

# 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.*

**March 2, 2003**

**Joshiah:** We would like to express our greetings to each of you and to express to you our gratitude for your inviting us back into your reality and for, once again, presenting us with this opportunity to enter into your vibrational level and to interact with each of you.

Now, we would ask, as is our custom, should you choose to express the intent to allow for an even further thinning of the veil to allow for other entities that would be with us on this afternoon to have that opportunity as well to enter into your vibrational level and, should you choose, to interact with each of you, to have that silent communication, that telepathic exchange of information with each of you.

Now, while the energy assembles and while the others assemble with us this afternoon we would ask you for a moment's silence in which we would attempt to adjust the energy and attempt to fine-tune our connection with our friend Elias (*the channel*).

(Pause)

Well now, before we begin we would, once again, suggest to you that there exists the possibility for you to be involved in a telepathic exchange of information with those other entities that are with us on this afternoon. And you have but to express the intent and that interaction can, and most certainly does, occur. The choice is yours.

And as always, you will find that should you choose to enter into that interaction, that the energy that you have created in this sacred space will assist you in altering your consciousness. You have but to close your eyes and express the intent. You will find that that shift in consciousness is quite easily achieved. And once again, the information that you receive through that silent communication many times is much more pertinent, much more accurate and much more complete than the information that we express through this rather limited use of the vocabulary.

We would also suggest that others who may be reading or listening to this particular interaction with you this afternoon may have that opportunity as well, should they choose to allow their consciousness to shift, to be involved in that silent communication, that telepathic exchange of information.

For you see, time and space are illusions, and they are your illusion while you are in your conscious state. And when you alter your consciousness—even ever so slightly, you can do that simply by closing your eyes and giving an intent to shift your consciousness inward—you will find that you have that opportunity to be involved and to interact with those other entities and to be involved in that silent communication.

Now, we would like to talk to you this afternoon about your egos. First of all, there is within your conscious state many instances where the term ego is used to refer to various circumstances of your actions or of your personalities. But for the intent and purposes of our discussion this afternoon we would suggest that an ego is the expression of your personality in your conscious state. The ego is the personality that you present to others and to yourselves while you are in your conscious state. And from that perspective, everyone existing in your vibrational level who is involved in an incarnation and is in what you would refer to as your conscious state in that incarnation is displaying an ego.

So, for the purposes of our discussion we would suggest that an ego is what you express in your conscious state for your personality. And everyone has one. It is not something that one individual has and another doesn't. Although once again, when you use that term ego in your broad range of explanations it can refer to and have different meanings depending upon the different circumstances. And so there can be a different definition for the term ego but, once again, for this afternoon we would suggest that simply your ego is the expression of your consciousness while you are in your conscious state.

Now, there are as well many who would term your ego as being a negative ego. Or there are those who would suggest that the ego can be a positive ego. Well, if you wish to believe that that particular type of definition exists, if you wish to apply it, then once again, you can most certainly create the circumstances to support that belief system. For as always, this reality that you experience is an illusion. And if you wish to believe that there are negative and positive egos, then absolutely you can be involved in that type of experience. The question is, which one are you?

You see, there are those who would tell you that the ego is always negative. There are those who would

suggest that if you are listening to your ego you are getting the wrong piece of information because the ego always tries to separate your conscious from your subconscious. That is the story. That is how the line goes. And so they would suggest that you never listen to your conscious, that you only listen to your subconscious, and when you are listening to anything that comes from your conscious thoughts then it must be a negative ego.

Well, you can have that if that is what you desire. Absolutely. But you see, negative and positive are human consciousness concepts and they do not exist in your subconscious state. They do not exist outside of your vibrational level. It is like a judgment on what is good or bad. That is a human consciousness judgment. That is not a spiritual judgment. That is not a judgment by other entities that exist outside of your vibrational level.

