

# JOSHIAH

www.joshiah.com

*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.*

**December, 2006**

## **Q and A**

**Joshiah:** Well now. Well, it is indeed a pleasure to, once again, be invited back into your vibrational level, and to have this opportunity to, once again, interact and to share with each of you. And we would remind you, once again, before we begin that there exists that opportunity for you to, once again, be involved in that telepathic exchange of information, that silent communication and interaction with other entities [who] would be with us on this afternoon or, indeed, that portion that you might refer to as your Higher Self, that spark of consciousness that you are.

That opportunity for you exists (*inaudible*) and, once again, you will find that it's quite easy for you to alter your consciousness. You have but to close your eyes and express the intent, and, as always, the choice is yours, absolutely.

Now. This reality that you exist in, this illusionary reality that you believe is real because you choose to put that type of an emphasis upon your creation is a reality that is absolutely within your capacity to change. You do control it. You control it whether you choose to believe it in your conscious state or not. You do control your reality. You can create it all. You create it all and you do so as a reflection of the beliefs that you hold, absolutely. It is within your capacity to influence it and to alter it, you have but to believe. Belief is a huge concept in this reality creation process. It is the basis, if you wish, the foundation upon which you create your reality.

You see, you hold a belief, you create the reality to validate the belief, you experience the emotions and feelings as a result of the creation of that reality, and that spark of consciousness that you are rejoices at the creation process. It's really that simple. You make it more complicated, absolutely, but it is, when broken down into the [basis,] into the very bones, if you wish, of this creation the reality you experience is a reflection of the belief that you hold, absolutely.

And if you change your belief, you can change, and will change, your reality. You'll change your experience. You will change your perception of what it is that you're involved in creating. You see, many times when an individual alters a belief they experience a similar

reality but the perception, the feelings and emotions that they experience during that interaction can be quite different, they can be altered dramatically based upon the belief that they hold. Absolutely.

Now. It doesn't matter what the method or technique is that you choose to employ to influence this reality creation process from your conscious state. The method or the technique is not nearly as important as your belief, for, once again, your belief in the method or the technique indeed will be validated. Your belief is always validated by your creation. It's not the other way around. You don't have a creation, and from that creation you suddenly form this belief at some level of your consciousness, be it your awake consciousness or your altered state of consciousness and your meditative state or in your dream subconsciousness, you hold a belief and the reality that you experience validates the belief.

So if you wish to alter your reality, alter your belief systems. The reality that you experience is also what it is that you truly desire. Now. Many find that to be a very challenging concept. "You're suggesting that I desire to be involved in this seemingly undesirable and negative reality." Well, understand first of all that negativity only exists in your awake consciousness state. The spark of consciousness that you are creates the reality that you desire and it does so without judgment. It does not decide, well, that's a good reality and that's a bad one, or that's a positive and that's a negative. That's a human consciousness concept, [it] does not exist in your subconsciousness or the subconsciousness creates it all with equal amount of joy.

And so negativity and the seemingly negative reality is only a negativity that's experienced in your awake consciousness state. So when you're involved in this seemingly negative reality, understand that it's still your creation and it's done so with the same amount of emphasis and the same amount of joy that a reality that you would describe as being positive that you experience in your awake consciousness state is done with. It's similar, there's really no difference between one and the other. It's only your perception in your awake consciousness state.

And so it's important to understand what it is that you desire. It's important to understand that and when, once again, individuals are challenged by the

seemingly negative reality then we suggest that's what you desire and you say, "Well, absolutely not. How can I desire that?" You perhaps do not desire that particular reality, but you desire that experience. You hold the thoughts and feelings and you make the choices and the decisions to influence your attitudes and beliefs to experience that reality.

And so, understand what it is that you desire. If you choose to believe that this is an absolutely terrible reality that you're existing in and you believe that you are not worthy and you walk around with that attitude that you are less than deserving then you create the reality to validate what it is that you believe. The spark of consciousness that you are does so joyously. And so, understand what it is that you desire.

Many individuals desire certain concepts, certain realities, certain things, if you wish, to experience in your awake consciousness state. They desire certain things because they believe that that particular element will bring to them a particular happiness, if you wish, or feeling of joy and emotion that they desire to experience. And yet, they hold this emotion that they're not deserving. They hold this emotion that it's not within their capacity to have and to enjoy that particular element, and so while they desire it and they imagine what it would be like to have that experience, they don't really hold the expectation that it will be created. They believe that it's beyond their capacity. The spark of consciousness that you are creates the reality that you desire based upon the belief that you hold. And so if you believe that it's not possible, then it's not possible.

