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University of Regina Parapsychology Class

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

Now. Before we begin this morning we would like to suggest that there exists for each of you the opportunity to be involved in what we refer to as a silent communication, a telepathic interaction, if you wish, with other entities that would be with us, or, indeed, that portion that you might refer to as your higher self or your inner consciousness, or whatever terminology it is that you wish to apply to that spark of consciousness that you are.

Now. You will find that as a result of the energy that you have created within this space that it's quite easy for you to alter your consciousness. You will find this quite easy to enter into what you might refer to as a meditative state. Should you close your eyes and express the intent, that opportunity certainly does exist for each of you. And, as always, the choice is yours, absolutely.

Now, many times the information that we express through our friend, Elias (*the channel*), is limited by the use of a vocabulary. You see, we attempt to give explanations through the use of a vocabulary of certain ideas and concepts that we express through feelings and emotions. And for the transition from feelings and emotions to this vocabulary, which in itself has a very limited capacity, indeed, allows you to hear information, many times, which is not quite as accurate or as pertinent as the information as you have that opportunity to receive in that altered state of consciousness, in that meditative state. And so we would encourage you, once again, should you choose to close your eyes and enter into that meditative state, and once again, as always, the choice is yours, absolutely.

Now. You exist in a reality that we refer to as existing within a vibrational level. [And] we use that terminology because it's an expression that you can get a grasp of it, an expression that we can use some type of an

analogy to give you an explanation of what a vibrational level is like, what a reality that you exist in is similar to. You exist in a vibrational level, and this vibrational level that you exist in exists in the same space, at the same time, as all of the other vibrational levels throughout all of creation. You see, we exist in a vibrational level as well. We exist in a vibrational level that's different from the one that you exist in, and yet in many ways has similarities to the one that you exist in. And we use the analogy that it's like comparing, in your so-called Earth's atmosphere, that you understand that that there exists radio frequencies, multitudes of radio frequencies, that exist within the same time and the same space. You understand as well that you can use apparatus that tune into various radio frequencies and allow you to receive the information that's on that radio frequency, on that radio wavelength, if you wish, while eliminating all of the other vibrations, these radio frequencies that are existing within the same time and the same space throughout your universe.

You understand that capacity, absolutely. You understand the technology that's involved in order to accomplish that particular feat. We would suggest that the vibrational levels that exist throughout creation are similar to your radio wavelengths, and you are tuned into this particular vibrational level that you experience in your awake consciousness state, and in your altered consciousness state, in your meditative state, in your dream state, and even in that what you refer to as your between incarnational state. You exist within this vibrational level.

Now. This vibrational level that you exist in, while it does have many similarities to the other vibrational levels throughout all of creation, it's unique. It's unique in that you as individuals existing within this vibrational level—and when we suggest “you,” we're referring to the human consciousness element that exists within your vibrational level—you as a human consciousness have chosen to put in place what we refer to as an electromagnetic type of energy. Some of your so-called New Agers would refer to that as a veil. An electromagnetic type of energy.

Now, this electromagnetic type of energy has several functions. First of all. It limits you from understanding in your awake consciousness state who and what you truly are. It limits you from understanding in your awake consciousness state who and what you truly are. This

energy, this electromagnetic type of energy, that you refer to as a veil, also limits the capacity for others existing outside of your vibrational level to interfere in your creation in this vibrational level. There are no entities existing outside of your vibrational level that have the capacity to interfere and to create in your vibrational level. Your choice, you put that in place. There's not some other entity that put it in place, absolutely not. Your choice.

And so this electromagnetic type of energy that you have created, that you put in place, and that you refer to as the veil limits your capacity to understand who and what you truly are in all your levels of consciousness that you exist in in this vibrational level, and it limits others who exist outside of your vibrational level to have the capacity to interfere in your vibrational level and in your creation. And in that sense, this vibrational level that you exist in is unique throughout all of creation. It does not exist within any of the other vibrational levels throughout all of creation. This is unique. This is the only vibrational level where the entities existing in that vibrational level have chosen to put in place that type of an energy that limits their capacity to understand who and what they truly are.

