

Altar of Virtues

Eluña Noelle

- 00:00:00 Hello, welcome everyone, I hope you are feeling the beauty of that song, oh my, that is by one of my most favorite most beloved artists who, every song she will just meet you right where you are, and inspire you, and remind you of the truth her name is Emili Sandé, she is a truly beautiful and divine being, walking with the divine, and expressing it through her music and meeting us as humans, she's beautiful, it is very nice to be with you, if you are new here, welcome, to the unconventional place for meditation, and all things spiritual, it is really a joy and an honor, to be walking this path with all of you, and as I like to do from time to time, it is the beginning of May, happy May.
- 00:01:59 And that means that it's time for me to remind you, of something that you may have forgotten, which is what I am doing here, the only thing that I am doing here, is reminding you of things that you already know, and that is not some, throwaway new age statement, that is the truth, I am acting in this role of being a guide, so that you are able to be reoriented back to the wisdom of your soul, that is all, and so I find a variety of ways, as many paths as I can, and I weave them together, to meet as many people as possible, while still being in alignment with my own integrity, and my own soul, and the wisdom that I have embodied, nothing that is outside of my scope of embodiment, would I be open to teaching or talking about, simply because I really wouldn't be able to, speak on it very clearly, if I ever do, I always say, like when I talk about astrology, I make it pretty clear, I am not an astrologer, I have never even read an astrology book.
- 00:03:20 So I don't claim any, or any expertise in that area, at all, whatsoever, and so the only things that I will speak about, are things that I personally have lived, and or things that have come through me, because of my, the blessed connection, and relationship that I have with these different beings, but particularly my own soul, and my own higher self, and so one of those pieces, that I want to highlight, two things, regarding that, the first being, it occurred to me recently that, because there are many new people here, it is even if even if you are not new, it is also possible that you may not remember, or not known entirely, at least a piece of, how it is that I am able to, connect to the beings that I connect to, so I just want to take a very brief moment, to highlight that, it is simply because when I was a child, I went through a night school, when I was lying in my bed, this was not a paid for school, this was me as a child being guided, at night time.
- 00:04:50 By beings who I could not see, they would only speak to me telepathically, they would appear to me and dreams, but again they would always have their face covered, they would let me see their kind of strange hands, something like that, I mean strange to me because they, are not human hands, but they would never let me see their face, they always wore these very long, hoods like a cloak, that covered their entire face, but I could feel the love from them, it always felt like I could see their smile, even though I really couldn't, anyway, as a child, they helped me refine, the use of my pineal gland, and so they would have me tune into that area, in my brain, and in a very fine way, adjust, where I was putting my attention, truly like turning a radio dial, that we hardly do these days, but turning a radio dial, to get to a different channel, that is what

they were teaching me how to do, and there were some really weird experiences, that I had as a child.

00:06:01 Doing that work, and so that is the only reason why, I am able to tune into so many different beings, and the reason why I'm bringing that up, is because, I just really want it to be, understand, that there is nothing, special, about this, it might seem like that right now, but I have been very tempted, to not, introduce myself, the way that I do, as an acasic channeler, and a psychospiritual healer in teacher, because it is honestly redundant, it is like saying, hello, my name is Alunia, and I am a human, because we are all, we are all channelers, there is the only difference, that I learned it when I was a child, that is the only thing that is different, and that is just because of the, previous lifetimes that I have had, that is all, so nothing very unique there, now what I would say is, what I am finding, I will say, is unique, is the, sometimes, too, much pressure on myself, to be holding and maintaining, a certain level of, alignment, without interference.

00:07:36 And that is a, tricky thing to do, in today's world, it is becoming, increasingly more challenging, to not have interference, in a variety of ways, either from, outside influence such as, I don't listening to another, channel or reading another book, I don't do that anyway, but then beyond that, interference such as, when you do go to tune in, having some kind of, we will say like trickster, energy, and intentionally, intentional frequencies, that are put out for, the purpose of interfering, with our wisdom, and then, obviously we can throw electronic, signals into there, like blue tooth, wifi, etc.