And that, again, is not a right or wrong concept. It's important to understand that it's not right or wrong but, rather, it is a creation that is a reflection of the belief that's being held, either in your awake consciousness state or any of the other levels of consciousness that you exist within in this vibrational level.

[And so,] it's important to understand what it is that you desire. And it's important to understand and to use your imagination in order that you can, indeed, bring into this reality that which you desire. You see, many individuals have a desire and they don't really expand upon that desire and use their imagination, they don't utilize their imagination to fill it in. They have this particular reality that they desire but then they don't use their imagination to really fill in all of the experiences, all of the possibilities that exist. They simply desire. And so when the reality comes along that they desire, well, they didn't really expect certain elements to occur in that creation process, and so it's not there. Because, once again, the reality that you experience is a reflection of the belief that you hold.

And then, once you have that desire and that expectation, indeed, [if] you don't hold the belief you won't create the reality. You have to believe that it's within your capacity to have that which you desire. And you have to have the imagination and you have to have

the expectation and you can have it all. You can have whatever it is you desire. The irony of it is, that you not only can have whatever it is that you desire, but you do have whatever it is that you desire. If you desire to believe that you can't have it, then you have it anyway. You have exactly what you desire.

If you desire to believe that it's not within your capacity to create it, then you have exactly what it is that you desire. And if you desire to believe that there are other entities that are influencing and creating this reality for you then you can have that as well. (Inaudible) exactly what it is that you desire.

When you believe that you're not in control you create the reality to validate the belief, and it doesn't mean that you won't have joyous realities, you can have that as well. But you see, when you believe that you're not in control, when you believe that there are other elements—and it doesn't matter what it is that you've used to describe that element, whether it be some entity that, you might refer to as a particular type of god or whatever, it doesn't matter, or whether you refer to it as the universe or whether you refer to it as some other [Earth,] it doesn't matter—when you believe that there is another element that can influence and create your reality for you then you create the reality to validate the belief.

And it will appear that you're not in control. It will appear and seem like in your awake consciousness state that if you oppose any particular element of that creation process then it will be a reality that might be less than desirable, because, you see, you're really not in control, if that's what you believe. And the spark of consciousness that you are creates it as willingly as it creates any other reality. That's the irony of this creation process. You put exactly the same amount of energy, if you wish, into creating what you might in your awake consciousness state refer to as a negative reality as it takes to create any other type of reality. It's really that simple. You go to all lengths to make it more complicated but it isn't, it's not complicated at all.

If you wish to have what you consciously desire then you use your imagination and be careful that you feel it out entirely because if you believe that it's not within your capacity to create that which you imagine then it will be a creation that's not what you imagine. The reality that you experience is a reflection of the belief that you hold. If you believe that you're not worthy then you will create a reality to validate the belief.

And, once again, it doesn't matter what method or technique you employ. Alter the belief if you wish to alter the reality. Like who you are, and we've given you many examples and descriptions of particular steps that you can employ to like who you are. You don't have to use them, it's not important, you can use whatever steps that you desire. What's important is that you believe that it's within your capacity to create whatever it is that you desire. That you are indeed that

spark of consciousness that cannot fail to come to the understanding of who and what you truly are.

The rest is an illusion. You can have whatever it is you desire. You can be involved in a situation that others find to be absolutely horrific, and you can see through the illusion and you can see that there is indeed a reality that's as valid as any other reality that's been created joyously from that level of consciousness where you create this illusion that you exist in.

A difficult concept to grasp, perhaps, but nonetheless a very accurate one. The reality that you experience is a reflection of the belief that you hold. You create a reality based upon what you desire; what you imagine is what you expect. Your thoughts and feelings are influenced by your beliefs and attitudes and they in turn influence your choices and decisions. It's really that simple.

You can make it more complicated, not only can make it more complicated but you go to great lengths to make it more complicated (*laughs*), but it's really not complicated at all. The reality that you experience is a reflection of the belief that you hold. You are the spark of consciousness that creates this reality, and you absolutely cannot fail to come to that understanding at some level of your so-called existence. You cannot fail. The rest is illusionary. You can have, and do have, whatever it is that you desire. And if you don't like it, change it. You change it. You can't look to others to change it for you, [they] can't change it for you. You must change. You must go withinside. The answers are withinside. It's really that simple.

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

**Questioner:** When Lao-tzu said that the only thing that is real is that which never changes, what was he talking about?

