

# 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.*

**June 6, 2004**

**Joshiah:** Once again, it is indeed a pleasure to be with you on this afternoon and we would like to express our greetings to each of you and to express our gratitude for your, once again, inviting us into your vibrational level and offering us this opportunity to interact with you in your reality.

Now. As is our custom, we would ask, once again, if you choose, to allow for an even further thinning of the veil to allow for the other entities that would be with us on this afternoon to also have that opportunity to enter into your vibrational level and, if you choose, to have the opportunity to interact with each of you. And if you would express that intent to allow for a further thinning of the veil, we would ask as well for a moment in which we would adjust the energy within this sacred space that you have created and we would fine-tune our connection with our friend Elias (*the channel*). And so, if you would give us but a moment.

*(Pause)*

Well now. We thank you for that moment and, once again, express our gratitude for your inviting us into your reality and offering us this opportunity. For indeed it is for us an opportunity and we look forward to these episodes where we shall have the opportunity to interact and to share with each of you and indeed to learn from you. For you are, within your own rights, absolute leaders in this area of creation.

Now. We would remind you before we begin that, once again, there exists for you that opportunity to be involved in what we refer to as a silent communication, a telepathic exchange of information if you wish with other entities that are with us on this afternoon, or indeed with us, or with that portion that you refer to as your higher self if you so desire that opportunity and the choice is yours. Once again, through that telepathic exchange of information many times the information you receive is much more pertinent and much more accurate than is the information that we express through this rather limited use of the vocabulary. And you, while you may not at this particular moment have a recall of that particular interaction or that telepathic exchange of information we assure you that it does occur. And once again, you or that portion of you which you refer to as your higher self and your consciousness shall bring that information forward into your reality at a

moment or at an instant when it can have the most effect or when it can become what you might refer to as an intuitive suggestion to assist you in creating consciously the reality that you desire. So, as always, the choice is yours.

Now. It is rather ironic that when you are in your conscious state there is that desire to have a connection with your spiritual self, and a search many times for information, for ways or methods to have that connection with your spiritual self. It is a connection which is never, ever separate. It is a connection which you cannot lose. And it is a connection that exists within each and every one of you. And yet, when you leave your so-called subconscious state, when you leave that dream state or that altered state of consciousness that you refer to as the between incarnation states, and you enter into your conscious state that you exist in in your day-to-day activities, you have a tendency to forget all about who and what you truly are.

When you are in your conscious state you have a desire to return to or at least to reestablish that connection or, for many, to seemingly find the connection to your spirituality—something which, again, you cannot lose. But while you are in your conscious state it absolutely seems like you have lost it, like it is not there many times, like you are separate from that spiritual portion of who and what you truly are. That separation is by choice, your choice. Understanding that is one of the keys to establishing from your consciousness that ability to connect with your subconsciousness and to have recall of that connection while you are in your conscious state.

You must first of all accept that you as individuals chose to establish an electromagnetic type of energy that limits your understanding of that connection while you are in your conscious state and that you do so by choice. It is not something that you have been subjected to. It is not something that someone forces you to do. But rather it is something that you do by choice. That is the first step to consciously recognizing the spirituality that you are, that Piece of the One, that spark of consciousness that has the capacity to create, that multidimensional personality that you are. First of all, accept that the [seeming] separation is one that you choose to put in place.

Many individuals, when they are in their conscious state and attempting to find that connection to their spirituality, look to others to give them the information they require, will look to others to give them techniques or methods that will assist them in establishing that connection with their spirituality while they are in their conscious state. And you can have that if you wish. For you see, the second portion of what it is necessary for you to understand, in order to have that connection with your spirituality while you are in your conscious state, is that this reality that you are experiencing in your conscious state is an illusion. And when you accept that it is an illusion then you can indeed put it into its proper perspective.

