

JOSHIAH

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August, 2006

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

Now. Before we begin this afternoon we would, once again, suggest that there exists for each of you the opportunity to be involved with that we refer to as the silent communication, the opportunity for you to be involved in a telepathic interaction, if you wish, with other entities that would be with us on this afternoon. And once again, many times the information that you receive in that altered state of consciousness, in that telepathic interaction and exchange of information, is much more pertinent to your individual needs and desires than is the information that we express through our friend Elias. And once again, that information many times is much more accurate [when it is] an expression which is given through the use of feelings and emotions and thoughts, rather than through the use of a vocabulary.

And so, if you choose to be involved in that type of interaction you will find that it's quite easy for you to alter your consciousness. You will find that as a result of the energy that you have created in this sacred space that it's quite easy for you to enter into that meditative state. You have but to close your eyes and express the intent and that opportunity most certainly exists for each of you, and as always that choice is yours, absolutely.

Now. Once again, this reality that you exist in, it's a reality that is and an expression of your belief systems. It is a reality that is a creation of all of the entities who have chosen to exist within your vibrational level, a reality that absolutely is within your control. It is your creation, it's your reality, absolutely. The reality that you experience in this vibrational level, in your conscious awake state, is also illusionary. And, once again, that's not to suggest that it doesn't have significance or importance, but rather to suggest that it is within your capacity to alter. It's only real because in your conscious state you believe it's real. And in your conscious state you believe it's real because if it's real,

then, once again, it intensifies the emotions and feelings that you can experience in this awake state. But it's still an illusion, nonetheless, and being an illusion it's within your capacity to alter.

Now. Once again, your belief in time and space, your so-called human consciousness belief systems, create this illusionary reality that seems that you exist in a type of reality that's not only beyond your control, but a type of reality that has some type of progression, that has some type of evolvment, if you wish, an evolutionary process and it's there because, in your awake state, it validates the reality and makes it real. It makes it seem like it's beyond your capacity to alter or to control. The reality that you experience in this incarnational period, however, occurs simultaneously, if you wish, with all of the realities that exist in all of the incarnational periods, for once again, time and space are illusions. They only exist in your awake consciousness state. They do not exist in other levels of your consciousness.

You believe, in this particular incarnational period, that you are somehow progressed to a superior part of technology that you have not been able to experience throughout all of your vibrational levels throughout all of your incarnational periods, and yet numerous individuals, the same entities existing within this particular incarnational period, have absolutely experienced the type of technology that is superior to the technology that you enjoy and appreciate within this incarnational period. You have at other times within your existence enjoyed levels of technological advancement that allowed you to experience realities and experiences that were superior, if you wish to use that term of explanation, to the particular realities and technological enjoyments that you experience in this particular vibrational level in this particular incarnational period. At some level within your consciousness you are experiencing other realities in other incarnational periods where that technological understanding is superior to what you experience in this incarnational period.

Now, that becomes very difficult to grasp in your awake state, because in your awake state you believe that this is it. You believe that this is all that there really is. You believe that your so-called human evolvment in evolution has reached a superior point in terms of

technological advancement than you have ever experienced in your so-called history. And yet that's only because in your so-called history in this era, if you wish, you don't understand that you at other levels of your consciousness, in so-called other areas that we refer to as the Atlantean period enjoyed a technological advancement that's superior to the one that you create and experience in this vibrational level. You enjoy the technological advancement where you had the understanding of who and what you truly are. You had the experience of a technological advancement where you understood that the energy that you used to create this reality that you exist in was also an energy that you had the capacity to tap into and to create whatever it was that you desired.

And so your types of energy and utilization of that energy were, in terms of your technological experience, advanced to what they are in this particular incarnational period. The irony of it is that you exist within those incarnational periods simultaneously, if you wish. You exist in the now, and that technological understanding, if you wish, is available to this particular incarnational period, as it has been available and is existing within all of the other incarnational periods throughout all of your so-called history.

You exist in the now. Your so-called past is an illusion. Your future is an illusion. You exist in a type of reality where all of the experiences, if you wish, all of the incarnational periods are occurring simultaneously. And those particular incarnational periods indeed influence and have an effect upon this incarnational period, as this incarnational period has an influence and an effect on another incarnational period.

