

# 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.*

**April 6, 2003**

## **Q and A**

**Joshiah:** Once again, we express our gratitude for you allowing us to enter back into your vibrational level and to interact with you in your reality.

And we would remind you, once again, that the opportunity exists for you to become involved in what we refer to as that silent communication, a telepathic exchange of information that you have the opportunity to be involved in should you choose. And as always, it is your choice. There are no entities existing either withinside or outside of your vibrational level that would attempt to interfere with or to make those choices for you.

And so, should you choose, once again, that opportunity exists for you to be involved in that telepathic exchange of information. And as always, that information many times is much more pertinent and much more accurate to your individual needs and desires than is the information that we express through our friend.

Now, we have talked to you many times about beliefs and belief systems. How contained within various belief systems there are the individual beliefs. And that the creation of your reality is through the belief system or the accumulation of beliefs. And many times there are underlying beliefs that you have difficulty comprehending in your conscious state that are influencing your reality. Beliefs, nonetheless, that you hold, that you make the choice to hold within your subconscious, and to not consciously be aware of what that belief is—to consciously desire to hide from the belief.

And so, you have belief systems with beliefs within them that influence your reality that you have difficulty understanding. You have difficulty putting your finger on what the belief is. And we have suggested to you many times that if you pay attention to the spontaneous reaction that you have to various circumstances that occur in your day-to-day activities, that you can get glimpses of what those beliefs are. You pay attention to your reaction, you pay attention to that spontaneous feeling and emotion that you experience, and you can have insights into what the beliefs are.

Many times individuals involved in an interaction with another will have a spontaneous reaction and then instantly feel that that is not the right reaction. And so, through conscious thought process you change that reaction and you say, "There, that's better. That is how I really feel." Well, in truth, it is not how you really feel, but that spontaneous reaction is how you truly feel based upon the beliefs that you hold. And if you wish to change that spontaneous reaction you change the belief.

Now, many times individuals will be presented with various beliefs and you would ask yourself or another, "What should I believe? What should I hold as the belief system?" When you ask that question there are two important concessions that you must understand are occurring.

First of all, by the very expression of that phrase of, "What should I believe?" you are admitting that you have a choice in what it is that you believe. You are conceding that it is your belief and that you can choose. No one else can choose it for you.

The second concept that comes with that question of, "What should I believe?" is the feeling that someone else may have the opportunity to make that choice for you, to influence that decision. We would suggest to you that when you ask that question, what it is that you would believe, we would suggest that you also ask the question, what would you desire to bring into your reality? For you see, you create your reality based upon your belief systems. You create your reality through your beliefs. Your reality is a reflection of what it is that you truly believe.

Now, when you ask that question, "What should I believe?" we would use an analogy. And as always, analogies are poor at best in that they leave so many interpretations and possibilities for individuals to draw on and many times the message gets distorted and it gets lost in that analogy. But nonetheless, many times analogies can be useful in giving some type of insight into the meaning. And so we would suggest that it is similar to you entering into a restaurant and you sit at that restaurant and you look at the menu and you say, "What should I order?" Well, I guess it depends on who you are asking that question. If it happens to be someone of Italian descent sitting across from you they would tell you, "Well, you should try the pasta, it is just tremendous here." Or if it was someone of Oriental

descent they may suggest to you that you try some of the various Oriental dishes that are available from that restaurant. Now, if you happen to be of an Eskimo descent, none of those particular dishes may look appetizing to you at all. And so it begs the question of why would you ask that particular request in the first place of, "What shall I order?"

We would suggest to you, order whatever it is that you want to order. We would suggest to you that that is your choice, and when you ask for that information you are allowing others to influence your reality. You are allowing others to influence your reality.

You see, we never told you that you couldn't allow others to influence your reality, we said to you that you create your own reality based upon your belief systems. And if you wish to believe that others can have an influence on your reality then you can create that reality to support that belief, absolutely. It is an illusion. And if you wish to believe that there are various belief systems out there that you can pick and choose from and you would think that someone else could make that choice for you—which one is the best? Well, which one do you want?

Each individual existing within your vibrational level creates their reality based upon the beliefs that they hold. There are absolutely no exceptions. Individuals who believe that their reality is beyond their control create that illusionary reality to support the belief. Your reality is an illusion.

So, many times individuals become involved in attempting to understand your reality and they lose sight of that fact, and it becomes even more difficult when you are experiencing a type of reality that seems to be less than desirable. Where one feels like one is a victim. Where one feels like one is not control. "How on earth can we have this type of reality?" you may ask, "when we would never desire to experience that. There must be someone else that is doing this to us." And therein lies the key.

We have suggested many times that in order to create the reality that you desire, you must first of all accept the responsibility for the reality that you are experiencing. You can't change it if you don't accept the responsibility. If you believe that there are other forces, or individuals, or spirits, or whatever terminology you wish to apply to the forces that are creating your reality that you are experiencing and you don't have control over that, then you create the reality to support that belief. Absolutely. And you will believe, while you are in your conscious state, that you are not in control. You will have all types of experiences that would support that belief.

