

# 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:** Well now, once again, allow us to express our gratitude and our greetings to each of you. Our gratitude, of course, for your offering us this opportunity to, once again, enter into your reality and to share with you in your vibrational level.

Now, we would remind you that the entities and the energy that are with us on this afternoon offer you, once again, that opportunity to be involved in that telepathic exchange of information. The opportunity is yours and the choice is yours, if you choose. You have but to close your eyes and to allow your consciousness to shift, and you will find that within this energy that you have created that it is very easy for you to have that slight shift in your consciousness and to experience that silent communication. The choice is yours, as always.

Now you, once again, as individuals, chose to be involved in and to create this vibrational level. And as such, many of you, particularly the groups that we are interacting with, have been involved in this reality creation process from the beginning.

Now, we speak to you in terms of a linear time frame for your convenience so that it can fit into your consciousness so that you can get a grasp of the concept. You see, the information that we give you is based upon your beliefs and based upon your understanding of your reality creation process, and it is information that you desire to hear. And many times when we attempt to give you information in a rather abstract concept that you have difficulty grasping in your conscious state, the message many times does not make much sense to you. It is difficult to get a grasp of or an understanding of. And so we, for your convenience, refer to basic concepts that you believe in such as a linear time frame. And a linear time frame suggests that there is a beginning and an end, and there isn't really a beginning and an end.

And we suggest then that you were involved in this reality creation process, inferring that there is a linear time frame and that there was a beginning and that that is when you chose to create this vibrational level. And from that perspective we would suggest that you, as individuals, particularly within this group and many

individuals in your entire vibrational level, have been involved in this reality creation process from the beginning. And you were in what we refer to as the Lemurian periods and the Atlantean periods and the pre-Egyptian periods and the Egyptian and the Christian periods, if you wish to use that particular society understanding of the progression of time, right up to what you refer to as your present incarnational period. And you have experienced, as individuals, many incarnations.

Now, those incarnations have had, as a result of your belief systems, the opportunity to influence each other. Many individuals hold a belief that they have what you refer to as contracts or karma that exists in other incarnational periods and is having an influence upon this one. You can create that reality if that is what you desire. Absolutely. You see, you have access to all of those other incarnational periods. You have access to the interactions that you are involved in in those incarnational periods. And if you wish to have those incarnational periods have an influence upon this incarnational period you can do that. And in fact, it does to a certain extent. And this as well, this incarnational period has an effect on that other incarnational period or periods that you are interested in. Absolutely, there is an interaction occurring.

It becomes difficult to give an explanation because, once again, it infers—in the now it is not a linear time frame. And it is an illusion. It is not real. And so it becomes difficult [to give] an accurate explanation based upon a linear time frame that you think is real when it is all in the now and it is an illusion. But nonetheless, you can create circumstances and do create realities within this incarnational period that can be influenced by your beliefs that you have somehow committed an act in another incarnational period that is having an effect upon this incarnational period. And that is your choice.

If you wish to believe in karma and contracts, that is your choice. It is not necessary. And especially as you continue this transference into the new age and into the new energy, it becomes much easier for you to consciously eliminate those beliefs and thereby eliminate the influence of those other incarnational periods. But nonetheless, if you choose, you can create that reality.

Now, there is nothing really wrong with that type of reality creation, if that is what you wish to do. But you must understand that when you make those choices, when you make that choice consciously to believe that those other incarnational periods are having an influence on this incarnational period and you believe in a linear time frame and that is in the past, then there is also the human concept and belief system that you can't change the past. And if you can't change the past, then you have an incarnational period that is out of your control having an influence upon this incarnational period. And therein lies the difficulty in creating what it is that you consciously desire because you have this conflicting belief that these other incarnational periods are having an influence upon this one. And as long as you hold that belief you shall continue to create this illusionary reality to support the belief.

And if you are allowing those other incarnational periods to influence this one and you believe that you can't change those other incarnational periods, then you are creating from a position of default where you don't believe that you have the capacity to alter the circumstances from the past that are somehow influencing this incarnational period. That can cause you all kinds of difficulties in creating what it is that you desire.

You see, you still create it. You can't escape that. You create your reality. That is a given. You can't say, "Well, these other influences, my past, are what is responsible for what I am experiencing." You create your past as well. You see, you still create your reality.

