

JOSHIAH

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Joshiah: Well now. Once again, allow us to offer our greetings to each of you and to offer you as well our gratitude for your, once again, inviting us back into your vibrational level and to have the opportunity to interact and to share with each of you in your reality.

Now. We would ask, once again, if you would express the intent to allow for an even further thinning of the veil to allow those other entities that would be with us on this afternoon to have that opportunity as well to enter into your vibrational level and to share with each of you in your reality. As always, the choice is yours.

We would ask as well to allow us a moment that we would use to adjust the energy within this sacred space that you have created and fine-tune our connection with Elias (*the channel*). And so, if you would give us that moment.

(Pause)

Well now, we thank you for that moment and once again express our gratitude to each of you.

Now, before we begin this afternoon we would, once again, remind each of you that you have the opportunity, should you choose, to become involved in what we refer to as that silent communication, a telepathic interaction or exchange of information with other entities that are with us this afternoon or even indeed with ourselves if that is what you choose. And you will find that as a result of this sacred space and energy that you have created that it will be quite easy for you to shift your consciousness.

And should you choose to do so, if you would but close your eyes and express the intent you will have that opportunity to be involved in that silent communication, a telepathic exchange of information with other entities that many times is much more accurate and much more pertinent to your individual needs than is the message that we present through our friend Elias, which is many times transmitted somewhat with difficulty as a result of the attempt to transmit feelings and emotions into a vocabulary, which is limiting at best. And so, should you choose, once again, to be involved in that silent communication as always the choice is yours and that possibility for you exists, absolutely.

Now. We would talk to you this afternoon about one of our favorite subjects, something that we have spoken many, many times. You create your reality, absolutely. Not only a small portion of your reality, but your entire reality. And your reality that you exist in [in] your conscious state is an illusion. A very significant illusion, an important illusion, absolutely, but nonetheless, an illusion. And understanding that it is an illusion gives you the opportunity to alter it, to change it, and to make it into what it is that you would desire to experience in your conscious state.

You create this illusion, you create this reality from a position of love. You see, you cannot create from any other position. There cannot be creation from the dark side, if you wish, or from the evil. Those concepts are human consciousness concepts. You can only create from a position of love and all that you experience in your conscious state in this illusionary reality is created from a position of love, even those individuals that you would believe, in your conscious state, are purely from that dark side or evil. We would suggest that they too create their reality from a position of love.

So the key to this reality creation process is to understand love. If you wish to create your reality consciously, as opposed to creating it through your subconscious or through what we refer to as default, then you must understand the concept of love and of creating from a position of love. And the key to that conscious creation is self-love. You must love yourself consciously.

You see, withinside each of you, you do love yourself. Absolutely. You are, once again, a Piece of the One, you are that piece of god that creates the reality that you are experiencing, and the only way that you can do that is to love yourself unconditionally at some level within your consciousness or your subconsciousness, if you wish. And so you do love yourself absolutely. And you do know how to love yourself absolutely. Many just choose to consciously hide from that aspect of their creation process. It is a choice. It is a choice that has been made many times within your subconsciousness, within your dream states, if you wish, or your between incarnation state. But nonetheless it is a choice.

You create your reality through your choices. Your reality is a reflection of your belief systems, absolutely, and you do it from a position of love. So once again, to consciously create, the key is to understand

consciously then what it is to love yourself. And once again, there are various steps, there are various things that you can do to become aware of what self-love is and to bring it into your consciousness so that you can experience.

You see, love is a state of being and a state of doing. There are certain things that you do in order to bring the feelings that are associated with love into your consciousness. In order to feel joy, in order to feel security, in order to feel self-worth, you must do certain things.

One of the primary steps that you can take to begin this self-love process consciously is to know who you are, to know and to love those aspects of your personality that you are. To know entirely all of the characteristics that exist within your personality, within your character, that you may or may not like, that you may or may not wish to display. To know who you are. To know what it is that you desire to bring into your reality.

