

JOSHIAH

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Joshiah: Well now. Well, it is 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. And we would like to express our greetings to each of you and, as well, our gratitude for, once again, offering us this opportunity for which we are grateful.

Now. Once again, before we begin this afternoon we would remind each of you that there exists that opportunity for you to be involved in what we refer to as the silent communication. An opportunity for you to be involved in a telepathic interaction or exchange of information, if you wish, with other entities that would be with us on this afternoon, or indeed with that portion that you might refer to as your higher self or that spark of consciousness that you are.

Now. Once again, in that telepathic interaction or exchange of information, many times the information that you receive is much more pertinent to your individual needs and desires than is the information we express through the use of this channel. And indeed many times that information, as well, is much more accurate if it is transferred as what we refer to as that telepathic exchange of information, and many times is much more accurate than when there is this interference or attempt to utilize the vocabulary. And so you will discover that should you choose to alter your consciousness, you will find that as a result of the energy that you have created that it's very easy for you to enter into that meditative state or into that altered state of consciousness and to have that opportunity to experience that telepathic interaction or exchange of information. And as always, the choice is yours absolutely.

Now. You exist, once again, in this reality, in this vibrational level, if you wish, by your choice. And in this vibrational level and in this reality in this so-called conscious state that you exist in in your awake state, the reality that you experience is your creation. It's your creation and ironically, whether you choose to believe it consciously or not in this awake state, the creation of this reality—the creation of the day-to-day interactions that you experience, and the methods that you use to create that reality and those interactions—is the same for each and every one of you. The reality that you experience is a reflection of the beliefs that you hold. It's really that simple. You can make it more

complicated. Not only can, but go to great lengths to make it more complicated, but nonetheless, the reality that you experience is a reflection of the beliefs that you hold. And there are no exceptions. Each and every entity existing within your vibrational level—and not only within your vibrational level but indeed in all of the vibrational levels throughout all of creation—experience realities that are a reflection of the beliefs that they hold.

This reality, once again, this vibrational level that you exist in, is rather unique in that you choose in your so-called awake consciousness state or in all of your other levels of consciousness, if you wish to use that terminology to get some type of description of altered states of consciousness, you maintain what we refer to as a veil that limits your capacity to understand not only the process that you utilize to create and to experience this reality, but indeed to hide from the understanding of who and what you truly are. Your choice. Once again, it's important that you understand that it's your choice. You're not subjected to any type of existence where you might go through some certain steps in order to have the opportunity to proceed onto some other level of conscious understanding or creation. Absolutely not. You exist in this vibrational level through your choice and you create your reality as a reflection of the beliefs that you hold. Absolutely.

Now, many individuals choose not to believe that they create their reality. And that's fine too. You see, it doesn't matter what you believe. You can have whatever it is that you desire, based upon the belief that you hold. And if you desire to not be in control, if you desire to have a reality where it appears like other entities or individuals are creating and influencing your reality for you, you can have that. Absolutely. It's not a right or wrong concept, it's a choice that you make. And if you choose to not believe that you are in control then you will create the reality to validate the belief. Absolutely.

Once again, the reality that you experience is a reflection of the belief that you hold. Many individuals have the concept or the awake consciousness understanding, if you wish, in the belief that first of all you experience a certain reality and then, based upon their interaction and the feelings and the emotions that they perceive through that interaction and that reality, then they form their beliefs. And it's really not that way

at all. You see, it's exactly the opposite. First of all, at some level of your so-called consciousness you hold a belief and from that belief you create the reality to validate the belief. Absolutely.

And so, if you don't like your reality then you can change your beliefs and you will ultimately change your reality. But it's important to understand indeed that, once again, that spark of consciousness that you are that creates this reality gives to you exactly what it is that you desire, without exception. And so if you have certain desires to experience, then you will have that. Absolutely. But it also becomes important then to understand that you might indeed be quite specific about what it is that you desire. If you desire to not be in control, once again, then you validate that reality, you validate that belief, and you have those experiences. Absolutely.

