

In Praise of SIMPLY SPIRIT

I found myself taking frequent breaks to contemplate, reflect and journal on the thought-provoking words of Joseph Eliezer. I could hear and feel his soul through his loving and non-judgmental words. I found myself questioning the very essence of my being and just how and who to “be” in the world. This book strengthens the “inner being” and builds confidence in your personal intuition. It is an “immortal” book that I will reflect upon often as I continue along my spiritual journey.

— Jivi Khehra, TV Host of *Winds of Change with Jivi*

A deeply personal and soul-stirring work offering wisdom and insight into many facets of life – from money and success to elements of the spiritual journey.

Joseph writes simply and straight from the soul, challenging and beckoning without preaching or patronizing. Joseph’s voice speaks directly and deeply and he doesn’t underestimate his readers’ intelligence or spiritual capacity by spelling it all out for us. The reader is given enough room to glean meaning that is relevant for his or her unique journey of personal and spiritual work.

These treasures will stand the test of time and reveal new layers of meaning with each fresh read, encouraging us to look deeply into ourselves and explore our inner process and our soul’s journey.

In a time when New Age books and teachings are bombarding us with insistent directives about how to manage our spiritual lives, this book is a refreshing and welcome invitation.

— Mahalia Eliah, Spiritual Emergence Service

*Just when I thought I had seen it all, read it all and heard it all in the realm of spiritual literature, I came across *Simply Spirit* by Joseph Eliezer. Unapologetic and edgy, yet deeply comforting and inspiring, this book jolted me into a whole new level of consciousness. I love it here.*

— Liora Steiman, MD, MEd in Couns. Psych., Therapist

Words by Joseph: Book One

SIMPLY SPIRIT

A Personal Guide to Spiritual Clarity
One Insight at a Time



JOSEPH ELIEZER



I am the stars that shine so bright.

I am the sun that beams delight.

I am the moon that illuminates the night.

I am the Spirit and I am the Light.

Why are you different than I am?



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This book is dedicated
to the memory of my aunt Mary,
whose love, warmth and decency
still remain with me long after her passing.



A Special Acknowledgement

To my partner Ahna:
Without you and without your love and support,
this project would not have seen the light of day.
Without your kindness, I would not
have the strength to be me.



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THE BIRTH

Dear Reader:

What you are about to read is on all counts an accurate description of what happened to me on three separate occasions in the early part of 1997, which directly preceded the birth of this book. You have no reason to believe me. The more you read this, the more far-fetched this may seem to you. I, on the other hand, have no reason to lie to you. I would not want to incur the Karma.

On the night of February 10th, 1997, I dreamt that I was in a large dark room that seemed to have neither beginning nor ending. All that was there was empty space, and yet I was not alone in it. With me was the strongest spiritual force that

I had ever encountered. I could feel Its presence. It felt like God. I looked down at my palms and discovered that they were bleeding. I looked up at God and asked, “How do I know that this is real?”

God replied, “Well, Joseph, you will never need a blood transfusion and your blood will always smell like roses.”

I said, “Okay.” Then I awoke.

The next day everything seemed okay. I didn’t find any blood on my bed sheets, nor did I feel any different than I had the day before. In the afternoon, I took some time to sit quietly with my thoughts. Upon returning from my inner journey, I saw physically what some people would call a miracle. As I opened my eyes, I discovered I had a visitor. It wasn’t just any ordinary being: it was the Blessed Virgin Mary.

To appreciate just how bizarre the dream and the vision were for me, you need to know that I am Jewish. I was born Jewish, raised Jewish and, in many respects, have remained connected to

the religion throughout my adult life. I am also an intuitive and have witnessed some very unusual and spiritually fantastic things in my life and in my work, but seeing the energetic image of the Virgin Mary right in front of me was truly unreal. I could not believe my eyes. I rubbed them to see if she was real. She was.

She appeared to me as a completely transparent three-dimensional holographic image of a Saint. Being with her felt like being in the presence of purity, divinity and complete innocence simultaneously. I don't think I blinked for the whole time she was with me. All I could do was to stare at her. She, quite lovingly, stared back.

A few moments later she was gone. What amazed me was how non-sensational the experience seemed: no flash, no pomp and circumstance and no fear. All that remained after her departure was love.

Two months later, I had another profound vision. This one was again in my dream state. I

dreamt that I was in an Orthodox Jewish synagogue wearing a tallis (a spiritual scarf). While I was praying in the sanctuary, a voice spoke to me that said, “Joseph, follow me.” I left the sanctuary and followed the voice down a set of stairs that led me to the basement. When I got there, I found a long dark tunnel through which I was instructed to walk. On the other side of the tunnel was another staircase for me to climb up. When I reached the top, I found myself in a church sanctuary. Then I woke up.

These three experiences changed me internally in a very dramatic way. With my whole being, I understood that beneath all of our beliefs and practices, we are all inherently connected. Two to three days later, this book began its birthing process.

How this book wrote itself was incredible. Various expressions and sentences started to come to me at a rate that I could barely keep up with. I simply couldn't stop them. All of them seemed like one-line spiritual lessons complete on their own.

