

JOSHIAH

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

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

And you will find, that as a result of the energy that you have created in this sacred space that it's quite easy for you to alter your consciousness, to shift your consciousness and to enter into what you might refer to as a meditative state. And in that altered state of consciousness have that opportunity for that telepathic exchange of information.

For indeed, many times the information that you desire to hear that we attempt to express through the use of a vocabulary has its limitations, absolutely. And yet, that information that you can receive through that telepathic interaction with other entities or indeed, once again, with that portion that you might refer to as your higher self is a transfer of information that comes without the limitations of the use of a language, the use of a vocabulary.

And as a result of that transfer of information, without this limitations of the vocabulary, the information is much more pertinent and much more accurate to what it is that you may desire to hear. Information that you may desire to have some type of access to.

Now. Indeed, many times, individuals in that meditative state they feel that they're having any type of interaction, don't feel that there's any type of connection at all. In fact, many times you feel like you're just been lost in some type of a daydream. But we assure you that an interaction absolutely does take place. And many times that information comes to you when you're involved in a particular activity or a day-to-day interaction with other individuals and you get this rather spontaneous reaction to a particular event and

this information is presented to you to assist you in creating that which you desire to experience.

[And though you may] not in your so-called awake consciousness state have any type of a recall or a memory of that interaction, we absolutely assure you that it does occur and we would encourage you [to] participate in that interaction, in that silent communication. But once again, as always, the choice is yours, absolutely.

Now. We've suggested many, many times that the reality that you exist in in your vibrational level, indeed in all of the vibrational levels throughout all of creation is a reality that's a reflection of your belief system. And it's a reality that for all intents and purposes is illusionary. Not insignificant, but illusionary.

And as a result of it being a reflection of what your belief system (*inaudible*) and being an illusionary reality then it's within your realm of possibilities to alter your reality. Not only within your realm of possibilities to alter it but indeed within your realm of possibilities to alter it consciously.

You see, you do create this reality. The reality that you experience in your day-to-day activities is an absolute reflection of what the beliefs are that you hold within some level of your consciousness. Absolutely guaranteed. There's not one aspect of this reality that you experience in your so-called awake consciousness state that does not reflect what it is that you believe at some level in your consciousness.

You may not be consciously aware of those beliefs or you may choose to ignore or to put aside that belief in your so-called awake consciousness state but nonetheless the reality that you experience in your awake consciousness state is a reflection of the belief that you hold.

Now, many individuals find that a difficult concept to grasp. For you see, in your so-called awake consciousness state you choose to believe that if you have an experience then it's the result of that experience that forms your beliefs, particularly if it's an experience that you can duplicate over and over and over then it intensifies the belief and so you believe that it's a conscious choice that's a result of an interaction that you're [experiencing] in your awake consciousness state.

And yet, we would assure you, absolutely, that first you hold a belief. And then you create the reality to validate the belief. If you choose to believe that you're not in control, that's fine, you can believe that. You see, it doesn't matter what it is that you believe. You create it, to validate the belief system. And if you choose to believe you're not in control you'll create all types of realities to validate that belief that you're not in control.

If you choose to believe that this awake consciousness state is the most important part of your entire existence then when you are in this awake consciousness state you will indeed validate that belief. Absolutely.

You see, once again, that spark of consciousness that you are that's responsible for the creation of the reality that you experience creates whatever it is that you desire. Creates whatever it is to validate the belief that you hold and it does so without judging whether it's right or wrong. Right or wrong is a human awake consciousness concept. Does not exist at that level of consciousness from which you create your reality.

You see, that level of consciousness from which you create your reality, once again, creates whatever it is that you desire and it does so without judgment. It's never right or wrong. It joyously, from a position of absolute unconditional love creates the reality that you desire to experience. Absolutely, guaranteed, without fail, not one instant in your existence in your awake consciousness state that is not the result of your so-called spark of consciousness or that inner self or whatever terminology you wish to give an explanation of who and what you truly are, creates that reality to validate the belief that you hold. It's really that simple.

Now, you go to all types of effort in order to believe that you're not in control. You, once again, put in what we refer to as the veil, that electromagnetic type of energy that exists throughout your entire vibrational level that limits your capacity when you're in your awake consciousness state and indeed when you are in any level of consciousness in this particular vibrational level to have the capacity to understand who and what you truly are. Your choice, to put in place that limitation, but nonetheless it exists in this vibrational level.

