

# JOSHIAH

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

Now. Before we begin this afternoon we would like to suggest that there exists for each of you the opportunity to be involved in what we refer to as the silent communication—the opportunity for you to alter your consciousness, if you wish, to enter into what you might refer to as a meditative state, and in that altered state of consciousness have the opportunity to have an interaction, 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. And many times the information that you receive in that altered state of consciousness, in that telepathic interaction, if you wish, is much more accurate and much more pertinent to your individual needs and desires than is the information that we expect to express through the limitation of this use of a vocabulary and through the transference of this thought process and of feelings through our friend Elias. And as always, should you choose to enter into that meditative state you will find that it is quite easy, as a result of the energy that you have created in this space, for you to alter your consciousness. Should you choose to do so, you have but to close your eyes and express the intent and that opportunity certainly exists for each of you. And as always, the choice is yours, absolutely.

Now. In this vibrational level that you exist in, this reality, if you wish, this world that you exist in is a vibrational level that is a creation of the individuals, of the entities, that exist within this vibrational level. It's your creation. It's your reality, if you wish. It's not a reality that's been created by some other entities that exist anywhere outside of your vibrational level, absolutely not. It's your reality, it's your creation, and it's your vibrational level. You see, "vibrational level" is simply a term which we attempt to give you some type of an explanation that can give you a concept or a grasp of that concept of what it is that you exist within. You see, to believe that there is a certain area or a certain space that's set aside particularly for this

vibrational level is an illusion that exists only in your awake consciousness state. You see, in your altered states of consciousness, in that level of consciousness that you would contain withinside of you, that indeed is responsible for the creation of this reality that you experience in your awake consciousness state, exists within the same space and the same time of all other existence in all of the other vibrational levels throughout all of creation.

For you see, time and space are illusion. They only exist in your vibrational level in your awake consciousness state. In your altered states of consciousness—even in that you might refer to as your dream states—time and space don't exist. It's an awake consciousness reality, if you wish. It's an awake consciousness belief system that you hold that allows you to experience time and space. And so this vibrational level that you exist in exists within the same time and space, if you wish to use that type of an analogy or a description, as all of the other vibrational levels that exist throughout all of creation. We've used the analogy many times that it's like you can understand that there exists within your atmosphere, within the same time and same space, numerous types of wavelengths—radio wavelengths or radio frequencies or whatever terminology you wish to describe. You understand that there are those frequencies existing within the same time and within the same space. And you have the technology and the capacity and the capability to utilize certain instruments to tap into various frequencies, while at the same time eliminating all of the other frequencies that you absolutely understand they are existing within the same time and the same space. While analogies are poor at best, that analogy comes very close to giving you some type of a concept or a grasp of that idea that the reality that you exist in, this vibrational level that you exist in, exists within the same time and the same space as all of the other vibrational levels that exist throughout all of creation. You simply choose to tune into this one. You choose to tune into this one.

You see, it's also important to understand that you're here by choice, that this vibrational level exists because you choose. You as individuals, and you as a society, and you as an entire human consciousness choose to exist within this vibrational level, and through

the choices and the belief systems that you hold, you perpetuate the vibrational level. You perpetuate the reality that you experience and that you exist in. You, once again, as individuals and as a society and as a human consciousness are the ones that are responsible for the reality that you experience. You're here by choice. Your choice.

And if you're here by choice, so it is that you remain here by choice. In other words, you're not here because you have to learn some particular lesson. Absolutely not. You can have that if you wish. You see, you can have whatever it is that you desire. If you wish to believe that you're put here by some entity and here you're forced to have all of these experiences because you believe that there are certain lessons or progressions that you must experience in order for you to progress to some level, you can have that. It's not right or wrong. It's your choice. It's your choice. If that's what you desire to have, you can have it (*inaudible.*) The spark of consciousness that you are creates whatever it is that you desire, absolutely, without exception. And if you choose to believe that you're not in control then you can have that as well. Once again, it's not a right or wrong. You see, that spark of consciousness that you are creates the reality that you experience, and it does so as a reflection of the beliefs that you hold and it does so with absolute complete lack of judgment. It's not right or wrong. It does so unconditionally. Whatever you desire, so it is your reality should be created to validate the desire, to validate the beliefs, absolutely, without exception.

