

JOSHIAH

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Joshiah: ... invited back into your vibrational level and to have the opportunity, once again, to interact and to share with each of you. And we would like to express our greetings to each of you and to express as well our gratitude.

Now. Before we begin (*inaudible*), once again, remind you that there exists the possibility for each of you to be involved in what we refer to as a silent communication. A telepathic exchange of information, if you wish, with other entities that would be with us on this afternoon or, as well, the opportunity for you to interact and to share with that portion that you refer to as your higher self. A telepathic exchange of information that, once again, is, many times, much more pertinent to your individual desires and needs than is the information that we express through our friend, Elias. And for that opportunity for you to be involved in that silent communication is definitely enhanced by this energy that you have created in this sacred space. And you will find that should you choose to be involved in that type of communication that it's very easy for you to alter your consciousness, very easy for you to enter into what you might refer to as a meditative state. And you have but to express the intent and to close your eyes and you can be involved in that silent communication, that telepathic interaction, if you wish, not only with others indeed with that portion that you refer to as your higher self. And as always, the choice is yours.

And now. We've suggested many, many times that you as individuals involved in this particular vibrational level are the creators of the reality that you experience in your conscious state. For many, a difficult concept to grasp but nonetheless an absolute accurate description of the reality that you experience. And many individuals have difficulty in accepting that responsibility or indeed in altering various aspects of the reality that they experience. And as well, it's within your grasp to do so. Absolutely. You see, the reality that you experience, once again, is the reflection of the beliefs that you hold. You as individuals involved in this reality creation process hold within your subconsciousness a variety of belief systems and beliefs that you have agreed to participate in, many that we refer to as the human consciousness belief systems that are very difficult for you to alter. But nonetheless, realities and belief

systems that you create and that you are responsible for and that you agree to be involved in the creation of, absolutely.

You see, this reality that you experience in your conscious state is an illusion. That becomes very difficult to grasp in your conscious state, absolutely, and we understand that. But nonetheless, it's still an illusion. It's an illusion that you agree to participate in. It seems real because you agree to make it real while in your conscious state. You agree to hold various belief systems that seem to be beyond your control. You believe in the perception of time and space, which are illusions. They don't really exist, they only exist in your conscious state. This entire vibrational level is an illusion.

Now, when you accept that particular piece of information as being absolute then it is possible for you to alter the illusion, absolutely and therefore to alter your reality, absolutely. The most difficult alterations for you to make, once again, are the alterations of belief systems that you have agreed to in your deepest levels of your subconsciousness that we refer to as the human consciousness belief systems. You can change them but they are very difficult for they are belief systems that are held by each individual, what you might refer to as your laws of physics, very difficult for you to step outside of and to alter but nonetheless, completely within your capacity to do so. For again, this is an illusion. It's an illusion that's a reflection of the beliefs that you hold. It's an illusion, as well, that's a reflection of your imagination. It's an illusion that's a reflection of your desires and your expectations. And if you don't like it, you can change it.

And then you have the social type of belief systems. The societal belief systems, if you wish, that alter from various regions throughout your vibrational level. Much easier to change than your human consciousness belief systems, absolutely.

And then there are the individual belief systems, the personal belief systems, the most easy for you to change. The easiest belief systems for you to alter are those that are personal. Individual, if you wish. Unique between various individuals. Belief systems that you, allow you to be involved in certain activities and to have an entirely different perception than other individuals who were involved in creation of that same activity. Those belief systems are well within your capacity to

alter. Very easy for you to change, absolutely. You have but to understand that the reality that you experience is an illusion and it's a reflection of those beliefs. If you don't like it you can change it.

Many individuals would like us to get on to their good stuff. They wait for us to give more information. But that is the good stuff. You can clutter it up as much as you wish, but the truth is that you create this reality and that it's a reflection of your belief system. The truth is that you are the piece of god that you search for and the truth is that you absolutely cannot fail to come to the understanding of who and what you truly are. That's the good stuff. You can make it more difficult, you can make it more complicated, which is something that's quite desirable for individuals in your conscious state because, you see, if it's more difficult and more complicated then it's much easier to not have to accept the responsibility for it. It's much easier to accept the concept that it's not an illusion, that it's real and it's beyond your perception to change it.

But the truth is that it's not real, it's an illusion. The truth is that when you alter your states of consciousness and go into what you refer to as a meditative state or your dream states or indeed in your in between incarnation state you are much closer to what we would refer to as the real realities than you are when you are in your conscious state. It's exactly the opposite to what you believe from your conscious state.