You see, many times individuals have a desire that is not very definite. It is a very vague desire. It is not filled out in their imagination. And it is a desire many times that is influenced by and altered by their belief in their ability to have self-worth based upon their lack of knowing who they are. And so you can learn to know who you are so you can begin to provide those feelings within yourself of feeling secure with yourself, or feeling joy within yourself, and indeed of creating what it is that you desire.

And so, you begin to know yourself by following certain techniques, and we have spoken to you of this before. You, as individuals, have within you certain characteristics. You have within you certain principles that you value and some characteristics that you don't value so much. We would suggest that if you have difficulty in understanding what those characteristics are, if you have difficulty in understanding which characteristics are important to you, then there are methods that you can choose to determine and to change and to create the type of character that you would desire to be.

You see, many individuals carry within them certain characteristics that they display to other individuals on a continuing basis that within themselves they are not quite so sure that it is a strong characteristics. When they get alone, when they awaken in the middle of the night and they look at themselves, and they feel that there is no pressure upon them and they don't have to react or respond to other individuals, then they begin to doubt what those characteristics are, what those principles are, and whether or not they really live up to their principles. And it begins to form this self-doubt and then as a result comes a lack of deservability. And then what they desire becomes very difficult to achieve because, "Maybe we really don't create it all. And even if we do, maybe I am not worthy of that creation because really I might not love myself enough."

Well, we assure you that each of you love yourself enough. Absolutely. That is not a question. Because you can only create from a position of love and if you look at the creation that you are experiencing then you must know that somewhere within your consciousness you do love enough, absolutely, for you create it all from that position of absolute love. However, to bring it into your consciousness is much more challenging.

And so, we would suggest that a technique that you might use is to put down a list of principles. And don't think, "Well, this is the principle that I have in certain areas and this one I don't really like." Don't be judgmental about any principles that you write down. Just write down a list. And include all of the principles, the ones that you may think are very desirable and some that you may think are not so desirable. And you write them all down.

Then, when you have your list complete begin to look at it and determine whether or not those principles are principles that you hold within your consciousness. Principles that you desire to display, not only to yourself but to others, but mostly to yourself. Principles that would make you feel proud of who you are. And then you begin to apply the principles.

And if there are certain characteristics that you have written down and you determine that [you] have them but you don't like them, then we would suggest, first of all, accept them. Own them. And then change them. You see, if you don't accept something and if you don't love it and if you don't own it, you have difficulty in changing it. If you don't accept who and what you truly are, it becomes difficult to change because you feel that it is beyond your control. You feel that that is not something that you can get a grasp on. It becomes something that is real. It becomes something outside of your control and therefore difficult to change. And if it is difficult to change then it will have an influence upon your reality that makes your reality difficult to control and change as well.

So, you must understand that your principles are principles that you choose. The characteristics that you display are your choices. And if you like the principles that you have, if you like the characteristics that you display then we would suggest that you adhere to them and you display them and you bring them into the open. You do not hide them. You allow yourself to have that experience of liking the characteristics that you are displaying, of liking the principles that you adhere to. And the more that you adhere to the principles, the stronger the characteristic becomes. And when you do this for yourself, when you begin to know yourself, then it will indeed have an influence upon your reality, absolutely. When you begin to know yourself then you will create those feelings of joy and of security and of trust. You will begin to create the emotions that are associated with love and self-love.

And so, you begin to know yourself, the first step in this loving process. You do a very conscious taking of the inventory of your principles and if you don't like them, change them. Or if you want some principles that you don't have in your repertoire then you add them. They become part of your arsenal in order to strengthen your characteristics so that you like yourself more consciously, so that you feel the emotions that are associated with love. You can own them because that is who you truly believe you are.