Now. That's not to say that you don't have control, absolutely not. It's not to say that some other incarnational period is having an influence upon this one, that it's not within your capacity to alter, absolutely not. You see, there are entities existing within your vibrational level who get glimpses of that understanding that other incarnational periods indeed exist. Entities who understand absolutely that you have the so-called past history of past lives. They utilize that limited understanding to validate and to exist within your belief in time and space, and so, in this concept, in this glimpse of understanding that you have these past lives and that they have an influence upon this life, many individuals [observed] the phenomena that you refer to as karma in which you believe that past lives have an influence upon this particular incarnational period.

We're not suggesting that that's not true. In fact if you wish to believe in that particular concept you can have whatever it is that you desire to believe in this reality, and it can occur, absolutely. Understand however, that the converse of that is that the reality that you experience in this incarnational period can also include your so-called past incarnational periods. They are an

illusion. Time and space does not exist, and to believe that it's not within your capacity to alter your reality because of some particular event that has occurred in another incarnational period is to take away your will, is to take away your ability to make a choice. It's to suggest that it's not within your capacity to control your reality, and it's not that way at all. You can have that if you desire, but it's as a result of the desire. It's not because it's an absolute must. It's a choice that's made. For you see, this reality that you experience is a reflection of your beliefs, and if you choose to believe that it's not within your capacity to alter your reality, you can have that. That's not right or wrong, it's a choice that you make.

Ironically, many individuals believe that they make all of those choices in your conscious state, and it's not that way either. You make that choice at various levels of your consciousness. You put in place belief systems that in other incarnational periods that you choose to continue to hold, if you wish, in various so-called future or past incarnations—it really doesn't matter in which direction you go—and as a result of making that choice you include other individual incarnational periods, absolutely. You see, it's an illusion. You can have whatever it is that you desire. If you wish to believe that it's not within your capacity to control your reality, that's not right or wrong, that's a choice that you make. If you wish to believe that every incarnational period influences this reality and indeed are a reflection of those other incarnational periods and the choices and decisions that you make, you can have that as well.

You see, at some level of your consciousness, you will make those choices and decisions and you will validate them. You will hold them as belief systems and they can be experienced in this incarnational period. It's not necessary, but if that's what you choose, you can have it. You see, it's an illusion. It's important that you understand that it's an illusion.

At the various levels of your incarnational periods that we refer to as the Atlantean period, you understood to some capacity that it was within your reality to create whatever it is that you desire. You understood that if you had the opportunity to make a choice, in terms of your imagination of what it is that you thought was possible to create, you understood it was within your capacity to create that reality based upon your choices in your decision, based upon that which you desire and imagine, for the imagination is the only limitation to your creation process. If you can imagine it, you can have it. You have but to believe.

And in other incarnational periods that we refer to, once again, as your Atlantean period you had a better grasp, if you wish, of that understanding, of that belief system. And so you created it. Absolutely. And once again, the irony of it is that the only difference in this incarnational period and those particular incarnational periods that we refer to as the Atlantean periods, is that you don't

believe that it's within your capacity to alter your reality that easily or that readily. You don't believe that it's within your capacity to simply tap into a source of energy that's the energy that you use to create this reality. You as individuals and as a human consciousness create this reality, absolutely. And the energy that you facilitate to accomplish your so-called technological advances in this particular era, in this particular incarnational period, are energies that you create in the first place, and that you alter into different forms so that you can utilize it based upon the beliefs that you hold. You understood in other incarnational periods that it is not necessary to utilize that so-called second step of energy creation and utilization. You can simply utilize that energy from your thought process.

Now. Once again, in the Atlantean period there were individuals who choose not to be involved in that type of reality creation process, and as a result you had a separation, if you wish, of the particular entities existing within your vibrational level, where there was a separation in the so-called human consciousness concept and belief systems, and when there is that separation in the human consciousness belief systems then, once again, it becomes very difficult to validate and perpetuate your reality in this vibrational level and so you destroyed those Atlantean periods. You ended, if you wish, and terminated that era, for once again, when you enter into this vibrational level in order for it to succeed, if you wish, in order to perpetuate the illusion, in order to continue to create an illusion that seems real, every individual involved in the so-called creation process, in what we refer to as human consciousness concept belief system, the so-called laws of physics, agrees to participate. Agrees to operate within those limitations. Agrees to put in place that electromagnetic type of energy that limits the understanding of who and what you truly are in your conscious state. And in other levels of your consciousness as well while you exist within this vibrational level.

