

JOSHIAH

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

Now. Before we begin, we would suggest that there exists for each of you, once again, that opportunity to be involved in what 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 or indeed that portion that you might refer to as your higher self, or that spark of consciousness that you are.

You see, many times the information that we express through our friend Elias (*the channel*) is limited by the use of a vocabulary. And you will find that should you alter your consciousness and allow yourself to enter into that meditative state, that the information that you receive in that transaction many times is much more accurate and much more pertinent to your individual needs and desires than is the information that we express through our friend Elias. And not only is it many times more pertinent but as well, without the limitations of a vocabulary, many times much more accurate. And so we would encourage each of you, should you choose to be involved in that silent communication. And you will find that should you choose to close your eyes and to express the intent, that it is very easy for you to alter your consciousness and to enter into that meditative state, if you wish, and in that altered state of consciousness have that capacity and opportunity to be involved in that silent communication. And as always, the choice is yours. Absolutely.

Now. We've suggested many, many times that you exist in this vibrational level as a choice. Your choice. Not the choice of some other entity that has decided that you must enter into this reality or vibrational level or this creation process in order to have some type of lessons or learning. Absolutely not. You enter in this vibrational level through your choice. And you remain in this vibrational level through your choice.

And in this vibrational level many times individuals are experiencing realities that they believe are beyond their capacity to alter or to control. This vibrational level and this reality that you experience in this vibrational level is an illusion. It's an illusionary reality. It doesn't mean it doesn't have significance, but nonetheless it's an illusion. When you attempt to give an explanation of a particular experience or a particular creation that you're involved in in this vibrational level, you come down to choosing words, once again, in a vocabulary that cannot express the true meaning of the creation process that you employ to be involved not only in this reality, but indeed in the entire creation of this reality. And you see, even to use the terminology of a "reality" leads you to believe that it's real. "Real-ality." And it's not real, and yet it's not imaginary either.

It's real in the sense that it can allow you to experience particular activities. It allows you to be involved in certain aspects of creation where you believe that you're not in control, and in that sense, it's real. And in that sense you choose to put in place the limitations of your ability to understand your creation process in order for you to believe that it's real. For you see, if it's real then it's beyond your capacity to alter. And if it's beyond your capacity to alter then indeed it enhances the experience. And when it enhances the experience it allows you to experience a range of emotions and feelings that you cannot duplicate in any other vibrational level or in any other manner of creation. And as a result of that type of creation—of that process of creation where you believe you're not in control and you enhance those emotions and feelings—you have that opportunity to complete the particular reasons that you choose to be involved in this particular vibrational level in the first place. And that is simply to experience the broad range of emotions and feelings that you cannot duplicate in any other manner.

You see, when you understand absolutely that you're in control, when you understand that it is an illusion, it doesn't mean that it doesn't have some type of reality attached to that illusion. But nonetheless, the illusion—when you understand—then you can experience the emotions and feelings absolutely, but certainly not to the extent that you experience when you believe that you're not in control. And we've used the analogy many times that you can go into a theater and you can sit and watch a production that's being displayed upon the screen. And when you see that production that's being

displayed upon the screen you understand absolutely that that production is as the result of some individual attempting to portray to you a reality that they wish to invoke certain emotions and feelings. But you know it's not real. You know that it's a trick of lights. You know that it's an illusion that's being projected upon the screen. And you know that there's been bits and pieces that have been taken from an even broader prospect of particular filming, if you wish, that's been edited and changed and reproduced in order to evolve into a production that can be displayed upon the screen and (*inaudible*) have some type of cohesion that can indeed invoke in you certain emotions and feelings.

And it's rather ironic that you can sit in that screen and in that theater and you can view that production upon the screen and you know that in your so-called time concept that you're sitting in that theater for a very short period of time in terms of what your aspect and belief in time is. And yet upon that screen, within that short period of your so-called real time, there can be an illusionary time that can span years and indeed even centuries. And you can grasp that. You say, "Well, that's okay because it's an illusion." You say, "That's okay because that's simply a production." And yet you can get involved in that production and you can get involved in viewing that particular illusion and you can experience very intense emotions and feelings, but when you walk out of that theater and look back upon it and you say, "Well, that wasn't real." It was very exciting, perhaps, or very emotional; or you experienced some type of joy, absolutely, and very intense emotions at times. But nonetheless, when you walk out of the theater, well, it's not real. But now you're back into the real world where there is time and where there is space, and where things are real.