As well, you put in place that electromagnetic system which has one other particular important aspect or element to it and that is that it limits the capacity for any entity existing outside of your vibrational level to influence your creation, to influence your reality. It's your creation. And were [you] to have that experience in this vibrational level you choose to enter into the vibrational level, you choose to participate within the limitations of that electromagnetic type of energy that limits your capacity in all levels of consciousness but particularly in your so-called awake consciousness state to have any concept of the understanding not only of who and what you truly are but of how it is that you create the reality that you experience.

And when you're in this awake consciousness state it all seems so very real. Your choice. Your choice. And once again, that spark of consciousness that you are creates it all joyously. There's no such thing as right or wrong at that level of consciousness from which your creation springs.

Right or wrong is an awake human consciousness concept. Once again, not something that you should put aside. We're not suggesting for an instant that it's insignificant or doesn't have importance. Absolutely not. It allows you to function in your so-called illusionary reality with some sense of form and direction. It gives you limitations. It gives you the capacity to exist and to interact with other entities to create these realities so that you can experience the feelings and emotions that are involved in the creation of these realities.

You see, that's why you're here in the first place. You didn't come here for any particular reason that you had to learn something. You didn't come here into this vibrational level because you felt that there were some lessons that you had to pass through in order to progress or to become enlightened or to pass into some other element of existence, absolutely not.

You are a spark of consciousness that is no more and no less than any other spark of consciousness that exists, not only in your vibrational level but in any of the vibrational levels throughout all of creation. You are equal to any other spark of consciousness that exists.

And you are there now. This is not something that you have to progress to. You are there. You are a spark of consciousness. You are indeed that god that you search for. You are no more and no less than any other spark of consciousness that exists throughout all of creation. You are all that is, and yet [in] the most minute aspect of the existence you are absolutely nothing. A difficult concept to grasp, we understand, but nonetheless a very accurate one.

You all exist in each and every atom of this entire universe that you exist in. This is your creation. And it's illusionary. Once again, [though] we suggest that it's illusionary, it does not suggest that it's insignificant. It does not suggest that it doesn't have importance. You see, it has importance in that it allows you to experience a range and depth of emotions and feelings that cannot be duplicated and is not duplicated in any other vibrational level throughout all of creation.

And it's not duplicated because you see in all of the other levels of creation, in all of the other vibrational levels, the entities existing in those vibrational levels understand that they are in control. Understand, if you wish to use that terminology, at a conscious level that they are in control. The level of consciousness that they exist at is the same level consciousness, [if you would], that (*inaudible*) create their reality. And it's what you might refer to in this vibrational level, in your so-

called awake consciousness state, is to that inner consciousness, that inner self, if you wish. That spark of consciousness that you are, that creates this reality.

And so, you entered into this vibrational level, your choice. Not because you felt that you had to grow. Not because there was some lesson that you had to learn. Absolutely not. But in order to put in place a reality, however illusionary it might be, that when you are in your awake consciousness state seems real, seems to be beyond your control, and allows you to experience a range and depth of feelings that is not duplicated in any other type of creation process.

You see, when you understand that you're in control, it becomes very difficult to create a reality and to experience a feeling as a result of that reality creation process that has any type of deep, meaningful significance other than, indeed, the emotions and feelings of love.

You see, you all understand absolutely that when you enter into a theater, you look at some type of a projection that's upon the screen, it allows you to look through many so-called feelings and emotions, the entire range from feeling joy to feeling anger to feeling indeed jealousy and indeed you can even experience pain and grief in that theater.

But when you leave the theater, when you walk out the door and you get back into your so-called reality the emotions don't have the same intensity. Because you understand that it's an illusion. You understand that it's simply a projection of lights upon a screen. And you're simply seeing someone else's projection. And when you leave that theater the emotions and the intensity are not the same. Not that you can't feel them, but they do not have the same intensity as the emotions and feelings that you experience in your real illusionary reality that you created and this real world that you exist in.

And the irony of it is that the more you make it real, the more that you believe that it's beyond your control, then the harder it is for you to create what it is that you desire. For you see, when you believe that it's real, when you believe that it's beyond your control, then the spark of consciousness that you are creates the realities to validate the belief that it's real. That it's beyond your control.

You all understand absolutely that there are individuals existing within your so-called circle of influence that have absolutely no problems in certain areas of creation, whatever they might be. There may be some individual who seems to have absolutely no problem creating all types of abundance. It just seems to come naturally. It's something that they expect to be created and to have in their reality. And so, they have it. It validates the belief that that's not a difficult reality to perceive and to create and to have.