It's important that you understand and get a grasp of that. When you exist in this vibrational level, when you choose to enter into it, you choose to enter into it. You're not put here by some other entity that said that you might come into this vibrational level because you've got all of these lessons to learn. Well, you can have those lessons to learn if you wish to have them. But "if you wish to have them" is the key phrase. It's your choice. It's your choice. You exist in this vibrational level by choice.

In this vibrational level that you exist in it's also important to understand that the reality that you experience in your awake consciousness state is an illusionary type of reality. That's not to suggest that it's not important, and that's not to suggest that it doesn't have significance. Absolutely not. It has tremendous significance. Because, you see, in this vibrational level that you exist in you create realities that you're not aware of being the creator of. You are not aware that you're in charge. You are not aware that you're here by choice. You are not aware of who and what you truly are. And, once again, that's a unique situation that does not exist throughout all of the other vibrational levels throughout all of creation. It's your vibrational level and it's your choice to exist in it.

Now, you might ask, "Why would you do such a thing?" Well, it's really quite simple. Now. Many entities existing in your awake consciousness state go to all types of extremes to suggest to you that it's very complicated, [that] why you are here is a very complicated process, and it's really not. You exist in this vibrational level where you put in place that electromagnetic type of energy, that veil, if you wish,

that limits the capacity for you to understand who and what you truly are so that it appears that this reality that you experience in your awake consciousness state is not within your control. And when it's beyond your control then the emotions and feelings that you experience are intensified.

The emotions and feelings that you experience in your awake consciousness state are intensified because in your awake consciousness state you don't believe that you're in control. You don't believe that it's your creation.

This reality that you experience in your awake consciousness state is illusionary. And, once again, we emphasize that that does not mean it doesn't have significance or importance. But, nonetheless, it's illusionary. This reality that you experience in your awake consciousness state is the most difficult reality for you to sustain. The irony of it is, when you're in your awake consciousness state you believe that this is the most important part of your creation process. You believe that all of the rest of this so-called consciousness state that you enter into—like a meditative state and your dream state and your between incarnational state—are the illusionary states. And, ironically, it's not that way, it's exactly the opposite. This is the most illusionary existence that you will experience in your awake consciousness state. And it's difficult for you to sustain it. It's difficult for you to sustain this awake consciousness reality that you exist in and experience.

Each of you understands that you will, at some point, go to sleep. Absolutely guaranteed. You cannot sustain this level of consciousness. You will at some point, if you wish to refer to time and space, sleep. As well, you understand that you will at some point alter your consciousness even farther and you will end this incarnational period. You will, to use your terminology of your awake consciousness state, you will die—you will never die. You can't die. You can alter your consciousness but you can't die. But you will, indeed, for lack of a better explanation, terminate your existence in this particular incarnational period. You absolutely understand that, it's a given, it's a guaranteed.

And so it becomes quite obvious that the most difficult existence for you to sustain is this awake consciousness state. You will, absolutely guaranteed, enter into a so-called dream state. You will sleep. And you will enter into that between incarnational state. Now, the irony of it is that during your awake consciousness state you believe that when you die, perhaps that's it. Maybe that's the end of it. Well, you just simply alter your consciousness one step beyond the so-called dream state. It's simply an alteration of your consciousness and you choose to not sustain this illusionary reality that you exist in in your awake consciousness state.

Now. This reality that you experience in your awake consciousness state is your creation. And when we suggest it's your creation, once again, we're referring to your entire human consciousness, as well as your individual reality creation processes. The reality that you experience in your awake consciousness state is a reflection of your beliefs. It's a reflection of what you believe.

Now. Many individuals are challenged by that in your awake consciousness state, absolutely. In other levels of consciousness you can get glimpses and grasps of that understanding that you (*inaudible*) and how in control but in your awake consciousness state it's very difficult. And it's very difficult, once again, for that very reason that we gave you when we began to speak to you this morning and that is because you have put in place an electromagnetic type of energy that limits your capacity to understand who and what you truly are. And it limits your capacity in your awake consciousness state to understand and to grasp this illusionary reality that you're creating is your creation. It's your creation. Absolutely.