The irony of it is that the reality that you create and experience in this vibrational level that you exist in in your so-called awake consciousness state is as illusionary as the production that you viewed upon the screen. It's as illusionary as the production that you viewed upon the screen, and you create it all. The irony of it is that even the production that you created upon the screen, you participated in creating. The irony of it is that there is not one instance, there's not one aspect of your creation and of your existence and of the experiences that you are involved in in your vibrational level in this particular incarnational period—or in any of the other incarnational periods, if you wish to use that reference to time and space—that you do not have absolute and complete control over.

You see, you create the reality that you experience, absolutely, and it's a reflection of the belief that you hold. And if you choose to believe that you're not in control then you will create a reality to validate the belief that you're not in control. And if you create a reality that you don't particularly enjoy, then it's much easier to blame that particular reality on some other element or onto some other entity, whichever you

choose. It really doesn't matter, you can blame it on the universe if you don't like to blame it on some other entity. It doesn't matter. You're blaming it on something else, and you create a reality to validate the belief that you're not in control.

It's really that simple. You go to great lengths to make it complicated because you see, if it's more complicated, if it's more complicated then you don't have to accept the responsibility. If it's more complicated it's easier to blame someone else. And there is a certain amount of comfort that comes with that type of existence, absolutely. And it's not right or wrong. You see, you can have whatever it is that you desire. And it's not right or wrong.

The only concept of whether or not it's right or wrong is the one that you hold in your awake consciousness state. That spark of consciousness that you are, that entity that you are that creates this reality that you experience does so joyously, and never with a judgment of whether or not it's right or wrong. Right or wrong is a human awake consciousness concept. It does not exist in your subconsciousness, if you wish to use that terminology, or it does not exist in your inner consciousness, or it does not exist in that spark of consciousness that you are, or that entity that you are. It doesn't matter what terminology that you use to describe it. The portion of you that creates the reality that you experience in your awake consciousness state does so joyously. It does so from a position of absolute and unconditional love, and it does so without judgment as to whether it's right or wrong. It gives you everything that you desire. Absolutely. It's really that simple. You can make it more complicated. Not only can, but you go to great lengths to make it more complicated. But nonetheless, it's really that simple.

You see, when you sit in your so-called awake consciousness state and you take a look at entities that are around you, some of those entities have particular attributes that you might envy. You might say, "Oh, I wish I had that but it's not possible for me to have that." Well, as soon as you hold that belief that it's not possible then that spark of consciousness that you are joyously produces realities that validate the belief that it's not possible for you. And so you get exactly what it is that you desire. You can create through conscious choice or you can create through default, what we [term] as default. Even in default you make a choice. Even in what we refer to as creating through default, you are making choices. You are making choices to hold certain beliefs that will be validated by the reality that you experience.

You see, the belief always precedes the reality. That's another mis-concept that you have in your so-called awake consciousness state, that in your experience of reality when you have a day-to-day interaction with another entity and as a result of that interaction or that experience or that activity—whatever terminology you

wish to use to describe that particular creation process—you indeed believe, in your awake consciousness state, that you form a belief based upon that particular event or activity. And well, it's really not that way at all. First you hold the belief. You hold a belief that's responsible for the creation of the reality that validates the belief.

Now. Some would say, "Well, that doesn't really make any sense." And many times we would suggest to you that [you] hold beliefs that operate within belief systems. You see, it's a combination of your beliefs that create the reality that you experience. You can, for example, have this belief that you are not worthy, and have this belief that it's not within your capacity to accomplish certain particular goals that you set forth for yourself. You set them there but you don't really believe that you can accomplish that. You don't really believe that you can do that, that's just for someone else. "But I've been told that if I hold the belief then I can do that." And so you hold a belief that, "Well, I'm going to do this particular creation process." But somewhere in your subconsciousness, if you want to use that terminology, you don't believe that it's possible for you to have that type of creation. And so you validate the belief that's contained within a belief system.