And there are other individuals who have all types of problems in creating abundance. "Ah, now that's difficult." But they may not have a problem in creating and maintaining and sustaining relationships. And yet, that first individual that we refer to, that has no problem with the abundance, might have all kinds of problems in sustaining relationships. For you see, relationships are real. For some individuals relationships are very difficult. Relationships require that you must commit. Relationships require that you must enter into some type of agreement with another individual and that becomes very difficult.

And so, for those individuals believing that relationships are difficult, while they have no problems with abundance, cannot create relationships at all. They're very difficult to sustain. And yet, there are other individuals who have absolutely no trouble with relationships. Because you see, they believe relationships are easy. "It's easy to be involved in a relationship, you just have to do a certain number of things and the relationships falls in place." But their abundance, that's real. "Relationships are simply interacting, interacting with other individuals, that's not hard." But creating abundance, now that's real. Money is real. Money is difficult.

And so, with various individuals, who have certain belief systems as to what's real and to what's very easy to attain and sustain, create different realities to validate the beliefs that they hold.

You in your so-called awake consciousness state believe that this particular incarnational period that you're involved in is the most important one. You believe that this is it. And you do that, once again, for a very specific reason because it makes it real. It makes it real so that the emotions and feelings that you experience in your day-to-day interactions with other individuals have more intensity, because it's real.

Because this is it. Because this is the most important time of your entire existence. And yet, we would suggest to you that it really isn't. We would suggest to you that this reality that you're experiencing in your awake consciousness state is a reality that's your choice. It's a reflection of the beliefs that you hold. It's really that simple.

This reality that you experience in your awake consciousness state in this incarnational period is, if you wish to use your reference to time and space, but a spark of the incarnations that you experience in this so-called vibrational level, in this existence.

You see, you believe in time and space. A very difficult concept for you to grasp that they are illusionary. They only exist in your awake consciousness state. You have, once again, as we've suggested many times, various types of belief systems. You have what we refer to as a human consciousness belief system and when you enter into this vibrational level you agree,

unanimously, to participate in what we refer to as these human consciousness belief systems, and one of human consciousness belief systems that's very difficult for you to alter is that belief in time and space.

And when you're in your awake consciousness state you believe that there's a passage of time. You can't give an explanation for it, other than you can set up some type of an instrument that will record how long it takes for the sun to travel from one side of your Earth to the another or for the Earth to revolve in one full rotation, and you can gauge, if you wish, time based upon certain elements that you create to validate the reality that time exists and that there is such a thing as space.

But you see, to give an explanation of your so-called past and present and future becomes very difficult. Because any time that you attempt to give an explanation of being, so-called, in your present moment, you can't exist in that present moment. By the time you even use your intelligence, if you wish, to attempt to hold that concept in your awake consciousness state you've already passed from the so-called present into what was the future. You can't ever be there. You can't ever be in that present moment. It's always gone, it's never there.

You exist in the now. For the lack of a better terminology you exist in the now. Time and space are illusionary, they don't exist other than in your awake consciousness state.

Many of you understand indeed when you're in your so-called altered state of consciousness, in your dream states, and you become involved in what we refer to as lucid dreaming and you can have recalls of those interactions of what you're participating in in that lucid dream and bring it back into your awake consciousness state.

You understand that in that dreaming period, in that level of consciousness where you're lucid dreaming, indeed time is irrelevant. That lucid dream can last, in terms of your measurement of time in your awake consciousness state, but for a moment and yet, in that reality and existence when you're in that lucid dream you can have entire lifetimes pass by. Because you see, time and space are illusions, they don't really exist other than in your awake consciousness state.

And in those altered states of consciousness, in the meditative states or in the dream states indeed you get glimpses of that concept of the now, where time is irrelevant. It doesn't really exist.

And so, when you're in this awake consciousness state and you're in this particular incarnational period you have a tendency to believe that this is it. "This is all there really is. This is the most important part of my entire existence." Because that's what you choose to believe. Because that's why you put in place that electromagnetic type of energy to allow you and to

indeed to assist you to have that belief when you're in your awake consciousness state.

So, there's nothing wrong with that. But understand that it is but in terms of your entire existence a spark of consciousness. It is but a minute existence of your entire being. You are so much more than what you perceive in your awake consciousness state than is possible for you to understand and to grasp. You are so much more.