**Joshiah:** (*Laughs*) Nothing is real. It's an illusion. What is real is that you are a spark of consciousness that has the capacity to create. Not only in this vibrational level, but in any of the other vibrational levels throughout all of creation. And when an entity in an awake conscious situation attempts to give an explanation of the reality creation process it always falls short, it always has its limitations, for what you seek cannot be expressed in a vocabulary. And so we continuously suggest that it's far more beneficial, should you choose, to enter into an altered state of consciousness and have a telepathic interaction than it is to listen to these frivolous words that we attempt to express through this use of a vocabulary and which will tell you exactly what it is that you wish to hear. Nothing more.

And so, when you ask a question about someone else's statement we would suggest to you that they're attempting to tell you something that cannot be told, as we attempt to tell you something which we cannot put into words. But rather go withinside, for the answers

are withinside. And you cannot fail at some point within your so-called existence to come to that understanding and to know absolutely who and what you truly are. It's an illusion. It's really that simple.

Does that answer your question?

**Questioner:** Okay! (*Laughs*)

**Joshiah:** The answers cannot come in an awake consciousness form. You will not find it in an awake consciousness state. You must go withinside. And that's not something that we're suggesting. To suggest that what others are attempting to tell you is, indeed, not what they've experienced or what they believe, that they're attempting to give you an explanation that they, as well, understand falls short of being able to give you that explanation in a verbal form or a verbal sense what's with the use of a vocabulary or any other medium of expression that you can experience in your awake consciousness state. It's just not there.

You must go withinside to have that experience, to have that understanding and to have that connection with who and what you truly are. That capacity, that ability exists for everyone, you have but to believe. It is not a difficult concept other than you choose to make it difficult. We're not suggesting that you choose, [but] the human consciousness chooses to put in place, once again, that electromagnetic type of energy that makes [it] difficult, and you as individuals choose to participate in that particular sustainment of that belief system. Because if you didn't sustain it you would leave this vibrational level, it would alter, it would be like all of the other vibrational levels throughout all of creation, where they create different realities, absolutely, but do so with the understanding of who and what they truly are.

In this vibrational level, in your awake consciousness state, you have a difficulty in bringing into that consciousness the total awareness of who and what you truly are. And it's impossible for you to put it into an expression through the use of any type of vocabulary or [medium.] Impossible. Because you choose to make it impossible, not because someone else said, "Well, you can't do that." But because you as entities existing within this vibrational level have chosen to put in place that electromagnetic type of energy that limits your capacity to have that understanding in your awake consciousness state. You do so for a very legitimate reason and that is to make it appear that this is real. So that, once again, you can experience that intense range of emotions and feelings that cannot be duplicated when you understand consciously that it's not real.

Does that answer your questions?

**Questioner:** Yes. Thank you.

**Questioner:** I have a, just a clarification. I think for going into what we call this new age and this new energy then, our idea of human consciousness that are

choosing to alter the experience here, is it to alter it just more to an awareness of a more conscious creation, that's the only way we can still keep it real in this level is to keep the limitations of the veil somewhat, because I think what I'm understanding is that if we completely released the time and space beliefs that we would leave this, you know, the [trail doesn't exist anymore anyway,] so is this idea of going and [to assuming] the new energies more the idea of just becoming more conscious about what we're doing, just lightening the experience but still having and feel real and intense? Or is it the intensity is dissipating or, you know, the clarification of what our purpose, what we said our purpose is, of going in and changing into the human (*inaudible*), still keeping this reality here. Am I getting to my question? (*Laughs*)

**Joshiah:** Your question is based upon an awake consciousness concept and a belief in time and space, and it really doesn't exist. So it becomes difficult to give an explanation because you believe in time and space, you believe that you're entering into this new age and new energy and we've suggested that you are entering into this new age and new energy in your awake consciousness state.

And it becomes difficult to give an explanation that's accurate, because you believe in time and space. You see, entities who believe in your so-called reincarnation process believe that there's a path that, "Well, in my last incarnation I was such and such. And before that one I was such and such. And before that, maybe back there about five or six centuries ago I was a different particular type of entity entirely."

And it's all occurring in the now. Past and future and present are human consciousness awake concepts and do not exist in your altered state of consciousness. And yet you are in your awake altered states of consciousness perceiving that there is this alteration of the energy, perceiving that you are altering your creation process, that you're entering into what you choose to believe as a new age and a new energy. It's not our terminology.