And in your Atlantean periods there was a so-called conflict, if you wish, of that human consciousness belief system, for some individuals existing within your vibrational level chose to operate aside, if you wish, of that human consciousness belief system and to not share that concept with others. There were others who chose to operate within limitations of not understanding who and what they truly were, operating with the limitations of believing that this reality is real and that it's beyond your capacity to alter and control, and once again, as a result the conflicts of those human consciousness belief systems resulted in the agreement, if you wish, to terminate the vibrational level, to terminate that particular era and you did it three times in the Atlantean period before you entered into what we refer to as your present era of creation.

And so, this era that you're existing in now, and you believe that you are at this vast level of technological

understanding, is really not at the advancement of the technological understanding that you have experienced in other so-called eras of your creation in this vibrational level. The only limitation to the access to that particular type of information is your belief that it's not possible. Your belief as individuals, and as the society, and as a human consciousness, that it's not possible, that it's difficult, that you might go through certain types of understanding in order to create the advancements in your so-called [Western] technology.

There is this burning desire to have scientific proof before you can experience the reality. You wish to validate it. You wish to be able to duplicate the process before you accept it as being possible. That's a human consciousness belief system and it's one that you, as a society, hold as being an absolute in your so-called [Western] society. And there's nothing wrong with that. It can however be very [limiting.] It can, however, have the effect of making it difficult to grasp those concepts of being able to go withinside for the answers to any type of problems that one might have in this so-called technological era and advancement that you're involved in. Solutions to your so-called energy problems, solutions to your so-called environmental problems all exist withinside. They're not as the result of some other entity or some other influence on your reality, absolutely not. This is your reality, as individuals and as a collective human consciousness. This is your reality. This is your creation. It's illusionary. You can have whatever it is that you desire. Absolutely. The only limitation is your imagination.

It's rather ironic that when your so-called scientists and your so-called inventors and other individuals who are involved in your so-called technological advancement, for the most part conceive an idea before they validate it, and before they indeed have the capacity to discover that something exists, that something's is possible. First of all it's a concept.

You see, first of all it's imagination. First of all it's a desire. It's a desire to have an experience, and from that desire comes the imagination. And the imagination, indeed, can spread to other individuals. It's also rather ironic that when your so-called advancements in technology occur, it's quite frequently experienced that you have that same type of advancement in technology being developed in entirely different parts of your so-called Earth system, in your universe. You will have people on the other side, if you wish to use that terminology, of your so-called Earth where they are experiencing and developing similar types of technology. There seem to be huge advancements. How is that? You see, it's as a result of desire. It's a result of individuals having desire and imagination and then the expectation. You believe that there's this concept of time and space and so it becomes difficult to understand that the individual existing on this side of your so-called Earth is no farther

away than the individual existing on the so-called other side of your so-called Earth.

You see, time and space are illusions. At some level of your consciousness you interact, not only with some individuals that interact in that so-called human consciousness concept, interact and make agreements of what types of advancements, if you wish, you will hold as belief systems and bring into your existence the desire and expectation and imagination to create the reality. And you experience that on a continual basis, absolutely.

One of the biggest advances that has been made in your so-called vibrational level, one of the greatest so-called human consciousness alterations of the type of energy that you use to create this reality, is your decision, if you wish to use that terminology, to enter into what we refer to as the "New Age" and the "New Energy." In the year of 19 and 87 the human consciousness entities chose to alter the very makeup of the energy that you employed to create this reality. To thin the veil, if you wish. To have the capacity to understand that it's within your capacity to create whatever it is that you desire from the human consciousness level. To indeed have the opportunity to influence your reality more directly from your human consciousness, that's been thought possible in this so-called era. Not possible in other eras, absolutely not. In the Lemurian era it was completely within your capacity to enter into this vibrational level and to experience the reality while maintaining the understanding and awareness of who and what you truly are.