And so, what it is that you desire becomes very important. For some individuals would desire abundance, for example. Well, what's abundance? You see, you exist in a society in which you have what we refer to as societal belief systems. And in this so-called society abundance can be entirely different from a concept of abundance in a society that you might assume is a lesser abundant society than the one that you exist in. And so it's important to understand and to be quite specific about what it is that you desire. If you desire abundance, well, what do you mean by abundance? What does that refer to? Does that mean that you desire some type of wealth? Does that mean that you desire to have some type of specific living accommodation that gives you certain comforts and certain benefits? What it is that you desire to be in terms of abundance is very important.

The irony of it is that when you begin to understand that you're in absolute control, when you begin to understand that the reality that you experience definitely is a reflection of the belief that you hold, then many of your desires alter. There's nothing wrong with that. Absolutely not. When you desire to change what it is that you wish to create, then you can have that as well. It's not a right or wrong. Once again, it's important as well to understand that the so-called spark of consciousness that you are creates whatever it is that you desire and it does so without judgment. This right or wrong judgment as to whether or not it's a good or bad thing for you to create and to experience is an awake human consciousness concept and it does not exist in your so-called level of consciousness—that spark of consciousness that you are—that creates your reality. It does so absolutely without judgment, and it gives to you exactly what it is that you desire and it does so joyously. It does so from a position of absolute unconditional love, and it never says, "Oh, they're not going to like that, so we're not going to give that to them, absolutely not." Or, "There's my so-called awake consciousness and it looks like they're going to experience some type of terrible famine because

they're not going to have abundance in their life, so we're not going to give that to them. We're going to give them all this abundance so they don't have to worry about not having all of these things that might make for them a very negative experience in this so-called awake state." Absolutely not—the spark of consciousness that you are gives to you whatever it is that you desire and it does so without judging, and it does so joyously. And so you can have whatever it is that you desire. Not only can, but do have whatever it is that you desire. And so it becomes important to understand what it is that you desire if you wish to have the ability to have that influence and to alter a belief system so that you can create it, so that you can have it. Absolutely.

And so you must be specific. Many individuals, for example, might wish to be involved in a relationship. Well, you're involved in relationships. Unless you live on some island somewhere and you're completely isolated from the rest of your society, you're involved in interactions and relationships each and every day of your existence. And so it becomes important for you to define what it is that you desire in your relationships. It becomes important that you understand that what you are experiencing in relationships is a reflection of what it is that you desire and it's a reflection of the belief that you hold regarding your influence and ability to be involved in relationships.

And so, be specific. Understand what it is that you desire. And then you can use all types of techniques in order to create that reality. Imagination becomes absolutely paramount in creating that reality. For you see, in this reality that you experience, we suggest that it's an illusionary reality. That doesn't mean that it doesn't have significance. It doesn't mean that it's not important. It's a terminology. It's a terminology that gives some type of an explanation based upon this limited use of a vocabulary, because there's not another phrase in your vocabulary that gives a more accurate description rather than to say, "It's an illusionary reality." It doesn't mean that it's not important. It doesn't mean that in some sense it's not real. It means that it's within your capacity to alter it. And what you create, once again, is a reflection of the beliefs that you hold, of your desires and of your imagination. If you can imagine it, if you can desire it, then you can create it. Absolutely.

And then you must have expectation. You see, without the desire and the imagination and the expectation, it becomes rather difficult in order to create this reality. Many individuals say, "Well, I wish I had these things. I have a desire to have this abundance and this is exactly what I want. I want to have this type of abundance." And it doesn't matter, you can put any type of terminology or explanation or some type of description for that so-called abundance. It doesn't matter what it is. But you desire it, and so you put it there and then you think, "Well, that was really a nice

idea. I wonder what it would be like?" And so you use your imagination to experience what it is to be involved in that reality that has that type of abundance that you've given a description for, that you've been very specific about. And then it comes back to, "Well, I don't think I can have that anyway. I don't really believe that it's possible to do all this stuff." And so you don't believe it. You create the reality to validate the belief and you don't have it. Or if you believe that you're not worthy, "Only other individuals have that capacity. Only other individuals are intelligent enough to create that reality. Only other individuals have the specific talents that are necessary to create that reality. I don't have that. I'm not capable of that type of creation. I'm not worthy," and when you hold that belief, you validate the belief.