This reality creation process occurs whether you wish it to or not in your awake conscious state. Because in your altered state of consciousness—that subconsciousness, if you wish, or that spark of consciousness that you are—you absolutely create the reality that validates your desires. Absolutely, without a question. Not one instance is there a creation or an element of experience that you're involved in that you are not responsible for. Not one.

You see, it's an illusion. This reality that you experience in your awake state is an illusion. That doesn't mean that it's insignificant. Absolutely not. In fact, it's exactly the opposite. It has great significance. But that doesn't mean that it can't be an illusionary reality and still have significance. For you see, all of the realities that are experienced throughout all of the creations in all of the vibrational levels are illusions. If you wish to attempt to put some type of an explanation or terminology, to give an explanation for the creation process, you are creating illusions. All of the entities existing in all of the vibrational levels use exactly the same particular element or process of creation in order to have the experiences that they are indeed desiring to experience in their vibrational level. While it seems to be more real when you exist in a vibrational level where you understand that what you're experiencing is an exact reflection of what it is that you desire, the intensity of the emotions and feelings that are surrounding that particular element or event do not carry the same significance as the emotions and feelings that you experience in your vibrational level because you believe you're not in control. And when you believe

you're not in control then you can blame something else or someone else, and then the emotions intensify.

And there are certain aspects of your reality that you understand absolutely that you control. There are certain elements of this reality that you accept full responsibility for. Most of them are the ones that you desire to have consciously. There are some that you're not quite so willing to accept the responsibility for, but we assure you that they are realities that you desire as much as any others. The reality that you experience is a reflection of the belief that you hold. Your desires are portrayed and displayed and put in front of you and presented for you each and every moment of your existence. Absolutely.

And if you don't like your reality, change it. And it doesn't matter how you change it, what matters is that the method or the technique that you use to change it is one that you believe has the capacity to make that change. You see, the reality that you experience is a reflection of the belief that you hold, and if you believe that doing certain things in a certain manner will assist you in creating your reality then absolutely that will work. It will work fine.

We've used an analogy many times that entities who are so-called searching for this ability to consciously create their reality are like individuals who come upon a shore and in front of them there is a body of water. And out on that water there's a fog bank and you can't see how far it is to cross that water through the fog bank to get to what it is that you desire to experience on the other side. You don't know how long the journey's going to be. You don't know how dangerous the journey is going to be. And so you come down to the shore and you look upon the shore and it's got vessels lined up, from one end to the other, as far as you can see. And so some entities run up and down the shore and they test out the vessels. And when they get on the vessel they make sure that it's seaworthy because you see, you don't know how far that journey's going to be. "It could be quite dangerous, so we better make sure that we have a big enough crew to get us there. And we better make sure that it's well-stocked with provisions in case we have a problem along the way, in case we run into some rough weather."

And so, each particular craft that they inspect never ever fulfills enough of their desire in order to eliminate all of the questions that they have, in order to eliminate the fears. And so they continuously believe that they're not responsible. They continuously believe that they're not responsible. They continuously believe that they're not responsible. "There's got to be a better way." And so they run up and down the shore, and they go from vessel to vessel and they continuously try to make sure that this one is the one that's going to work. And then you have other individuals who come down to the shore, who are not concerned about the journey but understand and accept that it's their journey and they choose the first vessel that they see and they get in it,

and they are quite successful in completing their journey. And they can have all types of experiences that validate their belief systems.

And the irony of it is, as we have suggested so many times, is that you really don't need a vessel at all. The water's not very deep unless you wish it to be deep, and you could walk across it. You cannot fail. You absolutely cannot fail to come to the understanding of who and what you truly are. You can't fail. This is a journey that you cannot fail on. It's a journey that, if you wish, you can make difficult. That's your choice. But it's not one that you can fail. And it's not one that has any danger other than the danger that you put in place.

