

# 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.*

**January 5, 2003**

**Joshiah:** Once again, allow us to express our greetings to each of you, and to express, as well, our gratitude for your, once again, inviting us into your vibrational level and offering us this opportunity to interact with you in your reality.

Now, as is our custom, we would ask you, if you choose, to express the intent to allow for an even further thinning of the veil. For there are, once again, those entities that would be with us this afternoon that also would welcome this opportunity to interact with each of you and to enter into your vibrational level should you choose to express that intent. And we would also ask if you would but allow us a moment's silence and we would use that moment to, once again, adjust the energy within this sacred space that you have created and to fine-tune our connection with our friend Elias (*the channel*).

*(Pause)*

Well now, we thank you for that moment and we would, once again, remind you that there exists for each of you the opportunity to be involved in what we refer to as the silent communication, a telepathic exchange of information with other entities that are with us this afternoon and indeed with ourselves if that is what you choose. And as well, as always, the information that you receive in that exchange, in that telepathic exchange of information, many times is much more pertinent and much more accurate than the information that we express through this rather limited use of the vocabulary. And as well, many times gives you much more sought after information and answers than is the information that we express through our friend Elias. And so we would encourage you to be involved in that telepathic exchange of information.

And you will find that because of the energy that you have created in this sacred space, should you choose to close your eyes and express the intent it will be very easy for you to shift your consciousness and enter into something similar to what you would call the meditative state. And while you may not have an accurate recall or memory of the exact words that we express this afternoon, nonetheless we assure you that you will hear our message and that the information that you receive in that silent communication, once again, can many times be much more pertinent and much more

accurate to your individual desires and needs than is the information that we express through our friend. So, we encourage you to participate. However, should you choose to simply listen that is alright too. There is no judgment on your activity in your [vibration] and in your reality other than the judgment that you pass upon yourselves.

Now, you have within each of you and within your human consciousness concept two questions which are very burning questions in your quest for spirituality, in many's quest for some type of connection with their spirituality and in the quest for some type of a religious answer—and that is who are you and why are you here.

Two very simple questions and we have given you the answers to those questions. And many times the answers are very simple and therefore individuals have a tendency to pass them over and say, "Well, it can't be just that easy, it must be a lot more complicated than that."

You are here because you chose to be here. It seems like such a simple explanation. But you chose to be here. Not only did you choose to be here, but you chose to create this entire reality that you are experiencing. And the difficulty in understanding that concept is for many it leaves you then to wonder, "If we create this reality and we chose to be here, then why can't I, first of all, leave? And why can't I, second of all, alter that reality?"

You see, in your religious teachings there is a common denominator that you have some type of superior being that created this reality for you and then put you in it, and that you had some lessons to learn and you had rules and regulations that you have to live by and if you don't live by them then you will not succeed in entering into that blissful situation, that blissful existence that is promised when you end your consciousness in this Earth system that you are experiencing.

The beauty of that type of belief is that you don't have to accept the responsibility for this reality. When you are not experiencing the type of reality that you desire then you can always blame it on that superior being, on that God, who creates all and knows all and therefore gives to you what you must need in order for you to somehow grow or progress to a point where you can be worthy of experiencing that eternal bliss and that

unconditional love of that particular superior entity. And it is so much more easy for you while you are in your conscious state to accept that type of reasoning than it is to accept the rather simple belief and understanding that you create it all, that you are here by choice, that you can leave anytime you wish, and that you create the reality that you desire. And with that particular line of reasoning it follows then that you are the God that you search for. That is who you are.

Now, for many that becomes a very difficult concept to grasp as well. For you see, if you are that Piece of the One and you are the God that is responsible for the creation that you are experiencing, then in many senses, for individuals who are experiencing less than what they would refer to as desirable reality, they feel as if they are failing. "Well, if I am the God and if I create this reality, then why am I doing such a mess of it?" And that line of reasoning becomes very difficult to accept. And so one falls back upon that other line of reasoning that, "Well, there must be some superior being that has some influence. Surely I can't be responsible for it all. I can't be that great. I can't be that powerful that I am capable of creating this type of reality." But you are. Ironically, the simplicity of the matter is that you are.

And you came here by choice. That is why you are here. You chose to come and to create in this particular vibrational level and you chose to create a rather illusionary reality that gives you the opportunity to experience a rather broad range of feelings without the understanding that you are the creator and that you are absolutely responsible for it all. And you chose, you chose, to exist in what you refer to as the conscious state.

And it is rather ironic that when you are in that conscious state that you believe you are as wide awake as you can be. You believe that you are as in control of this reality as it is possible for you to be while you are in that conscious state. And ironically, up until your choices to enter into this new age and this new energy, it has been exactly the opposite. It has been while you are in this conscious state that you are as far removed from the true state of who and what you truly are that it is possible for you to be. And once again, it is your choice.

