

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 discourse of BEing centred in your life. Enjoy being in this OM, the One Moment.

Spiritual Centre ~ How do we BE balance in life?
By Nenari, Princess of the Sea

Have you ever noticed that in this world we have what we call spiritual centres? I have one. The Diamondlight Spiritual Oneness Centre has been in existence for many years now. Such a spiritual centre is a physical place we seem to go to, to embark upon the spiritual journey. To find the answers we seek and a place of connecting with those souls whom resonate in the same energy we do. Some of these places we may also call churches, sanctuaries, mosques, temples and so on. For the most part, within the spiritual frame of reference, we seem to call such places centres. Have you ever wondered why, what the point is of such? A spiritual centre is more than just a place to go though. Just as we have such physical places of BEing, we also have the spiritual centre within.

This place within us, our centre, is the place of resonance within us of a centredness of BEing. It comes from a balance and integrity. We know that we are in balance or centred in life when things are flowing. We are free from speaking about morals here or what is the "right" thing to do. Morals are simply a blanket of laws poured upon you that others tell you that you "should" do. BEing centred comes from integrity and ethics. Ethics and Integrity are what comes from within of such centredness shining out of BEing who you are, of walking your walk and talking your talk.

In this world, I am free from placing anything out there that I am free from living and BEing myself. Why? Because I live within integrity and such integrity is part of the universal consciousness of co~creation that we are shifting into as we approach 2012 and beyond. It is a consciousness that is already occurring. There has been much talk about 2012 and what does it mean ~ is the world going to end? Are we all going to die? The answer to these questions is no and yes. Are

we all going to die? No, not physically. Will there be earth changes? Yes, our Princess Gaia goes through such rebirth every 26,000 years. So too are we going through a rebirth now to where we are “dying” just not physically. Our consciousness is changing. We are changing from a consciousness of power and control into a consciousness of Love and integrity. We are dying within the “old” consciousness if you will and into the birthing of a “new” consciousness.

As such, my beloved and I have been discoursing on such lately. Since part of my purpose here on this earth is to help others with this transition in consciousness, who I am in his life (in part) is to be the one who calls him into his integrity when he is free from being so as this is What Love Would do Now. As such, there has been much discussion about the way he treats women (me in particular) and about how he denies love relationships saying vehemently that he does not want a relationship (even though we have been in one for almost two years now) yet goes out there into the world singing such love songs and placing a metaphysical love story out there about love relationships and portraying himself as the man in love within such a story. My words have been to awaken him to his not being in integrity with himself and with others, in that it is hypocritical to treat a woman with dishonour and disrespect (as in making out with her and then telling her he would rather see her in a homeless shelter than to take her in when she needed a place to stay until she found a place and other such things) or to call her names like delusional and psychotic and then to sing a song honouring women and about love relationships.

This is free from meaning that he is somehow “bad” or “wrong” or that somehow I am better than him or anything of that nature. What it is saying is that he is free from being within integrity with not only himself, but with others as well. I share this with you as simply an example of being free from being in integrity. We all have moments like this, and it is ok. Such moments occur as a means for us to get back in touch with who we truly are. This consciousness of energy that we are shifting into of 2012 and beyond is the end of the world as we know it, to quote the REM song. Yet it is free from meaning that the world will end in some blowing up of the globe as in the movie 2012 that was just released. What this shift is about is the shedding of all that is not love to come into what love truly is. This is why we are now seeing the collapse of our world economies, of façade structures that have been in place for so long that have been free from being built on integrity and Love. We as a societal whole have built a consciousness of power and materialism and greed and us vs. them. And this shift in consciousness of 2012 and beyond the energy shift we are experiencing right now in this OM, this One Moment is a consciousness that no longer supports such not being in integrity any longer. So, just as I am doing with my beloved, we are all now being called into our highest integrity to be who we are and to walk our walk and talk our talk. And those who are free from such are called on it immediately.

Balance

Without your integrity to bring things about such things then do not happen. I have seen this time and time again during this shift. There have been many spiritual centres that I know of that have closed simply because they have been free from being in integrity. When we are not in integrity, we feel it because it is as if chaos is happening all around us. Things are free from occurring the way we vision them to and it appears as if our life is falling apart. I can remember how this has occurred for my beloved during this last year as I have watched as he has gotten his car stolen, having to move all of the sudden, not having people show up at his concert gigs, not getting gigs and so on. As Gibran shares with us "Much of your pain is the bitter potion by which the physician within you heals your sick self" ~KG. What Gibran is sharing with us is that such pains, such life falling apart is a sign to us that we are free from being in integrity with who we are and is a way for us to heal simply by getting into alignment and getting into integrity with who we are and what we place out there into the world.