And that becomes very difficult for you to grasp for, once again, you exist within this vibrational level where you can believe in this particular incarnational period that that's it, that that's all that there really is. Well, once again, time and space are illusions. They only exist in your awake consciousness state. In your altered states of consciousness you are so much more than it's possible for you to comprehend in your so-called awake and consciousness state. So much more. You exist indeed in all of the other incarnational periods that you experience. You choose—you choose—to put in place that electromagnetic type of energy, that some refer to as the veil, that limits your capacity to understand who and what you truly are. Not only limits your capacity to understand who and what you truly are but, as a result of this so-called human consciousness belief in time and space, you also limit your capacity to understand that you create multitudes of realities that you exist in simultaneously.

You see, it becomes very difficult to give an explanation, for the use of your vocabulary is based upon your belief systems. And so even to suggest to you that there is no time and space and to attempt to give a description we use terminologies like "you exist in the now." Well, what's the now? You see, the now is based upon a belief in time and space. The now is an instant, when it really doesn't exist. And so, once again,

we're attempting to use a vocabulary that's based upon a belief system that's not real. And so the explanation becomes very distorted indeed. But nonetheless, you believe in this time and space phenomena and that this particular incarnation that you're experiencing is the one that exists within a long time frame.

Now. Some may not believe that there are other incarnations and there's nothing wrong with that if you don't wish to believe that you exist in other lifetimes. Once again, the reality that you experience is a reflection of the belief that you hold, and indeed that spark of consciousness that you are creates the reality that you desire to experience based upon those beliefs and it does so without judgment. It does so unconditionally. And so if you wish to believe that you're not existing in other incarnational periods then you will indeed have all types of realities to validate that belief system, and it's not right or wrong.

It's important that you understand that right or wrong is a human awake consciousness concept. It's what allows you to function in this particular incarnational period in your society. It puts in place the boundaries. It allows you to have experiences based upon the belief systems within the societal boundaries, if you wish, that when you, in your awake consciousness state, believe that there's right and wrong. The spark of consciousness that you are creates the reality that you experience from the position of absolute and unconditional love. It never judges whether it's right or wrong. If you wish to experience any type of reality, whether in your awake consciousness state you believe that it's a negative or a positive or an evil or a very beneficial reality, the spark of consciousness that you are creates it without judging. It does so joyously.

And that becomes a very difficult concept for you to grasp in your awake consciousness state. Very difficult indeed because you choose to make it difficult. Because you see, you came to this vibrational level for a very simple reason and that is for the opportunity to experience a range and depth of feelings that is not possible to experience in any of the other vibrational levels throughout all of creation. And in order to accomplish that particular ability to have that range and depth of feelings, you put in place that veil, that electromagnetic type of energy that exists throughout your entire universe that limits your capacity in your awake consciousness state and in your dream states and even in your between incarnational state—what you refer to as your passed over or your death state—you still have in place, to various extents, that electromagnetic type of energy, that veil that limits your capacity to understand who and what you truly are. And as a result of that limitation, this reality is real. This reality gives you that capacity to believe that you're not in control and when you're not in control, the intensity of the emotions and the feelings is greatly enhanced. Absolutely. And so if you're in what you might refer to as an abusive situation, it's much easier to blame

someone else, and you do so, so that you can experience the feelings.

