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The OM (the One Moment) ~
Life's Truisms in Balance
A weekly column by Nenari, Princess of the Sea



This week's column I present to you the first of a three part series on the discourse of Faith and Belief. Enjoy being in this OM, the One Moment.

Faith ~ Miracles Occur if You Only Believe ~ What Do We Believe and why? By Nenari, Princess of the Sea



A couple of months ago I heard an interview with Steve Perry in regards to the song "Don't Stop Believin'" that he wrote and sung when he was with Journey. In this interview he spoke in a very moving way about how the song was inspired by something his mother would always tell him which was exactly that, to be free from ever stopping believing and to hold onto that feeling. Being that I also love Kahlil Gibran and his quote 'Faith is a knowledge within the heart,

beyond the reach of proof', I began to question The Master Artist we know as Spirit/God/All That Is and ask ~ So what are beliefs and how is it that we come to believe? What came through in the pourings of wisdom through me is what will now be the next several parts to the OM, the One Moment column in which we will delve deep into the rabbit hole of faith and belief.

I have come to understand that a belief is simply a thought, an emotion, or a feeling that you keep thinking and feeling over and over. So if you have a belief and then you have something you want or desire, whatever that belief you have if it is opposite of what you want will be what shows up in your experience rather than what you desire. In other words if you desire something and you believe in opposition to it, your opposite belief will prevent what you desire from occurring. It is only your beliefs that keep you from the things that you desire. Our experience that we call our reality is whatever it is that we choose it to be, whatever we believe it to be. So if it's a thought, emotion, or feeling that you keep thinking and feeling and you are free from getting the results that you desire, isn't it the moment then to begin to think another thought and feel another feeling about those thoughts?

An example of this is if you believe that you are unworthy of money and yet what you desire is more money, the belief that you have practiced over and over again of you are unworthy of money will be what shows up rather than the more money that you desire. When you desire something and you believe it, there is free from being any separation between what you believe and what you desire, you are offering as One thought, emotion, and feeling the vibration of creation and it shall be given you right in the now of the OM, the *One Moment*. Just like in the movie Hook, 'I do believe in faeries I do, I do, I do believe in faeries, I do, I do' as Tinkerbell says this to Peter he then comes to believe. He comes to believe because he practices the thought, emotion, and feeling over and over again of I do believe in faeries I do, I do :) and then he does.

The ultimate spiritual *absoulute* truth is that we are free from needing to practice anything. For as we spoke of in our last column about Love and how we are love with the example of the mosquito, so too is that we simply ARE what it is we desire already. Therefore when we come to understand this believing is instantaneous and so is the creation of what we desire. The key then is within the illusionary game of praxis or practice until we reach that moment of feeling good simply because we feel good and because we desire to feel good. When our desire to simply feel good is One with what we desire and we can feel good even if we are free from having what we desire in that moment yet understanding it is already, that is when creation occurs and what we desire comes into BEing in the now of the OM, the *One Moment*.

Some may say "well wait a minute, this is free from being "reality" then, that thinking a thought or having an emotion or feeling about something that has been free from coming into fruition is fantasy, its illusion its just simply not real!" And yet is this not what we call a dream, a vision, or a desire anyway? Do not

all dreams, visions, and such start out with a simple thought, feeling, and emotion anyhow? Was this not what we did as children in playing such games as house, or Barbie dolls, or cowboys and Indians?

Was it not Martin Luther King Jr. who said I have a dream, and then he shared his dream with us all? Dr. King's dream supposedly was free from being in "reality" yet it was all the same.... To be continued next week in Part Two. So until the next moment within the OM, within the **One Moment** that we connect again, heart to heart, soul to soulThis is Nenari, Princess of the Sea sharing with you ~ May your life experience be filled with infinite blessings of *Absoulute* Love, Infinite Light, Abundance within its infinite forms, Peace, and Bliss always, in all ways. Namaste.