

# JOSHIAH

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*Caveat: This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited. Editorial comments are in parentheses; probable wording is in square brackets.*

**June 3, 2001**

**Joshiah:** ... space and this sacred time that allows us the opportunity to interact and to share and indeed to learn from each of you. Now, as is our custom, we would ask you should you choose to express the intent to allow for a further thinning of the veil to allow for those entities that would be with us to enter into this space and to have the opportunity to interact and to share with you. And should you express the intent, that interaction, that sharing, shall take place on what we have suggested as the silent level. A telepathic exchange of communication, if you would, that occurs silently. Now, if you would allow us a moment's silence, we would use that opportunity to adjust the energy that is within this sacred space, and to enhance our connection with our friend.

*(Pause)*

Well, it is indeed a pleasure to once again have this opportunity to interact and to exchange with each of you on this afternoon. And, once again, we suggest to you that should you choose to express the intent, there are a multitude of entities who would be much appreciative of that opportunity to interact on what we have termed the silent level, to exchange with you telepathically. Now, for some of you, that interaction may be experienced as a feeling. You may indeed feel a communication, a touching, take place. For others, you may feel that there is no interaction occurring, that somehow you're missing out. But we assure you that is not the case.

Should you choose to allow for that silent message, for that telepathic interaction to occur, within your near future you shall experience circumstances where you will have intuitive flashes and you will have hints of the message that has been transferred telepathically. Now ironically, that message is for the most part simply a reflection back to you of your understanding of this reality, an understanding that you hold somewhere deep within you. The silent message is an effort to bring forth that information which you desire to have at the conscious level. And so, once again, that exchange most certainly does occur. And each of you shall have the opportunity to experience that exchange of information.

From our particular side, it is an opportunity for us to share in the experiences you are creating and you are

experiencing in your vibrational level, in your reality. And we are, as always, in gratitude for those opportunities you present to us to share in your feelings and to share in your reality.

Now, for some of you, some of our message that we present today will seem to be a rather old message, an understanding that you have. But for others, the message that we present may seem to be new, and at times even quite profound. However, we suggest that the message is not new, that this message we transmit to you has been a message that has been transmitted throughout your multitude of incarnations, throughout the entire linear time frame that you have chosen to establish and to exist in in your vibrational level, in this reality that you create and you exist in. And so while the words may seem new, the message is not new. It is a message that exists within each of you and that you have heard before at some level. And at some level you most certainly have a profound understanding of the message that we present.

When we exchange with you on that silent level, the exchange of information, the message, is much more accurate than the exchange which occurs through the words we express through our friend. For you see, as we attempt to express this message through the use of a vocabulary, we are limited by the very vocabulary we attempt to use, that we attempt to communicate with. And because we are limited by expressions and understandings within your vocabulary, the transfer of that message on the silent level potentially is much more accurate than the message that we express through our friend.

Now, our message, the basic message that we present, is rather simple. It is a simple set of beliefs that we suggest would be beneficial for you to hold. Now again, we only suggest. We do not in any way attempt to set ourselves up as some type of leader or as some type of entity that has the solutions to the problems you create and experience in this reality. Not at all. But some of our suggestions are suggestions that can aid you in determining your own direction, in determining your own belief systems, and in determining the reality you would desire to create and to experience.

One of those beliefs we suggest would be beneficial is that you understand you are the creator of your reality. You see, so often within your human consciousness

there is this attempt to shift the responsibility for the reality you are experiencing onto others, be those other entities who exist within your incarnational period within this reality or be it attempts to shift responsibility upon some other controlling entity who exists outside of your vibrational level. However, we would suggest that neither of those scenarios is true or accurate, but rather you create your reality, you are responsible for what you experience.

Now, it seems like a rather simple concept, and one which sort of rolls off the tongue, "You create your own reality." But we suggest it becomes essential for you [to] own that concept before you can begin to allow it to have an influence on this reality from your conscious level. You see, you create this reality whether you desire to believe that you do or not. Simply because you don't believe you create this reality does not mean that you don't. It means you create this reality through default, and that you create it in other areas of your consciousness that you are not aware of while you are in the conscious level. You create it in your dream states, in those altered consciousness states that have been referred to as your meditative states, and you create it in your between incarnation states. But nonetheless, you still do create it. That's the bottom line.

At some level of your consciousness, you create this reality that you experience. When you begin to accept and believe that concept, then a very amazing thing happens. You begin to have the ability to create it consciously. You begin to have the ability to understand and believe that you create this reality, and as you hold that concept as a truism, then you shall have the opportunity to alter your reality and create whatever it is you desire and to create it consciously. Now, this is a phenomenon that has not been possible in your other incarnational periods. You had set in place, if you would, a set of circumstances and a veil that did not allow you to create consciously.