You see, it's your reality. You create it all. Now, when we suggest to you that it's an illusionary reality and we suggest to you that the experiences that you are involved in are illusionary, for many individuals they look at that and say, "Okay, I can understand that I'm involved in this illusionary reality and that I'm responsible for my interactions when I rise in the morning and when I have my breakfast but when I step into my vehicle and I'm involved in the traffic, you're not going to tell me that I'm responsible for the interactions with those other entities that are driving like maniacs." Well, of course you are. You interact with other entities and you create the reality to validate the experience and to validate the belief systems that you hold. And it's an illusion.

You see, many individuals who look at this and say, "Well, I can accept that, and so I'll put it out to the universe and the universe will provide that which I need." The universe is an illusion. This vibrational level that you exist in is your creation. You exist in each and every atom of the entire universe. You exist in each and every atom of this entire vibrational level. It's an illusion. And so if you wish to believe that it comes from the universe, you can have that, absolutely, because you're the universe. But you see, when you believe that it comes from the universe, then it can be beyond your control consciously. You don't have to accept responsibility for all of that because, you see, "Some of it may not be giving to me that which I desire. Some of this particular reality that [I'm] experiencing may be as a result of some other entity who wishes for me to experience a worse reality and the universe may grant them their wish, and not me mine."

You see, it's an illusion. What you experience in your awake consciousness state is an illusionary reality. Once again, it doesn't mean that it's insignificant. It doesn't mean that you should just simply ignore it. Absolutely not. You choose to be involved in this vibrational level. You choose to come into this vibrational level and to have this type of creation process so that you can experience that intense range of emotions and feelings. It's really that simple. Make it more complicated if you wish. But the more complicated you make it, the more difficult it will be for

you to consciously have some type of effect or control over it. It is really that simple. The reality that you experience is a reflection of the belief that you hold. You are the god that you search for and you absolutely cannot fail to come to that understanding at some point in your so-called consciousness. The rest is up for grabs. The rest is a reflection of what it is that you believe. If you desire it, you can create it. Absolutely. Not only can, but do.

You see, that's the irony—you do it anyway. You do it all. It is not something that's like some strange particular phenomena that we're trying to express or explain to you. Absolutely not. You do it. You can choose to do it consciously or you can choose to do it through default. It doesn't matter. But even to choose to do it through default is to make a choice. The choice is yours. You make the choice. You hold the desire. If you don't like who you are in your awake consciousness state, the spark of consciousness that you are, that entity that you are that creates the reality will create all types of experiences and day-to-day activities and interactions to validate that conscious belief that you're not worthy, that you don't like who you are. You can have that. It's not right or wrong.

Once again, the spark of consciousness that you are creates exactly what it is that you desire and it does so joyously, without judgment as to what's right or wrong. Right or wrong, once again, is a human awake consciousness concept. It does not exist in your so-called inner consciousnesses. And so, if you continuously hold in your so-called awake consciousness state those beliefs that you're not worthy, then you'll create the realities to validate that belief. Absolutely.

We've suggested many times that if you wish to use a technique, first you should begin to like who you are. And you begin to like who you are by making a list of the particular attributes that you would like to display for yourself. Principles of what you would choose to exist by. Not principles that you put in place to satisfy others. Not principles that you would apply because you want to impress someone else. Absolutely not. Principles that you put in place because that's what you believe in, because that's the type of entity that you would like to be in your awake consciousness state. And then you apply the principles.

And when you apply the principles, you don't get down on yourself if you fail to apply a principle when you're creating a particular reality and you have that experience and you're holding this belief that, "I'm not worthy and so here is this reality that I create and it shows that I'm not worthy because I didn't apply the principles that I had decided that I was going to apply when I was faced with that particular type of creation process." And so you, once again, validate that you're not worthy. Not at all. [If] you dwell upon that particular aspect, if you dwell upon that particular instant, then

you will indeed begin to believe that it's not within your capacity to have that type of creation. You will begin to believe that you are not worthy and you will begin to believe that you're a failure, and you will absolutely validate the belief.