You chose to create a vibrational level you could enter into that was restricted from outer influence by what we refer to as the veil. It is an electromagnetic type of energy that exists in every atom and cell of your entire universe that restricts outside interference. Not only does it restrict outside interference, but for those who choose it restricts your conscious connection with that Piece of the One that you are. While in the conscious state you are as far removed from the true understanding of who and what you truly are as it is possible for you to be. And as a result of that restriction you have the opportunity to believe that this reality is

real. You create circumstances that support the belief system that this reality is real and it is beyond your control and it is influenced by others, either within your vibrational level or outside your vibrational level, but it is out of your control. And when it is out of your control it becomes even more real and the feelings become even more intense because you are not in control.

And that is why you are here. Because you chose to be. You were not put here because you had some lessons to learn. Absolutely not. You are not under the influence or control of any other entity existing outside of your vibrational level. And once again, the difficulty in grasping that concept is that for many it points out that, "If that is the truth, if that is how it really is, first of all, why can't I change it? And second of all, I must not be doing a very good job of creating this reality, and therefore I am a failure."

Well, understand first of all that it is your choice. Understand first of all that you chose to enter into this vibrational level and to erect that veil that limits your understanding and the conscious connection with that Piece of the One that you are. You cannot be separated from who and what you truly are. It exists within you. It is not something that is outside of you or outside of your vibrational level but it is within each of you. You choose to not have that connection. And so if you wish to get a grasp of who and what you truly are, now as a result of your choosing to enter into this new age and into this new energy you have also but to choose to make that connection. To bring it into your conscious [state] so that you can have it. So that you can get a grasp, a true grasp of who and what you truly are. And you do that by making a conscious commitment to do so. By expressing a conscious desire to do so. You do that by understanding that you can only create from a position of love and the trick is to bring that love into your consciousness. The trick is to love yourself.

Now, we have talked to you many times of loving yourself. It is a theme that continues to run throughout each of our interactions with you. That you are a Piece of God, that you create your reality, that you cannot fail. And the ultimate technique to creating that reality in the conscious state is self-love. Love yourself. And for many that is a very difficult concept. Because you see, once again, when you look around at your reality and you are not happy with each and every thing you are experiencing, it becomes very difficult for you to believe that you deserve to have much better.

Individuals have difficulty in getting a grasp of that understanding that they don't have to ask for something, they don't have to pass any tests. It is your absolute right to have whatever it is that you desire to create. And not only is it your absolute right, you have it. You create whatever it is that you desire based upon your belief systems, based upon your choices and decisions. Absolutely, you create your reality. Now, if

that reality is less than desirable then one does not want to accept that responsibility, for once again, you begin to believe, "Well, I am not very good at this. I must not love myself enough. I guess I just don't deserve." And once again, the key is to get past the deserving part and to understand that it is your inherent right. That you create your reality, absolutely.

You see, the simplicity of this understanding that you create your reality, that you chose to be in this vibrational level and that you are a Piece of the One, once again, it is so simple it is almost unbelievable. It becomes a nice idea. But can it really be so? And can it really be so simple? "I mean, if it is really so simple then why is life so complicated? If it is so simple then why on Earth do I continue to mess up in my creations?" Well, once again, one of the reasons is the lack of self-love in the conscious state. It is not that you are not capable.

For you see, again, you can only create from a position of love. There is no other possible way to create. You create this reality from a position of love. Absolutely. The key is to bring that love into your [consciousness.] The key is to thin the veil so that you can bring that higher self, if you wish to call it that; or that Piece of the One that you are, that Piece of God that you are, the spark of conscious creation that you are, you can bring that into your consciousness so you can get an understanding and a glimpse of it so that you can believe that you are that God. And so then it becomes more than just a nice little phrase, but it becomes an absolute belief that you exist by in your conscious state. And then you can begin to love yourself even more.

And it is not that there are parts of yourself that you don't love. Absolutely not. And we are not suggesting for an instant that individuals in your vibrational level are failures at loving themselves. Absolutely not. But if you are not enjoying your existence and you are not creating from a position of joy and happiness, if you do not feel comfortable with each and every facet of your character, then you can work more on loving yourself.

You begin to love yourself more in the conscious state, first of all, by expressing that intent to be in contact with that portion of your higher self. And there are various techniques that you can use that will get you there. And each of you, once again, can develop [your] own techniques. You can meditate, if that is what you wish to do. You can go for walks in your nature, if that is what you wish to do. You can read various concepts, if that helps you. It doesn't matter what the technique is. Whatever technique that gives you that insight into who and what you truly are, that gives you that glimpse and that connection with your inner self, that is the technique that will work for you.