And so it is, when you have a negative or a positive ego you, once again, enter into that state where there must be a good and an evil—one is better than the other. Now, you can have that type of thought process if that is what you desire but there [is] some garbage that comes with that type of belief system. There are some consequences that you pay by holding that type of belief. It is like believing in the light and the dark forces. It is like believing in good and bad. When you have a positive or a negative ego that means that there must be the opposite in order to validate the particular state that you believe that you are in.

You see, if you believe that there are light forces and there are dark forces, then in order to sustain the belief that you are in either one then you must create the other to support that belief. If you believe that you are the light and that you have the ability to stamp out the dark forces, then you must create the dark forces or else the light doesn't have any meaning, it doesn't have any substance. If you believe that you are a positive ego, then you must create circumstances to prove that there are negative egos. And of course, if you are a positive ego then you can't be the negative ego so you have to have someone else play that role for you. And you fall back into the trap of where you have a victim and you have the aggressor. Similar belief systems simply applied to different beliefs. One is good and one is bad. And which one are you? And if you are one of either, then there must be the other. The other that you are either trying to achieve or trying to get away from—one or the other. But you create it.

If you hold the belief, you will create the reality to support the belief system. Absolutely. And we are suggesting to you that whatever you wish to believe, you can create. We are suggesting to you that the ego is simply an expression of your conscious state. It is neither good or bad, positive or negative, except that you make it so. And once again, when you enter into that situation where you believe that you have the

positive ego then there must be someone that has negative ego so you can compare yours to theirs and prove that you are positive. Or there must be a past within your creation, within your illusionary time frame, where you exist in a negative ego in order to support this belief that you are now a positive ego. And when you believe that such things exist, then you, once again, begin to create certain circumstances, certain elements of reality, that are created through default in order to support belief systems that you believe are beyond your control.

Because you see, if you are a positive then you absolutely cannot have any control over the negative, can you? Because that must be someone else and you don't have control over someone else, but you absolutely do become involved in situations where they are creating circumstances within their reality that supports your belief system. You have interactions with those individuals that are less than desirable because you want to prove to yourself that you are positive and there are those negative individuals. And so you create out of default. You create illusionary realities to support your belief system that you are somehow better because you are positive and the other may be negative.

Or conversely, if you don't wish to be positive, then you are a negative ego and it is this negative ego that is causing all of this disruption in your life. And you see others who have positive egos and you can see that their life is going along quite well but you are a negative ego because you don't love yourself, you are a negative ego because you can't seem to get it right. Well, ironically, if you wish to hold that belief system then you will create the realities to support it, and you will not get it right, and you can create that negative ego.

You see, that is the problem that comes with belief systems where there are opposites, where there is the light and the dark, the good and the evil, the positive and the negative. In order to have one, you must also have the other. If you believe in the two, then it is impossible to create a reality that only supports one.

If you believe that your entire existence upon your Earth system must have absolute peace—that that is the only concept that will work, that that is the good—then the evil is the opposite. In order to prove that you have the good, you create the evil. And you do it as individuals and you do it as a society and you do it as a human consciousness. It doesn't matter where you apply the belief system. The bottom line is that you create your realities based upon your belief. And, as we have suggested so many times, be careful what it is that you believe. For you will create the reality to support the belief.

And so the key to understanding your ego is to understand that it is an expression of your conscious state. That is it. Don't make it more than what it is.

Don't make it positive or negative. If you feel that it is either positive or negative, it is because of beliefs that you hold. And if you feel that it is negative, it becomes very difficult to love yourself. And once again, if you feel it is positive then you must also create circumstances to validate that belief. And so just accept it for what it is. It is who you are in your conscious state. That is nothing that you should be ashamed of. It is nothing that you should label as good or bad. It is something that you should love, for it is who you are.