00:08:32 All of that, very challenging, on the pineal gland, it is very hard to sort, through all of that noise, because it is like trying to pick out, speaking in a calm way, in a crowd of people, at a rock concert, that's what it's like in today's world, to try, and tune into, the pure frequency, because there truly are such an abundance of these, interferences, so as an incredibly sensitive person, that is part of the reason, I've had to move farther and farther, and farther away, from large groups of people, I'm going to, be able to just live in harmony, but also be able to do this work, I cannot have so many people, around, with so much noise, and so I'm telling you that, because if you, because of two reasons, every human, psychic abilities, we will say, natural abilities, are coming, back online in a very strong way, and in fact some of you may be, particularly in last month, I will say some of you may have experienced, some very weird, things I certainly did, wow I had some very strange.

00:09:54 Timeline overlapping, that I actually I was, it happened to me two times when I was driving, and I had to stop my car, because it was such a, and I'm getting I was on a back road, it was a very strange, that is going to increase, for people and it's and the, way to tune in the sensitivity, of being able to listen, is also going to increase, and I do think as that sensitivity increases, as the ability to tune in increases, I think that there's also going to be an increase, in some of these interference patterns, now that doesn't mean, that we are unable to do anything about that, the idea, the idea, is that we are becoming, more than our outer environment, that's the kind of the piece that I go back to again and again, we are wanting our inner world, which is where our soul resides, we are wanting our inner world, to become stronger, more profound than our outer world, so that this is what is guiding us, and this is where, and how we are creating.

- 00:11:06 And where we are manifesting from, is from our heart from our soul, so when we do that, the outside interference, it really does not affect you quite so strongly, it is still present, so it's not that you can avoid it, a hundred percent, I think there is there, I think there is a level that you can get to, where you're pretty okay, I'm not I'm almost there, but it takes a steady consistent, a steady and consistent daily practice, to be able to maintain that, because it's, like go I mean it's like going to the gym, every day we are strengthening the connection, to our soul, and if we stop doing that then you know, if you don't use it you lose it, that's the biological law, and so if we don't if we do not maintain, and every day practice a connection, to the divine, to God and to our own soul, coming through to our heart, it's just what the connection, we'll end up feeding, that's just a natural, way of things, based on free will.
- 00:12:14 And so, part of, what I want to highlight here, is with all of that, knowing all of that, I want to again remind you, of the thing that you, have gotten, which is that we live in, a holographic universe, so, that, does not to say what I'm that's not, that doesn't mean that what I'm saying, is that we live in, hmm, I'm not I'm not quoting the matrix here, I want to be clear about that, the matrix movie has caused some, unfortunate confusion in a lot of people, and I just to tell you, that movie, from my perspective, is not a documentary, as some people like to say, that is trying to make us create that future, that is not the world we live in, and the more that people believe in that world, the less they care about our beloved earth, because if they believe, oh well none of this is real anyway, if none of it's real, why would you care for your earth, if the earth is just an illusion, then why would you pray, and give offerings to her?
- 00:13:32 Do you see how that creates, actually significant separation, that mindset, create significant separation, so I want to be very clear here, when I am talking about a holographic universe, I'm talking about the quantum reality, with which we live in, not a movie reference, so a hologram, the reason why we live in, we can say we live in a holographic universe, another way to say it is, we live in a fractal universe, if you know what a fractal is, it is a recurring mathematical pattern, and when you look at fractal geometry, where at end and art, which is so stunning by the way, it changes your consciousness also, if you ever want to gaze at something, I encourage fractal art, when you zoom in on one part of a fractal, no matter where you go in the fractal, you zoom in on it, the whole entire image will be reflected again, and again and again, into infinity, the same is true with a hologram, if you have a hologram, and you cut it into a million pieces.
- 00:14:38 You take one of those pieces, and you reflect light through it, the whole image that you just cut into a million pieces, is reflected in just that one tiny piece, that is us, we are one tiny piece of the whole, the divine, the wholeness of the creator, is able to shine through each of us, is able to shine through you, when that is what we make, as our daily practice, and what that takes, is a letting go, of the egoic personality, and a surrendering, of the known, comfortable world, that our human ego knows, to open our self to, what we do not know, and to open our self to, the divine to the creator, that light comes through, and there is God, there is the creator, shining through, and there are masters, that have walked this earth, and there are masters, who are currently walking this earth, who have done exactly that, they have, returned to wholeness, the fragmented parts of their personality, to be in direct communion with their soul, which is, the reflection of light that the divine shines through.