As well, in the so-called Atlantean period there were many individuals who were what you might refer to as carry-overs from the Lemurian period who continued to enter into this vibrational level and bring with them the concept of understanding who and what they truly are while in their conscious aware level. You ended that as a human consciousness, you ended that as entities existing involved in this creation, and you entered into the present era that you exist in, where it was not within your capacity to consciously understand who and what you truly are. Your choice. It's not something that was put upon you. It was a choice. It was a choice that was made by every individual and every entity existing within your vibrational level. If you choose to exist within this vibrational level then you choose to exist with a limited understanding of who and what you truly are, the whole levels of your consciousness, in this vibrational level. That's a choice. It's a choice that you made to enter into, and to agree, if you wish, the human consciousness concept of all the individuals agreeing to put in place this limitation, this limitation of your capacity to understand who and what you truly are at all levels of consciousness, in order to validate the reality, in order to make it real. In order to make it beyond your capacity to understand that it's your creation.

And in the year of 19 and 87 you, once again, altered that particular type of energy. That electromagnetic type of energy that we refer to as the veil. As a result of that alteration of that energy you shall have the opportunity in this vibrational level to consciously influence your reality in a manner that has not been possible since the so-called Atlantean period, and particularly the first Atlantean period, if you wish to believe in that concept of time and space. Where it is within your capacity, should you choose to do so, to exist within this vibrational level with the understanding of who and what you truly are, and to bring that understanding into your conscious level, and to practice that conscious creation concept. To bring into your consciousness glimpses of this limitlessness that exists for every individual, and every entity existing, not only in your vibrational level, but in all of the vibrational levels throughout all of creation. To bring into your conscious state, into your awake state, glimpses of the unlimited potential for you to create whatever it is that you desire, based upon your imagination and your expectation.

It's within your capacity to do so now, it has always been that way. It's not something that's brand new. That's how you create your reality, and you have done so, if you wish to believe in time and space, since the beginning of time. However, many times it's been limited, for your capacity to consciously, in the awake state, understand [the], once again, limitlessness to who and what you truly are. To understand in your conscious state that everything that you experience in this reality is a reflection of a belief that you hold. Absolutely every instant. There is nothing that you experience in this vibrational level in your day-to-day activities that is not as a result of choices that you have made. Choices that you have made many times, not only in your conscious state but in your altered states of consciousness.

You see, once again, in your awake state you believe that this is all that there is. You believe this is what's in control, and it is not really that way at all. You have the capacity to influence this reality, you have the capacity to influence this incarnational period, but indeed you have the capacity as well to influence other incarnational periods, and you do so in your altered states of consciousness, in your so-called meditative states or in your dream states or in your between incarnational states, when you are so-called what you refer to as dead, when you die; you don't really die, you just alter your state of consciousness. And in that altered state of consciousness you become actually more aware of the reality of this vibrational level, in the who and what you truly are, than is what is possible for you to experience in your awake conscious state in any incarnational period.

As so, you create this reality, absolutely, and it's within your capacity to alter it, not only within your capacity to alter it but you do alter it. You create it all. It's a

reflection of the beliefs that you hold and any of those beliefs you put in place in other levels of consciousness. And it's within your capacity to alter that, should you chose to enter into those levels of consciousness. Absolutely. It's within your capacity. And, once again, as you enter into this new age and new energy, you have as a human consciousness agreed to alter the energy that you put in place, to limit the understanding of who and what you truly are in your awake conscious state, and as a result of the alteration of that energy it is becoming possible for you to consciously create your reality, as you have not been able to facilitate and to accomplish, through your choice, through the so-called history of this particular era that you exist in. And you did that for a very simple reason. You put that limitation in place because it made it seem more real.

It made this reality that you experience in your day-to-day activities appear to be beyond your capacity to control, to be beyond your capacity to influence, to the point where you can have whatever it is that you desire. It makes it more real. It allows you to believe that other entities either existing within your vibrational level or outside of your vibrational level had the capacity to influence your reality for you, had the capacity to create for you, had the capacity to put in place situations that were beyond your control, for if they're beyond your control then it enhances the experience, it makes it more real. And as a result of it being more real it intensifies the emotions and feelings. Absolutely.