Other techniques that you can develop is that you can begin to know yourself. And we have talked of this before with you and we will repeat it for the general

group that will eventually be receiving the transcription of this particular interaction with you. You get to know yourself. Know who you are. And you do that by honestly looking at your characteristics, at your principles, by being absolutely honest with yourself about each and every facet of your character and laying it all out there for display. And then when you have taken your principles and laid them out, and you have taken your characteristics and you have inspected each and every one of them, and you choose the ones that you find fit you as being very desirable, and you reinforce them, you work on them. And the ones that you find less than desirable you forgive yourself for. And you accept them as well and you make a conscious resolve to change them. And then you work on changing them.

So, it is not just a particular activity that you are involved in when you sit in various groups similar to what [you] have here this afternoon. Or when you sit in some type of self-help group and you talk to each other. But rather, when you are alone and you are indeed influencing no one but yourself, then you honestly look at your principles.

And then you apply them. You apply them consistently. You make it an everyday, all-day activity. Not just something that you practice now and then. Not something similar to your religious sects that attend a church on a Sunday. But rather, you make it part of your existence. And you work on your principles. And what you may hold as a principle today you may wish to alter slightly tomorrow. It doesn't matter. It is a principle that you desire. And you apply those principles consistently.

When you apply your principals consistently you will begin to develop a very so-called strong character and you will begin to like yourself more. You will find that as you particularly express those beliefs and express those principles on an ongoing basis that you will begin to become, at the conscious state, an individual that you desire to be. An individual that you can love even more. So you will begin to have confidence in who you are. And you will begin to like more who you are. And when you like yourself then you can also love yourself.

And you will find that those particular characteristic traits, those particular principles that you find less than desirable, the ones which you wish to hide away, you now begin to face open and honestly, and to replace. And they become less and less prone to your day-to-day activities. And you begin to love yourself more. And you begin to like yourself while you are in your conscious state. And there is a funny thing that happens when you begin to love yourself and you begin to like yourself. You begin to increase your capacity to love and like others. And ironically, as you increase that capacity to love and like others, conversely others begin to love and like you even more. And it begins to feed upon itself and it begins to

grow. And as others begin to interact with you in a loving way you begin to love yourself even more. And one continues to affect the other. And your self-love continues to grow. Your self-love continues to grow and you begin to develop the techniques that allow you to connect with that Piece of the One that you are, in your conscious state. You begin to like who you are.

Another rather strange thing that begins to happen is when you begin to like who you are and you begin to see this increase in this self-love and in the love that is being reflected to you, suddenly you begin to create a reality that is much more desirable. You begin to find that when you make a conscious choice and decision and you expect, you expect, to have that conscious choice or decision to have an influence upon your reality, you begin to expect that you can create whatever it is that you desire.

For you see, it is fine for you to have desires and it is fine for you to use your imagination to bring the desires into your reality. But if you don't really expect it, you are going to have difficulty creating it. But when you begin to increase your love for yourself, when you begin to work on those principles and those characteristics so that you increase your intensity of your self-love and your love for others, then you begin to expect to receive that love and you begin to believe that it is possible for you to create what seemingly was impossible before.

You then begin to have a conscious relationship with that Piece of the One that you are. That self-love springs forth. And the Piece of the One that you are interacts with your consciousness and you begin to pay attention to the hunches, you begin to pay attention to the intuitive suggestions, and you begin to understand consciously that you can create this reality. And when you get that glimpse of who and what you truly are, while you are in your conscious state, then you no longer wonder who you are. You love unconditionally that Piece of the One that you are. And you begin to love yourself unconditionally consciously. And then you no longer look around and say, "I wonder who is affecting my reality now?" You no longer wonder, "Why am I here?" You no longer wonder, "How can I change my reality?" You begin to develop your techniques, you begin to develop your own individual methods, and they spring forth from that expression of love and self-love.

And in order, once again, to accomplish that transition into this new age and new energy, and that transition from doubting who you are to the unconditional self-love, you must express the intent. You must attempt to consciously, on a continual basis, work on bringing into your consciousness the understanding of who and what you truly are. You are entering into a new age and a new energy, and you are very nearing transition in terms of the energy within your vibrational level that

shall allow you and assist you in bringing into your consciousness that understanding.

Never before—and speaking now in a linear time frame—never before throughout your entire history has it been as possible as it is at this time for you to connect consciously with the subconscious self that you have that exists within you, that is who and what you truly are, that is inseparable from you. It has always been there. You have always created your reality, absolutely. You have always been the one that has been responsible for the reality that you experience. Absolutely. That has not changed. But you have never, in your so-called history, had or created the opportunity for you to bring into your consciousness the understanding of who and what you truly are and from a conscious position create whatever it is that you desire.

