

A silhouette of a person standing on a log in a body of water, with sunlight reflecting off the water surface. The person is facing right, and their right arm is extended towards the water. The water is dark blue, and the sunlight creates a shimmering effect of bright white and yellow spots across the surface. The overall mood is serene and contemplative.

Peace Becomes Me

Walking In The
Path Of
James Allen

Adapted By Jin Dhaliwal



About The Author

Jin Dhaliwal has lived in spiritual awareness for most of the life. Her path towards spirituality started out with a religious base in Sikhism. She discovered that she had extrasensory perception commonly known as ESP and was able to communicate with her sister among others. She later graduated from Murray State University in Kentucky, USA with a degree in Psychology.

Her learning continued in the fields of Hypnotherapy, Channeling, Electro Magnetic Frequency Balancing, Reiki, Reconnective Healing and Energy Healing. As she worked with healing, she began to receive guidance from spirit guides and the higher-selves of her clients. Now the work that she does is completely guided, having come to the realization that she is but an instrument for channelling powerful healing energies.

She works with people individually or using the **Distance Method** to reach anyone anywhere in the world. More about these **Distance Energy Healing** sessions is explained on her [website](#).

All throughout her life, she has practiced Meditation which has had a profound impact on her life. She communicates with many of her masters through meditation.

She is the founder of the “**Messages For Your Journey**” website which can be found at [PeaceBecomesMe.com](#). Jin explains the reason for “Messages For Your Journey”:

“These messages have come to me, during meditation, from various masters. Over the years as I have received these messages, I have used them to understand my journey in life as well as points to focus my awareness on for greater realization. These messages from the masters have been invaluable, and I receive them with deep gratitude. Gratitude for the love and compassion the masters have for me in walking my journey of life. We are in rapidly changing times now, and the masters have informed me that the messages are not just for me, but also for all who seek clarity and direction.”

You are encouraged to pass this book on to whomever you think may find it beneficial. You are also encouraged to visit the “Messages For Your Journey” website to follow and contemplate on the messages from the masters.

There are various tools and resources on the website which will help you along your journey. Please sign up on the **mailing list** to be kept up to date with the latest. Your name and email address is **strictly confidential** and we **will not** share it with anyone **under any circumstances**. We also have an **instantaneous** unsubscribe facility.

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To get your own copy of this book, simply sign up to be on the mailing list of the “Messages For Your Journey” website at www.PeaceBecomesMe.com.

CONTENTS

| | |
|---|----|
| Introduction..... | 5 |
| Chapter 1: The Realization Of Perfect Peace..... | 6 |
| Chapter 2: Meditation - A Powerful Tool Of Awareness..... | 7 |
| Chapter 3: Spiritual Power..... | 10 |
| Chapter 4: Surrendering Into Divinity..... | 12 |
| Chapter 5: The Realization Of Unconditional Love..... | 14 |
| Chapter 6: Entering Into The Infinite..... | 16 |
| Next Steps..... | 18 |

Introduction

This book has been adapted from James Allen's original "The Way Of Peace". When I first read the book, I was touched by the **essence of it** – that we have within us all that we need, we have within us all that we seek. The path to peace has to be searched for within ourselves. We have to live it day by day, moment by moment.

The intent of adapting "The Way Of Peace" was to bring the essence of James Allen's message and it's deep wisdom to those who are earnestly seeking peace in a language that is more easily understood. I have also added in my own **understandings and realizations**.

This book is **short and simple**, yet **deep and profound**. It's simple approach is what makes it **exceedingly powerful**. The sincere practice and implementation of the ideas will bring peace to your life.

Each one of us has the **power to change the world into a peaceful one** by simply changing ourselves to be at peace.

May peace be your mainstay and clarity your guiding light.

Blessed Be,



Jin Dhaliwal

Chapter 1: The Realization Of Perfect Peace

As there are silent depths in the ocean, which the fiercest storm cannot reach, so there are silent, holy depths in the heart of man which the storms of confusion and sorrow can never disturb. To reach this silence and to live consciously in it is peace.

Hatred severs human lives, fosters persecution, and hurls nations into ruthless wars, yet men, though they do not understand why, retain some measure of faith in a Perfect Love; and to reach this Love and to live consciously in it is peace.

And this inward peace, this silence, this harmony, this Love, is the Kingdom of Heaven, reached through the emptying of our minds, the relinquishing of all our limiting beliefs and the willingness to embrace simplicity and to become as little children.

