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University of Regina Parapsychology Class

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

Now. Before we begin this evening we would like to, once again, remind you that there exists the opportunity for you to be involved in what we refer to as [that] silent communication, a telepathic exchange of information (*inaudible*) and interaction with other entities that would be with us on this evening, even indeed that portion that you refer to as your higher self.

The opportunity for you to have a telepathic exchange of information. And many times, once again, that information is much more pertinent to your individual desires than is the information that we express through our friend Elilas.

And you will find that as a result of the energy that you have created in this sacred place 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. You would find it very easy to be involved in that telepathic exchange of information. You have but to close your eyes and to express the intent. And as always, the choice is yours.

Now. We would talk to you this evening of your ability to enter into altered states of consciousness for the purposes of experiencing what you refer to as past life incarnations.

Now, before we begin it's important that you understand first of all that this reality that you experience in your vibrational level, in your conscious state, is an illusion. And when we refer to past lives it is simply indeed a reference that gives you some type of an explanation that falls within your belief system in time and space, [for all] this illusion that you exist in in your conscious state indeed time and space are illusionary. They are not real. They exist in your conscious state because they give a validation to this reality and they give validation to the belief that you hold that you are not in control.

They validate the belief that you hold that indeed there is a progression and there is a so-called past that you can look into and have some type of reference to and believe that it's real, that it has indeed occurred, that it's something that's beyond your capacity to alter.

And then you have your so-called future. And in your future there are all types of possibilities. You believe that it's possible for you to indeed have some type of effect on the reality that you experience in your future, but that the reality that have experienced in your past is somehow set and permanent.

And once again, that belief in time validates this illusionary reality and it makes it seem real. Your belief in a future also, once again, validates your various belief systems that it's possible for you to either influence or not influence the so-called future. And depending upon what you experience in that so-called future you validate the belief systems.

And so, when we suggest to you that you exist in the now, and the now, once again, is a very difficult concept to give you an accurate description of, for once again, any reference to the so-called now is based upon your beliefs in time and space. You see, we can't give you an explanation through the use of a vocabulary that is an accurate description of what the now is for all the references refer to your belief in time and space.

But nonetheless, you exist in the now and the now encompasses your past, your present, and your future. They occur simultaneously, if you wish. And it's very difficult to comprehend in your conscious state that the past is as easy for you to alter as is the future. It's very difficult for you to grasp the concept that you exist in various incarnations, so-called simultaneously. And once again, to use any type of phrase gives reference to your belief in time and it's not really that way.

And so, when we talk to you about past incarnations we ask you to understand that the term "past" is given to give you some type of a reference in your belief in time and space. To give you some type of an explanation that you can grasp in your conscious state and you can validate it, you can have a conscious belief that that's feasible, [that] that's possible.

If we were to suggest to you that your future incarnations occur at the same time as your past

incarnations and that each interaction has influences on the other, that becomes a very difficult concept to grasp. For you see, you believe in time and space. Time and space, once again, are what we refer to as the human consciousness belief systems. Belief systems that it's very difficult for you to alter in your conscious state. Very difficult to alter in your conscious state because you have agreed to participate in an illusionary reality where you are not in control and where time and space do exist.

And as a result of your stepping into this vibrational level and as a result of your expressing indeed, once again, that human consciousness belief system that time and space exists by being involved in that consensus is very difficult for you to alter that belief. It's very difficult for you to step outside of the human consciousness belief system while you're in your conscious state.

And so, we refer to past life incarnations. Simply to give you some type of a description that you can get a grasp of, that you can get an understanding of.

Now. Many individuals believe that by experiencing past lives [they can] somehow get a glimpse of various occurrences or events that may be having an effect upon this belief system. Many refer to that type of belief as experiencing karma. Well, does karma exist? What do you believe? You see, the irony of it is that you exist in an illusion and you can have whatever it is that you desire. You can have a reality indeed that is based upon the belief of karma if that's what you desire. The irony of it is that you can have a reality that's based upon the belief that no such thing as karma exists and that's as valid as the other.

You create the reality based upon the beliefs that you hold and the reality that you experience in your conscious state is an illusion. Absolutely. And so, if you desire to have a reality that's based upon a belief in karma you can have that. Absolutely.

It defies logic, if you wish to use such a term, but then many of the things that you experience in your conscious state defy what you might refer to as logic. For it's an illusion, once again, and you can have whatever it is that you desire. The only limitation to your creative process is your imagination.