You exist in various levels of consciousness, in various incarnational periods and this is but one of them. And you exist in the now. The past and the present and the future are all encompassed, if you wish. They are all one. They don't really exist, they are illusionary.

You in your awake consciousness state believe that you have the capacity to influence your future. You see, in your awake consciousness state if this is real then there is indeed that opportunity for you to experience different realities in the so-called future.

Now, the past you believe in your awake consciousness state is something that has already been done, it's set in stone, you can't change the past. That's what you believe in your awake consciousness state. And yet, we would suggest that you exist in various levels of your consciousness in other incarnational periods at the same time, if you wish to use that terminology of time and space, that you exist in this incarnational period.

You exist in those so-called past incarnational periods and indeed you exist in your so-called future incarnational [periods.] Now, you believe that it's possible for you in your awake consciousness state, once again, to influence that future, but the past, now that's set in stone. You can't change that.

Well, we would suggest that you can change the past as readily as you can the future, not only can but you do it on a regular basis. You just don't hold that concept in your awake consciousness state. You believe, once again, that this is it. You believe that this is the most important part of your entire existence in your awake consciousness state. And you do that by choice. Your choice.

You must understand that there is absolutely no other entity that's forcing you to remain in this vibrational level and in this conscious state and in this incarnational period. You're here by choice, your choice. Absolutely.

And these other incarnational periods that you exist in are also by your choice. And you change them. You change your reality consciously. You do it, you do it in a continuous basis, you just don't understand it in your awake consciousness state. But at some level of your consciousness, when you're in your altered states of consciousness, in your meditative states and in your dream state indeed you do have the capacity, not only

do have the capacity but indeed you do participate actively in changing not only your future, but also your past.

It's an ongoing process, difficult for you to understand, we would absolutely agree with that concept that you have difficulty in grasping that, but nonetheless it's as an accurate a description as we can give to give you some grasp of that concept that you exist in the now. That time and space are illusions, they don't really exist. Absolutely not.

And the choices and decisions that you make in this incarnational period affect other incarnations that you're involved in as well. And other incarnations that you're involved in in making choices and decisions can affect this one as well.

And there's nothing wrong with that. You see, you do it on a continual basis in your altered states of consciousness, in your so-called dream state. Nothing wrong with it. It's just difficult for you to grasp.

And we don't expect you to grasp that and say, "OK, well there it is, and now I'm going to run with it and I realize that I can change everything." That's not what we're attempting to suggest. What we're suggesting is that you understand that when you're in this particular incarnational period it is but a small portion of who and what you truly are. It's important, it has significance, absolutely.

And we're not trying to suggest that it doesn't have importance. We're trying to help you understand that it's but a small, minute part of who and what you truly are. That you are so much more than what you experience in this awake consciousness state.

You see, this awake consciousness state that you believe is all there is is the most difficult state of consciousness for you to sustain. You understand absolutely that you will not remain in your awake consciousness state. You realize that you will indeed alter that consciousness. You'll enter into a dream state or you'll enter into a sleep state and indeed you understand absolutely that at some point you will so-called leave this incarnational period. You will enter into what we refer to as the between incarnational state.

An altered state of consciousness, by the way, that is simply one step farther than the so-called dream state in which you put in place many of the agreements and contracts with other individuals that assist you in creating the reality that you experience in your day-to-day interactions with others. To enter into that between incarnational state—when you die, in other words—(*inaudible*) end this incarnational period, [when you] so-called pass over, you simply alter your consciousness one step beyond the so-called dream state and you're into that between incarnational state.

You still exist within this vibrational level and you still exist to a certain extent under the influence of that

electromagnetic type energy that you refer to as the veil. And if you hold certain beliefs you will, even in that altered state of consciousness, in the between incarnational state, create the reality to validate the belief. If you believe you're not in control, if you believe that you're going to end up experiencing some interaction with other entities, you will have that experience, absolutely. You create the reality to validate the belief.

In that altered state of consciousness, however, in that between incarnational period of your existence, it's very difficult for you to sustain the illusion without coming to the understanding that you are the entity that's responsible for the reality that you're experiencing and that is a reflection of the beliefs that you hold.

It becomes very difficult to sustain the reality and the belief system that you're not in control, that there are some other entities that are creating your reality for you. That you may have guides or angels or, depending upon which religion you happen to believe in in this particular incarnational period, there are some other entity that's creating and influencing your reality for you. And in that altered state of consciousness, in that between incarnational state, that entity exists and is indeed influencing your creation.