You see, in a conscious state many individuals believe that this is it, that this is the most important part of your entire existence, and yet it's not. Absolutely not. You're in an illusion. You're in a situation, a state of consciousness that is the most difficult for you to sustain, absolutely. But you believe in your conscious state that it's real. And that belief makes it difficult to alter. Absolutely. And we're not suggesting that you simply set aside your perceptions in your day-to-day activities because, you see, you are in this conscious state by choice. No one put you here, no one said that you must come into this particular vibrational level. No one forced you to be involved in any type of creation, absolutely not. It's your choice. And when you understand that it's your choice and that you are here because you choose to be here, not because you must be here, then it's much easier as well for you to get on with the creation process in your conscious state.

It can be of assistance to you, however, to understand that it's an illusion. It can be an assistance to you to understand that you are the creators of this illusion. Both as a human consciousness concept, where each and every individual agrees on certain perceptions, on certain realities, on certain illusions that you would believe are beyond your control.

And then, once again, the social belief systems and the individual belief systems are your belief systems, beliefs that you choose to be involved in, in a creation

of a reality that you choose to participate in, in a vibrational level that you stepped into by choice.

When you can grasp that in your conscious state, and still give credibility to this reality that you experience in your conscious state, understand that while it may be an illusion it's nonetheless a very important illusion that you choose to participate in and that you choose to perpetuate, then as well, you can get a grasp of the understanding that you can alter the reality that you experience in your conscious state.

It becomes rather difficult for many individuals to grasp the concept that each and every atom that you experience and that you are in touch with, in contact with, within this vibrational level contains within it a spark of your creation, of your belief systems. You see, you believe, once again, from a conscious state, in the perception of time and space. You believe that if it's an atom, which is the, one of the smallest particles that you can grasp as having a concept of, that how on Earth could every individual that perceives that atom, be participating in and have a spark of consciousness involved in its' creation?

Well, you see you are, once again, that spark of consciousness that creates the reality that you perceive [that] you are, no more and no less than any other spark of consciousness that creates this particular vibrational level or any other vibrational level that exists throughout all of creation. And there is not a size. The space and time perception only exist in your conscious state. There is no such thing as a size. You are indeed no more than the tiniest speck that you can perceive. And you are as well greater than your entire universe. Space and time are illusions; they only exist in your conscious state.

When you perceive a particular element in your conscious state, you as an individual participate in creating the illusion that makes that particular element seem real, but it's an illusion nonetheless. And when you grasp the concept that it's an illusion, then it stands to reason that you can alter it, that you can change the illusion, that you can change your reality, absolutely. And each of you can.

Now. And we have said many times that the beliefs that you hold are beliefs that not only come from this particular incarnational period but indeed through all of your incarnational periods throughout all of your existence, for you exist in the now. A very difficult concept to grasp in your conscious state but nonetheless you exist in what we would refer to as simultaneous existences in various incarnational periods.

Now. You believe consciously that there is a past. And that the things have already occurred and you seemingly can't have any control over the past, it's already happened and it's written in stone. And you believe that you exist in the present, in this instant now.

And that the future is within your capacity to have an influence upon, to change, to go in various directions.

That particular belief in time validates that this illusion that you experience in your conscious state is real. It validates that you are not in control of many of the instances that are about to occur. And ironically, not only are you in control, but you put in place the agreements and the contracts and the belief systems that allow you to create what you refer to as your future. You put in place the agreements and the contracts and the belief systems that validate your past. And you can change them all. They occur simultaneously.

Now. Many individuals become involved in what you refer to as past life regressions. It may be better to look at that as an altered reality type of experience rather than a past life regression, however, once again, you attempt to have that experience from an altered state of consciousness where your conscious mind is still aware of what you are participating in. Your conscious mind has the capacity to remember what it is that you experience in that so-called past life regression. And the mere fact that you put in place the belief that there is time and space and that that, once again, is a human consciousness consensus belief system, it's very difficult for you to alter it in your conscious state.

Therefore, when you attempt to do that so-called past life regression type of experience, you indeed experience lifetimes that you believe have occurred in your so-called past, simply to validate that belief in time and space. Two of the most difficult belief systems, two of the most difficult human consciousness belief systems for you to alter.

And so, when you enter into that so-called altered state of consciousness in a meditative state and you attempt to bring back memories, you bring back memories for the most part, for the most part, and we emphasize "for the most part," of incarnations that you believe have occurred in your so-called past. It's entirely possible, absolutely, to have glimpses of other incarnations that may be occurring in what you refer to as your future. But you see, once again, you believe in time and space and so when you look at your so-called past you can bring back dates and events that validate various occurrences, and then, that's real. You see that's the past, that's occurred. Somewhere in your history that's been recorded and you can in several instances validate the so-called experiences that you've had in your past lives.

But the future lives, well now, that's just your imagination, isn't it? I mean, how can you possibly have any type of connection to what you refer to as your future incarnation periods when they haven't occurred yet? For to do so, once again, steps outside of that belief system in time and space. And that is a very difficult feat for you to accomplish. Absolutely. And yet, ironically, when you enter into your dream states,

when you enter into that altered state of consciousness where you participate in setting in place the agreements and the contracts indeed you enter into what we refer to as an understanding of the now concept. And you have the capacity to experience not only your past interactions but also future interactions.

