

JOSHIAH

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Joshiah: It is indeed an honor for us to be with you on this afternoon and we would like to express our greetings to each of you and express our gratitude for your, once again, allowing us this opportunity to enter into your vibrational level and to interact with each of you in your reality.

Now, we would ask, once again, should you choose to allow for an even further thinning of the veil that there would be other entities that would welcome the opportunity to enter into this vibrational level to interact with each of you in this sacred space that you have created on this afternoon. And so, if you would express that intent to allow for an even further thinning of the veil, we assure you that there are a multitude of entities that would welcome that opportunity to interact and to share with each of you.

Now, we would ask for a brief moment's silence in which we would, once again, adjust the energy within this sacred space that you have created and use that opportunity as well to fine-tune our connection with our friend Elias (*the channel*).

(Pause)

Well now, once again, we thank you for that moment and we thank you as well for your inviting us back into your reality and back into your vibrational level.

Now, you have as a group created this energy this afternoon that will assist you in entering into what we refer to as the silent communication—a synergy that is the result of your common effort and consent to create an energy that will assist you to alter your consciousness, should you choose to do so. There exists the opportunity for you to be involved in a telepathic exchange of information with the other entities that are with us on this afternoon as well as interacting with that portion of yourself that you may refer to as your higher self or that Piece of the One that you are. The opportunity exists for you to have that interaction. The choice is yours. Should you choose, however, to allow your consciousness to shift you will find that as a result of this energy that you have created this afternoon, that that shift in consciousness is quite easily accomplished, that should you choose to close your eyes and express the intent you shall accomplish that shift and you shall have that

opportunity to be involved in that telepathic exchange of information. And as always, the information that [you] receive in that particular type of exchange many times is much more pertinent, much more accurate, to your individual needs and to your individual requests than what is the information that we express through our friend, as well as the information which we express through this rather limited use of the vocabulary. And so we would encourage you to be involved in that silent communication, but as always, the choice is yours.

Now. In our last general session we spoke to you of your chakras. We spoke to you of the beliefs that many hold surrounding chakras, points or spheres of energy that exist presumably throughout your entire body that many individuals believe must be in balance or in harmony in order for you to function properly in your conscious state. And we spoke as well of some of the beliefs surrounding the chakra systems that allow others to feel that because the chakras are not functioning properly they have a reason or an excuse for their shortcomings in their reality creation process.

There are, for many, the belief that there must be some external forces that are influencing and creating the reality that you are experiencing. And creating belief systems that allow you to shift that blame onto—if not other entities, then at least on other concepts of the reality creation process allows individuals to displace the responsibility for their own reality creation process, to blame it on something else or someone else or some other entity or some other belief system.

Now, to briefly recap. You are all familiar with the chakra systems. You have supposedly seven that exist throughout your entire body. Now, those are the main seven that the majority of entities involved in this spiritual quest in the new age movement, if you would, would all agree on. Now, there are many other of those rather imaginative individuals who would suggest that there are a lot more than seven. In fact, they would suggest that you have a rather large number of smaller energy spheres that surround the main set of chakras so that you can make it even more complicated and even more difficult to balance and have even more reasons for experiencing this so-called unbalance in this reflection of their reality.

Now, we are not suggesting, once again, that there is anything wrong with those belief systems. You see, there is nothing right or wrong other than what you

believe in yourselves. Your entire vibrational level is an illusion. That is one of the keys—to understand that it is an illusion. And if you wish to believe that you have these chakra systems that exist throughout your entire being, then you can have that. And if you wish to believe that they must be all in balance, then you can have that as well. And if you wish to believe that they get out of balance from time to time and as a result of that imbalance you experience discomfort, dis-ease, you can have that too. That is not a difficult reality for you to create. You can have it all.

Once again, the problems with holding those belief systems is that they can be limiting belief systems because they leave the impression that you are not in control. They leave the impression that there are other influences that can have an impact upon the reality that you experience and many of those influences supposedly are beyond your control or at least if not beyond your control you must be continuously be on guard in order to keep them functioning properly.

Now, once again, if that is what you choose to believe, that is fine. There is absolutely nothing wrong with that type of a belief system other than, once again, it can be limiting. Because you see, if you believe that there are other influences that you have no control over or that you must at least be continuously on guard about, then it insinuates that you are at the mercy or the whim of various reactions or interactions in terms of the reality that you experience. It means that you are not absolutely in control. And it is just not that way.

Ironically, even when you give up the power to be in control of your reality you do so by choice. And while it may seem like you cannot influence or control the reality that you are experiencing, you are in control, nonetheless. You simply perpetuate the illusion that you are not and then it becomes difficult to create the reality that you desire.

