

# JOSHIAH

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## **Q and A**

**Joshiah:** Well, now. Well, (*inaudible*) express our greetings to you once again. And we express our gratitude for your once again offering us this opportunity to interact and to share in your vibrational level and in your reality. And before we begin, we would once again remind you that there exists for you that opportunity to be involved in that silent communication, that opportunity for you to alter your consciousness and enter into that meditative state, and in that meditative state have that opportunity to experience that telepathic interaction and exchange of information. And as always, once again, that choice is yours. Absolutely.

Now. This reality that you experience, this vibrational level that you're involved in, that you choose to participate in and to not only participate in but indeed to create, is a reality in a vibrational level in an existence that you create from a position of absolute unconditional love.

Of all of the emotions that it's possible for you to feel, the one that is absolute, the one that is sustainable, the one that exists, if you wish, throughout all of eternity is unconditional love. And it's from that position, it's from that particular aspect of your creation that this reality, this experience, is possible. And you create from a position of absolute unconditional love and that spark of consciousness that you are creates whatever it is that you desire and it does so without judgment. It does so joyously.

You see, right or wrong, good or bad, if that's the terminology that you wish to apply, only exists in your awake consciousness state. That spark of consciousness that you are creates whatever it is that you desire. It creates the reality that you experience to validate the beliefs that you hold and it does so joyously. And when you can bring that love, that unconditional love into your so-called awake consciousness state and experience it, then you begin to have that deserve-ability, you begin to have that understanding of what love truly is, you begin to have that capacity to love not only yourself but to love others as well, to have that experience, that understanding, to be able to go withinside and get a glimpse of a concept of who and what you truly are.

In your awake consciousness state many individuals choose relationships to be involved in to validate certain beliefs that they hold, that validate concepts of what you believe love to be. And it's this, "Well, everyone knows how to love," attitude that allows individuals to be involved in relationships that have absolutely nothing to do with a true concept of what love is. That have individuals to be involved in that concept of what you might refer to as some type of interaction that's less than desirable, an abusive situation, if you wish, where both individuals are involved in abusing each other and experiencing that as some type of love. And it's not really love at all.

The irony of it is that the reality, that the experience, comes from unconditional love. You hold a desire, based upon a belief; you have the expectation that that's what you're about to experience; you make the choices and decisions; you hold the attitudes and beliefs, and the thoughts and the feelings, they all interact and you create the reality. Without understanding what it is, that love truly is.

It's like, "Everyone knows how to love. Isn't that true? I mean it's just a thing that everyone does." Well, it's not quite that way. You see, love is a state of being and a state of doing. And it's something that you can work at. Loving first yourself and then others. You see, if you don't love yourself you can't love someone else. You can't give to someone what you don't own within yourself. If you don't like who you are, then others aren't going to like you either. And if you don't love who you are, then others will not love you either. And you do not have the capacity to love others if you don't love who you are. You can't give what you don't already own.

So, first you must understand and experience that. And there are things that you can do that allow you to have that experience of love. Things that you do to allow yourself, first of all, to experience certain emotions and feelings and then you do that towards others to allow others to experience certain emotions and feelings. You give, and you give unconditionally.

You see, many individuals are involved in relationships where they give and they put conditions upon the gift. They put conditions upon what it is that they're involved in that reaction and that particular type creation process. Now, there's nothing wrong with that. We're not suggesting that you can't be involved in a

relationship and that you can't make a contract with someone and suggest it that, "If I do this for you, then you do this for me," but that's not a gift.

You see, when you put a condition on what you refer to as a gift then you're forming a contract. And again, there's nothing wrong with that, [it's what allows] your society to function. And in your society you like to have boundaries, you like to have rules, it gives you some type of stability. It validates your belief in time, that it's going to take time for that to occur and within that time this is what I can expect, this is how it's going to happen, and it validates your belief systems in time and space, and that this is real.