Now, the difficulty with getting a grasp of that concept is what influenced your choice in that other incarnational period to create that reality? You see, you had to begin somewhere. Somewhere it had to begin that you made a choice—be it a good one or a bad one, depending upon your judgment of your incarnational periods and depending upon your judgment of your creation—you made a choice somewhere. Well, you know what? You can equally now make the choice to change that. You don't have to be subjected to that belief system that those contracts, that that karma, is having an influence upon your reality. The only reason it is having an influence is because you believe and you choose to perpetuate the belief system.

You have, as a human consciousness, chosen to alter the very energy that makes up your vibrational level. And as you continue on this transference into this new age and into this new energy it shall become easier and easier for you to consciously get a grasp of those belief systems that are influencing your reality. And if you don't like them, you can change them. There is only three that you can't change and we won't go into them again. You already heard them many times. The rest is all up for grabs, as we say; you can change them.

Now, if you wish to believe that these other incarnational periods are having an influence upon this one, then you can perpetuate that reality. That is your choice. There is no judgment. It is entirely up to you. And it could be that that incarnational period that you are believing is creating this reality is having what you would refer to as a very positive effect. It might be a very nice situation. You may be involved in a relationship that is a result of what you believe is a past incarnation where you set up the perimeters, where you set up the circumstances to be involved with an individual in this particular incarnation and thereby that relationship is as a result of some other action that you took in another incarnational period and you don't want to give that up. That is your choice. Ironically, you can perpetuate the relationship in this vibrational level in this incarnational period without believing that it must come from the influence of another incarnational period. You have but to believe.

You have but to believe and to make the choices and the decisions and use your imagination and your desire to create whatever it is that you wish to experience. And you can do it through joy and you can do it through love. You can do it through what you refer to as the positive emotions. Or if you wish, you can do it through the negative emotions.

You see, there is more than one way to get to know an individual and you can do it through love or you can do it through pain. The choice is yours. Always the choice is yours. And it is your reality and you create it. It is not necessary to go one way or the other. And when you believe that these other incarnational periods that you are experiencing can have that much of an impact on this one, in a sense you give up, you give up your capacity to have a control over this incarnational period while in your conscious state. You still control it. You still make the choices. You cannot avoid choices. To decide that you are not going to make a choice is already making the choice.

So you make the choice. Absolutely. And if that is what you choose—that these other incarnational periods can influence this one—then you shall continue to create the realities to support that belief system. And is it real? Absolutely. In this illusionary reality it is as real as anything else that you experience while you are in your conscious state. The irony of it is that you exist in the now and all of the incarnational periods, if you wish, are occurring simultaneously.

And so individuals who are involved in this vibrational level—and once again it becomes a difficult concept because we are attempting to experience and express one particular concept in a linear time frame that does not mesh or interact with that concept of the now, but nonetheless—individuals involved in your reality creation process in this particular incarnational period were individuals who were involved in the Lemurian

period as well because it is all simultaneous. You have been here since the beginning.

Now, does that mean that someone else, other entities existing in other vibrational levels, cannot enter into this vibrational level at this particular point in time? Absolutely not. As easily as individuals in your vibrational level can leave this particular vibrational level, so other individuals can enter into it if they so choose. But now you exist in a concept of a linear time frame which is illusionary, and when those individuals enter into this vibrational level they do so in the now, which gives them the opportunity to experience and to encompass the experience of your total existence.

And so, even though they may—from your linear time frame perspective—enter into your particular vibrational level at this particular incarnational period does not mean that they are limited to experiencing the total now concept, which means that the past can be experienced as well as the present and the future. And so, the linear time frame is your conscious creation. And while we suggest to you that individuals who are involved in this particular reality creation process have been here since the Lemurian time, that is only an expression that gives you a grasp of your reality creation process based upon your belief that there is a linear time frame.

Individuals can enter and leave this particular incarnational period, and they do enter and leave your vibrational level on a regular basis and still experience the total concept of your creation experience in your linear time frame. Again, it is a difficult concept to give an explanation for, but nonetheless, an accurate one.

You exist in the now. You are a multidimensional personality experiencing, at some level of your consciousness, a multitude of incarnational periods in which you are interacting with individuals in various different scenarios, where you may be a male in one individual state and a female in another. You are a combination of the two. One exists in the other and you cannot separate. They cannot be separated from who and what you are. You cannot be separated from that Piece of the One that you are, from the total multidimensional personality that you are. You may choose to focus on one aspect, but it does not allow you to separate from the total.

We have used the analogy before that it is similar to having a multitude of airwaves existing within the same time and space, and yet you have the capacity to tune into one or the other while eliminating the effect of the rest and yet they all exist simultaneously. You can tap into and change from one to the other at will.