But it's your reality. The irony of it is you create it all. You as a human consciousness create this entire universe. You as a human consciousness indeed exist within each and every atom of your entire universe, and you as an individual entity as well exist within each and every atom of your entire universe. It's an illusion. It's an illusion, and you interact in your so-called altered states of consciousness with all of the other entities that exist within your vibrational level, and many times interact with other entities existing outside of your vibrational level. But you create this reality, absolutely.

And so when you interact in that altered state of consciousness, in that so-called dream state or between incarnation state, and you put in place, many times, the belief system that bring into your so-called reality so that you can experience that type of creation, and that type of experience, it should come as no surprise, once again, that when individuals are making discoveries that are of your so-called technological advancements and they're doing so on the opposite sides of your Earth, and you begin to wonder how is that possible, well, it's possible because your Earth is an illusion. It's possible because time and space are illusion. It's possible because those particular entities interact with each other in their altered state of consciousness, and other entities agree to facilitate the process, other entities agree to hold in place the belief

systems, other entities agree to bring that into your so-called awake consciousness state so that you can experience it, and it's as a result, many times, of imagination and desire and expectation. It's a result of choices that you make.

The irony of it is that you believe that those choices are only made in your awake consciousness state, and yet you can be in your altered states of consciousness, be aware of the interactions in their altered state of consciousness, and also be aware of the influence that you have upon the belief systems that you hold in those altered states of consciousness, that you bring back into your so-called awake state, so that you can experience the reality. Altered states of consciousness, where you can interact indeed with the other portions of who and what you truly are, that exist in other incarnational periods and have an influence, as well, upon the creations that you experience in those incarnational periods, for once again, time and space are illusions.

Your so-called past only exists in your awake conscious state. In your altered states of consciousness you understand that it's completely within your capacity to alter your past as readily as it is to alter your future. They're illusions. They only exist in your awake conscious state. You can create whatever it is that you desire. Not only can create whatever it is you desire, but you do create whatever it is that you desire. If you desire to believe that it's not within your capacity to create your reality, then you create that. It's not right or wrong. It is what you choose to believe and is a choice to hold that belief system. You validate it by experiencing the reality. It's really that simple. You can make it more complicated and you can look for all of the methods and techniques that you desire to employ, but the bottom line is that you create the reality, and you do it in all of your incarnational periods, and you do it simultaneously, and you have the capacity to influence all of your incarnational periods simultaneously, not only have the capacity to do that type of influencing, but you also do it readily, at other levels of your consciousness. You are simply not aware of it in your awake conscious state.

The reality that you experience is a reflection of the beliefs that you hold. It's really that simple. The reality that you experience in your awake state is an illusion. Time and space don't really exist. To get an understanding how individuals, once again, in so-called other societies and on the other side of your Earth are having similar experiences, it doesn't become a very difficult concept to grasp when you understand that in your altered states of consciousness you all interact. It's all simultaneous, and when you begin to have several individuals who have the desire, and from the desire utilize the imagination to bring a particular creation into your reality, and as a result of many individuals holding a particular desire you enter into what we refer to as a societal belief system and indeed

it can even be transformed into a human consciousness belief system similar to the one that you have employed to alter the energy in the year of 19 and 87.

The human consciousness belief system, that was the result of individuals in your so-called vibrational level, is in your imagination, as the result of expecting a desire and the expectation to create and alter your vibrational level and to alter a reality. It's really that simple. Time and space are illusions. Your entire existence within this vibrational level is an illusion. It doesn't suggest, once again, that it's insignificant, absolutely not. It doesn't suggest that it's not important, absolutely not. It has great significance and importance. It's not duplicated in any of the other vibrational levels throughout all of creation, and that doesn't change the fact that it's still an illusion. It doesn't change that it's within your capacity to alter your reality. It doesn't change that the reality that you experience is a reflection of the belief that you hold. It's really that simple. You can make it more complicated if you wish and indeed many individuals in your vibrational level go to great lengths to make it more complicated. For you see, the more complicated then you're not in control, and if you're not in control then it becomes more real. And if you're not in control then you intensify the emotions and feelings and that's why you came here in the first place. So it's not a right or wrong thing. You're doing that which you desire. You're creating, based upon your desires.