If you want to realize the Light that never fades, the Joy that never ends, and the tranquility that cannot be disturbed; if you want to release your sorrows, your anxieties and confusion; then conquer your mind. Bring every thought, every impulse, and every desire into perfect harmony with the divine power resident within you.

All your pain and sorrows, your fears and anxieties are ideas of yourself that you hold on to, they are yours, and you can cling to them or you can give them up. Of your own accord you cling to your unrest; of your own accord you can come to abiding peace. The greatest teacher can do no more than walk the way of Truth for himself, and point it out to you; and you must walk it for yourself.

Take time in each day to enter the kingdom of stillness within you. Free from the intrusion of all limiting beliefs, you will find a deep silence, a holy calm, a blissful rest, and if you will stay awhile in this sacred place, and will meditate here, you will experience the essence of Truth within you, and you will see things as they really are. This sacred place within you is your real and eternal self; it is the divine within you. It is the abode of peace, the sanctuary of wisdom, the dwelling-place of immortality. If you can experience this for one minute, one hour, or one day, it is possible for you to experience this always.

Chapter 2: Meditation - A Powerful Tool Of Awareness

Meditation is the intense awareness, in thought, upon an idea or theme, and whatsoever you constantly meditate upon you will not only come to understand, but will grow more and more into its likeness, for it will become infused into your very being, will become, in fact, your very experience. If you are constantly aware of your fears and your pain, you will ultimately experience fear and unhappiness; if you are constantly aware of that which is loving and joyful, you will experience a life filled with love and joy.

Tell me what it is that you most frequently and intensely think, where, in your silent hours, your thoughts most naturally turn to, and I will tell you to what place of pain or peace you are traveling, and the quality of life you are living. It is unavoidable but to become and experience that which you most constantly think.

Meditation, in the spiritual sense is the secret of all growth in spiritual life and knowledge. Every prophet, sage, and savior utilized the power of meditation. Buddha meditated upon the Truth until he could say, "I am the Truth." Jesus pondered upon Divinity until at last he could declare, "I and my Father are One."

If you are praying daily for wisdom, for peace, a fuller realization of Truth, for happiness and that which you are praying for is still far from you, then you are praying for one thing while living out in thought and action something else. Begin to think and act in the spirit of that which you seek, and expect it. You will day by day begin to experience the reality of what you are asking for, so that ultimately you will become one with them.

Meditation must be distinguished from daydreaming. There is nothing dreamy and unpractical about it. It is a process of awareness which allows nothing to remain but the simple and naked truth. Meditating in this way you will slowly let go of your limiting beliefs and you will remember the Truth of who you truly are. And so the process of letting go of limiting beliefs will occur, one by one, and you will patiently wait for the revelation of Truth which will come when your limiting beliefs and judgments have been sufficiently released. In the silent humility of your heart you will realize the simplicity in all things.

Allocate a certain amount of time each day to meditate. Honor this time. Early in the morning is a good time to meditate as there is a quietness present everywhere and you will be calm and rested from your sleep. Your concerns from the previous day would have died away, and the mind, refreshed, will be receptive to spiritual awareness.

To be spiritually awakened is also to be mentally and physically awakened. Take time to enjoy physical exercise. Also, practice being present wherever you are, very simply by being aware of your breath as you breathe in and breathe out.

If you have to begin your day at a very early hour, and find it a challenge to give the early morning to meditation, try giving some time at night. If this too is not practical due to your tiredness or your circumstances, don't give up, as you can also meditate by bringing your awareness to that which you wish to meditate on, during the intervals of your work day. In every life there is time to think with

awareness, and the busiest of people, are not shut out from the attainment of peace.

Understand that you are not your fears or your beliefs or your limitations. These are ideas that you are holding on to. Once you allow this awareness to permeate within you, you have then arrived at the place where you can decide to let them go or not. AS you begin to meditate on the truth of who you are, to understand yourself, you will begin to let go of your ideas of who you are. You will begin to question your motives, thoughts, and acts, and to look upon them with calmness and nonjudgment. You will then begin to gain more mental and spiritual balance, and experience being in harmony with all of life.

If hatred or anger are emotions you are holding on to you will meditate upon gentleness and forgiveness, so as to experience gentleness and forgiveness. Thoughts of love, of gentleness, of abounding forgiveness will gradually, silently enter into your heart, along with it a knowledge of the divine Law of Love, with an understanding of its bearing upon all of life. And in applying this knowledge to your every thought, word, and act, you will grow more and more gentle, more and more loving, more and more divine. Your fears and limiting beliefs are gradually released and your very being will shine with the Light of Truth.