00:16:18 And that is the choice that we have, to move through, and from my perspective, if anyone is wondering what their purpose is, that's all of our purpose, that's what it is, our purpose is to find how to do that, how to unite the fragmented parts of our self, into wholeness, so that we are in direct, communion with our soul, and the light of the divine shines through us, and we return again, as this expression of wholeness in, cannot, even though we are only one part, that's the magic, and, that requires, some parts of us, to again, be let go of, and it also requires us to refine ourselves, and that is why we are gathering here today, because a meditation, the purpose of any meditation, the purpose of, most of the meditations, that I lead you through, is so that when you come out of it, you are a different person, it's so that when you go into a meditation, and then when you are emerging on the other side, something within you has shifted, you have become more whole somehow.

00:17:46 You are opening your eyes, in greater wholeness, in greater alignment, in greater coherence, you know more about yourself, you have recovered, something from within you, uncovered, something within you, and you are able to now understand yourself, more deeply, you are able to understand these fragmented parts, of yourself that you are bringing into wholeness, sometimes the meditation is exactly, about bringing those fragmented parts into wholeness, and it's little by little, that we do this, so, it's very easy, to get, hang up, and distracted in human stories, and I fully understand, it's part of the experience of being here, so there is nothing wrong with that, I just want to remind you that, this, right here, this is it, this is all there is, this moment right here, and so the work, is to become so fully present, that this right here, is enough, this is it, and this is enough, nothing else needed, no other mystery that needs to be solved, no other information that needs to be given.

00:19:12 By someone, no power that needs to be given to you, from some outside source, so that you feel like you are worthy, of something, just this moment, this moment is enough, and this is where the magic happens, is in that full presence, so that is what we are working for, and the more that we relax and bring, ourself back into this present moment, the more we are able to bring into wholeness, all parts of ourselves, now, that practice, it may sound simple in those words, and from one perspective, it actually is that simple, and then when we really get down, into the nitty-gritty of the body, the body that has not been trained, to be present, it has actually been trained and programmed, to be quite fearful, and always be thinking about, what has happened before, or what might happen again, it has been trained to leave, the present moment, the body has, and so then the mind, is taking us in these different, directions that are anywhere, but right here, and so that requires.

00:20:28 Some other practices, some daily intentions, that I want to name, in four words, and, that is what the focus of our meditation, is going to be today, these are, four virtues, that are found, in across cultures, actually, and, it's interesting to me because, it's a bit like, when we started to, lose our way as a collective, we had to, bring these flag posts in and say, oh, but remember we're supposed to have, this virtue, and this virtue, when we were just living, virtuously before, walking the path back home, and so some of those, guy posts, are in the virtues of courage, temperance, justice, and wisdom, courage is, perhaps, the most noble, of all of these virtues, because none of these virtues, can be practiced, without courage, we will not be able to, be in a place of, temperance and understand, truly what is, temperance for our own self, without

courage, the same is true with justice, and wisdom, I was talking to my, beautiful mystery school, people just the other week, about this, about courage.

00:22:07 Anyway, and, when it comes to courage, it is another way to say that, is fortitude, perseverance, you're going to keep going, you're going to choose, to not believe that story, from the past, you're going to choose, actually there's something different that could happen, I am going to choose in this moment, not to believe that story, that's telling me, who I am, what I've been through, you'd at whatever it is for you, any story of the past, which sometimes, it can be tricky to identify, by the way, is that a story from the past, if it's taking you into, a previous belief or a limiting belief, or previous time in your life, it is a story from the past, other times, if your mind is taking you into the future, trying to make you believe, that you're not going to be able to do something, oh, that's that idea, that's never that's never going to work, you will not be able to do that, is telling you this future vision that you have, some part of you is trying to tell you.