And so, if you wish to believe that these other incarnational periods are influencing and indeed are having a direct impact upon the reality that you experience in this incarnational period you can have that, absolutely. It's not necessary, but it is possible, absolutely.

Now. If you don't believe in karma then, of course, you also don't believe then that the other incarnational periods influence this particular reality. And yet, to some extent you are indeed a multidimensional personality. You exist in all of the incarnational periods

simultaneously, if you wish. At the same time, in the now. Including your so-called future incarnations.

Now, that becomes a difficult concept for you to get a grasp of in your conscious state. You see, your so-called past is occurring at the same instant, if you wish, as your so-called future. And ironically, it's as easy for you to alter your past as it is your future. Once again, a very difficult concept for you to grasp consciously because you believe in time and space. You believe that the past is set and that the future has all types of possibilities. Absolutely.

And so, some of the benefits that may come from individuals being involved in so-called past life incarnations is not necessarily to get glimpses of beliefs, of what it is to experience this incarnational period and what might be affecting this incarnational period, although you can have that if that's what you're searching for. But rather, those glimpses into your so-called past incarnations or other incarnational periods, for those who feel that they wish to experience your so-called future incarnational periods, the benefit of that particular activity might be that you get glimpses of the now. That you get glimpses of who and what you truly are.

For you see, all of the answers that you seek exist within each of you. The spirituality that you search for is not something that you can be lost from but rather something that you choose to hide from. It's something that you choose to hide from. It's not something that's been separated from you, it's not something that someone has said, "Well, now you're going to be involved in this particular reality and you are going to be separate from the spirituality and if you wish to have that connection you've got to walk through all types of particular creation processes and all types of belief systems and do all types of exercises in order to establish some contact with that spirituality in order to find it." Well, ironically, you can't lose it. It's not something that you can be separated from, it's who and what you truly are.

And so, there can be a benefit that you may have the opportunity to experience should you choose to believe so is the opportunity to go within and to experience the concept that there is no time and there is no space, to experience that existing in the now. And we will expand on that particular aspect of your so-called past life regressions, when we reach that point.

Now. In order for you to experience past life regression it's important to understand your capacity to recall certain events. And once again, understand when we say "past life" that we're referring to all of your lives, all of your incarnations.

Now. You understand absolutely in this particular incarnational period that there are many events that have occurred, that you understand have occurred, you're absolutely certain have occurred, and yet you

don't have the ability to remember. We would challenge each of you to consciously remember what it was like to be born into this incarnational period. You have absolutely been involved in that process and you can have that experience and you can have that recall, but not in your conscious state.

You can bring back memories of what it's like from other areas of your consciousness but we defy you to give an accurate description of that particular event without first of all going withinside. Without first of all tapping into, if you wish, the knowledge that you contain [withinside] each of you.

There's also other events that have occurred within this incarnational period that you have difficulty recalling. Once again, we would challenge each of you to even recall many events that have occurred within the past few months of this so-called incarnational period. We would challenge you to give us an accurate description of what type of a meal that you were eating exactly eighteen days ago. And yet, you understand absolutely that you were involved in that type of activity. And yet, you consciously do not have a recall now.

Should it be a surprise to you that you have difficulty in recalling various events that have happened in other areas of your consciousness, in what you refer to as past life incarnations? And yet it is within your capacity to recall all of those events, including what you had for a meal eighteen days ago. And including what it was like to be born into this particular incarnational period. And indeed, you have the capacity to recall what it's like to be involved in what you refer to as your between incarnation states.

Many times, some of the benefits, once again, of this so-called past life regression is that capacity to get glimpses of what it is to be at that area of your consciousness that you refer to as the between incarnation state. It gives you glimpses of what it's like to go the one step beyond and to actually experience what it's like to contact, if you wish, to understand absolutely who and what you truly are.

You see, there are certain areas of your consciousness that there cannot be explanation for. Once again, we've suggested that you cannot read about it in a book, you will not hear about it on any type of recorded instrument. You must experience it, you must go withinside.

And when you have made that connection you will understand that it's your connection, [this is] your so-called spirituality. Because you can't give a description of it that's accurate. You can't give a description that's adequate to express the connection and the emotions that you feel of the absolute unconditional love when you reach that so-called level of consciousness that's beyond what you refer to as the between incarnational state, when you so-called die or pass over.