Meditating in this way, you will ground yourself more and more firmly in the divine and eternal self that is inseparable from Truth and Divine Love. The direct outcome of your meditations will be a calm, spiritual strength, which will be your stay and resting-place in this play of life. The strength and knowledge gained in your silent meditations will enrich the soul with clarity in the moments of your troubles and your sorrows; enabling you to be at peace, to experience the full richness of these moments and savor in the gifts they bring with them.

As you grow in wisdom, you will release, more and more, self-limiting beliefs, which are transient, and become aware of the powerful role you play in bringing change to the whole.

Through your meditations knowledge of eternal principles is realized, and the power, which results from meditation, is the ability to rest upon and trust those principles. The end of meditation is, therefore, direct knowledge of Truth, God, and the realization of divine and profound peace.

As you sincerely meditate, you will first perceive a truth, gently and fleetingly present in your awareness, and then begin realizing it by daily practice in your thoughts and actions. Though by pure thought the Truth is perceived, and actualized only by practice.

In your meditations, therefore, let your heart grow and expand with ever-broadening love, until, freed from all hatred, and judgments, it embraces the whole universe with thoughtful tenderness. Be fearless, and believe in the grandest possibilities. Believe that a life of absolute humbleness is possible, believe that a life of joy and happiness is possible; believe that a life of prosperity is possible; believe that a life of perfect peace is possible; believe that the realization of the highest Truth is possible. As you believe, so will be your experience.



As you realize the divine Love, the divine Justice, the divine Purity, the Perfect Law of Good, or God, your experience of bliss and peace will be profound. Old things and ideas will cease to exist for you, and all things will appear new. The veil of the material universe will be lifted and the spiritual universe will be revealed. Time will cease, and you will live only in Eternity.

Chapter 3: Spiritual Power

The difference between a man of fear and a man of power is not in the strength of the personal will, but in their focus of consciousness which represents their states of awareness.

We begin to develop power when, being aware of our limiting thoughts, we start to check it. We fall back upon the higher and calmer consciousness within ourselves, and begin to steady our selves upon a principle. The realization of unchanging principles in consciousness is both the source and secret of the highest power.

When, after much searching, and meditating, the light of an eternal principle dawns upon our consciousness, a divine calm follows and unspeakable joy fills our heart.

People who have realized such a principle cease to wander, and remain balanced and self-assured. They cease to be a victim, and become master-builders in the Game of Life.

Take the principle of Unconditional Love, and quietly and with gentle awareness meditate upon it. Bring its searching light on all your habits, your actions, your speech and interactions with others, your every secret thought and desire. As you persevere in this exercise, Unconditional Love will become more and more perfectly revealed to you. You will begin to release all limited perceptions of Love until you bring yourself into perfect harmony with Unconditional Love. This state of inward harmony is spiritual power. Look also at other spiritual principles, such as Grace and Compassion, and apply them in the same way.

As you understand, realize, and rely upon, these principles, you will acquire spiritual power, and this power will be manifested in and through you in the form of increasing detachment, patience and calmness.

Detachment brings with it superior self-control; patience is the very characteristic of divine awareness, and to retain absolute calmness amid all the responsibilities and distractions of life, marks off the person of power.



To grow in self-control, in patience, in calmness, is to grow in quiet strength and power; and you can only grow this way by focusing your consciousness upon a principle. Break away from the confines of tradition, conventionality, and the opinions of others, until you succeed in walking the path of your truth. Rely upon your own judgment; be true to your own conscience; follow the Light that is within you.

Your conscience is at least your own, and to follow it is to be empowered; to follow the conscience of another is to be a slave. You will have many doubts, will suffer many uncertainties, but move on in faith, believe in yourself.

As you grow in spiritual awareness, and become grounded upon Divine principles, you will become as beautiful and as unchangeable as those principles, and will realize the timeless nature of the Divine within.

Chapter 4: Surrendering Into Divinity

Truth is the one Reality in the universe, the eternal Love. Nothing can be added to it, nor taken from it. You cannot perceive the beauty of Truth while you are seeing through the eyes clouded with limiting beliefs. If you hold on to limiting beliefs, you will color everything you see and experience with your own limitations. If you hold on to your fearful beliefs, your heart and mind will be so clouded with the smoke of fear, that everything will appear distorted through them.