It's even difficult, as well, for you to grasp that it's not our concept. You see, we live outside of your vibrational level. We tell you what you desire to hear. We tell you what you already know. We tell you what you wish to bring into your conscious state, what you wish to have as some type of an experience. And so when we suggest that you're entering into the new age and a new energy, that's your choice. It is not our choice. That's your concept, that's your reality, and that's your belief in time and space. They don't really exist, it's an illusionary concept. And yet, as a result of beliefs that you hold—not that we hold, that you hold—you perceive that there will be this alteration in the makeup of the energy that you utilize to create this reality. You believe, and as a result of that belief you create the reality to validate the belief.

And as you perpetuate the belief, as you continue to hold the belief, if you wish, then you have the experience of that alteration of the energy that you exist in. It doesn't matter how far it goes. That's your choice. This reality exists as your choice. This electromagnetic type of energy that you put in place exists because it's your choice. And so if you wish to eliminate it as a human consciousness, you can do so.

Will that eliminate this vibrational level? Well, again, that's your choice.

What we have perceived and what we tell you is, once again, based upon your belief systems, based upon what you desire to experience, as individuals and as a human consciousness' alteration of this energy. And you like to hear what it is that's possible for you to create. And you like to hear when we suggest that there are going to be entities existing in your vibrational level who have the capacity to understand at some level of their consciousness that they create this reality.

You're experiencing that now. You can see those entities entering into your so-called incarnational period that have these seemingly fantastic capacities and abilities. And then we tell you that that exists. It's what you desire to hear. It's not some information that we have exclusive access to and we're telling you something that's this overwhelmingly new concept. Absolutely not. We're telling you what you desire to hear. We're telling you what is within your capacity to create and to reflect by the beliefs that you hold as individuals and as a human consciousness.

Those entities that are entering into your vibrational level and that are having that capacity to understand consciously that they create the realities—and that some are referring to as the so-called Indigo Children or new age children or whatever terminology you wish to apply to them—create their reality in exactly the same manner as every other entity existing not only in your vibrational level but in all of the vibrational levels throughout all of creation. It doesn't change. The reality that you experience is a reflection of the belief that you hold. And you, as entities, are creating that reality. Those entities that you might refer to as the Indigo Children are the exact same entities that are existing in other incarnational periods that you are existing in in the same time and space concept, if you wish.

It's nothing new. It's a belief system that you believe you can bring into your reality. And you like to hear that it takes time, twenty-five years [you] put in place for that alteration, because it validates it, it makes it real, and then you see these so-called new children. Well, they're not really new when you stop and think about it. Maybe that's you. Not really new at all. That's the same entity that's been here since the very first day—if you wish to use the concept of time and space—that you created this reality. "In fact, we believe perhaps that they maybe come from monkeys, so maybe that was a monkey, and now look it, look at this, what's happened

in this fantastic alteration and progression in this evolutionary process.”

It's an illusion. It's your creation. And you like to hear that once you get beyond these so-called Indigo Children that the next children will be even more capable of understanding in their conscious state of who and what they truly are, understanding and having the capacity to hold within their conscious state this self-love concept. And as a result of understanding that they create their reality from a position of absolute and unconditional love (*laughs*), exist in a reality that would be what you might desire, as being what we refer to as the “peacemakers.” It's you. There's not some other entities that are going to magically appear. It's you, and that particular element of your creation is no more valid than the one that you exist in now and have existed in since you began this creation process. No more valid, no more real, and no less than the reality that you will experience when you leave this vibrational level. It's really not important.

And so to answer your question, what do you believe? What do you believe as individuals, what do you believe as a human consciousness? For the reality you'll experience is a reflection of the belief that you hold. If you believe that it's within your capacity to create your reality, and to do so from a conscious state then you can have that. Will the intensity of emotions and feelings remain, we really don't have an answer to that. We can suggest to you that in your vibrational level, as a result of your choosing to limit your understanding of who and what you truly are when you are in this seemingly awake consciousness state, when you're actually far removed from who and what you truly are as it's possible for you to be, you can experience realities that seem real and as a result of seeming real you've intensified the emotions and feelings. That's why you're here.

The rest is illusory, including the so-called alteration into the new age and new energy. Because, you see, that makes it more real. When it's really an illusion. You can and do have whatever it is that you desire. And if you desire to believe that you're entering into a new age and [a] new energy (*inaudible*) and as a human consciousness concept then you can have that, not only can but do have that. And when we tell you that that's what's occurring it's because that's what you wish for us to tell you.

We really don't have access to any information that's not available to each and every one of you. Absolutely not. We tap into the information that you hold within you and give it back to you. And we choose to do so because of the opportunity to interact and to experience the emotions and feelings of our friend Elias (*the channel*). And it's really that simple. It really is.

Does that answer your question?