Now. Some individuals would say, "Well, you know, I can accept some of that, I can believe that some of this is my creation. I can believe that I can be in control of certain things that are going to occur. I can determine what time I'm going to rise in the morning, I can set an alarm clock, and [there] I can control that part. And I can control the particular food that I'm going to consume, providing that it's available when the time comes. I have some control over that. Yes, I can believe that we have some control over our reality."

Well, we're suggesting that you control it all. We're suggesting that you create it all as a human consciousness and as a society and as individuals you [all] control every element of your reality that you experience. And it's important to understand, once again, that it's illusionary. It's an illusionary reality. Has importance, has significance, but it's illusionary. You see, if it's illusionary you can change it. If it's not illusionary—if you believe that it's real, if you believe that it's beyond your capacity to control, and, once again, the reality that you experience in your awake consciousness state is a reflection of the beliefs that you hold, and if you believe you're not in control then you will create all types of realities and experiences that validate the belief that you're not in control.

There's nothing wrong with that. That's not a wrong concept, or a right concept. You see, this is not a right or wrong illusionary reality that you experience. You have right or wrong concepts in your awake consciousness state in order to allow you to function within a certain society, but in your altered state of consciousness right or wrong does not exist.

You see, you create this reality that you experience, and you create it as a reflection of the beliefs that you hold. And, once again, as we suggested, many

individuals have a difficult time accepting that concept. You see, many individuals believe that you have a certain experience and as a result of that experience you form a belief. And we would suggest it's not that way at all. We would suggest that you hold the belief somewhere within your consciousness and you create the reality to validate the belief. And that spark of consciousness that you are creates whatever reality it is that you desire, and it does so without judgment. That spark of consciousness that you are creates the reality that you desire based upon the beliefs that you hold and it does so from a position of absolute unconditional love and it does so joyously without judging as to whether it's right or wrong. Right or wrong is a human awake consciousness concept. [It] does not exist in that level of your consciousness that's responsible for the creation of the reality that you're experiencing in your awake consciousness state.

A difficult concept to grasp, perhaps, but nonetheless, one of the truisms that you can grasp within your reality in your awake consciousness state. And there are but three truisms that you can't change. The rest you can change. You see, this reality that you experience in your awake consciousness state is an illusionary reality and it's your creation. And we're not just talking about the creation of the time when you set your alarm clock to arise in the morning or the choice of foods that you're going to consume. It's your creation. Absolutely. Every atom that exists within your universe is your creation. You create it all. Not just some tiny spark of it but all of it.

Now. You have what we refer to as the human consciousness belief systems. The human consciousness belief systems are the belief systems that your scientists would refer to as your laws of physics, for example. The human consciousness belief systems are those belief systems that all the entities existing within your vibrational level agree to participate in and to sustain. It's a human consciousness consensus to establish certain belief systems. And one of those, as an example, is that establishment and maintenance of that electromagnetic type of energy that you refer to as a veil. And all of the so-called laws of physics that you can't change. Well, you can't change because, it's rather ironic that as you proceed in your so-called evolution and as you change beliefs you begin to realize that it's possible to change your reality, even that reality that once was thought to be absolutely unchangeable, the so-called laws of physics. Sometimes the scientists realize that they were wrong. They weren't wrong. Absolutely not. The belief systems changed. And as you alter your belief systems so you alter the reality that you experience in your awake consciousness state. The reality that you experience in your awake consciousness state is a reflection of the beliefs that you hold.

Now. Many individuals would suggest, "Well, here I'm having this rather negative experience and you're

suggesting that that's my creation and [that] I believe that that's something that I should experience?" At some level of your consciousness you hold beliefs that are responsible for the reality that you experience. If you believe that you're not a worthy individual, then you will create realities to validate that belief. If you believe, indeed, that this is a very corrupt society that you're existing in, then you will experience corruption, absolutely. The reality that you experience is a reflection of the beliefs that you hold.

