

# JOSHIAH

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## **Q and A**

**Joshiah:** Well now, once again, allow us to express our gratitude for your inviting us back into your vibrational level and offering us this opportunity to interact with each of you in your reality.

Now. We would remind you, once again, that the entities that are with us on this afternoon remain, and the opportunity for you to be involved in that telepathic exchange of information, that silent communication, still exists should you choose to participate or to do so. But as always, the choice is yours. Absolutely.

Now. We spoke to you of connecting with your spirituality from your conscious state and recognizing from your conscious state that the connection with your spirituality never really disappears. You cannot become separated from your spirituality, absolutely, but you seemingly, through your perpetual creation of the electromagnetic type of energy that you refer to as a veil, have a separation from your spirituality. But once again, we emphasize “seemingly,” for you cannot become separated.

Now. As you consciously recognize the connection and retain within your conscious state the memories of what it is like to experience that connection with your spirituality you have some rather interesting possibilities that occur, that open up for you. In that journey, if you wish, that each of you desire to participate in, to discover from your conscious state your spirituality, there are many side effects, if you wish. There are many secondary benefits that occur depending upon your perspective, depending upon what it is that you desire to experience. And we hesitate to use the term “benefits” or “side effects that are beneficial,” because for many that are involved in that spiritual connection, that journey, the side effects, the seemingly benefits that are offshoots of that journey, are viewed as being hindrances, are viewed as being activities that get in the way of connecting with their spirituality.

However, once again, for many involved in this journey to discover from your conscious state the connection with your spirituality, there are what you would feel were indeed beneficial side effects from the journey. And those beneficial side effects are insights into the

creation process that you are experiencing in your conscious state. Insights into the creation process that give you glimpses into the illusionary aspects of the reality that you experience in your conscious state. And once again, we would suggest that for many these are viewed as hindrances. These are viewed as events that you are experiencing in your subconscious that get in the way of experiencing [in] your conscious state the connection with the spirituality.

Now you, once again, believe in time and space. And working within that belief system, as you practice this particular method or technique that you believe in to connect with your spirituality and you experience these side effects that can, once again, seemingly be quite beneficial in giving you insights, but as you, once again, based upon your beliefs in time and space, continue that journey to connect with your spirituality you too may experience a point in your use of techniques and methods where you feel from your conscious state that these side effects become viewed as hindrances, that they get in the way.

However, when you begin that journey, for many the side effects will seem very beneficial. They have seemingly two purposes. First to give you insights into the illusionary aspect of your reality, and secondly they validate that you are indeed on what you may feel is the right path. You are indeed, as a result of experiencing these side effects, validating that you are accomplishing that which you desire to achieve and that is the connection with your spirituality.

Now. Those side effects can have a tremendous impact upon the reality that you experience in your conscious state. Absolutely. Not only upon the reality that you experience in your conscious state but your ability to manipulate the reality that you experience in your conscious state. Many of those individuals who have been on this so-called journey for, once again, within your belief in time and space, a very extended period of time are quite confident at their ability to manipulate the reality that they experience. It is an entirely different aspect, an entirely different concept of the creation process.

Ironically, once you understand that it is an illusion and once you grasp that from your conscious state and it no longer just becomes a nice little statement that you say that you create your reality and that you are responsible for it, but you actually believe it and you

actually begin to understand the methods, the techniques, that you as individuals use to create and perpetuate your reality, then the reality becomes less important. It takes on an entirely different meaning. You begin to look at it differently and suddenly as it begins to become more and more illusionary it consequently begins to become less and less significant and it loses its importance in your conscious state.

Now. Those are generalized occurrences for individuals on this journey to connect with your spirituality. It doesn't have to be that way. It can be whatever it is that you desire. And you can go as far, remain as close to your conscious state as you desire in terms of this connecting with your spirituality. As always, the choice is yours. There is no right or wrong way other than what you believe in your conscious state. In your subconscious you will create whatever it is that you desire based upon what you believe. And there is no judgment on whether it is right or wrong. You just create it.

And so, if you desire to bring into your consciousness the understanding of this creation process and as you practice the techniques and the methods to connect with your spirituality and you have these side effects, these what you feel are beneficial side effects that can indeed impact the process and techniques that you use to create your reality and validate the belief that you indeed are the creators of your reality, then the whole journey takes on an entirely different aspect. And you begin to understand in your conscious state that you can, if you desire, use your various methods and techniques, tap into the limitless amount of information that is available to each of you and create whatever it is that you desire. Absolutely.