And there's nothing wrong with that. But when you give that type of a gift and you put a condition upon it it's not a gift anymore, it's a contract. When you give a gift to someone you give it without conditions.

Unconditionally. "There it is. You take it and do with it as you wish." And you give if for specific reasons. You give it so that that other has the capacity and the ability to experience certain feelings and emotions. You give a gift so that someone might experience joy, for example, or you give a gift so that someone might experience security or trust or intimacy or knowing. There's a multitude of emotions that you might solicit to have the other experience by giving a gift unconditionally that allows that other to have that experience and that emotion.

And so, you understand that if it's a gift of love that it's given unconditionally. You don't look back and say, "Well, I gave you that, I said, you know, you could do that, but you didn't do what I expected you to do, and so that's it. I'm not going to do that again."

That's a contract. Nothing wrong with it, providing that you understand that it's a contract, and it's not a gift that you've given in the false pretense that it's a gift that allows the other to experience love and the emotions that are surrounding that loving experience of joy and of security and of trust and of intimacy and of commitment.

And so you give. For that reason. And you commit. And it's important you understand, once again, what the commitment is. You see, so many individuals, well, they get involved in a relationship and it's a commitment. "Well, this is the commitment."

But it's not [lined out], it's not specific. You just give a commitment and when certain situations don't fit the commitment and you haven't suggested that that commitment is going to apply to absolutely every particular interaction that you're going to have with all the other individuals in your entire existence, then if it's not specific, then once again, the other individual begins to believe that the commitment is not real.

And so, be specific about what it is that you commit. And you commit so that the other can feel intimacy and security and trust and joy.

And you trust another. You see, trust is a very complicated aspect. And like giving a gift, it's important that you understand what it is that you're involved in, the situation that is a trusting situation. You don't just, "Well, I trusted that person. You see, we're involved in this relationship and I trusted them to be involved in that relationship to the same extent that I'm prepared to be involved."

Well, it's not quite that way. You see, in order for you to be involved in a trusting situation there must first of all be a potential for you to have a greater loss than you have a greater gain. You see, if you're involved in a trusting situation and you're trusting that other individual because you have a whole lot to gain but nothing to lose, that's not a trusting situation. It might be a trusting situation for that other individual, who has a lot more to lose than to gain, but nonetheless, it's not a trusting situation for you. In a trusting situation you have more to lose than you have to gain. And if you don't, it's not a trusting situation, and don't confuse yourself and enter into that believing it's a trusting situation when it isn't. You're setting yourself up to experience failure in terms of your trust. And so, there must be that potential loss which is greater than the potential gain. Absolutely. And then, you must believe that you can trust the other.

You see, if you're entering into that situation and somewhere along the line you think, "Well, I don't really trust this person anyway," well, then you're just setting yourself up to fail once again. And so, you must believe that it's possible for you to have that trust and then you must solicit the trust before you enter into the trusting situation. You see, so many individuals will be involved in someone and they give them a piece of information that could be quite harmful to them in some ways if that information were to be made available to others. And then, as an afterthought, they say, "Oh, by the way, don't tell anyone."

Well, it's a little late. I mean, before you begin giving that type of information, you solicit the trust first. And you better expect that that individual can be trusted, or once again, you're just setting yourself up to fail. And it, once again, reflects back on you.

You can't depend upon the other individual and say, "Well, I trusted you." You must believe that it's, can be trustworthy, and you must have that potential loss greater than the potential gain, and you must solicit the trust. And if all these three aspects are not in place, it's not a trusting situation.

But trust, trust is a great experience. It's one of the elements that you can give to another when you're expressing love, and it's one of the feelings and emotions that another can experience. Unending trust.