Now. We are not suggesting, once again, that your reality is not important and you should just put it aside or give it some insignificant title. Absolutely not. That is not what we are suggesting at all. It is indeed in your creation process, in your vibrational level, a very important reality. But still it is an illusionary reality. Illusion does not reduce the significance but rather it defines this reality that you exist in. So you exist in an illusionary reality in a conscious state where you have chosen to limit the understanding of who and what you truly are. Those are your choices. Absolutely.

Now. In this illusionary reality in your conscious state, many individuals feel and believe indeed in their consciousness that they are somehow separated from their spirituality. By holding that belief and by feeling and believing that you are separated, you create the circumstances to perpetuate and to validate the belief system. You create the circumstances in your day-to-day activities that prove to you that you are indeed separate and it becomes difficult for you to form that connection in your conscious state.

You see, there is no right or wrong, once again, because it is an illusion that you exist in and you can have whatever it is that you desire based upon the beliefs that you hold. This reality that you experience in your conscious state is a reflection of your beliefs, absolutely. And so when you believe that you are separated from your spirituality while you are in your conscious state then you create the reality that supports the belief. And you perpetuate and validate the belief system.

Now. Many individuals, once they experience the situations in their day-to-day activities in their conscious state reality that validate the separation that they believe exists, begin to look to others to find the answers. Then, once again as we have suggested so many times, if you desire to be involved in a situation in your conscious state in your day-to-day activities there will be others who hold similar beliefs that are willing to facilitate the reality that you desire to experience. Now. Many would question that they desire to experience that reality and yet when you are experiencing we would suggest that indeed that is an expression of what

your desires are, it is a reflection of your beliefs. And so if you believe that you create the reality that supports the belief, it is indeed as well a reflection of what it is you truly desire. And when you are involved in the circumstances and you get those inspirations, those intuitive suggestions, that momentary flash of feeling, spontaneous reaction, then you get a glimpse of what it is that you truly do believe and what it is that you desire somewhere within your conscious state.

So, you will have these individuals who are searching for their connection to their spirituality and we have other individuals who are wanting to provide you with the answers. And so it becomes a give and take situation where each individual is assisting the other in creating the reality that they desire based upon the belief systems that they each hold. Many times belief systems that seem to be totally opposite and yet are not, are much more similar than what you might believe. To use a comparison like the victim and an aggressor that are involved in a situation, where they may seem like they are miles apart, ironically they hold similar beliefs in that there are victims and that there are aggressors and that they must interact and they are each not in control of their situation.

And so it is that you have individuals who are searching for their spirituality and they are looking for others to give them the answers and they find the others who seemingly give them the answers. And we say “seemingly” because you will discover that individuals who are on that quest never really end the quest. The answers are not the true answer. You will find that the individual searching for that answer wants to be given direction. They want to be told what to do. And they have all of their activities and what they should or shouldn't do in certain circumstances laid out for them so that they can follow a format, so that they can get it right, so that they can find their spirituality. You will find all different types of individuals willing to give you those steps, willing to give them all of the necessary requirements that they must perform in order to find and to connect with their spirituality. And ironically, it never really, really occurs.

You see, it doesn't occur for a very simple basic reason—because those individuals that are searching for their spirituality believe that they are separated. And you see, if you hold the belief that you are separated you will perpetuate the belief by creating the circumstances that validate that belief. The belief precedes your reality. It is not the other way around. And when you believe that you are separate from your spirituality you will create the circumstances that support it. You can hold another belief that there are individuals who can lead you to the connection with that spirituality but the basic belief system that you are somehow separate will always perpetuate, will always overrule, will always negate the second belief system that someone else can lead you to that connection.

We spoke to you many times before of conflicting belief systems and how one seemingly will create for you the reality that you desire but if you haven't altered the basic belief system then it will have an adverse effect upon the reality that you are experiencing and you will be right back to where you started. And you can see that many times with individuals who are searching for their spirituality and they are looking to others to give them the answers and after they have been involved in those circumstances, been involved in that search and following the methods and following the teaching, they discover that they are right back to where they started.