For most, the techniques, the methods that you employ are based upon some type of alteration of your consciousness. For many, it can be a meditative state. For others, it can be involved in various activities that put you in a state of altered consciousness even though you seemingly are involved in some type of physical activity. Those individuals who are involved in what you refer to as long-distance running or jogging enter into that altered state of consciousness where they seemingly become disconnected with that activity that they are involved in and have that capacity to become entered into what is very near to a meditative state. You can duplicate that particular aspect of altered consciousness simply by walking back and forth between two points. You don't have to do any type of strenuous activity. It will work if you believe that it will work, that you can use those techniques to alter your consciousness.

For many, to sit down and to close your eyes and to begin to go through a type of relaxation and to express the intent that you should have an altered state of consciousness experience borders on being involved in an activity that is against their belief systems. And for

them it is much easier to enter into the state of altered consciousness by, once again, some type of physical activity. You see, it doesn't really matter how you do it. What concerns you is that you believe that whatever you are doing to alter your state of consciousness will work. And if you believe, then the method and the technique will work. And when you alter that state of consciousness and you have the intent and the desire to bring into your consciousness that connection not only with that portion that you refer to as your higher self but to connect with the limitless amount of information and knowledge that is available within your entire universe, then you can have it. And you begin to get insights into your creation process. You begin to get intuitive suggestions that answer the seemingly unsolvable problems that you are experiencing or that you are creating and facing in your day-to-day activities

For you see, it is an illusion and you create it all. And there is absolutely no aspect of your creation that seemingly is a difficult problem for which you cannot discover the answer to that problem if you so desire. And once again, because of your belief that it is necessary to practice in order to validate the passage of time and in order to validate a progression, whatever it is that you are attempting to accomplish you shall have much more validation of your achievement through practice because it validates and falls within the belief systems that you hold in your conscious state, the human consciousness belief systems that it is very difficult for you to step outside of.

And so you, once again, through a progression, validate that you have accomplished what it is that you are desiring to accomplish, based upon the methods and the techniques that you believe will work for you. And they are limitless. Whatever you believe will work, will work. There is no absolute way. There is no right or wrong way. There is no saying that you must meditate in a various manner and you must follow certain steps and you must follow the rituals in order to accomplish what it is that you desire. Absolutely not. What is necessary is that you believe that the method and the technique that you are applying will work for you.

And if you, once again, stay within your human consciousness belief systems you shall for the most part achieve greater success. For you see, to step outside of that belief system, to suggest that you can accomplish instantly—and you can, absolutely, we are not saying that you can't—but to do that from your conscious state is to throw away that which you agreed to participate in in terms of a belief system in time and space, the two strongest belief systems that you hold that validate this conscious reality that you are experiencing and that you are creating.

You see, you chose as individuals to believe in time and space. And now, in your conscious state, you are attempting to bypass those deep-rooted belief systems that are in your subconsciousness. And once again, it

is not that you can't, it is just very difficult. And as you continue on your journey and as you continue on your quest to connect with your spirituality, the more you connect with your spirituality, the more that you understand that this reality is an illusion, then the easier it shall be for you to set aside those beliefs in time and space and to project your consciousness to any area of the particular vibrational level that you desire to experience, be it either in a different time or a different place. But you, once again, believe that there should be a progression, an evolution, a passage of time. And if you work within that belief system you, in all likelihood, will achieve much more desired results. And as you become quite proficient at connecting with your spirituality, at setting your consciousness aside and yet being aware of it, so shall you be able to set aside the belief system in time and space and to achieve many of the accomplishments that seem to be beyond your grasp at this particular instant—the ability to project your consciousness, once again, to any area, be it in either in time or space, within your vibrational level. That is absolutely within your capacity.

You see, this illusionary reality that you exist in is your creation and, once again, you can have whatever it is that you desire. The only limitation to your creation is your imagination. But first you must believe. And if you participate in various activities, if you participate and put into place various methods and techniques that will assist you in connecting with that spirituality, that will assist you in allowing your consciousness to tap into that limitless amount of information that is available to each of you, then you shall in all likelihood experience much more success in achieving this ability to consciously create whatever it is that you desire. To create realities that are, once again, to use your belief in time and space, beyond your capacity at this particular instant, in your so-called evolutionary process.

