

# 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.*

**May 5, 2002**

**Joshiah:** Greetings to each of you. We would like to express our pleasure for this opportunity to interact with each of you, and to express our gratitude for you, once again, creating the opportunity for us to enter into your vibrational level and to share with you in your reality. [And] to express our gratitude for you creating this sacred space and time, and allowing for the other entities that would be with us to also have this opportunity to share in your reality.

Now, we would ask you, if you choose, to express the intent to allow for a further thinning of the veil, to allow for those entities to enter into your vibrational level and to share with each of you, to express the intent, if you choose, to allow for that silent communication, that telepathic exchange of information to occur. And we would ask as well if you would grant us but a moment's silence, and we would use that moment, as always, to adjust the energy and to fine-tune our connection with our friend.

*(Pause)*

Well, thank you for that moment. We would once again take the opportunity to remind each of you that there are other entities who have accompanied us on this afternoon that would be quite willing to interact with you, to have what we term that silent communication with each of you, the exchange of information that assists you, so to speak, in bringing into your consciousness the information that you desire to hear—information that is within each of you, held within your subconsciousness, if you wish to use that term, or within your higher self, if that is a more applicable term, or the Piece of the One that you are. It doesn't matter what the term is, the information is within each of you. The entities who are with us this afternoon would assist you in bringing that information forth into your consciousness. And, as always, many times the information that you bring up from your subconsciousness or your higher self is much more accurate and much more pertinent than the information that we express through our friend. So we would encourage you, if you choose, to close your eyes and to express the intent and to allow your consciousness to shift ever so slightly, and use the opportunity to be involved in that interaction and that exchange of information.

You see, the energy that you create within this sacred space assists each of you in that process of that alteration of your consciousness, of entering into what some would refer to as a meditative state. It is a group effort, if you wish. The intent is quite similar and the assistance is there, assistance that is as a result of you creating the energy and of you expressing the intent. And so, if you choose, we would once again encourage you to participate and become involved in that process.

Now, there are a couple of topics that we would discuss with you this afternoon. One would be related to your discussions on what you would refer to as near-death experiences or alterations of consciousness. You exist in this vibrational level by choice. And within this vibrational level you exist in the confines of what we have described as the veil. You exist within an electromagnetic type of energy field that you have established for the purposes of restricting your understanding of who and what you truly are. And that veil, that electromagnetic type of energy, exists with varying degrees of intensity throughout your entire levels of consciousness while you are in this vibrational level.

In other words, when you alter your state of consciousness, even the simple alteration that we have suggested that allows you to enter into a meditative state, you do not necessarily remove the veil. You thin it, absolutely. It becomes easier for you to become in touch with that portion that we refer to as the Piece of the One, that inner self, that subconsciousness, but the veil does not become removed. It does not disappear.

When you alter your state of consciousness and you enter your dream states, the veil becomes thinner, so to speak, but once again, it does not dissipate. It does not disappear, and you do not completely remove the veil. While you are in your sleep state or in your dream state, there are various levels of consciousness. And as you alter your consciousness even more, that veil, that electromagnetic type of energy, becomes thinner. It becomes possible for you to interact with that portion which you refer to as your higher self or your subconsciousness or the Piece of God that you are. But as you return to your consciousness state, you once again intensify that electromagnetic type of energy. And as you intensify it, you distort the images and the memories of that interaction that took place while you were in that deep altered state of

consciousness in your deep dream state. However, even while you are in that dream state, you have not removed that veil, that electromagnetic type of energy field that exists.

When you die—when you alter your state of consciousness to the point where you terminate this particular incarnational period—you still exist within this vibrational level and under the influence of the veil. The beliefs that you hold—not only in this incarnational period, but in all of the other incarnational periods that exist within the now—have an influence upon the reaction that you experience when you cross over, when you alter your state of consciousness to the point where you end this particular incarnational period. Those beliefs influence the experience that you create while you are in that state of consciousness, in that state of altered consciousness that you would refer to as passing over, as ending this incarnational period. And so even when you die—although you never really die, but for terms of this discussion—even when you die, the experience that you create is influenced by your choices and by your beliefs.

