

# JOSHIAH

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*Caveat: This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited. Editorial comments are in parentheses; probable wording is in square brackets.*

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## **Q & A**

**Joshiah:** Well, now. Well, once again it is indeed a pleasure to be back in your vibrational level and we would like to once again express our gratitude for you offering us this opportunity to interact and to share with each of you. And we would remind you, once again, that there exists that possibility for you to be involved in that silent communication, that telepathic interaction with other entities, should you choose to do so.

It's always [to trust] yours, and you would, once again, find it quite easy to enter into that meditative state. You have but to close your eyes and express the intent and as a result of energy that you have created in this sacred space you will find it very easy to alter your consciousness to that so-called meditative state of consciousness and allow that type of telepathic interaction with other entities.

Now. This reality that you experience in your conscious state, once again, is a reflection of the beliefs that you hold. And while we hesitate to give you absolute methods or techniques or certain beliefs that you should hold in order to create the reality that you would experience in your day-to-day activities we would nonetheless suggest that there are certain elements of this reality creation process that you can affect that are the result, once again, of the reflection of your belief systems being experienced in your conscious state.

And if that's so, then it would stand to reason that if you can alter the belief then indeed you can experience an alteration in the reality that you experience in your day-to-day activities. Absolutely.

Now. The reality that you experience is a reflection of the beliefs that you hold that are [results] of the desires that you wish to experience in this reality. Now, once again, many of those desires are desires that you have held in your so-called subconscious area, in the between incarnational state, when you desire to be involved in this incarnational period, when you desire for certain physical attributes, when you desire to be involved in what you refer to as the laws of physics in this creation process, in the human consciousness belief systems.

Those beliefs, once again, are beliefs that you choose as a result of desires which you hold. And they can be

very difficult for you to alter, absolutely. However, in the day-to-day activities that you're involved in, in the interactions that you have with other individuals, and in the creation of this reality in terms of your ability to experience what you might consider to be abundance, or what you might consider to be an effective and satisfying relationships and interactions with others, it's certainly within your capacity to influence and to create.

And once again, the reality that you experience is a reflection of the desires that you hold. Even though you may not consciously believe that the reality that you are experiencing is a reflection of the desires, it is, nonetheless, a reflection of desires that you hold that result in the belief systems [so] reflected in the reality that you experience. Absolutely.

And so, it can become important to understand what it is that you desire and to understand it consciously, to make the conscious choices for the desires.

You see, if you were to interact with other individuals in a conversation and ask what it is that they desire many individuals could not be very specific in telling you what they desire. In giving it a description that is accurate in terms of the reality that they desire to experience. There are some who would say, "Well, I consider my desire to have abundance in my reality." Well, you desire to have abundance. What is abundance? What is that desire? Be specific in what it is that you desire. Understand what it is that you desire.

You see, you have within your so-called consciousness in your awake state the desire to have limitations. A desire to have limitations. You see, you put that desire in place in your so-called between incarnational states and that desire to have limitations validates your belief in time and space, validates those specific limitations, in particular in belief in time and space.

You see, it would be very challenging for some individuals to suggest that it's possible for you to simply alter your consciousness from one specific point in your so-called universe to another point in your so-called universe and to do so instantly. Because you believe in time and space. Because you desire to have that limitation.

Because you see, in reality time and space are illusions. And if time and space are illusions then it's absolutely possible for you to be in any portion of your

so-called universe at any time. It's not [necessarily a] transference of your consciousness from one particular point of the universe to another but it's rather an understanding that you're already in every instant, in every portion, of your entire universe.

But you don't desire to have that. You chose, in your between incarnational states, to believe in that limitation that comes with time and space.

And so, you had limitations that you put in your reality because it validates it. Because it makes it real. Because it makes it beyond your control. And because it, once again, intensifies your feelings and emotions that you experience in your day-to-day activities. And so, you have limitations. And limitations, indeed, which we suggest are only limited by your imagination.

