we want to create.

Our negative behavior is just symptomatic of something else that is going on. Hey I have my own issues too, and these are some of the things I do or use to find my Inner Wisdom, my Inner Guidance. We all have to figure out how we want to create more Peace and Harmony in our life.

The biggest thing is for us to have clarity of what we want to be conveying to the other person. If we don't have clarity it is pretty hard to tell someone else this is my dream!

## Now Where Do We Go From Here?

If we are not in ***Peace, Joy, Love, Bliss and Harmony*** then something in our life is pulling us out of this ***State of Divine Oneness*** and we need to deal with it, re-frame or re-engineer whatever the belief or thought is that is going on inside of us (Our Self Talk) and pulling us out of Our Inner Peace and Harmony.

We are already Masters of Creation all we are doing is focusing and redirecting how we are using what we already know to create a different outcome.

## The Future Pacing Technique

Whatever we put our attention and our emotions on is what we are going to create. We can create our reality anyway we want it to be. Each of us has a movie in our mental mind and this movie is creating whatever is going on in our life.

### **Future Pacing is creating your New Movie with a Different Outcome.**

We create a new movie in our mind as to how we want our life to be.

Since we are the Director, the Writer, the Casting Director, etc., we are in Total Control of Our Movie.

### **Creating Inner Peace by (insert your name)**

- 1) In your mind create an Image of How you Want Tomorrow to Be
- 2) Add the type of people that you want in your movie
- 3) Hear these people supporting you in creating your perfect day
- 4) Hear your own self talk supporting your Inner Peace
- 5) Create the perfect setting for your movie
- 6) When your movie is just right then step into your-self and sense how it feels to you.
- 7) If you need to make some changes then redo the steps to make your movie perfect for you.
- 8) Go to Sleep with this new movie in your thoughts and then see how your next day goes.
- 9) Every screen play has a number of re-writes so each day you get to revise your movie script until your life is just how you want it to be. Invite Your Highest Spiritual Being to assist your in creating your new movie.

You give your Movie any name that you want it to be:

Creating a Home of Love, Peace and Harmony

Being My Divine God-Self

Creating Loving Relationship

In this moment, in this experience, I can experience and deal with this situation using my Inner Wisdom and Love. How would my Higher Self deal with this situation, or How would Jesus or Buddha deal with this situation. The answer to any question that you have in is your Heart of Hearts not you mind. If your mind or ego had the answer you would not have the question.

So, perhaps it is time to GO INWARD into your Heart of Hearts and Create a New Movie of the Life that you want to live - Living Your Divine Essence here on Earth.

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

## Moments of Sharing with Eleiah 2009-09-15

### Volume 3 Number - 010

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

Dear Friends Blessings of Love and Grace to You,

## The Three Life Paths 1) Going in Circles, 2) Going in an Upward Spiral, 3) Transcending to a Higher Level of Consciousness.

### Going in Circles!

At sometime in our life, most of us have felt that we are or were going in circles in our life. What does going in circles mean? I feel going in circles is manifesting and dealing with an issue or situation time and time again using the same decision making and techniques over and over again. This method obviously worked at some point when we were younger and we embedded this pattern in our unconscious-mind as an automatic response to get what we want.

It is like a young child that has learned that having a temper tantrum will assist the child to get what it wants. Later in life, this same pattern is used to obtain a desired result even if this behavior no longer works. ***But the person believes if she/he does it enough times it will eventually work. This belief is what keeps the person going in circles.***

Some people love the 'Victim Role' and play the victim role to achieve what they want. There are many of these role pattern that we use to get what we want without taking the other person's feelings into account. So these patterns are only serving the ego-self and can become very ingrained in how we act in life. These patterns can become so embedded within the mental makeup of a person that these patterns of thinking can be continued lifetime after lifetime repeating the same life script. Many times a person can look at their past lives and see they are reliving the same issues that they had in these previous lives. That is how powerful and addictive some of these beliefs can be.

This does not mean that our whole life is in these continual circles of reactions? No, some areas of our life could be moving in an upward spiral and just one area seems to be repeating itself many times over. Sometimes we call this being in a "rut". One person described this as "Running around like a hamster on a wheel going nowhere fast".