**Questioner:** I'm just going to clarify my question. I appreciate all that, and I have heard that from you on, well, and everywhere else over the years. I guess, though, I guess ultimately my question is that, the clarification that as long as, I mean, regardless of what time frame we think we're in, whichever incarnation we believe we're in, as long as we are in this 3D reality that we're in right now, that we're creating in, as long as we're in that we are still within somewhat of a veil. Right? As long as this creation is the one that has the veil regardless of what we think we're changing the energy into or, you know, if we're starting to create more consciously we are still ultimately within a veil as long as we're in this particular reality. Is that ...

**Joshiah:** It becomes very difficult, once again, to give you an explanation because you're asking for an explanation of a creation process that defies explanation. You do not have the terminology, if you wish, within your vocabulary, but nonetheless we'll attempt to give you an explanation. And when you're in this awake consciousness state that you refer to that, indeed, it appears that it's beyond your ability to alter or to control. It's a real reality that you can influence to a certain amount but you can't really control it. To really control it, well now, that's an entirely different concept because it makes it seem more real. It makes it seem more intense.

Now. In this awake consciousness state, in this level of consciousness where that limitation exists—indeed, it exists throughout other levels of your consciousness state as well, and we've suggested that many times—that when you're in your altered state of consciousness that we refer to as a meditative state you still maintain this veil, this energy, if you wish. And we use the terminology “veil,” because that's a terminology that gives you some type of an analogy that you can understand. But it's a type of energy that you maintain. And you even sustain and maintain that energy when you're in your dream state. And, indeed, even in your so-called death state, in your altered state of consciousness when you're so-called between incarnations, although there's no such thing, it's only a concept that you hold in your awake consciousness state.

When you're in that between incarnational state to some extent you still sustain and maintain that veil, that energy. But when you are in that state of consciousness that you refer to as the between incarnational state or the death state, if you wish, the pass over state, that you like to refer to, at that level of consciousness this so-called veil is not nearly as intense as it is in this level of consciousness. And at that level, should you choose, you can sustain or you can alter your veil, if you wish, or energy and you can leave this vibrational level.

Now, we use the terminology “vibrational level” and people think that it's somewhere else. You as entities in

your awake consciousness state think there's all these levels and they're all over. It's simply a terminology, and, once again, it becomes very difficult to give you an accurate description through the use of a vocabulary, [for you see] vibrational levels exist without time and space.

This is such a belief in time and space in your awake consciousness state that you can't believe or get a comprehension of a reality that doesn't exist with time and space. And we've used the analogy many times, that you have radio frequencies that exist throughout your vibrational level and you understand the analogy, we don't have to give it to you again, but you understand that analogy and it's similar. It's not that you go somewhere but you alter your consciousness so that you don't exist at this level of consciousness and you're in a different vibrational level. And there are a multitude of vibrational levels, similar to the radio frequencies that exist, and they are all valid, and they're all equally important, similar to the radio frequencies that exist. You just choose to be in this one.

And when you're in this one, you have that capacity to hold this particular level of consciousness where you don't understand who and what you truly are. You can enter and leave this vibrational level at will, absolutely. As readily as you can turn the dial on your radio and turn into a different frequency and then come back and then go to all the other different frequencies.

But that's a difficult concept to grasp in your awake consciousness state because you believe in time and space. You believe that you're here for this full term of sixty or seventy years. And it doesn't really exist. It's an illusion. And you do, frequently, alter the channels, if you wish, between the vibrational levels. But you're in this vibrational level in this awake consciousness state. Indeed, it's an illusionary reality and it does give you that capacity to have that range of emotions and feelings and when you put in place that veil, that energy it limits, as well, others from interfering in the [correction] in your reality so that it can seem more real.

Others don't desire to interfere anyway, that's a human awake consciousness concept. Others, many have absolutely no desire at all to have an experience like you're experiencing, and we've suggested many times we don't understand why you wish to do it either. We can have that experience, to a certain extent, through interactions through our friend Elias and it's possible for each of you to duplicate and be involved in that type of interaction. You just choose to not believe it.

You choose not to believe. The reality that you experience is a reflection of the belief that you hold. It's really that simple.

Does that answer your question?

**Questioner:** Yeah. Pretty good try, yup. For what you could do with a vocabulary, yes, I understand that. Thank you.

**Joshiah:** Well, it has been indeed a (*inaudible*) interaction, and we would like to 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 we are not separated by time or space but rather by a vibrational level and should you choose to interact you have but to express the intent, and we would welcome that opportunity. You have but to believe. And we would bid each of you farewell, with love and with peace. ✨