The human consciousness belief systems are the ones that are very difficult for you to alter, as an individual. It's not that you can't as a human consciousness alter them, and in fact you do on a regular basis. But as an individual in your awake consciousness state it's very difficult for you to alter those so-called human consciousness belief systems that you agreed to—you agreed to participate in when you entered into this vibrational level.

And then you have what we refer to as the societal belief systems. The societal belief systems, you can look around you and see examples of throughout your whole universe, throughout your whole Earth system. Different societies hold different belief systems and they create realities that validate those belief systems. Those particular belief systems are easier for you to alter than your human consciousness belief systems, but still have within them some relative difficulty in the alteration of.

And then you have what we refer to as the personal belief systems, the individual belief systems. And it's within your capacity to alter those belief systems. Absolutely. The reality that you experience is a reflection of the beliefs that you hold. And if you have a desire to experience some particular reality and experience you can have that. And that spark of consciousness that you are will create the reality that you experience without judging whether it's right or wrong. That's a human consciousness awake concept. And so if you're having your so-called negative reality in your awake consciousness then you're going to (*inaudible*), "I don't hold that belief. Are you telling me that we choose to experience this particular reality?" No, we're not saying here that you choose to experience that particular reality. But you hold a belief system that's reflected in the reality that you're experiencing. Absolutely.

Now. Once again, you believe in this awake consciousness state that this is it. That the rest is illusionary. And we're suggesting it's not that way at all. In your altered states of consciousness—and we will refer to your belief in time and space, which are illusionary, they don't really exist other than [in] your awake consciousness state, but nonetheless, in order to give you some type of explanation we refer to your belief in time and space—in your so-called between incarnational states, when you die, for example, and

you choose to reincarnate, many times you put in place belief systems that you bring into a reality, into an incarnational period, into an awake consciousness state so that you can have the opportunity to experience it. And so you say, "Well, maybe I'd like to choose this reality. Maybe I'd like to have this experience. And I might like this experience in this lifetime." And you choose these belief systems and you bring them in with you, in your altered level of consciousness. Not in your awake consciousness state.

Now, your scientists like to validate everything with some type of scientific proof. They like to be able to reproduce a particular experiment and if they can reproduce it and have the same results, then it's real. And so they discovered DNA and in that DNA they understand that there's various portions that are reflected in your personal reality, in your characteristics. They understand, absolutely, that certain parts of that DNA are specific to one individual, and they can trace it. They also understand that there's a bunch of that DNA that looks like it doesn't have a purpose at all. Well, the purpose of that so-called DNA that looks like it doesn't have a purpose is that it contains all of the possibilities for you to experience in this incarnational period, that you choose to put in place. Not some other individual, not some other entities, but you choose, you choose, you're responsible, for putting in place.

And so you can choose all of these experiences and that's it, then. And the energy that surrounds that DNA has the capacity to either activate or deactivate various aspects of the DNA and your scientists are beginning to discover that as well. They're beginning to discover that your attitude can have an impact upon your reality because it can affect how you experience this reality and it affects how you experience this reality because it changes the energy that surrounds your DNA and as a result of changing that energy that surrounds your DNA you activate and deactivate these particular parts of the DNA that allow you to experience the physical ailments or the physical well-being. And so the DNA contains within it all these possibilities.

Now. If you experience this incarnational period that you choose to come back and experience and you put in place all of these belief systems that are recorded in your DNA and as you experience this reality you make choices and decisions that affect your attitudes, they affect your belief systems. And as you affect your attitude, you change the energy that surrounds that DNA. And as you change the energy that surrounds that DNA you have the capacity to activate or deactivate those various belief systems that you put in place. And so that possibility becomes a probability and you create the reality to validate the belief system.

The reality that you experience in your awake consciousness state is a reflection of the beliefs that

you hold. It's your creation. And that is the second truism that you can't change. You create it all.