It doesn't matter how many individuals suggest to you that you are in control. If you believe you are not in control, then you create your reality to support your belief. Because someone tells you that you are in

control doesn't necessarily mean that you believe it. Because someone tells you that there are no other individuals who can create your reality for you does not necessarily mean that you believe it. And once again, when you are experiencing the less than desirable realities it is much, much easier in your conscious state to blame someone else. "How on Earth can I be a loving reality creator when I am experiencing these terrible realities?" We suggest to you that you can only create from a position of love.

The realities that you are experiencing that you find less than desirable are realities that are created by that Piece of the One that you are to support the belief systems that you hold, but they are created from a position of love. When an individual is involved in a conflict where one individual presumably loses their life and you question how can that be from a position of love, well, we would suggest to you that you can't lose your life. We would suggest to you that when you are in your conscious state you are as far removed from who and what you truly are as you can possibly be. And it is your choice to remain or to not remain in that state. No one else makes that choice for you. And a decision to leave this particular incarnational period is your choice. And the method by which you leave this incarnational choice is an individual choice. And it is an individual choice that is made based upon belief systems. And there is absolutely no one else existing in your vibrational level or outside of your vibrational level that can make that choice for you.

When you walk into the restaurant you can ask for suggestions on what it is that you should order, but eventually it is your decision. And when you leave that decision to someone else, when you give away your power to choose what it is that you would order in that restaurant, then you are at the mercy of someone else. But understand that that is your choice. It is your choice to give away your power. It is your choice to believe that others can influence your reality.

You create your reality, absolutely, and you create it based upon what it is that you believe. There are no exceptions. Not even one minute second where there is an exception. And once again, that is a difficult concept for someone to accept, especially individuals who are involved in conflicts where one individual loses their life, so to speak, ends this particular incarnational period. We assure [you] that for that individual that was their choice. And when they end that particular incarnational period they do not die, but rather, they enter into an area of consciousness where they are much more aware of who and what they are than they were while they were in your so-called conscious state.

It is rather ironic that the individuals who suffer the most are the individuals who choose to stay in your vibrational level, who choose to be involved in that activity, and who choose to create the circumstances in conjunction with that individual who lost their life in

order for those who remain to have the opportunity to experience the feelings that are associated with that type of circumstance and creation. Nonetheless, it is an individual choice. Absolutely. There are no exceptions.

When you are presented with various beliefs and you wonder, "What should I believe?" we would suggest to you that you ask yourself, "Well, what is it that I desire to bring into my reality?" "What is it that I desire to create for myself?" "What type of experience would I desire to be involved in?" And based upon that understanding of what it is that you desire, of that understanding that you create your reality based upon those understandings, then you choose what it is that you believe. You don't ask someone else what should you believe. But you ask yourself what it is that you would create, what it is that you desire.

Only by accepting the responsibility for the creation of your experiences can you change your experiences. You create your reality, absolutely, and you do it through the beliefs that you hold, through the choices that you make, absolutely. And the feelings, the emotions that you experience are a reflection of those choices and of those belief systems. If you wish to change your reality, change your belief. It really is that simple.

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

**Questioner:** Okay. I am just wondering why I get the feeling that I am so misunderstood. It almost seem like I am missing something because it does sound so simple. Everything does sound so simple. Could you comment?

**Joshiah:** We suggest to you that there are but three beliefs that you hold, and many times that becomes a difficult concept to grasp. That you can indeed be a Piece of the One, and that you create your reality, and you cannot fail. And it is rather an oversimplification. Not that that is not the truth in terms of what it is that you experience within this vibrational level, but your experiences, once again, are based upon a multitude of beliefs that are assembled within a belief system.

It is like suggesting, for example, that water is a simple combination of two atoms of hydrogen and one of oxygen. And you all understand that basic concept. Well, if it is such a simple concept and if that drop of water can be explained away as simply a combination of two gases, then why is it that when you are presented with an overwhelming accumulation of water in terms of a flood that you have difficulty in remembering that each water molecule that you are being presented with is simply a combination of two hydrogen atoms and one oxygen atom. It seems like such a simple concept and yet when you mass it together it can be absolutely overwhelming and you can have difficulty in grasping the simplicity of the creation that you are experiencing.

You create your reality based upon your beliefs but contained within that belief are belief systems. Much like the accumulation of many water droplets that can seemingly be overwhelming, so it is that belief systems can seemingly be beyond your comprehension or your control. And yet it is not that way. You create it all and you create it based upon your beliefs.

When you believe that you have many concepts that others have difficulty in understanding, then you create the reality to support the belief. And once you understand that you create your reality, once you begin to grasp that concept so that it becomes an absolute, that your beliefs systems are indeed reflected in the reality that you are experiencing, then you also begin to understand that each and every other individual involved in this vibrational level are responsible for the creation of their reality. And you reach a point where you understand that it doesn't matter what they believe, they cannot influence your reality unless you choose. It is your choice.