You see, many individuals existing within your vibrational level choose to believe that there's some entity that is controlling this reality. Some entity that has put them down here and subjected them to some type of reality where they are expected to go through some type of progression or learn some lessons. Well, if you wish to have that type of belief system, you can have it. It's yours. It's not right or wrong, and you can even have all types of experiences to validate that belief system, but understand that it's your belief. The reality that you experience is a reflection of your beliefs. You agree to participate in human consciousness belief systems and to a certain extent in the societal belief system but the individual beliefs that you hold are your belief systems. No one subjected you to, no one said you must believe that, that's a choice that you make. And as you hold that choice then indeed you create the reality to validate the belief systems.

And so, if you wish to believe that some entity put you here and you have the lessons to learn, then you can have that. It's not right or wrong, it's a choice that you make, and if you have that experiences indeed you will have experiences that allow you to experience the lessons that you believe you must learn. It's important to grasp, in this explanation of this concept, [these are] belief systems that you hold, lessons that you believe you must learn. Not some other entity. It's not some

entity existing outside of your vibrational level that subjected you to some type of existence where you're not in control.

You chose to enter into this vibrational level and to put in the limitations to believe that you're not in control. You chose to validate the concept that this reality is beyond your capacity to alter. You chose to put in place that electromagnetic type of energy that limits the understanding of who and what you truly are in your conscious state. And if you wish to believe that you're not in control, you choose that as well. Someone does not force that upon you, absolutely not. And so, if you wish to believe that you're not in control, you can have that, absolutely. It's not a right or wrong. Right or wrong is a concept that only exists in your so-called awake consciousness state. The spark of consciousness that you are that creates this reality does so, and it does so without any judgment of what's right or wrong or good or bad. That's a human consciousness concept. The spark of consciousness that you are creates this reality that you experience and it does so joyously, from a position of absolute and unconditional love. That's how you create your reality. And your spark of consciousness that you are, the subconsciousness, the higher self, whatever terminology you wish to employ to give an explanation for who and what you truly are, gives you whatever it is that you desire. Absolutely. Absolutely. Without exception, gives to you that which you desire.

Now. You can ask other individuals existing within your vibrational level what it is that they desire and for the most part they can't give you an accurate answer. If you ask them if they desire to be in the situation that they're in, they'll suggest to you, "Well, absolutely not. How can you suggest that I desire to be in a situation that I find less than desirable?" Well, because at some level of your consciousness, or even in your so-called awake state you hold belief systems that that's what you desire to experience. You hold belief systems that it's not within your capacity to have a different reality. You hold belief systems that indeed it's not within your capacity to create your reality, that other individuals—they may be your neighbors, or individuals that you interact with on the day-to-day activities— influence your reality and it's beyond your control. Well, that's what you desire. You desire to experience a reality that's beyond your control because you believe that you're not in control. And if that's what you believe, you create the reality to validate the belief systems, absolutely. It's really that simple.

This reality creation process is simply a reflection of what you believe. If you don't like the reality, change the belief. How do you change the belief? Well, first of all accept that it's an illusion and that you are the god that you search for. Accept that it's within your capacity to create whatever it is that you desire. Own that belief system. Don't just make it a nice sounding concept. Own it. Make it part of who you are. Understand as well

that the limitations which you experience as a result of your human consciousness belief systems are limitations that you choose to put in place. It can be very difficult to alter the human consciousness belief system. The so-called laws of physics exist because you agreed to participate in, you agreed to put them in place and to perpetuate them, and to make them difficult for you to alter. However, the individual belief systems is an entirely different aspect. You can change that readily; desire what it is that you desire, imagination and expectation.

You see, the desire for many is quite easy to accomplish, and even the imagination, you can imagine what it's like to have a reality that you are experiencing with that which you desire being put in place. You don't have a difficulty with that, but the expectation, ah, the expectation, now that's a little bit more difficult.

You see, because the expectation requires that you hold a belief that it's within your capacity to change, it requires that you hold a belief that you create your reality. The expectation requires that you understand that it's within your capacity to create whatever it is that you wish to experience. The expectation requires that you believe that you're worthy of having that experience, for you see, if you hold the different conflicting belief system that it's not within your capacity to create, that you're really not in control, if you hold the belief system that you're not worthy, that you don't deserve, then the expectation is never fulfilled.