You, once again, as a human consciousness and as individuals, have agreed to be involved in an alteration of the energy within this particular vibrational level that you exist in. In what we term the new age and the new energy you shall have that capacity to consciously create your reality. And so this ability to connect with your spirituality, this ability to connect with the limitless and boundless amounts of information that are available to each of you, is becoming greater with each passing day as you come nearer to the completion of your transformation of your vibrational level into that new age and that new energy where you shall, if you choose to believe, have the absolute capacity to create your reality consciously. The choice is yours.

It is within each individual's capacity to connect your spirituality and to be aware of that connection in your conscious state. It is within each individual's capacity to begin to understand the process of reality creation so you can do it from the conscious state. And it is within each individual's capacity to connect to the limitless

amounts of information and of knowledge that are available and to bring it back into your conscious state. Each of you have that capacity. There is no individual who has been singled out and given some type of advantage over another. Absolutely not. You are equal Pieces of the One. You are all sparks of consciousness no greater and no less than any other spark of consciousness. You create your reality, absolutely, and you cannot fail.

Now. If you have any questions for us we would be willing to attempt to answer them for you.

**Questioner:** The voices that I hear sometimes, are they sometimes a hallucination, sometimes real, and sometimes spirits? What is going on there?

**Joshiah:** Within each individual within the conscious state is that capacity to hear voices. Absolutely.

Now. While you may believe that that is a rather unique aspect that you experience, we assure you that it is not. The difference is in a chemical imbalance within the physical aspect of individual's mental being, within your brain, if you wish, which gives certain individuals the hallucination that the voices are much more real, that they are indeed voices that are outside of their individual personality. That chemical imbalance can cause that individual to have all types of difficulties in differentiating between what is simply a thought process, if you wish—what some others would refer to as their higher self or their intuitive suggestions or something that is they are hearing a voice that is a result of their having a certain particular thought that is being processed and is being given an answer within their own understanding—or an individual, due to that chemical imbalance, has difficulty in accepting that that thought comes from within themselves and feels like it is some other entity that is indeed speaking within their mind. And the voices can be very real. But once again, that is an illusion.

Your entire vibrational level is an illusion, absolutely. Other individuals hear similar voices but understand that it is not indeed a voice from without of them, but rather a voice that is as a result of their own thought process. And that becomes the difficulty. And it is, once again, as a result of a chemical imbalance and it is a chemical imbalance between the left and right hemispheres of the brain, not necessarily a chemical imbalance that is throughout the entire brain. And it allows one side of the brain to seemingly be dysfunctional and separate from the other side and the voices seem to be then coming from outside of your thought process. However, they are not. That is an illusion. It is difficult one to grasp, a difficult one to set aside, absolutely, but nonetheless an illusion. An illusion based, once again, upon the chemical imbalance.

The chemical imbalance can be corrected but it is very difficult to correct. It is based upon, once again, choices

that are made to bring into this particular incarnational period various aspects of the DNA that will be activated to perpetuate the chemical imbalance

Now. It seems like a very difficult situation and individuals have a tendency to question why you would be involved in such a circumstance. It seems like such a cruel aspect of creation to create for yourself where you seemingly have voices that you don't recognize and yet for others, the same voice they recognize as being a projection of their thought process. But as we have suggested before, you create this reality for the purposes of experience the feelings associated with the creation. Each individual has within them the capacity to alter the aspects of their DNA. You have but to truly believe that it is within your capacity to alter.

There are various techniques that can be employed—to use affirmation, to enter into, if you wish, a meditative state with the intent of impressing upon the DNA the repeated suggestion that it can indeed neutralize that particular aspect of the DNA that is responsible for the imbalance of the chemicals within the left and right hemispheres of the brain that are seemingly making these voices sound like illusions. These voices seem like they are so real that they must be existing outside of your conscious thought process, outside indeed from your subconscious thought process. And yet once again, it is as a result of a chemical imbalance.