And you can have that experience if you look around and see it in others who are involved in many types of religious belief systems, many occults, if that is what you wish, many types of activities that are aimed at giving you the direction to connect with your spirituality, and it doesn't really work. Individuals are always left feeling that there is something missing, are always left feeling that they haven't quite accomplished that connection, are always left feeling that there has got to be one more step, "I'm just not doing something right." And the search continues and it continues throughout many of your individuals' entire lifetimes. They never ever accomplish that connection with their spirituality. And the reason is quite simple. The reason is that you are never disconnected from your spirituality and that the answers lie withinside.

The answers to your connection with your spirituality are withinside each and every one of you. It is not something that another can give you the answers to. It is the journey that you must make for yourself. It is a journey that you must believe that you can accomplish. The connection is there for each of you to have but it is withinside. It is not something that you are separate from.

Indeed you cannot, absolutely cannot be separate from who and what you truly are. You may believe it in your conscious state. And as we have suggested so many times there are but three things that are absolutes and that is that you create your reality; you are the God that you seek or that spirituality that you seek, that spark of consciousness that creates the reality that you experience is who and what you truly are; and you cannot fail. You cannot fail to make that connection. You cannot fail to come to the understanding of who and what you truly are and it is withinside each of you.

So, many individuals, as they look for others for the answers, get slight glimpses. If they follow the certain path and they live the life the way others tell them that they should live it and they do everything right and they begin to like themselves, they begin to like who and what they truly are. They feel that connection is almost there. "It is almost there. I can almost taste it. It is so close but I can't quite grasp it." You can't grasp it because it is withinside.

And so the answers are not to look for someone else. The answers are not to go to another's methods or techniques, or to another's teachings. It is not that the other's methods or techniques are not right for them. It is not that the teachings are not what they have experienced. But indeed you must believe that you are not disconnected from your spirituality and you must believe that you have the capacity to go withinside yourself to find the answers that you seek.

And we use spirituality as one of the elements, one of the pieces of knowledge that individuals desire and they look elsewhere to find it. And yet all of the information that you desire and that you require to create your reality exists withinside each and every one of you. There is absolutely no piece of information, there is absolutely no method or technique that is unique to some individual through a source of information that is not available to each and every one of you. You can learn to go withinside and you can tap into the enormous amounts of information and the enormous amounts of knowledge, if you wish, that is available within your vibrational level for the reality creation process that you require to create this reality that you exist in in your day-to-day activities. And it is available to each and every one of you. There is not one who is in some way privileged to that information and another who can't have that information.

And so, these individuals who are teaching based upon their experiences and are telling you that if you do this and this and this, that that is what worked for them. And perhaps it did. And perhaps for them it allowed them to look withinside and it allowed them to bring into their consciousness that connection with their spirituality and they had an enormous enlightening, if that is what you wish to call it, conscious experience. That doesn't mean that the techniques will necessarily work for you. It doesn't mean that they won't either. But the key is, the secret is, the belief is, that your spirituality is withinside of you. It is not separate from you. You can't be separate from you.

So, if you wish to have the answers and if you wish to experience that connection, look withinside. For that is the true connection. That is the true journey that you can be involved in, to have the ability to bring into your consciousness the understanding of the experience of connecting with that portion that you refer to as your higher self. And when you have that experience, when you truly have that connection, when you truly understand and it becomes more than just a pleasant, nice thought, but you truly understand that you are that spark of consciousness that creates the reality that you experience, you, for many, a rather miraculous occurrence takes place. Suddenly this conscious reality that you are experiencing takes on a whole new meaning, takes on a whole new light.

For you see, you begin to understand that it is an illusion and that you are creating it for purposes of

experiencing feelings. And so you begin to look at it in an entirely different way. And that which seemingly had great significance may suddenly not seem as significant anymore and, conversely, that which you thought was not all that important might take on a completely new importance. For each individual the reaction can be quite different. But the change, nonetheless, is usually quite dramatic. And individuals begin to put different emphasis on what they believe and what they experience as being important in this illusionary reality that you are creating.