We will talk of other states of consciousness that it is possible for you to achieve once you are in that state, however, we would like to give you some examples of the types of experiences that can be influenced by your belief systems, and how rather ironic your belief systems sometimes are. You see, for some entities existing within this particular incarnational period and who hold certain religious beliefs, for them to die and then to have their body cremated would be against their religion and would prohibit them from entering into what they would refer to as heaven. Now, it begs the question that when that individual dies and they pass over, what do they do while they are waiting to determine whether their body will be cremated, or whether it will be buried, or whether it will be given whatever other type of ritual is determined within that religion to be necessary to accomplish this transference into the kingdom of heaven.

So, here we have this individual who has passed over, who is apparently waiting in limbo to determine whether or not he has enemies who would deny him, or friends who would carry out his wishes and allow him that transference into heaven. Doesn't it sound rather ironic that we would suggest to you that throughout all of your incarnational period that you are in control of the reality you experience, that you create it absolutely depending upon your belief systems and depending upon your choices, and then suddenly for some when they die they are at the mercy of others to dispose of their body in a manner that it will allow them access into the kingdom of heaven? Well, because they hold that belief system so firmly and because their altered state of consciousness is only slightly more than that of what it is when you are in a dream state, they create a reality that reflects that belief system, absolutely.

Now, we are not suggesting that they sit there and watch what is happening within your Earth system in order to determine whether or not they are going to enter into the kingdom of heaven or whether or not they will suffer eternal damnation. You see, they all believe their body will be treated properly, that it will not be cremated, and it would go through the proper burial procedures. And so while they are in that altered state of consciousness, when they have passed over, they simply create the reality that supports the belief system that their body is disposed of in the proper manner which allows them to create the type of heaven that they wish to experience.

Well, it is an illusion. It is an illusion. You see, your entire vibrational level is an illusion. The reality that you experience in your consciousness is an illusion. The reality that you are creating while you are in your dream state is an illusion. Ironically, it is more real than this one, but it is still an illusion. And you understand it is an illusion when you become involved in lucid dreaming. When you become actively involved in lucid dreaming you understand you have the capacity to take your consciousness into that dream state and alter it, make it do whatever you want. It seems like it is an illusion if you can make it go this direction or that direction, and if you don't like what is happening, you can change it. And you can. But ironically you can do the same thing in this particular consciousness state in this area of your vibrational level if you wish; and you can do the same thing when you die, when you pass over and you are in that area of your altered state of consciousness.

There are others who have exactly the opposite belief systems—that their body must be cremated before they can enter into any type of heaven. And so when they pass over, they create the illusionary reality that supports the belief. And they do experience this acceptance, so to speak, into heaven. You see, there are very few who really believe that they are going to go to hell. Even though they believe that such a place exists, they have never done anything bad enough that they would have to go there. Absolutely not. Oh, they may have to look in there, and they may get threatened, and they may create a reality that supports it, and it kind of startles them, but in the end, oh, they ask for the forgiveness because you couldn't really be in that kind of eternal damnation now, could you? And so they come up to the edge, or they have the opportunity to experience what it may be like to have that type of damnation thrust upon them. But of course, it never really happens because, you see, it is all an illusion. Even this heaven, that those who believe you just sit around all day and are eternally happy, is an illusion. When you are in those altered states of consciousness, you create. You create the reality as sure as you create the reality that you are experiencing in this particular consciousness state in this area of your vibrational level.

Entities who have those near-death experiences create realities to support their belief systems that lend legitimacy to what it is that they believe. Ironically, once they are in that state—similar to being in the dream state where you understand that it is an illusion and that you can alter it—for those entities who do not return into the consciousness state but rather stay in that altered state of consciousness that you refer to as dying, they get a glimpse and an understanding of who and what they are, and they begin to understand that it is illusionary and that they can create it, they can alter it. And even though you still exist within the confines of a veil as long as you remain within this vibrational level, you understand in that altered state of consciousness that the veil exists not only to lend legitimacy to your consciousness state while you are in this reality, but it also exists so that it does not allow interference from entities that exist outside of your vibrational level.