There is one quality, which pre-eminently distinguishes a person of Truth from the person of limiting beliefs, and that is humility. To be not only free from pride, stubbornness and self-centeredness, but to regard one's own opinions as of no value, this indeed is true humility.

Immersed in limiting beliefs, people regard their own opinions as Truth, and the opinions of others as error. The humble Truth-lover who has learned to distinguish between opinion and Truth, regards all people with compassion, and does not seek to defend his opinions against theirs, but surrenders those opinions that he may love the more, that he may manifest the spirit of Truth, for Truth by its very nature is beyond words and can only be lived.

People engage in heated controversies, and imagine they are defending the Truth, when in reality they are merely defending their own limiting beliefs. The fearful challenge and confront others. The seekers of Truth challenge and confront themselves. Truth, being unchangeable and eternal, is independent of your opinion and of mine. We may enter into it, or we may stay outside; but both our defense and our attack are unnecessary.

People, enslaved by their beliefs, passionate, proud, and judgmental, believe their particular religion to be the Truth, and all other religions to be false. There is but one religion, the religion of Truth. There is but one error, the error of belief. Truth is not a formal belief; it is an unlimited, blessed, and open heart, and he who has Truth is at peace with all, and cherishes all with thoughts of love.

Do you seek to realize Truth? There is only one-way: Surrender all your ideas of who you are. All those desires, opinions, limited beliefs and judgments to which you have until now so persistently clung, let them fall from you. No longer allow yourself to be a victim of your beliefs and perceptions, and Truth will be yours. Stop looking upon your own religion as superior to all others, and strive humbly to learn the supreme lesson of compassion. Release the belief that the Savior whom you worship is the only Savior, and that the Savior whom your brother and sister worship with equal sincerity and devotion, is an impostor; seek out carefully the path of Truth, and then you will realize that every seeker of Truth is a savior of mankind.

As you surrender your limiting beliefs you will begin to see things differently. When you are holding on to any passion, discrimination, like or dislike, you see all things through the lens of that particular bias, and will see only your own perceptions. When you are free from all discrimination, preferences, and preconceptions, free of your limiting beliefs, you see yourself as you are; see others as they are; and see all things through the eyes of Truth.

Having nothing to attack, nothing to defend, nothing to conceal, and no interests to guard, you are at peace. You have realized the profound simplicity of Truth, for this unbiased, tranquil, blessed state

of mind and heart is the state of Truth.

Only in the peace and bliss of Truth is all sorrow released. If you suffer disappointment because your cherished plans have been let down, or because someone has not come up to your expectations, it is because you are clinging to your limiting beliefs. If you are overwhelmed with disappointment and regret because of the attitude of someone else toward you, it is because you have been cherishing your own limiting beliefs about how everyone else should be. If you are hurt because of what has been done to you or said of you, it is because you are walking in the painful way of your own limiting beliefs about yourself. All suffering is of limiting beliefs. All suffering ends in Truth. When you have entered into and realized Truth, you will no longer suffer disappointment, remorse, and regret, and sorrow will flee from you.

Chapter 5: The Realization Of Unconditional Love

Hidden deep in every human heart is the spirit of Divine Love, whose blessed and pure essence is eternal. All else changes and passes away; this alone is permanent and imperishable; and to realize this Love by continual awareness, to live in it and to become fully conscious in it, is to enter into immortality here and now, is to become one with Truth, one with God, one with the central Heart of all things, and to know ones own divine and eternal nature.

To reach this Love, to understand and experience it, you must work at being aware of your thoughts, be patient and have unwavering faith.

Watch yourself, and every slip, every pang of pain will show you where you have work to do, and what you have to let go of to experience divinity and Unconditional Love. And as you proceed, day-by-day detaching yourself more and more from your limiting beliefs, the Love that is unlimited will gradually become revealed to you. And when you are growing patient and calm, when your anger, and irritabilities are falling away from you, and prejudices cease to have power over you, then you will know that the divine is awakening within you.

Unconditional Love is distinguished from conditional love in its freedom from judgment. Conditional love clings to particular ideas of how things should be or how people should act, and when those ideas are not lived up to, deep is the resultant suffering. Unconditional Love contains within itself the whole, without clinging to any part, and they who come to it gradually, releasing their preconceived ideas, cease from suffering. No suffering can result from that Love which is so absolutely pure that it seeks nothing for itself.