Now, you could make conscious decisions to alter your reality, most certainly, and it took a rather long time to bring that reality into your everyday lives. You could program yourself over a period of time to make decisions to create the types of reality that you desired, and in your dream states and meditative states you would begin the process of creating that reality and bringing it back into this vibrational level, bringing it back into this imaginary reality that you are experiencing. But now, in this new age and in this new energy that you are creating, you are creating the possibility to alter your reality consciously. And that's new. That's brand new. And it's rather exciting. Especially from our particular perspective.

And so we would suggest that one of the beliefs that you hold is that you create your reality, that you are the one responsible for your reality. Now, we're not just suggesting you're responsible for the little

idiosyncrasies that occur in your day-to-day reality that you find rather amusing and even rather beneficial. And we're not suggesting that you just create those little circumstances that you find are little stumbling blocks or difficulties that you overcome in your day-to-day activities. We're suggesting that you create it all. You are the ones who, as individuals and as a group human consciousness, are responsible for the reality that you are experiencing. And up to this point, you create that in your dream states, in your meditative states, or in your between incarnation states. But nonetheless, you do create it. That's the point to remember, that you do create it and that you have the possibility to alter it.

Now, there are various methods you use to create this reality, and we'll speak of those in a few moments. But first we would suggest there is a second belief that would be beneficial for you to hold, and that is that you are a piece of God. You see, so often within your human consciousness mankind has looked outward to experience God, to find God. And ironically, the God that you search for exists within each and every being who exists within your vibrational level. You are that God. You are a piece of that One.

Now, "the God" is a term which is used in your vocabulary and it is rather limiting. It gives a sense that there is one being that has the responsibility for this reality you are experiencing. And that's not how it is at all. Each of you has the responsibility, for each of you is a piece of the One, a piece of the Whole, an equal piece. A piece that has within you the capacity to love, the capacity to control your reality, and the capacity to create the type of reality that you desire. The God that you search for is within you. So the second belief that we would suggest is beneficial for you to hold is that you are a piece of that God, you are a piece of the One.

There's one more belief system that we suggest is beneficial for you to hold, and that is that you cannot fail. Now, we're not suggesting that you can't fail in these day-to-day activities you create. For you see, this reality you experience is a rather imaginary and illusionary reality, and if you wish to create failure within this reality, you are free to do so. That's your choice. You have that opportunity to create circumstances that will allow you to feel like a failure if that's how you want to feel. But we suggest that you cannot fail to return to who and what you are. You cannot fail to return to the vibrational level that you originally existed at.

You are not locked into some type of system where you must pass tests in order to return to the understanding that you are a piece of the God. You are not subjected to any type of lessons you must learn before you can progress to that understanding that you are a piece of the One. It is your choice to exist within this vibrational level, and you have the opportunity to alter that choice at any time and to leave this vibrational level and to return to the vibrational level that you came from, that

you existed at. And so you cannot fail. You cannot fail. You cannot be locked into this reality and lose touch and never ever remember who and what you are. You set that up before you came in here. You set that up before you created this illusionary reality that you are experiencing. It was one of the guidelines that you established so that you couldn't get lost, so that you couldn't enter into this reality and never again return to the understanding of who and what you truly are.

Now, there are various levels of reality that you experience within this vibrational level, and you are experiencing but one of those levels at this time. You exist consciously at a vibrational level. When you enter into the sleep state, you alter that vibrational level to another area of your consciousness, and one which we would suggest is a reality that is more real than this reality. And when you choose to die, when you choose to go into that [what we call the] between incarnation state, you once again alter your vibrational level.

However, at that point you do not necessarily return to the vibrational level that you existed at before you chose to erect the veil and to establish and create this reality that you are experiencing. And so even when you are in that between incarnation state, to a certain extent you are still existing behind a type of veil. At that point you still understand that you are a part of this creation and that you have the opportunity to enter back into this reality, to enter back into this vibrational level, to reexperience again consciously as you are at this time.

However, when you are in that between incarnation state, you also have the opportunity to understand that you are more than what you are experiencing. And should you choose to leave this vibrational level, to leave this reality completely, then you have the opportunity at that time to enter back into the vibrational level that you existed at before you entered into your particular reality that you are experiencing at this time.

You see, there are a multitude of vibrational levels. You exist in but one. There are a multitude of vibrational levels of creation, and within each of those vibrational levels there are a multitude of entities existing. It's rather ironic that these vibrational levels are existing within the same time and the same space. It is your perception of time and space that give the illusion of a linear time frame and of space, and it is, as is this reality that you are experiencing, an illusion. The real realities exist within the same time and the same space. And you have but to express the intent to alter your consciousness, and you shall have the opportunity to interact with entities that exist at those vibrational levels, similar to the interaction that we are experiencing at this time.

