

JOSHIAH

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Joshiah: Well, now. Well, it is indeed a pleasure to be with you and to be invited back into your vibrational level. And we would like to take the opportunity to express to each of you our greetings and to express our gratitude for you offering us, once again, this opportunity to interact and to share with each of you.

Now, before we begin this evening, we would suggest that there exists the opportunity 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 those entities that would be with us on this evening. You would find that as a result of this energy that you have created that it would be quite easy for you to alter your consciousness and to enter into what you might refer to as a meditative state. And in that state have the opportunity to have that interaction, that silent communication, that telepathic exchange of information with those other entities that would be with us, or indeed with that portion that you refer to as your higher self. And [then,] many times, the information that you receive in that altered state of consciousness is much more pertinent to your individual needs and desires than is the information [that] we express through our friend Elias. As always, however, the choice is yours. We would never suggest that you must do this or that, but always give you the option of choosing to do that which you desire.

Now. You exist in this vibrational level because it was your choice to exist in this vibrational level. And we've suggested that many, many times, that you are not here because you must be here. You are not here because some entity decided that it would be of some benefit for you to be involved in this creation process, absolutely not. You're involved in this creation and you exist in this vibrational level because you chose to be involved in and to exist in this vibrational level. You chose to enter into this vibrational level and into this level of consciousness that you exist at.

Many individuals existing within your vibrational level believe that there are lessons that must be learned. Believe that you must accomplish some mission, that there is a purpose for you to be here and until you fulfill that purpose it's not possible for you to leave this vibrational level. Indeed, there are other entities who believe that you exist within this vibrational level, in this particular incarnational state, and that's all there is.

That there is no other state of existence. The irony of it is that when you exist in this vibrational level in a conscious state that you refer to as your consciousness, in your awake state, if you wish, you are at the most difficult level of consciousness that it's possible for you to achieve and to sustain.

You see, when you are conscious, when you are awake, you exist in an illusion and that becomes a very difficult concept for many to grasp, that this is an illusion. And yet, it is. You exist in an illusion, absolutely. Now, it's not to say that there's no significance to this illusion, that it does not have some importance, absolutely not. We would never suggest that you're involved in a situation or in a creation process that has no value. Absolutely not. In many instances you may assume that it is exactly the opposite, that it has a tremendous value. It offers you the opportunity to experience a reality without the concept that you are the creators of that reality. And that particular type of creation is unique in your vibrational level. It's not duplicated in any other vibrational level throughout all of creation. And it certainly has a purpose, but nonetheless, it's an illusion. It's not real.

You see, when you alter your consciousness, when you enter into what you might refer to as a meditative state, or when you enter into your dream state, or when you enter into the between incarnation state, you are indeed much more near the consciousness state that is real. And we suggest that it's much more near and it's not absolutely in that state. Because even in your so-called between incarnation state you exist within this vibrational level and within some of the limitations that you have chose to put upon your consciousness while in this vibrational level.

You see, you put in place an electromagnetic type of energy that some would refer to as a veil, that limits the understanding of who and what you truly are. It limits that understanding as long as you remain within this vibrational level. Now, as you go through the various levels of consciousness and you get into the so-called dream state, the very deep dream state, indeed, you get glimpses of the understanding of the creation process. You get glimpses of the understanding of who and what you truly are. But you still have difficulty bringing memories of those concepts back into your conscious state.

And when you are in your conscious state, once again, you exist in an illusion, and you exist in the most difficult state of consciousness that it's possible for you to achieve. You, as individuals existing within this vibrational level, are the creators of all that you perceive. For many, that's a difficult concept to grasp consciously, that you are the Creator. And we're not suggesting that you're just the creators of some of the little interactions that you participate in in your day-to-day activities, absolutely not. We're suggesting that you are the creators of each and every atom that exists within this illusion in this vibrational level you exist in. It's an illusion, and you create it all.