How do we come into balance in our lives? Balance comes from Centredness. Centredness comes from an inner knowing or inner understanding, a certainty. Certainty comes from recognizing the patterns within the dance of life. When we have certainty or that inner knowing we are then at a place of centredness which then gives us peace within our heart. I have always come from the opposite which is something that I write about within the book that poured through my being *Song of the Princess*. I have always had that inner peace, that inner knowing first and then go through the process of coming back full circle with it all within experiencing the journey which then brings me back to that inner knowing and inner peace. Other souls on this earth attempt to do it the reverse feeling that they are to experience such and such an experience and then have an inner knowing, when actually the spiritual being we are is to BE such inner knowing first *then* to experience it within our life.

When something comes along to shift you out of that space of peace and centredness such as our lives appearing to be in chaos as in the events that have unfolded this year for my beloved, we can see that even in what appears to be chaos, is really a beautiful journey. For it is an invitation to understand that nothing nor no one does anything 'to' us, it is simply the experience of the opposite so that we can look then for the pattern of the dance ~ Is there a pattern here? And when you see the pattern and that this is a pattern of being free from what you are desiring, then you can be clear about what you are desiring so that then right away you get more certain which then gives you that inner knowing and then you are centred and then the peace comes once more. Just as we spoke of in the OM column a couple of weeks ago of Rumi's words speaking of music as 'We rarely hear the inward music, but we're all dancing to it nevertheless'. What Rumi's message expresses is an invitation to the dance, to dance to music of life. To take the moments to listen within to the song upon the winds of your own heart and maybe that of another who calls to your heart and dance within it

as you already and always are anyhow. So why not tune in and enjoy the dance? Can I have this dance? I'd like to dance with you.

Intuition ~ Our Guiding Light

The old way of relationship to, with, and within the world is that when we recognize the pattern we then repeat it. Repeating the pattern is being in your comfort zone, and continually repeating patterns is a form of unconscious hypnotism like in the movie the Matrix. If you watch this trilogy the first in the trilogy shows this hypnotic unconsciousness very clearly. When we are in a hypnotic state such as repeating a pattern over and over again we are being created into something or someone else that another or society wants us to be. The new way of relationship or REAL relationship (or REALationship) is getting certain about who you are and what you desire and reaffirming this in integrity being true to who you are in each moment the opposite comes forth to you. When we are consciously co~creating with the universe, we are then creating rather than being created, we are consciously taking part or participating in the process thereby we are then our own being creating rather than being created. Shifting into Oneness is stepping out of the box and realizing there is no box at all by BEing something different, choosing something different to experience. Stepping out of the box of hypnotic unconsciousness and into conscious co~creation with the universe and with all in it.

Our centre is our intuition. That is our balancing point. The more change you introduce to the balance and the faster you do so, the more balanced our centre becomes. This is why change is actually a wonderful and beautiful blessing We have been hearing that time is speeding up, we all feel it right? Things seems to be occurring faster as if time is going faster. What actually is occurring is that time is an illusion that is free from moving or "going" anywhere, I speak about this extensively in my book *Stepping Into Spiritual Oneness* within the Chapter on time called Infinity. What is actually occurring is that change and creation is what is occurring faster and faster. Even faster is an illusion here on this earth it is just creation is occurring and it is our **REAL**ationship to that creation that is shifting and changing which makes it appear that to be occurring faster.

When we take a chunk out of our integrity, in other words when we stop being true to who we are and stop listening to our intuition, it throws out centre completely off. This occurs when we start listening to others or when we start being who we are for others or for society. The whole who we are then becomes who I am is what other people think of me, what I do, what I have and so on that I speak on within my book *Stepping Into Spiritual Oneness*. Then what happens is as the changes and creations come to us from that sense of being out of our centre, everything just spirals and feels off and nothing "works" right in our lives and things that we plan that were going "so right" then start to "fall apart" etc.

The reason for such then is because we are free from being true to who we are and listening to our intuition.