You can have that, there's nothing wrong with it, absolutely not. But in that between incarnational state it becomes difficult to sustain the belief. And you begin to realize that you're in control. You begin to realize that if you wish to change the reality you can change it.

The irony of it is you can change it as readily in this so-called awake consciousness state, you just put in place, once again, that electromagnetic type of energy that makes it very difficult for you to do so. Not impossible, but very difficult for you to do so.

In that altered state of consciousness, in the between incarnational state, it's very easy for you to alter that consciousness, it's very easy for you to alter that reality by understanding because you begin to understand, absolutely, that you're in control. And if you don't like the reality you change it. You simply alter the belief.

And it becomes difficult to sustain a reality that you're experiencing that you might refer to as being less than desirable. [And] why would you sustain the less than desirable reality when you can have whatever it is that you desire to have?

And so, in that altered state of consciousness, in that between incarnational state, you begin to indeed understand that you're in control. That this is your reality that you're experiencing and if you don't like it you can change it and if you do like it then you simply reinforce the belief system to validate the reality and prolong it. It's your choice. You can have whatever it is that you desire. Not only can but do.

And so, in that altered state of consciousness, in that between incarnational state, you begin to get a grasp of that understanding of who and what you truly are. You begin to get a grasp of the understanding that these incarnational periods are but flashes in the pan of your entire existence. And it's at that point, if you wish to use, once again, that reference to time and space that you make the choice to either leave this vibrational level or, if you wish, to return and to have another experience in another incarnational period.

You see, you're always in control. You're not here other than you choose to be here. If you don't want to be here in that particular level of your consciousness you make the choice to not be here. It's really that simple. You don't have to learn any lessons and you don't have to do any type of progression. You're already there. You can't be any more than what you are.

Many individuals search for some type of magnificent individual that they can discover who they are. It's who you are. You can't be separated from who you are. You are indeed a spark of consciousness. You are no more and no less than any other spark of consciousness that exists throughout all of creation and it's not something you have to search for.

You see, if it's something that you have to search for it infers that you've lost it. You've not lost it. You choose to hide from it, but you've not lost it. You cannot be separated from who and what you truly are.

You are all that is. You exist in each and every atom, in each and every molecule of this entire universe. It's illusionary. It's your creation. You and all the other individuals existing within this vibrational level agree at some level to participate in the creation of your universe. And you exist in it all. And it's illusionary. Not insignificant. Understand when we suggest that something's illusionary we're not suggesting that it doesn't have importance. But rather that it's your creation and if you wish to change it you can.

And in that altered state of consciousness, in that between incarnational state, you begin to get a grasp of that understanding. And at that point, you choose to decide, "[What else] would I like to do? You know, that was lots of fun, there were a whole pile of so-called emotions and feelings that I was experiencing there, but there were a few things that I missed. Maybe I'll go back and this time I might like to be a different gender. You know, that other gender seems to be having a lot more fun than what I was in that last incarnation, I think I'll try that one."

And so, you choose to come back and you also choose what interactions you're going to have with other individuals. And you, in altered states of consciousness, put in place agreements with other individuals. Someone who in a past incarnation may have been just a friend or someone in a past incarnation you may have been involved in in some

type of intimate relationship. Well, in this particular incarnation you think, "Well, I'm going to be a different gender this time. If they are willing to enter into the same participation perhaps this time I will come back as one of their siblings or perhaps as one of their children." And so, you put in place those agreements. It's agreed. You choose, [and others] agree to participate.

And so, you put in place the choices and the decisions for the reality that you're about to experience. And there are certain elements that you bring into that reality that are very difficult for you to change once you enter into that incarnational period. For example, if you choose a certain gender that's the gender that you're going to be throughout that particular existence unless you choose to have some type of physical alteration, of course, but nonetheless, [for] all practical means if you choose to be a male in a particular incarnational period for all intents and purposes you will remain in that gender throughout that particular incarnational period.

And when enter into that incarnational period you, once again, in your so-called awake consciousness state believe that that's all there really is. Because you see, it makes it more real. It makes it more intense. It makes the emotions and feelings much more intense. And that's why you're here. You're not here because you believe that there's some lesson you must learn, absolutely not. If you wish to put that into one of your belief systems to make some type of reality that you wish to experience you can do that. There's nothing wrong with that. But understand that it's your choice. If you believe that there are lessons that you must learn in order to progress, that's fine. But understand that it's your choice. It's not right or wrong.