00:23:19 That you just won't be able to do that, so even though it's a story about the future, that belief might be based in the past, so you see how, we just ping pong, our consciousness all the time, between future and past, challenging to be right here, it does take courage to be in the present moment, and to overcome, these, drives, that come from within the physical body, that are rooted in the lower three, shocker systems, shocker centers that we have, they, want to tell you, how to move and override, when, really, if it is telling you that you should be, angry at that person or what have you that is coming from one of the lower three centers, and so it takes courage, to come to a place of compassion, sometimes, that's what it requires, temperance, is an interesting, temperance is an interesting virtue, and certainly one that I started practicing in a very young age, thank goodness, it's ongoing practice, temperance is about, we could also say, prudence, it is about knowing.

00:24:42 What is, what is right in the moment, for you, given your energy, and given what you are going through, and it really, is about the art of control, like moderation, so based on where you are in a certain moment, what is right for you, what is what is your level of moderation, your level of control, no one else is really able to teach you that, is something that just comes through your own contemplation of it and your own self reflection, and so, because we are, this is, aristotle, who says this, because we are what we repeatedly do, excellence is just a habit, it's just that the formation of a habit, so when we continue to show up for ourselves, and decide that we are going to move out of, this past emotion and experience of anger, of grief, when the body is wanting to bring that up, because it lives within us, when we are able to move past that, we are able to come into a place, of temperance, of control, of not making decisions based on the past.

00:26:04 Now does that mean that you shut your emotions down, no, it does not, you are aware of them, and you recognize where are they coming from, where are these emotions coming from, the meta cognition, the thinking about your own thinking, tracing back, where did this emotion start, to understand, if it is coming from something in your past, because if it is coming from something in your past, and I'll tell you it is, it always is, if it's coming from something in your past, then that means the body has been conditioned, to feel a certain way, because emotions, they are biochemical, so caffeine, is also biochemical, any type of drug, which means emotions, become addictive, just like any substance, the more that we, habitually use something, or feel a

certain way, no matter where that feeling is coming from, the more our body gets conditioned, to feeling that way, so it requires, the higher mind, as I like to say, the mind that is beyond the subconscious body, to say.

00:27:22 To say, okay, that is anger, and that's okay, that there's anger, and I'm going to move into compassion, for myself, if there's a person involved for that person, and I'm going to choose, to move into a place of compassion, around this, and not fall into the whole of anger, that requires temperance, that is how, we continue to practice, virtuosity, which is just another word for coherent, which is another word for masterful, and so justice, this is, this one has taken me some time, to contemplate and sit with, justice is not the type of justice, where we say, well, you did something wrong, and so now you're going to be punished, that is the human, construct of justice, that has been perpetuated on this planet, that does not make it the true, or even a helpful definition of justice, I like to use the word non-judgmental justice, that's how I like to phrase it, because we have to understand that this is about having, a tolerance, for where someone else is.

00:28:42 Including a tolerance for where you, yourself are, with knowing your limit, because if there is an, environment that you or a topic, that you simply know is going to bring up, a lot of anger for you, let's say or a lot of grief, and it's just a place where you're not able to, exhibit temperance, then actually the kind thing to do for yourself, is to not touch that topic for a little while, to give it space, and to come back to it, when you are feeling a bit more calm, when you're feeling more empowered, and that might be a month, that might be a few months, before you're able to come back to a topic, even a few years, before you can address something again, and when it comes to other people, having compassion and kindness, tolerance, so when you are at the grocery store, and the person behind the counter, who's helping you check your groceries out, if they're very short with you, that doesn't mean we return that shortness, we have tolerance, and we say okay.

00:29:48 That person is having a hard time, it's not about me, I'm not going to make this about me, I'm actually going to have compassion, and that doesn't mean, people, pleaseers, back into you right now, that doesn't mean that you then try to, pour out all of this love on to that person, because what that's doing, is you're now trying to help them, which is coming from a good place, but your energy is not going to be returned to you, and so that is actually being unkind now to yourself, so this nonjudgmental justice, it's this neutral way of operating, where you're not taking things personally, like they say in the dow, no master can be sentimental, which by the way that's taken me a very long time, and I have to remind myself of that constantly, to really understand, I have to really remind myself of, oh yeah, okay, don't get sentimental right now, because if we start doing that, then we start pouring all of the energy out of us, and it's not going into a place that is actually moving toward growth.