Well, that is how your higher self, if that is what you wish to refer to it, or the Piece of the One that you are, operates. Your entire existence is simultaneous. You are a multidimensional personality and you have the choice to allow the other existences to influence this, or

this particular existence to influence the other. The choice is yours. And as you enter into this new age and into this new energy you shall have that capacity to make that decision consciously, to get an understanding consciously of what your belief systems are.

Now, when you interact with these other individuals in any particular incarnational period it is, once again, a consensus. All of the individuals that you interact with have agreed at some level to be involved in that interaction. You cannot and do not enforce your will upon another without the other's agreement. It is a consensus. Each of you are here on this afternoon by consensus. No one made you come. It was your choice. And at some level within your subconsciousness, at some level within that Piece of the One that you are, you all agreed to interact and to meet with each other. And we would suggest that it is not by choice (*chuckles*)—or rather, that it is not by chance, but it is by choice.

Now, we would also suggest that the individuals that you interact with in this incarnational period are individuals that you interact with in other incarnational periods. There is a very limited likelihood that you would interact with or meet someone that you do not interact or meet in your other incarnational periods, in that other multidimensional personality that [you] are. And so it is not by chance, but by choice. And the individuals that you are involved in relationships with are individuals that you have been involved in various relationships with in other incarnational periods that are occurring simultaneously. And it is your choice to be involved and it is your choice to be involved in any capacity in this incarnational period. Absolutely no one can take away your choice. It is a choice. It is freewill, if you wish, and it is yours. It cannot be taken away and absolutely no one, either withinside or outside of your vibrational level, has the capacity to create for you or to limit your choices. You are the one who puts upon the limitations. And once again, the only limitation to the capacity to your reality creation process is your imagination, your desires, your expectations.

Now, if you have any questions for us we would be willing to attempt to answer them for you at this time.

**Questioner:** The first question, and I think you have anticipated it interestingly, but our traditions speak of the Christ and of the Buddha as human beings who have achieved a particular level of awareness. And I was wondering if you could comment both about the tradition and about the level of awareness. We seem to be trying to achieve those levels of awareness and it would be interesting to know what your feelings are about that potential level of awareness.

**Joshiah:** We have spoken in the past of individuals who have been involved in what you refer to as that level of awareness. Individuals who have in, once again, your so-called past, had the capacity to do what

seemed to be almost an extraordinary feat. Ironically, most of that particular activity was involved in what we would refer to as a channeling process.

Those individuals existed in—and we will refer to, once again, a linear time frame—what we refer to as the old age and the old energy. And those individuals involved in that particular experience had, as did every other individual, the capacity to tap into an unlimited source of energy. And to tap into that and to bring that information into their reality through the process similar to what you refer to as channeling. And those individuals adapted to and developed that technique to a level where the information seemed to be profound.

Ironically, the individuals had absolutely no more access to that information or to the seemingly inhuman feats that they accomplished than any other individual existing within your vibrational level. They held a different belief system. They understood the possibility of creating from an absolute position of love and they understood the concept of self-love.

Now, while the activities that those particular individuals were involved in—and we have spoken many times of those various consciousnesses that you refer to as the Christ consciousness or the Buddha consciousness that existed not only within that particular incarnational period, but were involved in other incarnations simultaneously in many instances. In other words, in the same incarnational period. A capacity which exists for each of you and which many of you are involved in where you are experiencing different incarnations in the same linear time frame period. Those individuals were involved in that process and they developed the capacity to tap into that seemingly unlimited source of energy, but to tap into, as well, that information that is available to each of you.

And those particular individuals did not come to set themselves up as Gods, but they came to express a message. Many times the message got set aside and the individuals were set up as being somehow superhuman. And we assure you that that was not their intention. They did not intend to ever give the impression that they were somehow superior to any other individual. They did not give that message in an attempt to establish themselves as leaders. Absolutely not. But [they] gave that message to allow others to understand that each of you has that capacity, that each of you is a Piece of the One, that each of you can accomplish similar feats. It is entirely within your capacity. Absolutely.

Now you, as a human consciousness, once again, have chosen to alter the energy that makes up your vibrational level. And as you continue this transference and as you complete that transference into the new energy, there shall exist within your vibrational level the possibility for you to create realities that are beyond your wildest imagination. The possibility for you to create your reality that are far beyond the capacity from

the reality creation process of those entities that you refer to as the Buddha or the Christ consciousness.