But how may you attain to this sublime realization? The answer which Truth has always given is, – "Empty thyself, and I will fill thee."



Divine unconditional Love is not a mere sentiment or emotion; it is a state of knowledge which dissolves limitations, and lifts the soul into the joyful realization of all possibilities and the supreme Good

Divine unconditional Love is not a mere sentiment or emotion; it is a state of knowledge which dissolves limitations, and lifts the soul into the joyful realization of all possibilities and the supreme Good. This state of knowledge flows into your consciousness as you meditate upon it, and as you go about your day.

Where hatred, dislike, and condemnation are, Unconditional Love is not experienced. It is experienced only in the heart that has been freed from all judgment.

You might say, "How can I love the drunkard, the hypocrite, the thief, the murderer? If you ask this in true sincerity, Love will open the door of understanding for you. You will become aware of the causes by which these people have become as they are, to enter into their intense suffering, and to know the certainty of their ultimate purification. This awareness will fill you with a deep compassion for them and make it impossible for you to dislike or judge them.

When your heart is centered in Unconditional Love, you do not discriminate against others, or seek to convince others of your own opinions and views. Knowing the Law of Love, you live it, and maintain the same calmness of mind and sweetness of heart towards all.

Chapter 6: Entering Into The Infinite

From the beginning of time, people, in spite of their needs, in the midst of all their attachment to material things, have been intuitively conscious of the limited, transient, and illusionary nature of their material existence, and in their wise and silent moments have tried to reach out into an understanding of the Infinite.

And here is the common ground of faith; – that we are essentially and spiritually divine and eternal, and that, immersed in mortality and troubled with conflict and turmoil, we are ever striving to enter into a consciousness of our true nature.

The spirit of humanity is inseparable from the Infinite, and is not at peace until the oneness is experienced again. As the smallest drop of water detached from the ocean, contains all the qualities of the ocean, so are you, detached in consciousness from the Infinite, containing within yourself its likeness; and as the drop of water must, by the law of nature, ultimately find its way back to the ocean and lose itself in its silent depths, so must you, by the unfailing law of nature, at last return to your source, and lose yourself in the great ocean of the Infinite.

Where you find gentleness, patience, humbleness, kindness, self-control, selflessness, and deep compassion, look there for the highest wisdom, seek the company of such people, for they have realized the Divine, they live with the Eternal.

Problems exist only in our own self-created illusions, and they vanish away when we surrender our limitations.

