

# 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.*

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## **Q and A**

**Joshiah:** ... should you choose to express that intent, should you choose to open the area which we have referred to as your heart chakra and to allow for that silent communication to occur, there will be entities who shall welcome that opportunity and shall exchange with you. Entities who welcome the opportunity not only to interact with you, but to learn from you. For despite how you may feel lost at times and you may feel out of control at times, you are nonetheless in the state of creation that is rather unique throughout all of the vibrational levels, and you are on the leading edge of creation.

This creation you experience on your side of the veil is unique and you are once again honored for the realities that you create and experience. You are honored for creating a reality that allows you to experience a range and depth of feelings that is not possible throughout all of the other vibrational levels. Now, part of that creation of reality for the purposes of allowing you to experience that range of feelings is the very reason why you have the questions and the doubts that you express.

You see, you do create your reality. That's an absolute and we've said so many times, and it's one that you can't change. That does not mean you cannot hold a belief system that's contradictory to that and thereby create circumstances that seem to indicate to you that you do not create this reality. You create this reality primarily from holding belief systems and making choices and decisions surrounding those belief systems in order to reinforce the belief system, in order to tell you that, "Yes, that's right because I believe it and here's the circumstances to prove it."

Well, we suggest that first you hold the belief system and from the belief system springs forth the reality. It doesn't occur the other way around. You see, within your consciousness on your side of the veil it's much easier to have the perception that the reality occurs first, and from that reality you establish your belief systems. It doesn't happen that way. It doesn't happen that way in your vibrational level and it doesn't happen that way in our vibrational level. First you hold the belief system and from the belief system you create the reality that supports the belief system.

So when you hold a belief system that you are not in control of this reality, then you shall indeed create the circumstances to support the belief system and you will feel out of control. You will say to yourself, "There, you see there's the proof that I'm not in control. Look at the reality. Look at the mess that's going on. I had no control over it and that's proof that I don't create my reality and I'm not in control. And so therefore there must some entity outside of this reality that is in control." And we suggest that simply is not so. You are the ones responsible for the reality that you are experiencing.

Now, if you are the ones who are responsible for the reality that you are experiencing, then that means each and every entity existing within your vibrational level must also be responsible for the reality that they are experiencing. That's rather a liberating concept because it establishes within your conscious level the understanding that at some level you have agreed to create the circumstances to allow you to experience these realities for the purposes of supporting your belief systems.

Now, it's rather humorous at times that you set up circumstances to create a reality and each of you involved in that reality will have a different perspective of what occurs because each of you will have a different belief system surrounding that reality. For example, one of you may say, "Look at this rather illusionary and ludicrous reality we have created and it's rather imaginary and not really all that important," and therefore it doesn't have that much of an effect upon you. You can step back and actually experience humor at times over what another individual involved in that particular circumstance can experience as tremendous trauma because for them it's important. For them it's real. For them it supports a belief system that they're not in control. So the same reality triggers different responses, different feelings in the individuals involved, depending upon the belief systems that they hold. And so your belief systems precede your reality. *(Pause)* Your belief systems precede your reality.

When you enter into the dream state you are in a reality that is much more real than the one you exist in in the conscious state. Now, of course that doesn't make any sense to some at this point, because how can that be more real? When you are in that dream state and then you look at this consciousness reality,

you understand how illusionary it really is. And when you are in your between incarnation states and you look into the dream state, you understand that even within the dream state you maintain a veil which restricts you from understanding who and what you are to the full extent.

However, when you are in the dream state you most certainly do have the capacity to alter this reality you are experiencing and when you are in the dream state, this consciousness reality, this vibrational level that you are experiencing at this moment, is illusionary. You understand from that perspective that you are the creator and you have the capacity to alter your reality. And you set in place those agreements and the contracts to alter that reality.

Now, you go beyond that state. As we suggested before, you cannot fail and you go back into the between incarnation state. You die, in other words. You leave this physical body. The physical body ceases to house that portion of you which is a Piece of the One and you return to that between incarnation state. At that point you have not entirely discarded the veil. You still exist within a veil of sorts. You are not at the vibrational level that we exist at, for example. It's not that you can't go there but you have still not made the choice to go there. You have still made the choice to exist within this vibrational level within this reality.