You shall, should you choose, have the capacity to create whatever it is you desire. Absolutely. You shall have the capacity to cure what seemingly is an incurable disease. You shall have the capacity to create an abundance that shall meet your each and every need.

Now, there is a rather ironic twist that comes with that particular understanding and that is that once you understand that capacity then you shall change many times what your perception of abundance is, what your perception of happiness is. You see, many times individuals looked at the Christ consciousness or at the Buddha consciousness and believed that those individuals were somehow spiritually superior because they seemingly gave up their worldly attributes and possessions.

Well, you see, when you understand that something is an illusion and you can create it at will, it has no value. It changes in its concept of what is valuable. And if you can create it when you desire it and when you wish to bring it into your reality, then why would you bother to create it and stockpile it?

So, it is not that individuals in that capacity chose to exist in what seemed to be a sparse existence, but rather, that they shifted in their understanding of what was important to them, and they shifted in their understanding of what the concept of true love was, and as well, the perspective of what was valuable shifted. And when they knew that they could create whatever it is that they desire, then what they desired changed. Then their desire came to be more of an understanding of who and what they truly were than a creation of these illusionary realities that you are experiencing.

Does that answer your question?

**Questioner:** I was wondering if you could once again talk about the new age children and their offspring?

**Joshiah:** You have, as a human consciousness, chosen to enter into what we refer to as a new age and a new energy. Now, we have given an explanation of what that new age and new energy is and we won't dwell on that. But we would suggest that as a human consciousness this transference is set to take place based upon your belief in evolution.

You established a linear time frame for this transference into the new age and the new energy to take place. And you have, as individuals, offered to yourself within your subconsciousness the opportunity to become involved in that particular transference while continuing to experience this incarnational period.

However, there are many who choose to remain in the old energy and there are many who choose to believe that the termination of your vibrational level shall

continue to be an absolute experience, that it shall happen. Well, you have altered that absolute experience. You have altered that so-called termination of your vibrational level, and yet those individuals who choose to hold that in their conscious state shall have the opportunity to end this incarnational period and many of them do it rather tragically. But that is their choice and there is absolutely no judgment whether that is right or wrong. It is a choice they made.

Now, those individuals shall have the opportunity to reincarnate if that is what they wish, or shall have the opportunity to leave this vibrational level if that is what they choose. Once again, the choice is theirs. But should they choose to reenter this incarnational period there is a very strong possibility that upon that reentry, if you wish, upon that reincarnation that they shall choose to come back into your conscious state with that basic subconscious belief system that they are a Piece of the One. They shall come back into this incarnational period having made the choice to hold within their subconsciousness the understanding that they can create whatever it is that they desire.

And you have many times within your particular incarnational period put labels upon these children and many call them the indigo children because they believe that they shall have an indigo aura surrounding them. And that may or may not be the case.

You see, it is not necessary to have any particular type of aura around you. You create your realities. You create your illusions, absolutely, based upon your belief. And if that is what you wish to believe, then you will see an indigo aura surrounding these children, but it is not necessary. And it doesn't mean that another individual who believes that it would be pure white auras surrounding these children is any more wrong. It is just a different belief, and each one is as real as the other.

However, you have chosen to refer to these individuals as indigo children, and they shall be children who shall indeed have that capacity to consciously create their reality. Individuals who do not look to others to create for them, but rather, reach out and take what they know is theirs. Reach out and take what they know is their inherent right to be able to create whatever it is that they desire. And they shall not look to others to create for them, nor shall they blame others for the creation that they are experiencing. And that would, in many instances, cause difficulties with many individuals still involved in the old age process. But nonetheless, based upon your present understandings and belief systems and the choices that you are making as individuals, we would predict that that shall occur. And we don't very often make predictions.

Now, once those particular individuals enter into your vibrational level in a reincarnated state, then you shall begin to experience a creation of realities that are, once again, beyond your wildest beliefs; tap into

energies that you believe are not particularly available to you at this time; experience seemingly miraculous cures for diseases that were once incurable; create whatever it is that you desire.

Those individuals shall also have children, and those children shall understand absolutely that you can only create from a position of love. And those children shall understand the concept of unconditional love. Love without contracts. Those children shall understand that they are indeed the absolute creators of their reality and they do it from a position of love. And we would call those children the peacemakers.

We would call those children the ones who absolutely forgive, without conditions, and who absolutely understand that the only way to create is from a position of love, and shall have a capacity to love which would be beyond what you even refer to as the Christ consciousness. Individuals who shall bring into your vibrational level that understanding and that feeling of self-love that we so often attempt to display and to have our friend Elias (*the channel*) experience. And when you see him reduced to tears, many times it is because within his so-called meditative state he is experiencing a love which seems to be beyond his comprehension. And we would suggest that the children that we would call the peacemakers shall have the capacity to have that experience consciously.