Now, we have suggested many times that you have an energy that exists throughout your entire being. If you wish to believe that it is broken down into various areas and you label those areas as your chakras, that is your choice. But nonetheless, you, as individuals, are creators of your reality and the energy that you use to create your reality exists, once again, within each and every cell of your entire physical being. Not only within each and every cell of your entire physical being, but within each and every cell of all that you perceive in this illusory reality that you experience in your conscious state.

The energy that exists within one cell of your being is exactly the same as the energy that exists in each and every cell of your reality. There is no difference. We have, in the past, for the sake of giving to you information that you desire to hear, expressed to you the concept that the so-called heart chakra was expanding to include all of the other chakras, to become one. That was a choice that you desired to

hear. As always, the information that we give to you is information based upon what it is that you desire to hear and knowledge that is contained within each of you.

Well, we would suggest that there are those that are asking that question now, “if this energy is expanding from the heart chakra, what is the result?” The result is that there has been absolutely no change in the energy distribution throughout your entire physical being. It has always been that way. It exists within each and every cell—equally, no different. What is changing is the very makeup of the energy itself as you continue to enter into this new age and this new energy. That is what is new and that is what is changing.

Now, if this energy has been consistent throughout each and every cell of your body, then it begs the question at what point does the body end and the energy begin? So many within your conscious state are searching for a connection with their spirituality. Searching for a connection with that Piece of the One that they are. Well, we have suggested to you many times that it is inseparable from who are. It is in fact who and what you are. You cannot lose it. You choose to hide from it, but you cannot lose it. Absolutely not. It is not something that is separate from you, but rather it is who and what you are.

Now, if that is who and what you truly are and it exists within each and every cell of your being, then does it also exist outside of your being? For as we have suggested, that energy that makes up your physical body is the very same energy that exists within each and every atom throughout your entire universe. And so, are you inseparable? Does the spirit exist within your body or does it exist within your entire universe? When you attempt to have an out-of-body experience, what is occurring? Are you simply projecting your consciousness outside of your body or are you becoming aware that your consciousness exists outside of your body in each and every cell of your entire universe and you have the capacity to tap into that consciousness outside of what you term the physical being, your mental capacity?

And so, when you attempt to have an out-of-body experience it begs the question, “What is occurring?” Are you projecting your consciousness outside of your physical being? And that is what many would attempt to do and that is what many would believe is occurring. But we may suggest to you that, rather, what you are doing is awakening your consciousness that is the Piece of the One that you are that exists within every atom of this entire universe, and you become aware of that consciousness existing outside of your physical being.

There are those who have experienced that phenomena of out-of-body who have suggested that it is possible for them to experience existing within a particular plant, for example, or even to experience

what it is like to exist within what you would refer to as an inert object and to feel and to experience the consciousness that exists even within that inert object. Once again, we remind you that your entire vibrational level is an imaginary, illusionary reality that you create, that the Piece of the One that you are exists within each and every atom throughout your entire universe. That same energy that makes up your physical being makes up the entire universe. And you are an equal piece of that energy. And you have the capacity to experience realities from different perspectives of your entire universe.

Now, there have been some in your so-called past who have been quite adept at these, what you refer to as, out-of-body experiences and who have had that seemingly mystical capacity to, seemingly once again, project their consciousness to all areas of your universe, particularly to areas within what you would refer to as your Earth system. We would suggest, however, that many of those individuals that have achieved that particular ability that you might refer to as a psychic or spiritual ability to project consciousness are only giving credibility for projecting their consciousness within your Earth systems because that is the only area that you can, within your conscious state and within your so-called present state of evolution, validate.

If they were, for example, to project their consciousness to the extreme limits of your universe, you would have no way to scientifically validate what they were experiencing and what they reported back to you from that experience and those extreme ends of your universe. Yet those same individuals can quite accurately project their consciousness to the other side of your Earth systems, and many of those particular entities have actually been recorded as bringing back accurate information of occurrences—that they have absolutely no knowledge of in their conscious state—that were occurring seemingly on the other side of your Earth.

It begs the question, “If they were accurate in giving a description from a so-called out-of-body experience that occurred on the other side of your Earth systems, then why not expect that they would also be quite accurate in giving explanation regarding projections of their consciousness to the extreme ends of your universe?”

One of the difficulties is that you believe that there is such a thing as space. One of the difficulties is that you believe in a linear time frame. Space is an illusion. It is no more difficult to experience a so-called out-of-body experience from the extreme ends and outer limits of your outer universe than it is to experience a so-called out-of-body experience that is occurring in the very next room. Space is an illusion.