And you create it through a belief system, a belief system that has various levels of what we might refer to as consensus. You see, when you enter into this vibrational level and you agree to certain beliefs and belief systems, they are beliefs that would be very difficult for you to alter. They are beliefs that we would refer to as the human consciousness belief system. And some of the most difficult for you to alter are the belief in time and the belief in space. Illusions, but illusions that make this reality seem real. Illusions that make this reality seem that it's beyond your control.

And there are many other human consciousness belief systems. The so-called laws of physics fall into the human consciousness belief systems. And then you have the societal belief systems. And as you reincarnate, and you all have reincarnated several times, through your choice to continue and to perpetuate this particular reality and your activity in this reality, you enter into different societies. You enter in as various genders. And as you enter into those societies you indeed agree, once again, to participate in various belief systems that we refer to as the societal belief systems.

Now. In comparison to the human consciousness belief systems a societal belief system is much more easy for you to alter. To alter particular activities within a society and indeed to even change, if you wish, from one particular society to another. And to adopt or at least to have the ability to adopt the variations of belief systems in different societies. Much easier than to alter a human consciousness belief system, something that you as an entire group, if you wish, have agreed to by consensus. And then you have the individual belief systems, the individual beliefs that you choose, that are the most easy for you to alter.

Now. Beliefs and belief systems can be put in place in various ways. You can do it, indeed, in your between incarnation states. You can do it in your so-called dream states. And if you believe, you also have the capacity to do it in your conscious state.

Now. For many individuals that becomes a very difficult concept to grasp. And even more difficult to put into practice. You see, many individuals have difficult in accepting responsibility for this reality that they

experience. They have difficulty in accepting the responsibility for their creation of this reality that they experience. And it's much easier to hold beliefs that there are other entities that are creating and influencing this reality.

Now. The irony of it is if you believe that there are other entities that are influencing your reality then you can have that, absolutely. It's not right or wrong. This is not a right or wrong process. You see, right or wrong are human consciousness concepts. They do not exist in that part of your consciousness that creates this reality.

You see, that subconsciousness part of you, if you would wish to call it that, or that Piece of the One that you are, or that higher self which is within you, whichever terminology you wish to describe the spark of consciousness that you are that creates this reality that you experience creates the reality joyously. It [does] never creates a reality wondering whether or not that's something that you're that going to be grateful for or that you're going to feel very terrible about having to experience. But rather, it creates the reality that you desire based upon the beliefs that you hold, and it does so joyously.

And it's not a right or wrong concept. The right or wrong may exist in your conscious level, not in your so-called subconsciousness or in that spark of consciousness that creates the reality that you experience. And therein lies the difficulty for you to accept it consciously, that it's all based upon the belief that you hold and it's not right or wrong.

So, if you wish to believe that there are other entities that are creating and influencing the reality that you experience you can have that. It's not right and it's not wrong, absolutely not. But when you hold that particular belief then it becomes a conflicting belief to the belief that you create your entire reality. And that you are responsible for each and every activity that you experience in that reality.

You see, if you believe that there are other entities that are creating this reality for you and they're sitting out there having an influence upon the reality that you experience, then it becomes very difficult to hold this other belief that you are indeed the one who's responsible for what it is that you're experiencing.

And so, with this belief that there are entities that have the capacity to influence your reality, then that spark of consciousness that you are, that spark of consciousness that creates the reality that you experience, creates a reality to validate that belief that there are other entities that influence your reality. And you can have that. Absolutely. It's not right or wrong. This is not a right or wrong concept. Once again, right or wrong exists in your conscious level, not in your subconscious.

And so, if you believe that there are other entities that have the capacity to influence your reality then you

should experience realities that are beyond your control because that validates the belief that you're not in control. That there are other entities that are influencing this reality.

And that becomes a very difficult concept for you to grasp in your conscious state and it becomes very difficult, conversely, to grasp the concept that you are in control. You see, you chose to put in place that electromagnetic type of energy, that veil, if you wish, that limits the understanding of who and what you truly are while in your conscious state, limits the understanding of your capacity to create this reality, limits your ability to consciously hold the belief that you are in control of this reality and the creator of this reality. And therefore, it becomes very difficult, as a result of your limiting your understanding of the creation process, to accept that you are indeed the creator of all it is that you perceive.