Now, you are not put in this vibrational level, as we suggested earlier, by some other entity existing outside of your vibrational level. You choose to enter into this vibrational level. You choose. And you, as well, can make the choice to leave it. Absolutely. At some level of your consciousness you have the capacity to make that choice. And we're not talking about dying. We're not talking about ending this particular incarnational period. Absolutely not.

You see, when you end this incarnational period and you enter into that between incarnational state you still exist within the limitations of this veil that you put in place. You still create realities that validate the beliefs that you hold. It becomes much more difficult to sustain that reality because in that altered state of consciousness you begin to understand that you're in control. And you begin to alter that reality and you find, "Hmm. Very easy to alter. It is not so real after all. Maybe it's not something that I must experience but rather one that I'm in control of." And when you reach that point of understanding then you will have the capacity, should you choose, to leave this vibrational level. Your choice. You're not here because some individual forced you to be here. You're here because you choose to be here.

The lessons that you believe that you must experience are lessons that you put in place, that reflect the beliefs that you hold. You are the god that you search for. You are all that is. You exist within each and every atom of this entire universe. It's an illusionary reality, and it's your reality, and you are the creator. You are the god that you search for. There is no other entity existing, not only in your vibrational level, but in all of the other vibrational levels throughout all of creation, who is any more than what you are, or any less than what you are. You are all that is. You exist in it all. It's your creation.

And so there are but three truisms. You create your reality. Absolutely. You are the god that you search for. And you absolutely cannot fail to come to that understanding and to have the capacity and the opportunity to leave this vibrational level, should you choose to do so. The rest is illusionary. The rest is up for grabs. The rest is a reflection of the beliefs that you hold. Absolutely. And if you don't like the reality that you're experiencing, then you have the capacity to change the beliefs and to ultimately change your reality.

It's really that simple. You exist in this vibrational level because it gives you the capacity and the opportunity to experience a range of emotions and feelings that are not duplicated in any other vibrational level throughout all of creation, because you believe you're not in control.

It's like when you walk into a theater and you see a projection upon a screen and you understand, absolutely, that that's simply a projection that's a trick of light. It's simply someone else's concept of what they believe they would like to transfer to you in terms of emotions and feelings. And you understand it's illusionary, even though you can become involved in that particular experience that's being portrayed upon the screen, even though you can become emotionally wrapped up in that whole experience, nonetheless, when you leave the theater you know that it is illusionary. And then you can get back to the real world. But all the feelings that you experienced in that theater are real. Because it is your beliefs in your awake consciousness state that this reality that you experience is real and it's beyond your control.

The irony of it is that it's no more real than the illusion that you experienced and witnessed upon the screen. The difference is that this is your creation, this is your production, and you agree to assist others in creating this production and to interact with each other, and you put in place agreements and contracts, and you hold belief systems, and you validate the belief systems [that] allow you to experience these realities. And you can say, "Yes," at some level of your consciousness, and rejoice that you've created the reality that reflects the belief that you hold and you validate the belief.

It's really ironic that individuals can be involved in a day-to-day activity, into some type of reality experience and when you interact with those individuals after the termination of that particular activity, and you ask them what their feelings were towards that activity, and you ask them what they experienced, what they saw, what they witnessed, you will find that there can be different answers for every individual. The same interaction, the same creation, the same experience, and yet different perceptions of what it was that others experienced in terms of emotions and feelings.

But [you see,] you hold different beliefs that create the reality to allow you to validate the beliefs. And what one might rejoice at another might feel extreme emotional disaster at. Same experience, different beliefs, and you validate the beliefs that you hold. It's really that simple.

You create your reality, you are the god that you search for, and you absolutely cannot fail to come to that understanding and to have the opportunity, should you choose, to leave this vibrational level. The rest is your illusion. It's your creation. Absolutely.

Now. We would like to express our gratitude, once again, to each of you, and we would like to suggest, as well, that we are not separated by time or space. Time or space are illusions, they don't really exist except in your awake consciousness state, 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 to each of you our absolute, unconditional love and our

unending support. And we would bid each of you
farewell, with love and with peace. ✠