When these teachings would come in, I felt like I was getting smacked with a ball of energy that demanded I do something with them. Often these lessons would arrive at 2:00 in the morning, and when that happened, I would have to get out of bed, turn the lights on, go to the table, write down what was now inside of me, go back to bed only to get up and do it again moments later. This process continued for several months and resulted in the pages that follow.

The impact of witnessing myself go through this experience and absorbing what poured out of me was immeasurable. Just a few years before, I had been living a life that on the outside had everything. I worked in sales, following what I had been told to do in order to make a decent living. I was engaged to be married at the ripe age of 27, and I was an addict – addicted to escapism, food, cigarettes, sex and putting other people’s needs too far ahead of my own. I had a personality that made it appear to others that everything was okay. Internally,

however, I was in a constant state of misery and had a daily morning ritual of being in the shower and praying, “Why me, and when does my life get to begin?” What I didn’t realize at the time was that living in this state was the result of an accumulation of years, since childhood, of being trained how NOT to listen to myself. I also didn’t realize that this was an experience shared by many.

By the time this book arrived, I had already began my studies in mysticism and psychology and saw that different sects and philosophies all had different terms for what I was about to go through and in many respects had already begun. I had already left a life where I thought I knew love but was in fact empty. Now, I had to make the journey from illusion and suffering to a place of clarity and equanimity. This book and the ones that followed were the road maps I took to find myself.

I’m convinced the process of awakening is by far the most important and challenging process one can go through in life because it consists of

the systematic breakdown of one's belief systems and forces a person to confront every nuance and discomfort he or she feels inside. As I myself continue to make my way through this process, this book still serves as my trusted companion offering me comfort, guidance and encouragement to keep moving forward.

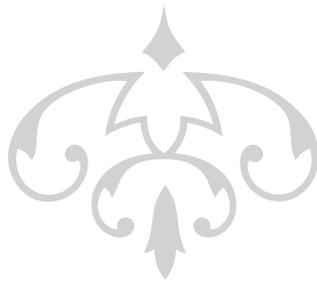
Just as they did for me, I hope the words in this book will help you to work through the blocks that keep you from discovering your unique and perfect Self, one realization at a time, one insight at a time, at the pace you were simply meant to travel – your own.

Sincerely,

Joseph



ON
DREAMS

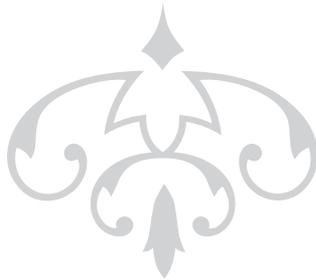




There is no graveyard for unrealized dreams.



ON
FEAR & CONTROL

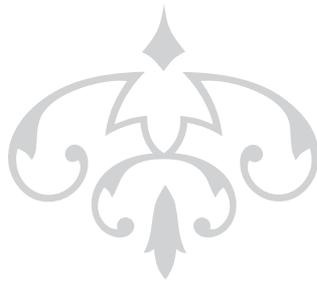




Never stop the flow of creativity for the fear that
reality will not accommodate it.



ON
MONEY & SUCCESS





The leader must never become greater
than the vision.



ON
LOVE & SELF-LOVE





The impact of true love blossoms over time. It is a force that pulls and directs, revealing past hurts that are brought to your attention so that you can heal through them. Like with any good recycling program, these wounds then become converted into strengths, which help you to realize love more deeply.



ON
EMOTIONAL HEALING





Anger, when experienced consciously,
precipitates growth.



Emotions have no relationship to linear time.



ON
INTUITION





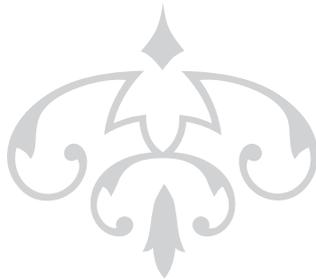
To work with intuition fully, you must develop
the clarity to listen and the courage to act.



To not follow your intuition is manipulation of
your destiny. This self-betrayal never
brings positive results.



ON
FAITH, RELIGION
& SPIRITUALITY





There is no Viagra or Cialis for faith.



There is no evil.
There is only confused good.



ON
ELEMENTS OF THE
SPIRITUAL JOURNEY





Releasing emotional blocks, the cornerstone of the
Spiritual journey, often drains the Self of physical
energy... which is later restored.



ON
ILLUSION & CLARITY





Power is one of life's biggest illusions.



ON
BEING TESTED BY SPIRIT
& JUDGEMENT DAY

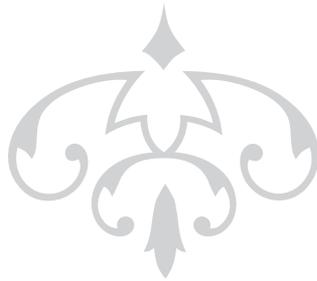




Spirit does not punish.



QUESTIONS
& PONDERINGS





What good is a gift from Spirit if you do not learn
or have the patience to develop it so that you can
share it with others?



ON
SPIRIT





To be able to grasp some of the infinite number of ways in which Spirit communicates, you must be willing to face and dismantle your trust issues.

Lack of trust distorts your connection.



Spirit does not end. And neither do you.