And it's your choice. That's not something that was inflicted upon you, it's something that you chose to put in place. You see, you exist in this vibrational level because you chose to come here. You exist in this vibrational level because you chose to have this experience. You were not put here, once again, because there must be lessons that you must learn. Absolutely not. You were not put here because you must go through certain steps in order to evolve. Absolutely not.

You see, when you alter your consciousness and enter into your deep dream state you put in place the agreements and the contracts that you will experience in your conscious state.

Now. And it becomes very difficult to give an explanation based upon your beliefs within your limited expressions that are available through the use of a vocabulary, but you exist in the now. You exist in the now. Time and space are illusions. And so, when we suggest that you are in that dream state, in that altered state of consciousness, we do so in order to give you some type of an understanding that you can hold in your conscious state and get a grasp of it, that at that point you are indeed putting in place the agreements and the contracts in order to perpetuate this reality that you're going to experience in your conscious state. However, you exist in the now.

It occurs simultaneously. And that means that you can, in your altered state of consciousness, alter all of your creation. Not only your future, not only put in place the agreements and the contracts that will influence the reality that you're going to experience tomorrow but indeed put in place the agreements and the contracts that will influence the reality that you are going to experience yesterday.

And that becomes a difficult concept to grasp, that your past is as easy for you to alter and to manipulate as it is for you to alter and manipulate your future. And that

the present that you seem to be in really doesn't exist. You see, it's very difficult for you to define the present because by the time you've finished defining the present you're already into the future and it's become the past. Because it doesn't exist.

And yet, you exist. You exist in the now. And not in the present. And the whole thing is like a big wheel, if you wish, for lack of a better explanation, and where they all occur simultaneously. And you can be at any point on the wheel that you desire, absolutely. And you do it. Whether you accept it consciously, you do it. You do alter your past as well as your present and your future. You do exist in all of your incarnational periods simultaneously.

And you see, it doesn't matter what particular word we attempt to use in your vocabulary. It continuously refers to some point in time. And time is an illusion, it doesn't exist. To exist in the now refers to this instant. And that's not exactly what we're referring to at all, but rather a concept where it's all at the same time. And yet, to say "all at the same time," once again, refers to your belief in time. And so, it becomes a very difficult concept for you to grasp in your conscious state. It becomes a very difficult concept for us to attempt to give you an explanation for because of the use, the limitation of a vocabulary.

However, should you go withinside, should you go withinside in a meditation or become actively involved in what we refer to as lucid dreaming you will get glimpses of what it is to exist in the now. Where you will have that opportunity to experience within an instant an entire lifetime. Because time is an illusion. It does not exist other than in your conscious state.

Now. When you alter your consciousness and you enter into that meditative state, and into the dream state, and indeed into the between incarnation state you continuously, as you go into the various areas of consciousness, and we hesitate to say depths, because depths refers to, once again, that there is a higher or a lower and it's absolutely not that way. But when you go into the different areas of consciousness you indeed become closer to understanding who and what you truly are.

Now. When you enter into that between incarnation state, even in that state you exist within the limitations of the veil. The veil is not nearly as [strong,] that electromagnetic type of energy is much more difficult for you to maintain, but nonetheless, it exists, even in that particular level. And you're still within this vibrational level and those limitations. It just becomes much more difficult for you to perpetuate the reality based upon the beliefs that you hold. Much more difficult because you get more glimpses into the illusionary aspect of the reality that you are experiencing.

You see, when you enter into that between incarnational state the reality that you experience is based upon the beliefs that you hold. Absolutely. Similar to the reality that you experience in your conscious state in an incarnational period so it is when you are in the between incarnational period [there are] beliefs that you have chose to hold, for whatever reason, are still in place. And the reality that you experience is based upon a reflection of those beliefs.