Once again, we hesitate to make predictions because predictions are based upon absolute belief systems and you have the capacity within this new age and new energy to change your beliefs and thereby to change your reality. However, based upon your present understanding and belief systems and based upon the projection of those belief systems we would suggest that there is a very, very strong possibility that this shall come to pass, if you wish, in what you refer to as your future.

Does that answer your question?

**Questioner:** I would like to ask a question about mirrors. I have often been quite uncomfortable around mirrors. And I read in a Carlos Castaneda book about a process where mirrors were used to alter states of consciousness, and that seemed to ring true, although I don't have a conscious awareness of it. I just thought I would ask for more information about mirrors.

**Joshiah:** Well, it is rather interesting that when you look into a mirror in your conscious state what you see is not necessarily what your individual fellow man sees. You see, when you look into that mirror and you see yourself, you see that individual that you believe that you are in your subconsciousness and you are trying to bring it into your consciousness.

We have in the past suggested that you, as an individual and as other individuals involved in a group, would express an unconditional love for an individual. Love that someone to the greatest capacity that it is

possible for you to love, and then to put your face upon that individual because only within your capacity to love yourself can you love others. And when you look into the mirror you see a reflection of that individual. And many times individuals in your consciousness state looking into a mirror do not like what they see. They do not like that individual. Or at best they wish that there could be some changes in that individual. And you can, as you look into that particular mirror and you see a reflection of yourself, alter your states of consciousness.

You see, you can alter whatever it is that you wish to alter. You can create whatever it is that you desire, if you would but believe. And if you believe that it is possible for you to look into a mirror and alter your consciousness, then absolutely that is so. And we would suggest that for many that could be a very effective technique to alter consciousness. For many, as well, it can be a very effective technique to get an illusion of what their aura is. And if you believe that auras can have certain colors that reflect certain personalities or certain personality traits, then you can look into that mirror and you can create the aura that you desire to see and therefore reinforce that in your conscious state that you have that trait that you desire.

And so, looking into a mirror can have different effects depending upon your beliefs and depending upon what it is that you wish to accomplish. But it can be a very effective technique in assisting you in accomplishing and perpetuating and creating that experience of love and of self-love. When you look into the mirror and you examine each and every facet of your being, when you look into what you refer to as your eyes, you can indeed get a sense of an understanding of who you truly are.

And if you don't like what you see in the conscious state you can change it. You can change it. You can, once again, create characteristic traits that you find desirable. If you don't see the aura that you wish to see then find out why you don't see it, and create it. Believe it. If you don't like who you are, alter your perception of who you are by setting down the set of principles that would qualify you to be the type of person that you wish to be. And then implement the principles and establish and develop your character so that when you look into that mirror it is not something that you wish to avoid, but you see someone that you love very much. Then you are quite happy with who and what you are and you see the auras that you desire to see.

So, looking into mirrors can be a very beneficial activity or method, if you wish, depending upon your choices and your beliefs. Once again, what you believe is reflected in your reality. What you believe is reflected in your attitudes. What you believe has an influence upon your choices and your decisions. And conversely, your choices and your decisions can have an influence upon your beliefs. The choice is yours. You cannot avoid the

choice. You can make whatever choice you wish, but you will make the choice. Choose wisely.

Does that answer your question?

**Questioner:** You were speaking about past lives and with that in mind, my question is was my youngest son with me in a past life, and when and where?

**Joshiah:** We always hesitate to give you information that you feel may assist you in this vibrational level in this incarnational period and we would explain why.

You see, many times what you believe today may be beneficial may actually influence some of your choices and decisions to create a reality for you that you may not desire or may not be so beneficial on what you believe to be your future or on your tomorrow. And so we would suggest that it is better for you to make your own choices and decisions regarding what it is that you experience on your tomorrow.

However, to give you an answer to your question, we would give you a general answer and say yes. There is not an individual involved in your entire family unit that you have not been active with and participating with in other incarnational periods. And you have many times switched the roles, if you wish. You have many times been the child, and the other the parent. Being the spouse, and the other the opposite sex. Being involved in relationships where you were siblings, or where you were simply acquaintances. A total range of experiences. And you have had the opportunity and have been involved in those activities in other incarnations with that particular individual.

Does that answer your question?