And so once again, if there is a benefit that can be achieved from your so-called past life regression it's the ability to discover techniques and methods that will allow you to go withinside. Methods and techniques that will allow you to develop your imagination. And methods and techniques that will allow you to indeed use that imagination and to begin to determine what it is that's real and what it is that's imaginary.

Now. When you remember something in your conscious state, you do so first of all by various techniques that involve your [senses.] Or by a thought process. You might, for example, smell an odor and from that odor it triggers a response of a memory. And that memory is based upon feelings and emotions. And the more intense the feeling and the more intense the emotion the more vivid the memory would be. And once again, certain aspects of your various responses to activities can trigger a memory. Your senses of smell, of touch, of sight, even to hear a sound can trigger a memory. And once again, that memory and the clarity of that memory will be intensified and indeed more easily recalled depending upon the intensity of the emotions and the feelings that are associated with that particular activity.

You see, once again, you exist in this vibrational level for the very simple reason of experiencing intense feelings and emotions. And when you experience that intense feeling and emotion you also experience the memory that goes with it and the memory, indeed, is something that you can recall. And to assist in that recall you have but to experience the sense of smell, or touch, or of hearing, or of sight to trigger the memory and to assist. Or someone can express a thought and that thought can indeed trigger the response to the memory [based] upon, once again, the intensity of the feeling and emotion associated with the memory.

And so, when you're involved in a past life regression many times you get what you might assume is simply your imagination running away with you. When you are involved in your conscious state in this vibrational level you have all types of information that's coming into your senses, if you wish, that's coming into your consciousness. Many individuals observe that particular information and think it's simply a figment of their imagination. You can, for example, be interacting with another individual on a telepathic level and each of you do it, you do it constantly, [you're not realizing] what you're involved in, you're not realizing the process. And you'll have a thought that comes in and you'll think, "Oh, well, that was my imagination," or, "I wonder where that thought came from." And when you pay attention to the thoughts, when you pay attention to what you believe is your imagination you can soon learn to distinguish what's your imagination and what is actually a telepathic interaction with another individual. It's really that simple. It's not difficult at all. You all do it on a regular basis.

Now, individuals who practice paying attention to the thoughts that come in, or the individuals who you begin to believe are psychic. You begin to believe that they have some type of power that you don't have. They don't have any power that you don't have, they simply have practiced paying attention to the images and to the imagination and to the thoughts that they get. And realizing that some of it's not their imagination, but some of it indeed is interacting with other individuals.

Now. When you begin to be involved in your so-called past life regression it would seem like it's just your imagination. Especially individuals who don't believe that they have any type of psychic capabilities at all. They just don't believe that it's possible for them to experience the thought of another individual. And for them to be involved in the so-called past life regression will all seem like it's your imagination.

It doesn't matter. Pay attention to what it is that you believe it is your imagination. And use your imagination to involve your senses. And to experience all of the sights and the sounds and the smells that are involved in that particular event. And as you do so, you will indeed begin to enhance that so-called imagination. And you will begin to have experiences that you will have absolutely no doubt of [n.] You will even have a capacity to have physical experiences. To experience pain, for example, or extreme joy. All of those are within your capacity to experience in a so-called past life regression.

Now. When you reach that point and you begin to experience (*inaudible*) particular events and the emotions and the feelings become almost overwhelming it's important that you understand indeed that this entire vibrational level that you exist in is an illusion. And it's possible for you to continue the experience and to step aside and be a spectator, if you wish, to simply observe what it is that's occurring. And set aside the emotions and the feelings. You have that capacity, absolutely.

But once again, if you can allow the feelings and emotions to be involved, if you can use your imagination, then you will enhance the experience and you will trigger more of the memories. For once again, feelings and emotions are the keys to tapping into your so-called memory bank. To tapping into the memory that you wish, the activities that you're involved in in other areas of your consciousness.

And so, when you become involved in your so-called past life regressions don't dismiss the certain thoughts that come into your mind as being your imagination. But rather pay attention to them and allow them to flow and use your imagination. And when there are certain experiences use your imagination not only to allow the thoughts to continue but to apply your senses to the particular reality that you are imagining, the sense of smell and of touch as it becomes real. And as it becomes real it will indeed intensify.