You see, if you believe that you're not in control, if you believe that there is some entity that is going to create this reality for you and you're going to enter into some type of heaven, then you will experience that. Absolutely. It will be as real as this particular reality that you experience in your conscious state. You will have that experience because that's the belief that you hold. It just becomes much more difficult to perpetuate and to maintain that reality. Because you will be much closer to the understanding of who and what you truly are. There will be alterations in that reality based upon an instantaneous thought and it will be difficult for you to maintain that it's real and not an illusion. But you will have that opportunity, absolutely, based upon the beliefs that you hold.

Now, many of the beliefs that you hold are beliefs that you put in place in the between incarnation state. And that becomes difficult to grasp as well, for again, we refer to a timeline and we continuously refer to an inbetween incarnation state that's followed by another incarnation and then another inbetween incarnation state in order to give you some type of an explanation that you can understand. But it all occurs in the now.

And so, in that inbetween incarnation state many individuals choose beliefs that they are going to put in place in order to influence the reality that you're going to experience in that particular incarnation that you're entering into.

Now. There are those who would suggest, "Well, if I created this entire reality, if I'm responsible for everything that I experience, then I want to change my physical existence. I want to change the physical being that I am. Well, you can do that, absolutely. But the physical being that you are is as a result of choices that you have made and beliefs that you hold. And it falls within the human consciousness belief system and it's very difficult for you to alter. It's very difficult for you to alter, particularly the so-called physical aspects that others see and that you portray to others. Not impossible, but very difficult.

You also put in place beliefs about various activities and physical abilities and disabilities that may influence the reality that you experience in an incarnational period. And you choose the individuals that you would enter into the reality with, to interact with and, indeed, to give you the physical attributes that you choose, that you desire to experience. And you choose as well the

gender that you will experience in a particular incarnational period.

And you put all that in place before you enter into a particular incarnational period. And you have within you what your scientists refer to as a DNA. You understand absolutely that there are various aspects of the DNA that are a map of the makeup of who and what you physically are. Absolutely. The scientists can give a very good understanding of a portion of the DNA. But there's a huge portion of the DNA that your scientists have difficulty in understanding. Because you see, that portion of the DNA that they have difficult in understanding are the potentials for you to experience in a particular incarnational period. And it's the energy that surrounds the DNA, that activates or deactivates various portions of that DNA, that bring into your experience and into your existence the various ailments, if you wishes, the various diseases or indeed terminate the various ailment and that ends the various diseases that you can experience in this incarnational period.

You have put in place, through various choices that you have made, the possibilities to have those experiences and it's recorded in your DNA. And when you activate various energies around that aspect of the DNA you can indeed activate that possibility and make it a probability in your DNA and you can experience it consciously. It's your choice. It's your choice.

You do not experience anything in this particular incarnational period, you do not experience anything in this vibrational level, that's not as a result of the desire that you hold at some level of your consciousness. It's a reflection of the beliefs that you hold. You see, this reality is based upon the beliefs that you hold. And if you pay attention to the beliefs you can indeed understand what your attitudes are. You can understand what influences your choices. You can indeed understand what makes you react in certain ways to certain day-to-day activities. It's your creation, is a reflection of your beliefs, absolutely.

Now. You create this reality from a position of love. Absolutely. And we would suggest that when you bring that love into your conscious state then you enhance the capacity for you to create your reality consciously. Now, it's not that you don't love yourself. And it's not that you don't love yourself consciously, absolutely not. Every individual existing within your vibrational level and indeed within every vibrational level throughout all of creation understands at some level of their consciousness what it is to have an absolute and unconditional love, because that's where you create your reality from.

That spark of consciousness that you are that's created this reality and does so without judging whether it's right or wrong, does so from a position of absolute unconditional love. It's who and what you truly are. To bring it into your consciousness so that you can

experience it continuously, however, is another thing entirely. And once again, that's your choice. Because you see, if you don't love yourself absolutely in your conscious state then, indeed, it becomes much easier to assume that you're not responsible for all it is that you're creating. And if you don't have to accept the responsibility then you indeed can feel more comfortable because you can blame someone else. You can feel much more at ease because you can look at your neighbor and say, "They did that to me." Well, understand that they did that to you because you allowed them to.