As you continue this transference into the new age and new energy, and as you complete that transference, you will discover that it becomes much more difficult to create in the old manner where an individual blamed other individuals for their reality creation. Where individuals blamed other individuals for their less than desirable experiences. And where individuals manipulated other individuals in order to perpetuate their own reality. Those methods of human manipulation will not work in the new energy as they have worked in the old energy.

Individuals who have chosen this transformation to enter into the new age and the new energy, who have chosen to bring into their consciousness the understanding of who and what they truly are, will understand as well that this reality is not something that you have to work for. It is not something that you must pass certain tests for in order to achieve a type of deservability. Absolutely not. But rather, it is your inherent right to create whatever it is that you desire. It is your inherent right to bring into your consciousness the understanding of who and what you truly are. It is your inherent right to leave this vibrational level whenever you choose.

You create your reality. You are a Piece of the One, and you cannot fail. You are in this vibrational level because you chose to be here and you can leave whenever you wish. You chose to be here for the opportunity of creating an illusory reality while having in place the electromagnetic type of energy that limits your understanding of who and what you truly are while you are in the conscious state so that you can perpetuate this illusory reality and experience the intensity of the feelings that are associated with that illusion. And in order to validate the illusion, you chose, you chose to erect that electromagnetic type of energy. You chose to create this vibrational level. It is your reality. It is your creation.

You can—at the conscious level—by getting a grasp of the understanding of who and what you truly are, by

paying attention to your characteristic traits and your principles, bring into your consciousness the understanding and capacity to love yourself and consequently create whatever it is that you desire. You can get a conscious understanding of the reality creation process and get a conscious understanding that it is your inherent right to create whatever it is that you desire. The only limitations to your reality creation process is your imagination. There is no God that exists outside your vibrational level that is any more powerful than each of you are. You are a Piece of that God. An equal piece. There is no greater and no less.

You create your reality, absolutely, and the key to that reality creation process is self-love, to love yourself consciously, to practice the various methods of loving yourself unconditionally, and to altering those characteristic traits, altering those principles that you find less than desirable. And to make a conscious effort to, on a continual basis, live up to your principles so that you can love yourself more, so that you can understand that you are as deserving as any other individual existing in your vibrational level, that this is not a test, that you cannot fail.

You are a Piece of the One. Love yourself. Work on loving yourself. Express the intent to bring your higher self, or the Piece of the One, if you wish, or that subconsciousness, or the Piece of God that you are, the spark of consciousness that you are, into your conscious state. Even if it is only for a brief minute, it can do wonders in allowing you to experience unconditional total self-love.

Many individuals existing in your vibrational level have experienced what you refer to as near-death experience. And in that near-death experience they alter their consciousness to the point where they can get a glimpse of who and what they truly are. They still are within this vibrational level. They have not left your vibrational level and have not completely eliminated that electromagnetic type of energy—that veil—but nonetheless, they alter their consciousness one step beyond your dream state and they get a glimpse of who and what they truly are. And many of those individuals will tell you that it has been a life-altering experience. Suddenly they understand how powerful they are. They understand what it is to experience unconditional love.

Well, we are suggesting that you do not need to experience that near-death in order to have that type of interaction with your higher self. You have but to express the intent. You have but to develop your methods and techniques. To alter your state of consciousness slightly if that is what you wish to do. To establish and live by your principles, not because there is some other individual who says that that is the way it must be, but because it is your choice, but because you believe that that is the proper technique.

You see, it doesn't matter if we tell you time and time again. It makes no difference at all. We cannot influence your reality. We only give to you information that you desire to hear. And it is what you do with that information that counts. And it is the choice that you make that counts. And it is your belief, not ours, that matters. You create your reality based upon your belief systems. And so it must be your choice. You must own that belief. It must be your choice to love yourself because you desire it, because you believe that it can have an impact upon your day-to-day activities and upon your reality that you experience. It must be your choice.

As it has been your choice to enter into this vibrational level, as it has been your choice to hear this message, so it must be your choice to make the decision to come in contact with who and what you truly are in order to bring into your consciousness unconditional love for yourself. For yourself.

Now, we would break for a moment or two and if you have any questions for us we would be willing to return and answer them for you. And we would remind you, once again, that we do not leave this sacred space and should you choose to interact with us you have but to express the intent. For we are not separated by time or space, which are your illusions, but rather by a vibrational level. And you have but to express the intent and we would be with you always. And now we would leave you for a moment or two, with love and with peace.

*(The was no Q and A session recorded.) ✨*