Many individuals have that ability when they are what we would refer to as leaving that deep dream state consciousness to have what you refer to as intuitive glimpses of your so-called future. To bring back into your conscious state little bits, if you wish, of memories of the agreements and contracts that were put in place.

Now. You as individuals have the capacity in your conscious state and in your altered state of consciousnesses that you refer to as your meditative state to do exactly the same thing. It's just much more difficult. It's more difficult because you believe, once again, in time and space. An agreement that you put in place, an agreement that you chose to participate in. And one that's very difficult for you to step outside of.

However, you (*inaudible*) create a reality that you desire. Absolutely. You can indeed alter many of the beliefs that you hold that influence your day-to-day activities, that influence as well your physical being. You see, as we've suggested so many times, when you come into an incarnational period, to use, once again, your belief in time and space in order to give some type of understanding to concepts that you enter into an incarnational period, you bring in your belief systems, you put in place the belief systems that can have an effect upon the reality that you're about to experience.

And you put in place all of the possibilities for occurrences to your physical being that can occur throughout your entire existence in this incarnational period. And then, depending on the personal beliefs that you hold, you can activate or deactivate various parts of your DNA that are triggered [from] the responses that come from the beliefs that you put in place from that so-called between incarnational period. And as you change the energy that surrounds the DNA, you either activate or deactivate various parts of the DNA that have a physical influence upon your being.

And so it is that you can indeed experience various types of illnesses or if you wish, as equally as possible and as easy for you to experience, various degrees of what you refer to as good health. Absolutely.

The beliefs that you hold are reflected in the reality that you experience. And many times, if you wish to get complicated, the belief that you hold influences the energy that exists within your body to activate and deactivate various parts of the DNA that indeed have the capacity to bring into creation, to bring into your reality different experiences, different physical attributes. Regardless of how complicated you desire to make it, it's a reflection of what you believe.

The reality that you experience is a reflection of your beliefs and belief systems, absolutely. If you don't like what you're experiencing, change the beliefs. And for many that can be very difficult, absolutely. We understand that. We're not saying it's a simple process, we're saying that the process of creating is a reflection of the beliefs. (*Snaps fingers.*) That simple. But changing the beliefs is not necessarily all that simple. Understand, however, that it is entirely possible for you to change your beliefs and thereby to change the reality that you experience, absolutely.

And once again, we come back to the good stuff. The reality that you experience is a reflection of the belief and you create your reality from a position of absolute love. If you wish to experience more success in the conscious creation process, then love yourself consciously. And in order to love yourself consciously, you must first begin to like who you are.

And you begin to like who you are by putting in place various principles, and as you apply the principles you strengthen the character, and as you strengthen the character you like the image that you project and ironically other individuals will begin to like you as well. It's not important that the principles that you choose are the principles that another chooses, absolutely not. What's important is that you apply the principles that you desire, that you choose, that you choose as being the most important.

And as you apply those principles, when the opportunities, when the realities that you create present the possibilities for you to express the principles that you choose, it's important that you don't believe that if you didn't apply the principle in every single situation that somehow you're a failure. You see, in your conscious state as well many individuals look at their reality and they're not satisfied with it, they feel like they're not doing a good job. They feel like situations occur, they don't apply the principles and therefore, suddenly because of this one instance, they're a failure. And we would suggest to you that it's not that way at all.

You see, perhaps it would be more beneficial, in fact, not only perhaps but absolutely would be more beneficial for you to look at the times when you do apply the principles, the times when it does work, and to dwell upon the positive aspects. And not because it's important that other people see who you are, once again, but rather that you begin to believe withinside who you are. That you begin to believe withinside that you are successful.

You see, if you dwell upon the odd time when don't apply your principles you begin to feel like a failure. You begin to believe that it's not possible for you to ever achieve this. And, once again, the reality that you experience in a conscious state is a reflection of the beliefs that you hold. And if you hold the belief that it's not within your capacity to do certain things then you

will not do them, absolutely. It's not because you can't. It's because you believe you can't.

And if you believe that you're not worthy, because you're not possibly capable of applying the principles, then you will indeed create a reality that validates your belief that you're not worthy. You see, that portion of your higher self that creates your reality does so without judgment. Right or wrong or good or bad or evil are human consciousness belief systems, they do not exist at the level of your consciousness from where you create your reality. That portion of your higher self that creates your reality creates whatever it is that you desire based upon the beliefs that you hold and it does so joyously.