And the list goes on of things that you do in order to allow the other to experience. You allow another to be vulnerable. You allow intimacy to the point where one

can be open and expressing without fear of being ridiculed, without fear of being vulnerable, and that vulnerability being attacked. You allow someone to be who they are. Intimacy, physical intimacy, absolutely. But physical intimacy is not the intimacy that you would give to another in an expression of love. It can be part of it, but it's only part of it. Intimacy is allowing the other and allowing yourself to be vulnerable. Intimacy is to be able to share those parts of your so-called personality, that you particularly don't care for yourself, without the fear that the other will ridicule. That you can do that type of expression so that you can experience a sense of security and of trust and of intimacy and of knowing.

And so, you do those things. You do things that allow yourself and others to have those experiences of trust, those emotions of joy and of security and of intimacy and of knowing and of vulnerability. And that's what you do to experience love.

It's not something that you just say, "Well, I love someone." That's really easily said, but it takes a commitment. And it takes an effort. If you do the things, and you do them so that you can experience the joy, so that you can experience the vulnerability, so that you can experience the security, and the intimacy, and the knowing. And you do them without judgment. You do them to allow yourself to respect someone else and to have the other to respect you.

You see when you respect someone, in your particular society many individuals don't understand what it takes to gain respect. You see, you think that respect is something that an individual does something, or accomplishes certain tasks, and so, you respect them for what they've done. That's not respect. That's admiration. But it's not respect. To respect someone, indeed, is to honor their feelings. To respect someone is to allow them to have their feelings, and to respect the feelings, and you honor their feelings, and you do so to allow them to feel vulnerability. You do it to allow them to experience knowing and security and trust. That's respect. Honoring another's feelings. Not respecting their accomplishments. You can admire accomplishments, you don't respect them.

And those are the things that you do. And so, love is a state of being and a state of doing and it takes an effort. You can't just say, "Well, I love someone," and then that's it. "Well, I told you I love you, what more do you want?" And then go on doing the things that don't represent love, that don't allow the other to experience love, that don't allow yourself to experience love for yourself, the self-love, that unconditional love that exists withinside, that unconditional love that's the spark of consciousness that you are.

It's within your capacity to bring that into your consciousness, but it takes an effort. It takes a desire. It takes an understanding and a knowing of who and what you truly are. And it's within your capacity to do so, absolutely.

You see, each of you loves yourself. Unconditionally. This is not something that, "Well, I don't know how to do that. It's not possible." Absolutely not. But to do it consciously, and to allow yourself to do it for another, takes a conscious effort. More than just mouthing the words.

You do things to allow the other to experience the emotions and feelings that are indeed the experiencing of love.

And when you do that, when you have that experience, your entire perspective of what this reality is has the capacity to change. You begin to look at other individuals in an entirely different light. You begin to understand that it doesn't matter whether an individual is what you might refer to as being at the top of the success ladder or at the very bottom, they are there by choice. Each is equal to the other.

There is not one spark of consciousness, not only in your vibrational level but in any of the other vibrational levels throughout all of creation, who is any more or any less than any other spark of consciousness that exists. And individuals that exist within your vibrational level, in your awake consciousness state, exist within the particular form and within the particular element of their environment and their particular circumstances and their day-to-day activities because of the choices that they have made, choices that many times have been made subconsciously, and perhaps even in what you refer to as that between incarnational state, but nonetheless, choices. Your choice.

You are here by choice. You exist within your vibrational level, within this existence in your awake consciousness state, by choice. And you are no more and no less than any other entity who exists within, not only this vibrational level, but any of the other vibrational levels. And you all are equal to. No more and no less than the other. You are all that is. Absolutely. And you create your reality and you cannot fail. It's really that simple.

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

**Questioner:** Anybody got any questions?

**Questioner:** What do you ... can I say you decide to become a teacher? To communicate (*inaudible*) in a real state, a physical state?