So, when you are in that altered state of consciousness, what you refer to as in between incarnations or dying, you still exist within the veil. You still exist within this vibrational level, and you then become quite aware of the possibilities that exist for you. You can make the choice to reincarnate if you choose. Or if you choose, you can leave this vibrational level. You see, once you leave this vibrational level and once you remain outside in one of the other vibrational levels, then you as well cannot influence this reality. You cannot create for this reality when you exist outside of it. You cannot be a part of this vibrational level and exist in another. It just doesn't work that way. Now, it is not that you are not a multidimensional personality. So many of the explanations that we give, we give in the context of a linear time frame in order to be in a context that you can grasp and understand. For you exist in the now, and to suggest that it is not possible for you to experience other incarnational levels while you are in this one is not an absolutely accurate description. It is very difficult to get you an absolutely accurate description of that phenomenon where you exist in the now.

However, in the context of attempting to give you an explanation of what occurs when you pass over, then we would have you understand that you exist in this vibrational level. And as you exist in this vibrational level, no matter what level of consciousness you are existing at, you maintain that veil to some extent, to varying degrees, but nonetheless, it is maintained. And when you are in that extreme altered state of consciousness, the veil does not exist so much to limit your understanding of who and what you are and the ability to interact with your higher self so much as it exists to limit interference from others that exist outside of your vibrational level. For you create your reality. You are in absolute control, not only while you are in your consciousness state, but also while you are in your altered states of consciousness. Even to the point where you choose to leave this vibrational level, you

create the reality that you desire based upon your belief systems and your choices. That particular statement, that particular truism, if you wish to use that term, does not change simply because you alter your state of consciousness. It is an absolute. It is a given. It exists throughout all of the vibrational levels, and throughout all of the levels of consciousness that you are capable of experiencing in this vibrational level.

So, when entities have these near-death experiences that you refer to, we would suggest they are creating that reality they are experiencing. Is it legitimate? Well, it is as legitimate as the reality that you are experiencing while you are in your consciousness state, absolutely. It is as legitimate as the realities that you are experiencing when you are in your dream state or when you are in your meditative state or any other area of consciousness. Yes, it is legitimate for the individual, but it is also illusionary. It is as illusionary as all of the realities that you create in this vibrational level.

Now, we have spoken to you many times before of the process of reality creation. It is based upon beliefs, absolutely, and it is also based upon your choices and your decisions. But once again, you can only create from a position of love. Now, we have given this message many, many times, but it is one that is well worth repeating and well worth your hearing again—that self-love is the key to the reality creation process. Entities that have the capacity to love themselves will have much greater success at this transference into the new age and into the new energy. Entities that are capable of understanding love and self-love will have much greater success at creating the reality that they desire.

You see, you can only create from a position of love. There are so many who feel within your present incarnational period that there must be a good and an evil; that there must be a light and a dark; and that these opposing forces must balance each other. Well, you can create that reality if you desire, but ironically you only create it from a position of love. You cannot create it from any other position. All of the creations that you experience within this vibrational level come from the same source. They come from love. And so love is a very important aspect of your reality creation process. And self-love is a very important aspect of your transference into this new age and into this new energy where you shall have [the] capacity to create your reality consciously.

Now, love seems like such an easy phrase for you to throw out to each other. "We have to learn to love ourselves, and we have to learn to love each other." Well, it is rather ironic that many times within your vibrational level and within your consciousness and within this incarnational period there are those who find loving others seemingly much easier than loving themselves. But you know it is rather ironic that you

can't love another any more than you love yourself. The amount of love that you can express for another is directly proportional to the amount that you can love yourself. And so self-love is a very important aspect of your reality creation process.

You love yourself by doing certain things in order to support the feelings that you are experiencing, and you do those things for yourself. When you give to yourself and when you commit to yourself, you do so for the purposes of experiencing those feelings of deservability, of trust, of security, and of joy. And you do those things on purpose. It is not an accident. You give for the purposes of creating those particular feelings. Absolutely. And you do it consciously. It is not something that you just simply rely on it being spontaneous, but make a conscious decision to love yourself, to make time for yourself, to just be with yourself; to understand who and what you truly are, to attempt to bring that into your consciousness.

The type of love that you do experience at some level of your subconsciousness, at some level of that Piece of the One that you are that creates the reality that you are experiencing, understands that within your subconsciousness or within your higher self, or whatever it is, you are an entity who knows absolutely what unconditional love is. And you begin to practice unconditional love when you are expressing that love to yourself. Unconditional love. That is love without conditions.