And so, understand what it is that you desire. And then begin to believe that there are possibilities beyond the limitations. Begin to push the limitations and to expand the possibilities based upon the desires that you consciously have. The desires that you can verbally express in detail to another individual. That you know specifically what it is that you desire. And if you use your imagination to experience what it would be like to have that particular activity occur in your day-to-day creation process.

Use your imagination to expand upon that desire, to flesh it out, if you wish, to make it seem real. And as you do so, you push the limitations. You see, the limitations limit possibilities. And the more limitations that you have then the less possibilities that you have.

For example, if an individual does not believe that it's possible to alter your consciousness to experience what you might refer to as a meditative state and in that state be aware of their consciousness while eliminating this reality and in that state of altered consciousness to go withinside then that individual, because of their limitation, because they don't believe that it's possible, cannot have the desire. And if they don't have the desire then they can't use their imagination and they have indeed the limitlessness of the possibilities that they can't possibly do that. And if you believe in the limitation, if you believe that it's not possible, then how can you have the experience? And if you have limitations that limit the possibilities, then it certainly isn't probable that you will experience that reality.

You see, as you push the limitations you expand on the possibilities as well. And as you expand on the possibilities you increase the potential for the probability. If you don't have possibilities you certainly will not have probabilities. And if you don't push the limitations then you won't experience the reality that you desire to bring into your conscious state.

And so, understand what it is that you desire. Use your imagination to expand that desire, to be specific, so that you can glimpse it, so that you can experience it. So that you use all of your senses in your imagination

of what it would be like to have that into your reality. So that you can indeed be specific on what it is that you desire.

And then, [push] the limitations that you put in place. You see, many individuals would have a desire and then use their imagination and they can give you all types of descriptions of what it is. And then they would add, "But it's never going to happen. I don't really expect it. It would be nice but it's just my imagination. It would be nice but I don't really believe that that can occur."

You see, they have the limitations. They don't have the probabilities, and then because they have no probabilities then it certainly isn't going to ever occur in their reality. Because they don't have the expectation. With the expectation and the push of the limitations you expand on the possibilities. And indeed, you expand as well then on the probabilities.

You believe, once again, in time and space and you believe in limitations and so you believe that there must be certain amounts of possibilities and from that you can scientifically prove that there will be a certain percentage of probabilities to occur. Those are beliefs that you hold. Those are human consciousness beliefs that you brought into this reality that you agree to participate in.

And so, operate within the human consciousness belief systems. You can alter them if you wish, but it's very, very difficult. And so, operate within them and understanding that you believe if you can push the limitations then you expand the possibilities and you can scientifically prove if there are certain possibilities then indeed there will be a certain amount of possibilities as well that occur. And from that come the probabilities. Absolutely.

And you can have whatever it is that you desire. The key is to understand what it is that you desire. Based upon, once again, liking who you are. Understanding that you create this reality from a position of love. And when you create this reality from a position of love and you begin to like who you are, and you begin to experience conscious self-love then indeed you begin to experience a worthiness and with the worthiness comes the expectation and with the expectation comes the validation and creation of what it is that you imagine and from that imagination you get what it is that you desire. A reflections of the beliefs that you hold. Absolutely.

The process is simple. The technique or the method that you employ to reach that is your choice. Absolutely. And once again, what's important is that you believe that it will be effective. You believe that it's possible for you to implement a certain method or technique to bring into your consciousness the reality that you desire to experience. To have that possibility to understand what it is that you believe. To

consciously push the limitations so you can bring into your consciousness the belief systems that you hold, to pay attention to the attitudes, the spontaneous attitudes.