Now. When you are in those altered states of consciousness you reach that point in a particular incarnational period where you die. Many individuals have difficulty in going beyond that particular point. Once again, allow your imagination to be involved in the experience. Allow it to continue. It is possible for you to have the experience of passing beyond your so-called conscious state in this vibrational level and to get glimpses of the experience that exists in your other areas of consciousness in that so-called between incarnational state. And indeed, from there to get glimpses of who and what you truly are. And from that point it can be very beneficial for you to be involved in the so-called past life regressions.

Now. If you believe in karma, once again, you can have those particular experiences to alter your karma, but it's not necessary. For that particular type of altering of your reality we suggest that it's possible for you to simply go withinside to get a glimpse of what your beliefs are, to alter your beliefs, and you will alter the reality. You don't need to go through the past life regression. You don't need to make it complicated.

You can have it complicated if you wish but [as] you understand that as you make it more and more complicated then you make it more and more difficult for you to alter. The more complicated and complex your beliefs the more difficult and complex it will be to alter your reality. Absolutely.

You are the Piece of One that creates your reality and you absolutely cannot fail. If you can keep that simple thought process in the forefront, then the rest becomes more illusionary and much less important and therefore much easier for you to alter, absolutely.

Once again, however, your participating in so-called past life regression can be very entertaining, absolutely. And can also give you the opportunity to experience the level of consciousness that will give you glimpses into who and what you truly are [which] will allow you to go withinside and assist you, perhaps, in coming to that understanding that you indeed are the god that you search for. That you cannot be separated from your spirituality. Absolutely not.

Now. To be involved in this so-called past life regression there are many methods and techniques, absolutely. And you can solicit assistance if that's what you desire or you can do it on your own. You can do it on your own, it's not necessary for you to have assistance. Now, you may find that it's beneficial for you to create some type of a recording system that you can use that will assist you in altering your consciousness to enter into that meditative state. You can do that, absolutely, and it's not very difficult. You can create that yourself. And when you enter into your so-called altered state of consciousness there are various methods and techniques that you can use that will assist you in entering into the so-called between incarnational state, into that so-called past life

regression to trigger the memories, if you wish, so that you can bring it into your consciousness.

It's important that you remember, absolutely, that the method or the technique is not nearly as important as your belief that it will work. The method or technique is not nearly as important as your belief in whether or not it will work. That's what's important.

There are certain techniques, however, that you can find very beneficial because, once again, of your belief in time and space, your belief in different levels of consciousness and the capacity for you to get there. You believe, for the most part, in meditation. You believe that it's possible for you to alter your consciousness while retaining some type of awareness in that altered state of consciousness to focus your awareness on your inner reality as opposed to your so-called conscious reality. And so, it can be beneficial for you to alter that consciousness and to enter into a meditative state in order to facilitate your so-called past life regression.

And so, use whatever technique that it is for you to alter your consciousness. Whichever one works for you. You can use various types of imagery, you can use various types of counting, you can use the mantra, you can do whatever technique works for you.

When you're in the altered levels of consciousness there are various steps that will assist you, once again, because you believe that there are layers of consciousness that you must go through. And so, when you are in that level of consciousness it assists you to either enter through various barriers that will have some type of significance in terms of entering into another layer of consciousness.

You may, for example, pass through a door. Passing through doors, indeed, gives one the illusion that you are going into a deeper state of consciousness or another state of consciousness or a higher state of consciousness. You see, the direction is not important. It's that you're altering your consciousness, so that you believe that you're altering your consciousness, that's important.

You can also allow yourself to either go down stairs or to go up stairs or to enter into an elevator towards a different area of consciousness. You see, once again, the methods or the technique is not nearly as important as your belief. And you can give those suggestions, and you can give it to yourself as you are going through the various altered states of consciousness, entering into that meditative state or if you have difficulty in doing that you can make a recording. Or once again, you can get someone to assist you in making a recording or taking into those various levels of consciousness.

You'll also find it very beneficial when you're in that level of consciousness that you, once again, have another more significant barrier, one that takes you into

your so-called past lives. Again, it can be a door. And the door will work for some, for some to be involved in what you might refer to as a very safe place and then to visualize a door and when you open that door you step into another level of consciousness and you step into a past incarnation.

Now, there are some techniques that you can develop, and once again, the method or the technique is not as nearly as important as your belief that it will work for you. But a technique that is quite successful is when you are entering into that so-called past life that you look down and you observe the clothing that you're wearing. And allow your imagination, once again, to run wild. And if you see various colors, see the colors. If there are various odors that you are imagining there enhance them, experience them, make it real.