Because you see, you validate the beliefs that you hold. You validate that you're not worthy. You validate that it's beyond your capacity. You validate, if you wish to believe that there are other entities influencing your reality, that that's what's occurring. You validate all of the belief systems that limit your capacity to bring into your reality that which you desire and imagined. You don't have the expectation because you have expectations of different types of experiences, expectations and validations of belief systems that you're not in control. Expectations and validations of belief systems that other entities influence your reality. Expectations that are validated in the belief system that you're not worthy, that you don't deserve. And so, how do you change that?

Once again, it's very simple. Like who you are in your awake conscious state so that you can love yourself consciously. You see, each individual has the capacity to love themselves. You create this reality from a position of absolute unconditional love. So loving yourself is not a difficult concept, absolutely not. The only limitation to your capacity to love yourself is your belief system that you're not worthy, your belief systems that you somehow don't deserve, that's it not within your capacity to create it. You alter that, once again, by liking who you are. By putting in place the principles, and from the list of principles that you

applied you indeed enhance your character and strengthen your character, and you begin to like the image of who you are, for who you are. You don't create an image to impress others. You create an image that's your desire to be, so that you can like who you are, and when you like who you are, others will like you as well, and then you will begin to have that capacity to experience more self love in your awake conscious state. And then you begin to believe that you're indeed worthy of creating that which you desire, and so you enhance the expectation, and you begin to alter your beliefs and so then your capacity to create it, and from your beliefs, indeed, you influence your attitudes and people begin to look at you in a different manner, and as you change your beliefs and your attitudes, indeed, you begin to influence your thoughts and feelings. And from that you influence your choices and decisions consciously. And from that you influence your imagination and your desire and your expectation, and you create whatever you desire in this illusionary reality that you exist in in your awake conscious state.

It's within your capacity to create whatever it is that you desire. Your only limitation to creation is your imagination. If you can imagine it, if you can desire it, and then if you can expect it, you can bring it into your reality and you can have it. It's really that simple. When you begin to understand that's it within your capacity to create whatever it is that you desire, don't be surprised if, many times, what you desire suddenly changes. When you begin to put in place what it is that you refer to as the principles that you wish to apply, many times it changes your entire outlook in your awake conscious state of this reality that you exist in. You begin to understand the illusionary capacity of this reality and many times that connection with your so-called higher self becomes as important as your connection with this reality in your awake conscious state and you begin to experience that connection that many refer to as your so-called physical and mental and spiritual.

It's not something that you can be separated from, absolutely not. It's not something that you have to search for, absolutely not. It's simply something that exists and that you can have the capacity to become more aware of, and when you become more aware of it, many times don't be surprised if that which you desire changes, and if that which you desire changes, don't be afraid to alter it. If you had that list of principles and suddenly the one principle that you thought was so important that was at the top of the list changes, that's not a problem, that's not something that you can't alter. You don't have to put down something that you desire and you stick with it forever and ever, absolutely not.

Once again, as you change your perception of the creation process, many times what you desire to experience changes as well. And you change it, absolutely. You change it, and you bring into your reality that which you desire, based upon the understanding of who and what you truly are at that

particular time, based upon what it is that you wish to experience, based upon what it is that you truly desire. Be aware of what it is that you desire. Be specific, and then use your imagination, use your imagination of what it would be like to have the experience of existing with what you desire being in place, and then work on the expectation, and bring it into your reality. The method or the technique that you employ is really not all that important. If you wish to meditate, then meditate. If you wish to simply use some type of affirmation, well, you can do that as well. It doesn't matter. The method or the technique is not nearly as important as your belief that the method or technique that you employ will work. That's what's important. If you believe that it will work, it will work.

The reality that you experience is a reflection of the belief that you hold, and if you don't like your reality alter the belief. And if you like the reality, then reinforce the belief, and perpetuate it. It's really that simple.

Now. We would break for a moment or two and if you wish we will return to answer your questions, if you may have some this afternoon. And in the meantime we would remind you that we are not separated by time or space, but rather by a vibrational level, and should you choose to interact with us you have but to express the intent and we would welcome that opportunity to interact and to share with each of you, and to offer you, once again, our absolute unconditional love and our unending support. And we would wish each of you farewell, with love and with peace. ❀