You see, you're not a failure from that level of consciousness where you create. You're creating your reality based upon the desires that you hold, based upon the beliefs that you hold. And therefore that portion of your consciousness that creates the reality does so joyously. It does so from a position of absolute love. And it feels like it's giving to you, if you wish, that which you desire. Because that's the belief that you hold. That's the desire and the imagination and the expectation that you hold in your conscious state, and so your subconscious creates it joyously. It's only in your conscious state that you decide whether it's good or bad. It's only in your conscious state that you decide whether it's desirable or not desirable. Good or bad, right or wrong are human consciousness concepts. They do not exist at that level of your consciousness where you create your reality.

And so, when you believe that you're not worthy, when you consciously believe that you're not worthy, when you consciously believe that it's not within your capacity to create your reality, then that subconscious part of you that's responsible for creating your reality creates all the realities that validate that belief that you're not worthy; validate that belief that it's not possible for you to create. You create it, absolutely. You get the validation that reinforces the beliefs that you hold, absolutely.

But understand that you hold the belief first. Understand that that portion of your higher self that creates the reality does so joyously and it'll give to you whatever you want without judgment. It does so because it does not understand what you believe in your conscious state that there is a right or a wrong. That is indeed a human consciousness perception and it's there because it allows you to enjoy an intensity of feelings that's not possible for you to experience, when you understand that right or wrong are human consciousness concepts and do not exist at the level of creation. And that's the reason why you create this reality. In order to experience the intensity of your feelings and emotions.

And if you don't like it, change it. And you change it, once again, by beginning to like who you are, so that

you can love yourself consciously. And when you begin to love yourself consciously, others will love you as well. And you'll have the capacity to love others and you will begin to experience that worthiness. And you'll begin to understand that it's completely within your capacity to have the reality that you desire. You begin to understand that if you use your desire and imagination and expectation, and the expectation becomes based upon worthiness, then you create the reality that you desire and you begin to experience it consciously. And that portion of you that creates the reality, your so-called subconsciousness or higher self or spark of consciousness that has the capacity to create, it doesn't matter what name you give it, that portion continues to create joyously, regardless of whether or not you believe in your conscious state that it's a good or a bad creation. It's your creation, absolutely. And you create it all. It's a reflection of the beliefs that you hold. Absolutely. If you wish to change the reality, you change the belief.

You are the spark of consciousness that has the capacity to create. Absolutely. You create your reality, it's a reflection of your beliefs, absolutely, and you absolutely cannot fail at some point within your so-called conscious existence to come to the understanding of who and what you truly are. It's a guarantee, you cannot fail. You're not here by someone else's whim that you must come to this particular vibrational level in order to prove something or to learn something. You're here because you choose to be here, because you choose to have the experience. And you are here because you choose to stay here. And you absolutely cannot fail to come to the understanding of who and what you truly are, and at that point make the choice, the choice, if you wish, to leave this vibrational level.

It's an illusion that you exist in. When you accept that concept, that it's an illusion, that it's only real because you believe that it's real, then it becomes much easier to alter it. And you alter it by paying attention to the spontaneous reactions that you have to various events in order to understand what the belief systems that you are holding that are reflected in that reality, and if you don't like it you can change it. And if you like it you can reinforce the beliefs so that you can perpetuate and duplicate the particular feelings that you experienced in that particular activity. And the choice is yours. Absolutely.

You create your reality, and you can change it. And you change it by understanding what your beliefs are. You change it by liking who you are. You change it by bringing self love into your consciousness. You see, each of you has within you the capacity for absolute unconditional love. It's how you create this reality. It's not something that's foreign to anyone. However, bringing it into your consciousness can be for some a difficult feat to accomplish. And you accomplish it, once again, by beginning to like the image that you project

and you begin to project the image that you would have others view by understanding what your principles are, by putting in place those principles, by living to the best of your capacity within the principles [until] you strengthen the character and you like who you are, and you begin to love yourself by doing the various things that you do to love yourself, and you begin to do things for others to express love as well and to strengthen your capacity for self love in your conscious state, and you begin to experience the connection with your so-called higher self and, as well, you begin to understand that all of the answers that you seek are within.

You begin to understand that this illusion indeed is an illusion that comes from within. You won't find the answers in a book, and you won't find them by listening to a tape. You'll find them by beginning to understand who you are. You find them by beginning to like who you are. You find them by taking the time to look within and to discover that you are indeed a spark of consciousness that has the capacity to create, and you create from a position of absolute unconditional love. You are a piece of the god that you search for. And you absolutely cannot fail.

Now. We would break for a moment or two and if you have any questions we would be willing to return and attempt to answer them for you. We would remind you that we are not separated by time or space but rather by a vibrational level and should you choose to interact [with us] you have but to express the intent and we would welcome that opportunity to interact and to share with each of you, to offer you, once again, our unconditional love and our absolute unending support. And we would break for a moment or two, and we would leave you, with love and with peace. ❀