You see, many individuals hold a belief that if they hold in their consciousness a certain attitude that it will eventually bring into their reality that which they desire to experience. And it will. The irony of it is that this is an illusion, you can have whatever it is that you desire. And so, if you believe that by holding a certain attitude that it will create a reality that you can experience, then you can have that, absolutely. You hold what you believe to be a positive attitude and you believe that that will bring some type of a positive reality and you experience, then absolutely. If you hold another belief over here that you're not in control, if you hold another belief then it's not possible to sustain a reality. If you hold a belief that there is something in this universe that can take that reality away from you, then you will create the reality experience to validate the illusion, to validate the belief. Absolutely.

And so, the positive attitude that you held, because you believed that that positive attitude would indeed result in a reality that you desire to experience, you have that, absolutely, and you can create it again and you can create it again, over and over and over. But if you don't believe that you're the one that's in control then you will, once again, create a reality to validate that belief that you're not in control.

And so, it comes back to the basics. Believe who you are. Believe that you create this reality and believe that you absolutely cannot fail. And when you experience an attitude that's a spontaneous attitude, pay attention. When the spontaneous attitude is the same attitude that you would have consciously then you understand that the belief that you hold is indeed a belief that you desire to hold. And you can reinforce that belief and you can reinforce the attitude.

But when you're holding a positive attitude but suddenly there's this reality that occurs and you get a flash of so-called negative attitude and you think, "Oh, that's not the attitude I'm supposed to have. I am not going to pay attention to that. Put that away, that one's a bad attitude. I need this positive attitude." And so, you put the positive attitude back in place without paying attention to that so-called negative attitude, that spontaneous attitude that was a true reflection of the belief that you hold. And that's the key to altering the belief in order to alter the reality so that the spontaneous attitude is the one that you desire to hold.

And then you can indeed begin to altering your reality by altering your belief systems. And the reality that you experience can be that which you desire. And you can expand the limitations. You can extend the length of [your possibilities] and increase the percentage of your probabilities and you can have whatever it is that you desire. And you can employ whatever methods you

desire to have that accomplished in your conscious state, be it meditation, be it some type of repetition, it really doesn't matter. Whatever works for you to really believe, that's the method that's the best. Absolutely.

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

**Questioner:** OK, there are problems I've been having lately and they were the results of hallucinations or because I don't love myself enough, or ...

**Joshiah:** Every individual loves themselves enough. You see, when we suggest that you love yourself consciously that's not to suggest for an instant that one does not love themselves enough. You see, you create this reality from a condition of absolute and unconditional love. Every entity existing within this vibrational level is a Piece of the One, if you wish, or is a spark of consciousness that has the capacity to create, or is that love that you search for. It doesn't matter the terminology that you use. You are all equal, no more and no less. And you create this reality from a position of love. Absolutely.

Now, many individuals enter into this vibrational level bringing with them, once again, choices to have experiences in this particular incarnational period that allow them to experience that very intensive emotions and feelings that you can only experience in this vibrational level. And once again, it's not a right or a wrong.

Now. To suggest that one does not love themselves enough, when we suggest that you love yourself consciously, once again, we never suggest that you don't love yourself enough. But rather, individuals have different concepts of what love is.

There's certain things that you do to facilitate love and self love. It's something that many individuals do not experience in the conscious state. In the conscious state. It's important to understand that there are various levels of consciousness and the space that you are in that you refer to as the conscious state, which seems to be the most important when you are in that conscious state, seems to be the only real thing, the rest all seem to be imaginary, is actually the reverse. It's the imaginary, in that conscious state.

And in that conscious state many individuals don't employ, if you wish, techniques that allow them to experience the feelings and emotions that are associated with love.

Many individuals are involved in abusive situations and they in that abusive situation would even suggest that they're involved with that other individual, in that relationship, because the other individual loves them. That's their way of expressing love. That's their way of having a relationship that allows them to experience [a] rather traumatic range of emotions and feelings. But it's not experiencing love. It's not experiencing love at any

level. And yet, at some level it's created from a position of absolute unconditional love.