There are various levels of consciousness in those between incarnation states. And even in that state you hold belief systems. In that between incarnation state you establish belief systems that you will bring back into your next incarnation. As we have suggested before, those are the most difficult beliefs for you to understand. Those are the most difficult beliefs for you to alter. They are the beliefs that somehow seem to be beyond your perception and your understanding. Some of you would have phobias, for example, that you can't understand where they come from. You can't understand what the belief is. There is no memory within this incarnation that would cause you to have such a feeling, to cause you to have such a belief system. Well, it's because you brought that belief system in with you. You made the choice, before you incarnated, to hold that belief system for the purposes of creating realities to intensify the feelings that you could experience.

You see, it's all about feelings. When you examine your reasons for doing things within this reality, within this vibrational level, you will come to the common denominator of feelings. You do things for the purposes of experiencing the feelings. That is why you create this reality and that is why you bring in those belief systems that seem to be outside of your understanding. And if they're outside of your understanding, then you seem to feel you no longer have control, that it must be some entity existing outside of your vibrational level that is in

control of your reality. Well, it's not that way. You are in control. You create this reality.

You create this reality based upon belief systems. So when you question why it is that there are certain seemingly inherent talents within individuals that are not open to others, we suggest to you it's because of the beliefs you hold. Your beliefs precede your reality, and when you hold the belief then you shall have the opportunity to experience the reality. In fact, when you hold the belief, you shall create the opportunities that present the realities to you to support the belief system.

Again, you chose some of those belief systems when you were in the between incarnation state. It is not necessarily a belief system you established while you were in your conscious state. You brought it in with you. So you have the child who has a seemingly genius understanding of various areas of your reality creation. You have the child prodigy which you may see in areas of your arts or in areas of your sciences. It's because that child is not really a child but is an entity who has existed many times within these incarnational periods that each of you are experiencing. And that child, that entity, chose to bring into this incarnational period the belief system that they would be able to experience this understanding which seems to be beyond your normal human perception. It's not that some have some particular abilities that are not available to others. It's rather that they hold the belief system that they can do it.

We suggested that holding belief systems would allow you to create the reality you desire. Now, you see, some hold those belief systems without a shred of doubt and so they continuously create a reality that seems to be rather unattainable by other entities who do not hold similar belief systems. For example, there are entities within your reality who hold the belief system that they deserve abundance and they have absolutely no problem creating and bringing abundance into their reality, while there are others who hold the belief system that they are not deserving of abundance and it doesn't matter if they have a fortune dropped within their laps they lose it anyway because they do not believe that they are worthy.

We were questioned once about holding the belief system that a projectile could pass harmlessly through your body. And we suggested that if you held that belief system without a shred of doubt, then you would have indeed the capacity to create that reality to support the belief system. But you see, if you held a shred of doubt, you better not stand in front of too many moving projectiles because it may just not occur that way. *(Chuckles)*

Now, many of those particular belief systems are belief systems that are what we refer to as human consciousness belief systems, belief systems that you agreed to when you set up this experiment. You see, you're not just existing at this particular time. You are

not just an entity who is existing at one particular moment to the next to the next to the next. You exist in the now. Of all the concepts we attempt to give you an explanation for, this one is the most difficult. This one is beyond your understanding and belief systems while you are in this conscious level.

You chose to erect a veil which limits your understanding of the now. This veil gives you a linear time frame of progression, a beginning and an end. Well, there is no beginning and there is no end. It all occurs in the now. The past and the future and the present all interact and intermingle with one another and each has an effect upon the other. It becomes difficult to understand and to attempt to explain to you. But you do have the understanding that you can make choices and decisions that affect your future. You seem to think the future is something which is unfolding before you, hasn't been predetermined, therefore you have the capacity to alter it to a certain extent. And you do.

But you see, the past is also something that you can alter. When you alter your future, you also to some extent alter your past. When you alter your past, you also alter your future. And they interact. They change. Within your linear time frame you feel that the past is set in stone. You feel, "That's happened, we can't change that, but we do exist in the now which means we have the opportunity to change the future." Well, for you, that now is the present moment. You do not understand that the now encompasses all, and that the past is not set in stone. You have the capacity to alter that past and you do it on a regular basis. You just don't understand and you don't believe you have that capacity. And you see, when you don't believe you have that capacity—and this is one of those human consciousness beliefs that you have agreed to—then you have difficulty in creating a reality to support that belief system because you believe that there is a linear time frame. And no matter how much you try to alter that linear time frame, the reality continues to support your belief system. Once again, the belief precedes the reality.