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 it's really that simple. We challenge each and every entity existing within your vibrational level to look at any activity that you're involved in or look at any desire that you hold and to bring it back to the basis of what it is that you desire or why are you attempting to experience that particular activity or to be involved in that particular experience, and invariably you will discover it's because you're attempting to have an experience based upon an emotion or a feeling that you wish to have come into your reality. You exist in this vibrational level through your choice for the purposes of creating realities that you believe you're not in control of in order to enhance and to intensify those emotions and feelings so that you can experience them. That's why you're here. Your choice. Absolutely. Not someone else's. And the spark of consciousness that you are grants you that without judgment, unconditionally.

You see, in your awake consciousness state, many individuals believe that they're not worthy. In your awake consciousness state many individuals believe that, "Well, it's alright for someone to have a certain type of reality but I can't achieve that." And so you hold beliefs, you hold beliefs that limit your capacity in your awake consciousness state to experience certain realities. Nonetheless, that experience is still based upon a belief system and a choice that you make, and the spark of consciousness that you are creates that reality for you joyously, because it's what you desire. You also believe that in your awake consciousness state that this is it, that this is the most important aspect of your creation and of your existence. And it's really not that way. It really is not.

You see, you believe that when you are in your so-called altered states of consciousness, whatever it is you wish to refer to them as—as a meditative state or a dream state, it doesn't matter—when you're in an altered state of consciousness you believe that that's becoming illusionary. You believe that that's getting farther away from what it is real. And then you have that altered state of consciousness that's the one that's dreaded by so many people, and that's the experience of passing over. When you end this incarnational period, what happens at that point? Because you see, you believe that this is real. You believe this, in your awake consciousness state, that this is it. Well, you choose, once again, to put in place the types of energy and the limitations that allow you in this awake consciousness state to understand who and what you are and to hold in your mental capacity an understanding of the reality that you experience and of the creation process that you utilize to be involved in that experience. You limit, not someone else. You put in place the limitations, absolutely.

Now. When you're in this awake consciousness state you are (*inaudible*) far removed from the true spark of consciousness that you are as you can possibly be. And even to use that type of terminology is to give an explanation that's not entirely accurate, for you see, you can never be separate from who and what you truly are. You can only create the illusion that you are separate from who and what you truly are. You cannot be separated from your spirituality. That's who you are. You cannot lose it. You don't have to search for it. You hide from it, perhaps, but it's who and what you are. You can't deny it. You can't lose that spark of consciousness that you are. You can perhaps believe and hold the belief that you're somehow separate and you can create realities to validate the belief in your awake consciousness state, but nonetheless you cannot be separated. And so when you're in this awake consciousness state and you believe that this is all that there is and that there's, somewhere, there is this other part of you, this other portion, that you may or may not come in contact with, we would assure you that in this awake state you are as far removed from the connection, if you wish, or from the understanding, perhaps—to be more accurate—of who and what you truly are as it's possible for you to be.

You see, when you enter into your dream state, in that particular area, if you wish, of your existence you interact with other entities, absolutely. You interact with other what you might refer to as incarnational selves of who you are, other portions of your personality. You are so much more than what you can comprehend in your awake consciousness state. And in that dream state indeed you put in place the agreements and the contracts and alter some beliefs and in order to create the reality that you like to experience, and then from the dream state it's only one very small step of what you call your so-called consciousness to alter into what you refer to as the between incarnational states. And you still exist, even within that state, in this particular vibrational level with the limitations of the understanding of who and what you truly are.

But in your awake consciousness state you understand absolutely that you cannot sustain it. There is not one entity existing within your vibrational level who can sustain this so-called awake consciousness state. At some point you will definitely sleep. Absolutely guaranteed. But what you can't guarantee is that at some point when you are in a sleep that you will awake. You can go one way and you can guarantee that you will sleep and you can guarantee indeed that you will indeed alter your state of consciousness one step further and go into that between incarnational state. You understand that absolutely. The state that you cannot sustain is this state. The state that you cannot sustain is the awake consciousness state. That's that illusionary state. That's the state that's not permanent, it's temporary.