And so, to experience love consciously one must understand what love is, put in place emotions and feelings that one desires to experience, and when one has certain events occur, whether they do it for themselves or whether others do that for them, and it allows them to experience those emotions and feelings, such as feelings of joy. Such as, feelings of security and of trust. Such as, feelings of intimacy, feelings of commitment.

When one experiences those particular emotions and feelings then one is being involved in an interaction of love, whether that be self love or love interacting with another individual.

And so, to suggest that one does not love oneself enough, absolutely not possible for at some level you love yourself absolutely unconditionally and the reality that you create is indeed a reflection of that love, that absolute unconditional love that does not judge whether the reality that you experience is right or wrong, but creates it willingly, creates it joyously, creates it without judgment of whether it's right or wrong.

If one desires to change that consciously, if one desires indeed to consciously have the ability to create the reality, then one first of all begins to love oneself consciously by doing the things that allows one to experience the emotions that are a reflection of love. The emotions and feelings that signify, if you wish, that it's an interaction and a loving exchange between either yourself or, when it's expressed to another, an interaction between other individuals.

And one facilitates and indeed enhances that interaction and that feeling of love, which we would refer to, once again, as being feelings of joy or of security. Feelings of intimacy, and feelings of trust, feelings of commitment. One enhances the capacity to have that type of experience when one likes who they are.

And once again, you enhance your ability to like who you are by putting in place certain principles that you would choose to live by. Principles that you hold as important. Not principles that you put in place to enhance another individual. Not because someone else says, "That's a principle you should hold. I think that's a good principle for everyone to have." Absolutely not. A principle that you believe is important.

And you put in place those principles and then you apply the principles when the opportunity presents itself in your day-to-day activities. And you don't dwell on the times when you fail to apply the principles. And say, "Oh well, I can't do that." But rather, you concentrate on the times when you did apply the principles. So that you begin to project an image of who you wish to be,

not who others desire to see, but who you would desire to express to others.

And when you begin to feel the strengthening, if you wish, of that image and you strengthen the character by applying the principles, by paying attention to the times when you apply the principles by indeed rewarding yourself for those times when you apply the principles by liking who you are. By putting aside that belief that [individuals] have that to like who you are [is how] to be selfish. To want things for yourself is to somehow be a very selfish attitude. Absolutely not.

For you see, if you don't like who you are there's a difficulty in liking who others are. If you don't learn to love yourself consciously then you [will] have difficulty in consciously loving others. At some level you interact with all the entities in this vibrational level from a position of absolute unconditional love. But to do so consciously takes a conscious effort, with an understanding of what love truly is.

And so, to suggest that you don't like yourself enough is a human consciousness concept, based upon, once again, a lack of one's ability to put in place the principles, to apply the principles to strengthen the character, so that you project an image that you like, so that you are the character that you like to be. And when you like who you are then others will like you as well. And when you begin to do the things that allow you to experience the emotions of love then indeed you will begin to have a different outlook on the reality that you experience in your conscious state.

You see, many individuals believe that suddenly, if they begin to like themselves, then suddenly if they begin to have this ability to project self love to themselves and then, indeed, love to others [then] from that position they will begin to create whatever it is that they desire, absolutely. But there's a very strange thing that happens many times when one reaches that point and that is that the desires that they have change. The values that they have change. Their understanding of [the] reality they experience takes on a whole different light. And what was once seemingly very important suddenly does not have the importance any more.

The importance begins to shift, many times, from the material things to the knowing withinside. It doesn't become important to have abundance. Certain relationships become far more important than the abundance. And the relationship with oneself becomes extremely important. And that's the benefit.

So, it's not necessarily that the entire reality changes, but rather one's outlook on the reality that changes. And once again, when you become involved in an activity that may at one time have caused one to experience all types of so-called of negative emotions such as anger or fear suddenly you're involved in the same activity, nothing changes in the activity but one's perception changes and the anger is no longer there

and the fear dissipates. And one realizes that one is in control. And suddenly the entire universe takes on an entirely different perspective, even though for others it may not have changed at all.