Your consciousness, that spark of consciousness that you are, that ability to create that you have, that Piece

of the One that you are, exists within each and every atom of your entire universe, of this entire illusion that you exist in. And it is possible for you to tap into that consciousness in every atom throughout the entire universe.

Many of the difficulties in the so-called out-of-body experience phenomena is that individuals are attempting to project their consciousness. To project your consciousness to where? There is no space—it is an illusion. And when [you] enter into a meditative state, when you alter your consciousness, the illusion disappears. Space no longer exists. It only exists when you are in your conscious state. And your conscious exists within each and every cell, within each and every atom, of this entire illusion that you are creating. And so it is not necessary for you to project your consciousness to have an out-of-body experience but, rather, to grasp the concept that your consciousness exists outside of your physical being in this illusionary reality. And each of you has the ability to tap into that consciousness in each and every atom throughout your entire universe.

When you get a grasp of the illusion and when you understand that concept that you exist within each and every cell, within each and every atom, of your entire universe then it is a matter of having your consciousness concentrating on a different area of your creation rather than the one which you believe your consciousness can only exist in, which is within your physical body. When you get a grasp of that concept, when you begin to understand it, then it is not so much projecting your consciousness as it is becoming aware of your consciousness as it already exists in the other areas of your creation.

The key is to not project your consciousness, but rather, to understand that your consciousness is already projected and you simply have to learn to tap into it in order to have that experience. There are many who are quite adept at that ability to have the so-called out-of-body experience and many who can even select what part of their consciousness that they are tapping into in the other parts of this creation, in the other parts of this illusion, that are seemingly bending the rules, that are seemingly stepping beyond the veil that you have created that limits your capacity, that limits your capacity to step outside of your physical being.

A limitation that, once again, we remind you is your creation. A limitation that you chose. A limitation that you put in place. And when you understand that it is a limitation that you put in place then you can also understand that you can remove the limitation. The choice is yours. It is the beliefs that reinforce and hold in place the limitations.

Now. When you begin to get a grasp of the understanding of this illusion, when you begin to get a grasp of the understanding that you as individuals are a creation of this illusion and that it is indeed an illusion

that exists without time or space, and when you begin to get a grasp of the understanding that you can alter this illusion and that you do alter it continuously, constantly, then you also get a grasp of the understanding of just who and what you truly are.

Each of you have chosen to be involved in the realities that you experience. For many that is a difficult concept to grasp, especially when that reality is one which seems to be less than desirable. But nonetheless, you have chosen to create the reality. Now, you create the entire illusion which is your reality. Once again, not to suggest that it is not important but rather to suggest that it is an illusion. That is what is important, that you understand that it is an illusion.

Now, individuals involved in this illusionary reality creation process wonder many times where their beliefs could spring from, wonder many times where their thoughts come from. Well, once again, the consciousness that you are exists throughout your entire universe. It is not limited to your physical body. You create your reality based upon your beliefs and belief systems. Your beliefs many times are the result of your desire to experience various feelings. Ultimately, the purpose for the creation, not only of this vibrational level, but all of the vibrational levels throughout all of creation, is for the purposes of experiencing feelings.

That seems, once again, like an over-simplification but we would challenge you to recall at any particular activity that you are involved in, absolutely any of them, and break it down, and when you come down to the common denominator you will find that it is for the purposes of experiencing the feelings associated with that particular activity. Whether it be creating relationships. Whether it be in the purposes of trying to establish a business in order to create some type of abundance. Why do you desire to have that abundance? So you can have things that will give you certain senses of feelings.

Ultimately, each and every activity that you are involved in can come back to that common denominator of creating for the purposes of experiencing the feelings. And it is from that desire to have feelings that you create your beliefs. For the beliefs precede the reality. And from the beliefs come forth your thoughts and feelings.

Many individuals would suggest to you that they have these thoughts that they feel are unnecessary thoughts, evil thoughts, thoughts that they believe are not examples of how they truly believe or feel, and so they attempt to change the thoughts. Well, many attempt to suggest that perhaps they are tapping into some type of universal thought system that influencing their thoughts and if they can just get rid of that then they can get rid of the thoughts. And in fact, there are religions that [are] based upon the concept that you should control your thoughts because thoughts are

proceeding to the evil and to the sins that one might commit that can limit your entering into so-called heavenly positions.