00:30:58 Now it's possible, that just simple kindness, to the person who's having a hard day, smiling, saying thank you so much, but being very simple with it, that might actually turn their day around, but you will know, you will be aware that you want to be aware of this, the more you'll be aware of it, you'll be able to feel, is there something that I can say to this person right now, that can help turn their day around, you'll know if that's really, something that you want to hold in

your awareness, you will really know, this person is unreachable, or there is something that I can say for this person, that is how we develop this non-judgmental justice, of what someone is capable of receiving, and what you are capable of giving, right, the balance, the scales of justice, that's where the justice comes in, okay, and then the final, virtue, wisdom, ah wisdom, truth with the capital, truth with the capital T as I like to say, this is, the endless, ever-flowing.

00:32:11 Stream of energy, that is always available to you, that is always knocking on your door, if only, we are able to hear, and turn our awareness and attention to that, instead of to the past, or the future, or the person that we're angry at, in front of us, who's triggering us, when we are open to wisdom, surrounds you, it is in everything, it is everywhere, and it does not hide from you, it wants to show itself to you, wisdom part of wisdom, is knowing right timing, quite significant, which is why when we move into a place where, our awareness really does start to open, and maybe we have these certain practices, where, we are our own awareness grows, that we are able to see, maybe something that's, some behavior or habit, that's in another person, that we recognize, oh, that's really not serving them, I actually can see how, this pattern I recognize it, within them, bringing them into this state, constantly, noticing it, does not make it your place, to tell them.

00:33:37 Just because you know something, does not make it your place to share it, and that's about, that's about right timing, there are plenty, of things, pieces of information, stories, that I have been privy to, because of the places that I have gone to, and because of the beings that, are open to me, that I have never spoken of, to anyone, because it's not the right time yet, I don't need to share, something that's going to break reality, and scare people, that's not why I'm here, so part of wisdom is right timing, and we have to be responsible, with our own awareness, and just the simple things, that we see around us, and the people that are around us, before we can then be trusted, with wisdom, that is way, beyond, the life that you have, just with your family, because when you, when you start to move into that place, and now you have beings, from multiple dimensions, telling you all these things, if every time, you just kind of blurred it out, that is not necessarily going to lead to coherence.

00:35:02 For the rest of humanity, and so we have to practice wisdom, with our own self first, and just the world that we inhabit, right around us, and again, this is one of those things, where no one, can directly tell you, what to share, and what not to share, part of the practice of wisdom, is doing the self reflection, in contemplation to determine, what is it, what is right here, it doesn't mean you can't get inspiration, and guidance, from other people, but it ultimately comes down to you, truly tuning in and feeling for yourself, is this what my soul would want to express right now, would my soul express this in this moment, and what is the purpose of my sharing of this?

00:36:00 What is my intention, with sharing this information to this person, or to this group, et cetera, and if that's not clear yet, then just wait, just wait, if you don't know, the answer will always reveal itself, all in right timing, it will always come through, and of course, as I also like to really share, wisdom is about being able to, distill and refine, what is essential for your soul, and so if you're going to share, wisdom with another person, what is essential for their soul, but that perspective, the ability to properly identify, the sharing of wisdom with another, that can only

happen, when you have non-judgmental justice, and a perspective of non-judgment, asking that question, what is essential for that person's soul?

00:37:04 Wow, that really takes a lot, to answer that, and not feel some level of ego around that, because if the desire is on, definitely going to tell this person, yeah, I know what they need to hear, that is certainly, that's not coming from the soul, the soul doesn't need to speak that way, and that means that it's not going to be received as wisdom, so the only way we can truly identify, is by asking, orienting with non-judgmental justice, through the lens of, what is essential?