**Questioner:** I would like to ask a question about present day TV personalities who can contact spirits from the other side, especially to benefit people who are in grief. And I wonder of their authenticity and (*inaudible*). And I wonder if the spirits seem to be on the other side but have been there for a long time, have not really reincarnated, and they continue to stay there and to support the people on this side. And I wonder if that is really happening or if these people are genuine that are conducting these programs.

**Joshiah:** First of all, that interaction with other individuals on what you would refer to as the other side occurs with each and every individual in your vibrational level. At some state of your consciousness you interact with all other individuals that are participating either in this incarnational period or in other incarnational periods. To develop that capacity to bring that into your consciousness is not that difficult a feat, and each and every one of you has that capacity should you choose to believe and should you choose to desire to develop that capacity. You do interact with other individuals.

Now, referring to other individuals who are, what you would refer to, on the other side in other states of their

consciousness. When they are actively participating in that so-called other side phenomenon they are in a position where they have a much better understanding of the concept of the now. And so they do not necessary believe or hold the belief that they have been absent from this conscious state or from an incarnational period for what you might refer to as a very long time or centuries or whatever. Time is a human consciousness concept. It does not exist in your altered states of consciousness. Even when you enter into your dream states you get an understanding that there is no time, that it is an illusion, that you can sleep for a few moments and within that few moments experience a multitude of years of experience. For time is an illusion. And individuals that are, what you refer to as, on the other side do not have that illusion of time.

Now, do they remain in that state in order to assist individuals on this side? We would suggest to you that individuals create their own reality. Absolutely. Other individuals cannot and do not influence your reality without your interacting with them at some level of your consciousness and there being a consensus and an agreement to be involved in that process. And so can individuals that are so-called on your other side interact with individuals on this side? Absolutely. They not only can, but do on a regular basis. Can they influence this particular incarnational period that you are involved in? Not without your consent. Are there individuals who are involved in this particular incarnational period in their consciousness state who can sense those individuals that are so-called on the other side? Absolutely. That is not much of a trick. Each of you can be involved in that process if you so choose to believe and to develop that particular capacity.

Does that answer your question?

**Questioner:** What is the purpose of dreams and how do dreams help us? Or torment us?

*(Group laughter.)*

**Joshiah:** You create your reality and you do it primarily in your altered states of consciousness, what you might refer to as your dream state. Now, we have suggested to you many times that this state of consciousness is the furthest removed from who and what you truly are. You believe that while you are in your conscious state that, "That's it, this is real. I've got it all right here. I am really aware," when actually you are as far removed from the reality as it is possible for you to be. And you cannot fail to return to what you refer to as the sleep state or the dream state.

You see, you don't sleep in order to rebuild your physical body. You can rest and rebuild your physical body. When you exercise, in fact you actually stimulate the various muscles and organs within your body and you don't need sleep for them to perpetuate and to grow. You can do that in a relaxed state. You can allow the body to rest and to eliminate the toxins and to build

the muscles and to vitalize the organs without sleeping. You don't have to sleep to do that. You sleep to dream. You sleep to perpetuate the contracts and the agreements with the other individuals, and to perpetuate your reality creation process.

You cannot fail to go to sleep. There is not one individual existing within your vibrational level who can continuously stay awake. You cannot fail to dream. And during those dream states you interact with a multitude of individuals. Not only individuals involved in this incarnational period, but other individuals involved in other incarnational periods and you can even interact with individuals that are not existing in this vibrational level. And we would, if you choose, interact with you in your dream state. Absolutely.

Now, when you come back into your conscious state you do not retain accurate memories of the dream state. You bring back very distorted images and very distorted memories. You, once again, establish that electromagnetic type of energy that limits your understanding of your reality creation process and you distort and you actually create all types of illusionary images of what you were experiencing in your dream state.

Now, there are individuals who would suggest to you, "Well, I can forecast the future in my dream state. Absolutely." And we are not suggesting that that is not possible. But when you are in that dream state where you can forecast the future, when you are in that level of consciousness, if you wish, you are not far removed from the level of consciousness that you are involved in in the meditative state. And you can bring back into your consciousness memories of those particular dreams, and many times they are what you refer to as premonitions of your future. Those are not the types of dreams that we are referring to when you are in your extended states of consciousness that you refer to as the dream, the deep dream state. In that particular state of consciousness you set in place the agreements and contracts to perpetuate this vibrational level, to perpetuate your reality.

We have used an analogy many times that it is like being in a ...

*(Tape ends.)* ✨