And so, you put aside those particular instances when you didn't apply your principles. You don't dwell on them. You dwell on the multitude of instances when you did apply the principles, when you were successful. Those are the ones that you dwell on consciously. Those are the ones that you like to put forward. Those are the ones that you want to represent to other people because that's who you want to be. It's who you want to be. It's an image and an entity that you would like to be. And you don't really care if the others around you don't like it. Because you see, the irony of it is when you begin to put in place the principles and you begin to apply the principles, you begin to strengthen your character. And when you begin to strengthen your character, you begin to like who you are. And when you begin to like who you are, amazingly, others begin to like you as well. And when that occurs you begin to indeed have that capacity to experience that you are worthy, to experience that it is within your capacity to alter your reality.

And then you can set in place whatever it is that you desire. And be specific about what it is that you desire. So many entities would say, "Well I'd like to be happy. I just want to be happy." Well, what is it going to take to make you happy? And then some entities could say, "Well, I wish I had more abundance." Well, there are many entities that don't have the same level of abundance, if you wish to use some type of a measuring stick, and yet they are extremely happy, and so abundance isn't going to do it. And so you might say, "Well, I wish that I was involved in a certain type of relationship and then I would be happy." There are other individuals who are not involved in any type of relationship at all that even begins to compare to that which you would desire to experience, and yet they are extremely happy, and so it doesn't have to do with that. You see, happiness has to do with liking who you are. Happiness comes from within. It's not something that you're going to experience by creating all of these particular elements that are outside of your so-called inner consciousness. Happiness comes from within.

Like who you are. And when you begin to like who you are and when you begin to experience that understanding that it's within your capacity to create, then indeed you will begin to experience as well the gratitude for your capacity to create—for your capacity to create. You see, gratitude is a great element of creation, if you wish, it's a great emotion for you to have the capacity to experience, but it must be gratitude for yourself. When you begin to experience gratitude for some other entity that you believe has done something for you, there's nothing wrong with

that. But understand that that is gratitude for that individual. That's an interaction with that individual that allows you to have an experience with that individual that's based upon a relationship. But if you don't feel gratitude for yourself, it really doesn't matter, you will end the experience.

Feel gratitude for who you are. Feel gratitude for that character that you have developed and you will begin to feel gratitude indeed for the creations that you're involved in, for yourself. And when that occurs, you begin to have expectation that it is within your capacity to create. You begin to expect that, "Well, if I hold a certain desire then I can create it." And [you] begin to expect that to experience and to come to formation, if you wish, in your day-to-day activities and in your interactions.

And many times when that occurs, when one begins to like who they are and then they begin to love themselves more—and we're not talking about some type of conceitment, absolutely not. We're talking about liking who you are. We're talking about loving yourself, unconditionally loving yourself, doing the things that are necessary for you to experience love. When you begin to have that particular understanding, then indeed many of the so-called desires that you once held will change. There's nothing wrong with that. Don't be afraid to change your desires as long as you're changing them to that something that you desire to experience rather than changing your desire because you just feel it's beyond your capacity to have any type of effect upon creation, so, "I will just lower my expectations. If I lower my expectations then I can't fail. If I lower my expectations to the point where I believe I'm not in control then it's a comfort zone and I can't fail then." You can have that. It's not right or wrong. The spark of consciousness that you are creates that willingly. It does all of this creation willingly from a position of absolute unconditional love and it never judges whether that's right or wrong. It gives to you that which you desire. It gives to you a validation of the beliefs that you hold and it does so joyously from a position of absolute and unconditional love. Absolute unconditional love means nonjudgmental. It means not judging whether it's right or wrong but creating that which you desire, joyously. And so you can have it. Absolutely. And when you establish the character and when you strengthen the character and you begin to have the expectation consciously then it becomes within your capacity to create your reality consciously.

The irony of it is that you do so anyway. You may choose to do it without recognizing it. You may choose to do it without accepting the responsibility for it, but you do it anyway. You do it anyway. You can't escape it. It's what you choose to enter into this vibrational level to experience. 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 because if it's more complicated, it's

more real. And if it's more real then the intensity of the emotions and feelings are enhanced, and it can be so much more fun to experience these emotions and feelings that are seemingly beyond your control. That's why you came here. That's why you exist in this vibrational level. You're not here to learn some lesson. You're not here to satisfy anyone else other than your own individual self. You exist in this vibrational level because you choose to, and you will leave this vibrational level when you choose to.