So you hold beliefs, be they beliefs based upon your day-to-day activities, be they beliefs based upon your past, be they beliefs based upon occurrences that, within your linear time frame, happened millions of years ago, nonetheless they are beliefs and you continue to create realities that support those belief systems.

It's rather ironic that you have certain beliefs within this incarnational period that you chose to bring into this incarnational period that support activities that occurred within incarnations that, in your linear time frame, you were involved in centuries ago. And it is rather ironic that as a result of bringing those belief systems into this incarnational period, you are discovering what seems to be these strange and these rather intriguing pieces

of information from incarnations that occurred thousands and thousands of years ago. And for you within this incarnational period, they seem to be brand new. In fact you wonder, "How did they miss them?" How did the other entities that existed in these areas miss these obvious types of relics, if you would, that have been there obviously for centuries. How did they miss them?

Well, now this is going to be a stretch for some of you, they missed them because they did not believe that they existed. Because they did not believe they existed, they did not create the reality to support the belief system. In fact they believed that there was nothing existing there and so for them it did not exist. Yet when there came along entities within your incarnational period who brought in the belief system that they would discover these artifacts in these areas, then suddenly they were there. Where they were not discovered in the last century by the same types of entities walking over the same ground, now for some unknown reason they suddenly appear.

Well, again we suggest that this may stretch your imaginations, but we suggest they were there because these entities chose to believe they were there and at some level they created the reality and they put them there. They not only put them there, but because they put them there within this incarnational period they affected the past, even many thousands of years ago for other incarnations that they were involved in at that time within that same particular geographic area. And now they will discover what they hid so well and what you feel happened thousands of years ago but we would suggest occurred simultaneously in the now. A very difficult concept not only for you to understand, but for us to attempt to explain to you.

You do create your reality. And you create it based upon your belief systems. When you hold a belief, you shall create the reality to support the belief. Again, a very important concept for you to understand why it is that some have the capacity to do certain things that others can't do. It's not that someone was gifted, for example, that that someone was somehow singled out to be given a gift by some God that existed outside, who for some reason loved that entity more than the other. Absolutely not. It's because that entity chose to hold the belief to create that experience for the purposes of experiencing the range of feelings associated with that reality. And you have within you the capacity to make the same choices and to hold the same beliefs if that's what you desire to do.

You do that in your dream states. You do that to a certain extent in your between incarnation states. And you are entering into a new age and into a new energy where it shall be possible for you to do that in the conscious state. That has not been possible since the time that you chose to erect the veil, since the time that we have referred to as the Lemurian period when you

chose to create this rather illusionary reality that seems so very real to you while you are in your conscious state. You chose to continue to experience these creations without the knowledge that you were the creator so that you had the opportunity to experience the range of feelings that were associated with those creations.

We could go on and be more complex and continue to give you examples of various belief systems and various realities you are experiencing and creating, but we find at times if we suggest that if you held a certain belief that indeed you could create a certain reality, then the suggestion itself can be limiting in terms of your reality creation. You see, we do not intend to limit the possibilities for you to create the reality that you desire. And so by not suggesting to you that you hold various belief systems beyond the three that we have already described to you, we allow you the freedom to understand and create the reality that you desire. Again, we reflect back upon you the information you desire to hear within the understanding and belief systems that each of you hold at this time.

Now, if you have any questions we would be most willing to attempt to answer them for you.

**Questioner:** My question was concerning belief systems and reality experience but they already mentioned that the belief system creates the reality so I suppose the way that a person knows that their belief system is altered is when they experience that reality. Is that true?

**Joshiah:** Many times the reality you experience does not necessarily change but your perception of that reality is what changes. The feelings you associate with that reality change. And when that happens, when that particular understanding occurs, then you have at some level altered the belief system you held surrounding that reality.

We suggested you are entering into a new age and into a new energy where you have the capacity to allow for belief systems and contracts and karma, if you wish to call it that, that you have brought in from other incarnations to fall away without you necessarily having to have the understanding of what that belief system was. So as you express that intent, as you make that choice to enter into the new age and into the new energy, as you make that choice to bring into your conscious level the understanding of who and what you truly are, and as you choose to believe you are responsible for the creation of your reality, then many of those belief systems have the opportunity to fall away.

