

JOSHIAH

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Using imagination meditation - Part 1¹

Joshiah: Now. Well, once again we would like to express our gratitude for you inviting us back into your vibrational level. We would like to express our greetings as well. We will, if you wish, spend our time concentrating on your meditation. Concentrating on a meditation gives you the opportunity, indeed, to repeat a visualization process that is particularly beneficial to your so-called higher self.

Before we begin we would suggest as well that the creation of a reality that you experience in your conscious level, once again, is a reflection of the beliefs that you hold. [The] imagination expectation and, indeed, expectation of the imaginary images that you project will facilitate in creating what it is that you desire to experience in your conscious level.

Visualization is a very powerful aid in expressing that imagination. The more that one can visualize in a very real type of a projection of a particular environment the more successful one can be in achieving that which you desire.

Expression of an illusion is, indeed, an expression of an imagination and the imagination coupled with the expectation, once again, is a key to receiving what one desires consciously. Through that desire and imagination and expectation one indeed begins to have the opportunity to alter one's belief consciously. And through consciously altering one's belief then you will, indeed, affect a change that will be reflected in your day-to-day activities in your conscious creation, in your conscious reality.

And so, once again, using one's imagination, employing all of one's [senses] will, indeed, be quite beneficial in achieving the results that you desire. It's not important that you see, but rather that you [sense.] It's not important that you necessarily feel, but rather that you sense that it's there to feel. When we suggest that one experiences the touch and the smell and the taste, indeed, that can be quite difficult for many individuals and it's not absolutely important. What's

important is that you use your imagination to have that experience. What's important is that you use your imagination to imagine what that experience would entail. That's what's important.

Many individuals get hung up on that, having to see it, or having to smell it, or to touch it and don't have that sense of feeling and [seeing.] And, once again, it's not necessary. What's necessary is that one employs the imagination. What's necessary is that one uses the imagination to the greatest ability. For, indeed, that repetitive visualization of certain images can (*inaudible*), once again, the subconsciousness to create the reality that you desire to experience in your conscious state.

And so it's a repetition of the process, of the imagery, that will assist one in achieving the desired results. And to have that repetition can be quite important and you will discover as you repeat, as you continue with the repetition that it becomes more and more real, that it becomes much easier to enter into that altered state of consciousness. That one can develop a system where you simply use certain phrases or techniques or triggers, if you wish, that will assist you in entering into that altered state of consciousness. And if one, once again, repeats the imagery then it becomes more and more real. One begins to have an expectation of what's to be expected. And through the repetition, one indeed becomes more capable of using the imagination and of experiencing and of incorporating all of the senses and then enhancing the possibility of achieving the desired results. Absolutely.

So repetition can be quite beneficial in assisting in achieving that illusionary and imaginary reality that you can bring into your conscious state, that you can experience the reality that you desire to create.

Now. If you are quite comfortable we will begin with a meditation that will employ that type of [illusion and] imagery. And, once again, we suggest that using one's imagination to the greatest capacity will indeed influence the outcome of the results of a meditation of any type.

And so we will begin.

(The meditation continues in the next recording.) ✨

¹ *(The original audio recording of this mediation is available on the CD "The Importance of Using Your Imagination." Please see the **Audio** section of the Joshiah site.)*