Next, give to yourself. You give so that you can experience those feelings of joy and of security and of trust. Give to yourself unconditionally. You see, many individuals would give a gift either to themselves or to others and then put a condition upon that gift. And when you put a condition upon a gift it is no longer a gift, it becomes a contract. If you could say to yourself, "Well now, if I can follow my set of principles that I have established and as a result of following my principles for even twenty-four hours then I will allow myself a gift," well, that is not a real gift, that is a reward based upon a contract that you have made with yourself. And it is not given so that you can experience those emotions that are associated with love.

And so, you give gifts first to yourself in order to experience self-love, and then to others. And you give them unconditionally. And you remember that the instant that you put a gift with a condition, that you have created a contract.

Now. We are not suggesting for an instant that you can't give something has conditions attached. Both within your interpersonal relationships and with your relationships with others you set in place agreements, contracts. You set in place those conditions that form the contract that allows you to function within your society. You create your reality absolutely and you do it based upon your belief systems. And in your altered states of consciousness, in your dream states, and for some in their conscious state it is possible for you to conjure up interactions with others so that you can experience the feelings that are associated. And in that subconsciousness state, in your dream state, you do set in place agreements and contracts in order to create the experience. But however, you must recognize that those are contracts, not gifts.

When you, in your conscious state, give a gift and you put the condition upon the gift then you are forming a contract, and it is not giving unconditionally. It is not given to create the feelings of joy and security and trust that come with love. So you give to yourself to allow yourself to experience that joy, to experience that security, to experience that self-worth.

The next step is to allow yourself intimacy, to be intimate with yourself. To be intimate with yourself so that you can indeed experience that self-worth. To be intimate with yourself so that you can experience the honesty of who you are. To be intimate with yourselves

so that you can bring into your consciousness those understandings of the desires that you have. To be intimate with yourself so that you can get an understanding of what your principles are so that you can be honest about who you truly are, so that you can be true unto yourself. And so you will experience that intimacy, once again, so that you can create joy, so that you can experience the security, so that you can experience the trust and the knowing that comes with intimacy.

And then you commit. Commitment is a big thing, many times misunderstood in your conscious state. Commitment first to yourself, that you will follow your principles. Commitment that you will follow what it is that you desire. Commitment to the intimacy. Commitment to give without attaching conditions so that you can create that feeling of security and of trust and of joy and of knowing.

You see, many times individuals in your conscious state believe that to commit to another is a commitment that is given one on one for various relationships to another. And that is true, you do have that type of commitment. And that commitment can be in many different forms. And in that type of commitment many times there are indeed contracts that are established, that are forming part of that commitment. And it allows you, once again, to function in your society. It allows you to give direction to your relationship so that you understand what it is that you are involved in and what that commitment can be to each other. You understand what it is that you must do in order to maintain the relationship. It is a commitment. But many fail to give that commitment to themselves.

The most important of all is to commit to yourself. You see, if you cannot commit to yourself then you will have difficulty holding a commitment to another. If you do not commit to yourself you will have difficulty in holding a commitment to another.

Now. Many individuals attempt to commit to themselves without following the first steps, without setting in place what it is they believe their principles are. And so, if one of your principles is to be an individual who is always punctual but you don't follow that principle, indeed you have difficulty in being punctual, and so you would commit to that punctuality. "Oh yes, absolutely I will be there on time." But it is not one of your principles and you really don't believe that you will be on time. You do really do not believe that you will be punctual because it is not a principle that you apply. It is not a strong part of your character. And so here you have this commitment that you don't really believe that you can follow through as being part of your character. It is a weakness, if you wish, in your character that you believe makes you less than worthy.

And so the commitment to yourself becomes difficult to follow. It becomes difficult for you to maintain and to live up to. You begin to feel that you are not capable of

commitment. You begin to feel you are a failure when it comes to commitments because you can't even commit to yourself. And you can't commit to yourself because you haven't followed the steps, because you haven't set in place what you think is important or what is not important.