Does that answer your question?

**Questioner:** Yes it does, thanks.

**Questioner:** I have a question. There're human consciousness belief systems, and things like physics and stuff like that in this reality that everybody agrees to. I was wondering if there're any that are not as immediately apparent but that affect every person in the reality.

**Joshiah:** In this particular so-called incarnational period there is the very, very intense belief in time and space. And we perpetually go back to that particular belief system for it indeed, for many in [the] conscious state, begins to lend the validation to many of the other so-called human consciousness belief systems.

Yet, you are involved—and we suggest “you” by meaning all the other entities existing within this vibrational level—are involved in other incarnational periods where time and space do not have the same impact upon the reality as they do in this particular incarnational period. In your so-called Atlantis incarnations there was the understanding that space indeed was an illusion and that it was possible for you to transfer, if you wish, your consciousness quite readily from one area to another.

And indeed there have been other incarnations when time does not have the effect that it does in this incarnational period. When time was understood to be an illusion, when it had almost no importance upon your day-to-day activities. When there was indeed no noting, if you wish, of the passing of time. When one passed from one year to the next more in a sense of a season as opposed to a day-to-day time when you can specifically tell every instant at what time you were in to the millisecond if you wished to.

In this particular incarnational period time and space are very rigid belief systems, [and] very difficult to step outside of. And once again, we perpetually come back to those particular beliefs because you as individuals in this incarnational period put such an emphasis upon them. And yet, they are illusions. And they are illusions indeed, yet validate the reality as being beyond your control.

Many times, you so-called other incarnational periods allowed you much more flexibility in the creation process because you did not hold such a rigid beliefs in time and space.

Does that answer your question?

**Questioner:** Yes, thank you.

**Questioner:** I was wondering about expectation and for me so often I'll ... it seems like if I'm working on

changing a belief I'll work on it and work on it and work on it and then it's like I just forget about it. And then the reality happens. And so, expectation isn't wishful thinking, it's something else.

**Joshiah:** Wishful thinking is not expectation. Wishful thinking is wondering whether or not it's a possibility. Expectation is not only accepting that it's a possibility but a probability, that it will occur. Expectation.

You have an expectation that when you leave this particular environment that there will be a vehicle that will take you where you wish to go. That's an expectation that you hold in this particular incarnational period. You exist in other incarnational periods where if that suggestion were to be made to you you would say, “That's wishful thinking. There's no such thing. It's not possible.”

And so, there is indeed no interaction, if you wish, between wishful thinking and expectation. You see, when we suggest that you desire and through the desire you use your imagination so that you can indeed use your senses to experience what it would be like to bring into this reality that which you desire. And if you simply have wishful thinking it's like existing within your so-called eighteenth century and desiring to have some type of a motorized vehicle that would take you wherever you wish to go. And to use your imagination of what it would be like but then not really expect it, but rather, that's just wishful thinking.

Now when you desire to have that experience, when you desire to have a vehicle to take you wherever you desire to go and you use your imagination as to what that vehicle would be like and what it would be like to have that experience it could be an absolute expectation that you can enjoy that experience, that you can bring it into your reality, because it's a probability. The probability, indeed, is an extension of the expectation.

And so, expectation is not wishful thinking. Expectation is indeed the belief that it's possible to bring it in. Indeed, expectation takes it into not only the possibilities but the realm of probabilities, so that you can have it.

It doesn't mean that you have to dwell on it. We're not suggesting that you get up every day and you hold indeed that imaginary reality that you desire to hold into your, to bring into your experience, and that you indeed concentrate constantly on an expectation. If you believe that that's how you facilitate your creation process then you can do that and it will be quite successful, absolutely.