Right or wrong, once again, is a human awake consciousness concept, does not exist at that level of consciousness from which you create your reality. So, if you choose to believe that there are certain lessons that you must progress through, indeed you'll create the reality to validate the belief and you'll make all types of instances occur in your reality that allow your to learn these lessons that you believe you must learn, in order to validate the belief system and in order to allow you to experience the emotions and feelings that are associated with that type of creation process.

You see, we challenge each of you to look at any particular activity that you're involved in. Any activity at all, and break it down as to why you're doing it. Why do you become involved in any type of creation process? And ultimately, you will come back to the particular bottom line, if you wish, that you're doing it so that you can experience a certain emotion or feeling. That's why you do it. Absolutely. You wish to experience the emotions and feelings.

Now, we're not suggesting that someone becomes involved in creating some type of an ailment because they desire to experience that emotion or negativity,

absolutely not. There are various elements that you put in place in order to have those types of [realities], but nonetheless, they're still your reality. But once it's in place, then you attempt to change and alter that reality so that you may experience an emotion or feeling of joy that you have overcome what you believe to be some terrible affliction that someone or something has cast upon you.

When actually, at some level of your consciousness you chose to create the reality to validate the belief system. A belief system that you may have even put in place in your so-called between incarnational period, at that level of your consciousness where you choose to reincarnate and you choose the particular elements of the existence, including your physical appearance. And including indeed some of the physical ailments that are possibilities to appear throughout your existence.

And so, you put them in place. Somewhere within your DNA there is a whole pile of stuff that your scientists have difficulty yet in understanding. And within that portion of the DNA there exists all types of possibilities. And as you alter the energy that surrounds the DNA, based upon your choices and decisions, based upon your thoughts and feelings, based upon your attitudes and beliefs and what it is that you desire and what it is that you expect to bring into this reality you influence the energy that surrounds that DNA and you either activate or deactivate various portions of that DNA and you bring into existence the probability of that creation coming into your reality so that you can experience it to validate, once again, the belief that you hold.

Based upon your thoughts and feelings and your emotions and based upon indeed your beliefs and your attitudes and your choices and your decisions and what it is that you desire to experience. It's really that simple. You go to great lengths to make it more complicated, but it's really that simple. The reality that you experience is a reflection of the belief that you hold.

This awake consciousness state that you experience is but a spark, it's but a flash of who and what you truly are. You are so much more than is possible for you to perceive and to comprehend in your so-called awake consciousness state. And you do that on purpose. You put in place that veil that limits your capacity to understand who and what you truly are so that, once again, it can seem more real, so they can seem beyond your control. And the more you believe that it's beyond your control the more that you will create the reality that [validates] the belief. And again, it's not right or wrong.

You see, many individuals in your so-called awake consciousness state would look at another individual involved in a reality and believe that that's the wrong reality. Well, it's only wrong in your awake consciousness state. The spark of consciousness that they are creates the reality from a position of absolute unconditional love. Everyone, not just some individuals. Not just some that exist in what you believe to be a

desirable type of reality. Absolutely not. Everyone creates the reality that they experience as a reflection of the belief that they hold and they do it from a position of absolute unconditional love.

And that becomes [a] difficult concept to grasp, we understand. It becomes difficult to see how someone becomes involved in some type of a less than desirable reality, in some type of an abusive situation for example. Where that individual looks and appears to be all types of a victim. They appear to be involved in a situation that's beyond their capacity to control. And you would ask, "How can that be?" [We'd] suggest that the spark of consciousness that you are creates the reality that you desire and it does so joyously.

How can that be? Well, you see, that spark of consciousness does not judge whether or not it's right or wrong. If you wish to have that experience, you can have it. If you hold the belief that you're not worthy then you will create the reality to validate the belief that you're not worthy. If you hold the belief that you are less than others then you will create the reality to validate the belief. And that spark of consciousness that you are does so joyously, from a position of absolute and unconditional love.

You see, individuals involved in a so-called abusive situation, in a victimized type of situation, are involved in a situation where the victim is in control.