Now. You see, if you had followed the steps and you believe that being punctual is not one of the principles that you are going to adhere to because you don't believe that it is all that important, you don't really care if you are late by a few minutes, that is not going to have a big impact on your reality. There is nothing right or wrong about that. That is a principle that you decide to hold. And it becomes part of your character and others will understand that that may be part of your character. If they love you they will accept that anyway. It is not really all that important. But it is important within your subconsciousness and it is important within your understanding who and what you truly are and it is important within your understanding the value of self-worth and therefore it is important when you make the commitment to yourself.

And so, you see, if you believe that it is important and you cannot follow that principle and you make a commitment in an attempt to follow that principle, then you will believe as well that you cannot commit and then it becomes difficult in many areas for you begin to feel like you are a failure. And if you begin to believe that you are a failure, absolutely guaranteed that you will create circumstances within your reality to support that belief and it will seem like you are a failure. It is your choice.

Learn to commit to things that are important to you. And if they are important then you put them in your list of principles. And when you put them in your list of principles then you adhere to them in order to reinforce your character, and then you can commit to yourself. And you can commit to yourself, follow the principles, and you can commit to yourself to be involved in circumstances where you can indeed follow your principles. Then when you commit to yourself to be punctual then you can have that punctuality and you can feel successful, and you will find that this committing is not all that difficult. You simply have to believe that you are worthy of having that principle as being part of your character.

Now. We have used punctuality as a principle because it is a very neutral principle, if you wish. But you can apply that same logic, that same type of understanding to any principle that you wish to add to your repertoire in order to enforce and strengthen your character. And when you become comfortable to committing to yourself, you will find it quite easy to commit to others. And we would suggest that if you have difficulty, if you are experiencing difficulty with that commitment, then choose commitments in areas where you are quite sure that you can follow that commitment. And then you can

progress and you can expand your areas of commitment first to yourself and then to others. And when you begin to understand the feelings of joy and security and trust that emanate from commitment then you will not only have no difficulty in commitment, but you will desire to commit—not only to yourself but to others, in order to, once again, experience those emotions and feelings that are generated by love.

And then you respond. We have talked to you before about responsibility. It is like some individuals feel that have difficulty in accepting responsibility and we would suggest to you that you cannot escape responsibility. Everyone responds. Everyone has that ability to have a response. In fact, you can't escape it. You do have a response in every situation that you are involved in.

That response can be one of disregard and you can create your reality from a position of default, if that is what you wish. Or that response can be one of accepting that you had impact upon the reality that you are experiencing, that it is your reality, that it is based upon your beliefs. Pay attention to your response. Pay attention to those intuitive suggestions. Pay attention to those emotions that are instantaneous, for they are the keys to the understanding of the belief systems that you hold. And when you pay attention to your response, when you begin to understand where those emotions emanate from, then you can indeed begin to change the belief system that is responsible for that reality that you are experiencing if you don't like that reality. And if you do like the reality then you can reinforce the belief system to perpetuate the reality so that you can experience it again. And when you pay attention to the response consciously, then you, once again, begin to experience the joy and the security and the trust that comes with understanding your response, accepting your responsibility.

Respect is a very important part of this love. Respect yourself, first of all. Respect who you are. You see, many individuals would believe that you gain another's respect by doing certain things, that if you wish to respect yourself, well, you must do all these things. If you wish to respect yourself, well then, you must follow your principles, you must establish a strong character so that you can respect yourself. Well, that is not how it is really. You see, you respect yourself by honoring your feelings. And you honor your feelings by paying attention to your response. And so the responsibility and respect go hand in hand. Respect your feelings.

Now. Many would say, "Well, I have these feelings of anger and these emotions of anger or these emotions of fear, and you are telling us to respect that?" And we are saying absolutely, respect it all. Respect it and respond to it.