Now, we suggested that you create your reality and that is one of the beliefs that you should hold as [a] truism, one of the beliefs that you should own. Outside

of the other two beliefs that we suggested to you, we suggested the rest of the beliefs are up for grabs, if you would. You have the capacity to alter your beliefs. And as you alter your beliefs, so shall you alter your reality.

You see, so often in this vibrational level and within your human consciousness, you feel that if you experience something, that you form a belief from that experience. You feel that the belief occurs from that experience. You take a message within you that creates a belief, and so as a result of the experience, you hold a belief. Well, we would suggest that it's not that way, it's the opposite. We suggest that first you hold the belief and as you hold the belief, you shall create the reality that supports the belief, that validates the belief, that gives it credibility.

So for example, if you believe that you are not worthy of a loving relationship, then you shall enter into relationships that disintegrate, that don't last, that cause you all types of anxieties. And when that relationship dissipates and falls apart, then you'll say, "You see? I really don't deserve a loving relationship, and there's the proof." Well, we would suggest to you that first you held the belief and then you created the realities to substantiate, to legitimize the belief system. And so if you wish to create the reality that you desire, the key is to alter the belief systems you hold that are limiting your experiencing the realities that you desire.

Now, that's another one of those phrases that flows rather easily from the tongue, but is much more difficult to put into practice, to bring into your everyday lives. Up until this time, you have held belief systems that you have carried over from other incarnation periods and they are belief systems that you have difficulty understanding, that you have difficulty getting a grasp of in order to alter the reality that you are experiencing. Well, that's all changing. As you choose to enter into the new energy and as you begin that transformation, you shall have the opportunity to allow for those belief systems to dissipate, to no longer have an effect upon you. And you shall have the opportunity to begin to understand consciously what the belief is that is causing the reality that you are experiencing.

Now, when we talked of the silent message and that interaction and of those intuitive messages and suggestions that will come to you, some of them will come in the form of an understanding of a belief system for a reality that you are experiencing. Now, it may be a reality that you desire or one that you don't desire, it doesn't matter. The type of reality doesn't matter. It's the belief system that creates the reality that matters, that you are concerned with. And so when you are experiencing a reality—what you may term as either a positive or negative reality—in this new energy and as a result of this interaction and exchange at the silent level you shall receive intuitive messages or hunches or intuitive understandings of the belief that

you hold that is responsible for the reality that you are experiencing.

Now, at times we suggest that it may be somewhat of a shock to your system to understand how you truly believe and feel of certain circumstances that are occurring. There are times when you shall have that understanding of a belief, and for an instant you will know the belief is not one you thought you held. It's not what you really thought you believed about that particular item or circumstance. In fact, it could be an entirely opposite belief than what you thought you held, than what you thought you believed. What's important is that you understand and bring back into your consciousness the understanding of what you truly believe. From that point you have the opportunity to alter that belief. And as you alter the belief, you shall have the opportunity to alter the reality.

Perhaps you don't want to alter the reality if it's a reality that you find to be a positive experience. Then we suggest that you reinforce the belief to continue creating that reality. However, if it's a reality that you do not desire, then understanding the belief system and being honest with yourself and trusting in who and what you are will give you the opportunity to alter that belief system, and then, consequently, to alter the reality.

Now, at times you have within your human consciousness difficulty accepting beliefs and accepting concepts that cannot be proven scientifically. And it's a rather commonly held conception that if you can't prove it scientifically, then it can't be so. It can't be true if you can't express it in scientific terms. And so you go to great lengths at times to disprove things because they can't be proved scientifically. It's rather ironic that some of those things that can't be proved scientifically are the most profound events that occur within your reality, within your day-to-day experiences. And there are those entities that exist within your human consciousness that can't accept that there can be occurrences happening based simply on a belief system and on a choice and on a feeling, but that can't be proved. And so those entities accept and attempt to set up circumstances to prove that those realities are not true, that they cannot be scientifically proved, and therefore are false statements or false occurrences. And that's a rather sad circumstance, because it limits those entities from having the opportunity to understand that it is within their power to manipulate and to control this illusionary reality that you are experiencing.

There are indeed circumstances that are contradictory to those scientific types of experiments and scientific proof. And when those particular occurrences are brought into your reality, your human consciousness has a tendency to tag that as being a miracle. It's something that they can't understand and so it must be a miracle. They can't accept the fact that they have within them the capacity to create their reality and they

are responsible for that so-called miracle, that it is their creation. It's not a God, it's not some entity that exists outside of your vibrational level that has the opportunity or the power to interfere and to create this so-called miracle. But rather it is as the result of entities holding a belief system and making choices and altering their reality to create a more desirable reality.