It is your choice. It is not that someone removes the belief systems or alters the belief systems. You do it. You make the choice. You alter the belief systems and when you experience a reality and suddenly what was once a rather traumatic and anxious experience

becomes one where you can step back and understand the reality creation process that was involved, and when you understand that all the entities who were involved did so for the purposes of experiencing their own particular feelings to support their own particular beliefs, then we suggest that is an indication you are beginning to alter your belief systems, you are beginning to allow for some of those belief systems that you brought in from other incarnations, those contracts, to fall away. You then have the capacity to live much more in harmony with this reality that you are creating. And once you achieve that harmony, then you begin to consciously understand you also have the capacity to alter the reality.

Does that answer your question?

**Questioner:** I'd like to know if all the created beings on earth, the non-human ones, have belief systems that they live by and what part do they play in the belief system that you say that we create for ourselves. Why do they exist? What is their purpose of existence?

**Joshiah:** You create this reality. That is in itself very difficult for some to grasp that you are the God that creates this reality. At one time this reality was a rather illusionary reality in terms that it was more in, what you may refer to as, similar to a dream state where you, as you do within your dream states, have the capacity to alter it at will. You chose to erect a veil which made this reality seem more real to you as you exist within it at the conscious level. And you created all that you perceive within this reality. You and other entities involved in this experiment that you are participating in are the ones who are responsible for all that you perceive.

There are various aspects within this reality that exist as a result of a consensus of belief systems that you have agreed you would not alter. In fact, you have agreed they are beyond your capacity to alter while you are in the human consciousness state in this vibrational level. For example, the sun always rises in the east and sets in the west. At least as far as you can remember within this vibrational level that's how it's occurred. It hasn't always occurred that way but that's what you believe. And because that's how you believe, it's difficult for you to alter that belief system and you believe it as a human consciousness. It's not an individual belief system. And we use that as but one example. There are a multitude of examples.

You also created all of the life forms that exist upon this Earth system. You did so for the purposes of allowing you to experience reality from different perspectives for the purposes of experiencing the feelings. It all comes back to feelings. At one time, before you erected this veil, it was possible for you to actually interact with your creations. For these are your creations. They have within them the same energy that's used to make up each and every atom within this entire universe that you experience at the conscious level, including each

and every atom that exists within your very being. It is the similar energy that creates all that is within your universe. And you created it all from that same energy. You created what you would refer to as the animals or the animal life that exists and the plant life that exists. You created all that you can perceive. At the time of Lemuria indeed you interacted quite freely within your creations for the purposes of experiencing feelings.

Again, you hold the concept that there is a linear time frame, that somehow there is indeed evolution or progressions, and as long as you hold that belief, you create the realities to support the belief and prove that it's true. And it's because you believe in a linear time frame. The linear time frame, similar to the sun rising in the east, is a concept which you, as a total human consciousness, agreed upon as you created the veil and therefore is one which is very difficult for you to understand or alter or to create circumstances that support the belief you exist in the now. It is, however, rather interesting that as you enter into this new age and new energy, that during your dream state each of you are beginning to understand this concept of the now and you are beginning to bring back into this consciousness level a slight grasp of that understanding.

Suddenly, the dream, which once was believed to be illusionary, is beginning to be held within the belief system that it does somehow have an effect upon your reality. There are those who look at dreams and suggest that indeed what you dream can have an effect upon predicting your future to a certain extent. As they hold that belief, they begin to create the realities to support the belief system. While as you begin to believe that the dream state reality is much more real than the one you experience in the conscious state, then you shall begin to bring back understandings from that dream state that give you insights into this perception of the now.

As you begin to bring back those understandings into this consciousness, into this vibrational level, then you shall have more of an understanding that it, as it exists in the now, it also exists simultaneously. You shall have more of an understanding that you have the capacity to alter not only the future but also the past, and you exist not only in the present, but also in the future and in the past. You shall understand that the incarnations occur simultaneously and each interact and affect the other, and that you create this reality and all that you perceive within this reality are your creations. You are indeed a Piece of the One and that each of your creations is also a Piece of the One. All have within them the same energy, the same creative energy that you are [construed] of, that you are made of, that you brought into this vibrational level. So we suggest that all that you perceive is as a result of your creation and that you created these particular realities for the purposes of experiencing feelings.

There are those who would suggest that the Earth is somehow an entity that exists outside of who and what you are. We suggest that's not so, that the choices and belief systems you hold have a direct influence upon what you would call the evolution of your Earth. For you see, the Earth is your creation. It is not separate from who and what you are. Your indigenous people have held the belief that they are connected to the Earth. That is in a sense very true. Not only are you connected to the Earth, the Earth is your creation. It is as much of your creation as any other piece of the reality that you can believe you create.