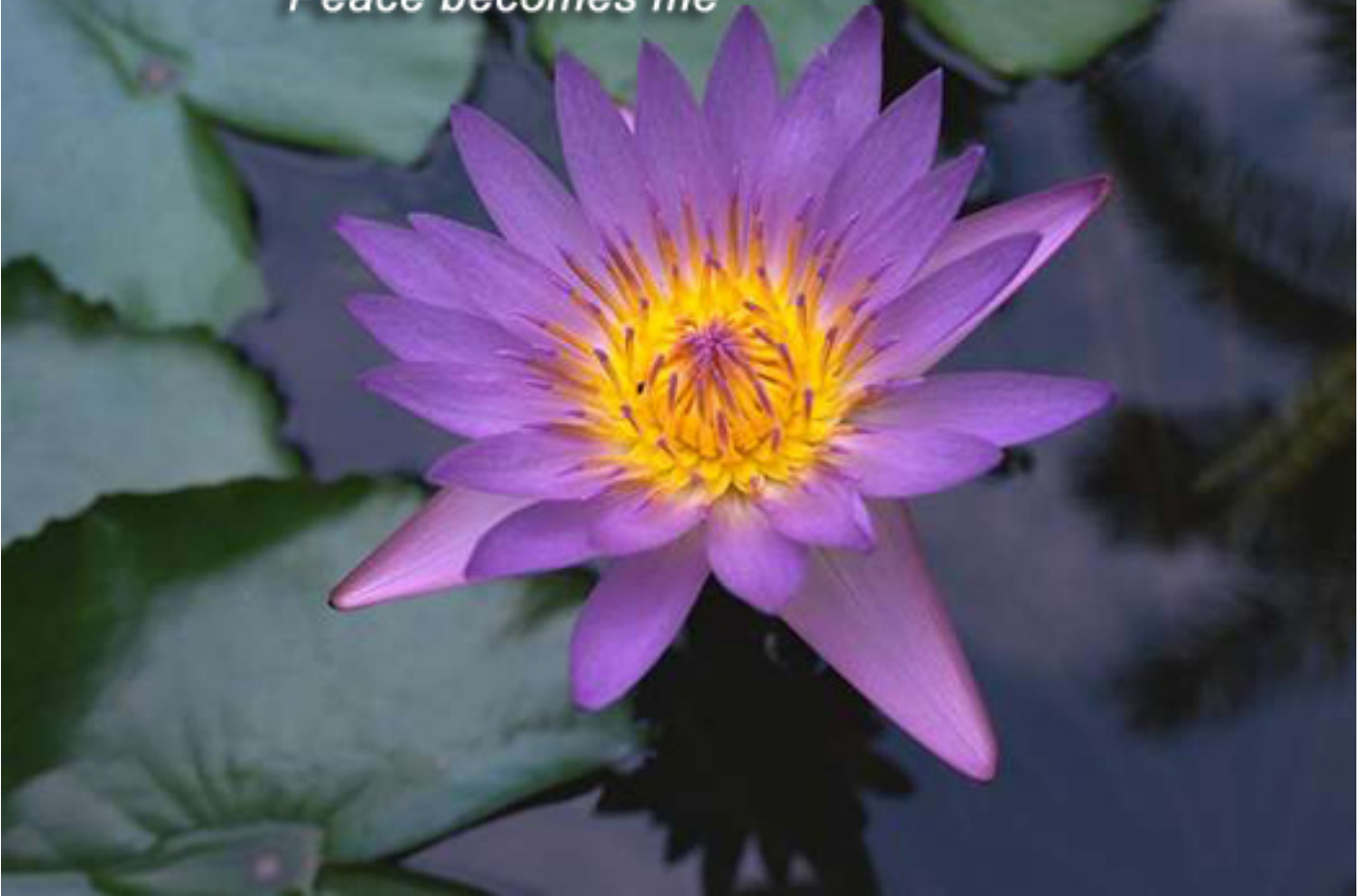
Once you have surrendered, you leave behind you all confusion, and enter into simplicity, so profoundly simple. You will have realized the highest wisdom. You accomplish effortlessly, and all problems dissolve before you, for you have entered the region of Truth, and deal, not with changing effects, but with the unchanging principles of things.

When a fierce storm is raging no one is angered by it, because they know it will quickly pass away, and when the storms of conflict are devastating nations; the wise ones, looking with the eye of Truth and compassion, know that it will pass away, and that out of the wreckage of broken hearts, which it leaves behind, the immortal sanctuary of Wisdom will be built.

Sublimely patient; infinitely compassionate; deep, silent, and pure, their very presence is a blessing; and when they speak people reflect upon their blessed words in their hearts, and rise to higher levels of awareness. Such are they whom have entered into the Infinite, whom by the power of absolute surrender have solved the sacred mystery of life.

These blessed people, leave for us, a pathway to follow, a legacy to fulfill. They have paved the way for us to become the peace we desire so earnestly outside of ourselves. May we each have the courage to claim our inheritance of peace, by first becoming the peace, through our thoughts, words and actions.

*I move into peace as peace moves into me.
Wherever more I move to,
peace moves with me.
Peace becomes me*



I move into peace as peace moves into me. Wherever more I move to, peace moves with me. Peace becomes me.

Next Steps

As you journey through your life, gather people, resources and tools around you to support and keep you on track. We are constantly bombarded by media that is more interested in “selling” sensational news that promotes fear rather than harmony. Be mindful of what you are feeding yourself mentally, emotionally and spiritually.

Read uplifting books, gather with like-minded people, observe your thoughts and practice being in the present moment. Ask yourself each night – “What have I done today to be more peaceful?”. Each action of yours in bringing peace to your life, is a gift to you and to humanity.

My website “[Messages For Your Journey](#)” is dedicated to holding an energetic space for you to bring peace and clarity into your life. I invite you to use it and work with the messages.

Blessed Be,
Jin Dhaliwal

Website Resources

- [Mailing List](#)
- [Energy Healing Sessions](#)
- [Energy Healing Intensives](#)
- [Distance Energy Healing Intensives](#)
- [Recommended Books To Read](#)
- [Tools For Your Journey](#)
- [4 Little Known Secrets Of Meditation Article - By Matt Clarkson](#)
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☞ the end ☞