The real state is your so-called state of consciousness where you have the complete understanding of who and what you truly are. And when you're in this particular vibrational level you choose to limit your capacity in all your levels of consciousness to have that understanding. Even in your so-called between incarnational state, if you believe that there's some other entity that's going to control your reality and if you believe that when you die, when you pass over, that you're going to enter into some realm of existence that may be some type of damnation or you're going subjected to all types of terrible existences because of what you experienced in your so-called awake consciousness state, then indeed you will create the reality to validate the belief system. Or if you believe that, well, everyone goes into this very restful place—that you might refer to as heaven in some particular religions, and others have all other types of descriptions for it—then you can create and will create the reality to validate that belief.

The difficulty is that in that altered state of consciousness it becomes very difficult to sustain the illusionary reality and you soon begin to realize, similar to when you're in the dream state, that you have the capacity to alter and to control. It's like being in a dream state and you learn to do what you refer to as lucid dreaming, and so you're in a dream that is a dream that you may not particularly like or indeed even one that you may think is a fantastic experience you're having in this dream, and you can learn to take a part of your so-called awake consciousness and apply it to have control of that dream, and you understand that (*inaudible*) time and space are illusions. You can change it instantly. It doesn't take a long time to change that dream. Well, when you're in your so-called between incarnational state—when you die, in other words—when you're in that state of consciousness indeed you understand to an even further extent that it's within your capacity to alter that reality, that the reality that you're experiencing are as a result of the beliefs that you hold.

You see, the reality that's experienced in all of the vibrational levels throughout all of creation is a reality that's created similar to the reality that you experience in your vibrational level. The only difference is that in the other vibrational levels the entities that exist in those vibrational levels that experience creation in those vibrational levels do so without the limitation of the understanding of who and what they truly are. This is the only vibrational level throughout all of creation where the entities existing within that vibrational level put in place that type of electromagnetic type of energy to limit their capacity to understand the reality creation process that they employ to have this experience. It doesn't exist in the other vibrational levels.

And so when you're in this vibrational level, even in those altered states of consciousness that you refer to as the between incarnation state, you will create

realities based upon the belief that you hold. To sustain them becomes an entirely different matter. You see, to sustain it in this reality—you exist, once again, in this belief in time and space, in this illusion—and so you enter into your dream state and you come back into your awake state and you perpetuate the illusion. And in order to validate it, it takes time. If you're going to make a change, it takes time. You see, if it happens instantly then it's not real. If it happens instantly, it's something that you have difficulty in believing that it's within your capacity to sustain. And so in order for it to have meaning, in order for it to have value, you like to have that time and space concept involved because then it's real, because then it is indeed something that's truly happening. It's not just your imagination. You can prove it.

Well, you see, in your altered states of consciousness, in that between incarnational state, time and space don't exist. That illusion is very difficult for you to perpetuate. And so if you believe in these so-called different types of realities that you're going to experience, regardless of whatever they are, it becomes very difficult for you to perpetuate the illusion without you understanding that you are absolutely in control. And when you understand that you're absolutely in control, then if you're existing in either that type of reality that you believe is some type of damnation, you begin to question yourself, "What am I doing this for? Why am I having this experience?" Or if you're in this reality where there's this particular type of existence where everything is absolutely perfect, and you think, "What a boring situation this is! I think I should probably have a different belief system. I think I might change my reality." And so you have that capacity absolutely to alter your reality, and in that altered state of consciousness—in that between incarnational state, if you wish—you have the capacity, should you choose, to experience another reincarnation or you have the capacity to choose to leave this vibrational level, to have the understanding of who and what you truly are. The choice is yours. Always.