And once you look down at the clothing you can begin to get some sense that you are indeed in some other time and space, that you are indeed in another incarnational period. And then it can be beneficial for you to look around at your surroundings and to have some type of mental description of what it is that you're seeing and experiencing. It's also quite beneficial to ask yourself the question what time period are you in, what your gender [is], how old are you, and what's occurring on that particular day.

Most various questions will trigger more of your imagination, if you wish, but more of your memory of what it is that you're experiencing in that incarnational period. It, once again, is of great benefit for you to give very vivid descriptions or at least to mentally see very vividly what it is that you are surrounded by. The type of clothing that you're wearing, the gender that you are, what part of the world you're in, what year, and what race you are. All of those particulars will bring forth more of the memories that you have that are indeed occurring in that incarnational period. And you can go from there to continue to experience in that incarnational period.

Now. When you're in that incarnational period, once again, there are methods and techniques that will assist you to broaden the experience. You can look at that particular activity, that particular day, that particular time that you stepped into and from there you can indeed progress to a time that's several years [into] the future. Or you can simply suggest to yourself that you go to a time that has some very significant meaning that has occurred in that particular incarnational period. And you can continue through it.

And once again, you, when you reach the point where you are at the end of that particular incarnational period, it's possible for you to experience passing into the so-called between incarnation state. Now, many people have difficulty recalling that memory because of a fear that they hold in their conscious state about leaving this incarnational period, that maybe it's all that there is, that maybe they're not really in control, that

maybe there's all types of experiences that you're about to experience where you pass beyond this incarnational period that you don't wish to experience. That perhaps it's not going to be the type of experience that you desire or indeed perhaps there is no more existence beyond this incarnational period. [You get all of those] beliefs and it becomes very difficult in your altered state of consciousness, in your past life regression experience, to step into that so-called between incarnational state.

Because the difficulty in stepping in then, indeed, come back into your conscious state at some point and work upon your understanding that you are the god that you search for, that you absolutely cannot fail to come to the understanding of who and what you truly are.

Understand that, make it real, make it a belief that you hold, and then all of the experiences are within your capacity, within your range, absolutely.

Now. To go back to your methods and techniques. In terms of this entering into an altered state of consciousness and entering into various so-called past lives or other incarnational states.

Now. We've suggested that you can step through a door, that that will assist you. And when you reach a point where you wish to end that incarnational period it's possible to step back through the door into your comfort zone. To become indeed relaxed, especially if that particular incarnational period is one that has left you feeling all types of very strong undesirable emotions and feelings. You can step back into your safe space. You can come back into a level of consciousness where you're quite comfortable. And when you are ready you simply open the door and step into another significant incarnation period.

And it assists if you add into that intent that it be a significant incarnational period. For you see, you have been involved in many, many incarnational periods, and some of them you may not [feel] are very significant, that you may feel have been almost a waste of time, if you wish. We assure you that that is not the case. That there's not one that's better than the other. But each incarnational period that you choose for the purposes of experiencing the emotions and feelings that surround your activities in that particular incarnational period, and they all have equal significance.

It just seems in your conscious state that they are rather insignificant if you don't have these intense emotions and feelings where you haven't accomplished some type of what you might consider to be a very grand (*inaudible*) type of reality.

And so, to suggest that you step into a so-called significant past life, or for those who are more willing to accept the possibility that the future exists as well as the past in this particular concept of the now, to step into simply an alter, an alternate door, a parallel, if you

wish, incarnational period. A significant one. And to repeat the process. If you repeat the process establishing some type of ritual, if you wish, then it will be much easier for you to get glimpses and to recall memories, if you wish, to use your imagination to make it real, to bring into your consciousness the understanding and the memories of those other incarnational periods.

And so, if you follow that ritual, if you follow that set of rules, if you wish, the guidelines that you put down by looking, once again, at your feet and determining the clothing that you wear and looking at your surroundings and determining the age that you are and determining the country that you live in and determining the era that you are involved in and determining your gender, if you follow a set pattern then it will be much easier for you to achieve success in your so-called attempts at past life regression or altered life regression.

Now. Once again, you can step through a door, a very simple way from a safe space that each of you will have no difficulty in mastering. For some however, it's much more beneficial to have a more complex type of meditation or imagery to assist you in entering into those other areas of your consciousness, into those other so-called incarnational periods. And we've used many.