And the irony of it is that it's an illusion. Time and space are illusions. When we suggest that you're going to leave this vibrational level, that's a suggestion that we make because you believe in this concept of time and space and you believe that you're somehow going to leave this particular area of space and you're going to be somewhere else. Well, it's not really that way. Time and space are illusions. You are—like your radio airwave frequencies existing within your so-called Earth's atmosphere and indeed throughout your entire universe, if you wish—existing within the same time and space as all of the other vibrational levels that exist throughout all of creation—similar to the airwaves that exist within the same time and space, and you have the capacity to tap into a particular frequency and experience that particular reality, if you wish, or illusion that's being broadcast on that frequency. So it is that you exist in a vibrational level that exists within the same time and space as all of the other vibrational levels that exist throughout all of creation. And you choose—you choose to be tuned into this one. And you will at some time, if you choose, make the choice to leave it. And when you leave it, it's not a matter of you leaving but rather a matter of altering, as you alter indeed the tuning mechanism on your various apparatus that you use to go from one radio frequency to another—all existing within the same time and the same space.

It's really that simple. It's not complicated at all. The irony of it is that it is so simple that you have difficulty in accepting it in your awake consciousness state. The irony of it is that there are but three things that you do not alter in this vibrational level. One is that you create your reality. The second is that you are an entity; a spark of consciousness; a god, if you wish—whatever terminology you wish to apply to it—that has the capacity to create, and is no more and no less than any other entity that exists throughout all the vibrational levels throughout all of creation. And you absolutely cannot fail to come to that understanding.

The rest is an illusion—doesn't mean it's insignificant, but nonetheless, an illusion. And you go to great lengths to make it much more difficult because then it's real. And if it's real then the emotions and feelings are intensified, and that's why you came here in the first place. That's why you put in place this electromagnetic type of energy that limits your capacity to understand who and what you truly are in your awake state.

And so you can spend all of your time in your so-called awake state attempting to discover this connection of who and what you truly are. You can go to all different lengths to attempt to have that connection. The irony of it is that [in your] awake state, you can't do that. You can't do that because you make the choice to limit your capacity to do so. You make the choice. When you exist within this vibrational level you agree to participate in what we refer to as the human consciousness belief systems. You enter into it in a consensus, if you wish, where you agree that there will be certain laws of physics that you cannot defy. And when you defy them for any amount of time, you cease to exist in this vibrational level—and it's not right or wrong, and it's not a great accomplishment.

What's a great accomplishment is when you exist in your awake consciousness state and you understand and accept that you're in control, even in those instances when you believe that you're not in control. When you understand who and what you truly are. And the only way that you can make that connection is to go withinside. You won't find it written in a book. Even the information we express to you is limited. We simply express to you that which you desire to hear. To assume that we or any other entity existing outside of your vibrational level has more knowledge about your creation process and the particular methods and techniques that you employ to create within your vibrational level is simply ludicrous. You create it all. Absolutely. And the knowledge that you desire to experience is withinside. It cannot be expressed through the limited use of a vocabulary.

It's an understanding that you can only achieve by going withinside. And when you attempt to bring it back into your awake consciousness state, if you believe that it's within your capacity to teach it to someone else you will fail because, you see, they have the capacity to create their own reality—not only have the capacity, but they do create their own reality—and you, while you may interact, cannot create for them. A difficult concept to grasp, but nonetheless a very accurate one.

And to discover that connection we would suggest that you go withinside, that you go withinside and connect with who and what you truly are. That choice is yours. It's not a right or wrong, but if that's what you desire to experience then that would be our suggestion. We hesitate to give you methods or techniques because, you see, a method or a technique is only as good as the belief that you hold regarding that method or technique and if you don't believe it'll work, it won't work. And yet it can be seemingly the most ridiculous type of method or technique but if you believe that it will work then you will create realities to validate the belief. Absolutely. The only limitation to your capacity to create is your imagination. Imagination, desire and expectation will create the reality that you desire. Not only can, but does. Absolutely guaranteed.

Now. We would break for a moment or two, and if you decide that you have questions for us we will be willing to return and attempt to answer them for you. 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, to offer you our absolute unconditional love and our unending support. And we would bid each of you farewell, with love and with peace. ☸