Once you begin to understand and get a grasp of that concept of reality creation process then you begin, as well, to understand what an illusion this entire vibrational level is and it doesn't really matter anymore. It does not have the same impact. It becomes an illusion that you can manipulate to create whatever it is that you desire.

It also becomes rather ironic that for many individuals, who have within your past so-called history achieved the understanding of that concept to the point of [absolute], that they choose to leave your vibrational level for it no longer has the same attraction once the illusion has been removed.

For you see, you create this particular vibrational level for the purposes of creating illusory realities that you believe are real so that you can experience the intensity of the feelings that are associated with that type of creation. But once you remove the veil then the whole illusory reality collapses, and along with the collapse of your illusory reality, so goes the intensity of the feelings that you experience. And when that occurs, many times individuals leave your vibrational level for they have indeed reached a point where they feel that the possibility of expanding their creation potential has ended within this vibrational level.

You stay here through choice. You create your reality based upon beliefs. If you wish to believe that people don't understand you then you can create the reality to support that belief, absolutely. The key to understanding is that you create the reality.

And once again, as you hold the belief and you desire to create that reality, there are many other individuals desiring to experience similar feelings although they may seem to hold opposite beliefs—opposite points of view, for example—nonetheless, they jump right into

the creation of the reality in order to support your beliefs so that you can support their beliefs and so that you can each become involved in a consensus reality creation process that you choose and that they also choose to be involved in.

Once again, it is your choice. You have free will. Absolutely no one can take that away from you. And you can create whatever you desire based upon your beliefs. And if you don't like what you are experiencing, understand that it is an illusion and you can change it.

Does that answer your question?

**Questioner:** Do you have any more comments about the war in Iraq?

**Joshiah:** Individuals involved, once again, in any type of creation within your vibrational level do so by individual consent. There is absolutely no one who enforces their will upon another but what the other agrees to be involved in that reality creation process. That becomes a difficult concept for someone to understand when they are involved in your victim and aggressor type relationships or reality creation. But nonetheless, that is what occurs.

Individuals involved in those victim and aggressive type of relationships many times hold very similar belief systems. They may appear to be on absolutely opposite sides of the line, so to speak, but when you look at the beliefs, many of them hold similar beliefs. They may hold beliefs that they or others are not worthy. They may hold beliefs that they are lacking in deservability and if they are lacking in deservability then so is everyone else. They may believe that they do not experience self-love in the conscious state, and if they don't experience self-love then how can they express love to others?

The examples go on and on. The bottom line is that each creates their reality, that each becomes involved in that reality creation process and in that experience through their own choices and decisions and through their own beliefs. Each chooses to create that reality and each chooses to hold the belief that is reflected in that reality. There are no exceptions.

So, when you have a conflict, many times individuals have a tendency to look at the entire interaction of that conflict and many times that interaction of that conflict is as the result of what we refer to as societal belief systems. Within that particular conflict there are the individual belief systems and there are the individual interactions and creations of realities that are based upon agreements, that are based upon individuals setting in place the contracts, if you wish, setting in place the agreements to participate in that reality creation process for the purposes of experiencing the feelings that are possible for them to experience through the creation of that interaction.

So you have the huge so-called society type of belief systems that are having an impact and an influence upon that interaction, upon that conflict. But within that conflict there are the much more personalized individual conflicts, the interactions, where individuals one-on-one create and interact in various realities that are many times not just areas where there are conflict, but areas where they have the capacity to experience true compassion for one another. And many times that is missed in that conflict, where there is the capacity and the interaction and the giving of love for the purposes of experiencing the intense feelings that are associated where that type of love can seemingly exist in what many would consider to be a very violent and dangerous type of situation. And many times that is overlooked by those individuals who have chosen to terminate their existence in this particular incarnational period as a result of participating in that conflict.

Many times it is only the horrendous acts that are held up. Particular individual interactions that the individuals who are experiencing an exchange of compassion is missed. It is forgotten. It is overshadowed by what seems to be such a horrific and horrendous interaction between two societies.

There is absolutely no judgment of what is right or wrong other than what the human consciousness places upon any activity. Right or wrong, good or evil, light or dark, if you want, are human consciousness concepts and do not exist outside of your vibrational level. You can only create your reality from a position of love, including the conflict that you refer to.

Does that answer your question?

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

Well, once again, we would suggest to you that it has been a very enjoyable afternoon and we express our gratitude once again for your allowing us these opportunities to interact with you, to share with you, and to share in the feelings that you experience in your vibrational level. And we would remind you that we would be with you always and you have but to express the intent. For we are not separated by time or space, but rather, by a vibrational level. Time and space are human consciousness illusions that do not exist.

Now, until the next time that you so graciously offer us this opportunity to share in your reality we would bid you farewell, with love and with peace. ❀