And we would give the example of entities who are experiencing what you would call terminal or incurable diseases that somehow suddenly become cured. And your scientists have no explanations for that and so they simply suggest that indeed there are occurrences within your reality that they can't understand. Now, they can't prove it scientifically but they know that it has occurred, and so therefore they believe that at some time they will have scientific proof. And they will not accept that it was indeed that individual's choice and that individual's alteration of a belief system which caused that alteration of their reality and a cure to be experienced for what was felt to be an incurable type of disease. And again, your scientists label that as a miracle and they label that as a miracle that someday they will be able to explain.

Well, the explanation, again, is rather simple, and it lies in those belief systems that you create your reality and that you are a piece of God. And while you may feel it is a miracle, most certainly it exists within your capacity to create those miracles and to do it on a rather continual and consistent basis. You see, there were times in your past when that would not have been considered a miracle. There were times when you existed in other incarnations, when you participated in that type of so-called miracle, and you understood at that time that you had the capacity to alter your reality and indeed to cure what was thought to be incurable diseases. At the time of the end of the Lemurian period and in the beginnings of the Atlantean period, and indeed, for some, through the entire Atlantean periods, you understood the necessary steps that were required to cure those so-called incurable diseases. You chose to hide from that memory. You chose to hide from that understanding.

You see, the entities that existed in that Lemurian and in that Atlantean period are the same entities that exist at this particular time within your linear time frame. They are you and they are the other entities that are experiencing this particular incarnational period. It's not some entities that existed in the past and have somehow died off and gone to another place and don't have within them that knowledge, that understanding that they have the capacity to create these so-called miracles. And we suggest that now as you begin to enter into this age and into this new energy, that this shall become a much more common occurrence. That there shall indeed be individuals who have consistent success at altering these incurable diseases that they encounter. And indeed there exists the possibility that these so-called incurable diseases will have no effect

upon those who choose to enter into this new age and into this new energy. Most certainly there exists the possibility that those that we have referred to as the new incarnations, the new children, that are beginning to appear throughout your entire vibrational level shall have the capacity to alter the very physical make-up of their DNA in order to cure or in order to eliminate from their reality these so-called incurable diseases.

And so again, your scientists, those that choose to attempt to have physical proof for all that they are experiencing, shall have difficulty in comprehending and in understanding what is occurring within your vibrational level. Now, we're not suggesting that that is an absolute. We're not suggesting that scientists don't also have the opportunity to change, and indeed some of those scientists are changing and are beginning to believe that you create your reality and that you have the capacity to alter it in whatever direction you wish. They are beginning to understand the impact that your choices and your belief systems can have on your physical body and on the physical reality that you are experiencing and creating. However, there are those scientists who at this time shall choose to remain in the old energy. And as such, they'll have difficulty understanding and believing that you have the capacity to create your reality. They shall not find the scientific proof.

Now, it's rather ironic that within your vibrational level, within this reality, there are many realities that you would desire to bring in, that you would desire to create. And because you don't believe the spirituality that exists within you and that you are has the capacity to have such an impact upon your reality, you experience difficulty in creating these rather abstract ideas that some of you hold. For example, you have difficulty in understanding that there exists throughout your entire universe a source of energy that is available to you which is a pure energy, which does not leave contaminants, and is a source of energy that has a capacity that is far beyond anything you are experiencing within this incarnational period. It is the very energy that you use to create this reality. And you have within you the capacity to tap into that energy to use it in ways that are beyond anything that you have experienced within many of your last incarnations since the time that you chose to terminate the Atlantean periods. It's rather ironic that you simply choose to forget that it's there, that you establish such a strong veil for the purposes of not understanding who and what you are.

Now, many times we have expressed to our group what the purpose of that veil is and we will not go into it at this time. If you wish to have that information, it is available to you through other sources. But rather, at this time we would have you understand that you create your reality through your belief systems, and that the reality that you experience is only limited by what you understand and believe is possible. This

reality is a rather illusionary reality. It is the most unreal reality that you will exist in and yet when you exist at the conscious level on your side of the veil it seems very real indeed. And that's your choice. You created that. You set up the circumstances for that. And you now have made the choice and are beginning the process to alter that understanding and to enter into this new age, this new energy, to understand consciously that you can alter your reality and to understand consciously what the belief systems are that are necessary for you to change in order for you to alter that reality. And that's the new energy. That's what's exciting. That's what's brand new. It's never been experienced since the time that you were in the early Atlantean periods and in the Lemurian period.

Now, we would take a few minutes to break and allow for any questions that you may have for us, and at that time we would return and we would welcome the opportunity to inter-exchange with you on a more personal basis. Now, once again, during the time that we take this break, we assure you that the entities and the energy that are within this space shall remain, and should you choose to express the intent, the interaction that we have referred to shall continue. And the entities that are within this space shall be grateful for that opportunity, for they are here to offer you unconditional love and unending support. And so now we would break for a few moments and if you wish to organize questions, we would be grateful for the opportunity to return and to interact with you once again. And so, with love and with peace. ☸