Now, the key to understanding this ego, this part of your consciousness that you express, is to allow your conscious to interact with your subconscious and to do that while you are in your conscious state. For many it is much easier to reverse that process and while you are in your altered state of consciousness, while you are in your meditative state or, for some, in your dream state and are capable of lucid dreaming—are capable of taking their consciousness into their altered state of consciousness—it appears to be much easier. Many are quite adept at that accomplishment, at that process of taking the conscious state, the ego, into the subconscious state and interacting with the consciousness—interacting with [the] subconscious state while you are in that altered state of consciousness. However, many find it much more difficult to go the other way, to bring your subconscious into your conscious state.

Now, ironically, individuals who believe that they have the positive ego as opposed to a negative ego, individuals who believe that they have got it right because they have this conscious state that is absolute, the individuals who believe that any interaction with their inner self or with their higher self is not [capable] because they have such a strong ego, because they have, if you wish, such a strong conscious state, that they believe is the absolute way to exist in this conscious state in this vibrational level and in your reality, are the ones who have the most difficulty in interacting with their higher self, or, if you wish, with their spirituality, with that inner self, with that subconsciousness, while they are in their conscious state.

It should also come as no surprise to you that the individuals who believe that they have that very strong positive ego are also individuals who believe that there are other influences outside of your vibrational level that create your reality for you. Because you see, in order to sustain that particular type of ego you cannot take responsibility for your creation. To take responsibility for your creation means that there is within you the capacity to create your reality. And if you believe that you have within you the capacity to create your reality, that is a conflicting belief system to the fact that you have such a strong ego that that is all there is to this existence in this particular vibrational level in this incarnational period. And so when you strengthen that ego, if you wish, to the point where you cut off the

connection with your higher self while you are in your conscious state, then that ego, that conscious part of your personality of the multidimensional personality that you are, will rationalize that they are not in control.

Now, they may suggest to you that, "Well, yes, we are in control to the point that we can program our conscious to do whatever it is that we desire to do." But they will suggest to you as well, that there are others existing in your conscious state who have the capacity to influence their reality. They would suggest to you that there are indeed spiritual beings who can and do influence your reality creation process. And so it becomes very difficult for individuals who believe in that positive type of ego, and who wish to strengthen that ego, who wish to do all types of affirmations in order to discourage a negative ego, will also have difficulty in bringing their higher self, in bringing that Piece of the One that they are, in bringing that spark of consciousness that they are, into their conscious state.

For when you begin to interact with your higher self, when you begin to interact with the piece of consciousness that you are, with that spark of consciousness that has the capacity to create your reality, when you begin to interact with that Piece of God that you are, in your conscious state, then you begin to understand that the ego is not a negative or positive, that the ego is simply the personality that you display while you are in your conscious state. And if you can set your ego aside briefly, then you can allow the spirituality that exists withinside to rise into your conscious state and you can get glimpses of who and what you truly are, in your conscious state. And you can get glimpses of your reality creation process while you are in your conscious state. And you can learn to interact with that inner self while you are in your conscious state and displaying the ego, which is your conscious self.

And so, once again, it becomes very difficult for those individuals who believe that the ego is a positive or negative aspect of their personality. And in order to eliminate that negative ego they become involved in all types of affirmations and interactions to strengthen the positive ego. And once again, it becomes very difficult to love oneself from that particular position. It becomes very difficult to love others that you believe are in that negative position in terms of their ego. It becomes very easy to fall into the victim syndrome, be you the victim or the aggressor, it doesn't matter. The beliefs are similar. The reality just goes in different directions.

And if you wish to believe that there is the positive or negative ego, once again, there are many who will stand in line to assist you in bringing into your reality all types of circumstances to support your belief. There is no shortage of individuals who desire to be involved in the victim situation. Once again, the choice is yours. We are not suggesting that you can't be involved in one or the other. Absolutely not. That is your choice. If you

wish to experience the feelings that are associated with that type of reality, go for it. It is your choice.