You see, so often, even within your individual gifts to yourself, you will put conditions. You will suggest to yourself, "Well, if I set this particular goal and if I attain that goal then I will give myself this reward." Well, that is not a gift of love. That is a contract you have set with yourself. And if you like to set goals for yourself and have these little contracts to assist you in reaching those goals, that is fine. You can do that. Just understand that you are not doing it from a position of self-love. You are doing it from a position of barter. You are doing it from a position of trying to trick your higher self into creating what it is that you desire so that you can give your conscious self some type of reward and make yourself feel good about it. But when you give to yourself for the purposes of experiencing self-love, you give without conditions. If it is not given without conditions it is not really a gift, it is a contract.

When you begin to understand that you can experience self-love, and you express that love to others unconditionally, then you also do it without conditions. We have suggested before that it is fine to be involved in a loving relationship and to have these agreements and these contracts, absolutely. There is nothing wrong with that as long as you understand that those contracts and those agreements have absolutely nothing to do with unconditional love, for they are conditions. They are conditions that allow you to feel

comfortable within a relationship, but they are not unconditional love.

Unconditional love does not put on the conditions. Unconditional love is when you give to someone without conditions. You give unconditionally so that they can experience trust, so that they can experience a sense of commitment, so that they can experience a sense of security, and a sense of well-being and a sense of joy without wondering, "What do I have to do in order to have this continue?" Without feeling that, "There is something else that I must accomplish in order for this to continue." Absolutely not. When you give it unconditionally, you give it without conditions. That is what it means.

When you give a gift to someone, and you give that gift and say, "Alright now, you can have this providing that you follow my rules and regulations," well, you are not giving a gift. You are exchanging. You are bartering. You are forming a contract where you are going to give something provided that you get something in return. And that is not unconditional love. Absolutely not. And again, we are not suggesting that it is wrong for you to form those types of relationships. Absolutely not. And it is not wrong for you to form those types of agreements and contracts within your relationships—many times it can assist that relationship in flowing, in knowing what to expect from each other involved in that relationship. But it is not an unconditional expression of love. It is a contract.

When you form contracts with your higher self for the purposes of attempting to experience self-love, you will fail. You will not experience that type of self-love that is unconditional. When you suggest to yourself, "Well, I will love myself when I solve my problems with regards to my addictions," or, "I will love myself when I am capable of providing the type of abundance that I desire," or, "I will love myself when I find someone else that accepts me for who and what I am." When you set a whole bunch of conditions upon your self-love, then it won't work that way. It just doesn't work that way.

We have suggested to you so many times, to love yourself unconditionally love those parts of yourself that you wish didn't exist. And if you really don't like them, then change the belief in who and what you are, and you can change those parts that you don't like about yourself. If there are parts about your personality or in your character that you don't like, well then, change them. Decide what types of personality or what types of characteristics that you would desire. Alter your principles, if that is what is necessary; come up with a list of what you believe are the principles that you would like to exist by that you feel would make you the person who is worthy of your own self-love.

And as you begin to love yourself, there is a very magnificent and almost miraculous occurrence that comes about—others begin to love you as well, and you begin to love others. And you begin to understand

what it is to love others unconditionally, and you begin to understand what it is to give to others for the purposes of allowing them to experience that security and that trust, without feeling for an instant that they must in some way respond in order to retain that gift. And you begin to receive gifts in a similar manner, that come without conditions. They are just given for the purposes of allowing you to experience those feelings—be it simply a feeling of joy, or be it a much more intense feeling of security and of the sense of commitment.

So, we would implore you once again to love yourself. Do things for yourself even if it is only once or twice a day when you set aside time to be for yourself and you give to yourself for the purposes of creating those feelings of security or joy, those feelings of trust, so that you can begin to get a sense of what it is like to really unconditionally love who and what you are. Even those parts that you wish you didn't have.

Now, we have given that message many times before, but again, it is one which bears repeating. For once again, self-love is the key. Self-love is the ultimate technique, if you wish. It is the ultimate method. Self-love is necessary for you to be involved in loving situations. It is the one necessary element that you can't do without as you complete this transference into the age and into the new energy.

Now, we would take a break for a few moments, and if you have questions for us we would be willing to return and attempt to answer them for you. And we remind you once again that we are not separated by time or space, and you have but to express the intent, and we are with you always, and we would be quite willing to interact and to share with each of you. And we would rejoice at the opportunity to interact with each of you. And so, we would leave you now, with love and with peace.

*(There was no Q and A session.) ❀*