You see, many times you are involved in an activity and along comes this feeling of fear or anger. And somewhere within your consciousness you have been told or taught or you have begun to believe that it is

wrong for you to experience anger and it is wrong for you to experience fear. So your first response is to hide the fear, to close it up, to put it away: "I'm not supposed to experience fear." Or to hide the anger and put it away: "I'm not supposed to experience anger. That is a negative emotion and I don't like negative emotions so I am not going to look at that emotion. I am not going to experience it. I am not going to have that response." And so you do not respect your emotions and you put them aside.

As you put your emotions aside and as you change your response, then you lose the ability to get a grasp of the understanding of what belief system [it] is that you are holding within your consciousness that is responsible for you experiencing that emotion of fear or anger. And so you do not respect your emotions. And when you do not respect your emotions you begin to lose that feeling of self-worth. You begin to believe that, "I have these emotions of anger and these emotions of fear that are negative emotions and so I am not really a very nice person after all, am I? And I don't respect myself because I experience those feelings." And so, your response is to hide from them and the result is that you do not experience that emotion of joy and of security and of trust. But rather you begin to experience emotions of failure. You begin to experience emotions that you are less than worthy, that you are not capable of this self-love thing, and there are too many circumstances in your reality that you just do not have enough control over to love yourself.

And you have exactly the opposite effect that you would desire to have on your reality, for you begin to create the circumstances that support your belief systems. And ironically, you create those realities from a position of love—the very thing that you feel that you are not worthy of. The very thing that you feel you have difficulty in experiencing consciously is what is creating the reality that you truly desire to bring into your consciousness state based upon the beliefs that you hold.

You see, that portion of who and what you truly are—that some might refer to as your soul or the Piece of the One or the spark of consciousness or whatever terminology you wish to use to describe who and what you truly are—creates this reality that you experience. Absolutely. And it does so without any judgment. It never says, "Well, look at that. That is wrong. I guess if they want it we will give it to them, but it is wrong." Absolutely not. There is no judgment upon what is right or wrong other than what is it that you hold in your conscious state.

In your subconscious state you have absolutely no concept of right or wrong, you create it as joyfully and as freely as you create everything in your vibrational level. And you don't judge whether it is right or wrong. That is a conscious judgment based upon your feelings and emotions, based upon your response, based upon

your respect. And so you respect your response, you respect your feelings, and if you don't like them then change whatever it is you believe that is responsible for creating that reality. And go through the steps of self-love.

Now. There is an amazing thing begins to happen to you in your conscious state when you experience self-love consciously. It begins to radiate from you. You begin to get an understanding of the circumstances that surround your day-to-day activities. You begin to become less judgmental of others. You begin to accept them as they are. And you begin to radiate that self-love. And as you radiate that self-love you begin to radiate confidence. And it begins to indeed seem to feed upon each other, where the confidence reinforces the self-love and certainly what it is that you desire becomes easier for you to create. And you begin to feel that you are worthy and you begin to feel more of those emotions of joy and of trust and of security.

And you begin to experience others looking at you differently. You begin to experience others who would look at you and don't see just physical aspects but look within and are affected by that love that emanates and radiates from you. The sheer energy that you create from becomes absolutely more transparent and others begin to like you for who you are and what you are. And others begin to not judge you. And you begin to realize that what it is that you desire and what it is that you believe and the various characteristics that you would desire to display seem to attract others to you that are of similar understanding and belief systems.

Now. Ironically, you do that anyway. You do that in your subconscious state. You have all heard it said quite frequently that if you emanate a certain feeling or emotion that you will attract others that experience and are desiring to experience that same type of reality and emotion. When you are in your subconscious state you set in place the agreements and the contracts to be involved in the circumstances in your day-to-day activities that will indeed create the realities that support the belief systems that you hold.

And so, it seems that in your conscious state that you attract, when you haven't really attracted at all. In your subconscious state you have agreed to put in place those contracts so that you can experience that in your conscious state. And when you experience love in that conscious state, when you experience self-love in a conscious state, then in your subconsciousness and in your dream states—indeed for some in your conscious state—you set in place the contracts and the agreements to attract like individuals so that you can experience that love, so that you can experience that type of reality, so that you can experience the emotions of joy and of trust and of security.