The reality that you experience in your awake consciousness state is a reflection of the belief that you hold. And if you don't like the belief and if you don't like the reality, then you change it. And you change it by simply understanding what it is that you desire. You change it by believing that it's within your capacity to alter the reality. You change it by liking who you are. It's important that you like who you are. For you see, if you don't like who you are then it becomes very difficult for you to expect that it's within your capacity to create that reality. Because if you don't like who you are you begin to believe that you're not worthy. And if you believe that you're not worthy based upon this concept that you don't like who you are in your awake consciousness state, the spark of consciousness that you are—this true entity that you are—says, "Okay,

that's what they want, let's do that. Look, isn't this fun? We can create whatever reality it is that they desire." And the spark of consciousness that you are creates the reality that you desire and it does so without judgment because that's what you wish. You have it. The irony of it is that it takes absolutely no more effort on your behalf to create any one type of reality than it does to create another. The reality that you experience is a reflection of the belief that you hold and it is within your capacity to alter it. Absolutely. Not a question.

You see, there are but three absolutes in this reality that you're existing in—not only in your vibrational level, but in all of the vibrational levels throughout all of creation—three truisms: you create your reality; you are the spark of consciousness that you search for, the god that you search for; and you absolutely cannot fail to come to that understanding. Everything else is illusionary. Everything else is within your capacity to alter. And you create this reality by making choices and decisions, and those choices and decisions are reflections of beliefs that you hold, and your beliefs are reflected in your attitude. And from your attitude, indeed, you, once again, have the capacity to utilize your imagination and your desire and your expectation. And the whole thing just forms together to assist you in the creation of the reality that you desire to experience.

And so you have your thoughts and feelings that reflect from your beliefs, and your attitudes that influence your choices and decisions, and from that you form your desires, and from your desires you have your imagination or your, indeed, beliefs in what it is that you will experience, and from that you have expectation for that to come into your reality. And that's exactly what you get. Always. Not once in awhile. Always the reality that you experience is a reflection of the beliefs that you hold. If you believe that you're not a worthy individual then you shall have that type of reality to validate the belief. If you believe indeed that it's within your capacity to have anything you desire, then as well you can have that. It's your choice. It's your reality. It's not some other's.

You see, if some other individual's influencing your reality it's because at some level you agree to participate in that. It's at some level, whether you agree to it consciously or not, you do make a conscious decision to be involved in a particular type of interaction. You make that choice. Absolutely. If you believe and desire to believe that you're in a situation where you're not in control then you make a conscious choice to be involved in that situation. You make a conscious choice to believe that you don't have the capacity to alter it, and the reality that you experience reflects the belief that you hold based upon the choices that you make. Absolutely, without exception. And if you choose to believe that you're not in control, then guess what? That's what you get. If you choose to believe that you're not worthy, then that's what you get. If you choose to believe that love is something that

doesn't exist in your reality, then it won't. Not in your conscious reality.

It exists in other levels of your consciousness because, you see, you create this reality from a position of absolute unconditional love. That spark of consciousness that you are knows what it is to love. Absolutely. At some level in your consciousness you know what it is to love yourself. Absolutely, unconditionally. To bring that into your consciousness sometimes can be a challenge for many individuals. And it's simply a challenge because you choose to believe that you're not worthy. You choose to believe that you don't like who you are. You choose to believe that other individuals have the capacity to control and to influence your reality. And that's fine. You can be involved in that situation, but if those individuals are influencing your reality in a way that you don't like, well then, perhaps it's time to step back and assess the situation and say, "Well, I don't like what's going on here. I'm going to alter that. I'm going to change that." And why are you involved in that situation in the first place? Perhaps it's time to step back and take a look at what an individual believes in who and what they truly are.

You see, to tell someone to simply like yourself or love who you are, that can be very difficult and challenging aspect for many. (*Inaudible*) "I don't know what to do. Well, I do like myself. Well, I think I do. I mean, most of the time I do. You know, there's maybe the odd time, but most of the time I like who I am. Well, except perhaps when I'm with certain individuals. Well, I guess when I think about it, perhaps there's lots of times that I really don't like who I am." You see, it's not something that is just given. It's given within your so-called spark of consciousness that you are, but in your awake consciousness state, once again, you exist in an illusionary reality. And the reality that you experience, while it does have significance—don't for an instant think that we're trying to say that it's not important, absolutely not, it's very important—you choose to enter into this vibrational level so you can have those experiences and whether or not the reality is illusionary does not impact at all on whether or not the experiences that you have create the feelings and the emotions that you desire. Absolutely. They are real.