Another phenomenon that occurs is that one begins to understand that the true creation process comes from love. And while an individual may indeed still have aspects of their character or their personality that they find to be less than desirable, nonetheless, it takes on an entirely different light. They begin to understand that who and what they are is as a result of their choices, as a result of their beliefs, and as a result of their desires. And they begin to love themselves unconditionally. When they have that connection with their spirituality and they realize it in their conscious state, many times there is another amazing thing that begins to happen, and that is that they begin to develop the capacity to love others unconditionally as well. Unconditionally in every aspect. It doesn't matter what the individual is involved in. There is no judgment. It is absolute unconditional love.

The return that can come from that experience is to reinforce the self-love that exists withinside each of you and to reinforce that connection in the conscious state with the understanding of the spirituality that you are, of that Piece of the One that you are, that spark of consciousness that you are. And as well, with that unconditional love comes the lack of judgment, allowing another to be who and what they desire based upon their belief systems and not judging whether that is right or wrong, it is simply the choice that they are making based upon their belief systems; to lose that impulse to judge another or to believe another must follow the same path that you are upon.

Many of those restricting beliefs that can have a negative influence upon your creation process in your conscious state seemingly fall away. They begin to lose that significance. You begin to understand that this is an illusion. You begin to understand that each individual existing within your vibrational level create their reality from a position of love. You begin to believe and to understand that each individual existing where you are experiencing in your conscious state is an equal Piece of the One, is a spark of consciousness that has the capacity to create. It creates that reality from a position of love.

When you have that connection with your spirituality you begin to understand in your conscious state the true concept of self-love, of unconditional love. And the results of that understanding, the results of that altering

of your belief system can have a dramatic impact upon your ability to create your reality consciously, upon your ability to understand the process that is necessary to activate or to deactivate various parts of your DNA to create within your physical being that which you desire. It increases the possibility to put in place the belief systems and the understandings of the desires, the understandings of imagination, of the expectation that is necessary to create the reality that you desire. Those possibilities are all yours.

When you have that ability to look withinside, when you have that ability to understand that you have within you the capacity to access all of the information and all of the knowledge that is available to each and every individual in your entire vibrational level, then the possibilities that open up to you are limitless. And one of the greatest is the ability to love yourself unconditionally and to begin to have the capacity to love others unconditionally as well.

The ultimate technique in creation is to love yourself unconditionally and through that capacity bring into your consciousness that portion of your higher self that has the capacity to create and to understand that you do create it all. And from that understanding, begin to create whatever it is that you truly desire. Begin to understand the limitless potential that you have to create and the limitless potential that you have to experience and to express love. Those particular attributes you have experienced consciously, you will discover are absolutely priceless. It will give you a whole meaning and understanding of this creation process and of this vibrational level that you have never had the capacity to experience before.

The choice is yours. You have but to believe. You have but to understand that you are a Piece of the One. You cannot fail to create your own reality. All of the answers that you search for are withinside. Develop the techniques that work for you. Each of you believes that you exist in a vibrational level where there is time and space, and to attempt to step outside of that belief system in time and space, once again, is very difficult and so while you are in your conscious state, work within it. It is a choice that you have made to believe in. It is one of the so-called human consciousness belief systems that is difficult for you to alter. So work withinside of it.

Believe that it is possible for you, through the passage of time, to develop various methods and techniques and practice them so that it indeed validates that you are experiencing an alteration in your creation process, fits into your belief systems, and gives you that capacity to connect with your spirituality while you are in your conscious state. Once again, we suggest to you that the various techniques or methods that you use are not nearly as important as your belief in what method or technique will work. Once again, your belief is a reflection of your reality and, conversely, when you

believe, you shall create the reality to support the belief. Absolutely.

Now. We would break for a moment or two and if you wish to, we will return and attempt to answer any questions that you might have for us. And in the meantime, we would remind you that we are not separated by time or space, but rather by a vibrational level and if you desire to interact with us, you have but to express the intent and we would be with you always and we welcome that opportunity to interact and to share with each of you.

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

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