**Joshiah:** We are not a teacher. We simply reflect back upon you information that you desire to hear.

That's the irony of it is, that the information that we express to you is information that is contained within each and every individual. We come because our friend Elias invites us. We have done so many times. In what you believe in other incarnational periods, because of the interaction, because of the sharing, and because of the intimacy, and because of the opportunity to share in unconditional love with an entity

that exists within your vibrational level. And in return we offered him the opportunity to have experiences in other so-called vibrational levels in other realities. And it's an exchange. And it's one which we enjoy very much. But we are not a teacher, per se.

The information that we express, once again, is information that's contained within each and every individual. You are so much more than what you perceive in your awake consciousness state. So much more. And contained within each and every one is all of the knowledge that you desire. You have but to express the desire to bring it into your consciousness and you can do so. Absolutely. It's within your capacity to alter your consciousness and to experience, if you wish, that connection with that spark of consciousness that you are.

Now, to bring that back into this vibrational level and to express it to someone else is very, very difficult. You can't do it. Because it lacks the ability to be expressed through the use of a vocabulary. And so, when individuals make that connection and they come back, they use all types of examples to try to use what you experience in your so-called awake consciousness state to give you some type of an explanation and some type of an example that you can compare it to. But it always falls short.

The explanation denies the use of a vocabulary. For when you go withinside, and you make that connection, and then you can begin to know who and what you truly are. And it's within everyone's capacity to do so.

To believe that it's within your capacity to read a book and find the answers there is not [so.] You can't do that. To listen to some type of recording, even the message that we give, simply gives you, if you wish, a concept that there is more, but it's up to each individual to make that choice to go withinside and make that connection. No one can do it for you. No one can tell you what it's like. And we don't attempt to do so. We simply attempt to tell you that which you desire to hear, that what's in, contained within each of you.

Many times when we are interacting individuals will say, "Well, my question was answered before I even asked it." Well, that's because the information that we give you is that which you desire to hear. We don't have access to any other information that exists within your vibrational level that is not available and exists within the capacity of each of you to obtain. Absolutely not.

To try to obtain it from your awake consciousness state is very difficult. Because you choose to limit your capacity to understand who and what you truly are. You choose. It's not someone else that's come along and says, "Well, you can't have that knowledge." You choose not to have access to that knowledge because it makes this reality seem so much more real, so much more beyond your control, and that intensifies your

emotions and feelings and that's why you do it. It's really that simple. But it's your choice. The limitation upon your access to this knowledge is your choice. You choose to limit your capacity to understand your reality creation process. It's really that simple.

And there's nothing wrong with it, it's why you came here. You came here to have these experiences. You didn't come here because you believed, "If I go there I can learn all of these lessons and I can become a better person and I can move on to some higher realm." There is no higher realm. Absolutely not.

The reality that you experience is a reflection of the belief that you hold. And we do not come to do anything other than to share. We come to interact with our friend Elias, because we appreciate and we are grateful for those opportunities. And the opportunities are endless, if you wish.

Does that answer your question?

**Questioner:** Yes, thank you. (*Inaudible*).

**Questioner:** Anybody else? No?

**Joshiah:** Well, now. As always, it has been a very enjoyable experience and we would like to express our gratitude to each of you. And we would remind you that we are not separated by a vibrational level, or rather, we are not separated by time or space but by a vibrational level.

You see, you exist within the same time and the same space as all of the other vibrational levels throughout all of creation. Time and space are illusions. And we use the analogy many times that you understand that absolutely within your so-called atmosphere you have the capacity to have a multitude of different types of wavelengths, frequencies, if you wish, that you can tap into with various instruments. And you can, through the use of tapping in with those various instruments, eliminate all the rest and focus on one. And through focusing on that one, you can bring in that which you desire to experience, and you do it through your radios and your televisions and your other types of apparatus, your telephone systems. There are a multitude of these frequencies that are existing within the same time and same space.

And so it is that the vibrational level that exists throughout all of creation, exist within the same time and same space. Time and space are illusions. And you choose to tap into, if you wish, to focus on this particular vibrational level.

And we exist in a similar vibrational level in the same time and same space. 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. ❄