You see, when individuals are involved in what you refer to as abusive situations it's the one that's being abused that's in control. The victim is the one that is in control of the situation. You see, when you begin to love yourself and you refuse to be a victim then it ends. It's not the one that's the aggressor that's in control, absolutely not. It's the victim.

You, as individuals existing within this vibrational level are the creators of the reality that you experience. If you don't like the reality that you experience then change it. Get a glimpse of an understanding of the beliefs that you hold and change it. You begin to make those changes by loving yourself consciously. And you see, love is a state of being and a state of doing. There are various things that you do, first for yourself and then for others, in order to put them into a position of feeling various emotions and feelings. Feelings of security, feelings of trust. Indeed, feelings of joy and of pleasure. And you do various things in order to allow, first of all, yourself to have those experiences of the emotions and the feelings and then for others to have that possibility of feeling those emotions and those feelings. You give to another for the purpose of allowing them to have that experience. And you give unconditionally.

You see, many individuals existing within your vibrational level believe that they are in a position of loving another—and they absolutely are, we're not suggesting they're not—but rather, they give a gift and they say to that other individual, "I'm giving this to you because I love you. But however, if you don't live up to certain expectations then I'm going to take the gift back." Well, that's not really a gift. As soon as you put certain conditions you've formed a contract. And it's not an unconditional act of love, absolutely not.

Now, we're not suggesting that you give everything without some type of conditions for that's how you interact with individuals, it's how you make your day-to-day activities work. It's how you get along with others. Many times you put in place those conditions and you form the contracts. But understand that that's what they are, they are not acts of love, where you give for the purpose of allowing another to experience an act of love, you do so unconditionally. And that means with absolutely no conditions. And that allows the other,

then, to experience that sense of trust, that sense of belonging, that sense of joy, that sense of security. Absolutely.

And so, you begin by doing that, first of all, to yourself and then to others. Now, there are other things that you can do and we will be very brief in giving you certain suggestions as what you can and can't do and we ask you to realize that they are but suggestions. If you choose to follow, that's up to you, if you don't, that's fine. It's not a right or wrong thing. We're not giving you some type of test that you must perform, absolutely not. You can do whatever you wish. For you see, you create this reality. You are a spark of consciousness that creates the reality that you experience. Absolutely. And as well, you absolutely cannot fail at some time to come to the understanding of who and what you truly are.

All the rest of this reality that you experience and you create is an illusion and you can change it, absolutely. And so, when we give you suggestions we ask you to accept that they are indeed suggestions and you can do with them as you wish. For you see, the information that we give and the information that you receive from other sources is information that you all contain each withinside of you.

And you have but to go withinside. The information that will give you the understanding of who and what you truly are, that will give you those glimpses of the truism of this reality, will not be found in any message that you are going to receive from any entity. They will not be found in any book or on a recording. They are withinside. You must go withinside. Each of you must make that personal journey withinside and to discover that you are not separated from who and what you truly are. The spirituality that you seek is who you are. You cannot lose your spirituality. You cannot be separated from it. Absolutely not. You choose to hide from it. But you're not separated from it. It's not something you have to find. But if you go withinside, you can discover glimpses of who and what you truly are. And when you do, you will understand that it's not something that will be received in anyone else's message. Absolutely not.

Now. There are various things that you can do that will assist you to love yourself consciously. And we have suggested it many times. And one of them is to make a list of principles. And don't be concerned about whether or not it's a principle that you desire, but simply make a list of all the principles that you can possibly imagine. And then, after you've made the list, you go down the list and choose the ones that at this particular time are the most important to you. And you put them at the top. Those are the principles that you desire to have.

Now, it's important that you do this because it's principles that you desire. You can't do this because someone else would like to have you display certain principles. Absolutely not. This is an individual journey.

It's not something that you can do for someone else. You do it for yourself, absolutely.