However, if you believe that if you work on a particular desire [and] use your imagination to have whatever it is that you desire and you put that all in place and then, “OK, now if [I've locked that away,] if I just simply allow my higher self to create it for me, then that's the expectation I have and I'm done with it, I [can] get on

with my reality.” And if you believe that that’s how it occurs, then suddenly there it is. “Well, look at that. I had the desire and I had the imagination and I expected that if I didn’t dwell upon it I would create it. I don’t believe that if I continue to have the expectation and if I continue and consciously to use my imagination that I will have the experience.” And so, because you don’t believe it you don’t create it.

You see, once again, there are but three beliefs: you create your reality, you are the Piece of the One, and you cannot fail. The rest is illusionary. If you believe, indeed, that if you use the expectation, and you dwell on the expectation, and you won’t have the creation then that’s a belief that you hold and you can create it.

But if you understand what the desire is and if you indeed, once again, use your imagination and if you believe that it’s possible to bring that into your reality then you will have the expectation and it falls into, once again, the category of probability. And it doesn’t matter whether you believe that it’s necessary for you to have some type of reminder so that you can have that experience and have that illusionary imagination experience ten times a day, if that’s what you believe, or if you believe, “I have to simply, to have the desire and imagination and then, OK, I can have it, I just put it away, get on with my existence and it will come into my reality.” It doesn’t matter. Once again, the method or the technique is not nearly as important as the belief in the method or the technique.

Expectation puts it into the realm of probability. If you don’t expect it to occur, it will not. Whether that expectation means that you believe, “I simply put it aside and then it comes,” that’s still expectation. That still puts it into the realm of probability. And that’s a creation process based upon a belief.

And once again, the belief can be whatever you desire. The belief is a reflection of the reality. The reality is a result of the belief. Absolutely.

Does that answer your question?

**Questioner:** Yes, (*inaudible*).

**Questioner:** I have a question. I’d like to know how to dissolve fear. I have ... fear is attached to many things that I ... whether it’s quitting smoking or whether it’s family healing or, you know, almost anything that I’m thinking of there’s always some fear attached to it, holding back and I would like to resolve that fear and (*inaudible*) meditate on dissolving it or ...

**Joshiah:** We’ve talked of fear before and fear is an emotion, if you wish, a feeling that you can put into two separate categories. And there would be others who would suggest that you can put it into several categories and you can make it as complicated as you wish. But for most intents and purposes, you can put fear into two categories.

The one fear is the fear that an individual experiences when one is involved in what you refer to as a situation where you can experience physical harm. And that is a fear that you experience as what some might term as the flight or fight type of fear, that allows you to exist and can be quite beneficial at times in this reality.

Now. For many, that fear can be more intense in some than in others. You see, if one believes that they are in control then even that fear is not nearly as strong as it is when one believes that they are not in control.

The other fear is the fear of the unknown, if you wish. The other fear is the fear that one experiences when one expects with the situation that they do not believe they are in control of.

The method or the technique that one employs, once again, is not nearly as important as one’s belief. And once again, it doesn’t necessarily pay to continuously look for more methods and techniques, but rather to choose one. To choose one and believe that it will work. And to utilize it.

You see, once again, you believe in time and space. And as a result of the belief in time and space you also believe that there must be some type of progression. You believe in some type of evolution. You believe that it takes practice to get to a certain point. You believe that in order to have some type of experience when you start out that you know nothing that you must do some type of repetition, over and over and over, before that experience becomes stronger and before you become adequate at accomplishing what it is that you desire to accomplish. But that’s a validation of time and space. That’s a validation, once again, in a progression or an evolution of certain aspects of your reality.

So, if you desire to believe that meditation leads the way to accomplish the changes that you desire to bring into your consciousness then understand as well that you believe that it’s necessary for one to experience some type of progression. That one will get better as one meditates more. It’s not necessarily true, but it validates, once again, the belief in time and space. And as long as you hold that intense belief in time and space then indeed in order to validate the belief then you have the progression. Then you have the belief that as you practice you get better.