You see, the desire and imagination can only influence what it is that you're attempting to create. But the reality that you experience is a reflection of the belief that you hold. And if you believe that it's not within your capacity to have that type of a reality, then you create the reality to validate the belief and you don't create the reality that you use in your imagination. You must have an expectation. You must believe that it's within your capacity to create that reality. And not only must you believe that it's within your capacity to create that reality, you must believe that you are deserving of that reality. You must believe that you are worthy of that reality. And so you must like who you are.

You see, expectation comes as well from the ability to experience that type of gratification that comes from creating a reality that you desire, and the only way that you experience that is if you believe that you're worthy. And so, many individuals in your so-called vibrational level exist in this so-called awake state and they carry with them that doubt that they're not really worthy. "Well, I don't like who I am." If you don't like who you are then we assure you that other individuals existing in your vibrational level in your awake state will grant you the validation of that belief system and they won't like you either. Your choice. It's not another's choice. It's your choice. You see, you interact with other entities and at various levels of your so-called consciousness you put in place the contracts and the agreements to validate the belief systems that you hold by creating the realities that you both desire, and the interactions occur and you validate, once again, the belief that you hold. And if you believe that you're not worthy, you will validate that belief, absolutely.

And so, this holding in place the desire and imagination, it becomes paramount as well that you have the final element and that is the expectation. And if the expectation is not there then you won't create the first two, you won't create what it is that you desire and that you're imagining. You must have the expectation. And you have the expectation by believing that you are worthy. And if you don't believe that you're worthy then change that belief system as well. And you do that—

and we very seldom give you specifics—but you do that by putting in place a list of particular attributes that you would like to express to others. You put in place principles that you would like to exist by. And you apply the principles when you create the reality that allows you the opportunity to apply the principles. And you apply the principles. And you make this list of principles and you don't worry about, "Well, I don't know whether this one's important or not important." Just make a list of principles. And in that list of principles indeed then choose the ones that are important to you. The most important ones go to the top of the list. And you make the list of principles and then you apply them. You apply them in the day-to-day activities that you create to give you the opportunity to apply the principles. And when you apply the principles you strengthen your character. And when you strengthen your character you begin to like who you are—like who you are, not like the image that you project to others so that they can like who you are, but you like who you are.

You see, it's important that this establishing and indeed enhancing, if you wish, and strengthening—if you used that term—of your character is your character, for your benefit. Not a reflection of a character or an image that you would be (*inaudible*), absolutely not, but a character, an image that you desire, the type of individual that you desire to be.

You see, if you're portraying an image or a character in order to impress others but it's not the image or the character that you desire to be, then you're still not going to like who you are. You're going to be living in a type of a falsehood and within you will believe, "Well, this is what they wish, but it's really not what I desire to be." And that spark of consciousness that you are creates the reality to validate the belief that you're not worthy because that's what you believe. So, it's important to understand that the reality that you experience is a reflection of the belief that you hold. And when you are creating this image, when you're creating this character, if you wish, when you're putting in place your principles, they're your principles to satisfy what it is that you desire to be. And if you begin to like who you are more, then we assure you that others will like you as well.

It's not that they don't like you now, but if you're not getting all the things that you desire and you're putting in place all of these other so-called desires and imaginations but the expectation is not working, then why is it not working? It's not working because at some level of your consciousness you don't really believe. You don't really believe that it's possible. Or if you believe that it's possible, well, "It's only possible for others. It's really not possible for me." And once again, you create the reality to validate the belief. It really is that simple. You go to all lengths to make it more complicated but it really is that simple. The reality that you experience is a reflection of the belief that you hold. And if you don't like it, change it. Absolutely.