You might, for example, find it very beneficial to use the technique where you experience a sunset and then you experience falling asleep. For once again, it signifies an end to this particular connection to your consciousness and entering into another altered state of consciousness that you experience as you fall asleep in your so-called present incarnation state. It's a symbolism that assists you in altering your conscious (*inaudible*) even farther.

And from that point where you are asleep you experience an awakening. For that awakening, once again, is like opening up another layer of your consciousness.

And from that awakening allow yourself to enter into some type of a river or a stream. We've even suggested to many individuals that you may take off your clothing at this particular area of your meditation but for some they find that rather uncomfortable so we stopped doing that. You can simply allow yourself to step into a stream and if you wish to have some type of vessel to carry you that's fine or you can simply float along.

Now, the stream signifies, once again, your capacity to journey through your consciousness. And it can be a very powerful tool in assisting you. And you simply suggest to yourself that when the time is right, that when you're traveling along in this stream, you will have the urge to go ashore and to step into another reality.

And once again, we suggest that you use your methods and your techniques and you follow the pattern that you've set down that works for you, of looking down at your clothing, of determining your gender, of determining the era, of looking around at your surroundings, of giving certain impressions of the geographical area that you're in, of paying attention to the weather of the day. All of the methods or techniques that you have decided [would] work for you.

And again, you go through that incarnation period and when it's time to leave it you simply find yourself back at the stream. And you get back into the stream and you drift farther into your consciousness. And by allowing yourself to use [those imageries] you can go deeper and deeper and deeper if you wish or higher and higher and higher or farther to the left, it truly doesn't matter what terms you use. You alter your consciousness to a different area. And it allows you to get more imagery, if you wish. It makes it seem more real.

Another technique that works well for people who are involved in this particular activity is to go down a stairway, and we began to use this particular [imagery] quite often, to go down the stairway and at the bottom of the stairway there's a door. Now, that door, for many individuals, and you can decide for yourself what works, it can be a door and it can be quite elaborate or it can be a door that's very bland and simple, depending upon your difficulty of entrance through that door, of passing through it. For many individuals (*inaudible*) that. For some it [would] make it grand, [they will feel] beyond their worthiness to step through it. For others who believe that they have the right to have all of that worthiness (*inaudible*) we will make it as grand as possible. It depends on the individual's feelings of what will work for them.

It may also be of assistance for you if you don't feel that you're comfortable passing through the door to have an individual, an entity, standing beside the door and that individual requests that you give them a gift. For by giving that gift you feel that you have gained the right to pass through the door. It has assisted you in accomplishing that altering of your consciousness that allows you to enter into that so-called past incarnation experience.

So, whatever works for you. Use your imagination. Use your imagery. Pay attention to your feelings, so that you can create the type of illusion that will assist you. And using your imagination to enter into that area of consciousness that allows you to experience that past incarnation.

And then, when you pass through the door, once again, (*inaudible*) if you have the ability to travel without being involved in any particular activity, similar to floating down the particular river or stream, we would suggest that an individual walk down a pathway. And it can be an as elaborate a path or as simple a path as you

desire, whatever works for you. Whatever will enhance and assist your imagination and your altering of your consciousness.

And as you walk down this pathway you look to either side and there are activities going on on either side and they are familiar activities. You [can] sense that you have knowledge of what's occurred, you get a sense that you recognize the entities that are involved in the activities that are occurring. And yet, as you walk on the path you also understand that you're not involved in any of them unless you desire to be. You're not being drawn into them unless you desire to step into them.

And then, at some point you feel the urge to step off the path. And when you step off the path you step into another lifetime. And once again, you look down and go through the rituals that you had established, all of the particular methods and techniques that work for you. Looking at your clothing, determining whether or not you're a man or a female, determining the era, determining your age, so on and so forth. Whatever you have desired would work for you.

You apply that particular method in order to make it real. And in order to begin to bring into your consciousness through what [might] at first seem like your imagination, the memories of what's occurring, and once again, you apply your imagination, you feel it, you smell it, you sense it, you see it. You use it all. You hear the sounds. And you make it as real as possible. You pay attention to your so-called imagination for indeed you will begin to discriminate what [is] your imagination and what is a memory. And as you begin to concentrate on the memories it can become very real.

And once again, if it's a very traumatic experience you do have the capacity to step aside and become an observer as well as a participant and then not experience the emotions and yet to experience and to observe the activities.

And when you are completely satisfied with your interaction in that incarnational period you step back on the path and you walk farther along the path. You walk farther and farther and farther and farther and it takes you into more altered states of consciousness.