And so when you're in this awake consciousness state, in this illusionary reality, indeed many times it becomes very difficult for an individual to like who they are. And the process is really quite simple—and we usually don't give methods or techniques, for you see, methods or techniques are as varied as the individuals who are existing in your vibrational level. The method or the technique that you utilize to alter your so-called belief systems or to alter your reality, are methods or belief systems that you choose. The method or the belief system that you choose to utilize to alter your reality is not nearly as important as your belief in that method or that technique. The method or the technique really

doesn't matter, it's the belief that it'll work that really matters. And so, once again, we hesitate to give certain instruction, for what may work for one individual may not work for another. But liking who you are is a very simple process. You simply put in place a list of principles, and from the principles you choose those that are the most important for you and you put them at the top of the list. And as you exist in your day-to-day activities and you create the opportunities for you to apply the principles, then apply the principles. It's really that simple.

And as you apply the principles, the more you apply them, the more you strengthen your character and the more you begin to like who you are. You don't do this because you want someone else to be impressed with who you are. You do this because you're going to like who you are. And the image that you want to put forth is the image that you, that you believe is the image that you would like to portray to others—not the image that others would like to see within you, but the image that you would like to portray. And as you apply the principles, indeed, you strengthen the character. And as you strengthen the character, you begin to like who you are. And it becomes important that one understands that it's the application of the principles that strengthens the character, and that it's important that you dwell upon the times when you're successful at applying the principles and not on the times when you're unsuccessful.

You see, you have this capacity in your awake consciousness state—particularly if you're an individual who believes that you're not worthy, that it's not within your capacity to create that and you're going to prove that to yourself—and so you apply your principles and you're going along very well and then along comes this situation and you fail to apply a principle. And so you dwell on that instant and you begin to believe, "Well, lookit that, I can't do it. I'm just a failure." And so once out of fifty times you fail, and you dwell on the one time, on the two percent, instead of dwelling on the ninety-eight percent. And as a result, the spark of consciousness that you are creates the reality to reflect the belief that you hold and if you begin to believe and to make the choices to enforce the belief that you're not worthy, the spark of consciousness that you are creates the reality to validate the belief and it does so without judgment. It does so from a position of absolute unconditional love. And so it becomes important that you dwell upon those particular instances when you're successful, not on the ones when you're not successful.

And we're not saying you don't pay attention to them. You just pay attention to them, you acknowledge them, and you put them aside and you get on with it. You get on with the creation of this reality. And then you begin to like who you are, and from there you can begin to apply the principles to this existence and you begin to do the things for yourself that allow you to experience

absolute and unconditional self-love. And when you begin to apply those particular aspects of your creation then you begin to indeed understand that it's within your capacity to apply those same particular techniques, those same elements of creation to others to allow them to experience absolute and unconditional love.

And a very strange thing begins to happen in your reality. You begin to like who you are. And when you walk down the street, people begin to smile at you for absolutely no reason at all. And you begin to have interactions with people that are not judgmental to the point where you criticize yourself because of that interaction but you allow the other to be who they are, without criticism, with understanding, and with absolute and unconditional love. And that's within everyone's capacity to have that experience. You have but to believe. If you're existing in a particular reality that you're not enjoying then change it. The choice is yours. Absolutely. There is not one instant of this reality's experience that is not within your capacity to control and to change and to be what it is that you desire. You are the spark of consciousness that creates the reality that you experience and you absolutely cannot fail to come to that understanding. All the rest is illusionary. Absolutely.

Now. We would break for a moment or two, and if you have any questions we would be willing to return and attempt to answer them for you. We would remind you in the meantime 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. ♣