When you wish to change it, when you wish to create certain aspects of this reality, understand what it is that you desire—be quite specific. And then if you're not creating it, if it's not occurring, then you question why. "Do I believe that I don't deserve?" And you work on altering your image and your character. And when you begin to like yourself there's another amazing so-called side-effect, if you wish, of this creation process and of liking who you are, you begin to love who you are consciously. You see, this self-love thing is, for many, a very difficult concept to grasp—this self-love. You see, in many societies self-love is many times looked upon as someone who's being indeed very egotistical, who is giving that influence that someone believes that they are better than others. And it's not that at all. The spark of consciousness that you are that creates this reality that you experience does so from a position of absolute unconditional love. You have within you that capacity. You not only have within you, it's who and what you truly are. To bring it into your consciousness is the key. To like who you are and then to love who you are. All of who you are, not just some aspects. If there are aspects of your reality that you don't love who you are, then work on changing it. If they're some aspects of your character that you don't like, then work on changing it. Put in place the principles, apply the principles. And as you apply the principles you will indeed strengthen the character and present the image to others that you desire to present to others. You will begin to like who you are. You will begin to love yourself more consciously, and other individuals will begin to like who you are as well, and you will experience that interaction of love and self-love. Absolutely. It's a given. You cannot fail to achieve, for you see, once again, the reality that you experience is a reflection of the belief that you hold.

And when you're in this process of creating this reality and you've put in place these principles and you're applying them in order to strengthen your character, and you're going along and things are really going great and then you create this reality with an individual that you're involved with—an individual that you're interacting with—and it becomes an interaction where you have the opportunity to apply one of these principles that you've put in place as being important, and you fail to apply the principle, and you dwell on it, and you think, "Well, I'm not very good at this." And you begin to believe, once again, to use your imagination and the desire to validate that you're not very good at it. You begin to believe that you're a failure and you create the reality to validate the belief.

And so, you don't dwell on the time when you failed to apply the principles but rather you dwell on the positive aspects of this application of your principles. You dwell on the times when you got it right. You see, there might have been a one or two percent time when you didn't get it right. That means that there's ninety-eight or ninety-nine percent of the time that you did get it right.

Which is the most important? Do you dwell on that one individual instance or do you dwell on the rest? And you see, many individuals in your society in your awake consciousness state have that tendency to dwell on the negative aspects because that's the portion of the reality creation process that allows you to experience those intense range of emotions, of feelings that you can only experience when you believe that you're not in control. And that's what you came here for. And so you're accomplishing exactly what it is that you came here for. You're creating a reality that allows you to experience that intense range of emotions and feelings, and your so-called spark of consciousness that you are is rejoicing.

But it doesn't have to be that way because, you see, the spark of consciousness that you are rejoices at all of the creation processes. The spark of consciousness that you are, that creates this reality that you experience, cannot be separated from who and what you truly are. You can't lose that. It's what you are. Now, in your awake consciousness state you can choose to dwell on that so-called negative aspects of the creation processes. Absolutely. And as you dwell on it, you use your imagination and you use your expectation, and you create it. Because you see, when you believe and dwell on that particular two-percent of what you might refer to as being a failure and you think, "Well, I can't do it. I just can't do this. This is just all not within my capacity. This is all just a bunch of trumped up hogwash and I can't do it," and the spark of consciousness that you are validates that belief. It's really that simple.

You go to great lengths, once again, to make it more difficult, to make it more complicated because you see, the more difficult and the more complicated it is, the more real it is. And the more real it is, the more intense the emotions and feelings that you experience. And once again, that's why you came here, that's why you put in place this so-called veil—this electromagnetic type of energy that limits your capacity to understand who and what you truly are. You chose to put it in place. You chose to have those particular experiences without the capacity to understand the creation process for those experiences. You chose. Not some other entity, absolutely not. Your choice. You interact with each and every other entity that you exist with in this so-called interaction—within this so-called vibrational level in this incarnational period—by choice. It's all by choice. Your choice. Absolutely, guaranteed. There are no accidents. There's not one instant of your reality that you are not in absolute control of.