Well, we have suggested many times exactly the opposite—that you should pay attention to the thoughts, the spontaneous thoughts, for the thoughts spring from the beliefs. And the beliefs spring from the desires to experience the feelings. And when you are experiencing a reality, and you get this emotion and this thought and this feeling that seems to be foreign to you, it is not some other entity that is having an influence upon you. Now, it could be that the belief is a belief that you have created in your dream states, in your altered states of consciousness, if you desire to remain in the old age and the old energy and create your reality that way. That is your choice and there is nothing wrong with it. But understand that as a result of that choice many of the beliefs that you hold are beliefs that you create in the dream state, in the very extreme altered states of your consciousness, but nonetheless your creations. Nonetheless your beliefs.

As you enter into this new age and into the new energy and as you pay attention to your thoughts and you pay attention to the feelings and the emotions that you experience spontaneously when circumstances or events are presented to you, then you can get a glimpse of the beliefs. And so attempting to throw away the thoughts, to ignore the thoughts as some of the religions would have you do, attempting to only have pure thoughts, can only come when you hold all the beliefs that would give you those pure thoughts.

Once again, we would encourage you to pay attention to those beliefs. We would encourage you to pay attention to the spontaneous thoughts and to the spontaneous emotions that you experience. Because it is through the understanding of those thoughts and of those spontaneous emotions that you can consciously get a grasp of what the belief is. And in this new age and in this new energy that you are creating you are actually changing the very physical makeup of your being that will allow you to bring those beliefs into your consciousness so that you can consciously change them and consciously alter your reality. And if you don't like the thoughts and if you don't like the emotions, you can discover the beliefs and you can change them.

You can get a grasp in this new age and in this new energy of the concept of the now and understand that many of those beliefs, whether they are beliefs that are from your so-called past in this incarnational period or from the influences of other incarnational periods, are nonetheless existing in the now. And if you don't like them you can change them.

You can alter your past as easily and as readily as you alter your present and your future. Time is an illusion. Your entire vibrational level is an illusion. Space is an illusion. Once again, that is the key to understand that it is all an illusion. It has no space and it has no time. It is

an illusion and you can change it if you wish. It is an illusion that is your creation. It is an illusion in which your consciousness exists in each and every atom of the entire universe. There is no space other than what you believe in space. And when you alter your consciousness, when you enter into your dream states, you understand that there is no space. It is almost like this reality ceases to exist. For indeed, for you it does. At that point you are in other realities—many times much more real realities than this one.

As you continue this transformation into the new age and into the new energy you are creating the possibilities for you to create your reality consciously; to bring into your consciousness that understanding and those feelings; that ability to control your reality that you experience while you are in your dream state; that ability to bring into your consciousness the understandings of what the beliefs are that you hold that are responsible for the reality that you are experiencing. And if you don't like them you can change them.

And so we would encourage you to pay attention to the spontaneous thoughts. Not to believe that they are as the result of some other entities influencing your belief systems or your thoughts. And not to believe that they are the result of some other incarnation that you are involved in that you don't have some control over so you are best to ignore them. Absolutely not. But rather, pay attention them.

If you would wish some of the thoughts to go away, if you would wish to alter that thought process to eliminate some of those so-called evil thoughts—if you wish to use that rather limiting terminology—then we would suggest that you do not attempt to hide from those thoughts, you do not attempt to push them away and to believe that they do not exist. But rather, to pay attention. To pay attention to that spontaneous thought. For it is a key. It is a key that will allow you unlock the door that lets you enter into that area where you hold your beliefs.

It allows you to bring into your consciousness the understanding that this reality is an illusion based upon your beliefs, and if you change your beliefs you can change your reality. It allows you to understand that there is no time or space. That you as individuals create your reality and the Piece of the One that you are exists within each and every atom of your creation. And you can tap into each and every conscious part of your creation. And if you don't like it you can change it. Or if you do like it you can reinforce it.

So, once again, we suggest that you understand that this reality is your creation. You are a Piece of the One. And you cannot fail. Worrying about your thoughts and attempting to put them away because they may be evil thoughts, or thoughts that you don't feel are clean thoughts, or thoughts that you don't feel are worthy of you, is to hide from the truism that first of all, you

cannot fail, and secondly, that you create your reality through your belief systems. Attempting to hide from those thoughts is not liberating, but rather limiting for it suggests that you are not in control, when in fact you are in control. Absolutely. You may not choose to take control but nonetheless, it is something that you cannot give away. You can only create the illusion that you are not in control. But really, you are. This is your creation. You are an equal Piece of the One. And you cannot fail.

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, once again, that we are not separated by time or space, but rather by a vibration and should you choose to interact with us you have but to express the intent, for we are with you always. And we welcome the opportunity to interact with you, to offer you, once again, our unending support and our unconditional love. And if you wish, we will return and answer your questions. And, for a moment or two, we would leave you, with love and with peace. ☸