And once again, some of the benefits that can come from this particular type of activity, other than the obvious entertainment factor that each of you will experience is the capacity to experience the so-called between incarnation state and from that state to get glimpses of who and what you truly are. To answer that question that each of you have such a burning desire to find, to understand that you are indeed the creator of your reality. To understand indeed that you cannot fail. To get glimpses of that absolute unconditional love from which you create this particular (*inaudible*) that you experience in your conscious state.

That's the benefit. That can be the ultimate benefit of the so-called past life regression experience. And when

you have experienced that connection with who and what you truly are, when you have gone there and you understand that it's within your capacity to travel anywhere within this particular vibrational level, it's within your capacity to simply enter into a meditative state and experience any incarnational period that you desire, then you will indeed understand who and what you truly are. You will indeed understand that this is an illusion. You will indeed understand that this illusion that you chose to participate in it is your creation. That you are the god that you search for. And that you absolutely cannot fail. The rest is all illusionary, and it's imaginary. That you will have the capacity to enter into an altered state and have that connection with who and what you truly are, to get glimpses of or to be overwhelmed (*inaudible*) [emotionally.] To get beyond the imagery, to get beyond the so-called blackness that may appear and to enter into that connection, to touch consciously who and what you truly are.

And when you have that experience then you will understand why this cannot be expressed, why you will not find it written in a book, for while you will not hear an accurate explanation through the use of any type of vocabulary and you will indeed understand that this is an illusion, that it's your creation. That you are the god that you search for and you absolutely cannot fail. And you'll understand that [that] is all illusionary.

When you begin to get a glimpse of that understanding then you begin to also understand that there is absolutely nothing to fear. You see, when an individual experiences fear, other than the fear that you experience for the purposes of self-preservation or that you were feeling fear that comes from fear of the unknown, it's fear that comes because you don't believe that you're in control. It's a fear that comes because you do have that conscious belief that perhaps you [cannot] fail. It's a fear that comes that validates that there are other entities that have the capacity to create for you. It validates that belief.

And when you begin to understand who and what you truly are and when you begin to understand that you create it all, that you absolutely cannot fail, then you begin to understand as well that there is nothing to fear. That fear falls away.

And you also begin to understand that you can never be alone. And so, the fear of being alone evaporates. And you also begin to understand that there is no such thing as dying. And so, the fear of death dissipates. And you also begin to understand that each and every individual that you interact with likewise is a Piece of the One, creates their reality, and absolutely cannot fail.

You begin to understand that you exist in each and every atom of this entire vibrational level. That's the benefit that comes from going withinside. And if being involved in a past life type of regression assists you in having the experience of what your consciousness is

like in that so-called between incarnational period and from there the capacity to get glimpses of the reality that you truly exist in, then it's a very worthwhile method and technique for you to be involved in. And the results can be quite variable and quite—we hesitate to use the term “enlightening”—for you see, you are already enlightened.

You are indeed the god that you search for. You cannot fail to come to that understanding. It's really that simple. And once again, when you reach that understanding the old questions disappear. Then all of the fears dissipate. And you become at peace, an inner peace, of who and what you truly are.

Now. Once again, it has been a very enjoyable evening and we would like to express to each of you our gratitude for your offering us this opportunity to enter into your vibrational level and to interact with each of you. We would remind you that information that you receive is information that you desire to receive and it is information that's contained within each and every one of you.

To believe that there are entities existing outside of your vibrational level that somehow have more understanding of the creation process than you do is quite ludicrous. It's really not that way. You are the creators of your reality and the information that you search for is contained within each and every one of you. You have but to go withinside.

We simply offer to you information, once again, that you desire to experience and to hear. It is information that we get from you, not information that we somehow have knowledge to, that is not limited, or rather, is limited to you. For you indeed have access to it all.

And we welcome the opportunity to enter into your vibrational level and indeed to learn to interact with each of you. And we would remind you that we are not separated by time or space for time and space are illusions that only exist in your conscious state. We exist in what you may refer to as a vibrational level and even that is a rather limiting explanation, but within the limitations of your vocabulary it's the closest explanation of what we can give to you. Many would refer to it as different levels or planes and it could be that as well. Whatever works for you. Whatever you believe. We are not separated by time or space but rather by a vibrational level. We exist within the same time and same space and if you desire to interact with us you have but to express the intent and we would welcome that opportunity.

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