And so, you continue to practice. And as you practice, not only do you get better but you begin to strengthen the belief. You begin to believe, “Oh yes, this can work.” And so, you begin to believe that it can work. And the belief goes down into your subconsciousness and your subconsciousness, once again, joyously creates whatever it is that you desire. And so, it validates the belief that meditation can alter your reality. And when you validate that belief you strengthen it. Because you begin to have the spontaneous attitude. And you begin to indeed hold that attitude. And you begin to strengthen the belief.

And as you strengthen the belief you strengthen the reality.

And so through, whatever the technique is, be it meditation for example, one can indeed alter the reality. One can use their imagination in the meditative state, if that's the method that you choose to believe in, and through practice it can alter your reality. Absolutely.

Now. If one wishes to have a certain experience in this reality, such as an end to smoking, for example, then one must have that desire, use the imagination of what it would be like to have that experience, and then expect that one has the capacity to bring that into their reality. And it's, once again, a combination of several aspects. You create your reality from a position of love. And if you can bring that love into your consciousness then you can indeed enhance the ability to consciously create the reality.

And so, you put in place those particular principles that you would desire, principles that you would desire. And it's important, it's important that it's principles that an individual desires and not principles that someone else would suggest are the principles that one should live by. It's your principles, it's your image that you wish to express. It's your character that you wish to strengthen, not someone else's. You don't do it to satisfy someone else. You do it to satisfy yourself. You do it so you can like who you are. You do it so that you can be selfish, if that's what you believe that it will result in. And it's not selfishness at all. It's an expression of self love.

And through an expression of self love you begin to gain confidence in your capacity to love others. And you begin to gain confidence in your capacity to create your reality consciously. And you begin to gain confidence in this so-called practice in whatever method you use, be it meditation or whatever, to bring into your consciousness the reality that you desire by altering the belief that you hold.

And you begin to understand who and what you truly are. You begin to go withinside. And when you begin to go withinside and when you begin to truly believe that you are the god that you search for, that you create this reality, and you absolutely cannot fail, you also begin to realize that there are very few things which you fear. That there are very few things in this reality that you experience in your conscious state that puts you in a [state] of fear, that puts you in that state of feeling that you are at the mercy of some other creation. That you are at the mercy of some other entity.

When you absolutely, consciously own the belief that you are the creator of your reality, that you are the god that you search for, and that you absolutely cannot fail, when you go withinside and make that connection then you no longer have the fears of the so-called unknown. That will dissipate. You will simply wonder one day, "What happened? I used to be afraid, I used to fear

what it might be like to have that experience." And now you no longer fear it, but you desire it. You desire to bring it into your reality. And you use your imagination and your expectation.

You see, you can be involved in any type of activity that you wish to have. You can be involved in your so-called channeling healing if that's what you desire, if that's what you believe is possibility. It's also important to understand that other individuals that're involved in that particular activity do so in an agreement at their so-called subconsciousness level. All of the interactions are indeed as a result of agreements and contracts that you have put in place.

You see, it's not possible for you to heal anyone, absolutely not. An individual must heal themselves. For it to be possible for you to heal someone else is to suggest indeed that it's not possible to heal yourself. And if it's not possible to heal yourself then you can't be in control of your reality. That means that you must rely on someone else to heal you as well. And it's really not that way.

At some level of your consciousness you can interact, where one agrees to facilitate the apparent healing of another, but it's an agreement that's made at a subconscious level, where both individuals benefit from the interaction. Where it's a relationship where both feel and experience some type of loving interaction. And there's nothing wrong with that, absolutely not. But what's important is to understand that it is indeed an agreement. That it is indeed two individuals entered into a contract. And it is indeed not within your capacity to control another. And when you get that understanding and you begin to understand that you are not the healer, absolutely not. If you facilitate, and it is entirely possible for you to enter into that contract and that agreement, where you facilitate and assist another who desires to have the experience that you facilitated and assisted them in healing. They desire, at some level, they imagine and they expect that someone else will interact with them and facilitate the healing.