Understand, however, that the interactions between your inner self and your conscious self, the interactions between the Piece of the God that you are and your ego, can only occur when you recognize the ego for what it is—neither negative or positive, neither good or bad, neither light or dark. Just what it is. It is a reflection of your personality while you are in your conscious state.

And if you don't like your personality while you are in your conscious state, change it. But don't believe that you have a negative ego just because there are certain parts of your character that you do not particularly care for. Absolutely not. That is not the ego's fault. That is the result of your choices and decisions. That is not your negative ego at all standing there giving you these types of information that you must do this or that. Absolutely not. Your ego is an expression of your belief systems. Your ego is an expression of your attitudes and beliefs. It is an expression of your choices. It is an expression of your thoughts. And if you don't like it, change it. If you have difficulty loving that conscious part of yourself, then change it.

The solution is not to believe that the conscious part of yourself is beyond your control, that it is some negative ego that you do not have the capacity to control or some negative ego that you must simply program and come up with all types of affirmations in order to change it, in order to prove that you are better than someone else, that you can turn into a positive ego and leave someone else in the dust having a negative ego. Understand that if you don't like that portion of your personality that you present to others in your conscious state and that you present to yourself in your conscious state, if you have difficulty loving yourself in your conscious state, if you have difficulty loving your ego that you present to others while you are in your conscious state, then change it. The solution is to change it, not to suggest, "Well, that is negative" or "That is positive" or "That's light" or "That's dark" or "That's good" or "That's bad." Absolutely not.

You see, if you believe that the ego is bad then you can't love it very easily, can you? If you believe that this is a negative ego, how can you love a negative ego? If you believe that there is a dark side, then how can you love the dark side? Understand, once again, that who you are and what you are is so much more than what you perceive in your conscious state. Understand that you have the capacity to bring the influences of who you are and what you are into your conscious state. And one of the keys is to love yourself. And if you don't like your ego, change it. If you don't like the personality that you express to others and to yourself in your conscious state, change it. If you do not like your characteristics, change them. Establish your principles. Attempt to bring them into effect whenever possible.

And when you stumble, if you wish, when you fail to apply those principles, don't be hard on yourself. Absolutely not. Simply love yourself. Love your shortcomings as well as those things that you would express to others. Love yourself.

Do not judge your ego as being positive or negative. It is just something that each and every individual has. It is the expression of your personality while you are in your conscious state. Love it. Be careful on your beliefs in terms of the light and dark forces. For to have light forces, you must create the dark forces to support the belief systems. Be careful on your beliefs regarding good and evil, for you must create one to support the other. Be careful on your beliefs regarding war and peace, for you must create one to support the other. You can do that if you wish. There is no judgment on it. Absolutely not. But understand that you create your reality and accept the responsibility for that creation. Do not blame it on someone else, for to blame it on someone else is to create out of default. And when you create out of default then you must believe at some level that you are not responsible. And if you are not responsible, it is very difficult to create what it is that you desire in your conscious state.

And so, once again, we would suggest to you that the ego is simply an expression of your personality in your conscious state. It is the reflection of who you are while you are in your conscious state. You can bring into your conscious state interactions with your spirituality by understanding that there is not a good or evil ego. There is not a negative or a positive ego, unless you choose to create that particular circumstance. It only exists in your belief system. And when you understand that there is only good or evil, there is only positive or negative based upon your belief systems, then you can change that belief.

You can change your perception of your ego and you can assist your conscious self in paying attention to the attitudes that you express, to the spontaneous thoughts that you receive, so that you can assist your conscious self—your ego—in learning to interact with your higher self, with the Piece of the One that you are so that you can bring your subconsciousness into your conscious and you can discover how to create your reality consciously. And you can achieve what it is that you are attempting to accomplish in this transformation process that you are involved in as you enter into this new age and this new energy.

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

to offer you our unending support and our unconditional love.

We would leave you now for a moment or two, with love and with peace.

*(There was no Q and A session recorded.)* ✿