Many times your relationships change. And we have suggested that to you in the past, that as you continue

this transference into the new age and the new energy and as you begin to consciously create your reality, do not be surprised if your relationships change. And it is a change that is made, mutually agreed upon within your conscious state, in your subconscious state, or your meditative state, wherever it is that you set in place the agreements and contracts. And it is not an accident. It is not a decision that is made absolutely by yourself.

When you are involved in your day-to-day activities it is a mutual agreement. You cannot create for another and another cannot create for you. You can be involved in similar circumstances. You can create indeed a circumstance and a reality that you can both participate in, but you are equally responsible for participating in and creating that reality. Absolutely no one else can create for you, and you cannot create for anyone else other than it is through mutual consent.

And so when you experience self-love in your conscious state, when you begin to truly know who you are, when you begin to truly know what it is that you desire, and when you begin to truly understand the concept of creation through being responsible, and when you begin to truly respect your feelings so that you can express them to get a grasp of what the belief systems are that you hold, then you can begin to truly consciously create and attract to you individuals that would desire to have similar experiences. And you can commit to various interactions, not only with yourself but also with others so that you can give others unconditionally the gift of love and so that you can receive unconditionally a gift of love—both self-love and love for someone else.

Now. You have within many of your so-called religious beliefs and within your teachings that “[You] shall not judge.” And we are not suggesting for an instance that you should judge someone and say, “Well, that is right and that is wrong.” But when someone is giving to you a gift of love then you should judge, absolutely, does it fit within the parameters of what love is?

You see, there are individuals involved in relationships that are not loving relationships in terms of creating those feelings of security and of joy and of trust. Absolutely not. And yet, because of a misunderstanding of what love is, they believe that they must be involved in that relationship in order to experience love.

(Tape is turned.)

Joshiah: Individuals that are involved in abusive relationships many times believe that that is what love is, that is the gift that another is giving them that they are somehow responsible for being involved in that because they deserve it. Well, they are responsible because they have made choices to hold those beliefs, but you don't really deserve anything. You can have what it is that you desire.

And so, when you are involved in a relationship you can ask yourself, “Does it fit within those parameters of love or is this just a relationship that is not really loving at all?” And when someone says that they love you, you can judge that. “Did that create within me that feeling of joy and of security and of trust?” Or “Do they accept love unconditionally so that it can create that feeling of joy and of trust and of security?” And so you can use that not only to judge whether or not you love yourself, but the other relationships and interactions that you have with others—are they loving relationships?

Now. There are those, once again, within your conscious state who would suggest that they love everyone. And that, at some level, is absolutely true. But in your conscious state if any of you would be absolutely honest and follow your principles that you would find that there are certain others that you would have difficulty loving. You may desire to have a full understanding, but it is difficult. When you love yourself absolutely, unconditionally; when you have in place all of the principles and you follow them and when you accept the responsibility for your reality and when you are responsive to your feelings; when you can respect who and what you are absolutely; when you can commit unconditionally; when you can be absolutely intimate with yourself, then you will find it much easier to love others even though they may not love you. You may find it much easier to use that common expression of, “I love you,” and to mean it absolutely.

When you reach that level of understanding—and there are individuals within your vibrational level who have reached that level of understanding—then you shall also have the capacity to consciously create your reality. Absolutely. You shall also see through the illusion, to understand that it is your creation and it can only be created through a position of love.

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. In the meantime, we would remind you that we are not separated by time or space, but rather by a vibrational level. For time and space are illusions. And if you desire to interact with us you have but to express the intent and we would welcome that opportunity and we would indeed rejoice at the opportunity to interact and to share with each of you.

And so, we would return if you desire, and we would leave you now for a moment or two, with love and with peace. ✨