And when you begin to grasp that understanding and when you begin to understand indeed that if you can have the desire and the expectation to experience that desire, then you can have it. Absolutely. And when you begin to understand that it's within your capacity to create—not only within your capacity to create but you do create—then many of the so-called, in your awake

consciousness state, negative feelings and emotions don't have the same impact. The one emotion that you experience that becomes strengthened is the emotion of love. It becomes more enhanced. You begin to bring that more to the surface. You begin to experience self-love. You begin to like who you are. And you begin to lose those elements of fear. You begin to lose the elements of being alone. You begin to understand that it's your creation. And if it's your creation, what is there to fear? What is there to lose? Absolutely nothing. You cannot fail. You absolutely cannot fail to come to the understanding of who and what you truly are. Well, you can fail in terms of your so-called creation in your awake consciousness state if that's what you wish to do. But once again, that's only a human consciousness awake concept—this failure thing. The spark of consciousness that you are that's creating that reality to allow you to experience that particular interaction and those emotions and feelings is rejoicing because it's not failure to the spark of consciousness that you are that's creating the reality to validate the belief that you hold. You absolutely cannot fail. And you absolutely cannot fail to come to the understanding of who and what you truly are. It's a given. The rest is up to you. The rest is your choice. The rest that you experience in this awake consciousness state is simply an expression of the belief that you hold, and if you don't like your reality then change the belief. It's really that simple.

You exist in an illusory reality only from the aspect that it's within your capacity to alter it. Time and space are illusions. They don't exist. In your awake consciousness state, time and space are the biggest validators for this reality. Even when you hold a concept and you have a desire and you use your imagination, you still—in your awake consciousness state—put in place time: "If I can do this long enough, I'll create it," because it validates the reality. It makes it more real. You could do it instantly. But if you did it instantly it wouldn't seem as real. If you did it instantly it wouldn't have the same impact upon your emotions and feelings that it does when it takes time. And time validates that it's real. Time validates that it does take interactions with other entities in order to accomplish this particular desire that you are attempting to create. Time and space are illusions. They don't exist in any other element of your reality or of your consciousness other than your awake consciousness state. In your altered states of consciousness and indeed in your so-called dream state, you enter into a level of consciousness, if you wish, you enter into an area of that spark of consciousness where you are, where you interact with other entities not only existing in this vibrational level in this particular incarnational period, but indeed with other entities in other incarnational periods and, at times, even other entities that are not existing in this vibrational level. That choice is yours. It's not a choice that has been made by some other entity and you're subjected to it. Absolutely not.

So, in this awake consciousness state, time and space become real concepts. They become concepts that it becomes very difficult for you to step outside of in your awake consciousness state. They're what we refer to as the human belief consciousness systems. These are indeed what you might refer to as laws of physics—very difficult belief systems for you to step outside of in your awake consciousness state and yet in your altered states of consciousness you not only do so quite readily, but you do so on a regular basis. But in the awake state, if you have this concept of time and time must pass in order to validate this alteration of your reality, then it makes it more real. Not only does it make it more real, but it validates that belief system that you do have the capacity to alter your reality. "This really works. It may take some time, but the time simply validates that it's real. And so I can go ahead and I can hold particular beliefs that I wish to bring into this reality and I can indeed express my desires in a very specific manner. And then if I desire it and use my imagination, I can bring it into the reality. All I have to do is use some type of expectation. And see, I put in place this particular desire and I used my imagination and I've held that expectation through some type of will for the last week or two weeks or month," whatever time you wish to apply to it, "And there it is. I've created it. It really works."

And so you do it again, and you do it again. And this illusory reality with this illusory passing of time validates the reality, it makes it real. And by making it real, it allows you to experience the intense emotions and feelings that can come with the understanding that it's within your capacity to create whatever it is that you desire. It gives you a feeling, a sense of an emotion that is not duplicated in any other vibrational level throughout all of creation. And that's why you're here. That's why you choose to enter into this vibrational level in the first place, is to have that opportunity, to have those experiences, to intensify the emotions, to intensify the feelings it's not possible to experience when you understand who and what you are in your so-called awake consciousness state.

It's really that simple. Once again, you go to great lengths to make it more complicated but it's really that simple. You are a spark of consciousness that creates this reality. You are the creator absolutely, and you absolutely cannot fail to come to the understanding of who and what you truly are. All the rest is up to you. All the rest is within your capacity to alter. Not only within your capacity to alter, but you do alter it. Whether you accept that in your conscious state or not is your choice, but you do nonetheless create this reality absolutely. You are the god that you search for and you cannot fail to come to that understanding.

Now. We would break for a moment or two and if you have any questions for us we would 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 and we would bid you, once again, our absolute unending support and unconditional love. And we bid you farewell, with love and with peace. ✨