You see, there are certain things within your reality that each of you will look at and say, "Well yes, I created that. I can accept that I created this little piece of my reality." Especially when the odd thing goes wrong and you feel blame for it because you feel that you lack in deservability and so you can say, "Ah yes, I most definitely have the capacity to create that reality." Well where do you stop? If you can create even one little shred of your reality, at what point do you say, "OK, I can create that one but I can't create this one"? At what point do you give away your responsibility for the reality that you are experiencing? And as you give it away, you allow for a rather haphazard reality based upon the belief system that you are not in control and so you create realities to support that belief system. Most certainly.

So if you can hold for an instant the understanding that you can create any portion of your reality, then we suggest that you expand upon that belief system and understand you have within you the capacity to create whatever reality it is you desire. You do so on a regular basis, constantly, based upon the belief systems that you hold. So if you believe the lives that exist upon this Earth are not within your capacity to have an understanding of, if you do not believe you created this Earth and therefore the Earth is evolving separate from you and your choices don't have an effect upon what you would term the evolution of this Earth, then most certainly you shall create the reality to support that belief and it will seem that the Earth is out of control. It will support your belief system that you do not have control, but ironically it's as a result of holding that belief system that it appears to be out of your control. You create the reality to support the belief system. The belief system always precedes the reality. Does that answer your question?

**Questioner:** I have a question as to the true nature of ourselves before we choose to enter the veil.

**Joshiah:** A very difficult concept to give you an explanation of within your understanding and belief systems that you hold at this time in this vibrational level you choose to exist at. You are, however, a Piece of the One. We've suggested many times that you hold that as a belief system. You are an equal Piece of the One. Each and every entity who exists within your

vibrational level is an equal portion of a Piece of the One.

Now, it is you who puts the limitations on size and on space and on time. There is no space, per se, within our vibrational level. There is no time or distance or space. We understand, similar to the concept of understanding that we exist in the now, that there is no space and there is no size. So to suggest you are a Piece of the One does not mean that there is a bigger Piece of the One or that there is a greater Piece of the One or that you are somehow a fragmented Piece of the One, but rather you are an equal Piece of the One. Again, as the concept of the now is difficult to explain, so this is very difficult to explain that you are indeed equal to each and every Piece of the One that exists throughout all of the vibrational levels.

This Oneness that we are, that you are, that all of the entities on all of the vibrational levels are, exist in the now and are ever-expanding in terms of creation. You see, there's no heaven you go to where you simply sit around and have a good time. It would get very boring for you to sit there and say how nice it was to soak up the sunshine day after day for eternity. Pretty soon you would wish for a little rain in your life for variety. So there is no heaven where everything exists in this euphoria that you choose. But rather there is an ever-expanding expression of feelings. There is an ever-expanding creation occurring throughout all of the vibrational levels.

You have chosen to create at this vibrational level. You have chosen to create with the restriction of a veil. And from that perspective you limit the understanding of who and what you truly are. You do not understand that within this vibrational level you are on what we would refer to as the leading edge of creation. You have within you the capacity to create without the bias of understanding that you are love, that you create from a position of absolute love, that you cannot fail to understand who and what you truly are. You are a Piece of the One. You are a Piece of All That Is. You are equal to each and every Piece that exists. There is no greater or lesser Piece of the One than what each of you are.

It's a rather difficult concept to explain that as a Piece of the One you are an intricate part and that to lose one part would be to lose the Whole. For each are equal. There is no greater or lesser. You are equal to each and every piece of consciousness, each and every Piece of the One that exists throughout all of the vibrational levels. You are the God that you search for, most certainly.

Does that answer your question?

*(End of questions. We thank Joshiah and the others.)*

Once again, we assure you that the pleasure has been ours and we are grateful for these opportunities you present for us to have these few moments to interact

and to exchange with you and to learn from you. We are separated only by a vibrational level. There is no time or space which separates us, and you have but to shift your consciousness and express the intent and we would be grateful for the opportunity to interact with you. For you are never alone, you have but to ask and we are with you always.

Now, before we leave we once again remind you of the unending support and unconditional love that are felt by the entities who are within this space at this time that you have created and we are grateful for these opportunities. And until the next time, we leave you, with love and with peace. ❀