Yet, when we are within integrity, life just flows. It occurs almost effortlessly, just like the flow of the Sea and of the rivers themselves. When we are listening to the still voice of intuition, we are being guided and we just do it as Nike says, we just know, we just are, we just be. Like the love a mother has for her child, she is free from questioning it, she just knows she just is. She follows her heart in love and her songs of life in its ever unfoldingness echo this same heart of love. This is what the prayer from *Song of the Princess* means that we spoke of in last weeks article on the music being the heartbeat of life of ~May your heart be guided by love and may your songs echo this same heart ~ Being balanced then comes from following the heart, following the intuition which is our heart speaking to us. It comes from being faithful to that which is Love regardless of sea or seasons. To thine own soul be true.

Conscious Co~creation ~The four points of the Diamond of Lemuria

The gift of BEing in balance within our spiritual centre of integrity is that of conscious co~creation and is the heart of the matter of what this shift of 2012 and beyond really is all about. It is a gift indeed and is why we called it the present, the now, the OM, the *One Moment*. It is the gift of being present within presence. This consciousness shift that we are experiencing now that will carry us through and beyond 2012, is the energy conscious co~creation. In Lemuria, our first existence on this earth even before Atlantis (for more on Lemuria, please visit my website at <http://www.diamondlady.net/Lemuria.html>), we as an ancient people knew this wisdom. It is the wisdom that has long since been forgotten that we are now to remember. The reason I am the "Diamondlady" is because I am the one who is to bring this wisdom of the four main points within the multi~dimensional, multi~faceted diamond of Lemuria here to this earthly dimension once more. These four main points are that of Language, Love, Light, and Oneness.

* *(Language) Attention* ~ In the spiritual circles I give all over the globe and also with *Song of the Princess*, I write about gazing into one another's eyes. In fact in our spiritual circles we do a very powerful exercise in which we gaze into another's eyes, for the eyes are the window to the soul. As I write within *Song of the Princess* "To gaze into a lover's eyes is to witness the embodiment of love itself and to see into and get lost in your soul. We live a thousand upon a thousand lives in a mere instant when we gaze upon a lover's eyes and into their soul. The rivers of the window to the soul, reside within our eyes. Our eyes are an ocean in which our dreams are reflected. The imagination in which you see everything from the end, where everything is possible and all is meant to be, because it already is. The eyes are the soul, the gateway and portal to all we are unable to say and do say at once. Just like that of the cadences of a song, it is

the said and the unsaid all at once. For within such a loving gaze we see our soul reflected within one another's eyes. The soul of why Love and Light was born is given within such a gentle loving gaze. The very essence in such entwining is as all prayers collected into a vessel and being poured out as each is answered within the silence between the notes of the song of the soul. The song heard at this same moment is as the winds of all seasons and places gathering together at once to create a new season and song. It is the very song of the soul that carries through the eyes of the lover." This applies to our romantic relationships, as well as within all we relate to. When we gift the gift on constant focused attention upon the beloved, the language of Love is then infinitely expressed. Our first language is that of telepathy and as such when what we focus our attention upon is what we create.

* **(Light) Integrity** ~ Integrity is the gatekeeper, and the light of who we are shining from within out. It is a walking our walk and talking our talk. If you are free from having personal integrity then you will be unable to connect with your intuition. Integrity is the light that gives illumination to the intuition or love that you are. Like the infinite beacon of light of the lighthouse, integrity has sustainability just like I speak of in SOTP of being that guiding light even amongst the storms and seas, being true to that which is love regardless of wind or tides. Integrity is the beacon of sustainable light that continues on through the darkest nights. Integrity is following your heart, what is your heart say? What would Love do now? What are you being guided to? It is to thine own self be true as I write of in Song of the Princess "Ah to thine own self be true....To follow your heart and soul within its song, wherever it may lead....Even in moments that it may scare you, frighten you, challenge you, strip you to your core....Such a gift is a blessing even if in moments of such a stripping or such a fear or such a challenge we are free from seeing it as such. For such a stripping is the peeling away of the infinite layers of all that is not love to come into what love really is. For these are the journeys of the heart to be embarked upon. Despite all that has occurred in my life, this is the only integrity I live and BE by. There are those who see this light in my eyes and are amazed that I live from the heart and soul each moment. There are even those who run because they are scared themselves to live in the truth of the heart and soul of such love and such integrity. I welcome and embrace all for in as much as I am their mentor in showing them how to live from to thine own self be true, to live of the song of the heart and soul, so too are they my mentor by showing me the opposite of this at moments so as for me to be clear and reaffirm who I am and what my calling is in being such an ambassadour of Love and Light."