00:37:44 And the only way we learn that is by learning it for our self first, that's the only way, and by the way, that doesn't mean that it stays the same all the time, so I don't want you to, get caught up like I have, in this idea of, okay, I figured it out, it's this thing, and then you realize, oh no way, it's I'm ever evolving, which means my wisdom, and what is essential for my soul, so equally, ever evolving, and it's beautiful, and once we surrender, to that, we just surrender to that expression, of constant unfolding in the unknown, wisdom does not hide from you anymore, so, that is what we are going to be practicing, and honing within ourselves today, and I did have to go through all of that, in order for there to be some beautiful, foundational, energies, and seeds planted within you, before we move into this meditation, so, please take a moment, to get yourself comfortable, if you have an eye mask, I welcome you to put an eye mask on, and if you do not, that is A, okay.

00:39:10 It can be nice to block out the light if you have one, and just allowing yourself, to relax, to rest your body for a moment, to turn, to turn your attention inward, turn your awareness inward, and down, toward the center of your chest, toward your heart center, feeling, this center, perhaps you notice the energy, already present in your heart, perhaps you do not feel it yet, continue to be present, and aware, on your next inhale, allow your heart to expand, as you breathe in, hold your breath at the top, feeling your heart, opening and expanding, breathing out, letting your body relax, relaxing your belly, your face muscles, your jaw muscles, on your next inhale, breathing into your heart, expanding, hold at the top, hold at the top, as you exhale breathing out the back of your heart, letting go, allowing your awareness to rest in your heart center, relaxing the body, breathe in, hold at the top, relax the body, exhale, soften, allow your breath to find a natural, steady and slow rhythm.

00:42:18 Relax the body, soften the muscles, relax your awareness, deeper into your heart, feel the energy of your heart, aware of just the energy in your heart, feel this space, staying aware of your heart center, feeling, before the altar of your heart, feel the energy of your heart, feel the energy of your heart, staying aware of the energy.

00:45:06 At this altar within your heart, there are four, cups, each cup is filled with the energy of courage, temperance, non-judgmental justice, and wisdom, the energy in these cups, come from every life, you have ever lived, feel the power of that truth, feel the courage, that you have gained, from every lifetime, ever lived, present within you, always, feel this truth, relax into your heart, with this truth, taking in the energy of this first cup, and allowing it to fill you, with remembrance, showing you, how courageous you really are, all the times you have shown courage, in this lifetime, and more, allow it to fill your heart, and all of you, relax, into your own courage, taking in the energy, of temperance, of prudence, moderation, balanced awareness, from every

lifetime, you have ever lived, knowing in every moment, what is just right for you, full knowingness, take in this energy, and allow it to fill you, notice any sensations in the body, stay present with the energy in your heart.

- 00:50:17 Take in the third cup, non-judgmental justice, the energy of kindness, compassion, right and righteous action, knowing, from every lifetime, ever lived, what is right, what is righteous, allowing that energy to saturate, your being, here and now, feel this energy in your heart, non-judgmental justice, relaxing.
- 00:52:15 Into the body, with this energy, preparing to take in, this final cup, the energy of wisdom, of truth, prepared now, from the three previous cups, wisdom is able to shine through, to flow through with ease, take in this energy, feel your heart, with this energy, feel your eighth chakra.
- 00:53:54 Just above your head, the entryway, for wisdom, from the cosmos, allow it to spin open, staying aware, of your heart, and the eighth chakra, allow wisdom, to flow into you, the wisdom, from all lifetimes, the wisdom, from the creator, from the absolute, feel this loving intelligence, within you, flowing through you, vibrating every cell, relaxing the body, as you feel this, ask your heart.
- 00:56:43 To tell you, which of these virtues, the answer is quick, immediate, trust, the first answer, think your beloved heart, express your gratitude, remember, the feeling of your heart, and the virtue to practice, remember, as you slowly return your awareness, to your breath, to your body, to this shared space, and when you are ready, gently opening your eyes, encourage you to write down, what you are told from your heart, so you don't forget, you want to know how you can practice that virtue, go back to your heart, and ask, contemplate it yourself, ask the divine to give you opportunities to practice, and they will be given, thank you all very much, to guide you, just truly an honor and a joy, to be beside you all, in this beautiful circle, what a joy and privilege it is for each of us, wherever we are in the world, to hold hands for a little while in the astral, until I see you all again, I hope you have a beautiful day, may you remember your magic today, bye for now.