Each individual existing within your vibrational level in their conscious state at some time hears the voices. It is not unique to yourself or any other individual who seemingly believes that the voices are existing or originating outside of your subconscious. Once again, it is a chemical imbalance that gives the illusion that these voices are originating from outside of your process, your thought process. The key is to understand that you are not any different than any other individual. All other individuals experience the same phenomenon but because of the imbalance within the brain of certain chemicals, various individuals are seemingly afflicted with that belief that the voices originate outside of their own thought process.

So, understanding that you are not unique from any other individual, but rather that it is a chemical imbalance that leaves one with that thought process, leaves one with that seemingly different perspective of receiving and understanding the voices that they appear to be originating from outside of your thought process and indeed even outside of one's subconscious thought process. And they are not. And you are not so different. Absolutely not. It is a simple, very simple chemical imbalance that leads one to have that experience in the conscious state. It is, once again, possible to alter that imbalance. If you believe that it can be altered through medical assistance then that will work, absolutely.

You see, the method does not really matter. It doesn't matter whether you look to someone else for assistance or whether you find the assistance within. Absolutely not. What matters is that you believe that it will work. And if it will work, then it is possible to stabilize that chemical imbalance, to eliminate it if you wish. The voices will not necessarily disappear because, once again, the voices are experienced within each and every individual. For some, it is a thought process. For others, it is an absolute voice. It is, rather than the voices disappearing, an understanding that the voices are as a result of belief systems, of thought processes, and of feelings. And you are not so different as you might think.

Does that answer your question?

**Questioner:** I was wondering, is it a hindrance? The chemical imbalance, is it a hindrance to experiencing things such as out-of-body experiences?

**Joshiah:** Absolutely not. Many individuals who are attempting that connection with their spirituality experience a difficulty not because of what might be what we have referred to as a chemical imbalance. Absolutely not. Other individuals who understand that the voices are as a result of their thought process may have more difficulty in experiencing an out-of-body experience or of connecting with their spiritual self, if you wish. One does not have any effect on or go hand-in-hand with the other. Absolutely not. It is a belief system. It is a belief that it is within your capacity to accomplish that which you desire. One does not hinder or assist in any other way. One does not have any effect, be it positive or negative, but rather a belief system will have the effect.

We use the term belief system because there are many beliefs involved in a belief system. It is not just one belief. It is not just believing, "Well, I can have an out-of-body experience." You see, you can believe that [you can] have an out-of-body experience but then you can have a whole other bunch of belief systems that are interacting which suggest a belief system somewhere over here that, "Well that out-of-body experience can be the work of the devil," and, "Now, that out-of-body experience can only be accomplished if someone else assists me," can be another portion of that belief system. And, "I must follow this particular method or this particular technique in order to accomplish that out-of-body experience but I have difficulty following that particular method or technique." And so all of these belief systems are all combined to create the reality. And so, while you might believe that you have this possibility, this capability to have an out-of-body experience, you have one of these other conflicting belief systems that make it very difficult.

And so, it is belief systems that create your reality. It is not just one particular belief but an accumulation of the synergy that are involved in belief systems that create

your reality and make it difficult for you to experience, in this particular instance, that out-of-body experience.

You can apply that particular logic to any particular creation within your vibrational level that you desire to experience. It is all accumulative or circulating around a belief system. It is not particularly just one individual belief that is having an effect. And that is why we suggest so many times when you are involved in an activity and you get an impulse, you get a thought process that spontaneously springs into your consciousness, pay attention to it for it can be a key to understanding what the belief is that you are holding within that belief system that is having a negative effect on your achieving what it is that you desire in your conscious state.

Does that answer your question?

**Questioner:** A very dear friend of mine passed away this week and I distinctly heard three knocks and I went to answer the door and there was no one there. Could there possibly be a connection between her passing and my hearing these knocks? Could that be a message of any kind from her?

**Joshiah:** We hesitate to give you a definite answer because we always attempt to not lead you into believing in a particular aspect or trying to give you a definite explanation of what it is that you are creating and experiencing, but rather it has much more validation, it becomes much more real, if you make that connection yourself. We would suggest, however, that there is a very, very thin line, if you wish, between what you refer to as passed over and what you experience in your conscious state. And if you believe, it is not that hard to remove the line and communicate with those that are on the other side of what you term as the veil or passed over.