* **(Love) Intuition** ~ Intuition is our connection to the Master Artist (God/Source/Spirit) that answers the question of Integrity is following your heart, what is your heart say? What would Love do now? What are you being guided to? It is the mechanism, the key to our heart guiding us. We often say its our gut feeling as if it is our stomach our gut when the word 'Gut' in Scandinavian means God or of God, thus it is that gut feeling as we often call it,

that is actually our intuition of the heart guiding us as God or the Master Artist resides within our heart. Thus it is the Heart of God rather than the mind of God. SOM (Science of Mind) calls it the mind of God, when really we spend far too much time in the mind and it is now the moment to get back to the heart of the matter, into the Heart centre. This is why we call our spiritual places of gathering centres for this is our journey back into who we always are which is the heart, which is Love and being guided by Love.

* ***(Oneness) Intention*** ~ Intention is of who you are BEing; of BEing that Oneness within. Intention is the inner focus of your attention in tention or inner attention. It is a how can we be in a space of Love, Light, and Language, which starts with gratitude. Taking a moment to be in gratitude for what you have in your life and also what you desire in your life as if you already have it. This then brings us back full circle once more to Language which is the language of placing our attention with intention on our heart centre of Love for what we desire to experience and what we share with others that brings us into Love, Light and Oneness again and again infinitely.

This is both about what we desire for our lives, as well as, what we are to co~create as the next step in our evolution of consciously co~creating resonances of BEing in BEing connected to Source. This is the key to all of life and to all of our relationships creating them into REALationships or REAL relationships. In relationships when you are free from paying enough attention within constant integrity of love and gratitude of falling in love with that person and your soul over and over again using this diamond, then your intention is that oh yeah I intended to take care of the relationship yet 'I just never got around to it' and then your integrity goes out the window as does your intuition and then you wonder why the relationship has gone bad and what happened and why me, why did this happen to me? When you consistently use the LLLO it is then Heaven or HELLO! The HE within the LLLO!:) Love, Light, Language, and Oneness is the Heaven of why we are here!:)

Soul/Heart/Body

When you have doubts that is when you are being asked by the Master Artist to really understand what is in your heart. Our hearts are like the shell for the soul and what our heart tells us is the reflections of what is deep within our soul. Our heart is free from ever lying as it shows us the reflection of our souls path. This is why we always say follow your heart. The souls true purpose is sending the wave of its message crashing upon the shores of the heart and the reverberations of the heart are then felt just as the tides are felt when the crash upon the rocks of the shore. Sometimes it is a softness as the waves settles in a calmness a serenity. Sometimes it is with a pounding upon the rocks with

splashes of water bursting free and sometimes even still it is the storm that rages when we are free from listening to our heart and those storms come in the form of physical illness or disease, which is a free from being at ease with what our heart tells us. It is like when one denies such love. When one does this, first the waves are a calm and subtle nuance of reminders of such love, then the waves crash louder and louder until finally if you keep denying such love the storm comes and then your car gets stolen or an accident happens, or something happens health wise because you are ignoring the storm. Or some things will be going wonderfully in our lives and other things just are "not working" like our message getting out to the world and such. The body then is the last indicator to us when we are free from receiving such a message from our soul to our heart, when we do not listen then such comes out within the body and our physical experience we call as life. When we listen to our hearts calling in love everything flows, when it is not flowing and things are not happening it is because we are free from being in alignment with what our heart and soul are telling us and we are resisting what our heart and soul is telling us, we are not listening.

When you are free from being in integrity, your mind steps in with all of the "reasons" and excuses as to why you are not in integrity. When you are just in that centredness, that inner knowing, you just are, you are sure and you know, and whatever it is just is. And as this occurs faster and faster, more and more, the syncopations or synchronicities occur and the more certain and the more stable you become as this is who you are. To be the calm within the storm regardless of the seas or seasons. Such a shift in consciousness within BEing centred and balanced means that we are as we sometimes hear people say "going out of our minds". Yes indeed, we are. We are going out of our minds, and getting to and into the heart of the matter. Our heart always has the answers, if we take the moment to really listen. How do we know its our heart speaking rather than the ego? It is like that love a mother has for her child. She is free from questioning it or doubting it. When you know you just know, there is free from doubting or second guess or time to "think" about it as when we are in the mind or ego. May your heart be guided by Love, and may your songs echo this same heart. Espavo.

Love has no desire but to fulfill itself. To melt and be like a running brook that sings its melody to the night. To wake at dawn with a winged heart and give thanks for another day of loving. ~ Kahlil Gibran