And so, you make the principles so that you will project the image of an individual that you desire to be, not that you think others might desire to see. Absolutely not. But one that you desire to see. You do this for yourself and not for someone else. And so, you make the list of principles and you choose which ones it is that you desire to have. And you put them at the top. And it's important to understand as well, and never lose sight of the fact, that this is an illusion that you exist in. And as you change and as you alter your image and your perception of who you are you can change the principles as well. Absolutely. There's nothing wrong with it. This is not something that must be this way, absolutely not. You can do whatever it is that you desire.

And so, if you don't like that particular principle or if you begin to feel that as you alter your perspective of what this reality is that you're experiencing that you might like to change principles, well then, change them. It doesn't matter, you can change them, absolutely.

What's important is that you attempt to apply the principles. And it's also important that you understand that we suggest that you attempt to apply the principles. And you apply them as often as you possibly can. When a circumstance is presented and you have the opportunity to apply your principles you apply the principle.

Now, if you miss, you don't dwell on that miss and say, "Oh, I didn't do that. Here I am, this individual who's supposed to have all of these principles, and I missed. I didn't apply my principles. I'm a failure." You see, when you begin to believe that way and begin to think that way, pretty soon it begins to permeate your reality and you begin to believe that you are a failure and indeed you create the realities, you create the day-to-day activities, the illusions that validate the belief that you are a failure.

No. What you should do is just to dwell upon the positive time, the times when you were quite successful at implementing your principles. Those are the times that you dwell upon. Those are the ones that give you a sense of wellbeing. Those are the ones that portray the image that you would like to portray to others and indeed to yourself.

And as you apply the principles and as you consciously dwell on applying the principles when opportunities present themselves you will find that it will strengthen your character. You will begin to like who you are, all of the aspects of who you are. You see, individuals like various aspects of who they are but there are other aspects, other certain characteristics, other certain small parts of your image that you would just wish would not be there, that you would certainly not want to portray and to display to others, absolutely not.

Because that's not the type of entity that you would like to present.

However, as you become more successful at applying the principles then you strengthen the character, you begin to like who you are. And when you begin to like who you are then it becomes much easier to love who you are and to do the things that you do in order to [evoke] the feelings and emotions that are with love.

And when you can do it for yourself then you begin to have the capacity to do it for others. And you will discover that it becomes much easier for you to pay attention to the attitudes so that you can discover the beliefs that you hold that are responsible for the reality that you experience. It becomes much easier for you to go withinside and to come in contact, consciously, with that portion that you refer to as your higher self. And to bring back into your consciousness glimpses and memories of what that is. And to begin to get a true understanding of this reality that you experience in your conscious state. To understand that it's your reality, that it's your creation. That you are the Creator. That you create each and every thing that you experience in your conscious state. And that you absolutely cannot fail to come to the understanding of who and what you truly are.

There are no tests that you have to pass. There are no lessons that you must learn. You're here because you choose to be here. And you absolutely cannot fail to have the capacity to make the choice to leave this vibrational level should you choose to do so. You absolutely cannot fail.

Now. We would like to express our gratitude to each of you, once again, for allowing us this opportunity, [and] we would remind you that we are not separated by time or space but rather by a vibration, for lack of a better term. You see, you exist in a vibrational level that exists in the same time and space as all the other vibrational levels throughout all of creation. We've used an analogy many times that it's like a series of what you refer to as radio waves, that exist within your atmosphere. And you have the capacity to use a particular apparatus to [tune] into a particular radio wave and to receive that frequency while eliminating all the others. And yet, you understand that they exist within the same time and same space. You simply choose which one it is that you desire to tune in to.

But so it is, that all of the realities exist similar to your radio waves and you have the capacity to tune into them, should you develop that capacity to do so and should you believe that you have the capacity to do so. And we exist in a vibrational level very similar to yours, only a slightly different frequency. And should you choose to interact with us you have but to express the intent and we would welcome that opportunity to learn and to share with each of you.

And we would offer you, once again, our absolute unending support and our unconditional love and we would bid each of you farewell, with love and with peace. ✿