You see, those individuals are simply in an altered state of consciousness that is one step beyond what you enter into and what each individual in your vibrational level enters into when you are in your deep dream state. It is not that far removed. And you do, when you are in your altered state of consciousness, when you are in that dream state, interact with those individuals. Absolutely. They haven't really gone anywhere. And other entities in your conscious state are quite adept at connecting with, if you wish, those individuals that are in that altered state of consciousness and, while they are in their conscious state, retaining the memory of that connection. That as well is within your capacity. Absolutely.

Pay attention when you hear the knocks. Pay attention when you hear the voices that are seemingly are outside of your thought process and ask yourself, "Is that an individual that is in an altered state of consciousness that I am connecting with in my consciousness?" That is absolutely within everyone's capacity. It is not something that some individuals can

do and others can't do. And ironically, each of you do it on a regular basis. Each of you do it on a regular basis. This is not something that is foreign to anyone. Others are just more aware in their conscious state of that interaction.

You exist as individuals in a multidimensional personality state where you are experiencing all of the incarnational periods simultaneously in the now. You interact with other individuals in other incarnational periods at the same time, if you wish to use that analogy of time, that you are interacting with and creating in this vibrational level in this time. It should come as no surprise that while you are in your conscious state, most certainly while you are in your altered state of consciousness, that you interact with these other individuals. It is within each one's capacity to do it. Not only within your capacity to do it, but you absolutely do do it. It is simply a case of being aware of it in your conscious state. And if individuals desire, if they, once again, practice that particular activity or technique, it becomes possible to most certainly interact with those individuals that are so-called on the other side.

Now. We will tell you a story about our friend Elias. He will not be happy to hear us (*chuckles*). He quite often, in his states of consciousness, interacts with other individuals that are on the other side and many times that interaction seems so real to him that he has difficulty in differentiating. And for a moment or two he has difficulty in determining, "Now, is that person here or is that person gone or is that person in my future and I haven't met them yet or what is going on here?" And it becomes almost something that leaves him feeling that he is in between realities and he can't determine, "Is this real? Or is this real? What is real? What is real in what consciousness?" And he experiences that on a regular basis, he just doesn't tell anyone about it and he feels that he is many times out of touch with reality and he doesn't want to tell anyone about it. But you too can achieve that. It is not a very difficult aspect to achieve. You have but to believe. Every individual within your conscious state in this vibrational level has those types of experiences. Many just block them out, shut them out, and put them aside like they are imaginary, like they are not real.

Does that answer your question?

**Questioner:** The other day I was at work and I got this, I call it a feeling, and it was like it was coming down and going in my right ear and right into my body. But the feeling was like it had a color. It was like it was, I don't know, white or silver or something like that. It was really a nice feeling. I wondered if you could explain to me what it was.

**Joshiah:** Once again, we limit our explanation so that it becomes more generic rather than individual but we would suggest that each of you has that capacity to experience energy, what you might refer to as energy,

entering into your conscious state and into what you refer to as your physical body. That energy is your creation. You create this entire vibrational level through your energy. And you have the capacity to access that energy and many times when you are feeling like you need a boost, if you wish, or feeling like you desire to connect to that portion that we refer to as your higher self or that spark of consciousness that you are, it is possible for you to be aware of and to physically have an experience that validates within your consciousness that belief system of your connection with your spirituality.

That energy can come in many forms, be it [a] light form, or be it a feeling of vibration, be it a feeling of energy. It doesn't matter what the form is, it is what it is that you are attempting to achieve. It is what it is that you desire to bring into your conscious state so that you can experience it. And the experiences, as you can testify to, can be quite gratifying, can leave one feeling very fulfilled, can leave one feeling a sense of worth and of value and of self-love and a sense of accomplishment that, "Ah, I can do that. Ah, I can be in touch with who and what I truly am and that energy is there for me to have and to experience and to tap into and I can experience that self-worth and I can experience that self-love, absolutely."

Does that answer your question?

*(End of questions and we thank Joshiah and the others.)*

Well, once again, we would like to thank each of you. For, as always, it has been a very enjoyable experience and we welcome these opportunities to interact and to share with you. And we would remind you before we leave that we are not separated by time or space and should you desire to have us interact with you we would welcome the opportunity to do so. And should you desire to hear our voice we would do our utmost to facilitate, to assist you in accomplishing that desire. And so, as always, we are not separated by time or space but by a vibrational level and we are with you always. And we would leave you now, with love and with peace. ☸