You can have that. There's absolutely nothing wrong with that. It's a relationship, it's an interaction. You see it each and every day of your activities. You see it between doctors and patients on a continual basis. It's not a bad thing at all, it's a very good interaction. It's an interaction that allows one to experience love and self love. It's an interaction indeed that allows one to experience that feeling of giving to another and it allows another indeed to experience that gift that allows them to feel joy and security and trust.

Those are good interactions. But it's also important to understand that it is simply an interaction, that it is indeed within the other's capacity to heal themselves even if they believe that you must assist them.

They must heal themselves. And if you understand that as an individual who's interacting in that so-called [trance] healing you will have much more success because you will give them the power to heal themselves. You will allow them to use you to validate their belief systems and you will have indeed a sense of satisfaction of having given an unconditional gift that allows the other to feel that experience of trust and of joy and of security.

And so, fears, once again, can be categorized to two specific areas and when you experience the fear of the unknown it's because you don't believe that it's within your capacity to create your reality in certain areas. You believe that you are under the influence of certain types of belief systems. You are under the influence that it's not within your capacity to consciously control those interactions.

Use whatever method or technique you desire to alter that belief.

Once again, understand, if you believe in time and space, understand that it's necessary to practice, to validate the belief system, that you can be better at what it is that you're attempting to do. That's a human consciousness belief system that's very difficult to step outside of. That's a human consciousness belief system that all the individuals existing within this vibrational level have agreed to participate in.

And so, rather than trying to concentrate on stepping outside of it work withinside of it but concentrate rather on allowing yourself to alter your personal beliefs. Allowing yourself to, once again, put in place the principles that you desire to express to others. To apply the principles when the opportunity presents itself and to not feel that you're a failure because you don't apply them consistently, but rather dwell on the times when you do apply them. And allow yourself to experience that joy and that intimacy, personal joy and personal intimacy, at knowing who you are. So that you can express it to others.

And as a result of that, indeed, you can enhance whatever method it is that you desire to use to alter your beliefs in terms of this reality creation process and to eliminate the fears, to turn what now is not an expectation into not only an expectation and not only a possibility but a probability so that you can have it. Absolutely.

And you can have it, but not with a sense of fear but with a sense of excitement. That you can have it with a sense of, "Can't wait to get on to the next step." With a sense of bringing into your reality what seems to be surprises so that you can have the experience, not as a fearful experience but rather as an exciting and enhancing experience that allows you to experience joy. That allows you to experience security. That allows you to experience intimacy. Not only within yourself but with others as well.

Does that answer your question?

**Questioner:** Yes, thank you.

**Joshiah:** Well, now. It has been a very enjoyable afternoon and we would like to once again express our gratitude to each of you for allowing us this opportunity to interact and to share with you. And we would remind you, once again, that the information that we express to you is not information that we have some exclusive access to, absolutely not, but rather information that is contained within each and every one of you, you have but to go withinside. The answers that you desire are withinside. And the information that we express to you is information which is contained withinside of each of you and you have but to attempt to go withinside to tap into, if you wish, to have those answers, to have access to that information.

To believe that some entity existing outside of your vibrational level has more knowledge of the creation process that you use within your vibrational level is ludicrous. There are no entities existing outside of your vibrational level who are in any way superior to who and what you are and there are no entities existing outside of your vibrational level that have access to any type of knowledge that is in any way superior to the knowledge that you have access to. You simply choose in your conscious state to limit your understanding and your access to that information. If you would go withinside, if you would but believe, you can have that connection. You can have that access to that information. Absolutely.

And now, we would remind you once again 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 offer you once again our absolute unending support and our unconditional love. And we would bid farewell, with love and peace. ❀