Here is something to think about: ***If I keep on doing everything the same way I always have, I will keep on creating the same results I had before.*** People who are operating in this "Going in Circles" pattern seem to ***"Hear whatever they want to hear - even if it was never said"***.

Another aspect of this Life Path is being hard-headed, or stubborn in how they see their life and how other people are treating them. The Universe is against them, people are against them, even God is against them. You can forget about trying to shift their way of viewing the world because they see no reason to change regardless how bad things get.

## How Do We Get Out of this Rut?

*If we always think the way we have always thought, we will continue to create everything the way we did in the past.* What this says is: "We need to start changing how we think, feel and act in our life and start making changes so we can deal with similar situations in a different way".

When we begin to look at different ways to deal with life and make different decisions we begin to move in an "Upward Spiral".

## Going in an Upward Spiral!

I think many times people finally get the idea that being in a "rut" is like hitting your head against the wall and they finally decide it is easier to go around the wall, or over/under the wall to get to where they want to go.

This means we need to be more flexible in our thinking and the action we choose to use in obtaining the results we are looking for. Hopefully this flexibility means that we chose the **Higher Road of Consciousness** and begin to be concerned about other people as well as oneself.

It is not uncommon in this Upward Spiral to have it appear that we are going in circles because sometimes the same issue keeps coming back several times over. But, when we look at our response we see that each time we dealt with the issue more elegantly and with much less negative thoughts and emotions. We are really growing and learning some Wisdom about our-self, other people and the Universe. This is call "Spiritual Growth" and the Upward Spiral is signifying that we are growing in our Spiritual Truth and being more accepting and concerned about other people.

Sometimes these Upward Spirals are close together and we are making small changes in our life. At other times these Spiral are father apart and we are making much greater shifts in who and what we are.

The Path of the Upward Spiral is like a Spiral Staircase and each new step gives us a different view of our surrounding and more options in dealing with each new situation in life. Each new upward step creates greater flexibility and potential to respond to life from a Higher Plane of Consciousness. As we advance Upward on the Spiral Path we embrace more Love, Compassion and Grace as our True Divine Self is becoming more present in our life.

The people involved in this New Age are shifting to this **"Path of the Upward Spiral of Consciousness"** to find a deeper purpose in their life, to become their True-Self. Life always gives us the opportunity to make new choices which assist us in getting to where our Spiritual Essence wants us to be.

Some people believe that everything is exactly "How it Should Be - We are exactly Where We Need to Be", but I have never agreed with that teaching. I believe that humanity and each of us as an individual are out of synch with where we are supposed to be on the Path of Personal and Global Enlightenment.

I also sense that we are experiencing a resynchronization energy and consciousness to get us back on track. For many people this can mean getting on the fast track of Remembering Who We Are.

*In every breath we take we have the potential to function at our Highest Spiritual Consciousness but the question is: Do we follow the Inner Knowingness that each of us have within us?*

Both the "Going in Circles Path" and the "Upward Spiral Path" are what I call: **"The Path of Experiential Learning"** since everything is based in working things out in life experiences. These experiences are great learning tools and also provide us with the ups and downs of these experiences so we can relate to people who are going through these same life crises. Since we have already walked the path they can see that we made it and therefore they have the power to make it. This is very empowering to someone who is deep in depression as they talk with someone who is no longer depressed because it gives them Hope.

### Is There Another Way?

Many years ago I asked myself that question and to my surprise I was told by my Angelic Teachers and My Highest Spiritual Essence that there is another way to learn [or what we sometimes call Remembering] and it starts with the Process of Merging our Ego-Self With Our Higher-Self, To Move Into Our Divine Knowingness also called "Being In The State of Oneness".

### Transcending to a Higher Level of Consciousness

This is the **"Path of Intuitive Learning"**. With Intuitive Learning we gain some insight for God, The Universe, Our Highest Divine Essence, or perhaps from the Ascended Masters and with that insight we make a **Quantum Leap In Consciousness**. It is like going from grade school to college in one great leap of knowingness with the full understanding of your knowingness. Wow that was for me.