You see, that goes against all types of your beliefs in your so-called awake consciousness system, where you believe that the aggressor is the one that's in control. And the victim is a victim. "I mean, how can a victim be in control?" Well, we would suggest that when the victim decides to not be a victim, when they choose to believe that they are worthy, when they begin to make the choices to bring into their so-called awake consciousness state a feeling of love and of self-love, a feeling of self-respect, a feeling of understanding that they are a worthy individual, then indeed they end that victimized belief system. And when you alter the belief you alter the reality.

And when the victim chooses to no longer be a victim, it ends. The aggressor cannot be in control. The victim is in control.

A difficult concept to grasp, we understand, but nonetheless an accurate one. An accurate one that once a victim could grasp that concept then the victim begins to come into control. The victim can put in place a set of principles that they would apply in order to strengthen their character so that they can put forth an image of who they desire to be.

And as they begin to put forth that image, and they begin to strengthen their character by participating and by utilizing what they choose as their principles, then indeed they begin to like who they are. They begin to like that image. And when they begin to like that image they begin indeed to love themselves consciously. And

they begin to believe as a result of that liking who they are that they are worthy. They are within their capacity to change. They begin to consciously believe that they can have whatever it is that they desire.

You see, the irony of it is that you have whatever it is you desire. Absolutely guaranteed. The reality that you experience is a reflection of the belief that you hold. And if you desire to believe that you're not in control then you have that reality. And when you desire to believe that you're in control you can have that reality as well.

So, when you desire to end being involved in any type of an interaction with another individual, then you can have that as well. You must simply like who you are, consciously. Put in place the principles that you desire others to experience as they interact with you. Apply the principles and strengthen the character. And as you strengthen the character you begin to like who you are. And as you begin to like who you are then self-love becomes a concept that you can have in your awake consciousness state. And when you begin to love yourself consciously the possibilities are limitless. You can have whatever it is you desire. Absolutely guaranteed.

You see, you create this reality. Absolutely. You are the one who [is] responsible for the interactions that you have in your day-to-day experiences, and it's within your capacity to alter them. There are but three things in this reality and your so-called vibrational level that you cannot alter and one is that you create the reality. You cannot escape that. You create the reality. The second is that you are the god that you search for. You are that spark of consciousness. You are, for lack of a better terminology, an entity that has the capacity to create. You are no more and no less than any other entity that exists, not only throughout your vibrational level but all of the vibrational levels through all of creation.

And the third thing that you cannot alter is that you cannot fail at some level of your consciousness to have the opportunity to come to that understanding. It's a given. You absolutely cannot fail to come to the understanding of who and what you truly are. The rest is an illusion and you can change it if you wish or you can sustain it if you wish. That choice is yours. Absolutely.

Now. We would like to express our gratitude to each of you for allowing us this opportunity to interact and to share with you. For indeed for us it is a learning experience. [You see,] in your vibrational level, in your awake consciousness state you listen to the particular message that we transmit and you indeed hope to gain information that you desire to have in your so-called awake consciousness state. The irony of it is that the information that you desire to hear is contained within each and every one of you. It's not something that's out there that you don't have access to, absolutely not.

You see, what we express to you is that which you desire to hear. To believe that we are an entity existing outside of your vibrational level that somehow has access to information that's not available to you is absolutely ludicrous. You have but to go withinside. The answers that you seek are withinside.

You will not find them written in a book and indeed you will not even be able to attain them through listening to various messages such as we are expressing. They are withinside. And that's why we encourage you each and every time to become involved in the silent communication, to go withinside, for the information that you desire to hear is there. It can't be explained, it can't be written down. It can be experienced through your altering your consciousness and going withinside. Absolutely.

And the information that we express, once again, is simply information that you desire to hear. You have access to all of that information and so much more. You have but to go withinside. You have but to go withinside to discover who and what you truly are. You have but to go withinside to discover that connection to that portion of your so-called higher self that you cannot be separated from.

That possibility exists for each and every one of you. And when we enter into your vibrational level we utilize that opportunity to interact with our friend Elias and to share in his experiences and to share in his emotions and feelings. For us, that is a learning process and we welcome that opportunity. And we share with him in other areas our creation so that he can have other experiences as well. And that's why we come, absolutely.

And once again, the information that we express is contained within each and every one of you. If you wish to go withinside you can have that and so much more. That possibility is yours. Absolutely.

Now. We would remind you that we are not separated by time or space. Time or space are illusions that only exist in your awake consciousness state. And if you wish 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 indeed offer to each of you our unending support and our absolute and unconditional love. And we would bid each of you a fond farewell, with love and with peace. ❀