I happened to live in Minneapolis, MN at the time and I visited the IDS building which was 52 stories high and in the IDS building there was an express elevator to take you to the top floor. It did not stop along the way it was swoosh and you were at the top of the building and you could look out and see many miles of the Minneapolis Metropolitan Area in every direction.

So the IDS building became a reminder to me that we can get on this Express Elevator and go to the Highest Levels of Consciousness, rather than taking the Spiral Staircase.

Once we know that there are options in which Path we chose to take many people really want to start on this New Journey of Intuitive Learning!

This Intuitive Path is Remembering Who We Are - Being our Divine-Self. This is more than mental knowledge that you are a Spiritual Being of Love, Wisdom and Grace. ***This is Truly Knowing this in Every Cell of Your Body, Every Thought in you Mind and Feeling that Love and Wisdom Within You ALL THE TIME.***

With the Spiral Path we Remember in small increments, whereas with the Intuitive Path we Remember in massive amounts.

We have all read about the sages in India and elsewhere that sat in Samadhi day in and day out and we called these people Living Saints and Enlightened Beings. Perhaps that was necessary in the past but I think that this new generation of Enlightened People will be doing all the everyday tasks we all do and doing these daily tasks ***In This Divine Consciousness.***

Spirituality is not escaping from life to some special retreat or group! It is embracing life with the Love, Grace and Wisdom of Spirit Within Us. Being in this world but not of this world. All this means is: We do not get caught up in the soap opera of life. We stay in our Inner Calm, our Heart of Hearts, as the volatility of life goes on around us.

### **Living on the Earth but not of the Earth.**

We are to live our life in Peace, Joy, Love and Harmony as we deal with all the petty things that go on around us. So the true Spiritual Life is not living in some ashram away from the city life, family, and all that goes on.

A very wise person once said it is easy to be a loving person sitting on a mountain top away from everyone. The true test of being loving is to be a mother, raising children and overseeing everything that goes on in the household and the world around her. When you can remain loving doing all of that then you have truly mastered being a loving person.

### **If you have to live in the gross world of stuff, then don't you have to go through the motions and learn how to interact, deal with issues and strategize?**

The answer is "Yes" we learn skills to deal with issues and develop mental clarity to see where we need to make changes to be in spiritual alignment. We need to use our mental processing to make certain business decisions in our life but perhaps we also need to include our own Inner Wisdom after we collected all of the data.

As one wise person put it: "Somehow I have found a way to go through all the motions of the day and still remain inwardly calm, even if I am running around and multi-tasking".

So, logic can make us a prisoner of our fears or logic can set out Spirit Free. That is the choice we have when we use our logical mind. As we expand in consciousness the parameters of our logic database also expands. Sometimes we just "know" we need to do something even when nothing in our past knowledge says we can accomplish this goal. This is where our trust in our Inner Knowingness comes into play and we follow our Inner Guidance.

Personally, I love the **"Path of Intuitive Learning"**. Yes both paths will get us to the same destination, but lets face it we all have had so many experiential life experience do we really need more long drawn out melodramas of life? Are you open for the Fast Track?

***In the "Path of Intuitive Learning" we receive a flash of insight and we automatically know how to use this insight and how to integrate this wisdom within us.*** Also, much of this Learning/Remembering can be done as we sleep. Sleeping is much more than resting the body it is feeding our soul and our mental-self - Remembering our True Identity and all of the Love, Wisdom and Grace that comes with that Remembrance.

So, perhaps it is time to GO INWARD into your Heart of Hearts and ask to be aware of your Divine Essence, to call upon the great Teachers to assist you in your Transcendence. We have all heard: Ask and you shall receive so perhaps it is your time to ask to take the **"Path of Transcending to a Higher Level of Consciousness"** to begin to Remember Who You Are using the Path of Intuitive Learning.

I AM Divine Love,  
I AM Divine Peace,  
I AM Divine Bliss,  
I AM Divine Wisdom,  
That is WHO I AM.

I ask for my Divine-Essence, and the Angelic Realm to assist me in Being My True God-Self.

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